



Making Change in Our Lives

A Workbook by Sheila A. McBeath

1st Edition, December 2018

Revised, August 2026



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Printing: Letter size 8.5" x 11" (22cm x 28cm)

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Dedication

To The All, for everything.

Sheila McBeath / 2026

Introduction

About spiritual awareness



[Watch / listen to slideshow of illustrations \(YouTube\)](#)

See illustration 01 Ripples

In the sea of humanity, our thoughts, words and deeds create ripples of energy that eventually touch others. Our thoughts, attitudes, emotions, beliefs and desires can be kind or cruel. If we are ever to gain world peace though, we will need to vastly increase acts of kindness and vastly reduce acts of cruelty. We cannot achieve such profound change unless, and until, we change our negative thoughts.

Simply denying we have negative thoughts serves no purpose but to excuse ourselves from making changes; likewise blaming others for our negative thoughts. Until we acknowledge we have them, we are powerless to change them.

Since our thoughts create our reality, it only makes sense that changing our thoughts will change our reality. Learn to work with your guide to change the thought patterns that create injury, illness and unhappiness. The guides help us find the truth of the issues keeping us stuck in the past, and heal those injured parts of our lives.

This workbook presents the process by which I changed my thought patterns, and by which you can change yours. Anyone can do it, who will think about themselves, and about humanity, in a new way. We are not merely children of our earthly parents; we are spiritual beings at our core. We are children of the Universal Intelligence - The All.

The process

The process has nothing to do with religion, and everything to do with this key fact: We are not alone on our journey; we are each accompanied by a spiritual guide. In any given moment, our guide is but a question away. Learning who we are at our core, and knowing we are not alone on our journey, form the very foundation of the work herein.

Similar to light, thoughts behave as both waves and particles. Anyone who has experienced depression knows the wave effect is very real. As each depressive thought occurs, we feel the advancing anguish and await its departure so we can 'feel better' again. Likewise, we know thoughts are particles. We actually feel them physically and have a name for them... "emotions/feelings".

Know this: In any moment, we can choose to communicate with our guide and start making ours the best reality possible.

The good news

The good news is that since our thoughts create our reality, we can change our reality by changing our thoughts. The thoughts we "feed" ourselves (our spiritual nutrition) are every bit as important as the nutrients we eat and drink (our physical nutrition). You can bring profound, lasting change into your life by changing your thought patterns. This site teaches how to do that. You will learn how to:

- Resolve inner conflicts and reduce - even eliminate - the need to keep repeating negative behaviours
- Learn the truth about the issues keeping us stuck in the past
- Discover the spiritual component of injury, illness and unhappiness
- Build self-esteem and practice other important spiritual life skills
- Get answers to your spiritual questions
- Change a poor spiritual diet into one rich in positive thoughts, attitudes and emotions

Our thoughts drive our every action or inaction; they determine the course of our lives. Paying attention to our thoughts enables us to start changing them. If we fail to pay attention to our thoughts (our spiritual diet), we risk becoming a victim of them. When we leave this life, we take with us only our thoughts.

A steady spiritual diet of fear, anger, worry or guilt is much like a steady physical diet of potato chips, candy and soda pop. This website teaches how to change a poor spiritual diet into one rich in positive thoughts, attitudes and emotions, beliefs and desires. Do the self-work herein and watch as your automatic responses to difficult people and situations mature and improve.

Components of our spiritual diet



[Watch / listen to slideshow of illustrations \(YouTube\)](#)

See illustration 02 Components

Doing this self-work will bring positive change into your life. How much is up to you. You can do as much or as little as you decide. Even if you only resolve one inner conflict though, your life will improve. Of course we all have many inner conflicts, so the more issues you are able to resolve, the more likely you will be to meet your soul's true, full potential. After inner conflicts are resolved and negative patterns remodeled, you may find yourself wondering, "What more is there to do? Is this all there is?" Indeed, there is more. Section 11 provides information about continuing your path toward increased spiritual awareness and growth.



Food for thought

Just think of the billions of dollars and vast resources that could be spared, were we to forgive those who harm us. Just think of the needless pain and suffering we could avoid if we were to

forgive ourselves. Chronic diseases could be avoided, along with harmful acts done out of despair, anger or hatred.

The power of thought

The immense power of our thoughts cannot be overstated. Nothing exists in physical without first having existed in thought. Our thoughts drive our every action or inaction. The state of humanity is what it is today because of our thoughts, whether positive or negative. If we are ever to reduce negativity in the world, we must first change ourselves; we cannot change ourselves unless and until we recognize - and refine and reduce - our own thoughts. We must stop blaming (the devil, the weather, the moon, other people, circumstances, etc.) and start accepting responsibility for our negative thoughts.

If you want to change negative thoughts but do not know which ones you might have, or if you think you have none, look up the physical conditions you have and see the thought patterns enabling them.

Thought manifesting in matter produces physical life



[Watch / listen to slideshow of illustrations \(YouTube\)](#)

See illustration 03 Thought manifesting in matter

Self-test

The School of Thought - Website Reading Quiz (external site)

Introduction [English](#) | [Spanish](#)

Section 1 Spiritual self-awareness

Does it really matter what we think?

Yes, yes it does. Nothing exists in physical without first having existed in thought. Thought drives our every action or inaction and determines the course of our lives. The state of humanity is what it is today because of our thoughts. The problems currently facing us are many, but all boil down to a few crucial thought patterns, chiefly anger, fear, and greed. To change these, we must stop blaming the devil, the moon, other people, circumstances, etc. for our problems. Accepting our responsibility empowers and elevates us, while not doing so prevents us from entering the next stage of humanity's spiritual evolution; those failing to do so must repeat the lessons they have failed to grasp. Paying attention to our thoughts, attitudes and emotions, and learning about our beliefs and desires enables us to start changing them.



Food for thought

To truly change self requires changing our thoughts, attitudes, emotions, beliefs and desires.

We all think, all the time



[Watch / listen to slideshow of illustrations \(YouTube\)](#)

See illustration 04 We all think, all the time

Our thoughts drive our every action or inaction and determine the course of our lives. Paying attention to our thoughts and learning about our beliefs and desires enables us to start changing them.

What are 'thoughts' anyways?

Our thoughts express our spiritual reactions to whatever is going on within and around us. Thought patterns start forming as soon as a soul settles into its human form. The Universal Intelligence hears our every thought, and knows the pattern each thought expresses. For example, thinking something as simple as, "At least I'm not like *that* person" expresses an attitude of self-righteousness. Our guide flags this as a lesson to be learned, and future experiences will provide us with opportunities to learn humility. Our spiritual reactions are expressed in the following ways:

Thoughts are ideas formed into language using words, images or symbols. Our thoughts produce the attitudes, emotions, beliefs, desires and behaviours we all have.

Attitudes arise from our thoughts and belief systems.

Emotions arise from our thoughts and attitudes, albeit at lightning fast speed. It can seem as though we first feel an emotion and then have a thought, but this is not so.

Belief systems (or beliefs) are stories we use to justify our attitudes, emotions, desires and behaviours.

Desires result from our thoughts, attitudes, emotions and beliefs.

Behaviours reflect our thoughts, attitudes, emotions, beliefs and desires.

This may be hard to believe, but we hardly hear even one tenth of our thoughts. The simple exercise below will help to dip your toe into the deep waters of your thoughts.

What do you think?

Review the following self-assessment list, noting any pattern applying to you. Three or more means your spiritual diet may be placing your physical health at risk:

- I want/need everyone to like me
- I pretend to be happy but I really am not / I cry easily but I'm not sure why
- I blame others if things do not go my way
- I give up if things do not work right the first time
- I am always in pain
- I have a hard time falling asleep and it is even harder to get up in the morning

- I fall asleep fast but wake up after a couple of hours and cannot get back to sleep
- I hate me and I hate my life and I'm pretty sure God hates me too

This is the doorway into learning how our thoughts affect our lives. Behind each statement above, there is a story. Take for example, "I want/need everyone to like me". In order to change such a thought pattern, we must bring into conscious focus our backstory. How many times did we go without love, or compassion, or understanding or encouragement, when we most needed it, from the person from whom we most needed it? What conclusions did we reach as we came to believe we were not loved or respected? Maybe we just felt invisible. We may have thought "Nobody likes me." Or "I'm unlovable." We may also think, "Since I was treated this way, it is all right for me to treat others this way." We may have taken out our pain on a younger sibling, or a pet. We may have manifested eating disorders or self-harming behaviours. We may also have reacted by deciding, "When I grow up, I'll never treat anyone this way." Or "When I grow up, I'm going to help people."

Negative thoughts? Who, me?

 We are as unaware of our dreams upon awakening as of our thoughts during the day.

Before we can change our negative thoughts, we must acknowledge we have them. If humanity is ever to take its next evolutionary leap forward, we must first change ourselves; we cannot change ourselves unless and until we change our thoughts.

 If you want to change negative thought patterns but do not know which ones you have, or if you think you have none, look up the spiritual component of your physical ailments.

A healthy spiritual diet enables us to feel joy, love and optimism, and to be kind, generous, patient and tolerant - not only with others, but with ourselves. Spiritual malnutrition occurs with chronic negativity, and prevents us from living well. Paying attention to our thoughts reveals a steady stream of fear, anger, worry, guilt and even resentment. A poor spiritual diet also contributes to many of life's negative life experiences such as addiction, chronic pain and disease, co-dependent relationships, repeated failures and feeling like a victim.

It is all too easy to deny we have negative thoughts, but it is seldom our intention to have them. They just seem to happen, almost like a reflex. (Just try watching television for two minutes without judging or criticising someone.) It is not that we are bad for having negative thoughts; rather, it is up to us to recognize and change them. Our thoughts, positive or negative, are the great equalizer. We all think, all the time. Our thoughts drive our every action or inaction, so if humanity is to take its next evolutionary leap, we must first change ourselves; we cannot change ourselves unless and until we change our thoughts. Here are some common phrases and the negative thought pattern they express:

This phrase...

I'm mad at you so I'm not talking to you
 It's ok if I break the rules. Rules are for everybody else
 I don't want or need this, but I'll keep it anyway
 It's good, except...
 It has to be done this way, my way, the right way

is this thought pattern

Abandonment
Arrogance
Greed
Criticism
Perfectionism

I hate you and I will never forgive you
I will make you pay for hurting me

Resentment
Revenge

Naming the thought patterns

A reader asked, "Why is the name important? Is it important? If I understand what it is, what it means, is the word/naming important?"

The name is important when working to resolve, reduce and refine negative thought patterns. Naming it helps to quickly identify it for correction (re-patterning). Not identifying it risks losing it in one's constantly flowing stream of consciousness where it will continue to resurface. Naming it enables us to find the triggering event, which we can then resolve. Repeating this process numerous times builds a new neural pathway leading to ultimate release of the pattern.

Retrain your brain



[Watch / listen to slideshow of illustrations \(YouTube\)](#)

See illustration 05 Retrain your brain

The brain is the soul's wheelhouse during physical incarnation, and is the first part of the human body to react physically to our thoughts, attitudes and emotions. Our oft-repeated thoughts imprint on it forming neural pathways. If you've ever tried (but failed) to stop from having a thought, you'll know what I mean when I say the pathways can seem impossible to reroute. We can retrain our chaotic thought patterns by resolving the issues causing the chaos.

Steps in becoming spiritually self-aware



[Watch / listen to slideshow of illustrations \(YouTube\)](#)

See illustration 06 Steps in becoming spiritually self-aware

In large part, we are who we are because of our reactions to, or our thoughts about, our early childhood experiences. **Paying attention** to our thoughts and **acknowledging** we, ourselves, really do have negative thoughts enables us to change them. **Meditating** to find the root issues causing them, and then **resolving** the inner conflicts resulting from our experiences brings inner peace. Being at peace frees us to make wiser choices about our lives, enabling **profound change**. That's it. That's the process.

Spiritual decluttering (cleaning up our thoughts)



[Watch / listen to slideshow of illustrations \(YouTube\)](#)

See illustration 07 Spiritual decluttering

Spiritual decluttering means resolving inner conflicts, refining our understanding of our thought patterns, and finally, reducing our thoughts. Doing so enables us to feel better, to pay better attention to ourselves, and to better hear our guide.

Resolve inner conflicts



What is an inner conflict?

An inner conflict results when we believe two or more opposing ideas that pull us in different directions.

Inner conflicts keep us stuck. They can make decision-making painful ; a task to be avoided at any cost. They create negative behavioural patterns and generally prevent us from being able to live life well. We cling to the beliefs formed in our childhood even if they are not aligned with Universal Truth. We may have been taught them by authority figures, or we may have developed them on our own in the absence of input from our caregivers. Once we have them though, changing them can seem next to impossible. Resolving inner conflicts is also known as inner child work and is the means whereby we build a strong spiritual foundation for ourselves.

Here's an example:

Let's say a child suffers abuse by a sibling. The child tells their caregiver the sibling "hates me" but the caregiver says, "Don't be ridiculous. Your sibling loves you." The child knows this to be false, yet feels compelled to believe the caregiver. An inner conflict results and a belief forms that says "Love hurts" / "I am not worthy" / "My feelings cannot be trusted". The child grows up craving loving relationships yet is continually drawn to abusive people. The conflict resolves upon accepting a newer truth that says, "I can trust my feelings. I can trust myself." In fact, sibling abuse does not arise out of 'love'. Abusive behaviour arises from fear, anger, resentment and other negative thoughts. These are issues for the abuser to address. Of course parents do not think any of their children could harm a sibling, so the child is taught to believe their sibling is just playing, or she or he is not actually trying to harm them. The child knows better, but learns instead to not trust self. Most importantly, the child learns "I am not worthy."

Refine your thoughts

Refining your thoughts means knowing what a particular thought pattern sounds like, so it can be gradually reduced and even eliminated. For example, judgment can take many forms:

- You see someone doing something at a strange time of day. You 'decide' they are obviously wrong or silly. However, the person may have a completely different schedule. They may have a disease preventing them from living a 'normal' schedule. The fact is, we cannot possibly know, unless we ask directly. To assume we know is judgment.
- You see a person eating and 'decide' they are overweight, or they should be eating more because they are too thin. To assume we know what their diet should be; to assume we know what their correct weight should be, to assume we know what is best for them is to assume we know which spiritual lessons are being presented for them in this particular lifetime. This is a matter of judgment.
- You look at a person and 'decide', based solely on their physical appearance, they are not worthy of your respect, or of enjoying life, or of receiving God's unconditional love. Now suppose the person you have judged is yourself. Do you think your words might impair your self-esteem?

How many times in a day do you make such judgments? You might be surprised. Negative thoughts like judgment, criticism and condemnation are refined by paying attention to our thoughts and to the signals our guide gives us, and by gaining understanding of the signals in meditation. What we consider to be judgment and what the guides consider to be judgment can be quite different, and this is why signals are given. They remind us to pay attention to our thoughts and ask questions to gain understanding.

Reduce your thoughts

Have you any idea how much time we spend worrying about things over which we have no control? Or how often we rehash past events, wishing somehow for a different outcome?

Spiritual decluttering enables us to gradually reduce the number of thoughts we have. The fewer we have, the more we are able to simply be in observation mode and achieve the overview effect.

With fewer negative thoughts, we feel better not only physically, but spiritually. We tend to think more positive, hopeful and optimistic thoughts. The process is almost self-perpetuating, in that the less negative we are, the more positive we become.



Food for thought

Our capacity for change is limited if we believe we do not need to change.

Reduce negative thoughts and increase positive thoughts

Reduce these	Increase these
<u>Condemnation</u>	<u>Compassion</u>
<u>Fear</u>	<u>Faith</u>
<u>Greed</u>	<u>Gratitude</u>
<u>Guilt</u>	<u>Joy</u>
<u>Hatred</u>	<u>Love</u>
<u>Jealousy</u>	<u>Mercy</u>
<u>Judgment</u>	<u>Patience</u>
<u>Lying</u>	<u>Peace</u>
<u>Manipulation</u>	<u>Respect</u>
<u>Resentment</u>	<u>Sacrifice</u>
<u>Revenge</u>	<u>Tolerance</u>
<u>Self-righteousness</u>	<u>Trust</u>
<u>Worry</u>	<u>Truth</u>

Next steps

Spiritual decluttering is achieved by following the next steps:

- learning how to change our automatic responses ([Section 2](#)) and
- learning to meditate in a new way ([Section 3](#)).

Together, these actions bring resolution of inner child issues and empower stable self-esteem. Our lives gain new meaning and our spiritual self-awareness increases. Through this process, pain from the past seems to magically disappear, not because we are ignoring it or medicating it, but because we are truly dealing with it.

Self-test

The School of Thought - Website Reading Quiz (external site)

Section 1: [English](#) or [Spanish](#)

Section 2 Changing our automatic responses

Automatic responses

We are like onions with our many layers of old or false beliefs wrapping our core in darkness and obscuring our true nature, which is a Spark of Universal Intelligence. Replacing such beliefs with newer understanding rebuilds the core on a firm foundation of Universal Truth. See [Discerning truth](#).

💡 Doing this work enables true freedom of thought because we stop repeating the thoughts creating our negative life patterns, enabling us to focus on the present.

The key to changing our automatic responses or “knee-jerk reactions” to our daily life experiences is to discover our reasons for choosing to respond the way we do. Those reasons can be found deep within our childhood memories and require focused effort to reveal. Inner child work is the practice of recovering these memories and resolving the issues they created. This initiates the spiritual decluttering process. Begin by building a relationship with your inner child and with your guide. See [Section 8](#) for help recalling details about your childhood.

Order from chaos



[Watch / listen to slideshow of illustrations \(YouTube\)](#)

See illustration 08 Worry cloud

When we are emotionally triggered, our thoughts can spew negativity and create a **state of chaos or "overwhelm"**. Recovering our equilibrium (state of inner peace and calm) can seem impossible to achieve. When something is worrying or angering us, it can be almost impossible to stop thinking about it. The thought keeps endlessly repeating and after a while, we may not even hear it anymore - but it is still repeating. Without resolution, these often-repeated thoughts create accidents, illness and chronic confusion by lowering [vibrational frequency \(VF\)](#) and keeping us stuck in feedback loops, to say nothing of creating karmic situations.

Resolving inner conflicts frees our conscious mind to dwell in the current moment so we can focus on the matter at hand. This improves our ability to think clearly, our ability to solve problems and doing so can even improve our memory.



Chaos rescue

How to deal with spiritual brain freeze or overwhelm:

- Breathe
- Focus
- Seek guidance

Build a relationship with your inner child

Start doing things to support and honour yourself and to encourage self-expression. Do the things you loved to do (or wished you could do) as a child: drawing, colouring, finger-painting, running, playing skip-rope or hopscotch, hula-hooping, writing in a diary; whatever gave you comfort and/or joy. Use your imagination. These activities will help your inner child to feel acknowledged, respected, safe and secure. Aim to do this at least once or twice each week, even if only for 30 minutes or an hour. Whatever you do, try to memorialize your thoughts and experiences by journaling.

Build a relationship with your Guide

We are accompanied in life by our guide/teaching angel, a Divine Messenger of God. The guides are the bridge connecting us with the Universal Intelligence. Nothing escapes their notice. Nothing in our experience is ignored or overlooked. Our thoughts are every bit as audible to our guide as the spoken word is to us. In fact, our entire life experience is recorded in our Akashic record.

Learning to communicate consciously with our guide, by asking questions and, just as importantly, by listening for answers, opens the door to finding the root causes of our negative behaviours. Armed with this knowledge, we become able to resolve the difficulties in our lives and begin to meet our soul's purpose.

The process of inner child work



[Watch / listen to slideshow of illustrations \(YouTube\)](#)

See illustration 09 The process of inner child work

1. Identify a negative behaviour

The first step is to identify a negative behaviour causing problems for us. Could be addiction, chronic lateness, verbal sniping, withholding communication, pathological lying, feeling like a victim, or any pattern creating problems for you that you wish you could change.

Make sure to name the thought patterns that come up as you identify the behavior (list of thought patterns can be found in [Section 6](#)).

This can be challenging, since we can tend to feel fully justified in doing whatever we are doing. Until we accept that we are not perfect; that we do things to hurt ourselves and others; and that our motives may not always be pure, we remain unable to change. Learning the root cause of negative behaviours can also be challenging since our childhood memories are not always complete or accurate. This is where our guide can help.

2. Learn its root cause

The second step is to recall the traumatic event(s) that initially triggered the negative pattern. This can be challenging if we dismiss an event simply because it was not necessarily traumatic in the clinical sense, or if we believe early childhood events cannot be recalled. Ask your guide to show you the event while in a meditative state, and then pay attention to your thoughts. They will reveal your original reaction to the event. Your body is likely to feel how you felt then. A questionnaire is available to help you in this process. Contact the author if you would like to receive the document via email.

💡 If the thought pattern driving a negative behaviour is not changed, the behaviour will manifest at the next triggering event. No amount of telling ourselves "Well! I'll just never do THAT again" can prevent us from repeating the behaviour. Resolve the issue to change the behaviour.

Recall the thoughts, attitudes and emotions you felt when it happened. Recall the decision saying, "I am going to (fill in the blank)". This could be something as simple as "I am never going to cry again" or as complex as "I am not worthy of respect or love" or "I am bad". The decision you made then is the root cause continuing to create negativity in your life because it was made without understanding. Unresolved experiences tend to replay in our thoughts as we continually try to figure out why they happened. We get triggered whenever we are reminded either of the event, or of the conclusion we drew from it. Inner child work enables us to learn our motivations and validates our painful experiences. It also helps us to see we were not solely responsible for their occurrence because after all, as children, we are simply not responsible.

Work with your guide to gain full understanding about why the event happened, why you reacted in the way that you did, and why you continue doing the behaviour. As adults, we can look at our childhood experiences and find understanding not possible for young children. This is not to place blame, but to accept responsibility for our part and to recognize that, as children, we were not solely responsible for the events.

3. Grieve the losses it has caused

The third step is to feel the emotions and think the thoughts we could not express as a child. Grieve the losses we felt, and say the angry thoughts out loud, if possible. Cry, cry, cry. Let it all out, as scary as that may sound, for crying is an important part of the physical (and spiritual) healing process. Unresolved, repressed or suppressed issues create harmful toxins in the body and crying provides an escape route for them. Acknowledge the pain making us choose to react the way we did, without understating its importance.

These events were important; our reactions to them made us who we are today. It does not matter whether anyone else thinks our experiences were painful. What is important is they happened to us,

they hurt us, they were traumatic for us. All our experiences have helped to create all the thoughts and inner conflicts we have now, creating our negative behaviours.

4. Forgive

The fourth step is forgiving both self and others. This is crucial. Without forgiveness, we remain stuck in the past, constantly replaying unresolved experiences in our thoughts, hoping to somehow figure out why they happened, or to magically transcend the experience just by remembering it.



Food for thought

Doing this work enables true 'freedom of thought' because we free ourselves from repeating the thought patterns creating our negative life patterns.

Achieve peace

The final step is to appreciate the peace arising from resolving an issue. Revel in it, and use the satisfaction as a reason to continue the work. Then it will be time to identify another negative behaviour and repeat the process.

Doing this self-work changes how we interact with others, and our family and friends may be less than enthusiastic when uninvited change is thrust upon them. However, do not wait for anyone's permission or approval before doing this work. This is your life; this is your choice; only you may decide what is right for you.

5. Identify another negative behaviour

Identify another negative behaviour and repeat the process. After all, we all have more than one bad habit. The reasons for our behaviours are multiple and intertwined, so there is always more understanding to be gained. Keep working toward growing your inner peace and enlightenment. If you need incentive, know this... science is now proving unresolved traumatic childhood experiences impact our health in adulthood. The following resources discuss potential outcomes of adverse, traumatic childhood experiences:

- Adverse Childhood Experiences (ACE)
"All in the Family", a CBC Radio production about "Cardio-vascular disease. Obesity. Alcoholism. Diabetes. These conditions may have one surprising factor in common: childhood trauma -- according to a massive study called "Adverse Childhood Experiences", or ACE. ... "
[PART 1](#) | [PART 2](#) | [PART 3](#)
- [CHILDHOOD ABUSE LINKED TO HIGHER RISK FOR HIGH CHOLESTEROL AS AN ADULT IN NEW RESEARCH - SciTECHDAILY](#)
"A new study discovered that risk factors for heart disease and stroke were higher among adults who said they experienced childhood abuse and varied by gender and race. However, those who described their family life as well-managed and had family members involved in their lives during childhood were less likely to have increased cardiovascular risk factors as adults, according to new research published today (April 27, 2022) in the Journal of the American Heart Association, an open access, peer-reviewed journal of the American Heart Association."
- [GENETIC SCARS - A CBC NEWS HEALTH PRESENTATION](#)
"Your life is leaving genetic scars that might show up in your child's genes: Growing evidence that life experience can be passed genetically from one generation to the next"

- [STRICT PARENTING MAY HARDWIRE DEPRESSION INTO A CHILD'S DNA - SciTechDaily.com](#)
"The way the body reads the children's DNA might change as a result of strict parenting. These alterations may become 'hard-wired' into the DNA of children who perceive their parents to be harsh, raising their biological risk for depression in adolescence and later life."
- [HOW CHILDHOOD TRAUMA AFFECTS HEALTH ACROSS A LIFETIME - A TEDMED TALKS PRESENTATION BY DR. NADINE BURKE-HARRIS](#)
"Nadine Burke Harris reveals a little-understood, yet universal factor in childhood that can profoundly impact adult-onset disease."

About belief systems

Our core beliefs are incredibly powerful. Our self-esteem depends on them; they determine how we interpret and experience life. We begin forming them in childhood and our innate confirmation bias ensures we continue to find them to be true. Inner child work roots out negative or inaccurate beliefs and reveals the Universal Truth about them, rather than what we have come to accept as truth. Looking back on our childhood as adults, we can recall the thoughts we had as young children and find validation. Here is an example of what can happen if inner conflicts are left unresolved:

While a young child, my friend's parents separated. Her father moved both Kim and her brother to a new home in the stealth of darkness, unbeknownst to their mother. It was a traumatic experience for all, but Kim suffered enormous guilt. Why? She believed - really believed - she had caused all of this turmoil. As a result, she grew up feeling responsible for her brother and father, as well as for looking after their home. She was only eight years old! She lost many of her favourite items in the move as she had no control over which of her belongings came with her. No surprise hoarding became her security blanket. Kim hoarded not only physical items but emotional and spiritual anguish. "Victim" became her identity, and she used this as her reason for underperforming. She died of breast cancer while in her 50's, unwilling and seemingly unable to let go of her pain, or of her belief she was "bad".



[Watch / listen to slideshow of illustrations \(YouTube\)](#)

See illustration 10 Fitting all my pieces together

Parental or caregiver issues

Many experiences we have as children are written off by our caregivers as being unimportant, or the Truth of our experiences can become wrapped in their denial. Thus their issues can become our issues (see [legacy family patterns](#)). We can end up believing we are wrong or crazy or even just plain bad, causing many of our inner conflicts. We can take on their behaviours, in effect becoming a mirror for them and, as we all know, no one likes to see how we ourselves act. This mirror effect can cause a lot of turmoil in families, along with inner turmoil and unresolved inner conflicts for us.

It is up to us to validate ourselves by learning our responses to our painful childhood experiences, and seeing how those responses form the very foundation of our life experiences. Meditation enables us to become strong and confident by ensuring our beliefs are based in Universal Truth, rather than someone else's potentially biased (in their favour) version of our pivotal life events.

Addictions

Since addictions begin as thoughts which in turn create behaviours, they can be modified, and even, in certain cases, released completely. To bring about such dramatic change requires great strength, determination and commitment, but change is possible. Until the root cause of the need for the addiction has been recognized, resolved and released though, the likelihood of recurrence exists. Very often, the root cause is the belief "God must hate me so I deserve to be punished". Excessive gambling can be caused by a chronic need to win, to prove "God loves me".

Breaking an addictive habit

Those who have tried to 'break' a substance addiction or a self-destructive habit may have noticed their habit is not just one habit. Let me explain. Thanks to joining a months long gradual cessation program provided by my provincial lung association, I can share my story as a Formerly Addicted Cigarette Smoker.

The association provided a wealth of helpful information which I read and took to heart, so I was prepared as well as I could be for the process about to unfold. Participants were to keep track of each cigarette they either had, or craved but didn't have, noting the time, severity of the craving and possible reasons for wanting it. This was a new concept for me, as I was not exactly the most observant person when it came to paying attention to myself. Sure enough though, I began to see I wanted to smoke at certain specific and even predictable times... with a cup of coffee, after meals, when starting and finishing a phone call, when starting the car's engine, etc. This was not just one, but many habits. I saw too, smoking had become part of my reward system; even in the midst of physically demanding tasks I would stop for a smoke because after all, I deserved a 'reward', when what I actually needed was to just rest for a few moments. This observation practice enabled me to start thinking of myself as a non-smoker, which is a vital component of the process of change - seeing ourselves in a new light.

Last smoke

About two months after starting the program, I was tiring of recording every cigarette. One evening I had a huge argument with my mother. The moment we ended the call, I badly wanted a cigarette. As I sat smoking and pondering what information to record, it occurred to me the argument was important. While I didn't have the knowledge or foresight to examine this further than to say well, there's no way I'll give my mother that much power in my life (as to cause me to smoke), I decided, firmly, 'this' was my last cigarette. Over the next few days and weeks, my cravings came after increasingly longer periods and lasted for fewer seconds. Before long, my desire to smoke vanished completely.

Spiritual withdrawal symptoms

Now here's the tricky part. I mentioned cravings above, and certainly, cravings play an oversized role in changing thought patterns and behaviours. Whether we are trying to give up certain substances or change negative behaviours, cravings are very likely to happen. Another, possibly even larger challenge than giving up the substance or the behaviour, is dealing with the increase in obsessive thoughts about the issue(s) we feel unable or are unwilling to confront and resolve.



We think our addictions sustain us, but truly, our thoughts sustain our addictions.

When changing behaviours, our brain kicks into high gear and reminds us of all the reasons we want and need that thing, but that is not all. Our thoughts obsessively return to the underlying issues creating our need, our trigger events, and everything will remind us of our pain, the pain of the hurts we can't bear to face (or worse, we have been trained to ignore or deny). The temptation to use that thing can feel overwhelming, and that's if we're paying attention to our thoughts. If we are not, we're likely to experience even stronger and longer-lasting effects and cravings.

For example, someone with abandonment issues is apt to recreate the very issues their addiction enables them to manage. Such issues might cause us to pick a fight with a loved one so they (a) blow up at us, giving us an excuse to leave the relationship, (b) leave the relationship thereby proving we are in fact unlovable, or (c) and this seldom happens, they will lovingly soothe and comfort us. In this case, the addiction is the need to receive regular, ongoing proof and confirmations we are loved and appreciated. Any information to the contrary causes our knee-jerk reaction of lashing out. We might suffer spiritual brain freeze, rendering us incapable of calm or coherent thought, worsening the situation. But we don't have to give in or give up. We have tools. We have re-trainable brains. We have information. We have free will. Most importantly, we have our guide.

Next step

The next step on the path to spiritual self-awareness is learning to meditate in a new way.

Self-test

The School of Thought - Website Reading Quiz (external site)

Section 2: [English](#) or [Spanish](#)

Section 3 A new form of meditation



[Watch / listen to slideshow of illustrations \(YouTube\)](#)

See illustration 11 Two-way communication



Food for thought

Prayer is one-way communication - us talking to Source.

Meditation or "Going Home" is two-way communication: us talking to Source, and Source talking to us.

Going home means getting centred

The Universal Intelligence teaches a new way to meditate. It is called "Going Home", to illustrate the idea of consciously connecting with Source via our guide. One of the best ways to learn about ourselves is to meditate in this new way. This means getting centred and paying attention to our

thoughts. This takes practice - lots of practice - but as my. guide says to me whenever I'm learning a new skill, "Practice makes progress."



[Watch / listen to slideshow of illustrations \(YouTube\)](#)

See illustration 12 Going Home

What makes this technique different?

You may be aware at some level that there is an angel or guide with you, but did you know we can communicate with them, and they with us? Going Home practices two-way telepathic communication with our guide. This means paying attention to our thoughts, rather than shutting them down in a quest for silence. Having the intention to stop thinking can actually prevent the communication that can best help us. This technique builds spiritual self-awareness, which is the ability to know why we think the things we think and believe the things we believe and especially, why we do the things we do (behaviours).

What are the goals?

The aim is to concentrate on paying attention to our thoughts to practice two-way, telepathic communication with our guide. As we learn to identify our thought patterns, our inner conflicts become apparent. We can then gradually reduce our negative thoughts and increase our positive thoughts.

When and how often should it be done?

Begin by practicing Going Home twice daily, once upon awakening and again before going to sleep. This will build the habit of including communication with our guide into our routine. After a week or two, you will be able to find your centred space quite easily. Once we come to rely on our guide's presence, Going Home becomes second nature. We can ask for assistance in any given moment, with anything we are doing. If we have a question to which we don't know the answer, we can ask our guide. We can communicate with our guide at any time of day or night, under any circumstances. If we can hear our thoughts, we can hear our guide.

What about protection from negative energies?

No protection is needed because there is no such thing as negative energies. Even if there were, our soul is encased in a privacy envelope.

How long should a session last?

Spend five to ten minutes, or as long as you are comfortable and able to stay focused on paying attention to your thoughts. If you lose focus or forget to pay attention for a few seconds, just return to listening to your thoughts. Listen as if your thoughts are words being spoken by someone else. Falling asleep when starting out is quite normal. Try to be patient with yourself throughout the learning process. After all, it takes time and effort to learn any new skill.

What can happen when I am centred?

Pay close attention to your mind and body, even if you do not close your eyes, Your thoughts may sound different once you are centred, or you may feel your energy change. Your guide may also give you physical signals to confirm their presence.

If you are comfortable closing your eyes

Go ahead and do so. You will know you are in the right space when your eyelids flutter lightly. One of the special effects that can happen when we Go Home is a visual impression - in our mind's eye - of what I call "swirlies". This is a series of coloured lights and shapes that shrink and grow and dance across our field of vision in our thoughts, as if the inside side of our eyelids is a projection screen. It is beautiful to see, and is a signal from our guide we have reached our centred space.

Sometimes in meditation the guides will use words like "thee", "thy", "thou", etc. when working with us. Other times they might address us as "Child of God", or "Child". This is not meant in any way other than lovingly, respectfully. When this happens, it is completely unmistakable it is the our guide speaking, and not just our own thoughts. We can be certain then there is specific information waiting for us, so questions need to be asked in order to access it. Then we need to work with our guide to fully understand the message.

If you are not comfortable closing your eyes

Leaving them open however, can indicate an unresolved issue that could prevent you from achieving your best possible results.

Open eyes can prevent being able to focus on your thoughts. Also if your eyes are open, your eyelids will not flutter and you may be unable to see the swirlies or visions your guide may wish to give you. Aim to create a safe place for yourself to relax with your eyes closed. Start with a few seconds and build up to a few minutes.

Whether your eyes are open or closed though, pay close attention to your mind and body. Your thoughts may sound different once you are centred, or you may feel your energy change. Your guide may also give you physical signals ranging from a feeling of warmth or coolness, to shivers or tiredness.

How to Go Home (meditate)

Exercise 1

Getting centred

Going Home requires getting centred. The goal of this exercise is to find your centre, pay attention to your thoughts, and gain a sense of peace and harmony, even if only for a few moments. Paying attention to your thoughts is an important step in gaining spiritual self-awareness and changing thought patterns. Our physical body has a way of interrupting or disturbing our conscious thoughts, so get fully comfortable. Why? If we are hungry, our thoughts will focus on food and eating, or on liquids if we are thirsty. If we are full, our body will be focused on digestion. If our muscles are not relaxed, we will squirm to find a comfortable position. Scratch all your itches. Blow your nose or rub your eyes if needed. In other words, make sure your physical needs are tended to, to give yourself every possible advantage. Once you are settled and comfortable, aim to close your eyes. This will help you avoid focusing on objects outside of self, and better able to focus on your thoughts.

- Begin by finding a quiet place where you can be undisturbed for five or ten minutes. Once you are settled comfortably, take a slow deep breath in, and gently let it out.
- Ask your guide for assistance.
- Pay attention to your thoughts

Being centred can also be called "observation mode", a state of consciousness in which we pay attention to all that is happening around us and within us. Go there simply by being willing.

There is no need to breathe in any particular fashion, but it can be helpful to focus on your breathing as a way to go within. There is no need for any special equipment or materials. If you choose, burn a candle or play some soothing music to become relaxed. However, nothing at all is needed except our desire to communicate. No rituals are required; in fact, performing rituals can indicate fear, since fear says something terrible will happen if the ritual is not performed. Then ritual becomes superstition, which is nothing more than fear that has become habit. Aim to maintain the state for gradually longer periods of time, even up to 30 minutes, your schedule permitting.

Some suggestions for Going Home music:

- [YOUTUBE - AMBIENT MUSIC](#)
- [YOUTUBE - ANUGAMA - HEALING](#)
- [YOUTUBE - ANUGAMA - SHAMANIC DREAM](#)
- [YOUTUBE - TIBETAN MONKS CHANTING OM](#)

What happened?

What did you experience? Was there a message? Were there colours or images? Was there a sensation of warmth or cold, tiredness, relaxation, peace? If there just seem d to be a jumble of thoughts, try to recall and record them.

If nothing happened

It is normal to have nothing happen. No colours, words, pictures, feelings, nothing. If nothing happens for you, refer back to [Getting centred](#).

Actions

Whatever is experienced, questions must be asked to gain full understanding about what has been given. Why? Since the spiritual Law of Free Will requires our guide to tell us what we want to hear, or what we already believe to be truth, it is up to us to make the conscious choice to set aside our preconceived ideas and beliefs. In fact, recognizing our beliefs becomes crucial if we want to change our thought patterns. After practicing this for a week or two, you will be able to find your centred space quite easily. Then it will be time to go on to Exercise 2.

Use a notepad



[Watch / listen to slideshow of illustrations \(YouTube\)](#)

See illustration 13 Use a notepad

Whatever happens, record your experiences in a journal of some sort, to serve as a record of your journey toward spiritual self-awareness. More importantly, information that does not currently make sense may do so as you become more aware. The guides can help us recall details, if we invite them to do so. Even seemingly insignificant details can be an important part of the message. Learn what the people or things represent spiritually (see [Section 4.4](#)). Hint: Keep paper and pen or pencil near when sleeping or meditating.

Use a dictionary



Watch / listen to slideshow of illustrations (YouTube)

See illustration 14 Use a dictionary

If a word or phrase keeps repeating in your thoughts, look it up to find all its possible meanings. Then ask your guide which meaning(s) applies for you in this particular case and listen for the answer, since our guide's intended meaning might not be what we think.

Exercise 2

Now you can find your centred space more easily and are getting used to listening to your thoughts, it is time to start asking some questions. When starting out, it is best to ask simple, straightforward questions, for example:

- What is my soul name?

When in a centred state, ask your guide to address you by your soul name. Listen closely. If you do not hear it, ask your guide to spell it for you - one letter at a time, if need be.



Soul names are not from any earth language; they are in the Universal language of Truth.

- What is my guide's name?

The guides typically use earth language names, for our comfort or to provide context.

- What is my soul's purpose?

Finding your soul's purpose may not be quite so simple. If you have a strong fear or belief, your guide will not interfere with it (because of free will). Your guide may well be obliged to tell you exactly what you want or expect or fear to hear. Additionally, your soul's actual purpose in this lifetime may be something you cannot even imagine at this stage of development. It may take time and learning to gradually be revealed to you. Think of it this way... can a toddler stand up and walk without first having learned to crawl?

No matter the topic though, take carefully formed questions into meditation and work with your guide to find Universal Truth.

Remember to ask for assistance while getting centred and then ask your question(s). Listen to your thoughts for at least 15 to 30 seconds after each question. Pay close attention to your body too, as the guides may use physical signals to communicate until we become more able to communicate telepathically with them.

One of the first questions I asked my guide was, "Why didn't you protect me?" No answer came, but I did not really expect there to be one. Even if they had answered, they may have said something like, "That is not our job". That would have infuriated me, and could well have shut down any interest I had in connecting. Since then, the Universe has taught me there are certain required life lessons for each of us, and our guide ensures we meet them.

What happened?

Was there a message? Were there colours, or a picture? Was there a particular feeling, such as a sensation of warmth or cold, tiredness, relaxation, peace? If there just seemed to be a jumble of thoughts, try to recall at least a few of them. Journalize your experiences.

Actions

Whatever is experienced, questions must be asked to find the correct interpretation and to gain full understanding about what has been given. Why? Since the spiritual Law of Free Will requires the guides to tell us what we want to hear, or what we already believe to be truth, it is up to us to make the conscious choice to set aside our preconceived ideas and beliefs. In fact, recognizing all of our beliefs becomes crucial when working with our guide.

What we think, we become



[Watch / listen to slideshow of illustrations \(YouTube\)](#)

See illustration 15 What we think, we become

Next steps

Section 4 provides more information about meditation and communicating with our guides.

Self-test

The School of Thought - Website Reading Quiz

Section 3: [English](#) or [Spanish](#)

Section 4 Meditation and communication



One of the best ways to learn about ourselves is to meditate, and the best way to learn how to meditate is to practice, practice, practice.

Section 4 is divided into four sub-sections:

Section 4.1 Communication ground rules

Here you will find more in-depth information about Going Home. Learn how the guides communicate with us, the importance of asking questions of our guide, and tools to find the spiritual meaning of our dreams and meditation sessions.

Section 4.2 Spiritual meaning of colours

The guides often show us colours in meditation and dreams, as well as in everyday life. This section provides a starting point for interpreting several colours.

Section 4.3 Spiritual meaning of numbers

Do you have a favourite number? Do you know what it represents? Do you often see a number repeating in your everyday experiences? This section provides a starting point for interpreting the numbers zero through 38.

Section 4.4 Spiritual meaning of symbols

The guides use the universal language of symbolism to communicate with us in dreams, meditation, and everyday life. The interpretations provided in this section are suggestions only and questions must be asked of our own guide to find their intended meaning.

Section 4-1 Communication ground rules

Meditation and dreams

Meditation or “Going Home” takes us into a world with much more meaning than we might ever have imagined. We become a conscious participant in our own spiritual development. One of the first things to notice is the images and phrases appearing in our thoughts, in dreams and meditation and even in everyday life. It may seem as though this is something new, but it really is not. We all receive communication, but usually assume it’s just our own thoughts. Going Home helps us slow down and listen, and become more adept at recalling our thoughts. This might seem like a lot of work, but paying attention to our thoughts builds self-worth and self-acceptance, along with a new pattern of building toward self-improvement.

In the early stages of practicing Going Home, the guides help us hear our thoughts so we can learn what we are creating in our lives. Building new belief systems based in Universal Truth enables us to resolve our inner conflicts, and then release old patterns keeping us stuck repeating negative life experiences, also known as being ‘lost in the playground’.

Thought blind

Have you ever heard the saying, “I can’t even hear myself think”? Well, many of us have gone thought blind - or rather thought-deaf. We literally do not hear ourselves. All day, every day, we repeat old thoughts and replay past experiences, so much so, we become deaf to them.

What our thoughts can sound like



[Watch / listen to slideshow of illustrations \(YouTube\)](#)

See illustration 16 What our thoughts can sound like

“Let’s see, the instructions say to ask a question and listen to my thoughts for the answer. Ok, what’s my soul name? *Cosimia*... I wonder if someone will actually answer me. Probably not, but I might as well play along. Ok, what’s my soul name? *Cosimia*... I think I’m getting a headache. What should I have for supper tonight? Ok, what’s my soul name? *Cosimia*... I hope the weather’s good on the weekend.

I'm so mad I never get my way. Why don't I ever stand up for myself? My back hurts. I guess there's no one there after all. I give up. I was really hoping to get an answer. What's Cosimia?"

How the guides communicate with us

Our guides communicate with us telepathically, with pictures or words, or with physical signals to show us the areas of our lives needing attention. Why? For them to simply tell us we are doing something "wrong" would be judgment and control on their part. This would violate the spiritual Law of Free Will, with which they comply.

The guides have an uncanny way of bringing the right people, places and things to our attention, to inspire us to ask questions. For example, having a dream about our earthly mother might be used to show us we are acting as she might. Perhaps we have taken on one of her negative behaviours and it is causing turmoil in our lives. Until we recognize it though, we cannot change it. Once we know it is within us, we can find and resolve the underlying issue causing us to repeat the pattern.

Withholding communication when we are annoyed or displeased with someone is a very effective form of control. If a parent or caregiver uses this particular punishment with us, we are likely to learn to do it too... we learn to stop speaking. We lose our ability to think and communicate when we feel threatened or angry. The pattern cripples our ability to have healthy conversations and relationships.

While the guides may not always answer our questions in the moment, it is never as a punishment. If we purposely withhold communication, our guide will provide clues in dreams and meditation to help us see (a) we are doing it, (b) it is hurtful, and (c) change is possible. Changing the pattern means struggling through the learning curve of healthy self-expression. Easy? No. Worth the effort? Absolutely.

The guides use many forms of symbolism. Colours, numbers, images of people we know or knew, animals - everything we experience in life - can be used to teach us about ourselves, anytime of day or night. Check out the spiritual meanings of [colours](#), [numbers](#) and [symbols](#).

Dream and meditation symbols



[Watch / listen to slideshow of illustrations \(YouTube\)](#)

See illustration 17 Dream and meditation symbols

Other methods the guides use to communicate with us

They may make a play on words. For example: A dream might highlight the wallpaper in a room, with the important part being where the wallpaper meets the 'ceiling'. The message? "See (the) link". A car might be shown - a Lincoln Continental...same message. Both of these 'link' dreams are aimed to help us see the link between things we might not consider to be connected. We may think our behaviour is not at all like someone else's, yet in fact we may be doing the exact same thing.

If we are shown the face of someone we know or knew, we can ask our guide what this person is meant to represent. Our earthly mother can represent the old days, the old ways or old-fashioned concepts, or the idea of nurturing. Our earthly father can represent some aspect of the relationship we have (or had), but might also represent our heavenly Father (The All). The image of a family member

might mean there is a relationship in some area of our life that is unrecognized or misunderstood, or it could mean we, or someone around us, is behaving in a manner like (or unlike) that relative.

The guides will use pictures of books, computers, televisions and telephones to show us communication is needed or needs to be ended. Then we would need to ask more questions. They may repeat a few lines from a song over and over in our thoughts. Although the words may seem self-explanatory, we need to make sure by asking.

Our guide may repeat a person's name or a particular phrase over and over until the correct questions are asked. "What am I doing that is like or unlike this person's behaviour?" is a good place to start. With the vast number of possible interpretations, it is easy to see the importance of asking questions of our guide and listening for the answers.

How can I be sure I'm receiving Universal Truth?

Our guide will tell us exactly what we believe unless we specifically ask for Universal Truth rather than that which we want, expect or fear to hear, so we must ask questions designed to allow our guide to give us new information. After all, if they tell us what we already know or believe, how can we grow or change? See [Discerning truth](#), [Honesty](#).

The more questions we can ask, the better. We must be willing to acknowledge any preconceived ideas or belief systems, even if we do not know exactly what they are, and we must be willing to set them aside. We must be truly willing to confront a Truth about ourselves or our motives, our loved ones or our experiences that may not agree with what we have been taught or what we may want to believe.

- If the information received is free from ego, control, anger, condemnation, etc., we can be reasonably certain we are receiving Universal Truth; likewise if the answer is logical, sensible and straightforward
- If our guide tells us something and we have a feeling of, "Aha, I knew it", this is a big clue we are in the way and preventing our guide from giving us Universal Truth
- If the information given is already common knowledge, then we are limiting the possibilities in some way, perhaps due to a belief system. It is well then to acknowledge it, and ask to have it set aside so new information can be given
- If the answer is presented like a grand performance, a belief may be in the way
- If we are trying to decide on the best course of action, but we already know what we want to do (or what we will not do), this will prevent our guide from giving us new options. They are not likely to tell us we are wrong. Also, if fear is making us want to avoid something, our guide will not tell us to walk through that fear. We must be willing to set our fear aside when our guide provides an opportunity to face it
- If a guide answers a question with, "As you wish", there may be preconceived ideas in the way, preventing the guide from giving new information. Then we need to state our willingness to set aside our belief(s) so we can receive new options.

Stumbling blocks

Some beliefs can actually prevent our guide from answering us at all. If we ask a question and no answer comes, there may be a belief in the way - could be something like:

- "No one will answer me because there's no one there"

- "I'm not worthy or capable of receiving communication"
- "I don't have any negative thoughts or behaviours"
- "I already know what this means"

Beliefs like this can be worked around by persevering with practicing meditation. After all, what does giving up achieve? Rest assured there is definitely someone there, you are worthy and you are capable. It takes desire, practice and determination to build the skill.

Guidelines for asking questions



Watch / listen to slideshow of illustrations (YouTube)

See illustration 18 Guidelines for asking questions

Even if we think we know the meaning of a dream or meditation image or phrase, our guide may well have wrapped another, even more important message within it. As long as we believe we understand the symbol fully, our guide has no choice but to agree. We must have the intention to look for it. Ask simple, straightforward questions. It is best not to seek anyone's private information, and it is best not to ask the guides to make a judgment about anyone. If your question does not receive an answer, ask your guide for the reason and listen closely to your thoughts for the answer.

Sample questions

Here some sample questions to help gain understanding:

- Is this dream meant to show more than one idea?
- Who (or what) does this person or thing represent?
- Is this a vision of the past, the present or the future?
- Is this the correct direction for me?
- What is my part in my relationship with (name of person)? (All too often, we blame the other guy for our troubled relationships and fail to take responsibility for our part)
- What is meant by the (colour/number/ picture) just given?
- Which of my beliefs prevent me from moving forward in life?
- Do I have complete understanding?

Until our guide says we have gained the correct understanding, we will know to keep asking questions. Ask one question at a time and pay close attention to your thoughts for at least 10 to 15 seconds for the answer before moving on. Some questions cannot be answered until we gain understanding in another area, so patience is needed. Check out WikiHow's [HOW TO ASK BETTER QUESTIONS](#)

Be alert

By remembering consciously the questions we have asked our guide, we begin to see the answers presented all around us as we go about our lives. This process provides epiphanies and brings spiritual enlightenment. We will find that which we seek. Even if we forget we have asked to be shown something, our guide can remind us (somehow) to be alert when something important is happening. We can then ask questions to find out what is needed. Awareness of our personal environment can reveal new levels of information. Television programs, relationships of the people around us - at work, at school, at play - can show us new areas about ourselves to examine.



Our daily experiences hold our lessons.

If our guide communicates with us in a way that seems rude or cruel, it is to help us see how we treat others or ourselves. That which we hate most in others is often within us, but when we are dedicated to improving ourselves, our guides will persist until we get the message. Once we know what we are doing, we can begin to change the pattern.

Since the guides work only with unconditional love, they cannot act out of spite or revenge, or any other negative purpose. They hope we will begin to ask questions. Try asking:

- Are you communicating this way to reflect my own behaviour to me?
- Are you communicating this way to show me how someone treats me?
- Why are you communicating with me this way?

A friend was out driving in her car when she was guided to, “Turn left here, Turkey”. She told me about it, laughing, and said, “That’s just what I would say!” That is precisely the point. Her guide was reflecting my friend’s own behaviour for her to see, and, hopefully, modify. Name-calling is judgment, criticism, and condemnation, and if we choose to change the pattern, assistance will be given. If we see nothing wrong with doing so, we are likely to be on the receiving end of someone else’s ridicule.

Meditation and the fine art of asking questions

Problem

People can grow frustrated if they do not receive answers to their questions.

Analysis

- We may not be able to tell the difference between our guide’s words and our own
- We may ask a question and then not give our guide a chance to answer
- Our question may not be clearly worded

Solution



[Watch / listen to slideshow of illustrations \(YouTube\)](#)

See illustration 19 Epiphany

Think like a reporter and consider exactly what information you want. The ‘W5H’ method - Who, What, When, Where, Why and How - can help. Prepare your questions beforehand. Use as few words as possible, with simple, clear phrasing. Ask one question at a time and wait at least 30 seconds or so for the answer before moving on to the next question. We often we make statements and then wait for the Universe to agree or disagree with us, so be sure to ask an actual question.

Be sure to Go Home before asking your question. Ask it out loud and then immediately pay attention to your thoughts - as if you were listening for another person to answer. Epiphanies will come with practice and perseverance.

Next steps

It is important to gain a basic understanding of [colours](#), [numbers](#) and [symbols](#) because the guides use them to communicate with us in dreams, in meditation and in everyday life.

Self-test

The School of Thought - Website Reading Quiz (external site)

Section 4-1: [English](#) or [Spanish](#)

Section 4-2 Spiritual meaning of colours

Quality of the colours

The guides often show us colours in meditation and dreams as well as in everyday life. If the colours you are shown are muddy or washed out, ask your guide which colours are in the mix: muddy brown can be a combination of green and red. Then the message could be something like; "An emotional wound has created anger or resentment and healing (forgiveness) is required". If clear and bright, then the message might be a positive one but still needs to be fully understood. As always, we must ask our own guide to find the Universal Truth about the colours shown to us. Not hearing your guide? Check out [how belief systems can prevent communication](#).

Spiritual meaning of the colours



[Watch / listen to slideshow of illustrations \(YouTube\)](#)

See illustration 20 Spiritual meaning of the colours

Section 4-3 Spiritual meaning of numbers

Numerical value of the letters in the English alphabet



[Watch / listen to slideshow of illustrations \(YouTube\)](#)

See illustration 21 Numerical value of the letters

Like everything in the universe, each number has a specific [vibrational frequency](#). The guides use numbers and letters to draw our attention to unrecognized issues, or to give us feedback about our progress.

If more than one digit is given in your guide's message (example: 12), ask if the number needs to be reduced to one digit ($1+2=3$) to find the required message. If it does not, then look at the meaning of each digit individually (1 and 2), and/or at the number itself (12).

A numerical value has been assigned to the letters of the English alphabet. The theory is each letter, by virtue of the number it represents, has a specific vibrational frequency.

Additionally, here is a resource I have found helpful:

[NUMBERS IN THE BIBLE, BY R.D.JOHNSTON](#) (external link - free to download)

Suggested interpretations for the numbers

As always, be sure to ask your guide for the Universe's intended message for you.

Zero (0) Attunement

State of being at peace. Or not. May indicate feeling stuck, yet unable or unwilling to act

One (1) Initiative

The beginning of a new cycle. May indicate trying to do something alone, unassisted (ego)

Two (2) Communication

Able and willing to give and receive information, or difficulty deciding whether to speak truth

Three (3) Harmony

Unity of mind, body, spirit. May indicate conflict and disagreement are preventing peace

Four (4) Intent

Able and willing to do whatever is needed to get the job done. Or not.

Five (5) Change

Change has been achieved, or we are fighting change, or not seeing change is needed.

Six (6) Quest

The search for spiritual understanding. May indicate we are ready for a new level of learning

Seven (7) Learning

May indicate we need some alone-time to reflect on whatever has been happening

Eight (8) Union

Our interconnectedness with the The All. Or feeling abandoned or betrayed. Craving support

Nine (9) Heritage

Can indicate a positive, or a negative, family pattern. Are we teaching it to others?

Ten (10) Completion

A stage, cycle or project is complete, and a new cycle can begin. Or we are stuck

Eleven (11) Opportunity

A doorway. New possibilities or opportunities are now available. Who or what must be left behind? Is there guilt or remorse?

Twelve (12) Generosity

Able to give without expectations. May indicate greed, jealousy

Thirteen (13) Conciliation

Willing to do whatever it takes to come to fair and equitable solutions. May indicate inability or unwillingness to do so

Fourteen (14) Creativity

Constructive, productive, expressive. May indicate a fear of personal expression

Fifteen (15) Curiosity

Seeking Universal Truth and understanding. May indicate a belief we already understand fully

Sixteen (16) Wisdom

Able to see beyond self. May indicate narcissism

Seventeen (17) Guiding Principle

Able to seek guidance without fear of losing self. May indicate unwillingness to seek guidance

Eighteen (18) Faith

Beliefs founded in Universal Truth and unconditional love. Or not.

Nineteen (19) Cooperation

Ability or lack thereof to share knowledge and acknowledge our shortcomings

Twenty (20) Striving

Willing and able to work hard to meet our goals. May indicate lack of desire to work

Twenty one (21) Equality

Treating self and others fairly, with respect. May indicate we hold double standards

Twenty two (22) Perseverance

Keeping on, in spite of obstacles, or pattern of giving up at the first sign of trouble or difficulty

Twenty three (23) Revolution

Profound positive change has been gained in self and our beliefs or behaviours, or that change is needed

Twenty four (24) Purpose

Following our higher motivations. May indicate resistance to following a higher path

Twenty five (25) Sacrifice

Willing to meet others' needs before our own. May indicate unwillingness to act selflessly

Twenty six (26) Transformation

Change a liability into an asset. May indicate a belief that change is impossible for us

Twenty seven (27) Reconciliation

Able to settle differences fairly and to forgive without expectations. May indicate resentment, revenge, or unwillingness to forgive

Twenty eight (28) Optimism

Able and willing to look for the silver lining in difficulties. May indicate unwillingness to do so

Twenty nine (29) Opportunity

A new opportunity awaits. May indicate unwillingness to step out of our comfort zone

Thirty (30) Inspiration

Hearing our inner voice and acting on it. Seeing new possibilities. May indicate resistance to growth, improvement or change

Thirty one (31) Intuition

Seeking guidance as to the best course of action and following it. May indicate unwillingness to follow guidance, thinking our way is easier or better or safer

Thirty two (32) Analysis

Open to considering all options. May indicate inability or unwillingness to look beyond the easy way out

Thirty three (33) Reason

Able to think clearly, yet feeling the emotions of a situation. May indicate lack of desire to focus

Thirty four (34) Stillness

Appreciate periods of inactivity. May indicate inability or unwillingness to relax

Thirty five (35) Agreement

Agreement without anger can open the door to new possibilities. Agreement with unspoken needs or desires creates a peace that cannot last

Thirty six (36) Sharing

Able and willing to give and take fairly. May indicate we are only willing to give, or only willing to receive. Applies to material items as well as to communication

Thirty seven (37) Faith

Knowing the next step will be revealed in due course. May indicate inability or unwillingness to trust Source to provide that which is needed to help us move forward spiritually

Thirty eight (38) Evolution

Able and willing to change and grow. May indicate we want everyone else to change

Section 4-4 Spiritual meaning of symbols

The guides use the universal language of symbolism to communicate with us in meditation and in dreams, to help us understand our experiences or to provide us with information we will need in the future. Our challenge is to recall the symbols upon returning to everyday consciousness. Unless we are attentive, they can quickly evaporate and leave us with a sense of unfinished business.

The process requires tracing back through our thought stream. Sometimes it can be effortless, sometimes it can seem impossible and other times, something will happen hours later to trigger a recollection. It is important not to criticise ourselves for being unable to remember, or for failing to understand the message. It takes practice to develop such skills - lots of practice.

Suggested interpretations

The interpretations below are suggestions only and questions must be asked of our guide to find their intended meaning for us.

Actors

Our feelings about the person or people being shown can reveal how we feel about some aspect of self or someone with whom we are associated

Animals and pets

Can represent unrecognized thoughts, attitudes and emotions. Is it a creature of the land, sea or air? Is it friend or foe? Does it have a name? What colour is it? What emotions are felt? Does it speak to you?

Bird

Looking for a new spiritual truth, freedom; or stagnant belief system, imprisonment

Cat

Healthy, interdependent relationship; or a co-dependent relationship where one or the other must always be in control

Dog

Friend; or danger of betrayal

Dolphin

Joy; or stifled spirit

Elephant

A secret was revealed and nothing bad happened; or everyone is trying to keep from talking about the terrible thing everyone already knows

Fish

Spiritual food; or having a false belief system we stubbornly maintains to be true

Monkey

Is someone behaving like a child?

Snake

Feeling at peace with self; or belief we are "bad" and have been condemned by God and forgiveness is not possible

Blood

Substance transporting the vibrations of our thoughts, attitudes, emotions, beliefs and desires to each component of our physical body. Can represent our innermost desires; or can show us someone is behaving like a victim or a martyr

Bracelets, hoop earrings and rings

Can represent the cycles of life, unity of purpose, communication; or can represent feeling trapped in a never-ending cycle of negativity

Breath, breathing

Represents divine inspiration or lack thereof

Exhaling

If normal: Trust that all is well

If blowing, can represent surrender

If difficulty exhaling, can represent resistance to sharing our understanding with those who could benefit from hearing a new point of view

Inhaling

If normal: Trust that all is well

If gasping: Desperate need for enlightenment via information based in Universal Truth. In spiritual matters, tired of hearing the same old explanations that no longer ring true for us

Bridges, doors and gates

Can represent connections, possibilities, transitions, etc. What is the colour and condition? Is it functional? Can show there is a way to connect with whatever is on the other side - one must only be truly willing to take the steps

Cardinal directions

Represent the direction our life is taking; or where one seeks information

North

Looking up, to Source, to God, to the Universal Intelligence, looking to spirit

South

Looking down, looking away from Source, looking to physical, looking to self or others

East

Looking to the right

West

Looking to the left

Clothing

Can represent our spiritual belief systems. What style is being worn? What colours are being worn? Is it new or old, clean or dirty, bought, borrowed or stolen? What are the shoes like? Hat? Gloves? Socks? Underwear?

Coins

Can represent change. Can also represent metal, mettle, medal or meddle. Do we have some or need some, or were coins found or lost?

Columns

Represent support, or lack thereof

Darkness

Can represent the unknown, the unconscious. What feelings are felt in the dream, and upon remembering the dream?

Death

Can represent a deceased loved one (or hated one!). Can also represent potential or needed change. Can be preparation for the eventual so as to eliminate fear; or to show us dread is present. Can show a big change has happened or is about to happen

Doors

Represents options, possibilities, decisions. Are we inside or outside of it? Is there a window?

Closed door

Can show we have ended something; or are unable or unwilling to look for new possibilities

Locked door

Can represent our desire to hide something, or to hide from something, or can be used to show someone is preventing us from gaining access to something, or the time is not yet right for taking the next step. Do we have the key? If so, does it work? What colour is it?

Open door

Can show new options, new possibilities are now available

Unlocked door

Can show the time is right for taking the next step

Elevators

Can represent a sudden change in how we feel about ourselves. Better? Worse? More or less balanced? What style is the elevator? Old, new, express (where the lower floors are skipped)?

Emotions

What emotions were felt while the dream was taking place? What emotions are felt as the dream is recalled?

Escalators

Can represent a gradual change in how we feel about ourselves. Better? Worse?

Food

Can represent our spiritual diet, either what it is or what it needs to be. Is the food fresh or spoiled? Junk or nutritious? What colours are shown?

Flying

Can show us we are feeling free, or we are needing to free ourselves of something, or everything is going well

Gardens, plants, shrubs, trees

Can represent growth or lack thereof. Can show a need to look for the root cause of an issue

Genitalia and sexual intercourse

Can represent communication or reproduction or connection with Source

Glass

(cup, mug, drinking glass, mirror, window) If a drinking vessel, can represent how well we absorb our spiritual lessons. Is the container clean? Clear? Coloured? Dirty? Cracked? If broken, can show a change has happened or is about to happen. If stepping or walking on broken glass, can show our life path is filled with pain and needs to be swept clean

Hospitals

Can show inner conflict, unhealthy beliefs, unrecognized emotional pain. Are you the patient, a visitor or a caregiver? What is the room like? Who is present or missing? Is the lighting bright or dim, is it day or night?

Hotels

Can represent a "facility" (check definition and ask your guide which meaning applies). Can show we feel like a guest in our own home (not accepting ownership or responsibility)

Houses

(and rooms therein) Can represent where we live spiritually or physically, or our physical body. Is it a house from the past? Is it familiar? Is it in good repair? What is its street number?

Attic

Where we store stuff. Is it clean or cluttered?

Basement

The unconscious. Is it clean or cluttered? Is the lighting bright or dim?

Bedroom

Where we communicate. Is the bed being used, is it made or unmade, is someone in it, is the wrong person in it? Is communication taking place?

Kitchen

Where we prepare and eat our spiritual food. Is the food fresh or spoiled? Is it junk food?

Living room

Where we live. What emotions are felt? What condition is it in? What is the furniture like? What is the light source?

Keys

Can represent a core belief system, a plan, a creative idea. Do we have the key? Is it functional? Has it been lost or stolen? Is it new or old? If stolen, could be a warning. What metal is it: brass, gold, silver? What colour is it? Is it on a key chain?

Kissing, French-kissing

Represents affection, faith, trust

Someone kissing us: Represents the gift of divine information bestowed upon us by our guide, whether the person kissing us resembles someone we know or not

Us kissing someone: Shows our increasing level of trust and faith in the guidance we receive or the need to trust

Light images

(Candles, flashlights, lamps, sun, moon, stars, incandescent, regular or fluorescent light bulbs, lighting in a room, etc..) Can represent God's unconditional love or enlightenment. Is someone moving toward or away from the light source? If lighting is dim, can indicate more understanding is needed. If bright, can show enlightenment has been achieved or is needed. What emotions are being felt?

Mirrors

Can represent how we see ourselves, or how we think others see us. If broken, can show a need for some serious changes, or we need to recognize some change(s) we have made

Modes of communication

(Books, computers, flags, newspapers, radios, telegraph, telephones, televisions) Communication is either required or not recommended. If communication is required, with whom does what subject need to be discussed? If not recommended, why?

Modes of transportation

(Bicycles, cars, buses, trains, boats, planes) Can represent the way in which we travel our spiritual path or our physical body. What is its state of repair? To whom does it belong? How fast is it moving? Is it travelling recklessly or controlled? Buses and trains can be used to represent work or vacation

Money

Can represent how we feel about ourselves or our financial situation. In the dream, do we have enough or need some, have we borrowed or loaned, donated or stolen, gambled away or won, spent foolishly or hoarded? See losing belongings, purse

Music and song lyrics

Whatever the style of music, it can hold a symbolic meaning for us. For example, Rock and roll could be used to show a rebellious attitude toward someone or something, Classical could be used to show there is a vast intelligence in the Universe even if we can't see it, Rhythm and Blues could be used to show grieving a loss would be to our benefit, Traditional music could be used to show we have or have not embraced traditional teachings. Song lyrics can help us understand some aspect of ourselves or our experiences. If the lyrics keep repeating all day, there is a message in them we are not quite grasping. Meditate to find it. Some suggestions for Going Home music:

- YOUTUBE - AMBIENT MUSIC
- YOUTUBE - ANUGAMA - HEALING
- YOUTUBE - ANUGAMA - SHAMANIC DREAM
- YOUTUBE - TIBETAN MONKS CHANTING OM

Nudity

Can represent how we feel about self. Is there shame / discomfort / privacy? Who else is present?

People

Can represent aspects of ourselves. Can also represent unresolved issues within ourselves. Who is being shown? A parent/caregiver can represent love / withholding of love, support / control, the old days or the old ways, etc. If the person being shown is no longer alive, the Universe is using our knowledge of the individual or our relationship to show us something about ourselves

Places of education

(Schools, universities, libraries, museums, archives) Can represent a lesson. What needs to be learned, researched, uncovered, dug up? What is needed to complete the lesson? If late for class or an exam, could be showing an unresolved issue or a negative behaviour like absenteeism or chronic lateness

Places of worship

Can be used to show us how we feel about our relationship with The All, or that we have a religious belief not aligned with the Universal Truth about a current life issue

Police

(Can also be courtrooms, judges) Can represent either human or spiritual laws. What emotions are felt? Is someone being charged with an offense? Is someone testifying for or against someone? If so, who is it and what do they represent? What emotions are felt? Is someone testifying for or against someone? If so, who is it and what do they represent?

Purse

(Can be wallets, money, briefcases, luggage) Can represent wealth or security, a cherished belief system, baggage of unresolved or unrecognized issues about career. Do you have it or have you lost it or has it been left behind? Is it heavy or easy to carry? Has it been stolen?

Root vegetables

(Beet, carrot, potato, etc.) Can represent unrecognized belief systems or buried memories. The vegetable's health and condition can reveal how we feel about the belief or memory

Snow

Can represent a need for rest and relaxation, or to look within. Could mean a relationship is about to change, or a difficult issue needs to be (or has been) resolved

Teeth

Can show our ability/inability to process information going against our beliefs or desires. Dental problems can show a big change is needed, is about to happen or has recently happened

Unidentified Flying Objects (UFO's) and/or aliens

Can show we have a new recognition of the Universal Intelligence, or there is a design for our spiritual path. Are we fighting it?

Walking

Can represent how we walk our spiritual path. Do our feet get tangled? Are we running freely? Limping? Using a cane or crutches? Unable to walk?

Washroom facilities

Can show an idea needs to be released, or we are having difficulty releasing an issue. Are the facilities clean and in good repair? Is it difficult to release? Is there a door for privacy? If so, is the door in good repair or broken? Is the lighting bright or dim?

Water images

(River, pond, lake, ocean, swimming pools, etc.) Can represent spirituality. Is the water cold or warm, clear or muddy, torrential or calm? What colour is it? If a river, is it flowing in the correct direction? Clean or filled with trash?

Windows

Can represent how we look at the world, how we think the world sees us, or how much "light" we let in. Are we on the inside or the outside of the window? Are the windows clean or dirty, smudged or smeared, small or large, operational or stuck shut, old or new, boarded up or covered? If broken, can show something has happened or is going to happen that could drastically change our viewpoint.

Workplace

(Any place of business) Can represent our spiritual path. Are you working? How do you feel about it? What is your position? Who and where is the boss, and what are your feelings about her or him? Boss can represent God, a person or an idea. If other employees are present, who are they, how do you feel about them, what are they doing? What are you doing?

Section 5 Spiritual component of physical conditions



Just think of the billions of dollars and vast resources that could be spared, were we to forgive those who harm us. Just think of the needless pain and suffering we could avoid if we were to forgive ourselves. Chronic diseases could be avoided, along with harmful acts done out of despair, anger or hatred.

This section lists physical conditions and their spiritual component(s) as well as parts of human anatomy along with their spiritual aspect. Since we are spiritual as well as physical beings, our

thoughts, attitudes and emotions affect our health *at least* as much as the physical world. Profound healing becomes possible when we address both the spiritual and the physical aspects of a condition. Use this section to address the spiritual component(s) of a condition. Seek medical attention from your healthcare provider to address the physical. For more in-depth information, check out [Why do we get sick / suffer injuries / have accidents?](#)

A

Abdomen

Organs within the abdomen enable our spiritual reactions to our life experiences to manifest in our physical body

Issues that can arise: [Abdominal aortic aneurysm](#), [Abdominal bloating](#), [Abdominal distension](#), [Abdominal itching](#), [Abdominal intertrigo](#), [Abdominal pain](#)

Abdominal aortic aneurysm

Unable to get past a [shameful](#) incident that shattered our belief of who we are and what we stand for

Abdominal bloating

Putting too much, or too little, emphasis on self. See [ego](#), [self-esteem](#), [self-importance](#)

Abdominal distension

Excessive thoughts of [ego](#), [self-importance](#), or [self-condemnation](#), or [shame](#). See [self-esteem](#)

Abdominal intertrigo

Wanting to receive sympathetic attention, now

Abdominal itching

See [anxiety](#), [signals](#)

Abdominal pain

See [distress](#)

Ability to learn

Improves when we feel worthy to be alive, to receive nourishment, to receive focused, loving attention, and to participate meaningfully in the family

Issues that can arise: [ADD / ADHD](#), [Learning disorders](#)

Absenteeism / Tardiness (behaviour)

Absenteeism and chronic lateness are [passive/aggressive](#) forms of [abandonment](#) in which we are unable or unwilling to meet responsibilities. It is the source of many of life's difficulties and can infuriate those who are waiting for us, and sometimes that is the whole point

Contributing factors: [Avoidance](#), [dawdling](#), [defiance](#), [silent rebellion](#)

Spiritual effects: Unwilling or unable to follow through on commitments, [depression](#)

Physical effects: Arrhythmia, Hypothyroidism

Change the pattern: Meditate to find and resolve the reason for wanting to annoy people. Visit Wikihow to LEARN HOW TO SET PRIORITIES

Accident proneness

Guilt or shame can make us unconsciously seek punishment, or wish to prove we are not as good as everyone thinks, or we ought to be punished for doing well if a loved one is a failure. This can manifest in physical as injury-causing accidents that often occur just before our performance is to be judged or tested (fear of failure/success). Injuries are also a way to show we are in pain and distress and in need of nurturing or sympathetic attention. See bruises

Change the pattern: Build stable self-esteem to enable mature expression of our emotional needs

Acetylcholine neurotransmitter

Deficiency

Denial our thoughts and actions play any role in our painful life experiences

Spiritual effects: Blame, self-righteousness, victim

Physical effects: Alzheimer's disease, dementia, myasthenia gravis

Excess

Unsure as to what, if anything, we want to bring into our reality

Spiritual effects: Despair, fear of failure or of success

Physical effects: Headaches, hives, insomnia

Achenbach syndrome or paroxysmal finger hematoma

Fear of having to stand up for self and having an unsuccessful outcome, fear of confrontation

Contributing factors: Birth abnormalities and genetic disorders, legacy family pattern

Acne

Too much friction in our emotional environment and not knowing what to do about it

Spiritual effects: Chronic feelings of embarrassment, guilt, perfectionism, shame

Change the pattern: Next time you break out, try to recall what was happening for you during the previous 3 or 4 days. Look for anything that might have upset you emotionally. Maybe there was an argument, maybe someone suffered an accident or got sick, maybe something happened at work, etc. Unless you were personally responsible for whatever it was, resist the temptation to blame yourself, and most importantly, do not accept blame from anyone else. If you were responsible, take steps to make changes. Building strong, stable self-esteem will lessen the severity of the breakouts and help your skin to clear up faster. The best part is that gradually, the length of time between breakouts will get longer and severity will decrease

Acne excoriée (also known as acne excorie or pickers acne)

Spiritual effects: Perfectionism

Physical effects: Acne, obsessive/compulsive behaviours, skin picking disorder

Acromioclavicular or AC joint arthritis

Carrying negative thoughts, attitudes and emotions about the burdens we bear

Contributing factors: Cartilage

Actinic keratosis

Old emotional injuries we thought long-forgotten bubble to the surface of consciousness, triggered by incidents that make us feel as we did when we were young and defenseless

Acute adrenal failure (Addisonian crisis)

Can occur upon learning a cherished, foundational belief system is false

Acute myeloid leukemia

Sudden suspicion our childhood fear of God's wrath and/or retribution is true, but know this... Universal justice is always tempered with forgiveness and mercy

Contributing factors: Birth abnormalities and genetic disorders, karma

Acute sore throat (acute pharyngitis or cobblestone throat)

Wanting someone who is always too busy, too important to listen to us, to really hear us - for a change. Their needs always seem more important than ours. See Sore throat (pharyngitis)

ADD/ADHD

Means literally we received too little or too much attention as a child. Hyperactivity is a physical response to our desperate need to get - or avoid - focused attention

Looks like: Habitually over-reacting to life experiences as an excuse to ensure we receive lots of attention. Attempts by others to soothe us are like an addictive balm, but the risk is they will eventually tire of soothing us. If we do not get the desired response (favourable attention), our agitation can increase to the point of tears or even temper tantrums disguised as a fear response, in the hopes they will give up and comfort us. Even if that 'comfort' comes in a negative form like yelling or shaming, it is preferable to going without attention

Spiritual effects: Can manifest as a chronic need for validation from others. See co-dependent relationships, self-esteem

Physical effects: Ear and hearing issues, eye and vision issues, comprehension and memory problems

Change the pattern: Work on building a relationship with your inner child. By paying better attention to our needs, we find it easier to pay better attention in daily life. Doing these things gives us something meaningful on which to focus... our happiness. The more we pay attention to our needs, the easier it becomes to maintain focus - an extra benefit!

Addiction

Results from a spiritual desire to avoid pain or run away from truth, from responsibilities, from our thoughts and emotions, and even from life. Can be to a chemical substance like food, tobacco, drugs or

alcohol, or to any behaviour (like gambling, shopping, overusing a cellphone or personal device, etc.). See [abandonment](#), [obsessive/compulsive behaviours](#).

Spiritual symptoms of addictions can vary from constantly telling stories about how everybody has 'done me wrong' ([victim](#) pattern), to [pathological lying](#), to using [guilt trips](#) to [manipulate](#) others, to [avoiding](#) making decisions ([hoarding](#)).

[Change the pattern ... 'Break' the habit](#)

Addiction to pain

If unable to express our emotional needs, telling others we are feeling physical pain is one way to get some much-needed attention. This can be addictive

Addison's disease

Unable or unwilling to acknowledge our mistakes. Occurs if we habitually play [victim](#) whenever someone tries to hold us accountable. The alternative, accepting responsibility, is out of the question since we believe doing so would be devastating

Adenocarcinoma

Withholding spiritual nourishment from self ([joy](#), contentment, [optimism](#), pleasure) because after all, we really do not deserve to be happy... we should suffer

Spiritual risk factors: Feeling like a [martyr](#) and/or [victim](#), and wishing someone would, just for once, give us their undivided, loving attention, yet unwilling to give that to others. See [blame](#), [guilt](#), [shame](#)

Physical risk factors: See [addiction](#), [obsessive/compulsive disorder](#)

Change the pattern: While changing our physical diet can be challenging enough, changing our spiritual diet requires even more effort. Undertake a spiritual self-care routine including practices like [meditation](#), [forgiveness](#), and [spiritual decluttering](#)

Adenoiditis

Feeling unwelcome, uninvited and surrounded by negativity

Adenoids

Represent our ability to protect our [self-esteem](#) from being harmed by others' negative opinions about us. See [immune system](#)

Issues that can arise :[Adenoiditis](#)

Adenomyosis

Unresolved pain and agony over our childhood, and/or the children we have or have not had, the sort of parents we had or the sort of parent we could have or would have been

Adenovirus infections

Represent our ability to [tolerate](#) with [patience](#) the many irritations of life in physical. Flare-ups can indicate a recent experience made us feel unknowingly [angry](#) or [resentful](#) - again

Adiposis dolorosa (Dercum's disease)

Belief or fear uninhibited expression of our innermost thoughts will lead to disaster. See affected area

Physical effects: Autoimmune diseases, Birth abnormalities and genetic disorders, Brain, Hormones, Lipoma

Adrenal glands

Represent our ability to regulate our reaction to emotional stress

Issues that can arise: Acute adrenal failure, Adrenal glands cancer, Adrenal insufficiency, Addison's disease, Congenital adrenal hyperplasia, Cushing syndrome, Hyperaldosteronism, Other infections of adrenal glands, Tuberculosis

Adrenal glands cancer

Severe loss of faith in human decency after being harshly criticised, even if we are ourselves extremely judgmental and critical. Attitude that says, "It is only all right for me to be honest"

Adrenal insufficiency

Primary

Giving up on life due to feeling life has given up on us

Contributing factors: Autoimmune diseases, Bleeding into adrenal glands

Secondary

Feeling overwhelmed and hopeless

Contributing factors: Diseased pituitary gland, Sudden withdrawal of corticosteroid treatment

Adrenocorticotrophic hormone (ACTH)

See Pituitary gland, pituitary gland hormones

Issues that can arise:

Low

Desperate for sympathetic attention.

High

See Pituitary gland tumour

Ageusia (lack of sense of taste)

Represents inability or unwillingness to discern the dangers our negative thoughts pose to our physical health, making us less able to protect ourselves. See COVID-19, Sense of taste

Aggressive anxiety disorder

Pattern of lashing out at others either physically or verbally when feeling unable to control a situation

Physical effects: Intermittent explosive disorder, stress

Aggressive/passive behaviour

Obnoxious behaviour designed to force others into submission. This childish, abusive pattern results from growing up in an extremely controlled or completely lax household. The aggressive phase can manifest as shouting orders, criticisms or guilt trips, throwing temper tantrums, threatening physical or financial assault, or abandonment. When the victim submits and becomes obedient and docile, the passive phase then begins. The aggressor shows mercy by showering the victim with affection, warmth and praise, giving gifts or rewards and generally being sweet and attentive... until the next time. The passive phase lures the victim into a false sense of security, and can even create a guilty feeling for ever having doubted the aggressor

Spiritual effects: Distrust, greed, pathological lying, self-righteousness

Physical effects: High blood pressure, dental problems (can result in tooth loss), laziness, hoarding

Change the pattern: If this behaviour is an issue for you, either as aggressor or as victim, visit Section 2 and start changing your life

Akathisia

Can be triggered by antipsychotic drugs used to treat mental illness

Contributing factors: Birth abnormalities and genetic disorders may play a role, medications used to treat any of the following conditions: ADHD, anxiety, depression, encephalitis, insomnia, nausea and/or vomiting, traumatic brain injury

Physical effects: Movement disorders

Alcohol-Related Neurodevelopmental Disorder (ARND)

See Fetal Alcohol Spectrum Disorders (FASDs)

See possible issues: Ability to learn

Alcohol-Related Birth Defects (ARBD)

See possible issues and affected areas: Heart, Kidneys, Skeleton, Ear and hearing issues, Fetal Alcohol Spectrum Disorders (FASDs)

Alexithymia

Can manifest as a personality trait if one left a prior incarnation while suffering severe emotional trauma, or can manifest in the current lifetime due to psychological distress

See associated conditions: Autism spectrum disorder, addiction, ADHD, allergens, allergic reactions, anorexia, anxiety, asthma, bulimia, depression, dyspepsia, fibromyalgia, high blood pressure, inflammatory bowel disease, irritable bowel syndrome, migraine headache, nausea, Post-traumatic stress disorder (PTSD), stroke, traumatic brain injury

Allergens, allergies

Represent fear of things over which we have no control

See type: Allergic to specific individual(s), Animal allergies, Dust allergy, Environmental allergies, Food allergies, Insect sting or bite allergy, Mold allergy, Multiple chemical sensitivity, Semen allergy

Allergic fungal sinusitis

Unable or unwilling to acknowledge to others we have suffered an incredibly painful experience, and constant reminders of it make us feel it will be impossible to forgive or forget. We have built a spiritual dam to prevent our tears from flowing

Allergic reactions

Represent an unspoken plea for help in dealing with an on-going [traumatic situation](#)

Issues that can arise: [Boogers](#)

See type: [Allergic fungal sinusitis](#), [Alpha-Gal syndrome](#), [Anaphylaxis](#), [Hay fever \(seasonal\)](#), [Histamine intolerance](#), [Rash as an allergic reaction](#), [Side effects of medication](#)

Allergic reactions as a side effect

Adverse reaction to a medical intervention to help the problem, such that the problem is solved but a new one is created - a vicious cycle we feel powerless to change. The solution? Find and resolve the root spiritual component of the original issue

Allergic to specific individual(s)

Extreme emotional discomfort when a certain individual is near and belief we absolutely must not, CANNOT EVER, reveal our true feelings about them whether positive or negative

Alopecia

Chronic [self-condemnation](#) for every mistake we have ever made

See types

Alopecia areata: See description for [Autoimmune diseases](#)

Androgenic Alopecia (Pattern hair loss)

If your family members have a similar pattern of hair loss as yours, see [Genetic abnormalities](#)

Central Centrifugal Cicatricial Alopecia (scarring alopecia)

Wishing we could stop thinking repetitive, negative, harmful thoughts and further self-condemnation if unable to do so. See [Spiritual decluttering](#)

Chemotherapy Induced Alopecia (Anagen Effluvium)

See type of [cancer](#) for which you are being treated

Persistent Chemotherapy-Induced Alopecia (pCIA)

See type of [cancer](#) for which you were treated

Frontal Fibrosing Alopecia and **Lichen Planopilaris** (both are scarring alopecias)

[Obsessive thoughts](#) over a [traumatic](#) loss and failing to see how not letting it go is affecting every aspect of our life

Telogen Effluvium

Wanting to retreat from life; wishing to return to childhood for a re-do

Traction Alopecia

Rigid thinking; unable or unwilling to even consider adopting changes that could actually be beneficial

Trichotillomania (hair pulling)

See [Self-inflicted hair removal](#)

Alpha-Gal syndrome

After feeling criticised by someone, obsessing about what they said and thinking "I wish I had said what I really wanted to say instead of pretending not to be offended" or "I wish I had thought to say such-and-such". See [brain freeze](#) plus [allergic reactions](#), [food allergies](#), [zoonotic diseases](#)

Change the pattern: [Meditate](#) to learn the source of our inability to speak truth and/or stand up to people. See [self-esteem](#)

Alzheimer's disease

Chronic self-deception. Habitually [denying](#) we played any role in our negative experiences, yet feeling [guilt](#) over choices we made that had devastating consequences, and/or a strong desire to make everyone believe we are innocent. In other words, wanting to live in a fairy tale and escape being held responsible (see [fear of retribution](#)). The underlying guilt and [shame](#) can create a [victim](#) mentality and a constant need to [blame](#). See [dementias](#)

Ambiguous genitalia

Can occur as a life lesson for those who may have, in a previous existence, made less-than-considerate choices for someone in their care who was fully dependent

Contributing factors: [Birth abnormalities and genetic disorders](#), [required life experiences](#) and [What is karma?](#)

Amenorrhea

If not caused by breastfeeding, [pregnancy](#) or [menopause](#): Deep and possibly unrecognized [fear](#) of any or all of the following: being an adult with responsibilities, being a female adult, attracting sexual attention, becoming pregnant, giving birth, becoming a parent

Amniotic fluid

Represents protection

Too much, or too little, amniotic fluid can reflect the mother's ability or willingness to provide the child with balanced care and protection. For example, too much amniotic fluid represents a tendency to be over-protective, while too little represents a tendency to be inattentive. Can indicate both the incoming soul and the family require certain experiences for their learning

Contributing factors: [Birth abnormalities and genetic disorders](#), [legacy family patterns](#).

Amputation

Whether accidental or surgical, amputation is a physical manifestation of our failure to acknowledge the part we played in a traumatic or tragic life experience. See [blame](#), [denial](#), [martyr](#), [self-righteousness](#), [victim](#). If amputation was accidental, see [accident proneness](#). If amputation was surgical, see contributing physical condition(s). If amputation occurred due to an act of terror or war, see [Required life experiences](#)

Amusia

Can result from [traumatic brain injury](#) as well as unresolved emotional [traumatic events](#)

Amygdala

Represents our ability to react to our life experiences with appropriate emotions

Issues that can arise: [Enlarged](#), [Hijack](#)

Amygdala hijack

Unable or unwilling to accept responsibility for our actions when we feel strong emotions, and habitually using our strong emotions as an excuse to behave irresponsibly

Change the pattern: Meditate and do the Self-esteem exercise in Section 9

Amyloidosis

Feeling like a prisoner in our life situation. See [enlarged tongue](#), [rheumatoid arthritis](#), [tuberculosis](#), [victim](#)

Amyotrophic Lateral Sclerosis - ALS, adult onset

See [Motor neuron diseases](#)

[Denying](#) our chronic, desperate need to avoid discussing certain subjects, yet yearning to bring them out into the open. The issue here is trying to make that decision. Of course we all have reasons for wanting to avoid discussing some subjects; often because we think others will react poorly to topics they themselves wish to avoid. This not knowing which topics are 'safe' creates a push-pull effect on nerves and [muscles](#) that are unconsciously tightened and relaxed at a furious pace, creating unimaginable strain on the systems. After many years of living with this pattern, damage occurs at cellular level, with ALS resulting.

Not everyone with this issue develops ALS (see [Primary Lateral Sclerosis](#)). For those with ALS, the behaviour is severe, chronic and long-standing. It is not just one topic that is avoided - the indecision manifests in all choices of topics to share or avoid. Those that are discussed meeting with negative responses or reactions cause us to [judge](#), [criticise](#), and [condemn](#) self for making trouble. Those kept hidden remain in the thoughts creating further damage.

The challenge is to change the pattern, and share and discuss what is important to us and to keep hidden that which we do not yet wish to disclose, in the knowledge we cannot control how others react. Their reactions are just that - their reactions

If inherited: See [birth abnormalities and genetic disorders](#), [legacy family patterns](#) and [What is karma?](#)

Anal fissure

[Blaming](#) someone for pressuring us to hurry up and perform but not seeing the pressure - the [stress](#) - comes from our own need to win their approval

Anaphylaxis

Frustration with feeling unsafe to share our true thoughts about a current troubling situation

See contributing factors: [Allergens](#), [angioedema](#)

Andropause

Major physical life change challenging our self-esteem. How well or poorly we adapt can help us better understand the challenges facing adolescents when experiencing puberty, or the physical challenges facing females throughout life (see compassion). Combining medical treatment with meditating to understand and resolve the spiritual component of physical issues arising, can reduce frequency, severity and duration of symptoms. See hormones

Anemia

Giving up. Feeling powerless and angry everyone else seems to have so much power. See blame, victim

Issues that can arise: Sickle cell anemia, Thalassemia

Anendophasia

Does having this condition mean one has no spiritual guide/angel/teacher? Not at all. Each soul in human form is accompanied by a divine representative. The guides communicate with us in whatever way best suits our unique learning abilities and needs. They are not limited by human physical conditions. Check out this SciTECH ARTICLE "ANENDOPHASIA: SCIENTISTS UNCOVER THE WEIRD COGNITIVE IMPACT OF LIFE WITHOUT AN INNER VOICE"

Aneurysm

Chronic refusal to accept our negative beliefs are based in fantasy rather than Universal Truth

See type: Abdominal aortic aneurysm, brain aneurysm, thoracic aortic aneurysm

Angina

Sudden, intense fear we risk repeating a past mistake

Angioedema

Keeping our true emotional reactions secret but fearing everyone will somehow know. See embarrassment, birth abnormalities and genetic disorders

Anhidrosis

Contributing factors: Addiction to alcohol, diabetes, Guillain-Barré syndrome, psoriasis

Animal allergies

Angry everyone else always gets to do whatever they want. See pity parties

Anisocoria (Horner or Bernard-Horner syndrome, Oculosympathetic palsy)

Can occur within a few days of receiving a spiritual blow to our sense of self, of who we think we are, or of how we believe others see us, that can leave us feeling traumatized. See sympathetic nervous system, Why do we get sick / suffer injuries / have accidents?

Ankle arthritis

Chronic self-doubt

Ankle bursitis

Fear of making wrong choices, or belief every choice we have made is wrong

Ankles

Represent self-assurance or lack thereof

Issues that can arise: [Ankle arthritis](#), [Broken ankle](#), [Ankle bursitis](#), [Dislocation](#), [Fat or swollen ankles](#), [Ganglion cyst](#), [Sprain](#), [Strain](#), [Subluxation](#), [Weak ankles](#)

Anniversary illnesses

Physical symptoms and/or new [traumatic situations](#) arising as the anniversary date of past unresolved traumatic events approaches. See [Hay fever \(seasonal\)](#), [Seasonal affective disorder](#), [Why do we get sick?](#)

Change the pattern: [Meditate](#) to find the triggering event(s) and then do the spiritual exercises in [Section 9](#) to gain resolution and release

Anorexia nervosa

So desperate to have some [control](#) in a chaotic environment that withholding food seems like the only solution. May be used to punish self or to [spite](#) an [authority figure](#)

Anosmia (lack of sense of smell)

Unable or unwilling to discern threats and take steps to protect ourselves

Congenital

[Legacy family pattern](#) of withholding crucial information about the emotional / spiritual status of its members from certain of its members. See [birth abnormalities and genetic disorders](#)

Temporary

Unable or unwilling to link our current emotional / spiritual state to a specific issue or inner conflict. See [COVID-19](#)

Anosognosia

Unlike [denial](#), where we know we have an issue but refuse to acknowledge it, this condition prevents us from being able to recognize our medical issues. See [stroke](#), [traumatic brain injury](#)

Ant bites

Given that ants are social creatures and very hard-working, a bite from one could indicate it is time to get to work on something we have been putting off doing, or it is time to connect with someone we have been putting off contacting

Anti-diuretic hormone (ADH)

See [Pituitary gland](#), [Pituitary gland hormones](#)

Issues that can arise:

High

Drowning in a sea of unshed tears. See [grief](#)

Low

[Fear](#) disaster is right around the corner. See [anxiety](#), [distress](#), [diabetes insipidus](#)

Antiphospholipid syndrome

Primary

Feeling threatened by impending [change](#). See [anxiety](#), [distress](#), [diabetes insipidus](#)

Secondary

Chronic [fear of invasion](#)

Anxiety paralysis

Unable or unwilling to do that which is needed

See contributing spiritual factors: [Anxiety](#), emotional [trauma](#), extreme [fear](#) or [phobias](#)

Aortic dissection

(The most common aortic catastrophe)

Extreme difficulty in understanding how someone could have been so cruel

Aphantasia

[Karmic condition](#) resulting from past life inability or unwillingness to trust self, due to having made catastrophic or life-ending choices. Can create a need in the current lifetime for others to tell us what to do. See [co-dependent relationships](#). Check out this SciTechDaily article, "[SCIENTISTS DISCOVER CONNECTION BETWEEN LACK OF VISUAL IMAGINATION AND LONG-TERM MEMORY](#)". Check out this Australian Broadcasting Corporation item [A DEAF AND BLIND MIND- WHAT IT'S LIKE TO HAVE NO VISUAL IMAGINATION AND NO INNER VOICE - ABC NEWS](#)

Change the pattern: Meditate and practice doing the Self-esteem exercise in Section 9

Aphasia

Firm [belief](#) the [Universal Intelligence](#) is punishing us (or that we should be punished) for all the horrible things we have said and done. See [stroke](#), [traumatic brain injury](#), [guilt](#), [shame](#), [unconditional love](#)

Change the pattern: [Meditate](#) and practice doing these spiritual exercises: [Apologizing and releasing guilt](#), [Guilt-buster](#), [Forgiveness](#), [Grieving](#)

Issues that can arise: [Palilalia](#)

Appendicitis

Living with constant [criticism](#), whether from self or another. Trying to digest and accept a cruel idea we know to be false

Arm pain

Unwilling, or feeling unable to carry the load

Armpit cancer

Desperate to hide a dirty secret and living in constant fear of it being exposed

Armpit intertrigo

Trying to hide information, either from self or someone else

Armpits

Represent our comfort or lack thereof with open, honest communication with self and/or others. See [arms](#), [shoulders](#)

Issues that can arise: [Cancer](#), [Heart](#), [Infection](#), [Intertrigo](#)

Arms

Represent willingness to work, and/or to meet commitments

See components: [Shoulders](#), [Elbows](#), [Wrists](#), [Hands](#)

Issues that can arise: [Broken arm](#), [Arm pain](#)

Arrhythmia

Unable or unwilling to submit to a routine for [fear](#) of appearing weak. See [blood clots](#)

Arrhythmogenic right ventricular dysplasia

Hiding the truth about our pain (even from self) so everyone will believe the made-up stories we tell of how kind and loving our family is or was

Arteriosclerosis / Atherosclerosis

Unable or unwilling to "go with the flow". Arguing with anyone who challenges our authority, because we know best - about everything

Arthritis, Osteoarthritis

Over-compensating for a perceived weakness in a particular area. Can develop after a joint has been injured. Releasing [anger](#) and [blame](#) for the injury can help prevent it from forming

See type or affected area: [Acromioclavicular or AC joint arthritis](#), [Ankles arthritis](#), [Bone spurs](#), [Foot arthritis](#), [Fingers arthritis](#), [Gout](#), [Hips arthritis](#), [Knees arthritis](#), [Neck arthritis](#), [Psoriatic arthritis](#), [Reactive arthritis](#), [Rheumatoid arthritis](#), [Shoulder arthritis](#), [Spine arthritis](#), [Toe arthritis](#), [Wrist arthritis](#)

Asthma

Habitually responding to the unknown with [fear](#), [confusion](#), [distrust](#), agitation, [anxiety](#) - a reflection of the home environment. An attack can be a way to [control](#) tense family situations

Astigmatism

Unable to find something valuable in life on which to focus

Asymptomatic inflammatory prostatitis

[Denying](#) we have any strong emotions, yet still feeling them, exhibiting them and being affected by them, and [hating](#) self for having them or for being unable to control them

Ataxia

If acquired

See contributing conditions or factors: [Autoimmune diseases](#) such as [multiple sclerosis](#), [celiac disease](#) | Brain abnormalities such as [Brain abscess](#) or [Brain tumour](#) | Cancers such as [lung](#), [ovarian](#), [breast](#) or

[lymphatic system](#) | [Cerebral palsy](#) | [COVID-19](#) | [Concussion](#) | Infections such as [chickenpox](#), [HIV](#), [Lyme disease](#) | [Side effects](#) from certain medications or substances | [Stroke](#) | [Thyroid problems](#) | [Vitamin deficiency](#)

If from birth

[Legacy family pattern](#) of parents enforcing strict control over their children due to fear of losing them and their services. See [fear of abandonment](#)

Athlete's foot

Feeling like an unknowing, unsuspecting [victim](#) of someone's lack of caring

Atrial fibrillation

Wanting to comply with schedules and routines set by others because it is the right thing to do, but fiercely resisting, because the thought of being obedient creates mental [chaos](#) and emotional turmoil that is physically unsettling

Auditory nerve damage

"Leave me alone". See [abandonment](#), [avoidance](#), [cold shoulder](#), [isolation](#)

Autism spectrum disorder

Beyond the physical aspect of this complex disorder, there are spiritual components to be considered. Family history and behavioural patterns must be examined, along with the spiritual learning requirements of the family unit and those of the affected individual. Spiritual success is measured by the degree to which love manifests. See [birth abnormalities and genetic disorders](#), [karma](#), [reincarnation](#), [required life experiences](#)

Autoimmune deficiency syndrome (AIDS)

Many believe this condition is a punishment sent by God. It is not (see [unconditional love](#)). Can occur in the presence of utter [despair](#) or deep [shame](#), or where there is a complete lack of [self-esteem](#) or sense of self-worth. Can occur if one has been deprived of approval from caregivers and/or loved ones. Can occur when we are the [victim](#) of someone's selfish lack of regard for others. See [genital herpes](#), [HIV](#), [sexually transmitted diseases \(STD's\)](#), [tuberculosis](#)

Autoimmune diseases

Holding self to excessively high standards ([perfectionism](#)), but wondering why since no one else does, and viciously [condemning](#) self for the tiniest infraction. Diseases can arise if we are unable to predict whether those around us will be cruel or kind. Our system habitually over-compensates with self-protection - just in case they attack

Conditions that can arise: [Addison's disease](#), [Alopecia](#), [Ankylosing spondylitis](#), [Antiphospholipid syndrome](#), [Autoimmune pancreatitis \(IgG4\)](#), [Celiac disease](#), [Crohn's disease](#), [Diabetes insipidus](#), [Diabetes type 1](#), [Erythromelalgia](#), [Endometriosis](#), [Fibromyalgia](#), [Giant cell arteritis](#), [Graves' disease](#), [Guillain-Barré syndrome](#), [Hidradenitis suppurativa](#), [Lupus](#), [Inflammatory bowel disease](#), [Interstitial cystitis](#), [Lyme disease](#), [Ménière's disease](#), [Myositis](#), [Psoriasis](#), [Psoriatic arthritis](#), [Restless legs syndrome](#), [Rheumatoid arthritis](#), [Sjogren's syndrome](#), [Stiff-person syndrome](#), [Thyroid eye disease](#), [Ulcerative colitis](#), [Vasculitis](#), [Vitiligo](#)

Autoimmune disorders

Our immune system becomes out of balance due to not knowing whether to expect cruelty or kindness from those around us, and over-compensates with self-protection - just in case

Autoimmune pancreatitis (IgG4)

Type 1

Desperate for someone in authority to recognize our true worth even though we feel unworthy

Type 2

See [inflammatory bowel disease](#)

Autonomic nervous system

Controls involuntary activities. Manifests our spiritual sense of well-being into physical. See [Why do we get sick / suffer injuries / have accidents?](#)

Autonomic nervous system divisions

Enteric nervous system

Represents ability to absorb or take in information from our life experiences, make sense of, or process, how it has affected us, and let go of, or excrete, information no longer serving our best interests

Parasympathetic nervous system

Represents our ability or desire to motivate ourselves to meet our physical needs

Sympathetic nervous system

Represents our ability or desire to motivate ourselves to flee or fight, and enables our sense of self to remain stable even when threatened. See [abandonment](#)

Autonomic nervous system components

Phrenic nerves

Represents our level of comfort within the environments in which we live, learn, play and work. See [hiccups](#)

Vagus nerves

Manifests in physical the state of our emotional health and our spiritual outlook on life. See [grief](#), [joy](#), [fainting](#)

Avian flu

Feeling trapped and wishing we could just fly away, but knowing even if we could, it would solve nothing. See [heart disease](#), [kidney problems](#), [pink eye](#), [pneumonia](#), [respiratory infection](#)

Avoidant personality disorder

Chronic [avoidance](#) of anything new or unknown due to [fear of failure](#), or [fear of looking stupid](#). The pattern can lead us into [toxic](#) or [co-dependent relationships](#) so we can [blame](#) the other person's supposed need to be in [control](#) as an excuse to be silent, remain in the background, and generally hide from life. Feeling like a powerless [victim](#) can lead to profound [anger](#) and frustration and may result in [passive/aggressive](#) behaviours

Avoidant/restrictive food intake disorder (ARFID)

Desperate for focused loving or sympathetic attention

B

Baastrup syndrome (Kissing spine syndrome)

Trying too hard and afraid to stop trying, for fear of something terrible happening. See affected lumbar vertebra, self-esteem

Babbling speech

Deep need to be in the limelight. Chronic fear if given the opportunity, someone else might say what we are trying to avoid hearing (guilt, shame). Chatter can be used as a defense against a perceived challenge. Can be a need to gossip. Unable or unwilling to express emotions. Can be a lack of concern or interest in others. See arrogance, narcissism, self-importance. Visit WikiHow for 3 WAYS TO BE FRIENDS WITH SOMEONE WHO TALKS TOO MUCH

Baby talk in adults

Trying to stay in childhood to avoid being taken seriously or held responsible, or held to a high standard. Can be used as an excuse to under-perform. Form of control and manipulation

Back

Represents whether we feel supported in life

See components: Bones, Joints, Skeleton, Spinal column, Vertebrae

Back of physical body

The place from which we came (past)

Back of the hand - if injured

Wanting to slap someone or fearing retribution

Back pain

Feeling alone, unsupported and at risk. See skeleton, spinal column, individual vertebra

Upper

Fear of invasion or of what the future holds, dread, distrust. See thoracic vertebra

Middle

Inability to solve a current problem and belief no one can or will help. See thoracic vertebra

Lower

Fear of abandonment, chronic avoidance of dealing with painful issues. Living a lie. See lumbar vertebra, Sacrum, Coccyx (tailbone)

Bacterial biofilm

Feeling responsible for all the pain and negativity in our life, feeling we have no right to be treated with respect. See blame, despair, misandry, misogyny, self-esteem, shame, victim

Bacterial prostatitis

Acute

Sudden and severe self-criticism over an action taken or not taken within the previous day or two, such that it manifests in physical

Chronic

Chronic and severe self-criticism over most actions taken or not taken, along with a stubborn refusal to acknowledge their negative impact on self or others

Bacterial sore throat

See bacterial versus viral Infection, strep throat

Bacterial vaginosis

Allowing a specific, false negative belief to control us. See vaginitis

Bad breath (halitosis)

Hiding the truth we believe to be ugly and wish were untrue but thinking it does not matter what we believe anyway because no one can hear our thoughts, right?

Baker's Cyst

Trying to protect self from crippling blows to our self-esteem

Baldness

Frustration with any imperfection. Worry, worry, worry

Ball of the foot pain

Belief or fear anything we do to help ourselves will backfire on us. See metatarsalgia

Barber's itch

Irritation with an authority figure, distrust

Bartholin's cyst

Desperate to prevent intimacy due to unresolved anger either with self or our partner. See infection, vaginal cysts

Basal cell carcinoma

Unable or unwilling to deal with a spiritual wound. See affected body part, grief

Beau's lines

Visible proof of an unrecognized traumatic event. Look to affected finger or toe. See diabetes, scarlet fever, measles, mumps, pneumonia, zinc (mineral) deficiency

Beckwith Wiedemann syndrome

The child has joined the family to experience what it is like to be reliant on the good will of one's caregivers. Whether the soul encounters kindness or cruelty, there is tremendous opportunity for spiritual growth

Bedsore (Pressure ulcer or decubitus ulcer)

Feeling of being rubbed raw with no way to escape

Bedwetting

Chronic fear an authority figure will hold us responsible for all that is wrong or that has ever gone wrong. See fear of retribution

Being hit in the mouth

Fear God is using someone or something to punish us

Belief one has (or will develop) a terminal disease

Obsessive thoughts every twitch, itch, bump, lump or pain is a symptom of a deadly disorder. Belief every warning about foods, substances, diseases, possible side effects, etc. applies to self. Belief if our associates develop a disease, "it is only a matter of time until I will get it too". See accident proneness, fear of death/dying, fear of invasion, hypochondriasis

Bell's Palsy

Holding back tears. Unwilling to enjoy life (spite). Unwilling to verbally express sorrow and/or distress. Looking for a way out, fear of being caught and held responsible. not wanting to hear, denial

Benign acute childhood myositis (BACM)

Belief we caused, or failed to prevent, the bad thing that happened and wanting to avoid ridicule or shaming for it. See Autoimmune diseases, Myositis

Bent finger

Incorrect belief in a particular area. See affected finger

Bent penis

Feeling like a failure at bringing our hopes and dreams into reality

Bi-polar disorder

Seemingly never-ending cycle of extreme self-approval and extreme self-hatred - usually in direct response to words or actions that have been taken as either a reward or a personal attack. Unable or unwilling to accept self as just another soul in human form, doing well at times and poorly at others. Chronically unmet need to receive loving attention, and so doing all we can to receive attention whenever possible by being either the very best or the very worst - at everything

Depressive phase

Occurs after a perceived failure and thinking, "I give up." "I'm useless and horrible and everybody hates me." "I'm not perfect and everyone sees it." "I can't bear the shame." "God hates me." "I hate me."

Manic phase

Occurs after a perceived success and thinking: "I can do anything and everything." "The rules don't apply to me (arrogance)."

The spiritual component of this sort of thinking can be the idea "I don't care what God - or anyone else - thinks about me."

Big toe (hallux)

Strong dislike of the direction something important is taking

Bile duct blockage

Holding in angry, hateful opinions so as to hide our true feelings from others.

Symptoms that can arise: Abdominal pain (upper right side), fever, itching, jaundice, nausea and/or vomiting, dark urine

Bile duct cancer

Hating self for living the lie that brought our success, but unwilling to let it go and reveal the truth. Feeling justified in holding onto it because after all, everyone else does it too. See gallbladder, liver

Bile duct stones

Obsessively worrying about what others are thinking about us or our choices but wanting no argument or discussion about it because whatever we think is truth, right?

Bile ducts

Represent our ability or willingness to express strong emotions and/or forgive, including self

Issues that can arise: Bile duct blockage, Bile duct cancer, Bile duct stones

Biliary dyskinesia

Obsessively repeating our reasons to believe nothing seems to work right - EVER. Could be something like, "God hates me" or, "Nobody ever helps or supports me". See blame, victim

Binge-eating disorder

Bouts can be triggered by feeling unable or being unwilling to say what we are really thinking. The physical discomfort of over-eating, along with our guilt, shame and embarrassment of feeling out of control, takes our attention away from the original issue, even if only for a short while. See addiction, silent rebellion, obsessive/compulsive behaviours

Birth abnormalities and genetic disorders

Physical manifestation of unresolved spiritual issues within the affected individual if congenital, or within the parental or family relationship if genetic.

Souls enter human form to reflect or amplify the spiritual condition of the family, in conjunction with the individual's learning requirements. We may experience an extremely short or long life. We could be sent in to become a physician to minister to those in need, just as easily as we could be sent in to become one who is in need. Only the Universal Intelligence knows what is truly required for our spiritual advancement. See What is a legacy family pattern?, Required life experiences, What is karma?, What is reincarnation?

Birthmarks

Represent unresolved issue(s) from prior lifetimes, or from legacy family patterns existing in the current family. The child will seek to learn the ways in which their caregivers deal with strong emotions. It may be hard to believe babies and children could ever understand such concepts, but

since this condition arises from past life experiences, we must allow that while the baby may not yet have language skills, the soul has vast intelligence. See [birth abnormalities and genetic disorders](#)

See type: [Infantile hemangioma](#), [Nevus simplex](#)

Biting one's lip

Accidentally

Biting back words that, if spoken aloud, could cause trouble for us

Purposely

Wanting to show someone how badly we want to get it right

Black neck (Acanthosis nigricans)

Feeling profound [embarrassment](#), [grief](#), [guilt](#), and/or [shame](#), and feeling like a [victim](#) - trapped with no way to escape. Truly, we escape by changing thought patterns. Not sure how? Review the [Introduction](#) and read at least up to and including [Section 4.1](#)

If acquired

See [colon cancer](#), [liver cancer](#), [lymphoma](#) or [stomach cancer](#), [type 2 diabetes](#), [obesity/overweight](#), [Polycystic ovary syndrome \(PCOS\)](#) or [Polyendocrine Metabolic Ovarian Syndrome \(PMOS\)](#)

If from birth

See [birth abnormalities and genetic disorders](#), [legacy guilt](#)

Black tongue

Wishing we could say what we mean and mean what we say. Always.

Bladder

Represents [patience](#) and [tolerance](#) for self with expression of our needs or strong emotions

Issues that can arise: [Bladder problems](#), [Bladder cancer](#), [Bladder infection](#), [Bladder inflammation](#), [Interstitial cystitis](#), [Leaky bladder](#), [Overactive bladder](#), [Bladder polyps](#), [Prolapsed bladder](#), [Vesicoureteral reflux](#)

Bladder cancer

Obsessed with the injustices one has suffered (lack of [forgiveness](#)). Unwilling to take responsibility for self, yet feeling forced into accepting it

Bladder infection

[Avoidance](#), [ashamed](#) of and/or [hating](#) self for being unable to stop having strong emotions

Bladder inflammation

[Anger](#) (pissed off) and unwilling to express it because 'they' should already know

Bladder polyps

Trying to hide strong emotions or withhold expression of our needs

Bladder problems

Lack of [patience](#) , [fear](#) of expression of strong emotions. See [urinary tract infections](#)

Bladder (Anterior) prolapse

Not knowing when to hold onto or when to let go of emotional baggage and unable to stop thinking about it all

Bleeding gums

[Worry](#), worry, worry. Do the [Stop Worrying exercise](#)

Bleeding into adrenal glands

Occurs after physical injury, which occurs after an extremely painful emotional injury makes us question the reason for bothering to stay alive

Bleeding nose

[Worry](#), worry, worry. If at a funeral, unrecognized worry about the death or its consequences. Concern something we need will not be provided

Blepharitis

Chronic sadness and not seeing we have the power to change our circumstances. Waiting for somebody / everybody else to do something different or be different

Blighted ovum

Situation in which the mother's stubbornly-held [belief](#) she is unloved by God determines the embryo's failure. See [Miscarriage due to fetal issues](#)

Blindness

If acquired

Feeling one has been 'blind-sided' by life. Deep [fear](#) of confronting a difficult or painful truth or a desire to hide the truth. See [birth abnormalities and genetic disorders](#), [echo chamber](#)

If due to diabetes

Unable or unwilling to see that which needs to be seen, or unable to imagine a different meaning for a [traumatic](#) family event

If from birth

A strong family pattern is occurring and no one sees it, and everyone is [blaming](#) someone else for making them be that way. See [birth abnormalities and genetic disorders](#), [legacy family pattern](#)

Blisters

[Fear](#) our true desire will be denied. See [blood blisters](#)

Blocked tear duct

Can result from habitually not allowing self to cry over important life experiences, whether they caused us pain or pleasure. Stifling self-expression is a sure sign we have suffered [repression](#)

Blood

Substance that transports the vibrations of our thoughts to each component of our physical body. Can represent our innermost desires, or that someone is behaving like a [victim](#) or [martyr](#)

Issues that can arise: [Anemia](#), [Cholesterol](#), [Blood clots](#), [Bruising](#), [Hemochromatosis](#), [Hemophilia](#), [Leukemia](#), [Neutropenia](#), [Pyroluria](#)

Blood blisters

Self-inflicted wound from trying the same thing over and over and expecting different results. See affected body part

Blood cancer

[Beliefs](#) about the Universe, our place in it, and our right to exist, that are incorrect and impossible due to the true nature of the Universal Intelligence. In children, can be a reflection of parental beliefs or a [karmic situation](#). See [fear of retribution](#), [leukemia](#), [unconditional love](#)

Sounds like: "The Universe is out to get me."

Blood clots

While physical injury can cause so-called "good" blood clots ([bruising](#)), the spiritual component of abnormal blood clots is one's system overreacting to spiritual injury, self-inflicted or not. The following factors and/or serious conditions are associated with abnormal blood clots:

Contributing factors: [Arrhythmia](#), [Certain medications](#), [Factor V Leiden](#), [Family history](#), [Congestive heart failure](#), [Hiatal hernia](#), [Obesity](#), [Peripheral artery disease](#), [Polycythemia vera](#), [Pregnancy](#), [Prolonged sitting or bed rest](#), [Smoking](#), [Surgery](#)

See type: [Antiphospholipid syndrome](#), [Arteriosclerosis/Atherosclerosis](#), [Chorionic hematoma](#), [Deep vein thrombosis](#), [Phlebitis](#), [Pulmonary embolism](#), [Stroke](#)

Blood clots due to certain medications

See [breast cancer](#), [hormone imbalance](#), [side effects](#), [Why do we get sick ...?](#)

Blood clots due to factor V Leiden

See [birth abnormalities and genetic disorders](#)

Blood clots due to family history of blood clots

See [birth abnormalities and genetic disorders](#) and [Is there hope I won't develop any of the diseases my parents had?](#)

Blood clots due to prolonged sitting or bed rest

Look to the condition causing inactivity

Issues that can arise: [Bedsore](#), [Depression](#)

Blood clots due to Smoking

Find and resolve the underlying reason for starting and/or continuing to smoke. See [addiction](#), [blood clots](#)

Blood clots due to Surgery

Look to the physical condition necessitating the surgery

Blood clots during pregnancy (Chorionic hematoma)

(includes Placental abruption, Preplacental, Retroplacental, Subamniotic)

Holding negative beliefs about pregnancy, childbirth or our ability to be a good parent. See blood clots

Blood pressure

Represents temperament, self-control and how we deal with stress

Issues that can arise: High blood pressure, Low blood pressure, Orthostatic hypertension

Bloodshot eyes

Belief someone is not seeing / appreciating all we are supposedly doing for them, supposedly unselfishly

Blood vessels

Represent an information highway upon which travel our thoughts, attitudes, emotions, beliefs and desires. Check out ANGER AND ARTERIES- SURPRISING LINK UNCOVERED BY THE AMERICAN HEART ASSOCIATION - SciTECHDAILY.COM

Issues that can arise: Peripheral artery disease, , Small vessel disease - heart, Spider veins, Telangiectasia, Varicose veins, Vascular dementia (or Cerebral small vessel disease), Vasculitis

Blurred vision - temporary

More understanding is required about the matter at hand

Body odour



This does not refer to those with limited access to bathing or laundry facilities.

Excessive body odour can be a form of silent rebellion. Can begin as an act of spite. Withholding approval, lack of respect for others or self

Boils and carbuncles

Too much friction in our emotional environment, and blaming others for it (victim), or feeling responsible for it (martyr)

Bone cancer

Belief not based in Universal Truth, that we are unlovable and therefore unloved (in children, can be a reflection of parental beliefs). See leukemia, unconditional love

Bone marrow

Represents our ability to maintain firmness of purpose. See lymphatic system

Issues that can arise: Leukemia, Sickle cell anemia

Bone spurs

Physical outcome of chronic lack of forgiveness, whether for self or others

Bones

Represent our spiritual infrastructure of belief systems. See broken bones, skeleton, skull, spinal column, vertebrae

Issues that can arise: Bone spurs, Bone cancer, Osteogenesis Imperfecta, Osteomyelitis, Osteoporosis, Paget's disease

Boogers (Dried nasal mucus, Nasal concretion)

Having boogers is a normal physical function and not a medical condition as such. However, more mucus can produce more boogers. See these conditions causing increased mucus production: Allergens and Allergic reactions, Chronic congestion, Common cold, Covid, Flu, RSV, Sinusitis (sinus infection), Upper respiratory infections. See also Nose, sinus cavities

Issues that can arise: Anosmia, Embarrassment, Obsessive nose blowing or picking, Post-nasal drip

Borderline Personality Disorder

Profound sense one was, is, and always will be, a failure, and incapable of 'correct' thought or action. Can happen if a child having every choice controlled by others or of having no one to provide guidance, in other words, no experience of what it is like to make right or wrong choices in a safe learning environment. This can result in a nearly complete lack of self-trust, along with anger at the imposed control of others and fear of having that control removed (fear of abandonment). See inner conflict

Bow-legged

Pretending there is nothing wrong, even though it feels as if our world is falling apart. See rickets

Bowel

Represents our ability to release that which is no longer needed

Issues that can arise: Anal fissure, Bowel prolapse, Encopresis, Inflammatory bowel disease, Irritable bowel syndrome, Loose bowel, Necrotic bowel

Bowel (Posterior) prolapse

Not knowing whether or when to give or withhold affection, attention, approval

Bradycardia

Wanting time to pass as slowly as it seemed in childhood, or wishing to relive childhood

Issues that can arise: Sick sinus syndrome and bradycardia, Sinus bradycardia, Sinus bradycardia with short PR interval

Brain

The brain is the soul's wheelhouse during physical incarnation; the pineal gland is its helm, and the pituitary and hypothalamus glands are its commanders. The brain is the first place in the human body to react physically to our thoughts. From there, signals are sent to the nerves in the spinal column and from there, to the area of the body affected by each particular thought, attitude or emotion

Issues that can arise: [Abscess](#), [Akathisia](#), [Amusia](#), [Amygdala](#), [Aneurysm](#), [Anosognosia](#), [Aphantasia](#), [Aphasia](#), [Ataxia](#), [Cancer](#), [Creutzfeldt-Jakob disease \(CJD\)](#), [Dementias](#), [Encephalitis](#), [Epilepsy and/or seizure](#), [Face blindness \(Prosopagnosia\)](#), [Functional neurological disorder/conversion disorder](#), [Huntington's disease](#), [Hydrocephalus](#), [Meningitis](#), [Progressive supranuclear palsy](#), [Psychogenic non-epileptic seizure](#), [Reversal of vision metamorphopsia](#), [Sensory processing disorder](#), [Synaesthesia - Mirror-touch](#), [Synaesthesia - Visuo-spatial / Odour-colour](#), [Traumatic brain injury](#), [Tumour](#)

Brain abscess

[Obsessive](#) nasty, poisonous thoughts about a specific person, place or thing, See [infection](#)

Brain aneurysm

[Obsessively](#) repeating a [lie](#) to self, hoping if we say it often enough, we will believe it

Brain cancer

Firm belief in our own badness (chronic [self-condemnation](#)). Extreme regret over something we have done or not done. Belief that says, "God may be able to forgive me, but I cannot."

Brain freeze (spiritual)

Seemingly unable to think or speak coherently when feeling stressed or threatened. See [Order from chaos in Section 2](#)

Issues that can arise: [Alpha-Gal syndrome](#)

Brain tumour

[Obsessive](#) negative thought patterns that eventually manifest in physical within the brain

Breast

Represents nurturing, kindness, either need for, lack of or provision of. See [mammary glands](#)

Issues that can arise: [Breast cancer](#), [Fibrocystic breast disease](#), [Breast implant illness](#), [Inverted nipple](#), [Itchy breast](#), [Lactostasis](#), [Mastitis](#), [Breast pain](#), [Pimples between the breasts](#), [Breast size](#)

Breast cancer

There are more than 80 types of breast cancer, hence the spiritual component can be any or all of the following factors: Taking on a persona we feel was thrust upon us by others or by negative life experiences. Belief how we treat self and others is nurturing, when it is not. Nursing grudges ([resentment](#)). Needing to mother or be mothered. Feeling unloved or unlovable. Living with the constant threat of someone's emotional abuse, feeling responsible for it when it happens, and feeling unable to stand up for self. Appreciating self for saying, "No" to an abuser, yet still wanting the abuser to somehow magically change into a good person ([control](#)). Longing to be loved and appreciated, [craving](#) everyone's positive attention

Breast implant illness

[Fear of retribution](#) or [fear of looking stupid](#) for having made the wrong choice - again. See [chronic confusion](#), [chronic fatigue](#), [memory loss](#), [rash](#), [joint pain](#)

Change the pattern: [Meditate](#) to learn why you need approval from others. See [self-esteem](#)

Breast (underneath) intertrigo

Wanting to be left alone

Breast pain

Aching to nurture or to be nurtured. Fear of being alone or having to fend for self. Signal trouble may be brewing within the family

Breast size

Although not a problem as such, breast size creates much turmoil for our lives no matter our gender. The most important consideration in breast size (or any part of the physical body) is our thoughts about it. Some people with breasts sized larger than their frame might suggest can be either very nurturing or kind, or very cold and cruel. The opposite also holds true for those with smaller breasts than their frame might suggest. If someone has smaller breasts and gains a substantial amount of weight, their breasts might get bigger, but their thought patterns may not change. Likewise, someone with larger breasts might have reduction surgery, but their thought patterns may or may not change. But the breasts do represent nurturing and kindness, so if problems arise, this is the place to start looking for the spiritual component of the issue. Do we receive enough nurturing? Are we kind to others? Do we feel worthy of receiving kindness or nurturing? Do we treat others with care and consideration?

Breech position

If breech position occurs, can indicate the incoming soul's enthusiasm (if feet first) or lack thereof (if bum first) for entering this incarnation

Broken ankle

Regretting a recent life choice and wanting - yet not wanting - to change it back (indecision)

Broken arm

Wanting a solid, visible reason to be excused from commitments we wish we had not made. See elbow, humerus, radius, ulna, wrist

Broken back (spine)

See spinal column, vertebrae

Broken bones

Habitually thinking, "Give me a break" (victim, judgment, criticism, condemnation). Time for a break with the old days or the old ways but unwilling to let go of the past

See contributing conditions: Osteogenesis imperfecta, Osteoporosis, Paget's disease

Broken chin

Shattered self-confidence due to a recent life-changing experience

Broken collar bone (Acromioclavicular or AC joint)

A recent choice or event has made us question our ethics, morals and values

Broken elbow

Knowing it is time to change our attitude toward our mate or career but stubbornly refusing

Broken femur

Terror at the thought of having to support oneself

Broken fibula

Extreme disappointment someone we believed was reliable and sturdy has failed

Broken finger

Sudden realization of an incorrect belief in a particular area. See affected [finger](#)

Broken foot

Wishing for a troubling situation to change but unable or unwilling to do anything about it

Broken hand

A recent decision has created unforeseen, unfavourable results

Broken heart syndrome

Triggered by [stressful](#) situations such as death, serious physical illness or injury of a loved one. Results from a sudden realization we are not in control of such situations. See [cardiac arrest](#)

Broken hip

[Anger](#) over being forced to change due to circumstances beyond our [control](#). See [victim](#)

Broken humerus

Feeling compelled to do it all, without considering the consequences for self or others

Broken jaw

[Fear](#) a recent decision or event is going to have disastrous results

Broken knee

Always feeling at risk of being publicly humiliated

Broken leg

[Fear](#) a recent decision was horribly wrong or a recent negative experience proves our inability to navigate life. See [femur](#), [fibula](#), [tibia](#)

Broken nail

An act or role is disintegrating and not knowing what to do about it. Can happen when we make positive changes and our loved ones freak out. (Nothing has to be done. It is not up to the person making the changes to fix the people who are unwilling to change). Look to affected [finger](#) or [toe](#) for more information. See [nails](#)

Broken nose

A recent experience left us feeling exposed and vulnerable but we have done nothing to protect self from threats. See [victim](#)

Broken radius

Unable or unwilling to grasp the potential negative impact of our actions

Broken rib

Too much self-imposed pressure to out-do all others. See [individual vertebra](#), [sternum](#)

Broken shoulder

Trying to do anything and everything necessary to gain everyone's approval

Broken spine (back) and vertebrae

See affected [vertebra](#)

Broken sternum

Sudden alert things cannot go on as they have been. See [Why do we ... have accidents?](#)

Broken tailbone

Deciding to [believe](#) we are unworthy of [respect](#), or of being treated with kindness or consideration, or of having a happy life. See [martyr](#), [spite](#), [victim](#)

Broken tibia

[Fear](#) our strongest support will be ripped away from us

Broken or bent toe

Sudden realization of a painful fact in a particular area. Habitually thinking, "Give me a break" ([victim](#), [judgment](#), [criticism](#), [condemnation](#)). Time for a break with the old days or the old ways but not willing to let go of the past. . See affected [toe](#)

Broken tooth

Unable or unwilling to process information going against our [beliefs](#) or desires

Broken ulna

Unable or unwilling to accept our role in the family is under threat

Broken vertebra

See affected [vertebra](#)

Broken wrist

Wanting life to have new meaning yet [fear of the unknown](#), and so wanting to delay the inevitable changes life brings

Bronchiectasis

Feeling like a [victim](#) of our emotionally painful home environment and feeling hopeless to escape the constant negativity. Smothered by the stress of trying to stay positive in seemingly hopeless situations. See [cystic fibrosis](#), severe [pneumonia](#), [tuberculosis](#), [whooping cough](#)

Bronchitis

Feeling forced into being the responsible one, and [angry](#) about it. Feeling under-appreciated

Bronchopneumonia

Extreme disappointment an important opportunity has been missed, or extreme fear we are going to be caught in all our mistakes. See COVID-19, Pneumonia

Bruised eye

Displeasure with something we just learned about self (guilt, shame)

Bruised nail

Fear a recent action or choice is being or will be harshly judged. Look to affected finger or toe for more information

Bruised spleen

See bruising, trauma

Bruising



This does not refer to those with physical conditions causing excessive bruising.
See hemophilia

Difficulty in processing a recent emotional blow to our self-esteem. Chronic bruising can indicate a need for sympathetic attention, or a desire to paint oneself as a poor, defenseless victim. See accident proneness

Bulbous nose

Habitual inability or unwillingness to express strong emotions like fear and anger. See addiction, non-alcoholic fatty liver disease

Bulging eyes (exophthalmos or proptosis)

Living in an unrecognized state of shock. Self-righteousness. See Grave's disease, infections

Bulging forehead veins

Self-imposed pressure to solve whatever the big issue is, but fearing we will fail... again... as usual. See High blood pressure, stress

Bulimia nervosa

Cycle of self-approval, then guilt and condemnation, then punishment. See depression, obsessive/compulsive behaviours

Bundle branch blockage

Unable or unwilling to trust our impulses to do what is needed to care for self. See birth abnormalities and genetic disorders, self-esteem, life-ending trauma in a prior incarnation

Bunions

Avoidance - of our true calling, of truth, of desire. Habitually holding anyone or anything else but self responsible for our problems and failures, yet always feeling responsible for everyone and everything. Aggravated by having to carry someone else's load or feeling we are carrying the whole load alone and not being appreciated. See Tailor's bunion

Burning ear

Condemnation, embarrassment, shame

Burning hands or feet

If not related to environmental temperature, fear of being judged unfairly can remind us of all the things we've done, or failed to do, that make us feel ashamed

See contributing physical factors: Athlete's foot, Carpal tunnel syndrome, CRPS or RSD, Diabetes, Erythromelalgia, Hypothyroidism, Raynaud's disease, Peripheral artery disease, Vitamin B12 deficiency

Burning mouth syndrome

Fear of retribution if we speak our truth because they might think we are mean

Burning pain

A recent emotionally traumatic experience has left us feeling helpless or hopeless the situation can be repaired, and with a sense of dread it could easily happen again. See victim, and see affected body part or condition

Burns and fires

Anger, guilt, self-punishment, desperate for sympathetic attention or recognition

Burping

Fear of being forgotten, ignored or lost in the shuffle

Buttocks

Result from hiding our negative motives from self. See acne, bruising, pain

Buttocks pain

Who or what is irritating us? Meditate to find a better way to deal with it than just sitting on it

C

Cancer

Represents obsessive negative thoughts about a specific subject

See affected area or type: Acute myeloid leukemia, Adenocarcinoma, Adrenal glands, Armpit, Basal cell carcinoma, Bile ducts, Bladder, Blood, Bones, Brain, Breast, Cecum, Cervix, Choroidal melanoma, Colon, Esophageal, Gallbladder, Kidney, Lacrimal gland, Leptomeningeal carcinomatosis, Leukemia, Liver, Lung, Lymphatic system, Lymphoma, Mesothelioma, Mouth, Multiple myeloma, Ovary, Pancreatic cancer, Pineal gland, Pituitary gland, Pleomorphic liposarcoma, Prostate, Sinus cavities, Skin, Squamous cell carcinoma, Stomach, Testicles, Throat, Thyroid, Tongue, Uterus

Candida

Using someone else's condemnation of us as an excuse to behave poorly, underperform, be vengeful, or hate self, or to go on a bout of obsessive/compulsive behaviours like binging on alcohol, food, drugs, shopping, etc. See depression, yeast infection

Canker sores

Biting back poisonous words, even if we think they are true. To avoid [infection](#) and speed healing, discover or acknowledge the real reason for thinking them and for not saying them

Cannabinoid hyperemesis syndrome

Thought pattern demanding harsh punishment for the tiniest infraction of our personal standards. See [addiction](#), [bulimia](#), [nausea](#), [perfectionism](#), [self-condemnation](#)

Change the pattern: Do the Forgiveness and Self-esteem exercises in Section 9

Cardiac arrest

Sudden [fear](#) our life choices have been incorrect and hurtful (see [forgiveness](#)) and there is no way to fix the damage ([shame](#))

Cardiomyopathy

Feeling tired and overwhelmed with life's constant challenges and annoyances. See [muscle](#)

See types: [Arrhythmogenic right ventricular dysplasia](#), [Dilated cardiomyopathy](#), [Hypertrophic cardiomyopathy](#), [Restrictive cardiomyopathy](#)

If acquired

Unable or unwilling to acknowledge the truth about our family's spiritual environment

If from birth

Contributing factors: [Birth abnormalities and genetic disorders](#)

Carpal tunnel syndrome

Doing a job we would rather not be doing, feeling unfulfilled, unappreciated and frustrated, and resisting making any changes

Cartilage

Represents ability to withstand and recover from shock or [trauma](#). See [joints](#), [ligaments](#), [muscles](#), [tendons](#)

Issues that can arise: [Ankylosing spondylitis](#), [Arthritis](#), [Damaged cartilage](#), [Rheumatoid arthritis](#)

Cataracts

Wanting to see the world not as it is, but as we want it to be, or as we think it used to be

Cecal cancer

See [colon cancer](#)

Cecal inflammation (includes neutropenic enterocolitis, ileocecal syndrome, or cecitis)

Issues that can arise: [AIDS](#), [cancer](#), [food poisoning](#), [inflammation](#)

Cecal pain

See [diverticulitis](#)

Cecal volvulus

Unable or unwilling to consider we are not doing everything perfectly and correctly, in spite of abundant evidence to the contrary

Cecum

Represents our ability and/or willingness to incorporate our spiritual reactions to our life experiences into our consciousness

Issues that can arise: [Abdominal distension](#), [Abdominal pain](#), [Cecal cancer](#), [Cecal inflammation](#), [Cecal pain](#), [Cecal volvulus](#), [Constipation](#), [Diarrhea](#), [Nausea and/or vomiting](#)

Celiac disease

Unable to accept nurturing, yet able to nurture others, or feeling compelled to nurture others, either to gain their approval or because we think no one else cares enough. Can occur when our job ends or if a child leaves home, causing a feeling life has lost purpose

Cell phone addiction

Do we use the device instead to avoid the person/[people](#) at hand? Does it provide a sense of importance, superiority or protection? See [addiction](#), [obsessive/compulsive behaviours](#)

Cellulite

Unresolved issues around our relationships with [authority figures](#) and their seeming unwillingness to live up to the standards and expectations they place on us. Authority figures are just like everyone else, with strengths and weaknesses, successes and failures; placing them on a pedestal can lead to futile [anger](#) and disappointment, and to feeling like a [victim](#)



While it can be unsightly, cellulite seldom requires medical treatment

Cellulitis

Unrecognized suppression of profound [grief](#) and feeling like a [victim](#) of, yet also feeling responsible for, the tragedies in our life

Issues that can arise: [Chronic vein insufficiency](#), [Gangrene](#), [Infection](#), [Sepsis](#)

Central nervous system

See [Nervous system](#), [Peripheral nervous system](#)

See components: [Brain](#), [Spinal column](#)

Central sleep apnea (includes Treatment-emergent central sleep apnea)

Feeling smothered by anyone who tells us what to do and wishing they would just let us make our own decisions, yet terrified we will fail to thrive

Cerebral palsy

[Fear](#), fear, fear - in both mother and child. Can result from unexpressed or unrecognized explosive [anger](#) in the mother. See [birth abnormalities and genetic disorders](#)

Cervical cancer

Obsessive/compulsive thoughts about the child (or children) we could have/should have or should not have birthed

Cervical dysplasia

Fear the joy one gains from creating will fail to provide life-long happiness or fulfillment due to recent painful experiences

Cervical spondylosis

Over-compensating for a lack of belief, faith and trust in self

Cervical vertebrae

See Vertebrae

C1	Holding onto <u>beliefs</u> we know to be false; for example, believing our caregivers are (or were) saintly, yet knowing they were not
C2	Avoiding communication
C3	Stifling or smothering someone or something, or feeling stifled or smothered by someone or something
C4	Feeling unsupported
C5	Unable or unwilling to do that which needs to be done
C6	Unable, or unwilling to try, to grasp an important concept
C7	Trying to <u>control</u> everyone and everything
C8	(Spinal nerve) Unable or unwilling to meet commitments. See <u>abandonment</u>

Cervicitis

Anger toward self for stifling our creativity in favour of winning approval from another

Cervix

Represents ability to maintain, manage and sustain creative urges

Issues that can arise: Cervical cancer, Cervicitis, Cervical dysplasia, Incompetent cervix

Cesarean section (C-section, Cesarean delivery)

Because Cesarean section is a treatment rather than a condition, review the spiritual component of the factors making the surgery necessary, some of which are listed below:

Certain Brain or Heart conditions for mother or child, Blood clots during pregnancy, Breech position, severe hydrocephalus, Placenta previa, Uterine fibroids

Chagas disease

See parasites, ectoparasites

Chalazion (eyelid cyst or meibomian cyst)

Taking on other people's responsibilities because we are unable to say, "No" for fear of losing their approval. See [self-esteem](#). Or... Rushing in to do someone's job for them because they will probably do it wrong. See [perfectionism](#)

Change the pattern: Learn to allow others to experience consequences for not doing their job, or from not doing their job well

Chapped or burning lips

Burning to express negative thoughts

Charley horse

Sudden fear we might be left alone or unsupported ([fear of abandonment](#)). See [cramp](#)

Cheeks

Represent emotional vulnerability

See type: [Buttocks](#), [Facial cheeks](#)

Cheilitis

Holding onto hurtful [beliefs](#) even if we know they are false

Cherry angioma(also known as red mole, senile angioma or Campbell de Morgan spot)

Red flag we are obsessing about something but are unable or unwilling to do anything about it. See affected body part and [moles](#)

Chiari malformation

[Karmic condition](#) resulting from extreme regret over a [life-ending trauma in a prior incarnation](#). See [birth abnormalities and genetic disorders](#)

Chickenpox

Wanting to receive the same special considerations we think everyone else does. See [shingles](#)

Chilblains

Wishing to live in a different environment but seeing no way to get there, and feeling impatient and frustrated. See [lupus](#), [Raynaud's disease](#)

See affected area: [Face](#), [Fingers](#), [Toes](#)

Chills or shivers or goosebumps

[Fear](#) or [worry](#). See [signals](#)

Chin

Represents our ability or willingness to meet challenges, See [signals](#)

Issues that can arise: [Broken](#), [Pimples](#), [Trembling or twitching](#)

Chipped tooth

Fear a secret weakness will be revealed for all to see

Choking for no apparent reason

We just had a judgmental thought, or our attention wavered from that which we ought to be hearing or seeing. See signals

Choking on food or drink

Not happy with the current conversation, or our attention wavered. See signals

Cholesterol

Represents our ability to recognize that which is helpful or harmful for our health, and to maintain appropriate boundaries over our impulses, choices and actions

Issues that can arise: High cholesterol, Low cholesterol

Cholesteatoma (cholesterol granuloma)

Wanting not to hear all the hateful negativity around us. The problem is, we feel responsible for their misery. The challenge is to let go of that belief, since in Truth, we have utterly no control over what others say, think or do. See Cysts, lumps and bumps, Earache, Mastoiditis

Chorionic hematoma

(includes Placental abruption, Preplacental, Retroplacental, Subamniotic)

Holding negative beliefs about pregnancy, childbirth or our ability to be a good parent. See blood clots

Choroidal melanoma

Focusing on peoples' faults and believing no one can really change. Resigned to living with what we see as permanent imperfection, rather than taking steps to change our opinion

Chronic confusion

Arises from habitual repetition of negative thoughts, or believing the constant criticism from our caregivers or loved ones. Too many people to please. See fear of looking stupid

Change the pattern: Check out spiritual decluttering in Section 1 and do the Self-esteem exercise in Section 9

Chronic congestion

Constantly self-monitoring everything we say or do, to avoid being surprised if someone criticises our words or deeds. It is a way to maintain control over a fear of losing the approval of others, but does nothing to bring joy into our lives. See victim

Issues that can arise: Boogers

Change the pattern: Do the Self-esteem exercise in Section 9

Chronic disease

According to the Public Health Agency of Canada, “Chronic diseases, also known as non-communicable diseases or NCDs, are diseases that are persistent and generally slow in progression which can be treated but not cured.” By the pre-2025 definition of the U.S. National Center for Health Statistics, “a chronic disease is one lasting 3 months or more. Chronic diseases generally cannot be prevented by vaccines or cured by medication, nor do they just disappear.”

According to the [Universal Intelligence](#), the spiritual component of chronic disease is having suffered unrecognized and therefore unresolved [traumatic events](#). Science is verifying the connection. Watch this TED Talks video by Dr. Nadine Burke-Harris: [How childhood trauma affects health across a lifetime](#)

Chronic fatigue syndrome

Habitual feeling there is no way to get out of commitments we felt pressured into accepting because of our [fear](#) of losing someone’s approval if we just say, “No”. See [ME/CFS](#)

Change the pattern: Check out [self-esteem](#)

Chronic pain

Unresolved [inner conflict](#) or holding onto false [beliefs](#)

Chronic prostatitis / Chronic pelvic pain syndrome

Habitual [self-criticism](#) over every little thing, and [belief](#) it is impossible to be good enough to win the approval of someone important to us

Chronic traumatic encephalopathy

See [Traumatic brain injury](#)

Chronic vein insufficiency

Unwilling or unable to let go of anything, ever. Feeling like a [victim](#) and so entitled to self-indulgence without consideration for others and no matter the expense. In fact, the more expensive and the more trouble it causes for others, the better. See [Deep vein thrombosis](#)

Conditions that may arise: [Cellulitis](#), [Spider veins](#), [Varicose veins](#)

Contributing spiritual factors: [Anger](#), [Blame](#), [Greed](#), [Manipulation](#), [Resentment](#)

Cirrhosis

Stubborn refusal to see the good - in self, in others, in the world. Attitude that says, “What’s the point?”

Cleft lip or palate

See [required life experiences](#)

If environmental

Parental inability or unwillingness to grasp, or unfamiliarity with, the reality our thoughts manifest in the physical world

If genetic

See [birth abnormalities and genetic disorders](#), [karmic situations](#), [legacy family patterns](#)

Close talker

Sharing special information or secrets to make others feel they are our only trusted confidant, and we have a special bond. The recipient then feels, possibly mistakenly, they have a trusted friend who would never harm them. Can be the foundation of unhealthy relationships. Trying to be in [control](#). See [whispering](#)

Clothing choices

Represent either an unspoken need for attention or a desire to be invisible



This category does not refer to those with few clothing choices, or who lack access to laundry services.

See options: [Ill-fitted - too big clothing](#), [Ill-fitted - too small clothing](#), [Inappropriate - casual clothing](#), [Inappropriate - formal clothing](#), [Inappropriate - revealing clothing](#), [Loud dresser](#), [Quiet dresser](#), [Soiled clothing](#)

Cloudy urine

See [diabetes](#), [urinary tract infections](#)

Clubbing nail

Feeling our work needs to be protected, either from [judgment](#) or from theft. Easily offended, low or unstable [self-esteem](#), [victim](#). Look to affected [finger](#) or [toe](#) for more information. See [COPD](#), [liver disease](#), [HIV / AIDS](#)

Clubfoot

[Fear](#) of what might happen if we do our very best and still fail to be "perfect". See [birth abnormalities and genetic disorders](#)

Cluttering speech

[Fear](#) people do not actually want to pay attention to us, or they are watching us closely and waiting for us to fail

Cold hands or feet

If not related to environmental temperature, [fear](#)- or [anxiety](#)- or [stress](#)-inducing thoughts or situations can trigger our "fight or flight" response

See contributing physical factors: [Anemia](#), [Diabetes](#), [Raynaud's disease](#), [Hypothyroidism](#), [Peripheral artery disease](#), [Vitamin B12 deficiency](#)

Cold sores, fever blisters, herpes whitlow (HSV-1)

Inaccurate [beliefs](#) about self, e.g., "I'm so bad" or "I'm so wonderful". Unable or unwilling to accept we are no better or worse than anyone else - we are just normal

Colitis

Hidden [shame](#) and unrecognized [guilt](#) eating at self. See [Crohn's disease](#), [ulcerative colitis](#)

Collapsed lung

Belief we have just suffered an intentional attack from a completely unexpected, fully trusted source

Collar bone (clavicle)

Represents ability to maintain self-esteem

Issues that can arise: Acromioclavicular or AC joint arthritis, Broken collar bone, Distal clavicular osteolysis, Osteomyelitis, Thoracic outlet syndrome

Colon

Represents our ability or willingness to let go of that which is no longer needed. See cecum

Issues that can arise: Colitis, Colon cancer, Crohn's disease, Diverticulitis, Fistula, Hemorrhoid, Colon polyps, Ulcerative colitis

Colon cancer

Holding onto every little hurt and making sure everyone knows we are wounded. Each new offense adds to the burden and strengthens our resolve to not do anything about it

Colon polyps

Trying to hold in that which needs to be released

Colour blindness (poor colour vision)

Belief it is only ok for us to do things to irritate others

Contributing factors: Addiction to alcohol, Alzheimer's disease, Diabetes, Glaucoma, Leukemia, Macular degeneration, Parkinson's disease, Sickle cell anemia

Common bile-duct stones

Obsessively worrying about what others are thinking about us or our choices but wanting no argument or discussion about it because whatever we think is truth, right?

Common cold

Can occur when we feel trapped into doing too much for others and our efforts are under-appreciated. Getting a cold seems like the only escape

Issues that can arise: Boogers

Compartment syndrome

Acute

Results from a physical injury following a traumatic experience we have ignored or minimized. See Why do we get sick / suffer injuries / have accidents?

Chronic

Needing someone's approval and repeating the same thing to get it, without success

Compromised immune system

Chronic fear of being attacked, whether verbally, emotionally, physically or spiritually

Congenital adrenal hyperplasia

Results from parental inability or unwillingness to provide the child with the basic spiritual necessities of life like unconditional love, compassion, and/or emotional support

Conduct disorder

Chronic feelings of intense rage and indignation over our life situation, along with a belief it will never change because those who are responsible for us, those who should care the most, are hurting - not helping - us

Congenital deafness

See birth abnormalities and genetic disorders

Congenital muscular torticollis

Reflects a parent's or caregiver's inability or unwillingness to agree on a fundamental belief system about the purpose of life

Congestive heart failure

Unable to withstand the pressures of pretending to be successful while feeling like a failure. See arteriosclerosis, blood clots, high blood pressure

Constipation

Greed, trying to hold onto everything, wanting the best of everything. Withholding approval of self or another. Control, defiance of authority figures, denial. Stuck in the past - trying to hold onto it, yet wanting to change it. Withholding forgiveness. Can indicate co-dependent relationships

Constrictive bronchiolitis

Chronic, silent, chilling, debilitating expectation of imminent death from no apparent cause

Contact dermatitis

Unacknowledged irritation with someone or something. See denial

COPD (Chronic obstructive pulmonary disease)

Always waiting for the next punishment we know life will deal us. See upper respiratory infection

Corns and Calluses

Craving approval from one and all, yet pretending not to need it, and withholding it from everyone

Costochondritis

Sudden realization that unwanted change is coming. See inflammation

Cough

If not due to illness, this is a signal to let us know we need to speak (or be silent!), or we just had a judgmental thought

Covering the mouth when communicating

Shame or discomfort. If using the lips to cover the teeth while speaking, can indicate unresolved inner conflicts or fear of being found out. See hiding behind one's hair when speaking

COVID-19

Feeling trapped in an environment we know is neither physically nor spiritually healthy, we feel we had no part in creating. See oppositional defiant disorder, pneumonia, tinnitus, fear of invasion, self-righteousness, silent rebellion, victim

Issues that can arise: Boogers, Loss of sense of smell or taste, COVID toes (similar to chilblains), confusion, diarrhea, nausea and/or vomiting, pink eye, pneumonia, rash

Change the pattern: Even if we cannot change our physical environment, we *can* change our thoughts. We can also protect our physical being by following public health guidelines.

Coccyx vertebra (tailbone)

See Vertebrae

Co1	Represents how we feel about our personal history. If broken or bruised, look back over the past week or so to find the event that triggered a strong painful memory Issues that can arise: <u>Broken tailbone</u> , <u>Tailbone pain</u>
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Cracked lips

Unable or unwilling to allow others the dignity of making mistakes

Cracking or popping joints

Intentional

Feeling we have no voice and unworthy to receive attention, so stealing it instead of waiting to receive it. See affected joint

Unintentional

Not acting on our desires, or not knowing them yet wanting some way to be recognized. See affected joint

Cradle cap

Results from the parent(s) - or the child - wanting the baby to remain in babyhood. The parent(s) - or the child - may seem to be very needy of attention

Craving

Represents an unrecognized need for loving attention from self, but believing our own is not enough to soothe the pain and hurt. We then turn outward to various behaviours or substances for comfort. See addiction, co-dependent relationships, obsessive/compulsive behaviours, guilt, self-esteem

Crohn's disease

Over-reaction to a perceived threat. Always feeling like a victim and blaming anyone except self for our failures. "I want my Daddy!" See colitis

Crooked teeth

Feeling responsible for anything that is wrong and embarrassed for not being able to fix it

Cross bite

Chronic need for excessive nurturing

Crossed eyes

Unable or unwilling to focus on that which needs to be seen or done, and doing whatever we can to prevent others from seeing it

If from birth

See birth abnormalities and genetic disorders

Croup (Obstructive laryngitis)

Unable to say what we really want to say, or unwilling to say what we really feel

Crowded teeth

Feeling trapped and belief we will never have the freedom to be ourselves

Cuboid syndrome

Low or unstable self-esteem such that self-condemnation kicks in at the first sign of a disagreement. A cascade of negative thoughts and emotions ensues, including anger, fear and feeling like a victim. See Chaos rescue

Cushing syndrome

Unable or unwilling to trust and just be at peace

Cystadenomas

Wanting to express our spirituality in a new way but unsure as to how to proceed

Cystic Fibrosis

Stifling, explosive emotional atmosphere in the home and wanting to put out the fire. See birth abnormalities and genetic disorders

Cysts, lumps and bumps

Convinced we are not worthy. Period.

See type: Adiposis dolorosa (Dercum's disease), Baker's cyst, Chalazion (eyelid cyst or meibomian cyst), Cystadenomas, Dermoid cyst, Endometriomas, Ganglion cyst, Lipoma, Lymphangioma, Neuroma, Ovarian cyst, Pilar cyst, Pilonidal cyst, Tumour

Cytomegalovirus (HHV-5)

Feeling like a victim of our own caring and concern

D

Damaged cartilage

Resistance to life changes causing us to examine our spiritual self

Dandruff (Dry scalp)

Chronic worry someone in a position of power will judge, criticise, and condemn our work

Dark circles or hollows under eyes

Thinking and feeling like a victim

Contributing factors: Allergies, Contact dermatitis, Eczema (atopic dermatitis), Fatigue due to insomnia, Genetic inheritance, Seasonal hay fever, Sinusitis, Visible signs of aging

Dark urine

See kidney problems, liver disease

Dawdling (behaviour)

Act of revenge designed to annoy someone by delaying doing that which we have been asked to do.
Form of passive/aggressive manipulation often done when we feel we have no voice and no other options

Looks like: When asked to do something we then decide to do a multitude of other things we tell ourselves must be done first (even if unrelated to the task); or we pretend not to have understood the request and ask all sorts of questions about it, or we start doing it - but as slowly as is humanly possible. We wonder why they get angry with us, when that may actually be our whole point in dawdling. See avoidance, silent rebellion, victim

Change the pattern: Meditate to learn the source of the desire to anger others

Deafness

Extreme frustration no one ever says what we want to hear, or is always saying things we do not want to hear. See fear of abandonment, self-esteem

Deep vein thrombosis

Profound desire to make everyone drop whatever they are doing to help us, because we are unwilling to actually do anything ourselves. Crippling desire to make everyone else as miserable as self. Look to the condition or the belief causing inactivity. See Chronic vein insufficiency, phlebitis

Degenerative disc disease

Gradual or sudden loss of ability to handle traumatic events. Each new difficult experience creates more and more pain and confirms our belief our life will never get better. See affected vertebra

Delayed ejaculation

Self-condemnation to the point of denying self the pleasure of fulfillment. Often affects other areas of life besides sex and/or reproduction

Delayed speech in children

Can be an early warning sign of co-dependent relationships within a family

Dementias

Progressive inability to function within the boundaries of the lies we tell self and others about the type of person we are or were. See Alzheimer's disease, Mad cow disease, Huntington's disease, Parkinson's disease

Dengue fever

Mild

See fever, headaches, joint pain , muscle pain, nausea and/or vomiting, eye pain, rash

Severe

See bleeding gums or bleeding nose, fever, severe pain, persistent vomiting

Dental abscess

See type: Periapical, Periodontal

Dental cavities

Holding in judgment, criticism, and condemnation, but still thinking and believing the thoughts. Withholding approval, low or unstable self-esteem, feeling unloved and unappreciated

Depersonalization-derealization disorder

Unable or unwilling to acknowledge our choices, our actions, or our words, may have helped to create our current dilemma

See contributing factors: Abandonment, Avoidance, Blame, Denial, Despair, Fear of retribution, Guilt, Stress, Trauma, Victim

Issues that can arise: Anxiety, Chronic confusion, Depression, memory, Obsessive/compulsive behaviours

Depression

Rather than being a constant state, depression tends to be more like waves on the ocean. Just as we recover from a bout, a new experience can trigger another episode. Depression can become a reflex reaction to a specific experience, like making a mistake (whether anyone else knows about it), disappointing someone, or someone saying "no" to us. Until the root cause has been recognized and dealt with, the condition can only be managed.

Depression is based in our self-worth and self-esteem. A wave of depression often occurs if we suspect we have lost the approval of someone very important to us. If our sense of self is completely wrapped up in that individual, as can happen when living or working in co-dependent relationships, we feel we will lose our identity without their approval. We will do almost anything to cope with our sense of loss and deprivation. Usually this means doing any number of negative behaviours in the hope of getting that person to help us recover and buy back into the relationship. Then, we tell ourselves, everything will be ok again.

And it will be, for a little while. Until, almost from out of the blue, another experience will trigger another wave of [self-hatred](#). Then we are right back where we started ... punishing and hurting self ... going on a binge of alcohol or drug usage, starving ourselves or overeating / purging, withholding communication, shopping for things we do not need with money we do not have, cutting ourselves until we bleed, contemplating or attempting [suicide](#), stopping doing the things we truly love to do ... oh, the list is endless. There is another way to live, but it means changing how we relate to others, and more importantly, how we relate to ourselves. It means becoming aware of - and changing - our thoughts, attitudes, emotions, beliefs and desires. If depression is hurting your quality of life, see [choose a pattern](#)

Dermatitis

Represents attitudes we hold others can see but to which we are blind. Chronic pattern of responding to life's challenges (large or small) with [impatience](#) or [intolerance](#)

See type: [Contact dermatitis](#), [Eczema \(atopic dermatitis\)](#)

Dermoid cysts

Karmic situation in which unresolved issues from a previous lifetime(s) manifest in physical. See [What is karma?](#)

Detached retina

[Fear](#) we have missed a very important message and it will not be repeated because life is just that unfair

Deviated septum

If acquired

Deep sadness over a recent choice and wishing we had taken the other option instead

If from birth

Born into a family that stifles creativity and prefers children do as they are told and expected to do, rather than what they might prefer to do: "You should be a lawyer - not an actress."

Diabetes

Lack of [faith](#) or hope the future can be good or belief it will not be good. Chronic state of [distress](#); habitual belief something bad is about to happen. Giving up hope

See type: [Diabetes insipidus](#), [Gestational](#), [Type 1 diabetes](#), [Type 2 diabetes](#)

Issues that can arise: [Cravings](#), [Hyperglycemia](#), [Hypoglycemia](#), secondary effects ([Blindness](#), [Gangrenous extremities](#), [Kidney failure](#))

Diabetes insipidus

Unable to relax due to unrecognized, extreme, chronic [anxiety](#). See [autoimmune diseases](#), [hypopituitarism](#)

Diabulimia

Self-imposed punishment for believing self to be the cause of all the suffering, misery and tragedy in our family

Diaper rash intertrigo (diaper dermatitis)

Wanting to be cared for as needed, rather than on someone else's schedule

Diaphragmatic muscle tightness

Fear of the next traumatic event that is surely on its way

Contributing physical factors: Bladder problems, Hiatal hernia, Muscles, Pregnancy, PTSD

Contributing spiritual factors: Anxiety, Fear

Issues that can arise: Median arcuate ligament syndrome (MALS)

Change the pattern: Practice Meditation to get centred and pay attention to your thoughts. Visit WikiHow and LEARN TO BREATHE BETTER

Diarrhea

Wanting to hurry into the future, yet afraid to let go of the past. Condemnation, distress, fear. If a baby or toddler has the condition, can indicate someone is trying to make them hurry up and get going. See stress

Diastasis recti

Trying too hard to fix something on our own we ourselves did not break

Digestion

Represents how we absorb, utilise and release our spiritual life lessons. See eating disorders

Issues that can arise: Abdominal bloating, Abdominal distension, Appendicitis, Burping, Celiac disease, Choking, Diverticular perforation, Diverticulitis, Electrolyte imbalance, Flatulence, Food allergies, Food poisoning, Gastroenteritis, Gastroparesis, Gastritis, Gluttony, Heartburn/indigestion, Hiccups, Malabsorption syndrome, Mineral or vitamin deficiency, Motion sickness, Nausea/vomiting, Obesity/overweight, Rickets, Salt retention, Sclerosing mesenteritis, SIBO, Trapped abdominal gas

Dilated cardiomyopathy

Wanting to be all things to all people. Can occur due to wanting to solve everyone else's problems as a way to avoid dealing with our own

Diphtheria

Feeling unloved, invisible, unimportant, uninvited and unwelcome

Diseased pituitary gland

Feeling we are at risk of being harmed by invisible enemies. See Can negative energies and entities harm us?

Dislocated sternum

Sudden realization we purposely and needlessly failed to protect self

Distal clavicular osteolysis

Unrecognized, consuming belief we are just not good enough as we are. See self-esteem

Diverticular perforation

Blaming everyone but self for our dysfunctional toxic relationships, and astonished and furious they will not change. Since we play a crucial role in creating our relationships, if we change, our relationships will change. See victim

Diverticulitis

Blaming others for failing to prevent unpleasant experiences from happening and refusing to forgive them for it. See victim

Dizziness - Vertigo

Desperate for love and approval but not knowing where to look for it. Worry, worry, worry. Trying to make sure everything gets done (control) and gets done perfectly. Trying to avoid seeing an uncomfortable truth, denial. See labyrinthitis, Ménière's disease, nausea

Double uterus

Karmic situation resulting from a family line repeatedly nearing-extinction due to famine, natural disasters or war, and barely surviving

Double vagina

Karmic situation resulting from a family line repeatedly nearing-extinction due to famine, natural disasters or war, and barely surviving

Dragging one's feet

If elderly or infirm

Sense of balance or equilibrium has been lost and can create the need to shuffle our feet

If not elderly or infirm

Pattern of reluctance to do whatever it is that needs doing. See avoidance, dawdling, procrastination, silent rebellion

Drop foot

Fear we are incapable of living independently

Dry

Represents a need to develop our spirituality

See affected area: Dry ears, Dry eyes, Dry hair, Dry heels, Dry lips, Dry mouth, Dandruff, Dry skin, Dry socket

Dry ears

Craving spiritual understanding and growth but fearing we will fail

Dry eyes

Lacking compassion, empathy for self. "No one cares about *my* hurts, so why should I?"

Dry hair

Tendency to overthink every little thing for fear of making a mistake. Feeling at risk of imminent emotional, physical or verbal attack

Dry or cracked heels

Depriving self of enjoyment and blaming someone else for making us do so

Dry lips

Unable to satisfy our thirst for something we know is better left untouched. Feeling deprived

Dry mouth**Chronic**

Living with constant low-grade fear

Occasional

Knowing our words are false and/ or purposely divisive and are likely to meet with disapproval

Dry skin

Craving a meaningful spiritual experience

Dry socket

See affected individual tooth or teeth

Duck-footed gait

Feeling fully justified in taking more than our fair share. See greed, splayed feet

Dull ache pain

Longing to be comforted and so repeating false, hurtful beliefs to soothe self. Unresolved emotional or spiritual pain and/or sorrow. Or... Really tired of doing the same thing(s) over and over again and wondering how to jump off the hamster wheel without hurting anyone's feelings. Yes, there's a diplomatic way to do that. Let everyone know you are going to start doing things differently, changing your schedule, reducing time spent with others so you can focus on you, etc. It's not to hurt them, but rather to help yourself. Let them know how much you appreciate their patience and understanding as you navigate your new path

Dupuytren's contracture

Trying to understand an important spiritual concept that seems just beyond our grasp. It is related to our family dynamic and feels more important with each passing year, yet harder to pin down. Not 'getting it' only makes matters worse for self and exasperated family members. See birth abnormalities and genetic disorders, What is karma?

Dust allergy

Which person, behaviour or situation is a never-ending source of irritation in the family?

Dysautonomia

Unable or unwilling to communicate clearly or honestly with others (or with self) about painful issues within the family unit, often due to a fear of retribution for causing trouble

See contributing conditions or factors: [Addiction \(to alcohol\)](#), [Amyloidosis](#), [Anemia](#), [Antiphospholipid syndrome](#), [Autoimmune diseases](#), [Birth abnormalities and genetic disorders](#), [Celiac disease](#), [Chiari malformation](#), [Diabetes](#), [Ehlers-Danlos syndrome](#), [Epstein-Barr virus](#), [Guillain-Barré syndrome](#), [Hepatitis C](#), [HIV / AIDS](#), [Lupus](#), [Lyme disease](#), [Mitochondrial disease](#), [Multiple sclerosis](#), [Parkinson's disease](#), [Pneumonia](#), [Pregnancy](#), [Rheumatoid arthritis](#), [Trauma](#), [Vitamin deficiency](#)

Dysgeusia (altered sense of taste)

Feeling threatened by people over whom we used to have control, and fearing they will treat us the way we treated them; or by things over which we used to have control and fearing further loss of agency. See [Sense of taste](#)

Dyshydrosis

[Belief](#) life is a never-ending war filled with constant battles and no periods of peace

Dysphagia

Living a [lie](#) of our own making, or feeling no one will tell us the truth. Keeping secrets

Dysphoria

Cycle of negative thought patterns triggered by perceived [judgment](#), [criticism](#), and [condemnation](#) from others. See [self-esteem](#)

See type: [Gender dysphoria](#), [Premenstrual dysphoric disorder](#), [Rejection sensitive dysphoria](#)

Dystonia

If acquired

Physical manifestation of rigid thought patterns. [Meditate](#) to learn the reason for suppressing creativity and/or verbal expression

If from birth

Can be a reflection of the family's emotional environment. In this case, work to identify any tense situations at home. Could be someone using [silence as a punishment](#), or [abandoning](#) tense situations by using various substances or behaviours. After identifying the situations, start to re-pattern them. For example, a mate getting up and leaving the room to end a conversation is a form of abandonment. You can help to re-pattern that behaviour by allowing there to be a consequence for it. Start by sharing how the behaviour makes you feel and encouraging verbal expression of feelings

E

Earache

[Distress](#) about our family life (lots of [blaming](#) and emotional turmoil) and hopeless it will change

Ear fungus

Low or unstable [self-esteem](#), [shame](#), unshed tears over what is being heard or not heard

Ear pain

Feeling trapped into listening to something we do not want to hear, or not hearing what we do want to hear. See [signals](#)

Ear polyps

Trying to avoid hearing what others are saying

Ear popping for no apparent reason

Pay attention to your thoughts. See [signals](#)

Ear wax build-up

Meeting everyone else's needs before our own and unhappy about it. Unable or unwilling to speak out against unfair treatment. See [fear of abandonment](#)

Ears and hearing

Represent how we interpret that which we hear

Issues that can arise: [Auditory nerve damage](#), [Burning](#), [Cholesteatoma \(cholesterol granuloma\)](#), [Congenital deafness](#), [Deafness](#), [Dry ears](#), [Earache](#), [Eustachian tube blockage](#), [Fungus](#), [Hearing loss](#), [Itchy](#), [Labyrinthitis](#), [Mastoiditis](#), [Ménière's disease](#), [Misophonia](#), [Otosclerosis](#), [Pain](#), [Polyps](#), [Popping](#), [Ruptured eardrum](#), [Seborrheic dermatitis](#), [Selective deafness](#), [Tinnitus](#), [Trapped water](#), [Wax build-up](#)

Eating disorders

Represent our unrecognized or unresolved reaction to [traumatic situations](#) in our childhood (possibly ongoing) and over which we felt we had utterly no control. See [addiction](#), [kleptomania](#), [obsessive/compulsive behaviours](#)

See type: [Anorexia nervosa](#), [Avoidant/restrictive food intake disorder \(ARFID\)](#), [Binge-eating disorder](#), [Bulimia nervosa](#), [Diabulimia](#), [Eating disorder not otherwise specified \(EDNOS\)](#), [Feeding disorder](#), [Muscle dysmorphia](#), [Night eating syndrome](#), [Orthorexia nervosa](#). [Pica](#), [Purging disorder](#), [Rumination syndrome](#)

Eating disorder not otherwise specified (EDNOS)

Unable to discern exactly who or what is responsible for our [pain](#), knowing only "I hurt"

Eating open-mouthed

If due to weak jaw muscles

See [muscles](#), [myasthenia gravis](#), [TMJ disorders](#)

If elderly or infirm

Could be a form of [dementia](#), or could be [Alzheimer's disease](#), such that the [muscles](#) have forgotten what to do, or the mind has forgotten how to process food

If not elderly or infirm

May have been taught different dining etiquette, may be flouting society and its rules ([arrogance](#), [defiance](#), [silent rebellion](#)), or may have breathing issues ([lungs](#), [nose](#), [sinus](#))

Ebola virus and Marburg virus

Pattern of feeling we are in desperate need of something, but not knowing how to get it and [fear](#) or [belief](#) we will never receive it

Ectoparasites

(including pinworms [threadworms], scabies, common bed bug, fleas, and lice, including body, pubic and head louse)

Feeling like an unsuspecting victim of things in our environment of which we are unaware and over which we therefore have no control. See fear of invasion

Ectopic kidney

If acquired

Chronic pattern of avoiding taking responsibility for our choices, instead blaming our actions on others. See vesicoureteral reflux

If from birth

Legacy family pattern of promising to do the right thing, but never really following through due to the risk of getting into trouble. See birth abnormalities and genetic disorders

Ectopic pregnancy

Can occur if the channel opened for the incoming soul is closed due to the mother's self-esteem suffering a damaging blow in the days just before conception, along with fear regaining it will be impossible. See Miscarriage

Eczema (atopic dermatitis)

(includes Seborrheic eczema) Flaring antagonism but believing a fight would be pointless, unwinnable. Thinking like a victim

Ehlers-Danlos syndrome

💡 Although EDS is typically a genetically inherited condition, some types may not be. The information here applies to those types confirmed to be so, including hEDS.

Fear of abandonment that has manifested into the family's genetic makeup. Issues arising from the syndrome can be lessened by believing we are worthy of love and support, and by working to eliminate abandonment patterns in our life. See genetic inheritance.

The pattern of abandonment can take many forms and here are a few (in no particular order). Look for these in your family:

- Giving up easily if difficulties are encountered when doing a task
- Substance use disorder when faced with difficult choices
- Disappearing for a period of time:
 - after family disagreements or blow-ups
 - after experiencing a failure or making a mistake

You may already be aware of these behaviours in your family members. Recognizing them within yourself will enable you to see them for what they are... behaviours in your ancestry you have inherited. This is where the work of change begins. Changing the way you respond to trying situations changes your spiritual outlook, and gives you the power to change your life

Elbow bursitis

Complaining others are not doing enough, yet unwilling to do our fair share

Elbow pain

Knowing it is time to change our attitude toward our mate or career but stubbornly refusing

Elbows

Represent our attitude toward duty. See [ligaments](#), [tendons](#)

Issues that can arise: [Broken elbow](#), [Bursitis](#), [Dislocation](#), [Golfer's elbow](#), [Ligament damage](#), [Pain](#), [Subluxation](#), [Tennis elbow](#)

Electrolyte imbalance

Unable or unwilling to sustain our spiritual stability due to wanting to be nurtured, rescued or cared for.



If you know which electrolyte is affected, you can Google it to learn the risk factors and symptoms for its imbalance, and check out those in this e-book or on my website

Risk factors: [Burns](#), [cancer](#), [cirrhosis](#), [congestive heart failure](#), [diarrhea](#), [eating disorders](#), [fever](#), [high blood pressure](#), [hyperhidrosis](#), [Infection](#), [kidney disease](#), substance use disorder (see [addiction](#)), [vomiting](#)

Symptoms: [Arrhythmia](#), [constipation](#), [fatigue](#), [headaches](#), [muscle cramp](#), [muscle spasm](#), [numb or tingling or vibrating feet](#), [numb or tingling or vibrating hands](#), [vomiting](#)

Emphysema

Unable or unwilling to let go of poisonous, stifling [beliefs](#)

Empty sella syndrome (ESS)

[Fear](#) of loss of our ability to control ourselves in situations placing us at risk of being at the [mercy](#) of others. See [agency](#)

Encephalitis

Primary

Processing poisonous thoughts. Wanting to release them yet [fearing](#) they may be true

Secondary

A recent experience has re-triggered poisonous thoughts we have not yet completely released because they may be true

Encopresis

[Belief](#) we will be forgotten if we take time out for self. See [fear of abandonment](#), [self-esteem](#)

Endocrine glands

See type: [Pineal](#), [pituitary](#), [thymus](#), [thyroid](#) and two [adrenal glands](#)

See organs acting as glands: [Kidneys](#), [Ovaries](#), [Pancreas](#), [Testis](#), [testicles](#)

Endometriomas

Unrecognized desire to stay stuck in the past makes us want to avoid [change](#), yet [craving](#) it

Endometriosis

Needing to [control](#) every little thing. Overly dependent on one's mate ([co-dependent relationship](#)). Holding onto a narrow or out-dated belief system. See [infertility](#), [miscarriage](#)

Endometritis

Unrecognized [anger](#) toward self and our part in the reproductive process. See [miscarriage](#)

Enlarged amygdala

Unable or unwilling to self-soothe. See [anxiety](#), [autism spectrum disorder](#), [depression](#), [hyper vigilance](#), [hypochondriasis](#), [self-mutilation](#), [stress](#)

Change the pattern: Meditate and practice doing the Self-esteem exercise in Section 9

Enlarged prostate (Benign prostatic hyperplasia (BPH))

[Fear](#) of loss of [control](#) over our personal affairs. The fear can manifest as stubborn resistance to changing our behaviour in any way

Enlarged spleen

Feeling more and more threatened within a certain relationship

Contributing factors: [Anemia](#), [Cirrhosis](#), [Infection](#), [Leukemia](#), [Lymphoma](#)

Enlarged or big tongue

If acquired

See [amyloidosis](#), [diabetes](#)

If from birth

[Karmic condition](#) requiring the soul to undergo certain experiences. See [Beckwith-Wiedemann syndrome](#), [birth abnormalities and genetic disorders](#), congenital [hypothyroidism](#)

Environmental allergies

Physical manifestation of a chronic [fear of contamination](#) or [fear of the unknown](#)

Enzymes

Represent self-motivation and [agency](#)

Issues that can arise: [G6PD deficiency](#)

Eosinophilic folliculitis

Profound [shame](#) due to believing others are [condemning](#) us because they know our deepest, darkest secrets and sins. See [Is there a difference between crime and sin?](#)

Epilepsy - Seizure

Represents inability or unwillingness to cope with being told, "No". See [birth abnormalities and genetic disorders](#), [psychogenic non-epileptic seizure](#)

See type: [Focal seizures](#), [Generalized seizures](#)

Epstein-Barr virus (HHV-4)

Saying "No" but either being ignored or coaxed into agreement, or feeling there is no way to get out of commitments we felt pressured into accepting because of a [fear](#) of saying, "No". And it keeps happening. See [mononucleosis](#)

Erythrodermic psoriasis

[Belief](#) we are at imminent risk of attack, but not realizing the threat comes from within self

Erythromelalgia

Gradual (or sudden) realization there may be no escape from the current situation, or relief from the spiritual burdens we carry. See [autoimmune diseases](#), [birth abnormalities and genetic disorders](#), [blood vessels](#), [chronic pain](#), [inflammation](#), [lupus](#), [peripheral neuropathy](#), [polycythemia vera](#), [Raynaud's disease](#), [Reflex Sympathetic Dystrophy \(RSD\) or CRPS](#)

Erythrophobia (fear of blushing)

[Fear](#) or [belief](#) others will ridicule us no matter what we say or do, because they can see our inadequacy. Belief we will never be quite good enough. Can result from constant criticism in our childhood, or for failing to make our family get along and be successful in life. See [Parentification](#)

Contributing spiritual factors: [anxiety](#), [fear of looking stupid](#), [embarrassment](#), [guilt](#), [shame](#)

Change the pattern: [Meditate](#) to learn the source of our impaired self-esteem. Check out [spiritual decluttering](#)

Esophageal cancer

Withholding physical and spiritual nourishment and/or information from self and others

Esophageal stricture

Feeling unworthy to be alive. See [guilt](#), [self-condemnation](#), [shame](#)

Essential familial tremor

Chronic, habitual [self-condemnation](#) and [fear of retribution](#) for over- or under-reacting to the constant onslaught of challenges life brings. See affected body part

Eustachian tube blockage

Unwilling to pay attention to our emotional needs, for [fear](#) of causing havoc in our family or group, and/or [condemning](#) self for inability to control our emotions when [stressed](#)

Excessive daytime sleepiness

Wishing everyone would, just for once, pay attention to us or, failing that, if they would just go away and leave us alone. This is a form of [abandonment](#)

Excessive hair growth

Trying to cover up a secret. [Self-condemnation](#)

Exocrine glands

See type: [Lacrimal](#), [mammary](#), [salivary](#), [sebaceous](#), [sweat](#)

Eye floaters

Wanting to believe we have no unresolved issues, yet knowing there are "spots" needing work

Eye pain

Feeling trapped into seeing something we do not want to see, or not seeing what we want

Eyes and vision

Represent how we interpret that which we see

Issues that can arise: [Anisocoria](#), [Astigmatism](#), [Blepharitis](#), [Blindness](#), [Bloodshot eyes](#), [Blurred vision](#), [Bruised eye](#), [Bulging eyes](#), [Cataracts](#), [Chalazion \(eyelid cyst or meibomian cyst\)](#), [Choroidal melanoma](#), [Colour blindness](#), [Crossed eyes](#), [Dark circles or hollows under eyes](#), [Detached retina](#), [Dry eyes](#), [Eye floaters](#), [Eye pain](#), [Far-sighted](#), [Fuch's dystrophy](#), [Glaucoma](#), [Pigment dispersion syndrome](#), [Pink eye](#), [Presbyopia](#), [Ptosis](#), [Puffy eyes](#), [Retinitis pigmentosa](#), [Retinoschisis](#), [Reversal of vision metamorphopsia](#), [Stye](#), [Tearing or watery eyes](#), [Thyroid eye disease](#), [Twitching eye](#), [Vitreous detachment](#)

Extraesophageal reflux disease (EERD) or Laryngopharyngeal reflux (LPR)

Includes Laryngopharyngeal reflux (LPR)

Eating our bitter thoughts instead of saying them out loud. This serves only to keep us in [victim](#) mode, and quite literally make us sick

F

Face

Represents how we face life. How we see ourselves can manifest in the face. Facial abnormalities in children can be a reflection of spiritual difficulties within the family unit not being dealt with or “faced”

Issues that can arise: [Acne](#), [Bell's palsy](#), [Birth abnormalities and genetic disorders](#), [Cheeks](#), [Chilblains](#), [Chin](#), [Face blindness](#), [Face pain](#), [Facial swelling](#), [Rosacea](#), [Trigeminal neuralgia](#), [Wrinkles](#)

Face blindness (Prosopagnosia)

If acquired

See contributing conditions: [ADHD](#), [Autism spectrum disorder](#), [Stroke](#), [Traumatic brain injury](#)

If from birth

[Legacy family pattern](#) of generations of children being left alone for extended periods, whether through parental choice or by unforeseen circumstances. See [birth abnormalities and genetic disorders](#), [fear of abandonment](#)

Face pain

Wanting to hide from what we fear will be a painful revelation, or fear of retribution

Facial cheeks

Issues can result from displeasure and/or chastisement from an authority figure. See acne, rosacea, embarrassment, shame

Facial pain

Wanting to hide from that which we fear will be a painful revelation or confrontation

Facial swelling

Needing compassion, nurturing and sympathy for all of our suffering. See inflammation

See contributing factors: Allergic reactions, Cellulitis, Hormone imbalance, Pink eye, self-imposed Stress, Side effects, Sinusitis, Stye, Surgery, Thyroid issues

Fainting (Vasovagal syncope)

See contributing factors:

Standing for long periods of time or Heat exposure

Unable or unwilling to look after our personal needs or feeling like a victim of an uncaring authority figure. See self-esteem

Seeing blood or Having blood drawn or Fear of bodily injury

Unable to accept we exist in physical matter

Straining (as to have a bowel movement or with extreme coughing)

Trying too hard to rid self of a negative repetitive thought because we secretly believe it, but wanting to keep it in case not having it will weaken us

Fallopian tube issues

Feeling our progress in life is being blocked by unseen forces, often called "bad luck" or believing "God must hate me". See Can negative energies and entities harm us?

Falsetto voice

Although not a disorder as such, speaking in a high, seemingly happy tone of voice can belie a deep level of emotional pain or discomfort. Martyrs often use this tone of voice. See blame, guilt trips, victim

Familial (inherited) CJD

Firmly believing a false truth our caregivers repeatedly reinforced in a negative way, that they believed was nurturing, or at least would make us be a "good" person

Familial tremor

Legacy family pattern of habitual self-condemnation and fear of retribution. See birth abnormalities and genetic disorders

Far-sighted

Focused more on others than self (avoidance, blame)

Fascia

Represents the manifestation of self-esteem into physical matter. It reflects our spiritual ability to protect ourselves from attack or recover from injury, and indicates our level of spiritual flexibility in meeting the challenges of life. See pain, signals

Issues that can arise: Compartment syndrome, Dupuytren's contracture, Ehlers-Danlos syndrome, Femoral hernia, Inguinal hernia, or Umbilical hernia, Frozen shoulder, Marfan syndrome, Myofascial pain syndrome, Peyronie's disease, Plantar fasciitis

Fast talker

Guilt, shame. Wanting to hide. Fear of retribution

Fast walker

Deep need to be in control; avoidance of being in the moment

Fat or swollen ankles

Overcompensating for a perceived weakness

Fatigue due to insomnia

Avoiding thinking about something or trying to remember everything (anxiety, worry)

Fear of throwing up (Emetophobia)

Fear of making a mess we think we will have to clean up without help, as a punishment for some unknown mistake we made. Can result from parents or caregivers withholding communication as a punishment, but how can we learn if no one will tell us what we did wrong? See nausea and/or vomiting

Issues that can arise: Anxiety, Avoidance, Hyper vigilance, Isolation, obsessive/compulsive disorder and/or behaviours

Feeding disorder

Battle of wills between child and parent or caregiver resulting from a karmic situation

Feet

Represent how we feel about the direction of our life path

See components: Heels, Joints, Knuckles, Toes, Walk (gait)

Issues that can arise: Arthritis, Athlete's foot, Ball of the foot - pain, Broken foot, Bunions, Foot bursitis, Clubfoot, Corns and calluses, Cuboid syndrome, Drop foot, Duck-footed, Flat, Fungal infections, Ganglion cyst, Haglund's deformity, High arch, Metatarsalgia, Morton's neuroma, Plantar fasciitis, Plantar fibroma, Plantar warts, Pronation, Sole of the foot pain, Sore feet, Splayed feet, Tailor's bunion, Numb or tingling or vibrating, Top of the foot pain

Femoral hernia

Feeling trapped and wanting to run away but unable to leave the current situation for fear of even worse conditions elsewhere. Victim

Fetal Alcohol Spectrum Disorders (FASDs)

If arising from the mother-to-be unintentionally exposing her unborn baby to alcohol, required life experiences are being presented for the entire family.

If arising from the mother-to-be intentionally exposing her unborn baby to alcohol, a karmic situation or debt exists between mother, baby and entire family.

While not currently physically curable, the effects of FASDs can be greatly eased by the entire family practicing unconditional love, patience, tolerance, and forgiveness, and by not blaming or guilt tripping. See addiction, birth abnormalities and genetic disorders

Secondary issues that can arise: ADHD, Addiction, Anxiety, Depression, Eating disorders, PTSD

See type: Fetal Alcohol Syndrome (FAS), Alcohol-Related Neurodevelopmental Disorder (ARND), Alcohol-Related Birth Defects (ARBD), Neurobehavioral Disorder Associated with Prenatal Alcohol Exposure (ND-PAE)

Fetal Alcohol Syndrome (FAS)

See possible issues and affected areas: ADHD, Brain, Face, Hearing, Heart, Joints, Spinal cord injury, Vision, Self-esteem, Fetal Alcohol Spectrum Disorders (FASDs)

Fever

Feeling extreme anger, embarrassment or regret over a recent decision

Fibrocystic breast disease

Tired of having to deal with the same old stuff every month and aching for change but not knowing how to make it happen

Fibrodysplasia Ossificans Progressiva

Fear our foundation and support will be ripped away

Fibromyalgia

Belief no one cares more about anyone or anything than we do. Unable to discern the value of differences between people. Wishing to be left alone. Fear of the next attack, not only of the condition, but also from a loved one or a supposed friend. See autoimmune diseases

Spiritual effects: Anxiety, Depression, Distrust, Martyr, Perfectionism, Self-righteousness, Victim, Worry

Physical effects: Arthritis, Dizziness, Irritable bowel syndrome, Knee problems

Change the pattern: Meditate to learn to come to peace with the past

Fifth disease

Feeling we have been publicly blamed and shamed for something we had no part in creating

Fifth or baby finger

Represents our comfort or lack thereof with our place in the family. If injured, living in a dream world and feeling it is being threatened. Can also indicate there will be childish, whiny behaviour when we do not get what we want or when we feel threatened

Fifth or baby finger or toe knuckles

Hidden desire to return to childhood and be free of responsibilities

Fifth or baby or pinky toe

Childish reaction to a troubling situation

Finger arthritis

Placing excessive importance on what others are doing wrong (judgment, criticism, and condemnation). Lots of finger-pointing. Fear not getting everything done in time. See affected finger, knuckle

Finger bursitis

Unable or unwilling to adapt to unexpected changes in our work. See affected finger

Finger fungus

Ugly thoughts eating at us (condemnation, embarrassment, guilt, shame). See affected finger

Fingers

Represent how we feel about our life's work. See Hands, Fingernails, Joints, Knuckles

Issues that can arise: Achenbach syndrome, Finger arthritis, Shorter than average fingers, Bent finger, Broken finger, Chilblains, Finger bursitis, Joint dislocation, Fungal infections or disease, Ingrown nail, Joint subluxation, Longer than average fingers, Numb or tingling or vibrating hands, Trigger finger, Webbed fingers

See individual fingers: Thumb, Second or index finger, Third or middle finger, Fourth or ring finger, Fifth or baby finger, More than five fingers

Fistula

Feeling pressured into taking shortcuts we know are likely to fail

Flat feet (fallen arches)

Unable to stand up for self. Hopeless we will ever feel joy in life after a devastating loss

Change the pattern: Grieve the losses, Build stable self-esteem, Forgive

Flatulence

Feeling we are always being overlooked and angry about it; self-importance

Floating kneecap

Trying too hard to protect self from unknown dangers or enemies. Living in constant fear

Flu, Influenza

Can occur if we are about to be tested and fear failure or success. Often used as an excuse to get out of commitments we wish we had not made (avoidance) - just saying "no" can be a vaccine. The fear of being held responsible can make us wish we were sick and, since the Universal Intelligence responds to

our thoughts, lo and behold, we get sick. Fear of being a victim. Deep need for one-on-one attention or to receive the same special considerations as our sick friends, or a desire to be looked after

Issues that can arise: Boogers

Focal seizures

See type: Frontal lobe seizure, Occipital lobe seizure, Temporal lobe seizure

Folliculitis

Unable or unwilling to express our thoughts and feelings about the true cause of our misery and suffering. See barber's itch, boils and carbuncles, infection

See type: Eosinophilic folliculitis

Food allergies

Deep need to receive loving attention from a specific authority figure. Chronic fear we are in imminent danger but not knowing what to do about it and believing no one will be able to help. Physical result of an unresolved traumatic situation we fear is bound to happen again. Visit SciTechDaily.com and check out WHAT IS THE DIFFERENCE BETWEEN A FOOD ALLERGY AND A FOOD INTOLERANCE?

See contributing factors: Alpha-Gal syndrome

Food poisoning

Signal we strongly dislike one or more of the topics of conversation during a meal but unable or unwilling to state our true thoughts or feelings, and hating self for it

Foot arthritis

Emotional pain from past experiences has not yet been released (habitual lack of forgiveness for self and others). Every new emotional injury adds to the buildup. See affected toe, knuckle

Foot bursitis

Unable or unwilling to adapt to unexpected changes on our life's path. See affected heel, toe

Foot pain

Walking our path with unresolved spiritual issues

Forehead

Represents spiritual intimacy, with self or others

The forehead is a gateway enabling us to quickly connect with our brain, as strange as that may sound. Think about it... we often use our forehead to express our not-quite-conscious thoughts without using words. Wiping our brow if we're relieved or wanting to show someone how hard we're working, rubbing it if we're feeling stressed or exasperated with someone, rubbing it to ease eye strain, picking at its skin if we have a problem to solve, and even smacking it if we gain a sudden realization. Sometimes we shield it to give ourselves a much-needed moment of privacy, Touching foreheads with someone can provide a deeply intimate connection

Issues that can arise: Bulging forehead veins, Migraine headache

Foreign accent syndrome

If acquired

Wanting/wishing to be someone else, someone different to all the others, someone who will be respected and who will receive the special considerations we feel we deserve

Contributing factors: [Migraine headache](#), [Stroke](#), [Traumatic brain injury](#)

If from birth

See [birth abnormalities and genetic disorders](#)

Forgetfulness

Often used as an excuse for [obsessive/compulsive](#) checking and rechecking. This is not forgetfulness though. This is inability or unwillingness to be in the moment. Can be a means of bringing extra attention to self, as a way of saying, "You are not important enough for me to bother remembering anything about you" or as a way to cover up our mistakes or shortcomings. Habitually using forgetfulness as an excuse can contribute to the onset of [Alzheimer's disease](#). See [ADD / ADHD](#)

Fourth or ring finger

Represents how we feel about marriage or being single, partnerships and friendships. If injured, can be unrecognized or unresolved issues with a partner or associate

Fourth or ring finger or toe knuckle

Hidden desire to be in, or get out of, a close relationship

Fourth toe (ring)

[Distress](#) over a relationship knowing it is futile to continue, yet still wanting it to work anyway. See [co-dependent relationships](#), [toxic relationships](#)

Frequent urination (nocturia)

Unable to relax and fully [trust](#) all is well. See [anxiety](#), [bladder](#), [diabetes](#), [kidneys](#), [pregnancy](#), [prostatitis](#), [urinary tract infections](#), [vaginitis](#)

Frontal lobe seizures

Unwilling to focus on the matter at hand and wanting to escape the situation. See [defiance](#)

Frostbite

Unable or unwilling to do what is needed to protect self. May result from a [belief](#) "God will protect me". We are spiritual beings in physical bodies, and therefore subject to the physical laws. To 'expect' the universe to bend those laws for us is folly

Frown lines

Frown lines form repeating unhappy thoughts over several years. Such thoughts arise from carrying unresolved [inner conflict](#) and painful life events. They cannot help but affect our outlook on life which of course is revealed in our [face](#). See [visible signs of aging](#), [wrinkles](#), [Is there a magic pill?](#)

Frozen shoulder

Wishing someone would share the chores, except they would probably do it all wrong

Fuch's dystrophy

Unable or unwilling to acknowledge our disgust with those who fail to be or do as we wish

Functional neurological disorder/conversion disorder

Sudden unrecognized fear or belief something must be wrong with us personally. Such thoughts can become obsessive worry which can actually alter our brain function

Change the pattern: Check out Spiritual decluttering and learn to hear and identify your thoughts, so you can change them

Fungal infections or diseases

Wanting to hide, and wanting to hide from, the (supposedly) shameful, dirty truth. It is very important to remember while God does not ever judge, criticise, or condemn us, he does allow us to experience the logical outcomes of our spiritual choices. See free will, guilt

See affected area or type: Athlete's foot, Candida, Ear fungus, Fungal sinusitis, Intestinal fungus, Jock itch (Ringworm of the groin), Lung fungus, Mold allergy or sensitivity, Mucormycosis, Mycotoxin infection (Mycotoxycosis), Nail fungus, Skin fungus, Valley fever

Fungal sinusitis

Unable or unwilling to acknowledge to others we have suffered an incredibly painful experience, and there are reminders of it everywhere, making us feel it will be impossible to forget. We have built a spiritual dam to prevent our tears from flowing

Fungus (includes mold, black mold)

Represents holding onto negative ideas or beliefs about self or others. See fungal infections or diseases, mold allergy or sensitivity, Mycotoxin infection (Mycotoxycosis), plus upper respiratory symptoms like sneezing, coughing, congestion, eye irritation, and possibly worse asthma symptoms

G

G6PD deficiency

Feeling like a victim. See birth abnormalities and genetic disorders, legacy family patterns

Gag reflex - hyperactive or hypersensitive, overactive

Fear of being forcefully silenced or becoming unable to speak

Contributing spiritual factors: anxiety, distrust, unrecognized distress, unresolved inner conflicts

Contributing physical factors: acid reflux (gastroesophageal reflux disease (GERD)), post-nasal drip, oral stimulation from cutlery or dental or medical procedures

Galactorrhea

Profound curiosity about breastfeeding, or an unmet desire to nurture or to be nurtured

Gallbladder

Represents our ability to process, or digest, our thoughts, attitudes and emotions

Issues that can arise: [Abscess](#), [Attack](#), [Biliary dyskinesia](#), [Cancer](#), [Gallbladder stones \(Cholelithiasis\)](#), [Gallstones \(Pancreatitis\)](#), [Inflammation](#), [Perforation](#), [Polyps](#), [Sclerosing cholangitis](#)

Gallbladder abscess

[Obsessive](#) poisonous thoughts focused on justifying our choice to act or not act in a certain way

Gallbladder attack

[Condemning](#) self for a decision we made a short time ago, up to a day or two before the attack ("What have I done?!"). We might justify the decision in different ways, but inside, we [fear](#) others think it was made for purely selfish reasons and are also condemning us for it

Gallbladder cancer

[Obsessive](#) poisonous thoughts have infected every [belief](#) we have about life and the process of living. [Hating](#) self for thinking them, yet feeling fully justified and so doing nothing to change

Gallbladder inflammation

[Obsessively](#) repeating thoughts about all our supposedly selfless deeds, to build [self-esteem](#) where almost none exists or to justify our [self-righteous arrogance](#). See [inflammation](#)

Gallbladder perforation

Giving up on ever finding good in anyone or anything, especially self

Gallbladder polyps

Falsely soothing our hurt feelings with bitter untruths

Gallbladder stones (Cholelithiasis)

[Obsessive](#) thoughts about others thinking we are no good

Gallstones (Pancreatitis)

Cruel beliefs about self arising from being unable or unwilling to see or seek Truth. See [pity parties](#), [victim](#)

Ganglion cyst

Pattern of [denying](#) our true calling, to self and to anyone who will listen. See affected area

Gangrene

Giving up on the idea our pain and anguish can ever be compensated for by those who have harmed us ([resentment](#)), and since our pain is worse than anyone else's, it can never be resolved or released. See [cellulitis](#), [diabetes](#), [infection](#)

Gangrenous extremities

Chronic placing of self into "[victim](#) mode" as a way to [control](#) and [manipulate](#) others. See [diabetes](#), [gangrene](#), [infection](#)

Gangrenous gallstones

Successfully convincing self of the accuracy of our horrible thoughts about self, and completely unwilling to see or seek Truth

Gaps between teeth

Feeling exposed, like there is nowhere to hide. See adjacent [teeth](#)

Gastritis

Unable to stomach all the negativity in our lives, but not knowing what to do about it

Issues that can arise: [Heartburn / Indigestion](#), [Inflammation](#), [Nausea and/or vomiting](#)

Contributing factors: [Cancer treatment](#), [Celiac disease](#), [Crohn's disease](#), [Diabetes type 1](#), excessive [alcohol intake](#), [HIV / AIDS](#), [Hypothyroidism](#), [Infection](#), [Sarcoidosis](#), [Stress](#)

Acute

Look to recent events for something shocking or sickening, that triggered an extreme response in us, even if we did not say it out loud

Chronic

Habitual [judgment](#), [criticism](#), and [condemnation](#) of someone nearby (could be self or others) for mean or bitter words or actions

Gastroenteritis (Norwalk virus, Norovirus infection)

[Belief](#) others are telling horrible [lies](#) about us and everyone believes them to be true, but wishing it were not so

Infectious

Self-loathing manifesting in physical due to a [craving](#) to hear the worst about others (see [gossip](#)) to help us feel less "bad" about self

Non-infectious

[Believing](#) self to be the only 'bad' person in the world

Gastroparesis

Unable to stomach or digest (absorb, utilize and release), the cruel spiritual food we were fed as a child and still consume. Can result from [child abuse](#), including feeling our [basic spiritual needs](#) were not met

Gender dysphoria

Can result from familial and societal rejection, ridicule and public shaming for simply being different. It has become a worsening crisis as more people feel entitled to foist their personal beliefs and opinions onto those in a minority position in society. For the affected individual, see [anxiety](#), [depression](#), [distress](#), [eating disorders](#), [self-mutilation or harm](#), [substance misuse](#). For those doing the public shaming etc., see [bullying](#), [hatred](#), [prejudice](#), [self-esteem](#), [self-righteousness](#), [tolerance](#), [unconditional love](#)

Generalized seizures

Absence

Feeling extremely vulnerable ("I want my mommy!"). Trying to "seize" someone's attention. [Anger](#), [fear](#)

Atonic

[Fear](#) we will never get to the place we want to be, which is anywhere but where we are right now

Clonic

Desperate to divert attention from the matter at hand

Myoclonic

Lost in thought about everything we would rather do than 'this', or all the places we would rather be than 'here'

Tonic

Deeply disturbed with the current situation and giving up on trying to change it, because no one ever listens to us anyways

Tonic-Clonic

Deeply disturbed with the current situation, but unwilling, or feeling unable, to do anything about it. Feeling trapped

Genetic abnormalities, genetic heritage

Conditions arising from our family ancestors' unresolved [traumatic life events](#). See [birth abnormalities and genetic disorders](#)

Genital herpes, herpes whitlow (HSV-2)

[Belief](#) sex is bad, or belief God says sex is bad, but feeling powerless to stop wanting to have it. [Guilt](#), [self-condemnation](#), [shame](#). See [HIV / AIDS](#), [sexually transmitted diseases \(STD's\)](#)

Genital area intertrigo

Irritation with our partner, or irritated because we do not have a partner

Genital warts

[Belief](#) sex is [shameful](#), or our sexual history is shameful and therefore requires punishment. See [Human papillomavirus \(HPV\)](#), [Warts](#)

Geographic tongue

Chronic [worry](#) something is wrong, and unable or unwilling to be assured otherwise

German measles (Rubella)

Wanting to not have to take the next step alone. [Fear of abandonment](#), [fear of the unknown](#)

Gestational diabetes

[Fear](#) the baby's potential for unhappy life experiences due to the father's negative behaviours, will cause unending [grief](#) and [guilt](#) for us

Gianotti-Crosti syndrome

Extreme, profound [fear of retribution](#)

Contributing factors: [Life-ending trauma in a prior incarnation](#) plus [hand-foot-and-mouth disease](#), [cytomegalovirus](#), [Epstein-Barr virus](#), [gastroenteritis](#), [hepatitis B](#), [respiratory infection](#), [respiratory syncytial virus](#), viral [meningitis](#)

Giant cell arteritis

Always thinking "If I had known my life was going to turn out like this, I never would have allowed myself to feel happy. Ever." See [autoimmune diseases](#), [polymyalgia rheumatica](#)

Change the pattern: Time for some spiritual exercises. Try them all, but especially [Forgiveness](#), [Grieving](#), [Guilt-buster](#)

Gitelman syndrome

Unable or unwilling to nurture self, preferring instead to be dependent on others by using [guilt trips](#) and [manipulation](#)

If acquired

See [autoimmune diseases](#), [Sjogren's syndrome](#)

If from birth

[Legacy family pattern](#) of [co-dependent relationships](#), [guilt trips](#) and [manipulation](#)

Glands

The glands represent our ability and/or desire to sustain and nurture ourselves. Their function is improved or impaired by our reactions to our life experiences

See type: [Endocrine glands](#), [Exocrine glands](#)

Glaucoma

Chronic [self-righteousness](#), [martyr](#). Attitude of "I'll show them", yet feeling no one is watching because no one really cares ([abandonment](#)). Unwilling to [forgive](#), [prejudice](#), bigotry

Golfer's elbow

[Angry](#) about all the stupid obstacles in our path

Gluttony

[Fear](#) we will not be given our fair share, so taking everything offered to us and more. Applies to food and other substances as well as attention. See [greed](#), [self-importance](#)

Gonads

Provide the building blocks of physical life as a human. When sperm fertilizes egg, an energy gateway opens through which an incoming soul may enter

See type: [Ovaries](#), [Testis](#), [testicles](#)

Gout

[Denying](#) our habitual [anger](#) with a parent or other [authority figure](#). See [legacy family pattern](#)

Granuloma annulare

Feeling like a target of someone's ill will.([victim](#)). See [insect stings or bites](#), [infections](#) such as [hepatitis](#), [side effects](#) of medications or treatments, [trauma](#)

Gray hair (if younger than 30)

Physical manifestation of a family pattern of unwillingness to show vulnerability or weakness

Gray tongue

See [eczema](#), [peptic ulcer](#)

Grinding teeth (Bruxism)

[Angry](#), and always waiting for the next injury or attack. See [TMJ disorders](#)

Groin or Pubic region

Represents that part of the body reacting strongly to thoughts of aggression, anger, fear, hatred, sex, violence. See [pelyis](#). Reflects our ability and/or willingness to do what is needed to move forward

Issues that can arise: [Fungus](#), [Groin pain](#), [Jock-itch](#), [STD's](#), [strained groin](#)

Groin pain

Feeling at risk of harm from someone with power over us

Growth hormone (GH)

Wanting to remain in childhood, reliant upon our caregivers. See [Pituitary gland](#), [Pituitary gland hormones](#)

Issues that can arise:

High

See [Pituitary gland tumour](#)

Low

Wanting to remain in childhood, reliant upon our caregivers

Guillain-Barré syndrome

[Belief](#) a recent choice or action has left us open for invisible negative forces to invade and torment us. See [autoimmune diseases](#), [Can negative energies and entities harm us?](#)

Gum disease

Feeling overstressed, overworked and under-appreciated

Gums

Represent our innermost feelings about supporting ourselves. See [lips](#), [mouth](#), [teeth](#), [tongue](#)

Issues that can arise: [Bleeding gums](#), [Gum disease](#), [Inflamed gums](#), [Receding gums](#), [Swollen gums](#)

Guttate psoriasis

[Belief](#) any information coming from self is invalid or untrue and will be ridiculed

H

H. pylori infection (*Helicobacter pylori*)

See conditions that can arise with this infection to find the thought patterns contributing to its development: bloating, frequent burping, eczema (atopic dermatitis), hives, nausea and/or vomiting, peptic ulcer, stomach cancer, stomach pain

H1N1 Influenza

Wanting to be taken seriously, or to be rewarded in spite of our failures or shortcomings

Haglund's deformity

What is gnawing at us? Dissatisfaction with the path we are walking. Deep sorrow over a poor life choice and blaming someone else for it

Hair

Represents our thoughts and how we feel about them

Issues that can arise: Alopecia, Baldness, Breakage, Dandruff, Dry hair, Eosinophilic folliculitis, Excessive hair growth, Folliculitis, Gray hair (premature), Hiding behind one's hair, Ingrown hair, Loss of eyelashes, Self-inflicted removal

Hair breakage

If breakage occurs, can result from anger the perceived attack has not happened yet

Hairy tongue

Chronic worry we are not doing enough. Period.

Hallucinations while falling asleep

Belief our deepest, darkest fears will manifest upon falling asleep

Hallucinations upon waking

Fear our worst fear(s) will be realized - today

Hammertoe (claw toe or mallet toe)

Hanging on desperately for dear life due to feeling unsupported by those responsible for caring for us. Fear. Clenching. Living in dread. Feeling as if constantly walking on broken glass (can show our life path is filled with pain and needs to be swept clean). See affected toe

Hand-foot-and-mouth disease (Coxsackievirus virus)

Chronically unmet need for positive, loving attention from a caregiver or authority figure

Handedness, hand preference

Represents a certain set of life lessons or challenges for left-, right- or mixed-handed and ambidextrous people. See Required life experiences

Questions for all to consider... How do we treat those who are different? How do those who are different, treat themselves? Are we sensitive to the suffering of self? Of others? See type:

Ambidextrousness

Learn humility and compassion for others. Learn to appreciate all sides of issues

Left-handed

Learn to trust self even at the risk of exclusion, persecution or ridicule for expressing ideas varying from the norm. Learn self-acceptance is more important than others' approval

Mixed-handed

Learn to overcome indecision. Become open to finding new solutions for old issues

Right-handed

Learn tolerance and acceptance for those who are different. Learn to cooperate

Hands

Represent how we feel about our work and our performance of it. See components: Fingers, Fingernails, Joints, Knuckles

Issues that can arise: Achenbach syndrome, Hands arthritis, Back of the hand, Broken hand, Carpal tunnel syndrome, Dupuytren's contracture, Hands fungus, Ganglion cyst, Hands pain, Hands warts, numb or tingling or vibrating hands, Palm of hand if injured

Hands arthritis

Placing excessive importance on what others are doing wrong (judging, criticising and condemning). Lots of finger-pointing. Fear all that needs to be done will not get done in time

Hands fungus

Ugly thoughts eating at us (embarrassment, guilt, self-condemnation, shame)

Hands pain

Working too hard for the wrong reasons

Hands warts

Fear our work is bad or useless and/or unappreciated. See warts

Handwriting

If illegible: wanting not to be understood or wanting to be misunderstood and keeping secrets

Hangnail

Fear we are not doing what needs to be done. Look to affected finger or toe

Hangover

Represents self-punishment. See addiction, abandonment, guilt, shame, self-condemnation

Chronic

Can be created by a need to soothe ourselves for putting up with abuse from others. We may think we are rewarding ourselves, but is it really a reward if it hurts us?

Occasional

Can occur after celebrating something for which we feel no real joy

Hantavirus Pulmonary Syndrome (HPS)

Habitually looking after everyone else before self. Such a pattern risks exhaustion, injury or illness, any of which can limit our ability to help anyone at all. See [Zoonotic diseases](#)

Hay fever (seasonal)

Who around us is so irritating we are furious and just want to cry? See [anniversary illnesses](#)

As a young boy, my friend often visited his beloved grandmother. Her front yard was completely filled with all kinds of flowers. From spring through autumn, the air was filled with heavenly scents. When Grandma passed away, my friend was not allowed to attend her funeral, and he was ridiculed for crying. He learned to suppress his grief, to the point any flowery aroma would trigger his symptoms. Not only was he suppressing his sadness; his anger toward his family for denying him prevented him from learning to deal with his emotions in a positive way. By recognizing this, his healing began.

Headache

Feeling trapped. Headaches are often used as a way to punish ourselves, or to escape responsibilities or commitments, or to under-perform. See [abandonment](#), [avoidance](#), [chronic confusion](#), [distress](#), [fear of commitment](#), [worry](#)

See type: [Migraine headache](#)

Head bumps

Physical reminder to pay attention to our thoughts, and to act according to the principles of [universal truth](#) and [unconditional love](#). Seriously, pay close attention to whatever is happening around you and especially to your thoughts about it. It is important!

Head pain

Wanting to [avoid](#) someone or something. See [headaches](#)

Hearing loss

[Fear](#) of hearing what is not being said, [avoiding](#) hearing whatever is being said, wanting the noise to stop

Heart

Represents our ability to sustain self

Issues that can arise: [Angina](#), [Aortic dissection](#), [Arrhythmia](#), [Atrial fibrillation](#), [Bradycardia](#), [Broken heart syndrome](#), [Bundle branch blockage](#), [Cardiac arrest](#), [Cardiomyopathy](#), [Congestive heart failure](#), [Deep vein thrombosis](#), [Erythromelalgia](#), [Heart attack](#), [Heart disease](#), [Heart murmur](#), [Heart problems in children](#), [Irregular heartbeat](#), [Myocarditis](#), [Pericardial cancer](#), [Pericarditis](#), [Pericardium](#), [Phlebitis](#), [Raynaud's disease](#), [Thoracic aortic aneurysm](#)

Heart attack (Myocardial infarction)

[Belief](#) an imminent change will be lethally devastating

Heart disease

Pattern of avoiding dealing with our problems in favour of focusing on matters beyond our control. Can also manifest in our physical home as heating/cooling system problems. Those with heart disease may be perceived to be heartless or selfless... no one is sure

Sounds like: "You're breaking my heart" ([guilt trip](#), [martyr](#))

Heart murmur

Family pattern of being emotionally cold or emotionally smothering - in the extreme - and [condemning](#) any family member who dares to behave differently. See [birth abnormalities and genetic disorders](#), [karma](#)

Heart problems in children

Can be a reflection of spiritual/emotional difficulties within the family unit. Heart/lung disorders can also manifest in our physical home as drainage and/or heating/cooling system problems. Irregular heartbeat can show we are unable or unwilling to follow a schedule or a routine. See [birth abnormalities and genetic disorders](#)

Heart valve disease (Valvular heart disease)

[Fear](#) someone will judge if we spend any time or money on caring for our well-being. Waiting for their permission is a fool's errand, but we wait, and we wait, and we wait, and we wait, and feel more and more like a [victim](#). Building strong, stable [self-esteem](#) enables and empowers us to decide what is right for us with confidence. See [agency](#), [heartburn / Indigestion](#)

Heartburn/Indigestion

Includes Dyspepsia and Gastroesophageal reflux disease (GERD) or Acid reflux

Just waiting for the next irritating experience. Strong dislike of much of what we see and hear

Issues that can arise: [Extraesophageal reflux disease \(EERD\)](#)

Heel bursitis

False [belief](#) about our childhood is making it difficult to [walk](#) our life path with [joy](#)

Heel spurs

Feeling [abandoned](#) or unsupported by loved ones, and so feeling fully justified in being self-centred, self-absorbed and [self-important](#)

Heel whip

Wanting others to see how hard we are trying to win their approval

Heels

Represent core beliefs about the role we have taken on in this current lifetime

Issues that can arise: [Dry or cracked heels](#), [Heel bursitis](#), [Heel spurs](#), [Heel whip](#), [Narrow heels](#)

Help-rejecting complainer

Living from one catastrophe or heartache to the next and, although seeming to want help to change their seemingly dire situation, resisting any suggestions that could help. They say things like "I've tried that already." "That won't work for me because..." "Nothing ever works right for me." Exasperating for us, but even more so for them. The spiritual component is being stuck in a [feedback loop](#) of [craving](#) sympathetic attention and recognition for all of their suffering, but needing to keep on suffering to justify their compulsion. See [blame](#), [victim](#)

Change the pattern: [Meditate](#) to learn whose attention was lacking during and after a [traumatic event](#). Check out these [Google search results](#) for more information

How to help: Ask questions instead of making suggestions

Hemochromatosis

[Belief](#) we are carrying a far heavier load in life than we deserve, and that it is far heavier than anyone else must carry. See [diabetes](#), [heart](#) problems, [liver disease](#)

Hereditary

See [birth abnormalities and genetic disorders](#)

Juvenile

See [birth abnormalities and genetic disorders](#)

Neonatal

See [autoimmune diseases](#)

Secondary

See [anemia](#), chronic [liver disease](#)

Hemophilia

[Legacy family pattern](#) resulting from a [fear of retribution](#). See [legacy guilt](#)

Hemorrhoid

Trying to win the approval of an [authority figure](#) who stubbornly withholds it. Feeling pressured to hurry and feeling there is not enough time. Pushing too hard/trying to force self or another into doing what we want

Hepatitis

Any or all of the following: Taking responsibility for every little thing wrong in our life, or failure to accept responsibility for our shortcomings, and a tendency to [blame](#) anyone or anything but self for our problems. Profound [guilt](#) and [shame](#) for living a lie. Extremely difficult to please. See [criticism](#), [perfectionism](#), [liver](#), [sexually transmitted diseases \(STD's\)](#)

Hernia

Represents trying too hard

See type: [Femoral hernia](#), [Hiatal hernia](#), [Incisional hernia](#), [Inguinal hernia](#), [Paresophageal hernia](#), [Sports hernia](#), [Umbilical hernia](#)

Herniated disc (or slipped, or ruptured)

Extreme difficulty in accepting [compassion](#) or [mercy](#) from others due to our burden of [guilt](#). See [martyr](#), [victim](#), affected [vertebra](#)

Change the pattern: Do the Guilt-buster and Self-esteem exercises in Section 9

Herpes simplex virus (HSV)

See [infection](#)

See type: [Cold sores](#), [fever blisters](#), [herpes whitlow \(HSV-1\)](#), [Cytomegalovirus \(HHV-5\)](#), [Epstein-Barr virus \(HHV-4\)](#), [Genital herpes](#), [herpes whitlow \(HSV-2\)](#), [Ramsay Hunt syndrome](#), [Herpes Zoster Oticus \(HSV-3\)](#), [Shingles \(HSV-3\)](#)

Hiatal hernia

Living in an overly controlled environment; too much pressure to follow rules and live up to others' expectations. [Anger](#), [repression](#), [suppression](#). See [blood clots](#)

Hiccups

Physical reminder to pay attention to our thoughts, and to act according to the principles of [universal truth](#) and [unconditional love](#). Wanting to change the subject of conversation in order to [avoid](#) talking about something; or wanting to take back words that were just spoken

Hiding behind one's hair

Manoeuvre to deny access to those who would dare to look or question

Hidradenitis suppurativa

Too much friction at home or work and hiding our feelings about it. Chronic feelings of [embarrassment](#), [guilt](#), [shame](#), [perfectionism](#)

High anti-histone antibodies

Sudden awareness we hold a false belief system not aligned with Universal Truth. The shock ripples through us at cellular level, attacking our core sense of who we are and casting doubt on other of our beliefs. See [Why do we get sick / suffer injuries / have accidents?](#)

High arch (Hollow foot or cavus)

Pretending to ourselves we are loved and supported, yet believing we are not. Can people not see how desperately we need their approval and support?

High blood pressure

Constant [anger](#) and frustration, and waiting for the next annoyance

Spiritual effects: [Anxiety](#), [Distress](#), [Distrust](#), [Fear](#), [Stress](#), [Victim](#), [Worry](#)

Physical effects: [Atherosclerosis](#), [Heart failure](#), [Kidney problems](#), [Stroke](#)

High cholesterol

Believing self to be the good person who never acts out of malice ([self-righteousness](#)). Nothing is ever quite good enough ([criticism](#), [perfectionism](#)). Nothing ever works out quite right ([victim](#)). Never

receiving recognition for our many supposed sacrifices ([martyr](#)). No [joy](#) in life. Check out this article from [SciTECHDAILY "CHILDHOOD ABUSE LINKED TO HIGHER RISK FOR HIGH CHOLESTEROL..."](#)

High intracranial pressure

If due to nervous system issues: Unable or unwilling to pay attention to our thoughts, and to honour our better intentions by doing what is right

If due to other contributing conditions: See [brain aneurysm](#), [brain tumour](#), [encephalitis](#), [hydrocephalus](#), [traumatic brain injury](#)

Hips

Represent our comfort (or lack thereof) with letting go of the past. See [pelvis](#)

Issues that can arise: [Broken hip](#), [Hips arthritis](#), [Hips bursitis](#), [Hips labral tear](#), [Hips pain](#), [iliac crest pain](#), [Iliacus \(muscle\) pain](#), [Joint dislocation](#), [Joint subluxation](#)

Hips arthritis

[Fear](#) of leaving someone or something behind, of being left behind ([fear of abandonment](#)), or of becoming useless or obsolete. Unable or unwilling to change out-dated [beliefs](#)

Hips bursitis

[Anger](#) and [distress](#) about the constant changes life brings

Hips labral tear

If acquired: Determine the [traumatic](#) event(s) that caused the injury along with what was happening in your life during the three or so days prior. Try to recall having thoughts of not being able to let go of a loved one, or of the past. See [Hips arthritis](#), [Hips pain](#)

If from birth: See [Genetic inheritance](#), [Legacy family pattern](#)

Hips osteonecrosis

Intense [belief](#) we cannot move forward because ‘they’ cannot manage without us

Hips pain

Trying to bring something into the future better left in the past. See [Hips arthritis](#)

Histamine intolerance

Unable or unwilling to confront an aggressor. See [fear of retribution](#)

Histone proteins

Foundational spiritual beliefs that regulate our ability to be not only honest, but true to ourselves

Issues that can arise: [High anti-histone antibodies](#)

Hitchhiker's thumb

Since this is an inherited trait, look to your family's attitude about their intelligence. See [Thumb](#), [birth abnormalities and genetic disorders](#), [legacy family pattern](#)

Hives (urticaria and cold urticaria)

Fear our normal reactions to everyday life experiences will be criticised by an authority figure

Triggers: Allergens, Autoimmune diseases and:

Genetics

Family pattern of seeming to be a completely different person when out in public compared to at home. See birth abnormalities and genetic disorders, prior incarnation trauma

Medications

See side effects

Underlying medical conditions

See Cytomegalovirus, Epstein-Barr virus, Hepatitis, HIV / AIDS, Lupus, Lymphatic system cancer, Thyroid conditions

Hoarding

Chronic, desperate emotional neediness and a stubborn refusal to accept help, choosing instead to meet our own needs. The need to hoard items of trash shows we have condemned self and feel worthless (victim), while the need to shop for new items shows the need to be rewarded for all of our suffering (martyr). See addiction, avoidance, defiance, denial, greed, insolence, isolation, manipulation, pathological lying, silent rebellion. See pet hoarding

Hoarse voice

Reining in our voice can lead to more serious conditions like strep throat, bronchitis, etc. Wanting to withhold the truth about something important for fear of what might happen

Hookworm

Self-righteous beliefs we and our pets and property are clean, disease-free, beyond reproach

Hormone imbalance

Unable or unwilling to adapt to changes seemingly out of our control. See victim

Hormones

Represent our ability to regulate our reactions to challenging life experiences. See glands

Issues that can arise: Andropause, Imbalance, Lipedema, Menopause

Human immunodeficiency virus (HIV)

Belief we do not deserve to have a happy, healthy life, or even to be alive. See AIDS, genital herpes, tuberculosis, guilt, shame, victim

Human papillomavirus (HPV)

Belief sex is shameful, or our sexual history is shameful and we therefore need to be punished

Huntington's disease

Legacy family pattern of withholding critical pieces of information from those asking questions. Desire for the questioner to "suffer as I have suffered". Subtle form of torture aiming to keep the question-asker under control. See greed, lying, revenge, spite, birth abnormalities and genetic disorders

Sounds like: "If you don't know, I'm not going to be the one tell you." "Wouldn't you like to know."

Change the pattern: If someone asks a question, tell the whole truth and resist the urge to hold back certain crucial details

Hydrocele

If present at birth, can indicate unresolved issue(s) from a previous lifetime (see karma) or resulting from a legacy family pattern. The issue is likely to be encountered in this new life. See inflammation, inguinal hernia, testicular torsion

Hydrocephalus

Unable or unwilling to be at peace with the ebb and flow of emotions arising from life experiences. See birth abnormalities and genetic disorders, infection, meningitis, mumps, traumatic brain injury, traumatic events

Normal pressure

Unable or unwilling to be at peace with having caused big trouble for others

Obstructive

Blocking the flow of emotions arising from life experiences

Hydronephrosis

Pattern of not saying what we think for fear we will hurt someone who can and will punish us. Holding in pain and distress solves nothing though, and we can end up feeling like a powerless victim who can never say how we really feel

If acquired

See inflammation, kidney stones, vesicoureteral reflux

If from birth

See legacy family patterns

Hyperaldosteronism

Habitually feeling angry, cheated and offended over life experiences that never seem to go our way. See victim

Hypercalcemia

Unable or unwilling to express our needs, instead relying on manipulating others into helping us. See guilt trips, martyr

Conditions that can arise: Arrhythmia, Kidney/renal failure, Kidney stones, Osteoporosis, and nervous system conditions like Confusion, Dementia

Change the pattern: Check out how to Build stable self-esteem

Hyperdontia

Overcompensating for a perceived weakness

Hyperemesis gravidarum

Literally sick with worry (What if, what if, what if...), and wanting the process to stop because of the fear of so many unknowns coming up. Strong concern our support systems could fail

Change the pattern: Check out How to stop worrying

Hyperglycemia

Overcompensating for our perceived failure to prevent the family from coming to harm or having negative experiences

Hyperhidrosis

Fear of our true thoughts and feelings being found out

Hyperparathyroidism

Primary

A negative or hurtful belief is eating away our ability to thrive by weakening our bones, muscles, nervous system and teeth. See birth abnormalities and genetic disorders, Why do we get sick... ?

Secondary

Always feeling 'less than' everyone else and over-compensating for our shortcomings or weaknesses and hoping someone will finally see how hard we are trying. See self-esteem

Hyperpigmentation

Wanting to cover up flaws, or wanting to hide from our true identity

Hyperprolactinemia

Frustrated desire to nurture others rather than be nurtured. See Prolactinoma

Hyperthyroidism - Graves' disease

Feeling vulnerable and over-protecting self

Hypertrophic cardiomyopathy

Unable or unwilling to feel compassion for anyone who suffers pain or loss. Can occur due to a legacy family pattern of self-important greed

Hypochondriasis

Chronic, compulsive need to receive focused, sympathetic attention from an authority figure, to steal attention from others (see envy), avoid responsibilities, be in crisis, or punish self by assuming we have a serious or life-threatening disease as a way to compensate for any success. Fear of retribution for every mistake we have ever made; or fear we are not living up to our life purpose and so will be punished; or fear we have no value and no right to be alive, or at least we should be suffering. Worry, worry, worry. See Belief one has (or will develop) a terminal disease, Munchausen's Syndrome by Proxy, Somatic symptom disorder

Hypodontia

Feeling ill-prepared to live life successfully. Can result from a karmic situation

Hypogammaglobulinemia

Feeling like we are fighting a battle we can never win. See victim

Hypoglycemia

Craving true happiness and looking everywhere for it but fearing it will never be found

Hypopigmentation

Wanting to disappear into the woodwork, or belief we will never be important or well-known. See vittiligo

Hypopituitarism

Unrecognized desire to be nurtured rather than to nurture others or fear of failure as a parent

Contributing factors: Birth abnormalities and genetic disorders, certain medicines, deficiency of pituitary gland hormones, meningitis, syphilis (see STD's), tuberculosis, stroke, tumour

Hyposmia

Unable or unwilling to identify our emotional / spiritual condition accurately or honestly

Hypothalamus gland

The brain is the soul's wheelhouse during physical incarnation; the pineal gland is its helm, and the pituitary and hypothalamus glands are its commanders. This gland stimulates or inhibits many of our body's most important processes in accordance with our reactions to our life experiences

Issues that can arise: Diabetes insipidus, Hypopituitarism, Sheehan's syndrome

Hypothyroidism (Hashimoto's thyroiditis)

Feeling responsible for everything and everyone yet wanting to free of responsibility

I

I don't feel like it syndrome

When given an opportunity to do something helpful or productive, we often use the old excuse of, "I don't feel like it". What we are really saying is, "No". It is all about power and control, and doing as we have been asked can be seen as a sign of weakness. Saying "I don't feel like it" is the polite way of keeping control and feeling strong. The challenge is to do as asked, even though we may not want to. Instead of telling ourselves we are already doing enough, make that extra effort. Be prepared to work though, because once we get started, our mindset usually changes and enthusiasm sets in. This pattern is not a manifestation of laziness, but rather defiance and silent rebellion

Iatrogenic CJD (contamination through medical or dental procedures)

Belief medicine alone is capable of and responsible for restoring our health

Ichthyosis vulgaris

Family pattern of keeping negative family information secret, a 'veil of secrecy' if you will, and discouraging communication about anything even remotely connected with it. Children in the family may not know exactly what the secret is, but the condition can be triggered when they begin to understand the meaning of dishonesty, or if they happen to discover the secret. Keeping family secrets can lead to unwitting [shame](#) and unstable [self-esteem](#), along with [obsessive/compulsive perfectionism](#)

Iliac crest pain (iliolumbar syndrome)

Anguish over fearing losing whatever it is we rely on most. See [iliacus \(muscle\) pain](#), [ligaments](#), [sacroiliac pain](#)

Iliacus (muscle) pain

Fear we cannot go on if we suffer a devastating loss, living with a sense of [dread](#) it is inevitable. See [iliac crest pain](#), [muscles](#)

Ill-fitted clothing - Too big

Wanting to hide yet hoping to be seen; wishing for sympathetic attention

Ill-fitted clothing - Too small

Trying to create drama and chaos with self at centre

Immune system

Represents our ability to protect self

See affected area: [Adenoids](#), [Bone marrow](#), [Lymph nodes](#), [Mucous membranes](#), [Skin](#), [Thymus gland](#), [Thyroid gland](#), [Tonsils](#)

Issues that can arise: [Antiphospholipid syndrome](#), [Autoimmune deficiency syndrome \(AIDS\)](#), [Autoimmune diseases](#), [Autoimmune disorders](#), [Compromised](#), [Cytomegalovirus](#), [Giant cell arteritis](#), [Mast cell activation syndrome](#), [Polymyalgia rheumatica](#), [Sjogren's syndrome](#)

Impacted tooth

Feeling hopeless we will ever be free to be true to self

Impetigo

Observing our loved ones and [authority figures](#) treating others cruelly / unkindly and [fearing](#) it is only a matter of time until they treat us the same way

Impotence

Complex disorder caused by a combination of several physical factors along with the root spiritual component of wishing to withhold pleasure from self or our partner. See [sexual dysfunction](#)

Spiritual components: [Anxiety](#), [Depression](#), [Fear](#), [Revenge](#), [Spite](#), [Stress](#)

Physical components: [Addiction](#), [Atherosclerosis](#), [Bent penis](#), [Diabetes](#), [Heart disease](#), [High blood pressure](#), [High cholesterol](#), [Multiple sclerosis](#), [Obesity/overweight](#), [Parkinson's disease](#), [Sleep disorders](#), [Spinal cord injury](#)

Inappropriate clothing - Casual

Displays a lack of regard for the things others respect and/or admire

Inappropriate clothing - Formal

Wanting to escape reality, wanting to not be held responsible

Inappropriate clothing - Revealing

Desire to throw people off balance so as to maintain control of the situation

Incisional hernia

Stubbornly holding onto old emotional wounds (resentment) and feeling fully justified

Inclusion body myositis

Terrified at the thought of the next challenge and the damage it will do to our life, and expecting it to come in the very next moment. See Autoimmune diseases, Benign acute childhood myositis (BACM), Myositis

Inclusion cyst

Dreading intimacy. See traumatic events, vaginal cysts

Incompetent cervix

Fear we will fail to get over the pain of recent or ongoing traumatic events

Incontinentia pigmenti

This genetic condition (see birth abnormalities and genetic disorders) can result from a long-standing family pattern of legacy guilt, blame and shame, and feeling like a victim due to not really knowing the reason for it all and feeling unable to escape

Issues that can arise and affected area: Autoimmune diseases, Eyes, Skin, Spinal column, Teeth

Change the pattern: Meditate to learn the contributing thought patterns. Build a pattern of forgiveness of self for past words spoken or unspoken and deeds done or not done

Infantile hemangioma

Represent unresolved issue(s) from prior lifetimes, or from legacy family patterns in the current family. The issue(s) may arise from the way in which the soul left a prior incarnation, possibly through traumatic injury whether inflicted by self or another, whether accidental or intentional. It would be beneficial to be patient and tolerant with the child, teaching by example rather than, "Do as I say and not as I do". See birthmarks

Infection

Frustration our desires are always being denied and belief they will never be met

See type: Cellulitis, Fungal infections, Gangrene, Herpes simplex virus (HSV), HIV, Mastoiditis, Osteomyelitis, Parasites, Respiratory infection, Sepsis, Tuberculosis, Zoonotic diseases

Sounds like: "I never get what I want" or "When is it going to be my turn?". See victim

Bacterial versus Viral infection

Bacterial infections can occur spontaneously, with the spiritual component purely from within self, that is, from our thoughts, and requires no input from the environment to manifest in physical. Communicable infections, whether bacterial or viral, are spread by contact with infected people or animals or contaminated surfaces, air, food or water. With these, the spiritual component arises from within self but the infection requires input from the environment

See type: [Bacterial biofilm](#), [Fungal infections](#), [H. pylori infection](#), [Gangrene](#), [HIV](#), [Lipedema](#), [Parasites](#), [Respiratory infection](#), [Sarcoidosis](#), [Sepsis](#), [Zoonotic diseases](#)

Infertility

Represents inability or unrecognized unwillingness to reproduce. See [miscarriage](#), [required life experiences](#)

Contributing factors: [Congenital adrenal hyperplasia](#), [Delayed ejaculation](#), [Endometriosis](#), [Endometritis](#), [Fallopian tube issues](#), [Genetic abnormalities](#), [Low sperm count](#), [Low luteinizing hormone](#), [Premature ejaculation](#), [Prolactinoma](#), [Secondary infertility](#), [Semen allergy](#), [Weight issues](#)

Inflamed gums

Unable or unwilling to take the necessary time to care for our physical needs

Inflammation

Unable or unwilling to let go of the past. See [fear of change](#)

If chronic

Lack of [forgiveness](#) for those who have harmed us, including self

Inflammatory bowel disease

See [Crohn's disease](#), [Ulcerative colitis](#)

Ingrown hair

[Fear](#) our best efforts to conceal a secret will fail

Ingrown nail

Feeling like we are always running late. See [blame](#), [revenge](#), [spite](#). . Look to affected [finger](#) or [toe](#) for more information

Inguinal hernia

[Self-condemnation](#), trying to win over a tough critic

Insect sting or bite allergy

Chronic [fear of being an unsuspecting dupe](#). See [allergic reactions](#)

Insect stings or bites

Chronic [fear of being an unsuspecting dupe](#); or fear of things we cannot [control](#)

Issues that can arise: [Anaphylaxis](#), [Lyme disease](#)

See type: [Ant bites](#)

Insomnia

Trying to [avoid](#) thinking about something, trying to remember everything, or trying to figure out how to win back someone's approval ([anxiety](#), [fear](#), [worry](#)). Do the [How to stop worrying](#) exercise and check out [HOW TO GET QUALITY SLEEP \(WITH PICTURES\) - WIKIHOW](#)

Issues that can arise: [Fatigue due to insomnia](#)

Intermittent explosive disorder

Behaviour we feel fully justified in maintaining. Used as a means of keeping [control](#) in any situation where we might lose the war. See [aggressive/passive behaviour](#)

Interstitial cystitis

Unable to relax and fully [trust](#) everything is ok

Intertrigo

Irritation with someone who gives us too little attention when we want it, or too much attention when we do not

See affected area: [Abdomen](#), [Armpit](#), [Breast](#), [Diaper rash](#), [Genitals](#)

Intestinal fungus

Feeding ourselves thoughts out of balance with [unconditional love](#) and [Universal Truth](#), and using those thoughts as an excuse for our shortcomings. See [Candida](#)

Intracranial pressure

Represents our ability to balance doing that which we want to do with that which we are asked to do, without feeling [grief](#) or [guilt](#). See [self-esteem](#)

See type: [High intracranial pressure](#), [Low intracranial pressure](#)

Intramural fibroids

Pent-up desire for growth

Intrauterine fetal demise

A soul's first entry into human form, or re-entry after a [traumatic](#) prior life-ending experience (see [reincarnation](#)) Re-entry into human form may be done in gradually lengthening stages of time being spent in physical, over the course of one or more incarnation opportunities. The same soul may or may not return to this mother

See contributing physical factors: [Miscarriage due to fetal issues](#), [Umbilical cord accidents](#)

Inverse psoriasis

Hiding from our ugly thought or belief we are unloved and unlovable

Inverted nipple

[Fear](#) of being unable to nurture 'correctly' or refusal to provide nurturing

Iritis

Not seeing others might perceive our actions to be unkind ([self-righteousness](#))

Irregular heartbeat

Unable or unwilling to follow a schedule or routine. See [silent rebellion](#)

Irritable bowel syndrome (IBS)

See [Constipation](#), [Diarrhea](#)

Itch

Physical reminder to pay attention to our thoughts, and to act according to the principles of [universal truth](#) and [unconditional love](#). Signal we are [anxious](#) or nervous about whatever is happening in the moment

See affected area: [Itchy abdomen](#), [Itchy anus](#), [Itchy back](#), [itchy breast](#), [Itchy ear](#), [Itchy eye](#), [Itchy feet or legs](#), [Itchy hands or arms](#), [Itchy head](#), [Itchy neck](#)

Itchy anus

Obsessing over a recent mistake or oversight (how could I have missed that?!). See [signals](#)

Itchy back

“What am I missing?” See [signals](#)

Itchy breast

Unrecognized need to nurture or a sudden need to be nurtured. See [signals](#)

Itchy ear

Pay attention to what you are hearing or thinking. See [signals](#)

Itchy eye

Pay attention to what you are seeing or thinking. See [signals](#)

Itchy feet or legs

Itching to get moving. See [signals](#)

Itchy hands or arms

Itching to get to work. See [signals](#)

Itchy head

[Worry](#). See [signals](#)

Itchy neck

Need to look somewhere else for a solution. See [signals](#)

J

Jaundice

Bitter attitude toward life; nasty temperament; unkind. If a newborn baby, taking on the mother's attitudes. See [birth abnormalities and genetic disorders](#)

Jaw

Represents determination and perseverance

Issues that can arise: [Broken jaw](#), [Joint dislocation](#), [Lockjaw](#), [Osteonecrosis](#), [Subluxation](#), [TMJ disorder](#)

Jaw osteonecrosis

Unable or unwilling to stop complaining. [Belief](#) others are not meeting their responsibilities but we always meet ours. See [help-rejecting complainer](#), [self-righteousness](#)

Jock itch (Ringworm of the groin)

Placing excessive stress on self to excel in [spite](#) of factors beyond our control. See [Fungal infections](#), [Ringworm](#)

Joint bursitis

Represents inflexibility, unwillingness to 'go with the flow'

See affected joint: [Elbow bursitis](#), [Finger bursitis](#), [Foot bursitis](#), [Heel bursitis](#), [Hip bursitis](#), [Knee bursitis](#), [Knuckle bursitis](#), [Shoulder bursitis](#), [Toe bursitis](#), [Wrist bursitis](#)

Joint cracking - intentional

Feeling we have no voice and are not worthy of receiving attention. See affected [joint](#)

Joint cracking - unintentional

Not acting on our desires, not knowing them yet wanting some way to be recognized. See affected [joint](#)

Joint dislocation

Sudden loss of spiritual stability and faith we are doing what is right for us. This description applies for all joints except [Dislocated sternum](#)

Joint inflammation

Overcompensating for spiritual deficits. See affected [joint](#)

Joint pain

Unable or unwilling to do that which needs to be done. See affected [joint](#)

Joint subluxation

Not knowing which way to turn or where to look for guidance or assistance. Same description applies for all [Joints](#)

Joints

Represent our ease and comfort, or lack thereof, with change. See [broken bones](#), [cartilage](#), [ligaments](#), [muscles](#), [tendons](#)

[Ankles](#) | [Elbows](#) | [Fingers](#) | [Hips](#) | [Jaw](#) | [Knees](#) | [Knuckles](#) | [Neck](#) | [Shoulders](#) | [Spine](#) | [Toes](#) | [Wrists](#)

Issues that can arise: [Arthritis](#), [Joint bursitis](#), [Cracking joints](#), [Ehlers-Danlos syndrome](#), [Joint dislocation](#), [Joint inflammation](#), [Ligament damage](#), [Joint pain](#), [Joint subluxation](#)

K

Kennedy's disease

See [Motor neuron diseases](#)

Maternal pattern of [legacy resentment](#) of male family members manifesting physically in her son(s). The son feels extreme dissatisfaction with the way life is working out but is unable to express it verbally. See [birth abnormalities and genetic disorders](#) and [What is karma?](#)

Keratoconus

Wanting to avoid looking at that which is right in front of us, in case it challenges our [beliefs](#). See [birth abnormalities and genetic disorders](#), [retinitis pigmentosa](#)

Keratosis pilaris

Trying to protect self from the onslaught of our family's emotional turmoil, [fearing](#) it will eventually explode and consume all that is good in life

Kidney cancer

Processing our life experiences with a chronic "poor me" attitude ([victim](#))

Kidney problems

Unable or unwilling to discern truth due to dishonest caregiver(s) in childhood and dishonest employers in adulthood, and acting like a child so as to avoid conflict. Hating every minute of it but unable or unwilling to make any meaningful changes. See [victim](#)

Kidney/renal failure

Contributing factors: [Diabetes](#), [Direct damage](#), [Impaired blood flow](#), [Urinary obstructions](#)

Kidney/renal failure due to diabetes

Extremely difficult to please, chronic [temper tantrums](#), even if not voiced aloud. See [criticism](#), [perfectionism](#)

Kidney/renal failure due to direct damage to the kidneys

Occurs as a result of a recent (within the previous 1-5 days) childish, petulant, mean-spirited decision made purely to hurt self or others. See [spite](#)

Kidney/renal failure due to impaired blood flow to the kidneys

Habitually throwing a spiritual [temper tantrum](#) whenever an obstacle is met

Kidney/renal failure due to urinary obstructions

Habitual anger has become seething hatred toward just about everyone and everything

Kidney stones

Obsessing about what others think about us or our choices and believing they think we are stupid, because we believe we are stupid and therefore unworthy. Tendency to deprive self of the spiritual necessities of life due to condemning self and feeling like a martyr or victim

Kidneys

Represent our ability to know right from wrong

Issues that can arise: Ectopic kidney, Gitelman syndrome, Hydronephrosis, Kidney problems, Kidney/renal failure, Kidney stones, Polycystic kidney disease, Proteinurea

Klein-Levin syndrome

Wanting to escape into a fairy tale (abandonment)

Kleptomania

When our basic spiritual needs go unmet, our desperation can make us compensate by stealing objects from others. Eating disorders can also manifest along with other obsessive/compulsive behaviours

Knee arthritis

Distrust in our ability to recover from defeat or loss. Habitually living in victim mode, always fearing the next offense. See knee problems, fear of invasion

Knee bursitis

Anger about feeling unprotected

Knee effusion (inflamed or swollen)

Angry about always feeling like we have to be the one to let other people have their way. When are they going to thank us for it? When are they going to let us have our way for a change?

Knee osteonecrosis

Intense belief we have no power and no voice

Knee pain

Hating what we are doing, too much pressure to perform, tired of doing the same old things

Knee problems

Fear of being attacked from behind, or by an unknown, unseen enemy. Fear of becoming a victim and being brought to our knees. See distrust, arrogance and/or ego

Knees

Represent our ability to cope with learning people and things are not as we believe or hope they are

Issues that can arise: [Arthritis](#), [Baker's cyst](#), [Broken knee](#), [Bursitis](#), [Dislocation](#), [Knee effusion](#), [Floating kneecap](#), [Inclusion body myositis](#), [Knee problems](#), [Knees warts](#), [Knock-kneed](#), [Ligament damage](#), [Meniscus pain](#), [Meniscus tear](#), [Osgood-Schlatter disease](#), [Subluxation](#)

Knees warts

[Fear](#) of being publicly humiliated ([shamed](#)). See [warts](#)

Knock-kneed

[Fear](#), fear, fear and not having been taught the emotional tools with which to set it aside

Knuckle bursitis

Unsure whether to fight or flee in difficult situations

Knuckles

Represent our ease or lack thereof to express our hidden desires. See affected [finger](#) or [toe](#)

L

Labial (median) tubercle

Represents our level of comfort or lack thereof with our physical appearance and attractiveness. Issues may arise from [blaming](#) our physical appearance for our early childhood painful or [traumatic experience\(s\)](#). However, children are not responsible for their caregivers' actions, so such a [belief](#) is false or inaccurate and can contribute to [inner conflicts](#)

Labyrinthitis

Confusion about our life purpose; feeling like we are just putting in time. Unsure which life path to take and afraid our entire life will be wasted in the wrong pursuit

Lacrimal gland prolapse

Unable or unwilling to stop feeling overburdened and overstressed. It may be difficult to ask for help even when desperate

Lacrimal gland swelling

If acute

See [Epstein-Barr virus](#), [mumps](#)

If chronic

See [Orbital pseudotumor](#), [Sarcoidosis](#), [Thyroid eye disease](#)

Lacrimal gland tumour

Whether benign or malignant, a [tumour](#) can indicate our thoughts are focused on painful issues needing to be acknowledged, resolved and released. See [Spiritual decluttering](#)

Lacrimal glands

These glands serve both physical and spiritual purposes. The physical purpose is to maintain the eye surface via tears that cleanse and moisturize. Spiritually, these glands provide us with a release for

strong emotions ([anger](#), [fear](#), [joy](#), relief, [unconditional love](#)) via tears released during crying. The act of crying is a physical expression of our spiritual pain or pleasure

Issues that can arise: [Blocked tear duct](#), [Dry eyes](#), [Pink eye](#), [Lacrimal gland prolapse](#), [Sarcoidosis](#), [Lacrimal gland swelling](#), [Lacrimal gland tumour](#), [Tearing or watery eyes](#)

Lactose (or food) intolerance

Can be any or all of the following:

- Unresolved maternal issues ([anger](#), unresolved [grief](#))
- A deep desire to receive attention we know would be excessive, but wanting it anyway
- [Angry](#) with someone who over- or under-nurtures but afraid to ask them to change for [fear of abandonment](#)
- Physical manifestation of intolerance of femininity or of expressing or displaying emotions. See [misogyny](#)

Visit SciTechDaily.com and check out [WHAT IS THE DIFFERENCE BETWEEN A FOOD ALLERGY AND A FOOD INTOLERANCE?](#)

Lactostasis

Can result from [fearing failure or success](#), [anger](#) at having to be responsible, and/or a pattern of [silent rebellion](#) against [authority figures](#)

Laryngitis

Withholding communication to punish self or another. See [cold shoulder](#), [revenge](#), [spite](#)

Issues that can arise: [Croup](#)

Lateral pelvic tilt

[Condemning](#) self for spending too much time doing what we feel is the wrong activity, but doing it anyway

Laziness (behaviour)

Unwilling to do that which needs to be done (see [silent rebellion](#)). Doing everything very slowly is [dawdling](#), not laziness (see [passive/aggressive](#) and/or [aggressive/passive](#) behaviour). Telling others they are lazy is [judgment](#) against them and can indicate [self-righteousness](#). See [procrastination](#)

Lazy eye

Seeing our parents or caregivers not working together as a team, and [fearing](#) it is only a matter of time until we get thrown off the team too

Leaky bladder

Unable to deal with life's many little frustrations without getting [angry](#)

Leaning forward gait

Habitual thought pattern that says, "My life is really hard. I'm trying really hard. See? Look how hard I'm trying!"

Learning disorders

Includes auditory processing disorder, dyscalculia, dysgraphia, dyslexia, language processing disorder, nonverbal learning disabilities and visual perceptual/visual motor deficit.

Can result from any or all of the following:

- The child feeling uninvited or unwelcome in the family
- Parental failure to engage in the child's development
- Birth abnormalities and genetic disorders
- Unrecognized and/or unresolved traumatic events

Change the pattern: Meditate to uncover incorrect or false beliefs about self arising in early childhood, and replace them with truth and understanding. See inner child work

Legionnaires' disease

Using others' negative behaviour as an excuse to be mean, nasty or childish

Leg pain

Belief we are not being allowed to live up to our potential

Legs

Represent how we carry ourselves through life

See components: Ankles, Feet, Hips, Knees, Thighs, Toes, Walk (gait)

Issues that can arise: Broken leg, Rotation of femur, fibula or tibia, Pain, Shin splints, Spider veins, Varicose veins

Leptomeningeal carcinomatosis

Negative thought patterns in the brain have manifested physically in tumour cells (see breast cancer, lung cancer, melanoma), comprising a deadly feedback loop within the body

Leukemia

Represents our beliefs about the Universe, our place in it and our right to exist, that are incorrect and impossible due to the true nature of the Universal Intelligence. In children, can be a reflection of parental belief systems or a karmic situation

Sounds like: "The Universe is out to get me." See fear of retribution, unconditional love

Leukorrhea

Unrecognized or unresolved fears or regrets over being female

Inflammatory

Regrets over our sexual activity. After delivering a baby, regrets over our behaviour during the birthing process, or the results thereof

Parasitic

Wanting desperately to be as desirable as someone else seems to be. See parasitic infection

Physiologic

Fear being female will present certain dangers or will limit our life choices

Lichen planus

Look to a recent traumatic event and your thoughts about who or what caused it to find what initially triggered the condition. Since our beliefs manifest in physical, the belief might be we deserve to suffer for all our failures and misdeeds, or God is punishing us for some unknown reason, or God hates us... or similar. Guilt begs punishment and the universe cooperates with our beliefs and desires due to the spiritual law of free will

See inflammation, Itching

Lifting (peeling) nail

Fear our flaws will be revealed for everyone to see. Look to affected finger or toe

Ligament damage

Unable or unwilling to stay committed to our chosen path, or living without a firm purpose and so veering from one project to another without accomplishing anything and hating self for it

Ligaments

Represent ability to follow through on commitments. See cartilage, joints, muscles, tendons

Issues that can arise: Ligament damage, Fibrodysplasia Ossificans Progressiva

Limbic system

System of nerves and networks in the brain instantly responding to our thoughts and thought patterns

Issues that can arise: Limbic system lockout

Limbic system lockout

While not a formal medical condition, the term refers to the effect of a seemingly unstoppable stream of chaotic thoughts arising from traumatic experiences. See Order from chaos in Section 2

Change the pattern: Check out Retrain your brain and Spiritual decluttering

Lip tie

Legacy family pattern of parents withholding communication about issues affecting the entire family - not only from each other, but also from their children, due to believing they don't need to know because they are incapable of understanding. See birth abnormalities and genetic disorders, cold shoulder, tongue-tie

Lipedema

Attitude that says: "I am worthless and I have no redeeming qualities. There is no way to change who I am so I'm stuck here, as is." This can lead to feelings of hopelessness and isolation, and can cripple any desire to see ourselves differently. It can lead to a thought pattern saying, "Why should I even bother trying anything. Nothing I do ever works for me." See birth abnormalities and genetic disorders, legacy family pattern, victim

Lipoma

Physical manifestation of thought patterns saying it is not ok for me to live joyously. See cysts, lumps and bumps, legacy guilt, birth abnormalities and genetic disorders, affected body part

Lips

Represent how we express ourselves without words. See gums , mouth, teeth, tongue

Issues that can arise: Biting one's lip, Chapped or burning lips, Cheilitis, Cleft lip or palate, Cold sores / fever blisters, Cracked lips, Dry lips, Labial (median) tubercle, Lip tie, Pouting, Pursed lips

Lisp

Trying to sound non-threatening. Wanting to remain in childhood

Liver

Represents our ability to express or process strong emotions

Issues that can arise: Cirrhosis, Hepatitis, Jaundice, Liver cancer, Liver disease, Non-alcoholic fatty liver disease

Liver cancer

Processing life experiences with an "everybody else is an idiot and has caused all my problems" attitude (blame), or "I'm an idiot and everybody else is better than me" (self-condemnation). Deep-seated, long-standing anger and feeling fully justified in holding onto it. Fear of abandonment. See liver disease

Liver disease

Anger, envy, jealousy, revenge - just sitting there being relished and savoured, and unwilling to acknowledge it all as being negative, harmful and hurtful

Lockjaw

Unable or unwilling to stop obsessing about the reason for a recent injury, possibly blaming someone for it. Forgiveness is key to easing the effects

Logorrhea

Unable or unwilling to stop talking, to allow there to be silence, or to allow someone else to speak... to the point the listener becomes overloaded with unnecessary details. See aphasia, babbling, bi-polar disorder, obsessive/compulsive disorder, traumatic brain injury. Visit WikiHow and check out 3 WAYS TO BE FRIENDS WITH SOMEONE WHO TALKS TOO MUCH

Longer than average fingers or toes (Arachnodactyly)

Feeling unsupported and so feeling always responsible for everyone and everything (if I don't do it, it won't get done) but wishing we could remain in the freedom of childhood where we never had to be responsible for anyone or anything

Loose bowel

Belief we have no credibility and no worth. Condemnation, victim

Losing one's belongings

Can happen when we are not concentrating on what we are doing in the moment. If it happens often, can be a sign of living in victim mode, a need to live in chaos so as to avoid dealing with unresolved issues, or an unrecognized need to be nurtured

Loss of eyelashes

No way to protect self from being hurt by seeing the ugliness in the world

Loud dresser

Silently begging to be confronted to justify a wish to shout someone down. Defiance

Loud talker

"LISTEN TO ME, LOOK AT ME!"

Low blood pressure

Chronic sorrow, even if not voiced aloud. Feeling helpless ("I want my daddy") or even giving up on life. See Addison's disease, anaphylaxis, anemia, septic shock, thyroid issues, vitamin deficiency

Low cholesterol

Unable to withstand the pressures of wanting to do what we want to do, even if it harms us

See contributing conditions: Anemia, Anxiety, Birth abnormalities and genetic disorders, Cancer, Depression, Liver diseases like Hepatitis (C), Malabsorption syndrome, Malnutrition (see Digestion, Eating disorders), feeling like a Martyr or Victim, Thyroid issues

Low intracranial pressure

If spontaneous

Fear our deepest, darkest secret will be revealed, and believing we are just not good enough

If due to other contributing conditions

Birth abnormalities and genetic disorders, spinal cord injury, trauma

Low sperm count

Unrecognized and/or unresolved issue(s) with our father

Lower respiratory infections

Feeling stifled, either because of choice or due to feeling forced into self-censorship. See bronchitis, constrictive bronchiolitis, COPD, pneumonia, zoonotic diseases

Lumbar vertebrae (lower back)

See Vertebrae

L1	<u>Fear</u> of leaving someone or something behind
L2	Unable or unwilling to live in the moment
L3	Covering up <u>traumatic experience(s)</u>

L4	Feeling or <u>fearing</u> we are failing in life
L5	Trying to hurry through life

Lumbodorsal fascia pain

The more we resist the changes forced on us, the less we are able to go with the flow of life. See defiance

Lump in throat (Globus pharyngeus, Globus sensation, Globus hystericus)

Holding back saying what we would really like to say in case someone punishes, ridicules or shames us

Contributing physical components: Acid reflux (GERD), Esophageal stricture, Post-nasal drip, Stress

Contributing spiritual components: Anxiety, Fear, low or unstable Self-esteem

Change the pattern: Build strong, stable self-esteem, Visit WikiHow and LEARN HOW TO SPEAK WELL

Lung cancer

If the individual smokes, look for the real reason for starting to smoke. If the individual has never smoked, could be a “smothering” attitude (smothering the truth, smothering a loved one, or being smothered by a loved one, etc.). Is the individual in a co-dependent relationship?

See type: Mesothelioma

Lung fungus (Aspergillosis)

Drowning in a swamp of sorrow. See grief and do the Grieving exercise

Lungs

Represent our ability to give ourselves breathing room, to feel free to make choices, express our thoughts and live life as we would like. Lung disorders can manifest in our physical home as heating/cooling system problems

Issues that can arise: Asthma, Bronchiectasis, Bronchitis, Lung cancer, COPD, Collapsed lung, Constrictive bronchiolitis, Cystic fibrosis, Emphysema, Legionnaires' disease, Lung fungus, Mesothelioma, Pleurisy, Pneumonia, Pontiac fever, Shortness of breath, Tuberculosis, Whooping cough

Lupus

Always waiting for the next attack (not of lupus). See anxiety, blame, self-condemnation, victim

Luteinizing hormone (LH)

Responds to our beliefs about reproduction. See Pituitary gland, Pituitary gland hormones

High

Questioning our role in life, unsure which path to take

Contributing physical factors: Autoimmune diseases, Birth abnormalities and genetic disorders, Infertility, Polycystic ovary syndrome (PCOS) or Polyendocrine Metabolic Ovarian Syndrome (PMOS)

Contributing spiritual factors: Legacy family pattern, Required life experiences

Low

Wanting no competition for our loved ones' attention

Contributing factors: [Hypothalamus gland](#) issues, [Pituitary gland](#) issues, [Stress](#)

Issues that can arise: In women: [Infertility](#), [Menopause](#). In men: Loss of bone density and/or muscle mass

Lying

Unable or unwilling to reveal the truth for any of the following reasons:

- to get our way (see [manipulation](#))
- to protect self from unpleasant consequences ([fear](#))
- to give ourselves the upper hand in a given situation
- to appear kind and generous when [greed](#) is our real motive (see [self-aggrandizement](#))
- to gain someone's approval
- to spare someone's feelings
- Low or unstable [self-esteem](#)
- Extreme [guilt](#) or [shame](#) over [traumatic experience\(s\)](#)
- [Victim](#) of chronic abuse, whether physical, sexual, emotional or verbal

See [Why do people lie?](#) in Section 7 and watch [Lie detector](#), a TED Talks presentation by Pamela Meyer and check out [Lying and dishonesty](#) in Section 12

Chronic

Making up stories in an attempt to avoid [accountability](#), or to appear kind and generous

Pathological

Purposely weaving a web of lies around a kernel of truth to keep everyone uncertain, so we ALWAYS remain in [control](#) and at top-of-mind. When taken to the utter extreme, can become [Pseudo Munchausen's Syndrome by Proxy](#)

Lyme disease

Intense [fear](#) we will be hurt by some unseen force for some unknown reason, possibly because someone wished a [curse](#) on us. Can also result from believing God will take away everything good in our lives because we are not worthy. See [fear of retribution](#), [autoimmune diseases](#)

Lymph nodes

Represent our ability to defend self from verbal or emotional abuse

Issues that can arise: [Lymphoma](#), [Swollen lymph nodes](#)

Lymphangioma (lymphatic malformation)

Long-standing family pattern of withholding any sort of expression of strong emotions like [anger](#), disappointment, [fear](#), [grief](#), etc. See [cysts, lumps and bumps](#), [genetic inheritance](#), [lymphatic system](#), [legacy family pattern](#)

Lymphatic system

Represents our ability to defend self from threats, whether real or imagined. See [bone marrow](#), [lymph nodes](#), [lymphatic vessels](#), [spleen](#), [thymus gland](#)

Issues that can arise: [Lymphangioma](#) [Lymphatic system cancer](#), [Lymphedema](#)

Lymphatic system cancer (lymphoma)

Unable or unwilling to [forgive](#) self or others. Extreme, chronic [resentment](#) creating the need to inflict pain on others. Unable or unwilling to pay attention to [signals](#) due to feeling no one really cares about us, or we are meant to suffer. Living in emotional turmoil. [Victim](#), seemingly unable to protect self

Lymphatic vessels

Represent our ability or willingness to release that which is no longer needed

Lymphedema

Afraid to let go of the hurt for [fear](#) 'it' will happen again

M

Macular degeneration

Chronic fear we might be perceived as a weak, old fool. See [fear of looking stupid](#)

Macular hole

Unrecognized [fears](#) about the [aging process](#) and how we will be affected by it, and [worry](#) as to how our family will deal with us as we age

Mad cow disease (Creutzfeldt-Jakob disease, CJD)

Stubbornly-held core [belief](#) based in untruth

See type: [Familial CJD](#), [Iatrogenic CJD](#), [Spontaneous CJD](#), [Variant \(vCJD\)](#)

Malabsorption syndrome

Unable to accept we are worthy, and no worse than any other soul in human form

Physical effects and/or components: [Infection](#), [Inflammation](#), [Trauma](#). If resulting from surgery, look to the physical condition necessitating the surgery

Contributing physical conditions: [Celiac disease](#), [Crohn's disease](#), [Cystic fibrosis](#), [Lactose \(or food\) intolerance](#), [Chronic pancreatitis](#)

Change the pattern: [Meditate](#) to identify thoughts of [guilt](#) or [shame](#) preventing self-acceptance

Malaria

[Fear](#) that sometime, when we least expect it, there will be consequences for all the mistakes we have made - and keep on making. See [fear of retribution](#), [blood](#), [liver](#), [parasites](#)

Male yeast infection

A new negative [belief system](#) has just formed. Recognizing it, along with treating the physical disorder, can hasten healing. Frustration at never seeming to receive admiration, positive attention or recognition for our many (supposedly) selfless acts. See [martyr](#)

Mammary glands

Represent nurturing. See [breast](#)

Issues that can arise: [Galactorrhea](#), [Mammary duct ectasia](#), [Mammary fibromatosis](#)

Mammary duct ectasia

Wishing desperately to nurture someone of our choosing, rather than those in our care

Mammary fibromatosis

Cluster of [obsessive](#) negative [beliefs](#) about womanhood, motherhood and nurturing

Marfan syndrome

Whether from birth or developing later in life, [karmic situation](#) in which the affected person either experienced, or caused someone else to experience, what it is like to be at the mercy of someone with a complete lack of empathy or [compassion](#). Their challenge now is to learn, at soul level, we are equally worthy to be treated with [respect](#), caring and compassion. See [birth abnormalities and genetic disorders](#)

Mast cell activation syndrome

Over-reaction to reminders of previous [traumatic events](#) that have not yet been [resolved](#)

Spiritual components: [Distress](#), [distrust](#), [fear of invasion](#), low or unstable [self-esteem](#), [stress](#)

Physical components: See individual disorder or affected area of the body

Mastitis

Either over-nurturing, feeling over-nurtured, or [angry](#) about having to over-nurture someone who really should not need so much support. See [Periductal mastitis](#)

Mastoiditis

Tired of all of their noisy arguing; feeling responsible for it but not knowing how to make it stop. See [infection](#)

Me too syndrome

Pattern of repeating words someone else has just spoken, in effect stealing them. Can result from a [fear](#) of speaking our own thoughts (which we fear might sound silly), or fear of being disagreed with and feeling incompetent to explain our viewpoint. The person being repeated may feel as if they were robbed. See [self-esteem](#)

Change the pattern:

If someone does it to us

While we cannot make anyone else change - or even want to change - we can best help by talking about it with them. After all, they might not even know they do this

If we do it

Stop! Visit WikiHow and [LEARN HOW TO SPEAK WELL](#)

Measles

[Belief](#) our emotional needs are being neglected, and [fear](#) the situation will never improve

See type: [German \(Rubella\)](#), [Red \(Rubeola\)](#)

Median arcuate ligament syndrome (MALS) (Celiac artery compression syndrome, Celiac axis syndrome, Dunbar syndrome)

Taking on Blame and Guilt for a Traumatic event(s) we did not cause or over which we actually had no control. We think this is easier or safer than allowing the actual guilty party to face accountability but guilt begs punishment, so we experience punishment in the form of our nourishment (air and/or food) becoming extremely painful. Forgiveness is the first step in changing the pattern

If from birth: See [Genetic abnormalities](#), [Legacy family pattern](#)

Issues that can arise: [Chronic pain](#), [Depression](#), [Diaphragmatic muscle tightness](#), [Ligaments](#)

Medical or dental procedures including surgery

If the procedure is elective, i.e., medically unnecessary

When deciding whether to undergo a procedure such as plastic surgery, it is important to fully consider your reasons for wanting it done, as well as possible unwanted after-effects or harms. Weigh all this information carefully and decide whether the benefits outweigh the risks before going ahead. Before deciding to go ahead with a procedure aiming only to win the approval of others, check out [self-esteem](#)

If the procedure is required to repair damage or relieve a condition

Do all you can to support yourself before the procedure. Take time to review your daily habits, and if needed, start to make small but important lifestyle changes. Eating well, getting appropriate sleep and exercise, practicing meditation and mindfulness, journalizing... doing all of these will help to build a habit of considering your basic needs

How to gain the best possible results

During the days, weeks or months before the procedure, aim to take five or so minutes each day to:

- Get centred
- Set aside fear and worry
- Set aside any desire to remain unwell

Taking these steps will elevate your endorphins and prepare your body to accept healing. Then, just before the procedure, mindfully repeat the above steps and repeat, "I'm in good hands" as it begins

Melasma

[Fear](#) our deepest, darkest secrets will be revealed

Memory

Energetic representations of our life experiences and our reactions to them. Here is a brief explanation of its workings from a spiritual viewpoint.

An individual has an experience. A personal memory is created in the brain via the firing of neurons. The memory contains every single detail of the experience, including informational input from the experience itself (who, when, where, why, what, how) and sensory input from the physical organs (sight, smell, sound, taste, touch and thought).

Each of the neurons consists of not only a personal, physical memory, but a spiritual or "quantum" memory. The personal memory is stored in the brain, while the quantum memory is stored in the Akashic or soul record. Upon physical death of the individual, the life experience is reviewed and the soul is prepared for its next set of required life experiences. The records may be accessed during an incarnation as well as during intervals between incarnations to review a soul's spiritual progress

Issues that can arise: Alzheimer's disease, Dementias, Forgetfulness, Remembering everything, Transient global amnesia, Unable to forget

Ménière's disease

Refusing to do what we know we ought to be doing, and making all sorts of excuses about it

Meningitis

Our home and/or work environment is infuriating and there is no way to change it. Fearing protection from it is impossible and it is only a matter of time until we become just like *them* (self-righteousness)

Meniscus pain

Feeling we are under assault from a trusted source. They are telling us something we do not wish to hear and there is no way to protect self from the ugly truth

Meniscus tear

A long-held belief has been found to be untrue, and the new truth feels like a blow to our ego

Menometrorrhagia

Results from a legacy family pattern of cyclic, albeit unpredictable, emotional or physical violence toward the family's female members or its children or pets. See bleeding nose

Menopause

Major physical life change that can create challenges to our sense of self. Can show us how we adapt to change. Can help us better understand the challenges facing adolescents as they experience puberty (see compassion). Like the flu and the menstrual cycle, menopause is often used as an excuse when we need a rest but are unable or unwilling to speak up for self. It is also used as an excuse to underperform or to be "bitchy". Those who have severe problems with menopause may have a victim or martyr mentality, or unresolved inner conflicts. Pain or discomfort can often be reduced or even eliminated, by just saying "No" without guilt. Uncomfortable effects of hot flashes can be reduced by paying attention to our critical or condemning thoughts. The uncomfortable effects of frequent urination can be reduced by decreasing worry

Menorrhagia

Results from a [legacy family pattern](#) of cyclic emotional and/or physical abuse toward the family's female members or its children or pets. This creates an unrecognized [belief](#) life as a woman is all about suffering, and the body cooperates with our expectation. See [premenstrual dysphoric disorder](#)

Menstrual cycle

Signifies the start of a new cycle, a new way of life, or a new opportunity. Can also represent recognition of our limitations, or our tendency to fight any change suggested by others (see [defiance](#)), refusing to go with the flow, or arguing just for the sake of being disagreeable. The cycle can be a guaranteed week or two every month when we can [blame](#) our body instead of admitting we have needs. Like the [flu](#) and [menopause](#), this process is often used as an excuse to under-perform or to be mean.

Those who have painful cycles may have a [victim](#) or [martyr](#) mentality. Such pain, discomfort and other effects can be reduced, or even eliminated, by not allowing self the luxury of using this as an excuse. After all, the Universal Intelligence cooperates with our desires and expectations. Some [lie](#) and say they have painful cycles even if they do not. This can arise from a desire to play on the sympathies of others, or to escape responsibilities. See [infertility](#), [miscarriage](#), [pelvis](#), [uterine fibroids](#), [uterus](#)

Issues that can arise: [Adenomyosis](#), [Amenorrhea](#), [Endometriosis](#), [Endometritis](#), [Menometrorrhagia](#), [Menorrhagia](#), [Metrorrhagia](#), [Missed periods](#), [Premenstrual dysphoric disorder](#), [Premenstrual syndrome](#), [Uterine fibroids / polyps](#)

Mental illness

Reflects our inability or unwillingness to live life with a high enough level of emotional and behavioral wisdom to prevent inner [chaos](#) and protect ourselves from harmful activities. It is important to remember that, like behaviours, thought patterns can be modified.

Knowing whether we have had a spiritual experience or are suffering mental illness can help us stay on track with our spiritual development. Check out "[Is it a spiritual experience or mental illness?](#)", a CBC Radio Canada presentation

See type: [Aggressive anxiety disorder](#), [Aggressive/passive behaviour](#), [Avoidant personality disorder](#), [Bipolar disorder](#), [Borderline personality disorder](#), [Chronic confusion](#), [Conduct disorder](#), [Depersonalization-derealization disorder](#), [Depression](#), [Dysphoria](#), [Help-rejecting complainer](#), [Intermittent explosive disorder](#), [Kleptomania](#), [Logorrhea](#), [Midlife crisis](#), [Multiple personality disorder](#), [Narcissism](#), [Obsessive Compulsive Behaviours](#), [Obsessive Compulsive Disorder \(OCD\)](#), [Oppositional defiant disorder](#), [Paranoia](#), [Passive Aggressive disorder](#), [Persecution complex](#), [Reactive attachment disorder](#), [Schizophrenia](#)

Mesothelioma

Feeling abandoned / betrayed by those who are supposed to protect us. See [lung cancer](#)

Metatarsalgia

Unable or unwilling to comfort self, believing we deserve to suffer - every step of our life's path. See [ball of the foot pain](#)

Metrorrhagia

Results from a [legacy family pattern](#) of cyclic, predictable, emotional or physical violence toward the family's female members or its children or pets

Midlife crisis

Feeling stuck and knowing we cannot go on any longer as we have, and feeling a desperate need to do something, anything, to relieve the [craving](#) for change. So we try a new job, or mate, or home, or car, or whatever, but quickly find nothing helps. The wise realize the solution is not out there, it is within ourselves... we need to change ourselves.

The craving can arise from having carried emotional and spiritual burdens for many years. The thought of carrying them for another few decades is too much to bear. The solution? Check out [Spiritual decluttering](#)

Migraine aura

Unable to accept the truth about a troubling issue because it would interfere with our desired course of action. See [Headache](#), [Migraine headache](#)

Migraine headache

Feeling helpless and hopeless to resolve an ongoing issue, yet unable or unwilling to seek options or ask for help. See [Headache](#), [Migraine aura](#), [Ocular migraine](#), [Retinal migraine](#)

Mineral or vitamin deficiency

Unable to grasp and absorb the key meaning of an ongoing issue. A missing piece of information would solve the puzzle, if only it could be found. [Meditate](#) to find it

See type: [Electrolyte imbalance](#), [Salt retention](#)

Miscarriage

Represents an end to a developmental phase. Can be triggered by the spiritual or physical health conditions of the [mother](#) or the [fetus](#). Fetal failure for any reason may cause [uterine infection](#) ([septic miscarriage](#)). See [pregnancy](#)

Contributing factors: [Ectopic pregnancy](#), [Miscarriage due to fetal issues](#), [Miscarriage due to maternal issues](#)

Miscarriage due to fetal issues

Contributing factors: [Blighted ovum](#), [Intrauterine fetal demise](#), [Molar or partial molar pregnancy](#)

Miscarriage due to maternal issues

Contributing factors: [Cervix](#) problems, Uncontrolled [diabetes](#), [Hormonal](#) problems, [Septic infection](#), [Thyroid disease](#), [Uterus](#) problems

Misophonia

Loathing our personal environment and furious no one understands or sympathises with our painful dilemma. Our constant fury toward the idiots around us, plus feeling impotent to smarten them up,

makes us feel these people will irritate us forever. This constant stress lowers our vibrational frequency and creates so much tension certain sounds cause physical pain

Missed periods

Contributing factors: Pregnancy or breast-feeding, eating disorders, ovarian cysts, Polycystic ovary syndrome (PCOS) or Polyendocrine Metabolic Ovarian Syndrome (PMOS), premature ovarian failure or an "I give up" attitude, pelvic inflammatory disease, uterine fibroids

Missing or removed tooth

Can show a big change has happened or is about to happen. Can result from not dealing with issue(s) in a positive way. For example, feeling trapped in life and doing nothing to change the situation. Likelihood of losing a tooth (or teeth) increases with each passing year, either through accident (breakage), or from poor dental hygiene leading to dental cavities or gum disease. Can also result from not caring for self enough to seek help when in pain

Missing or underdeveloped uterus

If from birth

See birth abnormalities and genetic disorders

If surgically removed

See contributing condition(s) creating the necessity for removal

Mitochondria

Represent the body's ability to nurture and sustain itself

Issues that can arise: Mitochondrial disease

Mitochondrial disease

If acquired

See affected area plus silent rebellion

If from birth

See birth abnormalities and genetic disorders

Molar or partial molar pregnancy

Paternal desire (unrecognized) to be the biggest and the best, at any cost. See Miscarriage due to fetal issues

Mold allergy or sensitivity

Feeling as if there is no escape from our current situation. Since we cannot change others, we must change ourselves by changing our reactions to our life experiences. See required life experiences, plus anger, blame, self-esteem, self-condemnation, shame, toxic relationships, feeling like a victim

Moles

Withholding communication. Wanting everyone to read our mind so we will not have to say anything negative, ever. See cherry angioma, fear of confrontation, self-esteem, worry

Money problems

Represent inability or unwillingness to protect self and our property

Related to a lack of self-worth and/or self-approval. Such beliefs can result from family behavioural patterns, which in effect say to the Universe, "I am not worthy to live in comfort" or "I deserve to suffer" or "I am a horrible person". These beliefs can be related to chronic guilt or shame, or feeling like a victim. Gaining money does not resolve the pattern unless the underlying thought patterns are recognized and resolved. If they are not, having money can actually create other self-destructive behaviours like addiction, eating disorders, hoarding

Change the pattern: Do the Guilt-buster and Self-esteem exercises in Section 9

Monkeypox virus

Belief we are being, or will be, punished for a recent mistake we thought we had hidden. See fever, headache, muscle pain, rash, swollen lymph nodes

Change the pattern: Take the power away from the fear of being found out by being honest about the mistake, both with self and others

Mononucleosis

Contributing factors: Adenovirus, Cytomegalovirus, Epstein-Barr virus, Hepatitis, HIV, Rubella, Toxoplasmosis

Sounds like: Leave me alone. I just want to sleep. I don't want to have to follow orders

More than five fingers (polydactyly)

See description for adjacent fingers

Issues that can arise: See Achenbach syndrome

More than five fingers or toe knuckles

See description for adjacent fingers or toes

More than five toes (polydactyly)

See description for adjacent toes

Morgellons disease

Profound need for recognition for surviving all we have suffered, and gratitude for making so many sacrifices. See pity parties, self-esteem, victim



It isn't a sacrifice if we expect something (anything) in return.

Morning sickness

Worry over trying to anticipate all the issues that may or will come up with the birth. See Hyperemesis gravidarum

Morphea

Feeling attacked by the people and things that help and support everyone else. See help-rejecting complainer, victim

Morton's Neuroma

Habitually selling self short to gain sympathy or to escape responsibilities, or habitually over-stating our abilities or accomplishments in order to gain someone's approval

Motion sickness

Anger, frustration and despair we will still be stuck in our current life situation, even when the road trip, air flight or sea voyage ends. Feeling trapped

Motor Neuron Diseases

See type: Amyotrophic lateral sclerosis, Kennedy's disease, Polio, Post-polio syndrome, Primary lateral sclerosis, Progressive bulbar palsy, Progressive muscular atrophy, Spinal muscular atrophy

Mouth

Represents physical expression of our thoughts, attitudes, emotions, beliefs and desires. See gums, lips, teeth, tongue

Issues can arise: Ageusia, Bad breath, Being hit in the mouth, Burning mouth syndrome, Cancer, Canker sores, Covering mouth when communicating, Dry mouth, Oral thrush, Swollen salivary glands

Mouth cancer

Chewing on poisonous words. Incorrect beliefs negatively flavouring all of life's experiences

Movement disorders

See type: Akathisia, Ataxia, Dystonia, Huntington's disease, Multiple system atrophy, Parkinson's disease, Progressive muscular atrophy, Restless legs syndrome, Stiff-person syndrome, Tourette syndrome

MTHFR variant (methylenetetrahydrofolate reductase)

Issues arising may be due to a legacy family pattern of denying children any sense of agency or individuality, such that the children's basic spiritual needs go unmet. Feeling like we do not matter. See birth abnormalities and genetic disorders, self-esteem

Spiritual effects: Anxiety, Bi-polar disorder, Depression, Schizophrenia

Physical effects: Blood clots, chronic fatigue, chronic pain, colon cancer, heart attack, acute leukemia, migraine headache, miscarriage (recurrent), pregnancy with neural tube defects like spina bifida, stroke

Mucormycosis

See affected area, COVID-19

Mucous membrane pemphigoid (MMP)

Belief we are 'bad' and therefore deserve to suffer

Mucous membranes

Represent our ability to protect our self-esteem from being harmed by others' negative opinions about us. See immune system

Issues that can arise: Burning mouth syndrome, Mucous membrane pemphigoid

Multiple Chemical Sensitivity

Just as there are many physical triggers for this condition, so there are many underlying spiritual components. Chief among these are several possible fears (fear of contamination, fear of death/dying, fear of invasion, and fear of retribution), along with a profound need for focused one-on-one nurturing attention (see ADD / ADHD, possibly feeling like a victim, and being hyper-critical of things we do not like

Multiple myeloma

Unacknowledged or unrecognized guilt, shame, blame and grief from our early childhood over something we did or were falsely accused of doing, or regret over something we did not do and wish we had done, prevent us from being able to accept all the good life has to offer. Feelings of extreme unworthiness can cause us to seek out all sorts of punishment. See birth abnormalities and genetic disorders, blood, What is a legacy family pattern?, What is legacy guilt?, Why do we get sick / suffer injuries / have accidents?

Multiple personality disorder, Dissociative identity disorder

What it is not: It is not other souls inhabiting our mind or body. What it is:

- Behaviour done out of a profound need to protect self from the actions and/or opinions of others
- Fear of revealing our true nature, and protecting self by hiding within various acting roles
- Desire to "keep them guessing". The benefits are multiple: This can give us a sense of always being in control, because since only "I" know the secret, others can never be sure with whom they are dealing. If someone expresses displeasure with us, we can tell ourselves it does not really matter because it was not really me' they condemned

Spiritual effects: Gradual loss of desire or ability to recall our true self, unwillingness to confront the truth about our motives, unstable self-esteem

Physical effects: ADD / ADHD, pathological lying

Change the pattern: Meditate to learn the initial reasons for choosing the behaviour

Multiple sclerosis

Deep need to be perfect - not so much to be a better person, but rather to make someone else see how hard we are trying to win their approval. Feeling overburdened and hopeless the burden will ever be lifted, but unwilling to do anything to change it. See martyr, victim

Multiple system atrophy (MSA)

Stubborn refusal to change, to adapt, to collaborate, to cooperate. See defiance

Mumbling

Strong desire to either receive special attention or divert attention from the matter at hand

Mumps

Afraid of taking the next step, fear of failure or success

Munchausen's Syndrome by Proxy

Chronic need for sympathetic attention - from everyone. Failure to recognize others have needs and feelings too. Can manifest as a spouse murdering a pregnant mate or a child killing a parent, sibling or pet. See martyr, self-importance, jealousy

Issues that can arise: Munchausen's Syndrome by Proxy - Pseudo

Munchausen's Syndrome by Proxy - Pseudo

Can occur with pathological lying with made-up lies about loved ones, sometimes claiming one of them has died. Why? To use people's gullibility and sympathy to escape obligations and responsibilities, because after all, they have to attend a FUNERAL!

Muscle

Represents our ability to nourish, nurture, support and sustain self. See cartilage, joints, ligaments, movement disorders, muscle pain, signals, tendons

Issues that can arise: Charley horse, Muscle atrophy, Muscle cramp, Diastasis recti, Muscle dysmorphia, Dystonia, Inclusion body myositis, Muscle pain, Parkinson's disease, Rhabdomyolysis, Muscle spasm, Muscle sprain, Muscle stiffness, Muscle strain, Muscle tear, Muscle twitches or tics, Muscle weakness

Muscle atrophy

Contributing factors: Alcoholism, Broken bones, Injuries, Malnutrition (see Digestion, Eating disorders), Spinal cord injury, Stroke

Muscle cramp

Physical reminder to pay attention to your thoughts, and to act according to the principles of universal truth and unconditional love. Signal we just had a negative thought. Was it about self? Someone else? See condemnation, guilt, victim. See charley horse

Muscle dysmorphia

Belief we are ineffective, powerless, incompetent and incapable of fixing all the emotional turmoil in our family. See victim

Muscle pain

Aching to be nurtured or soothed

Muscle spasm

Indecision about whether to hold onto, or let go of, the issue at hand, seeing both options present danger and unsure which is the safer choice

Muscle sprain

Trying to force self into making an important decision, or regretting a recent choice and wishing a different option had been available. See affected [joint](#)

Muscle stiffness

Resistant to any change we ourselves did not choose, or wanting things to remain as they were before the thing happened that created [chaos](#) for us

Muscle strain

Unable to choose the best course of action, or trying too hard to foresee all possible outcomes so as to avoid mistakes. See affected [joint](#)

Muscle tear

Wishing to undo a recent damaging error, or wanting things to be different without actually having to do anything differently

Muscle twitches or tics

Physical reminder to pay attention to your thoughts, and to act according to the principles of [universal truth](#) and [unconditional love](#). Need to get going or need to stay still. If unable to get going (for example unable to start a project), can be due to [fear of failure or success](#), or exerting [control](#) because of a desire to withhold action (see [passive/aggressive](#)). If unable to stay still, can be due to a [belief](#) we MUST always be doing something productive, or else! [Distrust](#) of whatever is being said or thought

Muscle weakness

Feeling unworthy to receive fair treatment, respect or kindness from those with power and authority can prevent us from standing up for ourselves. See [victim](#). Check out this SciTech.com article [NEW RESEARCH REVEALS THAT TRAUMA CAN GET “UNDER THE SKIN,” WEAKENING YOUR MUSCLES AS YOU AGE](#)

Muscular dystrophy

[Legacy family pattern](#) of holding faulty belief systems preventing growth, forward motion and/or fluid movement. Inability to follow through on decisions and [condemning](#) self for it. Can also result from extreme over- or under-protective parenting. See [birth abnormalities and genetic disorders](#)

Myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS)

Feeling utter [despair](#) over our life situation and overwhelmed by all the things we would like to be different but feel powerless to change, i.e., feeling like a victim and seeing no way to escape. See [CFS](#)

Contributing physical factors: [Autoimmune diseases](#), [Digestion](#), [Fibromyalgia](#), [Genetics](#), [Infection](#), [Postural orthostatic tachycardia syndrome \(POTS\)](#), [Traumatic events](#) and [Post-traumatic stress disorder \(PTSD\)](#)

Change the pattern: See [victim](#) and check out [What is a legacy family pattern?](#)

Myasthenia gravis

Unable or unwilling to protect self even from the minimal risk of self-harm from doing simple day-to-day activities; or from meeting our personal needs. Feeling like a [victim](#)

Mycotoxin infection (Mycotoxicosis)

Living or working in an unhealthy environment in which no one can be trusted or relied upon. See [fungal infections](#), [fungus](#) / [black mold](#) / [mold](#)

Myocarditis

[Fear of change](#), wanting everything to remain the same. See [inflammation](#)

Myofascial pain syndrome

Spiritual pain manifesting in physical as small bumps on [muscles](#) and radiating pain if irritated. Resolve the spiritual pain to reduce physical discomfort. See [pain](#)

Myositis

[Fear of retribution](#) for actions taken (or not taken) or words spoken (or not spoken), and believing whatever bad thing happened was a direct result of our failure or mistake. See [Autoimmune diseases](#), [Benign acute childhood myositis \(BACM\)](#), [Inclusion body myositis](#)

N

Nail biting

[Distress](#); hungry for positive attention and/or approval from loved ones or [authority figures](#). Look to affected [finger](#) or [toe](#) for more information

Nail breakage

An act or role is disintegrating, and not knowing what to do about it. Can happen when we make positive changes and our loved ones freak out. (Nothing has to be done. It is not up to the person making the changes to fix the people who are unwilling to change). Look to affected [finger](#) or [toe](#)

Nail fungus

Ugly thoughts eating at us ([shame](#), [embarrassment](#), [guilt](#), [condemnation](#)). Look to affected [finger](#) or [toe](#) for more information

Nail pitting

Feeling attacked over every little thing. See [alopecia](#), [psoriasis](#), [psoriatic arthritis](#). Look to affected [finger](#) or [toe](#) for more information

Nail psoriasis

[Belief](#) we are incapable and unworthy of protecting self from the many hidden dangers in relationships. See [psoriatic arthritis](#). Look to affected [finger](#) or [toe](#) for more information

Nail ridges (horizontal)

We have dismissed our [traumatic events](#) as being unimportant, so we do not feel justified in seeking help to deal with them. Look to affected [finger](#) or [toe](#) for more information

Nail separation

Feeling extremely vulnerable or powerless. See [allergic reactions](#), [psoriasis](#), [thyroid issues](#), [karmic situation](#). Look to affected [finger](#) or [toe](#) for more information

Nails

Fingernails

Represent our thoughts about our work. See individual [finger](#)

Toenails

Represent our thoughts about how we are walking our path. See individual [toe](#)

Issues that can arise: [Beau's lines](#), [Biting](#), [Broken](#), [Bruised](#), [Clubbing](#), [Fungus](#), [Hangnail](#), [Ingrown nail](#), [Lifting](#), [Pincer](#), [Pitting](#), [Psoriasis](#), [Psoriatic arthritis](#), [Ridges](#), [Separation](#), [Split](#), [Spoon](#), [Terry's nails](#)

Narcissism

[Belief](#) everything is all about Me, everyone is thinking about Me, Me is always correct, and anyone who disagrees is a threat to be destroyed, shouted down or publicly ridiculed. Belief it is not enough to win - everyone else has to lose. Unable or unwilling to tolerate anyone except you speaking for more than a few seconds. The pattern often leads to [isolation](#), as very few [people](#) want to be around someone who is unwilling to listen, share the spotlight or give credit to another; however, if the narcissist happens to hold a position of power or authority, many are only too eager to forego their personal needs and sell out in favour of self-promotion. See [self-importance](#)

Narcolepsy

Living in a state of [hyper vigilance](#) and a nearly constant need to receive assurance from an [authority figure](#) everything is ok. Chronic need for loving or sympathetic attention, along with an inability or unwillingness to give it to others. May occur with the following symptoms:

[Excessive daytime sleepiness](#), [Hallucinations while falling asleep](#), [Hallucinations upon waking](#), [Restless legs syndrome](#), [Sleep paralysis](#), [Sudden loss of muscle tone](#)

Narrow heels

[Fear](#) we will never be able to do all we are being expected to do

Nasal voice

"Please don't pick on me". Lots of sob stories ([blame](#), [victim](#)), even if not spoken aloud. May also indicate a [self-righteous](#) attitude

Nausea and/or vomiting

Spiritual diet filled with sickening thoughts like [condemnation](#), [distress](#), [fear](#), [resentment](#), [revenge](#). See [hangover](#)

Near-sighted

Focused more on self than others ([self-importance](#)). Living in the past

Neck

Represents how we feel about our outlook on life and how we deal with different viewpoints

See components: [Cervical vertebrae](#), [Collar bone](#)

Issues that can arise: [Black neck](#), [Cervical spondylosis](#), [Congenital muscular torticollis](#), [Dislocation](#), [Neck pain](#), [Spasmodic torticollis](#), [Subluxation](#), [Whiplash](#)

Neck arthritis (Cervical spondylosis)

Over-compensating for a lack of [faith](#) in self

Neck pain

Trying to [avoid](#) looking at a painful truth. Is someone close by, a pain in the neck?

Necrotic bowel

Complete and utter [despair](#), and unable or unwilling to take any steps to make changes to help change circumstances

Neonatal hemochromatosis

See [autoimmune diseases](#)

Nerve pain

See affected body part

Nervous system

Communication network through which our innermost thoughts manifest in the [physical body](#)

See divisions: [Central nervous system](#), [Peripheral nervous system](#)

Neurobehavioral Disorder Associated with Prenatal alcohol exposure (ND-PAE)

See [ability to learn](#), [temper tantrums](#), [Fetal Alcohol Spectrum Disorders \(FASDs\)](#)

Neurocardiogenic or Vasovagal syncope

Unable or unwilling to deal with the matter at hand. See [fainting](#)

Neurological disorders

Unable or unwilling to pay attention to our thoughts, and to honour our better intentions

Contributing factors: [Birth abnormalities and genetic disorders](#), [Traumatic brain injury](#), [Brain tumour](#), [Infection](#), [Spinal cord injury](#)

Issues that can arise: [Alzheimer's disease](#) and other [dementias](#), [Bell's palsy](#), [Cerebral palsy](#), [Epilepsy and/or seizure](#), certain [Immune system](#) disorders affecting the body's tissues, [Migraine](#) and other headaches, [Multiple sclerosis](#), [Parkinson's disease](#), [Stroke](#)

Neuroma

Self-imposed pressure to 'Perform! Perform! Perform!' no matter what. See [Morton's neuroma](#)

Change the pattern: [Meditate](#) to learn exactly whose approval we are trying to win. See [self-esteem](#)

Neuropathy or Peripheral neuropathy

Conditions in our life make us feel powerless to create change. Feeling like a [victim](#)

Neurotransmitters

Enable our body to respond to our thoughts

See type: [Acetylcholine](#), [Taurine](#)

Nautropenia

Feeling unworthy to be safe, secure and protected

Contributing physical factors: [Autoimmune diseases](#), [Birth abnormalities and genetic disorders](#), [Bone marrow disorders](#), [Cancer](#), [Infections](#), [Mineral or vitamin deficiency](#), [Spleen issues](#)

Issues that can arise: [Bradycardia](#), [Diarrhea](#), [Fever](#), [Infection](#), [Sore throat](#), [Swollen lymph nodes](#), [Ulcers](#), [Urinary issues](#)

Nevus simplex (angel kiss, stork bite or salmon patch)

The child will seek to learn the ways in which their caregivers react to events causing them (the parents) to behave erratically or unpredictably. See [birthmarks](#)

Night eating syndrome

Trying to avoid feeling the feelings arising from a [traumatic event](#) that happened at night and constantly replays in our thoughts, especially at night. See [insomnia](#)

Night terrors

[Afraid](#), unable or unwilling to express what is really wrong; insecurity. May result from having met with a [traumatic end](#) to a prior life. See [prior incarnation trauma](#)

Nipple thrush

[Fear](#) the nourishment we provide will be harmful rather than nurturing

Nocebo effect

Chronic desire to prove everyone, especially the experts, wrong. Disagreeing with everyone and everything. Unable to admire the good work of others. Uncooperative. If left unchecked, can lead to the [belief](#) everything wrong with the world is the result of conspiracies. See [control](#), [distrust](#), [spite](#), [side effects](#)

Non-alcoholic fatty liver disease

Easily offended and unable or unwilling to let go of the resulting [anger](#) that can easily turn into [resentment](#) and the desire for [revenge](#)

Non-infectious vaginitis

[Belief](#) girls are dirty or bad and serve no useful purpose except reproduction. See [vaginitis](#)

Nose

Represents [tolerance](#) or lack thereof. See [sinus cavities](#)

Issues that can arise: [Anosmia](#), [Bleeding nose](#), [Boogers](#), [Broken nose](#), [Bulbous nose](#), [Deviated septum](#), [Hyposmia](#), [Nose out-of-joint](#), [Nose overly sensitive to smells](#), [Nose polyps](#), [Post-nasal drip](#), [Red nose](#), [Rhinophyma](#), [Nose sensitive to temperature](#), [Sneeze](#), [Snoring](#)

Nose out-of-joint

[Anger](#). Easily offended

Nose overly sensitive to smells

Tendency to be judgmental and critical of self and/or others

Nose polyps

Feeling our ability to thrive is being stifled

Nose sensitive to temperature

Holding onto regrets

Numb or tingling or vibrating feet

Belief something we want to happen will never happen. Signal from our guide during a stressful situation things are going to be all right

Numb or tingling or vibrating hands

Belief we will never find our ideal career. Signal we are being guided, for example, if shopping and our hand starts tingling over a certain object - either BUY it or BYE it - that is to say, it is time to ask whether to buy it or leave it

O

Obesity/Overweight

Trying to cover up shameful secrets. Unable or unwilling to express strong emotions. Habitually using food as a reward, or as an excuse to avoid meeting responsibilities or dealing with issues. See addiction, arrogance, survivor's guilt, blood clots, weight issues

Obsessive Compulsive Behaviours

Unable to cope with life without doing certain routines when certain things have happened, or a seemingly uncontrollable urge to repeat a behaviour, whether it is acted out. Often done in response to repression or suppression of strong emotions, to gain some measure of control when we feel like a victim. Form of addiction that can be as difficult to treat as chemical dependency; however, if dedicated to healing self, tremendous change is possible. Before repeating any behaviour, it is important to remember we have the ability to choose. See free will, obsessive/compulsive disorder, perfectionism

Physical effects: Self-soothing by using substances or behaviours to excess. Doing so can repel people (sometimes that is the whole idea) or anger people (a side benefit), often creating the exact situation we think we are avoiding

Change the pattern: Meditate to identify and resolve inner conflict(s)

Obsessive Compulsive Disorder (OCD)

Hiding anguish and futile rage over being unable to change certain situations creates a chronic need to do something, anything, to divert our attention from these thoughts. Obsessive compulsive behaviours result, since doing a behaviour, even if self-destructive, allows us to feel as if we have at least a little bit of control. See addiction, Pure OCD

Occipital lobe seizures

Unable to cope with an overly emotional situation and desperate to change the subject

Ocular or orbital fracture

New information from a credible source is causing us to question a core belief. If found to be Truth, it could mean having to reconsider our life choices. See Why do we ... have accidents?

Ocular migraine

Feeling blindsided by everyone we thought we could trust, and thinking there is nowhere to turn for support. See Headaches, Migraine aura, Migraine headache, Retinal migraine

Odontogenic maxillary sinusitis

Doing everything we think everyone else needs us to do and at the end of the day being just too tired for self-care. Having a high tolerance for pain may make us ignore early warning signals which of course makes the condition even more likely to arise. Lack of caring for self can lead to feeling ripped off and resentful like, "Howcome nobody's looking after me?" or "When is it going to be my turn?" or feeling like a servant or slave, never receiving meaningful appreciation for our efforts

Contributing physical factors: Dental cavities, failed Root canal treatment, Pericoronitis, and Periodontal abscess, Sinus cavities, Sinusitis

Change the pattern: Learn to recognize when your limit has been reached so you can say 'no' without feeling guilty or mean. If you don't like to ask for help because someone else won't do it right, see perfectionism. Teach others how to do the things you do so help will be available when you need it. Requiring more from others is not necessarily a bad thing. See self-esteem

Open bite

Lack of loving, nurturing guidance in childhood

Oppositional defiant disorder (ODD)

Pattern of non-compliance with authority figures, plus angry, defiant, spiteful and/or vengeful behaviour due to feeling traumatized or victimized, or believing 'nobody truly loves me'. See silent rebellion

Oral thrush

Belief in our intrinsic badness, such that nothing good can ever come from us. See self-condemnation

Orbital pseudotumor

Fear if we start crying, we may never be able to stop

Orthorexia nervosa

Punishing self by building a persona of one who is dedicated to healthy eating - as a way to make amends for having caused the family to suffer. The more difficult it is to find "pure" foods, the less appetizing they are, and the more expensive they are, the better. The pattern has the added benefit of diverting attention from our supposed failures

Orthostatic hypertension

Unable or unwilling to just slow down due to wanting not to miss out on getting the things everyone else appears to be getting. See [self-esteem](#), and know, in life, whatever is truly required for our soul's ultimate good will be provided

Osgood-Schlatter disease

Difficulty in processing rapid change; [impatient](#) to see what is coming next. Looking everywhere for guidance as to what kind of person to be, but not knowing whose opinion to [trust](#), or after whom to model self

Osteogenesis Imperfecta

Parents' unrecognized issue of having - or not having - [faith](#) in a loving God or a similarly impactful [belief](#) forming the foundation on which the child will stand or fall. See [birth abnormalities and genetic disorders](#)

Osteomyelitis

[Fear](#) we are alone and unsupported and incapable of supporting self. See [infection](#)

Osteonecrosis

Stubbornly holding onto inaccurate [belief\(s\)](#) and not wanting any argument about them, even though gaining truth could change our life for the better.

Finding and understanding the spiritual component and releasing the faulty belief(s) can re-enable blood flow to affected area. See [blame](#), [victim](#)

See affected area: [Hip](#), [Jaw](#), [Knee](#), [Shoulder](#)

Osteoporosis

A cherished [belief](#) is found to be untrue and a positive replacement seems impossible to find. Can be a loss of our [faith](#) in a loving God), a crumbling spiritual infrastructure, fragile or unsound beliefs or fragile spiritual health. See [bones](#), [broken bones](#), [skeleton](#)

Other infections of adrenal glands

Disappointing realization we really have no control over what others think of us. See [Adrenal glands cancer](#), [Tuberculosis](#)

Otosclerosis

Family pattern in which affected members refuse to hear what certain other members have to say. If the unwillingness to hear is not addressed, it can manifest in physical by altering the ear's bone structure

Ovarian cancer

Unable or unwilling to let go of the life that could / should have been with the child we could / should have had. [Fearing](#) God has forsaken us or is punishing us by not giving us what we want. Strong [belief](#) something is terribly wrong with us and with anything we create

Ovarian cyst

Wanting to do or create something outside of our realm of experience, but not knowing what it is or how to bring it into existence. See [hormones](#), [pregnancy](#), [endometriosis](#), pelvic [infection](#)

Issues that can arise: [Cystadenomas](#), [Dermoid cysts](#), [Endometriomas](#)

Ovarian rupture

Futile, impotent [rage](#) at feeling unable to fully express ourselves

Ovarian torsion

[Fear](#) of being [judged](#), [criticised](#), or [condemned](#) prevents us from expressing our creativity

Issues that can arise: [Ovarian rupture](#), [Polycystic ovary syndrome \(PCOS\)](#) or [Polyendocrine Metabolic Ovarian Syndrome \(PMOS\)](#), [Premature ovarian failure](#)

Ovaries

Produce eggs, which if fertilized by sperm, are the means by which souls may manifest in matter

Issues that can arise: [Infertility](#), [Ovarian cancer](#), [Ovarian cyst](#), [Ovarian rupture](#), [Ovarian torsion](#), [Ovulation \(Mittelschmerz\) pain](#), [Polycystic ovary syndrome \(PCOS\)](#) or [Polyendocrine Metabolic Ovarian Syndrome \(PMOS\)](#), [Premature ovarian failure](#)

Overactive bladder

[Fear](#) of being left out or forgotten (this condition can often create that exact situation). See [distrust](#), [fear of abandonment](#), [pelvic floor dysfunction](#)

Overbite

Convinced everyone is right about us being no good. See [shame](#)

Ovulation (Mittelschmerz) pain

Unresolved issues around children, child-bearing, and parental responsibility. If pain is intense or severe, see [appendicitis](#), [ectopic pregnancy](#), [pelvic inflammatory disease](#)

P

Paget's disease

Deep regret for not having done more in our life and wishing to go back and do it over

Pain (Nociceptive pain)

The Universal Intelligence teaches that physical pain not related to illness or injury exists to show us we are in emotional or spiritual pain over unrecognized / unresolved issues. Also, for some who are unable to express their emotional needs, telling others of their physical pain is the only way to get some much-needed attention (even if not for the real reason). See [accident proneness](#), [self-mutilation](#), [signals](#)

See affected area: [Abdominal pain](#), [Arm pain](#), [Back pain](#), [Breast pain](#), [Cecum pain](#), [Ear pain](#), [Elbow pain](#), [Eye pain](#), [Face pain](#), [Foot pain](#), [Hand pain](#), [Head pain](#), [Hip pain](#), [Joint pain](#), [Knee pain](#), [Leg pain](#), [Neck pain](#), [Shoulder pain](#), [Stomach pain](#), [Tailbone pain](#), [Tooth pain](#), [Top of the foot pain](#)

See type or issues that can arise: [Addiction to pain](#), [Burning pain](#), [Chronic pain](#), [Dull ache pain](#), [Plantar fasciitis](#), [Sharp, stabbing pain](#), [Pain due to stiffness](#)

Palilalia

Extreme [fear](#) stating our opinion - all of it - will inadvertently cause something horrible to happen (similar to believing the superstition stepping on a crack will break our mother's back). See [aphasia](#), [birth abnormalities and genetic disorders](#), [Tourette syndrome](#)

Palm of hand if injured

Unable or unwilling to give and take, or wanting to slap someone

Pancreas

Represents our ability to maintain our sense of self-worth, validity, identity, or our place in the universe without the approval of others

Issues that can arise: [Autoimmune pancreatitis \(IgG4\)](#), [Pancreatic cancer](#), [Pancreatitis](#)

Pancreatic cancer

Chronic need to [control](#) everyone and everything. Deep frustration with any [imperfection](#), to avoid losing anyone's approval. Always feeling second- or even third-best. Fragile [self-esteem](#)

Pancreatitis

Poisonous [beliefs](#) about the reason a negative or painful life experience occurred

Acute

Occurs within two or three days of receiving a devastating blow to one's [ego](#), like someone [criticising](#) us or suddenly withholding their approval for no apparent reason

Chronic

Occurs after repeated assaults on our [ego](#), like being constantly [criticised](#) or never receiving someone's approval

Panniculitis

Holding onto [self-hatred](#), believing to not do so would be disloyal to those who taught us to do so. See affected body part, [sclerosing mesenteritis](#)

Paralysis

Unable or unwilling to do that which is needed, or can be a [Required life experience](#). See [Anxiety paralysis](#)

See type: [Monoplegia](#), [Paraplegia](#)

Paralysis of one limb (Monoplegia)

Unable or unwilling to do that which needs to be done, or to go to the place we know we need to be. See [distrust](#), [fear](#). See affected [Arm](#) or [Leg](#), [Paralysis](#)

Contributing physical factors: [Birth abnormalities and genetic disorders](#), [Muscle weakness](#), [Neurological disorders](#), [Spinal cord injury](#), [Stroke](#)

Contribution spiritual factors: [Anxiety](#), emotional [trauma](#), extreme [fear](#) or [phobias](#)

Paranoia

Certain everyone (all sentient beings and the Universal Intelligence) and everything in the environment that has been perverted by humans, is plotting against Me and watching and waiting for Me to fail - to teach Me I am powerless against them. My negative life experiences result because of *them*, not because of Me. The pattern can result from too little or too much control by our caregivers and/or positive versus negative attention, as well as parental failure to model balanced responsibility. See [anxiety](#), [avoidance](#), [child abuse](#), [fear](#), [self-esteem](#), [self-importance](#), [self-righteousness](#)

Paraplegia

Unable or unwilling to do that which is needed, or can be a [Required life experience](#). See [paralysis](#)

Contributing physical factors: [Birth abnormalities and genetic disorders](#), [Neurological disorders](#), [Spinal cord injury](#)

Parasites, parasitic disease or infection

[Fear](#) of being taken advantage of by someone to whom we cannot say no, either because we feel sorry for them or their situation, or because we feel indebted to them. We know this feeling of powerlessness is a potent weapon others use against us, but we feel it is impossible to change the situation. While we cannot change others, we can change ourselves

Change the pattern: [Meditate](#) to learn the reasons for needing other [people's](#) approval. See [guilt](#), [self-esteem](#), [victim](#)

Issues that can arise: [Ectoparasites](#), [Toxoplasmosis](#), [zoonotic diseases](#)

Paresophageal hernia

Forcing self into believing what we know to be a horrific [lie](#) in order to maintain a relationship

Parkinson's disease

Chronic, paralyzing need to either be in total [control](#) of, or completely not responsible for, everything and everyone (what they are doing, thinking, feeling, saying and believing). Habitual [judgment](#), [criticism](#), [fear](#), [perfectionism](#)

Passive/aggressive disorder

Unable or unwilling to stand up for self but [resenting](#) others' supposed lack of [respect](#) and supposed need to be in [control](#). Constant grumbling, griping and [whining](#) but unwilling to take responsibility for our role in any negative situation ([victim](#))

Looks like: [Withholding communication](#), [abandonment](#), extremely slow to act or react, to speak, to move, to offer assistance. See [chronic lateness](#); [chronic procrastination](#), [dawdling](#), [chronic lying](#)

Physical effects: [Accident proneness](#), [addictions](#), [dental problems](#), [headache](#) or [migraine headache](#)

Peg laterals

Feeling unloved and unsupported

Pelvic floor dysfunction

Any or all of the following: unable and/or unwilling to let go of hurts ([resentment](#)), needing approval from an [authority figure](#) who withholds it, or living life without a routine or schedule, and using it as an excuse to escape responsibility. See [absenteeism](#)

Pelvic inflammatory disease

Inner turmoil regarding our creativity or choice of whether to have children

Pelvic organ prolapse

See type: [Bladder prolapse](#), [Bowel prolapse](#), [Rectum prolapse](#), [Uterus prolapse](#), [Vagina prolapse](#)

Pelvic pain

(also known as Symphysis pubis dysfunction or Pelvic girdle pain)

[Fear](#) of taking the next step due to profound, unresolved [grief](#) or regret over past mistakes

Pelvis

Represents projection of thought into action

Issues that can arise: [Lateral pelvic tilt](#), [Pelvic floor dysfunction](#), [Pelvic inflammatory disease](#), [Pelvic organ prolapse](#), [Pelvic pain](#)

Pemphigus vulgaris

As with many [autoimmune diseases](#) and [skin issues](#), the spiritual root comes from a mistaken belief in our own intrinsic badness. Look to a traumatic event occurring shortly before the condition first started, and for which we feel responsible. Guilt begs punishment and the universe cooperates with our beliefs and desires due to the spiritual law of free will. See [genetic heritage](#), [side effects](#)

Penile abscess

Results from a recent blow to one's sense of manhood we think we ought to have been able to avoid or withstand

Penis

Represents impulse

Issues that can arise: [Bent penis](#), [Sexual dysfunction](#), [Male yeast infection](#), [Penile abscess](#)

Peptic ulcer

Allowing negative thoughts, attitudes and emotions to eat away at and destroy self. See [grief](#), [spite](#)

Periapical abscess

Unrecognized negative thoughts over an injury, eating away at our self-esteem

Pericardial cancer

Fear the protective spiritual wall we have built around our emotions will collapse, leaving us at risk of experiencing the emotions of our traumatic childhood events once again

Pericarditis

Squeezing the joy out of life with never-ending thoughts about how we are prevented from enjoying life (blame). Could be due to our job, our past, family members, friends, co-workers, or even complete strangers. Fear of what the future holds

Change the pattern: Learn to Build stable self-esteem

Pericardium

Represents our ability to protect self spiritually from, and manage the emotional effects of, traumatic life experiences

Issues that can arise: Pericardial cancer, Pericarditis

Pericoronitis

Frustrated with always being treated like a silly child and not knowing what to do about it

Periductal mastitis

Resenting those whom we feel forced into nurturing

Perinasal dermatitis

Scornful attitude toward our authority figures either at home or in the workplace

Periocular dermatitis

Holding onto negative thoughts about experiences we feel could have been handled better - constantly replaying them and feeling irritated and frustrated the past cannot be changed

Periodic Limb Movement Disorder (PLMD)

Stuck in a feedback loop of reviewing the choices we have made we think were 'wrong' but when reviewing the available options, we see we made the only choice we could. Even if our choice felt like the only viable option, still we doubt and distrust and punish ourselves with guilt and remorse. See Restless legs syndrome

Change the pattern: Do the Self-esteem exercise in Section 9

Periodontal abscess

Negative thoughts over an injury and saying/doing nothing to stand up for self

Perioral dermatitis

Belief our words will be judged criticised, and condemned by others, so withholding communication out of spite or to protect self

Peripheral nervous system

Represents the information highway over which travel the electrical vibrations of our thoughts

Consists of two components, the autonomic and the somatic nervous systems

Peripheral vascular (or artery) disease

Unable or unwilling to be cooperative, as a way to ensure others feel subservient and see us as an authority figure

Contributing spiritual factors: Arrogance, Control, Defiance

Contributing physical factors: Atherosclerosis, Blood clots, Raynaud's disease

Persecution complex (thought, attitude, emotion)

Feeling everyone is out to get us, or is judging us, or is thinking about us, or wants us to fail (see narcissism, self-importance, pity parties, victim). Can stem from too little or too much favourable attention in early childhood

Sounds like: They all think I am bad and they are making my life miserable to punish me

Physical effects: Difficulty in building or maintaining close, satisfying relationships, covering mouth when communicating, hiding one's face when speaking, mumbling or talking fast, writing illegibly

Change the pattern: Do the Self-esteem exercise in Section 9

Persistent genital arousal disorder

Issues that can arise: ADD / ADHD, anxiety, depression, obsessive/compulsive disorder, overactive bladder, low or unstable self-esteem

Pet hoarding

Belief "No one will care for this poor, defenseless animal except me" due to an unresolved issue of receiving what we think was too little or too much attention in our childhood

Peyronie's disease

Scar tissue resulting from spiritual injuries to a male's over-inflated ego or sense of self-power, diminishing ability to function. See bent penis, birth abnormalities and genetic disorders

Phlebitis

Fury over our inability to control everyone and everything. Chronic refusal to simply let go and trust. Crippling desire to make everyone else as miserable as self. See deep vein thrombosis

Physical body

Represents how we feel about where we have been, where we are now, and where we are going

See area:

Back

The direction from which we came (past)

Front

The direction in which we are going (future)

Sides - left and right sides

Interpretations for the sides of our body are specific to the individual. Since we are all different, what left or right means to each of us can be different. What do they mean to you? Ideas to consider: The sides can represent male or female, spiritual or physical, strength or weakness, conscious or unconscious, etc. As always, when seeking understanding about spiritual (or earthly) matters, we can ask our [guide](#), in [meditation](#)

Pica

[Blaming](#) the person or [people](#) responsible for all the pain and suffering in our life, unwilling to [forgive](#) anyone - ever - just in case they played a role in it, and wanting them to see how badly we are suffering because of their failures

Contributing factors: [Grief](#), [spite](#), [revenge](#)

Pigeon-toed gait

[Self-righteous](#), [victim](#)

Pigment dispersion syndrome

Unrecognized, incorrect [beliefs](#) about self preventing us from feeling being [compassion](#). See [glaucoma](#)

Pilar cyst

Nurturing worrisome or troublesome issues in our thoughts, rather than actually doing something about them

Pilonidal cyst

[Belief](#) what we `are` doing is not what we `should` be doing, but unable or unwilling to make any behavioural changes and feeling like a [victim](#)

Pimples

Pimples between the breasts

Irritation with our mother, even if not alive

Pimples on the back

Irritation with self

Pimples on the chin

Taking to heart things that do not concern us personally

Pincer nail

Pattern of pretending everything is always fine, we never have any thoughts about how someone or something is annoying us. Look to affected [finger](#) or [toe](#) for more information

Pineal gland

The [brain](#) is the soul's wheelhouse during physical incarnation; the pineal gland is its helm, and the [pituitary](#) and [hypothalamus](#) glands are its commanders. From here, our life path is charted and

regulated, according to our reactions to our life experiences. It is the soul's entry point into physical life, and is the structure through which we receive information from the Universal Intelligence

Issues that can arise: [Pineal gland cyst](#), [Pineal gland tumour](#)

Pineal gland cyst

[Obsessive](#), constant [worry](#) over a long period of time. See [headaches](#), [obstructive hydrocephalus](#), [thyroid gland](#), [vertigo](#)

Pineal gland tumour

[Obsessively](#) holding onto, and reliving, every painful experience we have had. See [tumour](#)

Pink eye

[Anger](#) and sorrow over a recent disappointment and believing someone else is to [blame](#). See [self-righteousness](#), [victim](#), [COVID-19](#)

Pins and needles

[Worrying](#) about getting stuck in a situation over which we have no [control](#), feeling like a [victim](#)

Pituitary gland

The [brain](#) is the soul's wheelhouse during physical incarnation; the [pineal gland](#) is its helm, and the pituitary and [hypothalamus](#) glands are its commanders. This gland monitors our physical body and adjusts bodily processes and hormones as necessary to enable the functioning needed for the lessons of this particular lifetime. Our guides use Issues arising as a [signal](#) to alert us to areas of our lives needing our attention. See [pituitary gland hormones](#), [What is the third eye?](#)

Issues that can arise: [Diseased pituitary gland](#), [Empty sella syndrome](#), [Hypopituitarism](#), [Sheehan's syndrome](#), [Pituitary gland tumour](#)

Pituitary gland hormones

See type: [Adrenocorticotrophic \(ACTH\)](#), [Anti-diuretic \(ADH\)](#), [Growth \(GH\)](#), [Luteinizing \(LH\)](#), [Prolactin \(PRL\)](#), [Thyroid-stimulating \(TSH\)](#)

Pituitary gland tumour

[Obsessive](#) thoughts about the healthy (or unhealthy) functioning of individuals within our family unit. See [tumour](#)

If tumour is non-functioning

[Obsessive fear](#) and [worry](#) we will lose our identity within the family because people will assume we are just like the rest of them; or obsessive fear and worry we are just like the rest of our family members

If tumour is functioning

"Flooding the zone" with overproduction of hormones to show everyone we think we are ugly and unlovable and that we are suffering. [Fear](#) the Universal Intelligence hates us. See [unconditional love](#)

Placenta accreta (includes Placenta increta and Placenta percreta)

Profound, although possibly unrecognized, desire to stay pregnant

Placenta previa

Fear and uncertainty and worrying about everything... What if I'm with the wrong partner? What if my partner doesn't want this child? Maybe I shouldn't have the baby. Maybe I'm not competent to have this child. I can't afford to have this child. I don't want to have this child. God must hate me. This was not part of my plan. ...

Plantar fasciitis

Regret over a life path taken we did not desire or choose. Not that we are unhappy with the current situation; we just wonder what our chosen path would have held

Plantar fibroma

Fear when our current stage of life or project is complete, no new 'next step' or project will be revealed, and we will become useless. This is “empty nest syndrome” manifesting in physical

Plantar warts

Walking our path in a cold, heartless way and blaming someone for it. See HPV, warts

Platelets

Represent our ability or willingness to protect ourselves from the ill effects of false belief systems by seeking Truth. See blood, blood clots, bone marrow

Issues that can arise: Thrombocytopenia (Low platelet count), Thrombocytosis (High platelet count)

Pleomorphic liposarcoma

Desperate to hide our shameful secrets and living in constant fear they will be discovered

Pleurisy

Reacting to a recent life lesson by rejecting or resisting it. If the lesson is accepted and absorbed, full healing is possible. If it is not, a pattern may develop of reacting to future life lessons in the same way, with the resulting pleurisy becoming chronic

Plummer's disease (goiter)

Trying to win impossible battles, made impossible through our refusal to accept responsibility

Pneumonia

Extreme disappointment an important opportunity has been missed, or extreme fear we just made a very large mistake. See Bronchopneumonia, COVID-19

Poison ivy

Rash occurs within two or three days after having interfered (even with the best of intentions) where we ought not. Recognition of the impact of our actions can reduce symptom severity

Polio

See Motor neuron diseases

Wanting the family to remain unchanged, fear of change. See post-polio syndrome

Pontiac fever

Sickening feeling we have been cheated out of the good things in life - again, as usual

Polycystic kidney disease

Unable or unwilling to let go of blame and resentment over old hurts we feel were unjustified and therefore unforgivable. See birth abnormalities and genetic disorders, legacy family patterns, cysts, lumps and bumps

Polycystic ovary syndrome (PCOS) or Polyendocrine Metabolic Ovarian Syndrome (PMOS)

Deep concern having a child will cause our loved ones to ignore us in favour of the child (fear of abandonment), or fear the child will cause us no end of grief, as we think we did for our parents (self-condemnation). See obesity/overweight

Polycythemia vera

Overcompensating for a lack of joy in our life. See blood cancer, blood clots

Polymyalgia rheumatica

Tired... of life, of working hard but never seeming to achieve what we really want, of no longer receiving the nurturing we used to receive. See giant cell arteritis (related condition), depression, hip pain, muscle pain, shoulder pain,

Polyps

Represent growth we think will help us but is actually harmful

See type: Bladder polyps, Colon polyps, Ear polyps, Gallbladder polyps, Nose polyps, Sinus polyps, Stomach polyps, Uterine polyps, Vocal cord polyps

Porphyria (intermittent acute)

Extreme distress over troubling issues we are trying to resolve on our own for fear of being judged for having them

Post-nasal drip

Crying silently so nobody can see or hear us, but hoping someone will notice and offer sympathy or at least ask us what is wrong

Post-polio syndrome (PPS)

See Motor neuron diseases

Fear the family unit is breaking up and not wanting it to change in any way. See polio. This is a form of "empty nest syndrome" manifesting in physical, no matter our age

Post-traumatic stress disorder (PTSD)

Can arise after terrifying events over which we had no control. Somehow we feel we should have been able to prevent them, or prevent them from ever happening again, or at least been able to fix them. The events need not have been life-threatening - they need only have been frightening for us personally. See Secondary traumatic stress

Spiritual effects: If we feel responsible, we can take on anger, anxiety, guilt and shame. If we feel others are responsible, we can take on a victim mentality and become passive or aggressive. See blame, depression, low or unstable self-esteem, stress, traumatic experience(s), unable to forget, worry

Physical effects: See hyper vigilance, insomnia, obsessive compulsive behaviours

Postpartum depression

Fear of losing our identity, fear we might be overshadowed by the child. In its extreme, can become Munchausen's Syndrome by Proxy

Postural orthostatic tachycardia syndrome (POTS)

Insatiable need to receive unconditional nurturing. See COPD, congestive heart failure

Posture

Represents our outlook on life and how we feel about ourselves

Slouching

Feeling hopeless or helpless. Can be a form of silent rebellion

Straight but relaxed

Confident, hopeful

Straight but taut

Waiting for the next assault or attack

Pouting

Feeling sorry for self and wanting the world to know we have been offended. See victim

Powassan virus

Regretting the outcome of a recent endeavour and wanting to go back in time to either not do it, or do it over again to get a different result

Prader-Willi syndrome

One parent fails to meet the other's needs, even if they have not been spoken aloud. The ensuing despair, frustration and/or rage affect the developing fetus and the child is born with this condition, and left trying to resolve the parent's anguish

Preeclampsia (includes eclampsia and postpartum preeclampsia)

Fear of being overshadowed by the child and its needs, or of losing self in the new identity of motherhood. See eyes and vision, headaches, high blood pressure, kidneys, liver, lungs, nausea and/or vomiting, PTSD, stress, stroke

Pregnancy

Represents the start of a new phase of life, a new identity, new possibilities

Issues that can arise: Amniotic fluid, Blood clots during pregnancy, Breech position, Gestational diabetes, Hyperemesis gravidarum, Miscarriage, Missed periods, Morning sickness, Placenta accreta, Placenta previa, Postpartum depression, Preeclampsia, Stretch marks

Premature ejaculation

Feeling unworthy to experience the pleasure of the sexual act. See [embarrassment](#), [guilt](#), [shame](#)

Premature ovarian failure

[Belief](#) or [fear](#) "God hates me because I have done nothing meaningful in my life" or an "I give up" attitude

Premenstrual dysphoric disorder

For some, menstruation is a thing to be [dreaded](#). There can be no comfort because the next cycle is just around the corner, waiting to hurt us. This can result from a family pattern of cyclic, albeit unpredictable, emotional or physical violence toward the family's female members or its children or pets. See [premenstrual syndrome](#)

Premenstrual syndrome

For some, the menstrual cycle is a reminder of all that is wrong in their life. The weight of such a concern manifests as an emotional burden which in turn creates physical discomfort

Presbyopia

Inflexibility. Is it time for a new outlook on life?

Primary Lateral Sclerosis

See [Motor neuron diseases](#)

[Denying](#) our chronic, desperate need to avoid discussing painful issues or sensitive subjects, yet yearning to bring them out into the open. The issue here is fighting with self over whether to discuss something important to us or keep it hidden. Of course we all have reasons for wanting to avoid discussing some subjects; often because we think others will react poorly when we raise topics they themselves wish to avoid.

This not knowing which topics are safe to discuss - the indecision - creates a push-pull effect on the body. [Nerves](#) and [muscles](#) are unconsciously tightened and relaxed at a furious pace, creating unimaginable strain on the systems. Coming to [peace](#) with self-expression can ease symptoms and potentially avoid the condition becoming [Amyotrophic Lateral Sclerosis](#)

If inherited: See [birth abnormalities and genetic disorders](#), [legacy family pattern](#), and [What is karma?](#)

Proctalgia fugax (variant of levator ani syndrome)

Very strong, painful [signal](#) to let us know we are finding it difficult to understand why others do not just do what we are doing, when it is so clear, to us anyway, ours is the right thing to do. See [judgment](#), [criticism](#), [condemnation](#), [control](#), [self-righteousness](#)

Sounds like: Why don't they just...? Can they not see that...?

Change the pattern: [Meditate](#) to learn we are all souls in human form at varying stages of development, sometimes doing well, sometimes doing poorly

Progressive bulbar palsy

See [Amyotrophic Lateral Sclerosis](#), [Motor neuron diseases](#)

Progressive muscular atrophy

See [Motor neuron diseases](#)

Can also be slowly-progressing [Amyotrophic Lateral Sclerosis](#)

Progressive supranuclear palsy

Frustrated desire to be in [control](#) and feeling everyone else has it all - in other words, feeling like a [victim](#). Feeling God has singled us out to punish us for something we have done we believe is an unforgivable sin everyone does. Unwilling to acknowledge our error and seething [suppressed anger](#), [guilt](#), [shame](#), [self-hatred](#)

Prolactin hormone (PRL)

Represents balance between our desire to nurture and to be nurtured. See [pituitary gland hormones](#)

Issues that can arise: [Hypopituitarism](#), [Hyperprolactinemia](#), [Prolactinoma](#)

Prolactinoma

Desperate for loving attention yet knowing it is unlikely to be given

Prolapsed bladder

Not knowing when to hold onto or let go of emotional baggage, and unable to stop thinking about it all

Pronation

Represents our ability or willingness to stand in the present moment

Overpronation

Wishing for our past to have been different, so we could have been a different person today. While the past cannot be changed, we can change our reactions to it. See [fear of change](#), [flat feet](#), [knock-kneed](#), [forgiveness](#), [pessimism](#)

Underpronation

[Fear](#) of being noticed yet craving attention. See [hammertoe](#), [life-ending trauma in a prior incarnation](#)

Prostate

Represents our sense of responsibility over that which we put out into the world, or that which we create

Issues that can arise: [Prostate cancer](#), [Enlarged prostate](#), [Prostatitis](#)

Prostate cancer

Refusal to accept responsibility for the negativity in our life ([blame](#), [victim](#))

Prostatitis

See type: [Asymptomatic inflammatory prostatitis](#), [Bacterial prostatitis](#), [Chronic prostatitis / Chronic pelvic pain syndrome](#)

Proteinurea

Belief our strength can only be used if someone gives us permission. Can result if a parent or caregiver publicly shames a child for not being able to prevent making a mistake or for suffering an injury. The child's resulting anger and shattered self-esteem can set up a pattern whereby the child becomes emotionally stunted and therefore overly reliant on others for emotional leadership. See fear of failure/success, fear of looking stupid

Psoas muscle (or iliopsoas muscle)

Represents our ability to move with ease through life's ongoing lessons and challenges. How well we go with the flow, both reflects our, and determines its, flexibility

Issues that can arise: Buttocks pain, Groin or pubic pain, Hip pain, Lower back pain, Muscle pain, Muscle stiffness, Psoas syndrome

Psoas syndrome

Fighting against every life lesson every step of the way. See Denial, Psoas muscle

Unable or unwilling to let go of anything. See grief, resentment

Psoriasis (Psoriasis vulgaris)

Exaggerated wound-healing. Over-reacting to a perceived threat

Issues that can arise: Erythrodermic psoriasis, Guttate psoriasis, Inverse psoriasis, Nail psoriasis, Pustular psoriasis, Psoriatic arthritis, Scalp psoriasis, Seborrheic dermatitis

Psoriatic arthritis

Habitually alternating self-condemnation with self-indulgence. Pattern stems from our caregiver(s) having been alternatingly, and unpredictably, too harsh/too loving. Our immune system becomes out of balance as a result of not knowing whether to expect cruelty or kindness from those around us, and over-compensates with self-protection - just in case. See autoimmune diseases, self-esteem, psoriasis

Psychogenic non-epileptic seizure

Unconsciously holding self back from reaching out for assistance in processing traumatic life experiences

Contributing spiritual factors: Anxiety, distress, embarrassment, shame

Contributing physical factors: PTSD, somatic symptom disorder

Change the pattern: Meditate to identify the trauma(s) and the thought patterns arising from it so they can be resolved and released. See Spiritual decluttering

Ptosis

Pattern of fighting with self over every single decision we make due to not having been allowed to make age-appropriate decisions during childhood and adolescence. We can become unable or unwilling to trust in self to do what is right

Contributing factors: Cancerous tumour or cyst in the spinal column, neck trauma, stroke

Issues that can arise: Amyotrophic Lateral Sclerosis, autoimmune diseases, Guillain-Barré syndrome, multiple sclerosis, Parkinson's disease

In children

See birth abnormalities and genetic disorders

Puffy eyes

Irritated - or sad - with what we are seeing or witnessing

Pulmonary embolism

Stubborn refusal to budge - on anything - ever - unless there is absolutely no other option than to concede. Chronic need to be in charge. Viciously critical and quick to condemn. Unwilling to forgive others yet desperate to have everyone's approval. Expecting everyone will just go along with us because they know we will make life miserable for them if they do not

Pure OCD

When parents or caregivers allow long-term chaos and turmoil in the family to continue without taking positive steps to stop it, fail to acknowledge the harm being done to the entire family unit by their inaction, and stubbornly resist seeking help outside the family, one or more family members may react by withdrawing into silence or self-isolation, often in direct proportion to the level of chaos - more chaos makes us withdraw even further into silence. Why add to the chaos with our measly questions or problems? Is it any wonder the anger, despair, frustration, feeling we will never be heard, sense of being invisible to those responsible for our care, turn our thoughts inward? Self-isolation can seem like the only safe place for us. See Obsessive/compulsive disorder, Parentification, low or unstable Self-esteem

Pure red cell aplasia

Unable or unwilling to protect self, feeling like a victim

Purging disorder

Abject misery over the direction our life is taking, and feeling powerless to change it (feeling like a victim)

Pursed lips

Keeping our criticism to self but hoping someone will notice our displeasure anyway

Pustular psoriasis

Belief our life choices and work are at imminent risk of being harshly criticised and/or condemned

Pyroluria

Actively taking steps to harm others that always seem to backfire. Self-imposed state of victim-hood

If acquired

See chaos

If from birth

See birth abnormalities and genetic disorders, legacy family pattern

Q

Quiet dresser

Desire to avoid contact or communication of any sort

R

Radiation poisoning



This does not apply to victims of mass radiation exposure

Holding onto old emotional injuries; always telling the same old unhappy story. See [pity parties](#), [fear of contamination](#), [victim](#)

Ramsay Hunt syndrome, Herpes Zoster Oticus (HSV-3)

Desire to hide away from the ugliness and negativity in others, and either [denying](#) or not realizing it is also within self. It is within everyone in human form

Rash

Unable or unwilling to express our emotions yet wanting others to know we have strong feelings about what is happening. See [rash as an allergic reaction](#)

Rash as an allergic reaction

Adverse reaction to the intervention that was supposed to help the problem, so that the problem is reduced but a new one is created - a vicious cycle we feel powerless to change. The solution? Find the root cause of the original issue and resolve it, thereby removing the need for the intervention

Raynaud's disease

Pattern of responding to perceived threats in an exaggerated way to regain [control](#) of a situation. The effect can be overt (like screaming at the mere sight of an insect or having a [temper tantrum](#) if not getting our way) or covert (withholding expression of strong emotions or even flatly refusing to speak [see [cold shoulder](#)]). See [peripheral vascular disease](#)

Reactive arthritis

Concealing our true reaction to a threat to our [self-esteem](#). Since symptoms may not start until from one to four weeks after the triggering event, it can be challenging to recall the thought. Try to recall what was happening at the time of the initial [infection](#) anyway, because the information will assist the healing process

Reactive attachment disorder

Results from a lack of forming healthy attachments with caregivers in early childhood, due to caregivers' being unable or unwilling to connect emotionally with the child - not the other way around. Can become a generational family pattern

Receding gums

[Anger](#) over being unable to win the approval of someone who is highly unlikely to give it

Rectum prolapse

Feeling everything is always more difficult for us than everyone else, and we never get any lucky breaks. See [constipation](#), [victim](#)

Red measles (Rubeola)

Wanting to permanently delay taking the next step of development. [Fear of the unknown](#)

Red nose

[Repressed](#) or [suppressed](#) emotions

Reflex Sympathetic Dystrophy (RSD) / Complex Regional Pain Syndrome (CRPS)

Failure of our caregivers / loved ones to acknowledge our pain after an injury, and failure to allow us time to heal. They expect us to just pick right up as if nothing had happened, showing a complete lack of sympathy or [compassion](#) for us. We are left feeling uncared for, unloved or even invisible, which inevitably leads to feelings of unworthiness, deep sorrow and a need to medicate the [pain](#). Start [Building stable self-esteem](#)

Rejection sensitive dysphoria

Unable to tolerate the seeming loss of others' approval without falling into an emotional tailspin that can trigger any number of negative behaviours. The perceived loss can result from the slightest disagreement with our opinions, or any suggestion as to how we might improve something we have done, or even a hint we may have erred. See [self-esteem](#)

Remembering everything

Constantly reminding self of events, losses, experiences, victories or hurts in case they are needed to gain the upper hand in arguments (see [guilt trips](#)), or to give us a sense of superiority

Respiratory infections

Represents an unrecognized or unspoken need for any or all of the following: assistance, relaxation, relief, rest, support

See type: [Lower respiratory infections](#), [Upper respiratory infections](#)

Respiratory syncytial virus (RSV)

Feeling the need for some tender loving care and the only way to get it is to be sick

Issues that can arise: [Boogers](#)

Restless legs syndrome

Wanting to kick someone or something. [Anger](#). Knowing we need to get moving, but resisting

Restrictive cardiomyopathy

Projecting our negative motives onto others as a way to [avoid](#) seeing the harsh truth about self

Retinal migraine

Feeling blind-sided by the actions of someone we considered to be a friend

See [Headaches](#), [Migraine aura](#), [Migraine headache](#), [Ocular migraine](#)

Retinitis pigmentosa

[Belief](#) spirituality is ok for the other guy, but we personally have no need for such silliness. See [birth abnormalities and genetic disorders](#), [keratoconus](#)

Retinoschisis

Unable and/or unwilling to discern and/or acknowledge to self, whom we can ever really trust to be honest. See [cysts, lumps and bumps](#), [birth abnormalities and genetic disorders](#), [distrust](#), [legacy family pattern](#)

Retroverted or “tilted” uterus

Genetic

[Legacy family pattern](#) of treating the children as ‘less than’ or unworthy

Non-genetic

Personal pattern of [blaming](#) our failure(s) either on other [people](#) or on experiences we believe are outside of our [control](#)

Reversal of vision metamorphopsia

Sudden, shocking [fear](#) we may be overlooking something vitally important, or that things may not be as we believed or perceived. See [stroke](#), [traumatic brain injury](#), [vertigo](#)

Rhabdomyolysis

Represents a crisis of [faith](#). Searching desperately for answers to profound spiritual questions... looking everywhere except within for [fear](#) we will get it wrong. Until we learn to connect with our guide directly through [meditation](#), we will be at the mercy of information that comes through others, that may not be based in [Universal Truth](#)

Rheumatoid arthritis

Unable to accept that we are ok. [Belief](#) we are bad or unworthy because after all, that is what we were raised to believe. Chronic griping about what everyone else is doing, saying and/or thinking in the hope people will see *our* goodness. [Anger](#), [guilt](#), [shame](#), [victim](#)

Rhinophyma

[Fear](#) everyone is thinking we must be [stupid](#) if we think we are flawless or have any value at all

Rib removal (voluntary)

Desperate for others to focus on our physical appearance instead of our abilities or intelligence, which we feel are not now, and will never be, good enough

Ribs

Represent our ability to sustain and protect self. See [thoracic vertebra](#), [sternum](#)

Issues that can arise: [Broken rib](#), [Rib voluntary removal](#)

Rickets

Hiding from life. If a child, living in an over-protected environment yet basic spiritual needs are going unmet

Ringworm

Negative ideas that creep in and take hold. See Fungal infections

See type: Jock itch (Ringworm of the groin), Ringworm of the body, Ringworm of the scalp

Ringworm of the body

Feeling we were an unsuspecting target of someone we thought was an ally

Ringworm of the scalp

Unable or unwilling to acknowledge we have the same issues as someone close to us

Root canal (cracked tooth syndrome)

Feeling our integrity has been compromised (self-condemnation)

Rosacea

Chronic need to control others and feeling fully justified in doing so, yet knowing it is wrong , or feeling we have been harshly judged, or belief we have been publicly ridiculed or humiliated. See face, self-esteem, shame

Rotation of femur, fibula or tibia

Zigzagging through life due to searching everywhere for a solution but unable to decide on a particular path in case it is the wrong one. See help-rejecting complainer

Rumination syndrome

Wanting the family to know we do not believe the sickening spiritual food they are feeding us

Ruptured eardrum

Belief we did something wrong or bad. See fear of retribution, earache

Ruptured spleen

Unable to withstand the spiritual pain of a recent event. See victim

Ruptured tendon

Feeling unable to recover from a recent life lesson

S

Sacral vertebrae (sacrum)

See Vertebrae

S1	(Sacroiliac joint) <u>Fear</u> of our needs not being met can cause us to try to hold onto everything and feel unable or unwilling to let go. See <u>forgiveness</u> , <u>greed</u> , <u>hoarding</u>
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S2	Fear of abandonment
S3	Fear of the unknown
S4	Distrust
S5	Withholding approval

Sacroiliac pain

[Fearing abandonment](#) by someone without whom we feel we cannot thrive or even survive. See [iliac crest pain](#), [Iliacus \(muscle\) pain](#)

Salivary glands

Represent our ability to savour life. See [mouth](#)

Issues that can arise: [Salivary glands blockage](#), [Salivary glands cancer](#)

Salivary glands blockage

If due to:

Infection

Thinking ugly, hurtful thoughts. See [dry mouth](#), [stones](#)

Stones

Constant [criticism](#) of self and others

Swollen

[Fear of retribution](#) if others were to find out what we really think. See [COVID-19](#), [flu](#), [mumps](#)

Salivary glands cancer

[Obsessing](#) about how bad we are and [believing](#) nobody really, truly loves us and never could

Salt (sodium and chloride) retention

Holding onto old hurts, grievances, regrets or sorrows and unable or unwilling to let them go, or shed tears over them, or find [forgiveness](#)

Sarcoidosis

Unable or unwilling to let go of past hurts, and obsessing about what we will do to get even. See affected body part, [resentment](#)

Scalp psoriasis

Extreme concern we are in imminent danger

Scarlet fever

Terror at the thought of an [authority figure](#) finding out we have done something [shameful](#), and doing anything we can to hide the truth

Scars

Result from [acne](#) or traumatic skin injuries. Is full healing possible? Unknown. Spiritually, a determined, consistent effort to resolve the issues creating them would be needed

Schamberg's disease, Capillaritis, PPP

Fear we are failing to meet our soul's purpose and/or live up to our spiritual potential. Believing everyone can see our failure. Believing it is too late to change course

See contributing physical factors: [Chronic vein insufficiency](#), [Genetic inheritance](#), [Infection](#), [Side effects](#)

Schizophrenia

Can result from the following chronic thought patterns: futile [anger](#), [anxiety](#); [distress](#), [distrust](#), [guilt](#), [shame](#), [self-condemnation](#), along with a childhood filled with [chaos](#), chronic emotional instability, [trauma](#), and/or a lack of positive parental attention. Additionally, the condition may be a [karmic](#) requirement, e.g., needing to learn [compassion](#) for those who are at the mercy of their caregiver and lack self-determination or [agency](#)

Sciatica (includes Piriformis syndrome)

Intense ongoing [fear](#) and feeling we will be left alone or unsupported - again, as usual. See [fear of abandonment](#)

Scleroderma

An emotional onslaught from a trusted and therefore unexpected source creates a desire to shrink away or become invisible, in the hope of avoiding future such assaults

Sclerosing cholangitis

Repeated bouts of vicious [condemnation](#) of self or others, followed by periods of remorse and hoping the words are untrue but doubting they are

Sclerosing mesenteritis

Unable to stomach the constant [hateful](#) thoughts for self we feel we are obliged to feel. See [guilt](#), [self-condemnation](#), [shame](#)

Scoliosis

[Fear of the next attack](#) from a loved one and wanting to avoid it, yet not wanting the loved one to know we fear them and their power

Seasonal affective disorder (SAD)

Emotional symptoms arise as the anniversary date approaches of past [traumatic events](#) that have not yet been resolved and released. See [anniversary illnesses](#)

Change the pattern: [Meditate](#) to find the triggering event(s) and then do the spiritual exercises in [Section 9](#)

Sebaceous glands

Represent our ability or willingness to protect ourselves, and recover from, the damages occurring in daily life

Issues that can arise: [Sebaceous glands cancer](#), [Sebaceous glands cyst](#), [Sebaceous hyperplasia](#)

Sebaceous glands cancer

Chronic [fear](#) there is an imminent, as-yet-unseen threat to our life

Sebaceous glands cyst

[Fear](#) our spiritual flaws are on display for the world to see

Sebaceous hyperplasia

Wanting [mercy](#) from those who are unable or unwilling to give it. Needing to be assured everything is ok, you are ok, you're doing a good job, you're appreciated and loved, and it's ok to just take time and restore yourself. All of these comprise our need to receive mercy. The problem comes in when we need it from others because we will not accept it from ourselves. Additionally, our guides will not provide it for us since to do so would violate the [spiritual Law of Free Will](#). So... it's up to us to know we are worthy, and accept mercy and kindness from people or from our guide without second-guessing our worthiness

Seborrheic dermatitis

Habitual griping in our thoughts due to feeling helpless against life's many annoyances. Changing our attitude is key to reducing and removing the condition. See [self-condemnation](#)

See type: [Cradle cap](#), [Dandruff](#), [Psoriasis](#), [Seborrheic dermatitis - ears](#), [Seborrheic eczema](#)

Seborrheic dermatitis - ears (ear eczema)

Habitual griping in our thoughts due to feeling helpless against life's many annoyances. Changing our attitude is the key to reducing and removing the condition. See [self-condemnation](#)

Seborrheic keratosis

Physical representation of our thoughts and actions for which we continually [condemn](#) self and for which we [fear](#) God will condemn us

Second or index finger

Represents our [tolerance](#) (or lack thereof) for self and others. If injured, constant [judgment](#), [criticism](#), and [condemnation](#), whether directed at self or another, whether voiced aloud

Second index finger or second toe knuckle

Hidden desire to shush people

Second or long toe

[Condemning](#) our or someone else's stupid choice for creating the current negative situation

Secondary effects of diabetes

Conditions that can arise: [Blindness](#), [Gangrenous extremities](#), [Kidney failure](#)

Secondary hemochromatosis

See [anemia](#), chronic [liver disease](#)

Secondary infertility

Fear of seeming to be greedy

Secondary Traumatic Stress

Compassion fatigue can arise for those caring for someone who needs constant attention, or for those whose job it is to care for victims of traumatic experience(s)

Change the pattern: The event(s) may seem impossible to forget, but it is possible to at least come to peace with them. Do the Forgiveness, Grieving, Guilt-buster and How to stop worrying exercises

Seizure

Feeling extremely vulnerable ("I want my mommy!"). Trying to "seize" someone's attention. Unable to cope with being told, "No". Anger, fear. See epilepsy

Selective deafness

Pattern of pretending to be unable to hear - not everything - just information we dislike. Blocking information disagreeing with our beliefs can be a crippling pattern, preventing open discussion about any potentially contentious matter (politics, religion, healthcare, etc.). Can result from a desperate need to be correct and in control. See echo chamber, passive/aggressive disorder

Change the pattern: Meditate to learn why we need to be right, and visit WikiHow to learn HOW TO DEAL WITH DISAGREEMENT

Self-inflicted hair removal

(Includes over-plucking eyebrows, pulling out hair or excessive body hair removal)

Deep emotional or spiritual pain after traumatic experience(s). Guilt, shame, spite

Self-mutilation (self-harm)

A silent plea for help or attention. Showing our pain to the world, hoping someone - anyone - will take pity on us. See chronic despair and distress, obsessive/compulsive behaviours

Self-soothing (self-gratification)

Includes hair-twirling, rocking, skin-picking, thumb-sucking, etc. These can help ground us when under duress or if seeking to solve a problem. Can be considered to be an addiction, but to a behaviour rather than a substance. Such behaviours feed a need every bit as real as hunger or thirst - the need is to receive nurturing. See obsessive/compulsive behaviours

Semen allergy

Unrecognized or unresolved issue with our mate

Sense of taste (gustation)

Represents our ability to discern between safe and unsafe, good and bad, truth and lie, etc. If sensing a metallic taste

Conditions that can arise: Ageusia, Dysgeusia

Sensitive teeth

Tired of trying too hard. Firm belief we will never win or succeed

Sensory processing disorder

Difficulty accepting we are in a physical body. The soul may have left a previous life experience in a traumatic way, or this may be the soul's first incarnation in human form

Separated sternum

Unable or unwilling to acknowledge our limitations, even to the point of risking personal injury

Sepsis

Stubbornly-held toxic, negative belief that suddenly becomes destructively vicious. To initiate the healing process from within, learn what triggered the eruption. See infection

Contributing spiritual factors: Anger, distress, ego, self-righteousness, shame

Sexual dysfunction

Complex disorder caused by a combination of several physical and spiritual conditions. However, the root spiritual component can be traced to a desire to withhold pleasure either from self or from our partner. Applies to both Erectile dysfunction (see impotence) and Female sexual dysfunction

Spiritual components: anxiety, depression, fear of becoming pregnant, fear of intimacy, fear of invasion, revenge, low or unstable self-esteem, spite, stress

Sexually transmitted diseases (STD's)

Belief or fear having or wanting sex is bad, and it is only a matter of time until God punishes us

See type: Hepatitis B, Herpes simplex virus (HSV), Human immunodeficiency virus (HIV), Human papillomavirus (HPV), Trichomoniasis

Sharp, stabbing pain

Signal we just had a cruel, negative thought, like anger, envy, judgment

Sheehan's syndrome

Conditions that can arise: Acute adrenal failure, Low blood pressure, unintended Weight loss, Menstrual irregularities

Shin splints

Trying too hard to get something distasteful over and done with, or trying to achieve too much, too fast in order to win approval from a harsh critic, possibly self

Shingles (HSV-3)

Childish reaction to a challenging life experience. Belief there is no protection from the ugliness and negativity in the world. Victim

Shorter than average fingers or toes (Brachydactyly)

Legacy family pattern of feeling 'less-than' or 'outcast', and fighting to overcome the deficits created by the belief system(s). See birth abnormalities and genetic disorders, karma

Shortness of breath (Dyspnea)

Physical manifestation of anxiety, fear, fear of failure, fear of retribution, or fear of the unknown

Shoulder arthritis

Belief we are indispensable or carrying a heavier load than others. See bronchitis, bunions

Shoulder bursitis

Unvented explosive anger and resentment

Shoulder osteonecrosis

Unwilling to take responsibility due to an intense belief *they* will not let go of it, or unwilling to release responsibility for a task due to an intense belief *they* will do it all wrong

Shoulder pain

Needing to be in control of everything. Feeling like we have to do more than everyone else, or we are indispensable. Easily offended

Shoulders

Represent our attitude toward work and our ability to perform

Issues that can arise: Arthritis, Broken, Bursitis, Joint dislocation, Frozen shoulder, Joint subluxation, Shoulder pain, Torn rotator cuff

Sibilance

"Please don't be mean to me" or "Please don't hold me accountable" attitude

SIBO (small intestinal bacterial overgrowth)

Unrecognized or unresolved beliefs eating away at our very ability to thrive. See fear of retribution, feedback loop, guilt and legacy guilt, shame, intolerance, victim

Contributing factors: Celiac disease, Crohn's disease, Diabetes, Diverticulitis, Histamine intolerance, Hormone imbalance, Kidney stones, Malabsorption syndrome, Mineral or vitamin deficiency, Osteoporosis, Scleroderma

Change the pattern: Meditate to learn the initial triggering event so it can be resolved

Sick sinus syndrome and bradycardia (Sinus bradycardia)

Feeling the world is passing us by and not knowing what to do about it

Change the pattern: Stop seeking fame and fortune and approval from others; start building strong and stable self-esteem

Sickle cell anemia

Legacy family pattern resulting from believing the family is unworthy of anything good in life, period. See birth abnormalities and genetic disorders, What is legacy guilt?

Side effects

Adverse or unwanted reaction to a medical intervention to help the problem, such that the problem is solved but a new one is created - a vicious cycle we feel powerless to change. Can arise as a result of our thoughts, attitudes, emotions, beliefs and desires about:

- that which has been prescribed or given as treatment
- the person who gave us the prescription or treatment
- our desire to stay sick or to get better
- our beliefs about our ability to heal
- our beliefs about whether we deserve to be helped
- our desire or lack thereof to be cooperative with authority figures

These are just a few possibilities affecting the results of treatments / medications; however, once we have recognized the spiritual components of the cause of our side effect(s), we can start healing from within by really resolving the issue. Just think how our healing could improve by doing the work of recognizing which of these issues applies and meditating to find and resolve their root cause. See Why are there side effects from medications?

Signals

Our guides give us physical reminders to pay attention to our thoughts, to act according to the principles of universal truth and unconditional love, or to let us know when Universal Truth or correct understanding have been gained

See affected area: Chills, shivers or goosebumps, Choking for no apparent reason, Choking on food or drink, Cough, Head bumps, Hiccups, Itch, Muscle cramp, Muscle twitch or tic, Numb or tingling or vibrating foot, Numb or tingling or vibrating hand, Pain, Sliver, Sneeze, Stubbed toe, Tearing or watery eyes, Tinnitus, Tired or listless, Trembling or twitching chin, Twitching eye

Silent treatment

Withholding communication as a punishment. Childish, manipulative behaviour designed to punish, hurt or infuriate someone who has offended us. See blame, cold shoulder, guilt trips

Sinus bradycardia

Fearing life will pass us by before we do all we had hoped to do when we were young

Sinus bradycardia with short PR interval

Time is running short! I must hurry up and get it all done in time!

Sinus cavities

Represent our ability or willingness to go with the flow. See nose

Issues that can arise: Allergic fungal sinusitis, Boogers, Sinus cavities cancer, Chronic congestion, Odontogenic maxillary sinusitis, Sinus cavities polyps, Sinusitis

Sinus cavities cancer

Knowing others are suffering and we could help, but withholding assistance because after all, no one ever helped us. They deserve to suffer as we did

Sinus cavities polyps

Condemning our failure to stifle hope for better times, yet living with chronic disappointment

Sinusitis

Chronic fear we are broken and need to be fixed, or we will soon be caught and punished for our mistakes (fear of retribution)

Issues that can arise: Allergic fungal sinusitis, Boogers, Odontogenic maxillary sinusitis

Sjogren's syndrome

Habitually denying self of nurturing, and unable or unwilling to acknowledge our hurts

Spiritual components: Despair, grief, martyr, victim

Physical components: Autoimmune diseases, Dry eyes, Dry mouth, Lupus, Rheumatoid arthritis

Skeleton

Represents our spiritual infrastructure of belief systems. See bones, broken bones, skull, spinal column, vertebrae

Issues that can arise: Arthritis, Bone cancer, Osteoporosis, Paget's disease

Skin

Represents self-protection

Issues that can arise: Acne, Acne excoriée, Actinic keratosis, Angioedema, Barber's itch, Basal cell carcinoma, Black neck, Blisters, Blood blisters, Boils and carbuncles, Bruising, Cellulite, Cherry angioma, Chilblains, Contact dermatitis, Cradle cap, Dandruff, Dermatitis, Dry skin, Dyshydrosis, Eczema, Folliculitis, Frostbite, Frown lines, Gianotti-Crosti syndrome, Granuloma annulare, Hidradenitis suppurativa, Hives, Hyperpigmentation, Hypopigmentation, Ichthyosis vulgaris, Impetigo, Intertrigo, Itch, Jock itch, Keratosis pilaris, Lichen planus, Lipoma, Melasma, Moles, Morgellons disease, Morphea, Perinasal dermatitis, Periocular dermatitis, Perioral dermatitis, Pilar cyst, Pimples, Poison ivy, Psoriasis, Rash, Rash as an allergic reaction, Rhinophyma, Ringworm, Rosacea, Scars, Scleroderma, Seborrheic dermatitis, Skin cancer, Skin fungus, Skin picking disorder, Skin tags, Stevens-Johnson syndrome, Stretch marks, Sunburn, Skin ulcer, Vein eczema, Vitiligo, Warts, Wrinkles

Skin cancer (Melanoma)

Covering self in a shroud of self-hatred or self-righteousness. See affected area

Skin fungus (Pityriasis rosea or Tinea Versicolor)

Wishing to be pitied for all of the pain we have experienced, and wanting to cover self in a protective blanket to prevent further hurt. See pity parties

Skin picking disorder

Obsessive need to appear perfect, usually to win someone's approval. See acne excoriée

Skin tags

Criticism, self-condemnation over every little thing

Skin ulcer

Feeling persecuted (blame, victim). Not recognizing our own power

Skull

Represents our ability to protect our sense of self

Issues that can arise: Chiari malformation, Skull fracture

Skull fracture

A recent emotionally traumatic event has created the need to reassess our life: relationships, career, hobbies, education - in short, everything. See Paget's disease, Traumatic brain injury

Sleep

Represents self-acceptance

Issues that can arise: Bedwetting, Insomnia, Klein-Levin Syndrome, Narcolepsy, Night terrors, Periodic Limb Movement Disorder, Sleep apnea, Sleep drooling, Sleep paralysis, Sleep-walking, Sleeping with mouth open

Check out this WikiHow article HOW TO GET QUALITY SLEEP and this CNN article WHY DO I WAKE UP AT 3 A.M. EVERY NIGHT?

Sleep apnea

Stuck between wishing for independence yet fearing having to actually be responsible. See co-dependent relationship, feedback loop

See type: Central sleep apnea, Snoring (Obstructive sleep apnea)

Sleep drooling

Trauma in our childhood has left us in a state of unrecognized shock and feeling helpless, like a deer caught in headlights. Can manifest in waking hours as feeling numb or disconnected and as a craving to feel protected. See also sleeping with mouth open

Change the pattern: Grieve painful childhood experiences, seek to gain understanding of their causes, forgive those who failed to protect us

Contributing physical factors: Weak jaw muscles, myasthenia gravis, TMJ disorder

Contributing spiritual factors: Fear of abandonment, fear of confrontation, fear of death/dying, fear of the unknown

Sleep paralysis

Fear of losing control to an unknown and unknowable threat; fear of being held prisoner. See Can negative energies and entities harm us?

Sleep positions

We tend to have a favourite sleeping position and, since we need to sleep in one position or another, it is not that there is a problem with any of them. Rather, if we suddenly feel the need to change our normal position, the need may have been triggered by a recent significant event. It is the event that needs to be identified and our thoughts about it acknowledged and resolved. These position descriptions may help with identification:

Climbing a ladder

Trying to escape reality or always trying to improve self (never feeling quite good enough)

Lying on Back or Lying on Front

Represents trust issues

Natal

Feeling comfortable or needing to be comforted

Side

Avoiding looking at someone or something or unable/unwilling to change a point of view

Side with crossed ankles and/or arms

Fear we are in danger or wanting to be left alone

Sleep-walking

Trying to run away (abandonment or avoidance)

Sleeping with mouth open

Contributing factors: Chronic congestion, Deviated septum, Sleep apnea, Sleep drooling, TMJ disorder, Upper respiratory infection

Sliver

Signal we harshly criticised self or another, whether aloud or in our thoughts

Slow talker

Strong desire to hold the attention of our audience so as to control the content or direction of a conversation. Can be a way to anger the listener. Can come from low self-esteem or self-importance, or an inability to think clearly. See chronic confusion

Slow walker

If an adult, deep need to reassert our control over someone who wants to gain independence. If a child, needing to receive direct, focused attention

Small vessel disease - Heart

Unable or unwilling to trust all is well

See contributing spiritual factors: Chronic distress, distrust, fear, worry

See contributing physical factors: [Birth abnormalities and genetic disorders](#), [Diabetes](#), [High cholesterol](#)

Smooth talker

Pretending to be in [control](#) of everything yet [fearing](#) being found out to be a fraud

Sneeze or tickling nose

Physical reminder to pay attention to our thoughts, and to act according to the principles of [universal truth](#) and [unconditional love](#). While it may not seem important at the moment, the information will come into play in the near future. See [signals](#)

Snoring (Obstructive sleep apnea)

[Repressed](#) or [suppressed](#) strong emotions. Feeling smothered by the pressures of life and wishing to be rescued. Feeling like a [victim](#), tendency toward [passive/aggressive](#) behaviour

Soft talker

Trying to come across as non-threatening, or to force our audience into silent submission

Soiled clothing

Form of [silent rebellion](#)

Sole of the foot - pain

Unwilling to [forgive](#) a hurt someone caused, believing it was intentional

Somatic nervous system

Controls voluntary activities, enabling us to put our thoughts into physical action

Somatic (or psychosomatic) symptom disorder

Habitual thought patterns keeping us trapped in a [feedback loop](#) of chronic [worry](#) about becoming ill, plus a [fear of death/dying](#) along with [obsessive](#) thoughts about our health or past [traumatic events](#). See [anxiety](#), [depression](#), [hypochondriasis](#), [suicide ideation](#)

Sore feet

[Walking](#) our path with unresolved spiritual issues and no desire to change. See [echo chamber](#)

Sore throat (Pharyngitis)

Frustrated at being unable to express our thoughts due to feeling no one listens to us the way we wish they would

See type: [Acute sore throat](#), [Bacterial sore throat](#), [Viral sore throat](#)

See contributing physical factors: [Allergens](#), [allergic reactions](#), certain [cancers](#), dry environment, [gastroesophageal reflux disease \(GERD\)](#), [HIV](#), irritants like smoke, chemicals or certain foods or beverages, [throat muscle strain](#)

Spasmodic torticollis

[Beliefs](#) about self and our place in the Universe not based in Truth

Speech

Speech is the physical expression of our thoughts, attitudes, emotions, beliefs and desires. Some speech patterns below can be annoying for others to hear, but since we seldom hear what we ourselves are saying, or how we are saying it, we may not realize how our speech is self-sabotaging. Visit WikiHow and [PRACTICE SPEAKING WELL](#).



“Aim to speak in such a way that others love to listen to you. Aim to listen in such a way that others love to speak to you.” ~ Unknown

Notes:

(1) These descriptions do not apply to those who have sustained, or are recovering from, illness or [traumatic injuries](#)

(2) Although not a disorder as such, if one emigrates to a land where a different language is spoken and fails to learn that new language, [co-dependent relationships](#) can result

Issues that can arise: [Babbling speech](#), [Baby talk in adults](#), [Close talker](#), [Cluttering \(speech\)](#), [Delayed speech in children](#), [Falsetto voice](#), [Fast talker](#), [Foreign accent syndrome](#), [Hoarse voice](#), [Laryngitis](#), [Lisp](#), [Loud talker](#), [Mumbling](#), [Nasal voice](#), [Sibilance](#), [Silent treatment](#), [Slow talker](#), [Smooth talker](#), [Soft talker](#), [Stilted speech](#), [Stuttering](#), [Tongue-tie](#), [Tourette syndrome](#), [Up-talking](#), [Vocal chord polyps](#), [Whining](#), [Whispering](#)

Spider veins

Wishing we were someplace - anyplace - else, or with someone - anyone - else, and feeling stuck in the planning process to bring change. See [Chronic vein insufficiency](#)

Spina bifida

[Karmic situation](#) in which the affected person either experienced brutal physical harm at the hands of a loved one, or caused a loved one to experience same. See [birth abnormalities and genetic disorders](#)

Spinal column, spinal cord

Represents our spiritual infrastructure of [belief systems](#)

The [brain](#) is the first place in the human body to react physically to our thoughts, attitudes and emotions. From there, signals are sent to the nerves in the spinal cord and from there, to the area of the body affected by the particular thought, attitude or emotion that was just experienced. Vertebral damage occurs when a specific spiritual tolerance threshold has been breached. See [back](#), [bones](#), [skeleton](#), [vertebrae](#)

Issues that can arise: [Baastrup syndrome](#), [Degenerative disc disease](#), [Herniated disc](#), [Joint dislocation](#), [Joint subluxation](#), [Scoliosis](#), [Spina bifida](#), [Spinal column arthritis \(Ankylosing spondylitis\)](#), [Spinal cord injury](#), [Spinal muscular atrophy](#), [Spinal stenosis](#), [Swayback or Lordosis](#)

Spinal column arthritis (Ankylosing spondylitis)

Firmly held, fundamental [belief](#) about a specific subject based in untruth and illogic, and of course that means everybody else's belief is wrong, wrong, wrong. See [self-righteousness](#)

Spinal cord injury

See affected [vertebrae](#), [spinal column](#), [belief systems](#), [What is karma?](#), [Why do we get sick / suffer injuries / have accidents?](#)

Spinal muscular atrophy

See [Motor neuron diseases](#)

See [Birth abnormalities and genetic disorders](#) and [What is karma?](#)

Spinal stenosis

Impaired ability to feel [compassion](#) and no desire to understand why. See [arthritis](#)

Splayed feet

Endlessly searching for someone to provide us with emotional or spiritual stability yet finding none. See [duck-footed](#), [flat feet](#), [high arch](#)

Spleen

Represents our ability to contend with, or fight off, verbal threats to our personal safety

Issues that can arise: [Bruised spleen](#), [Enlarged spleen](#), [Ruptured spleen](#)

Splinter hemorrhage

Results from emotional upsets we feel deeply yet are unable or unwilling to acknowledge to others for fear of their ridicule and loss of their approval. See [self-esteem](#)

Split nail

Reminder an [inner conflict](#) needs to be resolved. Look to affected [finger](#) or [toe](#)

Spontaneous (sporadic) CJD

Firm [belief](#) in a false story that developed from our negative reactions to life experiences. Any attempt by others to question or challenge the belief is met with firm (and possibly explosive) [anger](#) and refusal to consider any other possibilities ([denial](#))

Spooning nail

Frustrated everyone else gets so much attention and appreciation - "What's wrong with me?!" See [anemia](#), [liver](#), [martyr](#), [self-righteousness](#), [victim](#), [hoarding](#). Look to affected [finger](#) or [toe](#)

Sports hernia

Waiting for someone to see how hard we are trying, in spite of how much it hurts us. The hope is the more it hurts, the more sympathy, or compassion, or caring we will receive. See [martyr](#)

Sprained tendon

Regretting a recent choice and wishing a different option had been available

Sprained wrist

Resisting taking the next action with an important project. See [fear of failure/success](#)

Squamous cell carcinoma

Withholding physical nourishment from self because after all, we really should not have to care for ourselves - that is supposed to be up to Mommy and/or Daddy

Spiritual risk factors: Feeling a lack of agency leading to blaming others for our misery

Physical risk factors: Eating foods that may taste delicious but make us feel awful, resistance to physical exercise, addiction, insomnia

Change the pattern: Making healthy lifestyle changes is our responsibility. Being unwilling to address our physical needs places an undue burden on others. See co-dependent relationships, misandry, misogyny, passive/aggressive behaviours, self-esteem

Stage fright

Paralysing condition arising from fear of failure/success, fear of looking stupid, due to a lack of confidence in the message to be given. See anxiety

Physical effects: Dry mouth, nausea and/or vomiting, sweaty palms

Change the pattern:

Spiritually: Meditate to find and resolve the underlying cause of the fear

Physically: Prepare for your presentation by practicing as many times as needed to gain confidence. Join a public speaking group like TOASTMASTERS' INTERNATIONAL or visit Wikihow to HONE PRESENTATION SKILLS

Sternum (breastbone)

Represents our ability or willingness to protect that which is most important to us... self. See ribs

Issues that can arise: Broken sternum, Costochondritis, Dislocated sternum, Separated sternum

Stevens-Johnson syndrome

Feeling deeply emotionally insulted or assaulted without even knowing we were at risk, and furious about it. First step toward healing is forgiveness, both for self and the offender(s). See birth abnormalities and genetic disorders, blood cancer, gout, immune system weakness, infection, karma, pain, side effects

Stiff-person syndrome

Indecision as to how to cope with an on-going traumatic situation infuriatingly beyond our control. Should we fight or flee, and does it even matter what we do? See autoimmune diseases, epilepsy, muscle spasm, muscle stiffness

Stiffness pain

Rigid thinking

Stilted speech

Deep need to be seen as being wiser than everyone else, purposely using unfamiliar words, being overly moral, polite and/or respectful, and therefore being entitled to special treatment

Stomach

Represents our ability to use the spiritual food we feed ourselves, that is our thoughts, to nurture and sustain us. See [digestion](#), [eating disorders](#)

Issues that can arise: [Gastritis](#), [Peptic ulcer](#), [Sclerosing mesenteritis](#), [Stomach cancer](#), [Stomach pain](#), [Stomach polyps](#), [Stomach \(peptic\) ulcer](#)

Stomach cancer

Eating a spiritual diet filled with sickening thoughts about self, others, God, or the world in which we live. Chronic [distress](#) about our life experiences

Stomach pain

See [distress](#)

Stomach polyps

Trying to hold onto every little bit of affection and/or kindness we receive due to [fear](#) that they will eventually realize how unworthy we are

Stomach ulcer (peptic)

Allowing negative thoughts, attitudes and emotions to eat away at, and destroy, self. See [grief](#), [spite](#)

Strained groin

Resisting taking the next step, preferring to stay in a safe place even if it means losing out

Strained tendon

Trying too hard to foresee all possible outcomes so as to avoid mistakes

Strep throat

Stifling the truth for [fear](#) it may reflect poorly upon us and get us into big trouble

Stretch marks

Visible proof of certain life-changing experiences. When due to:

Pregnancy

Unrecognized negative feelings about our ability or desire to nurture the baby

Rapid weight changes

See [addiction](#), [eating disorders](#), [obsessive/compulsive behaviours](#), [patience](#)

Stroke

Frustrated with accurately expressing our thoughts about a difficult experience so burying the secret forever. See [blood clots](#)

Stubbed toe

Physical reminder to pay attention to our thoughts, be present, in the moment, and act according to the principles of [Universal Truth](#) and [unconditional love](#). See affected [toe](#)

Stuttering

Guilt, shame, self-condemnation

Stye

Unable or unwilling to cry over our painful experiences. If chronic, do the Grieving exercise

Submucosal fibroids

Frustrated desire to shrink or grow our family

Submucosal pedunculated fibroids

Unmet desire to create something of lasting importance

Subserosal fibroids

Frustration with our inability or unwillingness to complete projects

Subserosal pedunculated fibroids

Unmet desire to create something of lasting importance

Sucking one's teeth

Worry and fear our flaws will be found out

Sudden death syndrome

Sudden adult death syndrome (SADS)

Profound need to be in control of every single detail. See contributing conditions: arrhythmia, aortic catastrophe, myocardial infarction, pulmonary embolism, stroke

Sudden infant death syndrome (SIDS)

Souls enter human form to reflect or amplify the spiritual condition of the family, in conjunction with the individual's learning requirements. Only The All knows what is truly required for our spiritual advancement, so we may experience an extremely short or long life. See What is reincarnation?, What is karma?, What is a legacy family pattern?, Required life experiences

Sudden loss of muscle tone (cataplexy)

Can occur if we habitually suppress expression of strong emotions

Sudden withdrawal of corticosteroid treatment

Occurs after feeling we have lost the support of allies who should not have failed us

Suicide ideation

Often thought to arise only from grief or desperation, suicide ideation can also be a form of abandonment or an act of sacrifice. Suicide-related communication can be a form of control, spite or manipulation. It can arise if:

- Our partner in a co-dependent relationship breaks free (either through choice or by passing away). The survivor really cannot see that life is possible without the partner and feels hopeless
- We feel we made an unforgivable mistake, or the damage arising from it will be impossible to repair (see depression)

- We suffer a devastating loss or experience profound trauma and feel recovery to an adequate level of functioning is not possible

There are many forms of potentially lethal self-harm, but they all have one thing in common: the individual loses any opportunity to change if the self-inflicted harm results in death. Non-fatal self-harm may result in physical or mental challenges requiring incredible effort to overcome, and the opportunity for profound spiritual advancement then exists. Source sees the Universal Truth of all of the circumstances helping to create the suicide ideation for the individual, and it is Source who decides when it is time for an individual to come Home. The individual is never judged, criticised, or condemned but is simply loved unconditionally

External resource: [LIST OF SUICIDE CRISIS LINES \(WIKIPEDIA\)](#)

Sunburn, Sun damage (Poikiloderma of Civatte)

A pattern of being unable or unwilling to protect self may result from a couple of factors:

- Belief "God will protect me". Since we are spiritual beings in physical bodies, we are subject to physical laws. To expect the Universe to bend the laws for us is folly
- Setting aside our needs in order to meet everyone else's needs, while perhaps well-intentioned, ignores the fact we risk becoming unable to help anyone at all if we become ill or injured. Then what good is done? As they say, put on your own oxygen mask before helping anyone else with theirs. See self-esteem

Swayback or Lordosis

Feeling burdened by duties we feel were forced on us. See back pain, posture

Swaying gait

"Look at me!"

Sweat glands

Represent our ability or willingness to relax and trust we are safe, secure, and competent

Issues that can arise: Anhidrosis, Hidradenitis suppurativa, Hyperhidrosis

Sweet tooth

Craving inner peace and harmony

Swollen gums

Desperate need to do well enough to win the approval of someone who is highly unlikely to give it. Self-imposed stress

Swollen lymph nodes

Feeling like a victim, unable to speak up for self. See self-esteem

Swollen salivary glands

Fear of retribution if others were to find out what we really think. See COVID-19, flu, mumps

Synaesthesia - Mirror-touch

If acquired

Results from the Universe cooperating with the soul's profound desire to feel

If from birth

Karmic condition given in accordance with the soul's need to experience all souls in physical form have feelings and experience pleasure and pain, not just self

Synaesthesia - Visuo-spatial / Odour-colour

Karmic condition enabled by the soul's desire to assist in building humanity's understanding of, and capacity for, experiencing life in physical form

T

Tailbone pain

Deciding to believe we are unworthy of having a happy life because we are not doing what we think needs to be done (condemnation, shame)

Tailor's Bunion

Expecting others to do our work for us. After all, it is easy for them since they do not have our handicap, so they should not mind dropping whatever they are doing to help us

Tartar build-up (Dental calculus)

Since tartar build-up results from physical habits such as inadequate oral hygiene, along with consuming excessive sugary foods and drinks and/or tobacco-smoking, the underlying spiritual cause(s) of making such behavioural choices needs to be understood to effect change.

Low or unstable self-esteem is a major contributor. Young children who habitually resist doing as they are asked (or told) can build a pattern of defiance lasting into adulthood and can contribute to potentially serious health outcomes

Issues that can arise: Bad breath, Dental abscess, Dental cavities, Gum disease, Heart attack, Tooth loss, Stroke

Taurine neurotransmitter

Deficiency

Unable or unwilling to care for self, choosing instead to rely on others for physical nurturing and spiritual support, and suffering profound disappointment when they fail to deliver what we think they owe us. See associated conditions: depression, eye and vision issues, mineral or vitamin deficiency. See blame, victim, Depression linked to decreased taurine (SciTech Daily), What is taurine? (Healthline.com)

Excess

Overcompensating for that which we feel we are being denied, and blaming others for making us be responsible for their failures. See blame, spite, victim

Tearing or watery eyes

Negative - Purposely holding back tears as a punishment. Positive - Feeling unconditional love. See lacrimal glands, signals

Teeth

Represent our ability or willingness to process life's experiences and to tolerate information going against our beliefs or desires. See gums, lips, mouth, tongue

Issues that can arise: Broken tooth, Chipped tooth, Crooked teeth, Cross bite, Crowded teeth, Dental abscess, Dental cavities, Dry socket, Gaps between teeth, Grinding teeth, Hyperdontia, Hypodontia, Impacted tooth, Missing or removed teeth, Odontogenic maxillary sinusitis, Open bite, Overbite, Tooth pain, Peg lateral tooth, Pericoronitis, Root canal, Sensitive teeth, Sucking one's teeth, Sweet tooth, Tartar build-up, Tori - mandibular and palatal, Two rows of teeth, Under bite, Wisdom tooth problems, Yellowed teeth

The individual teeth



Watch / listen to slideshow of illustrations (YouTube)

See illustration 22 The individual teeth

The table below shows the spiritual component of problems for each tooth in the adult human mouth, numbered 1 through 32, starting with 1 on the upper right and ending with 32 on the bottom right - counting counter-clockwise.

Spiritual aspect of the individual teeth

Upper mouth, right to left

Tooth No.	Tooth name	Spiritual aspect	Age of entry
01	Third molar (wisdom)	Lack of encouragement to follow our heart	19
02	Second molar	<u>Fear of the unknown</u>	12
03	First molar	Unrecognized <u>trauma</u>	6
04	Second premolar (bicuspid)	<u>Dreading</u> change	11
05	First premolar (bicuspid)	Feeling invisible and/or useless	10
06	Cuspid (canine)	Unexpressed negative thoughts	11
07	Lateral incisor	<u>Belief</u> only "I" have this particular problem	8
08	Central incisor (front)	Self-loathing, <u>blaming</u> self for EVERYTHING	7
09	Central incisor (front)	<u>Belief</u> everybody <u>hates</u> me	6
10	Lateral incisor	<u>Belief</u> only "I" have this particular problem	8
11	Cuspid (canine)	Unexpressed negative thoughts	11
12	First premolar (bicuspid)	Feeling invisible and/or useless	10
13	Second premolar (bicuspid)	<u>Dreading</u> change	11
14	First molar	Unrecognized <u>trauma</u>	6
15	Second molar	<u>Fear of the unknown</u>	12
16	Third molar (wisdom)	Lack of encouragement to follow our heart	19

Lower mouth, left to right

Tooth No.	Tooth name	Spiritual aspect	Age of entry
17	Third molar (wisdom)	Hiding from self	19
18	Second molar	<u>Distrusting</u> self	12
19	First molar	Trying to keep secrets	6
20	Second premolar (bicuspid)	Unable or unwilling to change self	11
21	First premolar (bicuspid)	Stuck in a cycle of <u>pain</u> and <u>blame</u>	10
22	Cuspid (canine)	Hiding our true self from others	11
23	Lateral incisor	Feeling trapped	7
24	Central incisor (front)	<u>Belief</u> everybody <u>hates</u> me	6
25	Central incisor (front)	<u>Self-hatred</u> , <u>blaming</u> self for everything wrong	7
26	Lateral incisor	Feeling trapped	7
27	Cuspid (canine)	Hiding our true self from others	10
28	First premolar (bicuspid)	Stuck in a cycle of <u>pain</u> and <u>blame</u>	10
29	Second premolar (bicuspid)	Unable or unwilling to change self	11
30	First molar	Trying to keep secrets	6
31	Second molar	<u>Distrusting</u> self	12
32	Third molar (wisdom)	Hiding from self	19

Telangiectasia

Belief life is dangerous. Can place us in a state of hyper vigilance (or "fight or flight" state)

If acquired

Can result from unresolved trauma. See affected area of the body plus autoimmune diseases, birth abnormalities and genetic disorders, liver disease, lupus, pregnancy, scleroderma, spider veins, varicose veins

If from birth

Can result from a life-ending trauma in a prior incarnation or from a legacy family pattern

Temporal lobe seizures

Feeling frustrated because it seems like no one ever agrees with us. See victim

Tendinitis

Feeling unable to regain self-esteem after a recent loss

Issues that can arise: Tennis elbow (Calcific tendinitis)

Tendons

Represent ability to stand firm in the face of opposition. See affected area plus cartilage, joints, ligaments, muscles

Issues that can arise: Rupture, Sprain, Strain, Tendinitis, Tear

Tennis elbow (Calcific tendinitis)

Feeling forced into wasting our time and energy in the wrong pursuit. Unable or unwilling to acknowledge the ugly truth about our reason(s) for holding onto resentment

Terry's nails

Unable or unwilling to pay attention to our thoughts and feelings about what is going on around us. Look to affected [finger](#) or [toe](#) for more information. See [congestive heart failure](#), [diabetes](#), [kidney failure](#), [liver disease](#)

Testicular cancer

A negative idea or [belief](#) about self, others, God, or the world in which we live has formed, and [fear](#) of it manifesting in reality is growing stronger

Testicular pain

Feeling attacked by an unseen, unknown enemy. See [accidents](#), [inguinal hernia](#), [kidney stones](#), [prostatitis](#), [urinary tract infections](#)

Testicular torsion

[Fear](#) of what the future holds for us and strong doubt we will be successful in life

Testis, testicles

Produces sperm, the vehicle by which thought may become manifest in matter

Issues that can arise: [Testicular cancer](#), [Hydrocele](#), [Testicular pain](#), [Testicular torsion](#), [Varicocele](#)

Thalassemia

[Legacy family pattern](#) resulting from repeated losses and failures or lack of success, leading family members to perceive themselves as "less than" everyone else. See [birth abnormalities and genetic disorders](#), [victim](#)

Thighs

Represent support

Issues that can arise: See [Broken femur](#)

Third or middle finger

Represents our level of [patience](#) with self and others. If injury occurs, easily offended

Third or middle finger or toe knuckle

Hidden desire to tell someone how [angry](#) we are with them

Third toe (middle)

[Anger](#) over our inability to foresee the outcomes of choices

Thoracic aortic aneurysm

Unable or unwilling to admit to self we made mistakes that harmed our loved ones

Thoracic outlet syndrome

Carrying a heavy burden of emotional pain and not knowing what to do about it

Thoracic vertebrae (upper back)

See [Vertebrae](#)

T1	Angry about life's obstacles and challenges
T2	Unable or unwilling to be held responsible
T3	Unable or unwilling to reach out for help or to help
T4	Feeling betrayed
T5	Feeling trapped
T6	Feeling vulnerable
T7	Feeling powerless
T8	Feeling there is not enough time for everything
T9	Feeling unfulfilled
T10	Feeling unloved and so seeking everyone's approval
T11	Feeling unproductive or fearing becoming useless
T12	Feeling bankrupt or fearing bankruptcy (of wallet or of spirit)

Thoracolumbar junction

Represents our level of comfort with changes we did not expect, plan or seek

Issues that can arise: [Lumbodorsal fascia pain](#), [thoracolumbar function dysfunction](#)

Thoracolumbar Junction Dysfunction (Maigne's Syndrome)

Craving the changes we want in our lives but fearing will never come to pass because no one ever gives us a chance to do what we want

Symptoms that can arise: [Hip pain](#), [iliac crest pain](#), [groin or pubic pain](#), [testicular pain](#), [sacroiliac pain](#)

Throat cancer

Trying to swallow a false story, or trying to feed someone else a false story; living a [lie](#). Feeling stifled. Chronic choking back of tears or words. Wanting someone to meet our unexpressed emotional needs

Throat tickle

Physical reminder to pay attention to our thoughts, and to act according to the principles of [universal truth](#) and [unconditional love](#). Something needs to be said aloud

Throat

Represents communication

Issues that can arise: [Bacterial sore throat](#), [Throat cancer](#), [Choking for no apparent reason](#), [Choking on food or drink](#), [Cough](#), [Dysphagia](#), [Esophageal stricture](#), [Gag reflex](#), [Hoarse voice](#), [Laryngitis](#), [Sore throat](#), [Strep throat](#), [Throat tickle](#), [Tonsil stones](#), [Tonsillitis](#), [Viral sore throat](#), [Vocal cord polyps](#)

Thrombocytopenia (low platelet count)

Wanting to challenge the beliefs with which we have been raised, but fear of angering those on whom we are still dependent, in case they might be offended. See platelets, self-esteem

Thrombocytosis (high platelet count)

Stubbornly holding onto beliefs we know are false, out of a misguided sense of loyalty. See platelets, self-esteem

Thumb

Represents how we feel about our ability to grasp what is going on. If injured, fearing opposition or feeling opposed

Issues that can arise: Hitchhiker's thumb

Thumb or big toe knuckle

Hidden desire to do what we want to do instead of what everyone else wants us to do

Thymic hyperplasia (enlarged thymus gland)

Wanting desperately to be nurtured and lovingly cared for following a recent traumatic event

Thymus gland

Represents our ability and/or desire to defend ourselves from that which cannot be seen. See autoimmune diseases, immune system, lymph nodes, spleen, ulcerative colitis, plus Can negative energies and entities harm us?

Issues that can arise: Hypogammaglobulinemia, Myasthenia gravis, Pure red cell aplasia, Thymus gland cancer, Thymic hyperplasia

Thymus gland cancer

Belief all threats to our health and well-being come from outside of us

Thyroid gland

Represents our ability to regulate our emotional state

Issues that can arise: Hyperthyroidism, Hypothyroidism, Plummer's disease, Thyroid cancer, Thyroid eye disease, Thyroiditis

Thyroid cancer

Failure to monitor our spoken words to filter out judgment, criticism, or condemnation, believing it is acceptable to share hurtful information because we think it is truth and *they* need to hear it

Thyroid eye disease

Unable or unwilling to relax and trust; being on guard and on the look-out for danger all the time. Hating much of what we see every single day, and not realizing the immense healing potential of changing our outlook on life. See autoimmune diseases, Hyperthyroidism (Graves' disease)

Thyroid-stimulating hormone (TSH)

See [Pituitary gland hormones](#)

Issues that can arise: [Hyperthyroidism \(Graves' disease\)](#), [Hypothyroidism \(Hashimoto's thyroiditis\)](#)

Thyroiditis

Feeling our power has been lost and not knowing where to turn for help

Tinnitus

Unable or unwilling to confront that which we know we are [avoiding](#). See [signals](#)

Buzzing or humming

[Signal](#) to let us know our guide has specific, timely information for us. Ask and then pay attention to your thoughts, and whatever is happening around you

Pulsatile

Intense feeling we are missing something important and not knowing what to do about it, or being unwilling to do anything about it. See [signals](#)

See contributing spiritual components: [anxiety](#), [distress](#), [fear](#), [worry](#)

See contributing physical factors: [Anemia](#). [Aneurysm](#). [Atherosclerosis](#). [Blood vessel](#) issues. Head and Neck [Tumours](#). Head Trauma (see [Traumatic brain injury](#)). [High blood pressure](#). [Hyperthyroidism](#). [Paget's disease](#). [Sinus](#) issues

Ringings

Thinking we know best and not wanting any disagreement about it. Irritation ([anger](#)). See [signals](#)

Tip-toed gait

[Fear](#), walking on eggshells. Trying to meet someone else's expectations. Desire to sneak up on and startle [people](#) ([control](#)). See [hammertoe](#)

Tired or listless (for no apparent reason)

Physical reminder to pay attention to your thoughts, and to act according to the principles of [universal truth](#) and [unconditional love](#). [Signal](#) from our guide we are putting off doing something we would rather not do, yet have agreed to do. See [chronic fatigue syndrome](#), [depression](#), [procrastination](#)

TMJ Disorder

Displeasure with our emotional environment but feeling unable or stubbornly unwilling to do anything about it. Wanting everyone else to change. Rigid, negative [beliefs](#). See [blame](#), [victim](#)

Toe arthritis

Feeling unable to follow our own path due to "doing" for others. See [Parentification](#). See affected [toe](#)

Issues that can arise: [Gout](#), [Inflammation](#)

Toe bursitis

Unable or unwilling to adapt to unexpected changes on our life's path. .See affected [toe](#)

Toes

Represent our thoughts about our past, present and future. See [feet](#), [knuckles](#), [toenails](#)

See individual toes:

[Big toe](#), [Second toe](#), [Third toe](#), [Fourth toe](#), [Fifth toe](#), [More than five toes](#)

Issues that can arise: [Broken or bent toe](#), [Bunions](#), [Chilblains](#), [Joint dislocation](#), [Joint subluxation](#), [Gout](#), [Hammertoe](#), [Ingrown nail](#), [Longer than average toes](#), [Shorter than average toes](#), [Stubbed toe](#), [Tailor's bunion](#), [Toe arthritis](#), [Toe bursitis](#), [Webbed toes](#)

Tongue

Represents our ability to communicate, and to nourish, nurture and sustain self. See [gums](#), [lips](#), [mouth](#), [teeth](#)

Issues that can arise: [Black tongue](#), [Enlarged tongue](#), [Geographic tongue](#), [Gray tongue](#), [Hairy tongue](#), [Tongue cancer](#), [Tongue-tie](#), [White tongue](#)

Tongue cancer

[Obsessive](#) thoughts about how we communicate and connect with others. See [Human papillomavirus](#)

Tongue-tie

The child comes into the family to illustrate the physical effect of a [legacy family pattern](#) of withholding communication as a punishment for those with whom the family members are displeased. See [lip tie](#)

Tonsil stones (tonsilloliths)

Pretending everything is ok, due to a [fear](#) of not being believed (or maybe even being ridiculed) if we tell the truth about how cruelly we think someone is treating us. See [self-esteem](#)

Tonsillitis

Always being told we are wrong (and maybe even ridiculous) and believing it, yet wishing it were not true. Feeling uninvited and unwelcome

Tonsils

Represent our ability to protect our [self-esteem](#) from being harmed by others' negative opinions about us. See [immune system](#)

Issues that can arise: [Tonsil stones](#), [Tonsillitis](#)

Tooth pain

Unrecognized hurt feelings or hurtful thoughts

Top of the foot - pain

[Fear of retribution](#) from an unkind source

Tori - mandibular and palatal

Results from wishing for more support in fending off emotional assaults but finding none from our loved ones. See corresponding [individual tooth](#)

Contributing factors: [Grinding teeth](#), [Genetic heritage](#), [Obstructive sleep apnea](#), [Vitamin deficiency](#)

Torn rotator cuff

Always wanting more but having no [control](#) over getting it

Torn tendon

Wishing to undo a recent damaging error

Tourette syndrome

Desperate need to divert attention from someone or something. [Shame](#), [embarrassment](#)

Toxoplasmosis

Feeling like an unsuspecting [victim](#) of people or things we feel should not be dangerous or harmful. See [fear of invasion](#)

Transient global amnesia

Occurs when we relax into a higher level of consciousness enabling our guide to present information from a past or future life experience with bearing on our current incarnation. See [Akashic records](#). [Contact the author](#) if you would like to discuss your experience

Transverse myelitis

Can occur when we [dread](#), or [fear](#) becoming incapable of, holding responsibility

Contributing factors: [Coxsackievirus \(Hand-foot-and-mouth disease\)](#), [Cytomegalovirus](#), [Herpes simplex viruses](#) (including [Chickenpox](#), [Epstein-Barr virus](#), [Shingles](#)), [German measles \(Rubella\)](#), [Hepatitis. HIV](#), [Influenza](#), [Mumps](#), [Polio virus](#), [Red measles \(Rubeola\)](#), [West Nile virus](#), [Zika Virus Infection](#)

Trapped abdominal gas

See [distress](#)

Trapped water in ear

Hurrying through a normally enjoyable task to meet someone else's needs and unhappy about it

Traumatic brain injury (includes concussion)

See also [chronic traumatic encephalopathy](#)

If mild (concussion)

Can be a [signal](#), a sort of 'spiritual wake-up call'. Review the two or three days before the injury to recall anything troubling or upsetting for you. [Meditate](#) to gain understanding, so the incident(s) can be learned from and released

If severe

Profound challenge presented in accordance with the soul's learning path. See [required life experiences](#)

Placing self in situations in which traumatic brain injuries are likely to occur, can indicate feeling extreme [guilt](#) that requires punishment. See [accident proneness](#)

Trembling or twitching chin

Physical reminder to pay attention to our thoughts, and to act according to the principles of universal truth and unconditional love. Strong urge to express our thoughts or feelings

Trichomoniasis

Feeling we are not contributing to society, as if we are a parasite and therefore require punishment. A recent life experience has awakened a recognition we are not fulfilling our true life purpose but not knowing how to find out what it is (meditate). See vaginitis

Trigeminal neuralgia (tic douloureux)

A false belief system or an inner conflict is putting us under increasing pressure to resolve it, once and for all. Find the issue by examining whatever triggers the pain. Correct the false belief by learning the Universal Truth through meditation. Resolve the issue through forgiveness for self and others. See brain cancer, facial trauma, multiple sclerosis, root canal, stroke

Trigger-finger

Extreme frustration in a particular area. See affected finger

Tuberculosis

Belief we are weak. Feeling at the mercy of those who are strong and in a position of power. Giving up on our ability to survive. See HIV / AIDS

Tumour

Whether cancerous (malignant) or non-cancerous (benign), obsessive judgmental or critical thoughts about self or others

Twitching eye

Physical reminder to pay attention to our thoughts, and to act according to the principles of universal truth and unconditional love. Examine more closely our thoughts about what we are seeing

Two rows of teeth

Inner desire to remain in childhood yet craving independence

Type 1 diabetes

Can occur after the family receives a devastating blow, and no one sees or cares we are taking on full responsibility and blame for it

Type 2 diabetes

Chronic, crushing sadness because we know the happy stories we tell others (and ourselves) about our family are false, but hoping they will believe them anyways

Typhoid

Misplaced or unearned trust in others or in our ability to discern that which is safe for consumption

U

Ulcers

Feeling unable to protect ourselves from harm

See type: [Bedsore](#), [Skin ulcer](#), [Stomach ulcer](#)

Ulcerative colitis

Taking on responsibility for everyone's negative experiences and feeling the need to be punished for them

Umbilical cord accidents

Such events are not sent from the Universe to punish anyone. They are accidents resulting from physical laws and their very real consequences. They are not a fault on the mother's or the fetus's part, but rather the incoming soul's learning requirements about the physical laws and their results, whether positive or negative. Should the baby survive birth, health conditions may arise. These can include karmic learning experiences not only for the child but the entire family. The same holds true for mother and family should the baby not survive

Umbilical cord compression

If compression occurs before labour begins, fetal demise can occur. If compression occurs after labour begins, medical intervention may prevent fetal demise but both mother and child are likely to experience trauma. As with all life experiences, it is how each responds to their particular trauma (or life lesson) that contributes, for better or worse, to their spiritual development

Umbilical cord prolapse

If the fetus survives birth, there can be long-term health conditions for the child, with associated experiences for the family. Without intervention, fetal demise can occur. The spiritual component of demise can be on either mother's or fetus's part, depending on their thought patterns

Umbilical hernia

Trying to force someone into a [co-dependent relationship](#)

Unable to forget

Can arise from [traumatic events](#). See [PTSD](#)

Under bite

Wanting to prove everyone is wrong about us

Up talking

Can come from a desire to appear cheerful, positive and non-threatening ([martyr](#)). This behaviour can make our audience believe they are being given a chance to join the conversation, but since no answers are really wanted, it seldom happens. It can [manipulate](#) the listener into giving her or his approval after every phrase or sentence

Upper respiratory infections

Living in an emotionally cruel environment where no one offers comfort or support, and where no one speaks of the family secrets, creates a desperate need for sympathetic attention. This chronically unmet need for simple kindness can lead to [addiction](#) or even [suicide ideation](#)

Issues that can arise: [Boogers](#)

See type: [Common cold](#), [Respiratory syncytial virus](#), [Sinus issues](#), [Sore throat](#), [Strep throat](#), [Tonsillitis](#), [Zoonotic diseases](#)

Urinary incontinence (loss of bladder control)

Unable or unwilling to let go of needing approval from others due to low or unstable [self-esteem](#). See [constipation](#), [urinary tract infection](#)

Urinary retention

Holding onto the [pain](#) of a recent confrontation with someone whose approval we need, and [fearing](#) we may have forever lost their favour due to our [angry](#) outburst

Urinary tract infection (UTI)

Extreme displeasure with the way things are turning out, and feeling helpless to change any of it. See [victim](#)

Urine

Physical representation of our ability to cleanse and release that which is no longer needed spiritually. See [bladder](#), [kidneys](#)

Issues that can arise: [Cloudy urine](#), [Dark urine](#), [Frequent urination](#), [Urinary incontinence](#), [Urinary retention](#), [Urinary tract infections](#)

Uterine cancer

[Obsessive](#) thoughts about our failure to create [perfection](#) ([self-condemnation](#))

Uterine cervical stenosis (Closed cervix)

Unwilling or feeling unable or to bring into physical reality that which we wish to create.

Change the pattern: Just do whatever it is you want to do and see where it goes, instead of imagining all the possible ways to fail, or all the possible reasons others will condemn you and your efforts. See [self-esteem](#)

Uterine fibroids and/or polyps

Represent stifled creativity along with a desire for a life-changing experience and yet a [fear of the unknown](#). [Fear](#) having a baby would forever damage our chances of receiving the affection and/or kindness we [crave](#) and feel we deserve

See type: [Intramural fibroids](#), [Submucosal fibroids](#), [Submucosal pedunculated fibroids](#), [Subserosal fibroids](#), [Subserosal pedunculated fibroids](#)

Uterine infection

Self-hatred and/or contempt of others' intolerance of anything female

Uterus

Represents transition from spirit (creative urges) into physical form

Issues that can arise: Double uterus, Endometriosis, Endometritis, Missing or underdeveloped uterus, Retroverted uterus, Uterine cancer, Uterine cervical stenosis (Closed cervix), Uterine fibroids, Uterine infection, Uterus prolapse

Uterus prolapse

Unable to release pain and anguish over the loss of our position or status

V

Vagina

Represents transitional gateway

Issues that can arise: Double vagina, Leukorrhea, Vaginal cysts, Vaginal prolapse, Vaginitis, Yeast infection

Vaginal atrophy

Holding negative beliefs about aging, and/or dreading becoming old, ugly or unlovable

Vaginal cysts

Wanting to avoid intimacy, but feeling our "No" is not a good enough reason, whereas a health issue should be legitimate. See cysts, lumps and bumps, belief systems, self-esteem

See type: Bartholin's cyst, Inclusion cyst

Vaginal prolapse

Unresolved issue(s) over what we have - or have not - produced

Vaginismus

Unable or unwilling to trust. See vaginitis

Vaginitis

See type: Bacterial vaginosis, Non-infectious vaginitis, Trichomoniasis, Vaginismus, Yeast infection

Vagus nerve

See Autonomic nervous system

Manifests in physical the state of our emotional health and our spiritual outlook on life. See grief, joy, and other strong emotions listed in Section 6, Fainting (vasovagal syncope)

Valley fever

Exposure to the fungus occurs within a few days of having made a decision to do (or not do) something and gradually starting to doubt self, but not willing to admit to anyone we would like to change our choice for fear of looking stupid or weak-willed

Variant Creutzfeldt-Jakob disease (vCJD)

(contamination through eating beef infected with the abnormal prion protein)

A crippling inaccurate belief is intertwined with our identity

Varicocele

Wanting to remain in the comfort of childhood, fearing having to be a responsible adult

Varicose veins

Wishing we were someplace - anyplace - else, or with someone - anyone - else, but unable or unwilling to do anything about it (victim)

Vascular dementia (or Cerebral small vessel disease)

Unable or unwilling to acknowledge our role in our painful life experiences

Contributing spiritual factors: Chronic distress, distrust, fear, worry

Contributing physical factors: Birth abnormalities and genetic disorders, diabetes, high cholesterol, stroke

Vasculitis

Angry thoughts, chronic feelings of self-righteous indignation or feeling like a martyr or a victim

Contributing factors: Birth abnormalities and genetic disorders, blood cancer, hepatitis B or C, side effects, autoimmune diseases such as rheumatoid arthritis, lupus or scleroderma, that may trigger attacks on blood vessels

Issues that can arise: Aneurysm, blood clots, vision loss or blindness, pneumonia, sepsis

Vein eczema

Extreme irritation or disappointment with self for being unable or unwilling to take any steps toward changing our circumstances. See Chronic vein insufficiency, varicose veins

Vertebrae

Represent the foundation upon which our reactions to our life experiences rest. See back, skeleton, spinal column

See type: Cervical (neck), Coccyx (tailbone), Lumbar (lower back), Sacral (sacrum), Thoracic (upper and middle back)

Issues that can arise: Baastrup syndrome, Broken spine/vertebra, Joint dislocation, Osteoporosis, Joint subluxation

Vesicoureteral reflux

If acquired

Unable or unwilling to fully express strong emotions due to fear the core issue causing them may be revealed. See ectopic kidney

If from birth

Legacy family pattern of wanting, yet fearing, expressions of strong emotions like anger or grief. See birth abnormalities and genetic disorders

Viral hemorrhagic fevers (VHF's)

Feeling impotent. Victims of this family of diseases are often victims of situations seemingly beyond their control. The best protection is often the most difficult: believe - indeed, know - one person can bring profound change into her or his world. See zoonotic diseases

Viral sore throat

See associated conditions: Chickenpox, Common cold, COVID-19, Croup, Flu (Influenza), Measles, Mononucleosis

Visible signs of aging

Like frown lines, wrinkles, gray hair or yellowed teeth, unless there is physical discomfort or an underlying medical condition, dark circles or hollows under eyes are not cause for concern. See Is there a magic pill...? and Why do we get sick / suffer injuries / have accidents?

Visual snow syndrome (Visual static)

Can result from a recent (within a week or two before onset) emotionally traumatic event, and being unable or unwilling to acknowledge or understand the part we played in its occurrence. Can also arise from a habitual pattern, or a legacy family pattern, of avoiding Truth and denying it even matters, coupled with our inability or unwillingness to discern Truth.

Change the pattern: Build a new pattern of seek Truth and understanding, in meditation and in everyday life. Settle for nothing less.

Vitiligo

Fear of losing, or of never finding, our identity and purpose in life. Look to affected area for the specific message

Vitreous detachment

Belief life is harsher for us than most others, and angry our loved ones are not doing everything they can to make life easier for us, or at least providing us with a soft place to land

Vocal cord polyps

Pattern of condemning self for getting carried away with the emotions of a situation and saying too much, too loudly, or for refusing to speak

Voice

Enables vocal expression of our thoughts

Conditions that can arise: Hoarseness, Laryngitis, Shortness of breath, Vocal chord polyps

W

Walk (gait)

Represents how we walk our spiritual path. See feet, hips, legs

Issues that can arise: Bow-legged, Dragging one's feet, Drop foot, Duck-footed gait, Fast walker, Knock-kneed, Leaning forward gait, Pigeon-toed gait, Pronation, Rotation of femur fibula or tibia, Shin splints, Slow walker, Swaying gait, Tip-toed gait, Walking with stiff arms

Walking with stiff arms

Arrogance with feigned humility or trying to keep emotions hidden

Warts

Belief we are unworthy

See affected area: Feet (Plantar warts), Genitals, Hands, Knees

Weak ankles

Fear of having to be independent; lack of trust in self

Webbed fingers or toes (Syndactyly)

Legacy family pattern of feeling we will never be given enough to meet our needs, so we must take it for ourselves and if they think we are greedy for doing so, it is their fault. See affected fingers or toes, birth abnormalities and genetic disorders

Weight issues

Lack of spiritual stability. See eating disorders, obesity, or contributing illness

West Nile virus

Mild

See fever, flu, insect stings or bites

Severe

See encephalitis, fever, flu, meningitis

Whining

Childish way to let others know we are unhappy about something, or we want them to do something for us. Designed to get them to pity us and do whatever is needed to make the situation better - so we will not have to do it ourselves. See manipulation

Whiplash

Occurs after learning a loved one or an authority figure holds a shocking belief with which we heartily disagree

Whispering

Wanting to make someone think they are a confidante, an ally. See [close talker](#), [soft talker](#)

White tongue

See [oral thrush](#)

Whooping cough

HEAR ME!

Wisdom tooth problems

[Judging](#), [criticising](#), and [condemning](#) self for not honouring our needs but [fear](#) of taking the time away from others to tend to self. See [impacted tooth](#)

Wrinkles

Result from repeating the same responses to similar experiences throughout our life. See [frown lines](#)

Wrist arthritis

Sick and tired of having to do the same old boring tasks all the time and wishing to be doing something / anything else

Wrist bursitis

[Self-condemnation](#) over [believing](#) we are failing at our chosen work and unsure what to do about it

Wrists

Represent our ability or willingness (or lack thereof) to finish old tasks or to accept new ones

Issues that can arise: [Arthritis](#), [Broken wrist](#), [Carpal tunnel syndrome](#), [Joint dislocation](#), [Joint subluxation](#), [Ganglion cyst](#), [Sprained wrist](#), [Strained tendon](#), [Wrist bursitis](#)

Y

Yawning

Trying to make someone notice us. Looking for a way to escape a dull conversation or situation

Yeast infection

A new negative [belief](#) has just formed. Recognizing it, along with treating the physical disorder, can hasten healing. Frustration at never seeming to receive admiration, positive attention or recognition for our many (supposedly) selfless acts. See [martyr](#), [vaginitis](#)

Yellow Fever

Acute

[Fear](#) a recent life choice made for the wrong reasons will backfire. See [fever](#), [flu](#)

Toxic

Wanting to escape the inevitable negative results of that choice. See [fever](#), [flu](#)

Yellowed teeth

Unless there is a contributing physical ailment, there is no spiritual component because this condition is not a disease. While they can be unsightly, yellowed teeth are painless. The physical factors that contribute, like smoking, eating dark foods that stain the teeth (like red wine, coffee, tea, chocolate etc.) could be consumed to excess which would hasten the yellowing, and the spiritual component of such over-consumption could be [addiction](#) or [obsessive/compulsive behaviours](#). While the [visible signs of aging](#) cannot be prevented (not yet, anyways), there are several, often free, methods of whitening/brightening teeth

Z

Zika Virus Infection

Feeling there is no escaping responsibilities, and something horrible will happen if we let down our guard even for a moment

Zoonotic diseases

[Self-righteous](#) belief humans are separate from, and superior to, all other life forms, and other life forms are here only to serve us. Many such viruses cause disease in both humans and animals, including [mad cow disease](#), SARS, MERS, the [common cold](#) and [COVID-19](#). See [viral hemorrhagic fevers \(VHF's\)](#)

See type: [Alpha-Gal syndrome](#), [Avian flu](#), [Chagas disease](#), [Common cold](#), [COVID-19](#), [Croup](#), [Dengue fever](#), [Ebola virus and Marburg virus](#), [H1N1](#), [Hand-foot-and-mouth disease](#), [Hookworm](#), [Lyme disease](#), [Malaria](#), [Monkeypox virus](#), [Tuberculosis](#), [West Nile virus](#), [Yellow fever](#), [Zika virus infection](#)



Just as we are spiritual beings and subject to spiritual laws, so we are physical beings and subject to physical laws. Failing to care for our physical body places us at risk of injury or illness - after all, we bathe, brush our teeth, wash our clothing, clean our home and refrigerate our food, right? Why then would we risk catching or spreading any extremely infectious disease by refusing to mask up or socially distance or vaccinate, based on a belief our [faith](#) in God protects us? Our choices have consequences. Choosing to ignore best health protection practices, we could cause the illness, suffering and even death not only of others, but of ourselves. Such a choice does not come from love but from a desire to [defy authority figures](#).

Do you suffer from ... ?

This feature lists thought patterns contributing to various physical ailments.

Guilt

Includes [Guilt](#), [Guilt trips](#), [Legacy guilt](#), [Survivor's guilt](#)

[Accident proneness](#), [Acne](#), [Alzheimer's disease](#), [Aphasia](#), [Athlete's foot](#), [Babbling](#), [Binge-eating disorder](#), [Bruised eye](#), [Bulimia](#), [Burns and fires](#), [Colitis](#), [Craving](#), [Depersonalization-derealization disorder](#), [Falsetto voice](#), [Fast talker](#), [Fetal Alcohol Spectrum Disorders \(FASDs\)](#), [Finger fungus](#), [Fungal infections](#), [Genital herpes](#), [Gestational diabetes](#), [Giant cell arteritis](#), [Hangover](#), [Heart disease](#), [Herniated](#)

disc, Hidradenitis suppurativa, Human immunodeficiency virus (HIV), Incontinentia pigmenti, Lipoma, Lower respiratory infections, Lying, Malaria, Menopause, Money problems, Muscle cramp, Nail fungus, Obesity/overweight, Parasites, Post-traumatic stress disorder (PTSD), Premature ejaculation, Progressive supranuclear palsy, Remembering everything, Rheumatoid arthritis, Schizophrenia, Sclerosing mesenteritis, Self-inflicted hair removal, Sexually transmitted diseases (STD's), Small intestinal bacterial overgrowth (SIBO) | Sickle cell anemia, Silent treatment, Stuttering, Traumatic brain injury

Resentment

Breast cancer, Bursitis (shoulder), Gangrene, Incisional hernia, Kennedy's Disease, Lymphatic system cancer, Nausea and/or vomiting, Non-alcoholic fatty liver disease, Pelvic floor dysfunction, Sarcoidosis, Tennis elbow

Low or unstable self-esteem

Ability to learn, Accident proneness, Andropause, Aphantasia, Autoimmune deficiency syndrome (AIDS), Avoidant personality disorder, Baastrop syndrome, Baker's cyst, Broken collar bone, Bruising, Cannabinoid hyperemesis syndrome, Chronic confusion, Chronic congestion, Chronic fatigue syndrome, Clubbing nail, Craving, Cuboid syndrome, Dental abscess, Dental cavities, Depression, Distal clavicular osteolysis, Ear fungus, Ectopic pregnancy, Fainting, Fetal Alcohol Spectrum Disorders (FASDs), Flat feet, Gallbladder inflammation, Herniated disc, Ichthyosis vulgaris, Lying, Mast cell activation syndrome, Moles, Money problems, MTHFR variant, Multiple personality disorder, Pancreatic cancer, Paranoia, Parasites, Pericarditis, Persecution complex, Persistent genital arousal disorder, Proteinurea, Reactive arthritis, Reflex Sympathetic Dystrophy (RSD) or CRPS, Rosacea, Slow talker, Swollen lymph nodes, Tendinitis, Tonsil stones, Vaginal cysts

Worry

Baldness, Bleeding gums, Bleeding nose, Chills, shivers or goosebumps, Common bile duct stones, Constipation, Dandruff, Dark circles under eyes, Dizziness/vertigo, Fibromyalgia, Geographic tongue, Hairy tongue, Headache, High blood pressure, Hyperemesis gravidarum, Hypochondriasis, Insomnia, Itchy head, Menopause, Moles, Morning sickness, Pineal gland cyst, Pins and needles, Pituitary gland tumour, Placenta previa, Poor outcomes for medical or dental procedures, Post-traumatic stress disorder (PTSD), Small vessel disease - heart, Sucking one's teeth, Vascular dementia

Section 6 Spiritual glossary of Terms

This section gives the spiritual aspect of many human expressions (thoughts, attitudes and emotions), some behaviours and a few commonly spoken words or phrases. Included are the spiritual effects such expressions can create. If something does not resonate with you, ask the Universal Intelligence about it during meditation or [contact me](#).

For purposes of this workbook, the following definitions are used:

Thoughts - ideas formed into language using words, images or symbols, that may or may not be spoken aloud. Our thoughts produce attitudes, emotions, beliefs, desires and behaviours.

Attitudes - arise from our thoughts and belief systems.

Emotions - arise from our thoughts and attitudes, albeit at lightning fast speed. It can seem as though we feel emotions first and then have a thought, but this is not so.

Belief systems (or 'beliefs') - are stories we use to justify our thoughts, attitudes, emotions, desires and behaviours.

Desires - things we tell ourselves we need or want, resulting from our thoughts, attitudes, emotions and beliefs.

Behaviours - actions we take as a result of our thoughts, attitudes, emotions, beliefs and desires.

A

Abandonment (thought, attitude, emotion, behaviour)

Overwhelming desire to run away from a difficult situation. Can be a habitual response to our trigger issues. See [Reverse abandonment](#)

Can take many forms:

- Withholding communication from people or our guide as a punishment (see [cold shoulder](#), [isolation](#), [rejection](#))
- Escaping a situation via the use of a chemical substance (food, drugs or alcohol)
- Doing things to exclude others (listening to loud [music](#), reading a book, playing/working on computer, talking on the phone, watching television or movies)
- Abruptly hanging up the telephone on someone with whom we have just had a disagreement or abruptly turning our back and leaving the room
- Wishing a disagreeable neighbour would just move away
- Refusing to have further dealings of any sort with someone after they have done something that angers us (can come from [resentment](#) or a need for [revenge](#))
- Having a death wish for anyone with whom emotional difficulties are encountered on a somewhat regular basis (spouse, child, employer, teacher, colleague, etc.)
- [Suicide ideation](#)

Sounds like: I quit. I give up. Do it yourself. I don't care.

Spiritual effects: Unable or unwilling to complete projects or persevere through difficult times

Origin of the pattern: Being physically or emotionally abandoned by parents or caregivers, getting lost, not receiving help when we needed it, feeling unimportant, uninvited and/or unwelcome

Change the pattern: Instead of running away, state what is on your mind. Even if you think the other person does not want to hear it or does not care what you think, or will be angry or hurt, say it, instead of abandoning the person or the situation

Agency (thought, attitude)

Confidence and trust we are capable and free to successfully manage or influence, in our own way, whatever situations life presents. See [self-esteem](#)

Anger (thought, emotion)

Strong feeling of displeasure or hostility. If anger is not dealt with and released, if it is [repressed](#) or [suppressed](#), it can then become [resentment](#). People can use the threat of an angry outburst to [control](#) and [manipulate](#) others. If we allow our [fear](#) of someone's angry outburst to prevent us from speaking Truth, we might be [blaming](#) her or him for our own behaviour. The [fear of confrontation](#) can prevent us from expressing our true feelings, but we still feel them. The energy it takes to suppress them creates [stress](#) and tension in the body, which can then develop into illness or create injury-causing accidents. See [righteous indignation](#)

Of course, the energy arising from anger can also be used to bring about positive changes; it can be channeled into finding creative solutions for problems seeming impossible to solve.

Sounds like: Why can't you ever...? Why do you always...? When is it going to be my turn? How could you do this to me?

Spiritual effects: A pattern can develop of always looking for an excuse to explode. In its extreme, can become an inability or unwillingness to feel satisfied unless others are upset

Change the pattern: [Meditate](#) to find the root cause for holding onto anger instead of expressing it. Develop a habit of asking questions instead of assuming we already understand

Anticipatory grief

See [Dread](#), [Grief](#)

Anxiety (thought, emotion)

Intense feelings of dread, uneasiness or apprehension arising for no apparent reason and becoming so overwhelming that panic can set in. They arise from unrecognized or unresolved [fearful](#) thoughts. Ignoring the thoughts provides only short-term relief, and can contribute to becoming [addicted](#) to constant turmoil and other [obsessive/compulsive behaviours](#), and having [unsolvable problems](#) requiring everyone's attention. See [distress](#), [dread](#), [worry](#)

Anxiety can become a family pattern that worsens with successive generations; however, with all the help available nowadays more and more people are resolving their anxieties and teaching their children how to do so too

Spiritual effects: Unable or unwilling to [trust](#)

Change the pattern: [Meditate](#) to identify the originating experience that triggered the fear and gain resolution, and learn your reason(s) for choosing to react to life in this particular way.

Physically: Visit WikiHow and [LEARN TO BREATHE BETTER](#)

Arrogance (thought, attitude)

Attitude that places self above all others, and a tendency to announce this superiority to others. Can come from too much or too little self-confidence. Arrogance says rules and laws apply only to others,

showing a lack of respect for others, their possessions, their boundaries, and/or their needs and feelings.

Arrogance can be seen in bullies, who tend to be loud, aggressive and controlling. Arrogant people feel justified in whatever they are doing, yet make no attempt to understand or excuse anyone else's behaviour. They act as if the world owes them a debt, or as if meeting their needs should be everybody's top priority. Arrogant people are often late for, or miss entirely, appointments and scheduled events. See passive/aggressive behaviours, narcissism

Sounds like: It's ok if I break the law. It's ok if I cheat. It's ok if I hold onto anger and resentment and seek revenge

Spiritual effects: Difficulty in building and/or maintaining meaningful relationships, greed, low or unstable self-esteem

Change the pattern: Meditate to learn who we are really trying to hurt and why

At least I... (thought, attitude)

Saying "at least I..." to compare self to another shows we have judged, criticised and condemned someone. See self-righteousness

Attribution bias (thought, attitude)

Holding others to a high standard of morals and ethics and being quick to condemn them if they fail to live up to them, whilst happily excusing our own failure to do so - or worse, believing we ALWAYS live up to our standards

Looks like: Someone cuts us off in traffic and we immediately blame them for being a jerk, an inconsiderate driver. We cut someone off in traffic and excuse ourselves by blaming other drivers, road or weather conditions or our need to speed to make an appointment on time. We have no way to know whether a driver habitually drives in such a fashion, so we cannot possibly judge their motives

Change the pattern: Be as generous with others as we are with ourselves. Extend to others the benefit of the doubt we would like to receive

Authority figure

For children, an authority figure is one in whose care we are placed and whom we are taught to trust and obey. For adults, this is anyone who has power and control over us. A spiritual breach of trust occurs if authority figures abuse their position at the expense of those in their care, and this can be traumatic

Looks like: Can be any of the following: parents, teachers, caregivers, babysitters, person providing professional services (doctors, lawyers, etc.), coaches, group leaders, employers, religious leaders, government representatives, police, etc.

Avoidance (thought, behaviour)

Pattern of wanting to postpone, indefinitely, decisions needing to be made or actions needing to be taken. Can seem similar to dawdling, but avoidance is delaying doing something and dawdling is doing it, but at a snail's pace. Avoidance can affect every part of our lives, and annoy those with whom we interact.

Fear of failure or success can cause this behaviour, along with a fear of being held responsible. It is infuriating for us if we are waiting for their decision, but those with this pattern feel imprisoned - they are stuck right where they are, unable to move in any direction. Children not taught how to make choices can grow up dreading making choices, and can find collaboration with others nearly impossible. If we are not taught responsibility, we will find a thousand reasons to put off doing that which we have been asked.

The term, "productive procrastination" has been coined for those who fool themselves into thinking they are so busy being productive they cannot find the time to make seemingly momentous decisions or to do that which they have agreed to do. See blame, victim

Sounds like: Not today. I don't have time. I'm too tired. I don't feel like it

Looks like: Pretending to be busy if someone wants our attention



When working with our guide to resolve inner conflicts, the desire to avoid resolution will be honoured unless we state that even though we might be afraid, we really do want to deal with the past and change the pattern

Spiritual effects: Unable or unwilling to start or finish projects. Risk of becoming a victim of nagging. Avoidance can create co-dependency between the one avoiding and the one nagging

Change the pattern: Meditate to learn what we are trying to create by avoiding actions and decisions. Visit WikiHow and PRACTICE MAKING DECISIONS

B

Basic spiritual needs

In addition to certain basic living requirements, humans also have basic spiritual needs, which, if unmet or purposely withheld, can cause negative behavioural patterns to develop. These in turn can lead to injury-causing accidents and chronic disease. Some of those spiritual needs: compassion, encouragement, forgiveness, kindness, leadership, patience, privacy, respect, understanding

Belief system, Beliefs

We often make blanket statements to ourselves reflecting how we feel about self or the world in which we live. They can result from our caregivers' reactions to our early childhood experiences, or from our caregivers' explanations as to why they happened, or from trying to figure things out on our own. We repeat our beliefs whenever there is a similar experience in later life, to justify our choices or actions. They are most often founded not in truth but in biased or egocentric opinions:

- "I caused my parents to divorce because I was a bad child"

Repeated whenever we are about to succeed. Can result from a lack of communication from our caregivers about important life events over which we as children had no control. Can create a fear of abandonment, fear of failure or success, low or unstable self-esteem, unresolved grief

- "No one ever believes me or takes me seriously"

Repeated just before we are about to speak. Can result from authority figures repeatedly ignoring us or saying we are silly or ridiculous. Can create [chronic confusion](#). Prevents us from taking part in meaningful discussions, and from speaking our truth

- “God hates me”

We say this when it feels like only we have bad luck or experience failures or [traumatic events](#). Can result from our caregivers repeatedly failing to prevent us from coming to harm. Creates [distrust](#) and prevents true [joy](#)

[Learn more](#)

Blame (thought, attitude, emotion)

Blaming others

Thought pattern preventing us from seeking Truth about our part in our own misfortune and contributing to the patterns of [denial](#), [guilt tripping](#), and feeling like a [victim](#)

Sounds like: You made me fail. You hurt me. It is your fault. It is their fault. It is not my fault.

Spiritual effects: Unable or unwilling to accept responsibility for less than positive results. See [perfectionism](#)

Change the pattern: [Meditate](#) to learn whose approval we are trying to gain by pretending to be innocent of faults

Blaming self

Thought pattern preventing us from looking for the Truth about others’ role in our painful life experiences and preventing us from giving ourselves permission to live well

Sounds like: I brought this (painful experience) on myself. I let this happen. I do not deserve to be treated well

Spiritual effects: Unable or unwilling to accept that others are responsible for their choices. Constant apologizing, feeling like a [victim](#)

Change the pattern: [Meditate](#) to learn whose approval we are trying to gain by pretending to be responsible for everything bad in our lives

Bullying (thought, attitude, behaviour)

Using any force necessary to impose our will on another, especially one who seems likely to be easy prey. In children, can result from the child's frustration with living in a dysfunctional family unit where there is ongoing, yet unpredictable, physical and/or emotional abuse. In adults, can be continuation of a childhood pattern we feel fully justified in continuing

Spiritual effects: Chronic [anger](#), [arrogance](#)

Change the pattern: Do the [Grieving](#), [Self-esteem](#) and [Stop sniping](#) exercises. Visit WikiHow: [HOW TO STOP BULLYING](#), [HOW TO STOP BEING A BULLY](#), [HOW TO BE ASSERTIVE, RATHER THAN AGGRESSIVE](#)

C

Child abuse (thought, behaviour)

Depriving a child of basic physical or spiritual necessities of life or withholding them as a punishment: love, approval, attention, affection, privacy, emotional support, physical food, sleep, safe environment to name only a few. Child abuse can occur when a caregiver treats a child in a negative way in order to win the approval of another authority, whether a person or a thing (like a book). Child abuse and neglect are seen as a failure of caregivers to provide both physical nurturing and emotional support for those in their care. It is the caregiver's responsibility to find ways to teach the child without being abusive. Some victims of child abuse never recover and develop addictions or turn to crime, never finding peace

Looks like: Inflicting physical or emotional pain on a child, whether as punishment for a wrong-doing or to teach discipline

Spiritual effects: Habitual self-condemnation, low or unstable self-esteem, chronic confusion, living in chaos, potentially life-long emotional and spiritual pain

Change the pattern: Meditate to learn we are not responsible for our caregivers parenting skills, and see self as a child of the Universal Intelligence rather than our caregivers' child

Co-dependent relationship (thought, behaviour)

There are four main types of relationships, existing on a sliding scale: Dependent, Independent, Co-dependent and Inter-dependent. We aim for inter-dependent. This is a relationship in which both parties are content on their own and fairly confident within themselves. They are able to give or receive help when it is needed. They appreciate the benefits of having a companion, but knowing one is not necessary in order to live a worthy or successful life. Of course, almost any human relationship can become co-dependent. It stops being healthy or supportive when it starts preventing independent thought and action, and shows a lack of trust either in self or the other person in the relationship

Spiritual effects: Extreme distress at the thought of losing the other person. Fear of abandonment; jealousy; belief the person is our soul mate and without them we cannot / will not survive, or that without them, our identity will be lost. Unable or unwilling to be self-sufficient

Change the pattern: Meditate to find the root cause of the need to be in such a relationship. Visit WikiHow and learn HOW TO RECOGNIZE CO-DEPENDENT RELATIONSHIPS

Cognitive dissonance

Unable or unwilling to see while we are quick to excuse our poor choices and self-destructive behaviours, we tend not to allow others the same consideration. We know overindulgence can be harmful to our health, yet we do not seem to make the connection between our negative thoughts and our behaviours. See addiction, denial, hypocrisy, lying, self-esteem

Sounds like: I want to lose weight but... I know I shouldn't smoke but... I know using alcohol and drugs can harm my health but... I know I should do my homework but... I know my mate is abusive but...

Change the pattern: Meditate to find the root cause of the need to punish self

Compassion (thought, attitude, emotion)

Feeling of deep concern and caring for those in pain or in need. Wanting compassion from others yet withholding it from them or withholding it from ourselves, is a pattern harming us all, and keeping us trapped in the cycle of [karma](#) and [reincarnation](#) on Planet Earth

Build the trait: Whenever you make a mistake - and before [condemning](#) yourself - remember we are all souls in human form, sometimes doing well and sometimes doing poorly. Look at yourself in a kinder light; give yourself the benefit of the doubt. Before long it will become second nature to feel compassion for self and increasingly for others

Complacency (thought, attitude)

Attitude saying, "I have this figured out. It's easy." This state of mind puts us on automatic pilot and prevents us from being present, in the moment. It also prevents us from paying attention to our thoughts, placing us at risk of [accidents and injury](#)

Condemnation (thought, attitude, emotion)

Declaring a punishment for someone we have found [guilty](#) of something. Indicates [judgment](#) and [criticism](#) have taken place. See [resentment](#), [revenge](#)

Sounds like: You are not as good as me (judgment and criticism), so you deserve to suffer (condemnation); You're so stupid (judgment and criticism), no wonder no one cares what you think (condemnation); You're too fat/too thin / the wrong colour / the wrong religion / the wrong sexual orientation etc. (judgment and criticism) so you deserve to be treated poorly / ridiculed / punished (condemnation)

Looks like: Rolling our eyes or looking down our nose at someone. See [scorn](#)

Spiritual effects: Difficulty showing appreciation or allowing others to receive recognition or praise

Change the pattern: [Meditate](#) to learn why our [self-esteem](#) failed. Profound self-acceptance and [tolerance](#) can be gained from learning we are all just human, at varying stages of soul development, with strengths and weaknesses, sometimes doing well and sometimes poorly. Do the Self-esteem exercise in Section 9

Confirmation bias (thought, attitude)

Tendency to seek and interpret information proving our existing beliefs and excusing us from changing harmful, negative behaviours. The pattern contributes to development of [chronic disease](#) and also inhibits spiritual growth. See [echo chamber](#)

Conspiracy theories (thought)

Conspiracy theories are a tactic used by would-be dictators and their enablers to further one of the goals of fascism, which is to erode the public's ability to [discern truth](#). By merely casting doubt on accepted truths and norms, the producers of such theories aim to capitalize on the resulting civic chaos to usurp power for their own purposes. Why? Because it works. Because the downtrodden masses feel ripped off by "The System" (see [envy](#)). Because people think the web spinners wish to elevate them (the poor, uneducated, victims of society's inequities) to positions of authority, and to provide retribution to all those whom they believe have deprived them of their supposed rightful heritage.

Nothing could be further from the Truth. The Truth is, fascistic conspiracy theorists have one goal - to elevate and enrich only their leader and thereby themselves. See [fake news](#)

Contempt (thought, attitude)

Tendency to consider self or others unworthy of [respect](#), [patience](#), [tolerance](#) or [compassion](#). The pattern can prevent finding [inner peace](#) or contentment. Shows [judgment](#), [criticism](#), and [condemnation](#) have taken place. Occurs along with [arrogance](#) and [scorn](#)

Sounds like: You are not even worth the time it would take to explain

Spiritual effects: Unable or unwilling to acknowledge the efforts of others

Change the pattern: [Meditate](#) to learn why our [self-esteem](#) failed. Profound self-acceptance can be gained when we realize we are all just human, at varying stages of soul development, with strengths and weaknesses, sometimes doing well and sometimes poorly

Control (thought, attitude, behaviour)

Exercising our will over another, no matter how pure or impure the intention or the motivation.

Examples of control:

- Asking God for favours for someone else, including healing (some people want to be sick - for them, their illness meets some need)
- Forcing our help upon another when it has not been invited
- In disagreements, bringing up the past as a way to gain control (see [guilt trip](#), [memory](#))
- Adoptive parents can use guilt trips as a means of maintaining control over their charges, whether child or adult. For example, "If not for us, you would be an orphan."
- Assuming we know what another person is thinking
- Pretending we know everything. Includes [lying](#) and saying we already know something we only just learned
- Practical jokes are a form of control - it is just not funny to ridicule someone for not knowing what we know
- Stealing someone's attention, no matter the motive, or a chronic need for validation from others. See [ADD / ADHD](#), [self-esteem](#)
- We allow ourselves to be controlled when we do what someone has told us to do even if we do not want to do it. See [blame](#), [victim](#)

Sounds like: Let me do it ([perfectionism](#)). Call me when you get home so I don't have to [worry](#). You [should](#)...

Spiritual effects: Not letting others have their way or do things their way can make them want to [avoid](#) doing things with us (risk of becoming known as a 'control freak')

Change the pattern: [Meditate](#) to learn the source of our need to be in charge. Before telling someone else what to do, think how it feels when someone tells us what to do or how to do it

Criticism (thought, attitude)

Giving an unkind comment about self or another, whether spoken aloud or not, whether invited or not. Can be an offshoot of low self-esteem and/or perfectionism. We are often most critical of ourselves, and some people use this to justify their harsh criticism of others

Looks like: Always looking to catch someone in a mistake

Spiritual effects: Chronic unhappiness and begrudgingly giving praise or positive feedback

Change the pattern: Meditate to learn the source of needing to make self or others feel inferior

D

Defiance (thought, attitude)

Stems from unresolved issues with an authority figure. See silent rebellion

Looks like: Open resistance to agreeing with anyone, about anything, ever. Refusal to admire anything mainstream society appreciates. Argumentative just for the sake of antagonizing

Change the pattern: Meditate to learn the reason for wanting to prove everyone wrong

Déjà vu (thought, emotion)

This experience is a bridge between physical reality and thought. It is given by our guide to let us know we are in the right place at the right time, and everything is on track. Can also indicate a lesson is about to be presented, so pay attention to whatever is going on around you. Meditate to practice hearing your thoughts

Real-time déjà vu

Seeing an image or hearing a phrase in our thoughts, that then occurs almost immediately in real time. Could be a mental video clip of something, or seeing someone's face, or hearing a song title or lyrics. Meditate to practice hearing your thoughts

Denial (thought, behaviour)

Denial prevents us from accepting responsibility for our words and deeds and creates a need to blame any misfortune on anyone or anything else. Denial and avoidance go hand-in-hand

Sounds like: No. You're wrong. I would never say/think/do anything like that

Looks like: Unable or unwilling to face the Truth about self, our prior actions, painful experiences, or our negative thoughts, attitudes, emotions, beliefs or desires

Spiritual effects: Seeming to be beyond reproach can create stubborn self-righteousness

Change the pattern: Meditate to learn the source of our need to make others believe our motives are beyond reproach, or we have never had, or caused, a negative experience

Despair (thought, emotion)

Feeling defeated and hopeless. Unable to admit anger and frustration over circumstances beyond our control. See victim

Sounds like: What's the point. Nothing i do will make any difference at all. I give up.

Spiritual effects: Able to feel only a narrow range of emotions. See [distress](#), [worry](#)

Change the pattern: [Meditate](#) to learn the source of the underlying reason for feeling powerless

Discerning truth (thought, attitude, behaviour)

Accurate information provides a solid foundation on which to base our choices. Making decisions based on false or misleading information is like building a house on a foundation of sand (Mat. 7: 24-27). A strong spiritual foundation is formed with positive thought patterns. Forgiveness, tolerance, mercy, generosity ... these all spring from unconditional love. Truth enables us to resist being manipulated by people with ulterior motives.

Lies, deceit and manipulation spring out of greed. Today's lying liars gleefully "flood the zone with BS" (conspiracy theories, fake news and outright lies). They intentionally sow doubt and distrust of factual information to distract and exhaust us, leaving them free to pillage. Relying on such people to keep us informed instead of taking the time to verify what they say serves only to keep us weak, like lambs ready for slaughter. The essence of their power is Our Grievance. We buy their nonsense because it speaks to our wish for revenge and retribution... we want someone else to suffer as we have suffered. Knowing this, these liars always find some group or other to blame for our woes.

It's not their fault we're such easy marks. They are not to blame for our choices. It is up to us to resist the temptation to trust them. Our ignorance (don't know), apathy (don't care), and laziness (don't feel like it) prevent us from doing our own research. We tell ourselves it's high time someone was held responsible for the pain in our miserable lives, and so we become their enablers hoping and trusting they will wreak our vengeance.

Building a strong spiritual foundation

True strength lies in our ability to acknowledge our weaknesses. We must be willing to confront those parts of ourselves we would not like for anyone else to see. Those broken parts keep us trapped in negative thoughts and coping behaviours, and we need Truth if we are to resolve them. Our guides cooperate with our beliefs (see [How can I be sure...](#)), so our task is to advance beyond the point of not wanting to hear anything negative about ourselves. Naturally we want to believe we had no part in our painful childhood experiences. Maybe we really were an innocent victim, but can we afford to discount information our guide can provide just to avoid feeling bad? It can be humbling to acknowledge our errors in judgment, but to gain Truth, we must set aside our ego long enough to consider alternate possibilities. Until we can confront the Truth about ourselves, discerning truth in the everyday world is impossible.

See [spiritual decluttering](#).

See related topics: [beliefs](#), [confirmation bias](#), [echo chamber](#), [fake news](#), [seeking of truth and understanding](#)

Distress (thought, emotion)

Severe physical, emotional or spiritual discomfort, coupled with a feeling something needs to be done, but not knowing what it is or how to do it. Long-term distress can become [anxiety](#), [dread](#) and [worry](#)

Sounds like: I just know something horrible is going to happen

Spiritual effects: Inability to relax or feel comfortable

Change the pattern: Meditate to learn the source of the underlying fear

Distrust (thought, attitude, emotion)

Lack of faith or confidence, in self, in others, in God. There is a fine line between trust and distrust. Too much trust in others' goodwill can lead to disappointment and disillusionment. We can even place ourselves in harm's way if relying too much on the goodness of others. Chronic distrust can isolate us, prevent us from being able to work together toward a common goal, and lead to feeling persecuted. Distrust can come from a blanket condemnation of humanity

Sounds like: I just know I'll be the one to get hurt. Everyone is out for number one

Spiritual effects: Unsatisfying relationships, prejudice and/or contempt, legacy resentment, paranoia, the need to blame others for any misfortune, jealousy, feeling like a victim, phobias

Change the pattern: Meditate to learn the source of the desire to live in fear and isolation

Double standard (thought, attitude)

Form of condemnation punishing one person or group for a certain behaviour but allowing or rewarding it for another, due to having judged the former as being less worthy than the latter

Spiritual effects: Arrogance, blame, hypocrisy, self-righteousness

Change the pattern: Meditate to learn humility

Dread (thought, emotion)

Fear our life and everything that happens to us will be negative and painful. Can result from suffering a prior incarnation trauma

Spiritual effects: Anxiety, distress, chronic pessimism, phobias, procrastination, worry

Change the pattern: Meditate to learn life is a learning opportunity rather than something to be feared or avoided

E

Echo chamber (thought, attitude)

We can be said to be living in a self-imposed spiritual echo chamber, if we instantly dismiss ideas about spirituality disagreeing with our own. How can we grow spiritually stronger, wiser, if we refuse to look at new information?

Spiritual effects: Arrogance, defiance, fear, self-righteousness

Change the pattern: Decide to at least consider new options or viewpoints

Ego (thought, attitude)

Sense of self. Overactive ego says, "It is always about Me". Excessive thoughts of self-praise (pride) can become self-importance or perfectionism

Sounds like: Excessive statement-making or a lack of question-asking. Can be thoughts like: I am so good everybody needs me; I am indispensable because only I know what is best. Can also be the opposite attitude: I am so bad nobody wants me or cares about me; I am useless and I will never amount to anything

Spiritual effects: Lack of meaningful relationships

Change the pattern: Meditate to learn the reason for believing we are superior or inferior and gradually see the belief is not correct. This can enable a profound level of self-acceptance based in the recognition we are all just human, with strengths and weaknesses, sometimes doing well and sometimes doing poorly

Embarrassment (thought, emotion)

Uncomfortable feeling we just got caught doing something wrong

Sounds like: I hurt someone and they will never forget it, so I can never forgive myself. I made a mistake and got caught, and others will think I am stupid or bad. See shame

Spiritual effects: If chronic, can create a cycle of ever decreasing self-esteem

Change the pattern: Meditate to learn the reason for believing it is not ok to err. Do the Forgiveness exercises

Envy (thought, attitude, emotion)

Thoughts of discontent and deprivation due to others having things we want, that we feel are being purposely withheld from us, whether basic necessities of life, friends, possessions, personal attributes or even just good luck. Stems from feeling unloved and/or disrespected as a child, resulting in low or unstable self-esteem and believing self to be a victim. Chronic envy can skew our perception of justice and fair play, leading us down a path of festering anger, blame, greed, hatred, intolerance, resentment, a need for revenge, self-entitlement, all of which may contribute to our becoming a believer in conspiracy theories or even radicalized. That risk exists until the underlying issue of feeling ripped off by life remains unaddressed and unresolved

Sounds like: “I wish I had your ...” “Why do they have more than me?” “Why don’t I ever get any lucky breaks?”

Spiritual effects: Chronic unhappiness and never feeling good enough

Change the pattern: Meditate and do the Self-esteem exercise in Section 9, visit WikiHow and learn HOW TO DEAL WITH ENVY

Evil (thought, attitude, emotion, behaviour)

Evil is not an entity or a force, and it does not make us do, or not do, anything (see Is there any such thing as the devil?). Evil is a short way to describe our cruel, mean, nasty thoughts, words and deeds springing from our unresolved issues and traumas

F

Faith (thought, attitude)

Deep sense of knowing we are loved unconditionally by, and connected with, our Creator. Such faith enables our core belief systems to be based on a firm foundation of self-worth. It informs us our earthly parents are simply the vehicle by which we enter life in human form; we are children of the universe always. Lack of such faith prevents us from fully accessing the creative forces that are our spiritual heritage. Faith is a key component of trust

Fake news (thought, behaviour)

What is fake news and why does it work?

Fake news is a form of gossip and a form of lying. Fake news starts as an act of malice against a competitor or opponent, in an attempt to win others to our side. It is sneaky, underhanded and cowardly, but it works. Why? Well, we just love to think the worst of someone who appears to be doing better than us (envy, jealousy), and listening to gossip makes us feel as though someone is sharing their secret, insider knowledge with us. Our gullibility makes us very easy to manipulate. Those who spread hate know this, and use us to serve their purposes. See conspiracy theories

On the internet

We see gossip all the time on the internet, and most especially on social media platforms. Every day there are fake news stories, so-called friendly warnings of various dangers or of what to do or what not to do, and of course the inevitable “suggested” posts to read (i.e., paid advertisements). These are all growing in number and frequency, because they work! If only we could ignore them and not click on them, we could all help reduce this mass manipulation of our time, energy and talents

Check the facts

Before clicking on, forwarding or sharing posts, check them for yourself at Snopes, Politifact or FullFact (for the UK). If it is true, then it is not fake news. Just remember to verify the story for yourself. Sharing a story or post someone else verified is pointless, because we have no way to know for sure whether they really did. If the information cannot be verified, then do not share it

Fear (thought, emotion)

Intense feeling something bad is going to happen. Fear can be our ally by alerting us to potential danger, but all too often we allow it to prevent us from doing what we need to do to move forward in life. If we allow our fears to immobilize us, we cannot walk our life's path with faith, trust and joy. Like depression, fear can manifest in waves

Fear is often used as an excuse for not looking at our inner pain, for example, "I am afraid if I start crying, I will never stop."

Fear of God's wrath is pervasive in society and we often go to extremes to avoid it, either by performing rituals or by avoiding doing certain things.

Fear reaches its tentacles into every cell of our being. It prevents us from making wise life choices and from taking positive action in our lives, making us feel like powerless victims.

Sounds like: Gasp! I could never ... Gasp! What if ... (fill in the blank)?

Spiritual effects: Can become anxiety or dread, habitual avoidance of anything we cannot control, obsessive/compulsive disorder, phobias

Change the pattern: Meditate to learn what triggers our fears and to see we create our own reality. Check out WikiHow's HOW TO OVERCOME FEAR

Fear of abandonment (thought, emotion, belief)

Belief we will be left alone and unsupported as a punishment for causing someone's displeasure. This fear can create a need to be dishonest about what we think and feel, and can make it very difficult to form mutually satisfying relationships.

People with this fear will seem very nasty, or very sweet and meek. Seeming to be nasty keeps them in control of their relationships. "If I am mean enough, nobody will want to have anything to do with me and then there will be no danger of them leaving me" - or - "I will make you leave me so I will not be surprised when you do" (see abandonment, reverse abandonment). Those who seem to be meek and mild often apologize for every little thing, even if they are not responsible. They find it difficult to express their thoughts, their true opinions or strong emotions. They loathe confrontation of any sort, try to make themselves indispensable to others. They are prime candidates to develop co-dependent relationships

Spiritual effects: Low or unstable self-esteem

Change the pattern: Meditate to learn we are never really alone; our guide is with us always

Fear of change (thought, emotion)

Feeling if anything changes in any way, we will lose something important to us. Can result from growing up in an extremely controlled or extremely chaotic environment. The challenge is to accept that change is an inevitable part of life, so we need to develop positive coping skills

Change the pattern: See status quo bias. Visit WikiHow and learn HOW TO DEAL WITH CHANGE

Fear of commitment (thought, emotion)

Intense feeling entering into any sort of arrangement or agreement with someone is an act of weakness and a surrender of power and control. People with this fear may agree to a commitment yet have no intention at all of meeting it. The pattern contributes greatly to feelings of guilt and/or shame. See distrust, passive/aggressive disorder

Fear of confrontation (thought, emotion)

This fear prevents us from speaking out if we feel we have been treated unjustly. It stems from a fear of abandonment, and a fear of losing someone's approval. Can be a fear the other person will explode (or implode) in anger and the consequences will be unbearable. The fear of an angry outburst is often used as an excuse for not standing up for ourselves or for those who are in our care. This fear can make it painful to observe others arguing. See victim

Change the pattern: Visit WikiHow and learn HOW TO BE ASSERTIVE instead of meek or weak

Fear of contamination and/or disease (thought, emotion, belief)

Belief coming into contact with certain things will create disease; for example, germs, insects, animals, other people, sunshine, cell phones, microwave ovens, etc. Belief we are victims of the environment, or belief we are "bad" and will be punished with disease.

Spiritual effects: Albeit unwittingly, young children can develop allergies to mimic their caregiver's fear(s), or to reflect spiritual imbalances within the family. See anxiety, blame, hypochondriasis, worry

Change the pattern: Meditate to learn the original cause of the pattern. See phobias

Fear of death and dying (thought, emotion)

It might sound ghoulish, but it's true: as someone once said, "If you're born, you have a 1 in 1 chance of dying." We may not know the timing or circumstances of our passing, but it's going to happen. Without faith we will return to Source when we die, we can live with suppressed dread (see fear of retribution). A belief in "hell" can create a deep terror of the afterlife. Coupled with our fear of the pain and discomfort when one is very ill or close to death, we can live in a state of avoidance of life, rather than acceptance of all that life has to offer. Wishing for those who have harmed us to be sent to hell is a form of abandonment as well as control and revenge, because in effect, we are telling God to condemn them. We might also fear for the fate of our loved ones, thinking they will be unable to manage without us

Spiritual effects: Hypochondriasis, obsessive/compulsive behaviours, phobias, somatic symptom disorder, worry

Change the pattern: Meditate to learn the original cause of the fear and come to peace with the nature of the material world

Fear of failure or of success (thought, emotion)

Pattern preventing us from finishing projects. This is not due to laziness, but rather fear of completing a task and experiencing negative consequences for failure. The fear of achieving success can result from not wanting the people who failed to help us receive credit (see spite). We might also want to avoid being in the spotlight, or not to outshine a less-than-successful family member, friend or co-worker

Spiritual effects: Avoidance, obsessive/compulsive behaviours

Change the pattern: Meditate to learn the origin of the pattern and the reason(s) for holding onto it

Fear of intimacy (thought, emotion)

Can be a fear of having an intimate or sexual relationship, but can also be a fear of expressing self fully and honestly. Can come from embarrassment or shame over our physical appearance or our innermost thoughts

Spiritual effects: Fear of abandonment

Physical effects: Mouth, teeth and gum problems, lying, issues with gonads, penis, uterus, vagina

Change the pattern: Do the Self-esteem exercise in Section 9

Fear of invasion (thought, emotion)

Can take many forms: extreme concern that: someone with ulterior motives will enter our space without permission; everyone intends to steal our personal information and use it to harm us; our body has been invaded by as-yet-undetected injury or illness; UFO's are real and they have malicious goals and/or intentions for us; or our personal electronic equipment (computer, phone, etc.) is infected with malware that cannot be detected

Spiritual effects: Unable or unwilling to fully relax or trust, hyper-vigilance, hypochondriasis, self-importance

Physical effects: Knee problems, middle back pain

Change the pattern: Meditate to learn how to gain a centred space of peace and calm. Do as the Russian proverb says, "Trust, but verify"

Fear of looking stupid (thought, attitude, emotion)

Crippling belief anything new presents a risk we will fail and others will judge us, and we will lose their approval

Spiritual effects: Distrust of our ability to learn, chronic shame

Change the pattern: Acknowledge to self no one person knows every single thing; we all have strengths and weaknesses, and challenges to overcome. Accept it is impossible to know how to do a thing if we have not yet been taught how to do it. There is no shame in not knowing. Trust the process and above all, trust self. Additionally, learn how to do whatever it is we fear doing, or at least have enough faith to trust that no matter what happens, we will be ok - we can deal with it. Practice, because after all, practice makes progress

Fear of negative energies (thought, attitude, emotion)

Deep concern our failure to live up to religious expectations risks harm from negative energies over which we have no control, like the devil

Change the pattern: Practice meditation to attain a centred space of peace and calm, and then learn the Universal Intelligence is unconditional love

Fear of retribution (thought, emotion)

Chronic concern someone is going to punish us, and especially believing God is making us or our loved ones suffer because of something we have done or not done

Spiritual effects: Unable to allow others to be responsible for their actions, fear of death/dying

Change the pattern: Practice meditation to attain a centred space of peace and calm. Read about unconditional love to learn the Universal Intelligence does not act out of judgment, criticism, or condemnation

Fear of telling the truth (thought, emotion)

Terror at the thought of being harshly judged. Often occurs if our early caregivers withheld their approval from us. See pathological lying, fear of abandonment

Fear of the unknown (thought, emotion)

Without faith we are children of God, our path can be filled with constant doubt, distrust or anxiety, of encountering anything we have not yet experienced

Feedback loop (thought, behaviour)

Thought pattern created by knowing we have an unresolved issue, but feeling powerless to change it and obsessively repeating "I wish (fill in the blank) was different. I could change it by doing (fill in the blank) but I can't because (fill in the blank)." See status quo bias, victim

Effects: Repeatedly suffering the same emotional or physical injury

Change the pattern: Instead of saying "I can't change it because ..." say "I must change it because ..."
Start by doing the Grieving and Forgiveness exercises. Then make a plan to enable the change, and do whatever is needed to free yourself

Finally (thought, attitude)

This is a word of blame and condemnation, whether directed toward self, another human, events or The All

Flat tire (experience)

Whether a motorized vehicle or any air-filled tire, this experience can occur within two or three days of suffering a crushing disappointment. Reacting with anger, temper tantrums, feeling like a victim, or believing God must hate us (fear of retribution), makes this is an opportunity to start practicing a new way to respond to life's challenges

Forbearance (thought, attitude, behaviour)

Ability to stay true to our commitments no matter what others are saying or doing. Those who have managed to get out of co-dependent relationships know the challenges of making changes when others try to keep us tied into their "stuff", but they also know forbearance grows as our self-confidence and self-esteem grow

Forgiveness (thought, attitude, emotion, behaviour)

Forgiveness means not resenting those who have angered, harmed or failed us in some way; but rather, seeking understanding before jumping to conclusions.

Knowing why something happened, or why someone has done or not done something can make it easier to forgive, but it is possible to forgive without that information. Allowing for the possibility we do not yet understand can enable us to let go of injuries more easily.

It may not seem like much, but forgiveness is actually the first step in healing and in chronic disease prevention. So how does that work? Holding onto old hurts is like putting them into a mental vault for safe-keeping. Every now and then we open the vault and review them, just to refresh our pain. We quickly lock our memories away again, for fear of losing them and placing ourselves at risk of being re-injured. Forgiveness takes our memories out of the vault as we seek to gain understanding about the traumatic events we have experienced. Gaining understanding enables the memories to be recalled - and even shared - without re-inflicting emotional anguish.

Build the trait: Do the [Forgiveness](#) exercises, and read [more about forgiveness](#). See [Why do we get sick / suffer injuries / have accidents?](#)

Free will

Spiritual law giving us the ability to choose, both our [beliefs](#) and our attitude toward life. Free will ensures we experience the outcomes of our choices.

[Read more about this important spiritual law](#)

G

Gossip (thought, attitude, behaviour)

We use gossip to share our negative opinion of, or to make up [lies](#) about, a person or group who has offended us so as to negatively affect others' opinions of them, and to make ourselves look better.

Gossip means spreading, listening to or watching negative stories about others. See [control](#), [fake news](#), [judgment](#), [criticism](#), [condemnation](#), [manipulation](#), [perfectionism](#), [revenge](#), [reverse abandonment](#), [self-righteous](#), [seeking understanding](#)

Spiritual effects: Difficulty in building or maintaining friendships, chronic [envy](#) and/or [jealousy](#), low or unstable [self-esteem](#)

Change the pattern: Meditate to learn the reasons for low [self-esteem](#) and do the Self-esteem exercise in Section 9

Grace (thought, attitude, behaviour)

Tendency to be generous, helpful and forgiving toward self and others (does not mean allowing abusive behaviour). The Universal Intelligence and our [guides](#) hold humanity in a state of grace ([unconditional love](#)). See [What is karma?](#)



Karmic debt we owe to others (and self) is forgiven as we treat others (and self) with [mercy](#) and grace rather than [anger](#), [greed](#), [hatred](#), [resentment](#) or [revenge](#).

We can release karmic debt owed to us by others in the same way.

Gratitude (thought, attitude)

Gratitude is an attitude of thankfulness and/or appreciation. Placing too much emphasis on thanking God for every little thing can sound as if we are trying to prove something. The Universal Intelligence knows what we think before we even think it, so missing an opportunity to say thank you does not mean we are ungrateful. Saying grace before a meal is a fine practice, but if used as a protection against the wrath of God, or as a way to appear pious, then gratitude is not the real motive.

Thanking God

Thanking God for loving us is a concept borne of a [fear of divine punishment](#) for taking things for granted, for being ungrateful. The fear is that God will think we feel entitled, and that it is a short step from there to [hell](#). This sort of fear can stem from our caregivers requiring our gratitude for their having provided us with the basic necessities of life.

We praise God when things go our way and assume we must have done something right, but what happens when things go wrong? Do we assume God has judged us as unworthy, or he is punishing us, or he likes our opponent or enemy more than he likes us?

Thanking everyone for everything

There is a lot of hype out there about the importance of feeling grateful and expressing our gratitude, but it is getting so we can feel pressured into saying thank you for every little thing. This goes completely against the spirit of gratitude. There is a world of difference between truly feeling thankful, and saying thank you merely because it is expected. Expressing our gratitude is not a protection against having negative life experiences. We often rush out to buy a thank you gift for the thank you gift someone gave us. Far better to allow the giver the pleasure of having expressed their gratitude to us, and leave it at that

Gratitude?

Someone at a place of work threw a surprise birthday party for the boss. The boss had specifically asked for no party, but the person did not believe him. At the party, the hostess proudly announced she had decided the boss really did want a party after all and so took it upon herself to organize it. She then waited for his expressions of thanks and gratitude and was offended (really offended!) when he said, once again, he had not wanted a party. So... should we thank someone for something we had neither requested nor desired?

Greed (thought, attitude, behaviour)

Seemingly irresistible need to withhold our possessions from others, whether money, material items, relationships, love, or even knowledge, to manage the pain of our emotional wounds. Forms of greed:

- Feeling justified in taking more than we can use
- Unwilling to share our stuff but wanting others to share theirs and offended if they do not
- Demanding approval from others yet selfishly withholding ours
- I promised to give you this, but I'll just hold onto it until you ask me for it again
- I will keep the best part of this set, but you can have the rest
- Someone gives you a gift and then tells you how to use it
- Giving a gift along with a guilt trip. "Here's your gift, and I had to sacrifice to get it."
- Taking something so others may not have it: "I don't want it, but you can't have it."
- Free gifts offered by corporations are not free if they requires anything from us (see [self-aggrandizement](#)). The cost may be in giving personal information rather than money

Origin of the pattern: Receiving too little or too much of that which wanted most in childhood.

Sounds like: "My needs are more important than others"

Spiritual effects: Constant need for more of everything, chronic [craving](#) for an unknown "something", corruption of our motives

Change the pattern: [Meditate](#) to learn and resolve the reasons for feeling deprived, ignored or neglected

Grief (thought, emotion)

Deep unreleased sadness over what we feel was an undeserved loss. Along with sadness can be unrecognized thoughts and feelings of [fear](#), [anger](#) or even [resentment](#) toward God for robbing us of the dreams we had. Losing a life partner can create anger and resentment toward both God and the loved one, because [change](#) was forced on us

Change the pattern: Do the [Grieving](#) and [Forgiveness](#) exercises



[Watch / listen to slideshow of illustrations \(YouTube\)](#)

See illustration 23 Poem by: Alison Joy Sanders

Guide/Angel/Teacher

Divine representative accompanying us throughout our life, often referred to as our inner voice. The guides do not incarnate while serving as a guide. They are not dead spirits; they are not our family members (or pets) who have passed away, although often when we sense our guide's presence we feel their [unconditional love](#). The guides lead us to the required life experiences that will present the lessons necessary for our soul's progression, and to help us achieve [spiritual self-awareness](#).

Guides other than our personal companion guide do work with us, but the [spiritual laws](#) applying to them are different again - they are with us only on a temporary assignment basis. For example, the Archangels will assist in extreme situations by offering their energy and their profound wisdom, but they do not stay with us for our entire lifetime. While archangels do not enter physical life for an entire lifetime or incarnation, their highly advanced technology enables them to 'materialize' by lowering their [vibrational frequency](#) so as to become visible to human eyes

Resources

Learn to [meditate](#) and connect with your guide.

Check out [Why don't our guides keep us from coming to harm?](#)

[DOES EVERYONE HAVE AN INNER MONOLOGUE? | LIVE SCIENCE](#) (External site)

Guilt (thought, attitude, emotion, behaviour)

Feeling responsible for not meeting expectations, no matter whose they are - or - Excessive remorse for deeds either done or not done. Guilt requires punishment, so those with guilt over a past experience often meet negative experiences in the present - not because God wants to punish us, but because we expect, or fear, punishment. Since the [The All](#) is responsive, our expectation manifests the negative experience.

Guilt is just as hurtful and damaging to us as any negative thought, attitude or emotion. It can cause us much pain, and make us behave in potentially harmful ways. Guilt, [condemnation](#), [blame](#) and remorse are interwoven, and keep us stuck in the past. It is well to remember we cannot change the past. We can only learn from it and use it to change the present. We can never be sure what the future holds; we only live now, and only now can be affected by our behaviour. See [survivor's guilt](#)

Parents may take on guilt for their children's actions. This can help no one; the parent suffers and the child fails to learn responsibility. See [legacy guilt](#)

Sounds like: Constantly apologizing or taking responsibility for anything that goes wrong

Change the pattern: Do the [Forgiveness](#) and [Guilt-buster](#) exercises

Guilt trips (thought, behaviour)

People often lay guilt trips to [manipulate](#) and to get their own way, that is, to [control](#) others. As we know, guilt can make us do a lot of things we would not normally do - a powerful motivator

Sounds like: “It is your fault”, or “If you do not do what I ask, you are mean or selfish or you do not love me”, “Remember how you hurt me when you...?”, or “A true friend would...” Statements like this are intended to make people feel they have lost our approval and will struggle to regain it

Change the pattern: Be honest, and ask for whatever it is we need or want

H

Hatred (thought, attitude, emotion)

Strong dislike of or feeling of hostility toward someone or something. See [contempt](#)

Spiritual effects: Responding with hatred shuts down any desire to seek understanding. Hatred creates [intolerance](#), [self-aggrandizement](#) and, believe it or not, [shame](#). Why shame? Because deep down inside we know it is wrong to hate

Change the pattern: If we feel hatred toward someone, strive to learn the reasons for doing so. There are plenty of people out there who behave horribly, so there will be lots of “growth opportunities”. Remember: that which we dislike most about others is often within ourselves

Honesty (thought, attitude)

Ability to confront [Universal Truth](#) - about self, about our experiences, about others. Without Universal Truth, we are left searching futilely for a way to explain why we have certain experiences or why we have certain behaviours. If we are dishonest with others, we are more than likely to be dishonest with ourselves. See [beliefs](#), [lying](#)

Build the trait: Get used to the idea that the Universal Intelligence loves us unconditionally, even though we are not perfect. Next, [meditate](#) on this idea: if we cannot be honest with ourselves, why and how would the universe be able to provide answers based in Truth? How would we be able to tell the difference between Truth and fantasy?

When asking questions of your guide, be clear on what you want to hear... do you want to hear the Truth, or do you want to hear what you want to hear? Unwillingness to hear the Truth about ourselves and our motives blocks the flow of information that can help us grow

Example: A person suffers from [hypochondriasis](#), but wants to believe that they are really physically sick and in dire need of medical intervention. They may meditate to find the reasons for their many health problems, but do not even consider the idea that they may be suffering from hypochondriasis. They are unable or unwilling to be honest that they actually want: someone to focus on them completely, to nurture them, and to generally look after them and their needs. They want to be told why, after all they have done and sacrificed, they do not receive the recognition and gratitude they feel

they deserve. These hidden desires lead to a feedback loop of anger and resentment that forces them to continually seek validation, and this manifests in physical as their various medical concerns

Humility (thought, attitude)

Humility allows us to accept that:

- We are all children of our Creator
- We are all in differing stages of development
- We are all capable of ANYTHING, given the proper circumstances
- We are all subject to the spiritual and physical laws in effect during our earthly sojourns
- We are all worthy to receive compassion, grace and mercy, even if we think not
- We are not in charge of everything

Build the trait: The challenge in learning humility is to practice paying attention to our thoughts not only when others make a mistake, but when we make a mistake. If we do not treat both ourselves and others with equal respect, we have not yet learned humility.

Treat others as you would like to be treated: Humility enables us to treat others with mercy and grace, and also to accept mercy and grace when we ourselves need it

Not just 'Murphy's law: If we judge, criticise, and condemn others for any reason, we will soon be given the opportunity to see how we treat ourselves under similar circumstances. This is not just Murphy's law - this is karma in live, real-time action

Make a mistake and observe how you react: Pay close attention to your thoughts and words. You might find yourself quickly and self-righteously excusing yourself by blaming someone else or something beyond your control. Humility strives to accept it is not possible for anyone to always get everything right. If we do not grasp this lesson, rest assured it will be repeated

Hyper vigilance (thought, attitude)

Those with this pattern have become a victim of their own fears, believing they are in ever-present danger. See fear of invasion

Spiritual effects: Chronic anxiety, unable or unwilling to trust or relax, to ever feel good enough, or to set aside dread or fear. Victims of abuse may (unconsciously) monitor their spoken words to remove any hint of independent thought or criticism of another so as to avoid punishment

Change the pattern: Practice meditation and visit Wikihow to LEARN TO BREATHE BETTER

Hypocrisy (thought, attitude)

Holding higher moral standards for others than for self. Hypocrites love to point the finger at authority figures who lie, cheat, manipulate or abuse their power, yet happily excuse themselves. Until we change our own lying, cheating, manipulation and abuse of power, our leaders will continue to do the same

Spiritual effects: Arrogance, lots of blaming, judgment, criticism, condemnation, feeling like a victim, self-righteousness

Change the pattern: Meditate to learn how to live up to the expectations we hold for others

I

Ignorance (thought, attitude)

Free will choice to believe we already know and require no further understanding. Spiritual ignorance can cripple us and lead us to believe there is only one place to learn about God, or that God no longer communicates with his children in human form. This can leave us relying on others' version of Truth

Spiritual effects: Prejudice, contempt, hatred

Change the pattern: Meditate to learn the Universal Intelligence brought all life into existence - to condemn self or another for any reason is to condemn Source

Inner conflict (thought)

An inner conflict results when we believe information that disagrees with that which we know or fear to be true. The beliefs may have come from our parents or other authority figures, or we may have developed them on our own without anyone else's input. Either way, there is likely to be unresolved anger. Defiant behaviour can result, with often devastating consequences.

Example: A child suffers abuse by a sibling. The child tells their caregiver that the sibling "hates me" but the caregiver says, "Don't be ridiculous. Your sibling loves you." The child knows this to be false, yet feels compelled to believe the caregiver. An inner conflict results, along with a belief that says "love hurts" and/or "My feelings are ridiculous". The child grows up craving loving relationships yet continually failing to find any

Spiritual effects: Co-dependent relationships, low/unstable self-esteem, always distrusting self

Change the pattern: Meditate to learn Universal Truth about core beliefs and see Resolve inner conflicts

Insolence (thought, attitude)

Belief we know what is best while our authority figures are fools who do not have a clue. Can come from having received too little or too much attention from caregivers when growing up. The insolent person often suffers from a lack of self-worth, which contributes to their need to be in control of everything. They may use temper tantrums to get their way. See misanthropy

Sounds like: "I am smarter/better than everyone else", "Everyone should do whatever I want", "I can do whatever I want", "I don't have to do what anyone else says."

Spiritual effects: Arrogance, lack of respect for self and others

Change the pattern: Meditate to learn The All brought all life into existence - to condemn self or another is to condemn Source

Isolation (thought, behaviour)

Pattern of withholding communication as a punishment, without consideration for, or explanation to, others. While it is meant to punish self, it also hurts others (side benefit!). We hope they will see how much we are hurting and step in to soothe us. Can cripple our ability to have healthy relationships

The pattern says we must avoid contact with anyone who has angered or hurt us or whose approval we think we have lost, including our guide

Spiritual effects: Abandonment, cold shoulder, depression, rejection, always waiting to be a victim again, lots of pity parties

Change the pattern: Meditate to find the spiritual component - the root cause - of the behaviour. Do not allow self to give up on communicating

J

Jealousy (thought, attitude, emotion)

Deep fear of losing someone's approval, attention or affection. Can come from low or unstable self-esteem, a fear of abandonment and/or an inability to trust. Can begin in childhood from too little or too much attention from our caregivers

Sounds like: You are mine so you can never have any other relationships or interests

Spiritual effects: Co-dependent or wrecked relationships, resentment. Contributes to our love of fake news and gossip

Change the pattern: Meditate, do the Self-esteem exercise in Section 9, and visit Wikihow for How to OVERCOME JEALOUSY

Joy (thought, emotion)

Feelings of pleasure and delight arising from within, especially when we give unselfish service to others. Can also come when doing something about which we care deeply. Physically, joy can feel like a bubble in your throat that almost tickles as it rises upward, and might make you want to laugh out loud with delight. Sounds like: "I am worthy after all."

No joy

We tell ourselves an act of revenge will bring joy, but any act harming another cannot bring true joy. Joy is often a casualty of stifling our strong emotions like anger and fear

Judgment (thought, attitude)

Forming negative or positive opinions, sometimes after consideration, sometimes instantly. Improve the pattern by not assuming we know others' motives

Spiritual effects: Prejudice, intolerance, hatred. Contributes to our love of fake news and gossip

Change the pattern: Meditate to learn judgment leads to other negative thought patterns like condemnation, contempt, control, criticism

M

Manipulation (thought, attitude, behaviour)

Pattern of using negative behaviour to get others do what we want because they might say no if we just ask. See [control](#)

One of the biggest issues facing humanity is our seeming inability to stop allowing ourselves to be manipulated by those who have something we want. We are so easily swayed by the idea of reward that we are unwilling or unable to just say "no". Our desire ([greed](#)) for the reward makes us tell ourselves that deep down inside they are really kind and generous souls, that they really care about us, and that they want us to benefit from their position. Deep inside though, we know we are simply using them

Looks like: [Dawdling](#), [procrastination](#), [temper tantrums](#)

Sounds like: [Withholding communication](#), allowing our children to behave poorly in public places, [baby talk](#), [up-talk](#) or [whining](#), laying [guilt trips](#), [lying](#), asking favours in front of others, public [shaming](#)

Spiritual effects and consequences: Two things can happen if we accept their gift: We can feel [gratitude](#), which compels a perverse loyalty, or we can feel [guilt](#) and [shame](#) for taking it. Either way though, we end up being manipulated - by our own dishonesty

Change the pattern: [Meditate](#) to learn the source of fear of expressing our needs or desires. Visit Wikihow for [HOW TO DEAL WITH A MANIPULATIVE PERSON](#)

If we are doing it

STOP doing it! We are hurting others, but more importantly, we are hurting ourselves. [Meditate](#) to learn the real reason for the inability to be honest about our desires

If it is being done to us

Just say "no". Make do without whatever it is, or find an honest way to get it besides selling out. We need to accept the truth: They are trying to buy us. [Meditate](#) to learn the real reason for needing the approval of others. Do the Self-esteem exercise in Section 9

Martyrdom (thought, attitude)

Letting others know how much we have suffered and sacrificed in order to help them, or to serve God, with the intention of making them feel indebted to us

Sounds like: Speaking in an [artificially happy tone of voice](#)

Spiritual effects: Habitual laying of [guilt trips](#)

Change the pattern: [Meditate](#) to learn how wanting others to be grateful for our help leads to other poor spiritual choices like [condemnation](#), [contempt](#), [control](#), [criticism](#), [manipulation](#), [self-righteousness](#)

Meditation (thought, behaviour)

Meditation is communication - two-way communication - between us and the [Universal Intelligence](#). It is the act of asking questions and then paying attention to our thoughts hear the answers. [Learn how](#). See [prayer](#)

Mercy (thought, attitude)

Tendency to be kind, [forgiving](#) and sympathetic to those in difficult circumstances (including self). Being merciful does not mean rescuing someone by doing their work for them; that can do more harm than good. It means being a non-judgmental listener, or giving information when invited to do so. See [What is karma?](#)

Needing mercy means needing to be assured everything is ok, you are ok, you're doing a good job, you're appreciated and loved, and it's ok to just take time and restore yourself. The problem comes in when we need it from others in human form because we will not accept it from ourselves. Yet if we will not accept it from self, how can we accept it from others? Additionally, our guides will not provide it for us since that would violate the [spiritual Law of Free Will](#). So... it's up to us to KNOW we are worthy, and accept mercy and kindness from people or from our guide without second-guessing as to our worthiness



Karmic debt we owe to others (and self) is forgiven as we treat others (and self) with [mercy](#) and grace rather than [anger](#), [greed](#), [hatred](#), [resentment](#) or [revenge](#).

We can release karmic debt owed to us by others in the same way.

Micro-aggression (thought, attitude, behaviour)

Actions taken when we feel impotent [rage](#), a loss of [agency](#) or a sense of powerlessness. See [silent rebellion](#)

Looks or sounds like:

- o Chronic mispronunciation of words (unable or unwilling to follow rules of grammar), possibly as a way to deflect attention from our true feelings or to provoke others to anger
- o Repeatedly, purposely, mispronouncing or changing a person's name, signaling their name, and by extension the person, is not worth the effort it would take to pronounce it correctly
- o Refusal to agree or refusal to disagree with someone based on whether we are or are not angry with them, rather than just being honest about what we think or how we feel
- o Stubbornly persisting in using a mistaken expression, word or pronunciation out of obstinacy, even after being corrected

Change the pattern: As difficult as it can be to stop needing approval from others, that is exactly what is needed to start changing the pattern. Start living for self, instead of living to hear from someone else that what we are doing is good, and right, and important. Your loved one may not like this change and may do everything in their power to make things go back to the way they were, so it is important to be strong and know we need no one's approval but our own. The sooner we come to peace with this

truth, the sooner we can get on with our lives and become who we were meant to be. Do the Self-esteem exercise in Section 9

Misandry (thought, attitude)

Loathing of males or dangerous creatures (by males or females), and believing that while they may serve certain purposes, they cannot be trusted. See misogyny

Spiritual effects: Abandonment, addiction, blaming, bullying, greed, feeling like a victim

Change the pattern: Do the Forgiveness and Tolerance exercises

Misanthropy (thought, attitude)

Believing the very worst about self or humanity and doing nothing about it because it would be pointless anyway, right? See distrust

Spiritual effects: Unlikely to have close, satisfying relationships

If you know someone with this attitude: Have compassion, for they are not doing it because they are happy

If you have this attitude: Gain inner peace with the idea we are all in this school of life together, sometimes teaching, sometimes learning, sometimes stuck

Change the pattern: Meditate to learn the Universal Intelligence communicates with us, and do the Self-esteem exercise in Section 9

Misogyny (thought, attitude, emotion, belief)

Loathing of females or defenseless creatures (by males or females), believing they can serve no useful purpose to society, i.e., men, besides providing cheap or free manual labour and sexual favours, and are inferior, silly-headed and unworthy of respect or trust. Some women are repulsed when meeting this attitude in men; those who are not have their own issues with which to contend. See misandry

Spiritual effects: Abandonment, addiction, blaming, bullying, greed, feeling like a victim

Change the pattern: Do the Forgiveness and Tolerance exercises in Section 9

O

Obedience (thought, attitude)

Asking God for guidance, waiting around long enough to hear it and then following it. Obedience does not mean doing what another human tells you to do, or doing what they say God says you must do - it means following the instructions or recommendations given to you by your own guide when you have asked for assistance from the Universal Intelligence. See Seeking and following guidance

Observation mode (thought, attitude, behaviour)

State of consciousness in which we simply observe, and pay attention to, all that is happening around us and within us, without judging any of it. Get there by practicing being centred

Optimism (thought, attitude)

Thought pattern that says, "Things will get better." Results from choosing to live in the light of [faith](#), hope and trust rather than the darkness of [despair](#), [dread](#) and gloom. Optimism raises our vibrational frequency, thereby decreasing drag on our cells and enabling us to recover from [traumatic events](#) more quickly and fully.

As this quote from [ScienceDaily](#) says, "After decades of research, a new study links optimism and prolonged life. Researchers have found that individuals with greater optimism are more likely to live longer and to achieve 'exceptional longevity,' that is, living to age 85 or older."

Overwhelm (thought)

See [Order from Chaos](#) in Section 2

Overview effect

Shift in spiritual awareness occurring as we come to acknowledge certain truths. Chief among them: we are spiritual beings intertwined with, and encased temporarily in, physical matter, with the primary goal of learning the profound implications of [unconditional love](#)

P

Parentification (thought, attitude, behaviour)

Family situation in which a child must consistently take on the role of parenting and/or caregiving, due to a parent who is unavailable whether through chronic illness, lack of emotional stability, or absence whether through choice ([abandonment](#)) or death. See [legacy family pattern](#), [required life experiences](#)

Spiritual effects: [Anxiety](#), [distress](#), [distrust](#), [grief](#), [guilt](#), [obsessive/compulsive disorder](#), [perfectionism](#), [repression](#), impaired [self-esteem](#), [self-righteousness](#), [suppression](#), feeling like a [victim](#), [worry](#)

Recovery: Recovery can include easing of physical symptoms (check out the spiritual components of your current physical conditions in [Section 5](#)) as well as resolving inner conflicts (check out [Section 2](#))

Patience (thought, attitude)

Ability to wait without having any negative thoughts, attitudes or emotions. In these days of almost instant gratification, we see more and more outbursts of [rage](#) - on roads, in airplanes, or even simply standing in a lineup. It seems like we get angry over having to wait any longer than 30 seconds for whatever it is we are wanting. See [self-importance](#)



[Watch / listen to slideshow of illustrations \(YouTube\)](#)

See illustration 24 Patience

How to build patience: Next time you're in a long line-up, press Pause on your thoughts. You'll feel better. After all, fretting and worrying doesn't shorten the wait. Use this time to practice being [centred](#) and focusing on what is happening around you, or within you

Peace (thought, attitude, emotion, behaviour)

Inner

State of calm acceptance that becomes possible when we accept responsibility for our own choices or allow others the same privilege. Such acceptance becomes possible when we are free of the human desire to judge, criticise, condemn and control, because we recognize we can only change ourselves.

World

How exactly could world peace come about? Unless it is forced upon us (a contradiction in terms), something will be required of us to bring it about. Many believe a higher intelligence, or Jesus, or extraterrestrials, or maybe even a powerful politician, will bring peace to the planet. How might it feel to have someone come along and tell us what to do? Would we want that higher intelligence to just tell the government what to do, and then everything will be all right? Then we ourselves would not have to do anything differently.

What if that higher intelligence said in order to save ourselves, we would have to forgive all who had harmed us in any way? Or we would have to share our resources? How might we feel if that higher intelligence said we could not continue to hold onto contempt, greed, intolerance, prejudice and/or resentment? What would - or could - we do? Would we be able to forgive completely? Who would settle territorial, relationship, criminal, legal, family and neighbourhood disputes once and for all? Think of it: every single dispute ON THE PLANET would need to be resolved for world peace to exist.

Cause for hope: See [Section 12](#)

Although it may not seem so, the planet and its inhabitants are on the brink of tumultuous change. The changes have been prophesied for centuries by people around the world. To find out what has been foretold for our (relatively near) future, check out [Section 12 - The future of humanity](#)

How to build peace: Practice tolerance, read about war. Do the Forgiveness exercises. Visit Wikipedia and learn about RESTORATIVE JUSTICE

Perfectionism (thought, attitude, behaviour)

Unable or unwilling to accept any person or thing not meeting overly rigid standards, and a tendency to correct every little thing we say or do without a word of praise or appreciation. Nothing we do is ever quite good enough. When we place these standards upon another person, we are controlling, judging, criticising, and condemning them. It is control when we in effect say, "You must do this my way, the right way, the only way." It is judgment and criticism when we decide they are doing it wrong, and condemnation when we decide to punish them in some way for their failure to do what we want, the way we want it done.

We use these standards to gain either our own or someone else's approval (even if they are not present). The pattern can begin early in childhood as a response to constant criticism from our caregivers for doing anything not meeting their standards.

As annoying as the behaviour can be, try to feel compassion for perfectionists. After all, they are even more critical of themselves than others. They have not yet learned it is better to strive for excellence than perfection

Looks like: "Fixing" what someone else has done because we do not like the way it was done

Sounds like: "If I don't do it, it won't get done right."

Spiritual effects: Always looking to catch others in an error; unable or unwilling to acknowledge we just learned something new (because of course we already know everything)

Change the pattern: [Meditate](#) and do the [Tolerance](#) exercises. Aim for excellence rather than perfection

Pessimism (thought, attitude)

Outlook on life that says, "What's the point - things will never work out the way I want anyway". Arises from having [judged](#), [criticised](#), and [condemned](#) self, others, and/or the Universal Intelligence for failing to reward our efforts or give us that which we desire or feel we deserve. Pessimism lowers our [vibrational frequency](#), thereby increasing drag on our cells and preventing us from recovering from [traumatic events](#) quickly and fully

Spiritual effects: Can begin as an act of [spite](#) or [revenge](#). See [passive/aggressive disorder](#)

Sounds like: Things will never turn out right. What else is new? I'll never amount to anything

Change the pattern: Know that we create our own reality. Expectation equals result

Petulance (thought, attitude)

Childishly sulking to make everyone suffer for not giving us what we want. See [blame](#), [manipulation](#), [spite](#), [victim](#)

Sounds like: "If you will not let me make all the rules and be the star, I will take my ball and go home. Then you will be sorry."

Change the pattern: [Meditate](#) to learn how this pattern developed. Read about [greed](#), [humility](#), [sacrifice](#)

Phobia (thought, attitude, emotion, behaviour)

Condition in which our [fear](#) of a particular experience is transferred onto one or more creatures, objects or activities, because that is safer than acknowledging the real issue. Phobias can result from having felt a complete loss of [control](#) in a situation, such that one feels compelled to [avoid](#) potentially similar situations

Spiritual effects: Chronic [dread](#) and/or [worry](#)

Physical effects: Similar to the effects of long-term worry, but usually occurring upon encountering the dreaded object: [heart](#), [lung](#) and [skin](#) disorders, [nausea](#), as well as nervous behaviours like shaky hands, [nail-biting](#), repetitive scratching, inability to concentrate or focus on the matter at hand, jerky movements

Change the pattern: Spiritually: [Meditate](#) to learn the underlying fear and its spiritual root cause, as well as the reasons for choosing to react to life in this particular way. Physically: Visit WikiHow and [LEARN TO BREATHE BETTER](#)

Pity parties

Chronic need to tell anyone who will listen, how everyone has hurt us, everyone is better off than us, nothing ever works out for us, nobody likes us, everyone is always taking advantage of us, etc.

Spiritual effects See [denial](#), [martyr](#), [narcissism](#), [passive/aggressive disorder](#), [victim](#)

Physical effects [Aggressive/passive behaviour](#), [anemia](#), [athlete's foot](#), [cancer](#), [Crohn's disease](#), [fibromyalgia](#), [help-rejecting complainer](#), [HIV / AIDS](#), [hypochondriasis](#), [knee problems](#), [rheumatoid arthritis](#), [varicose veins](#)

Change the pattern See [What is our spiritual diet?](#) and do the Grieving and Self-esteem exercises in Section 9

Prayer (thought, attitude)

Act of talking to the [Universal Intelligence](#). It seems like we are always asking for favours, as if God were a fairy godmother or a genie in a bottle; for example, heal me... heal someone else...keep someone alive...let someone die...make someone die...punish someone for me...let my team win the big game...let me win the lottery, etc. Simply saying the words, "Thy will be done," can avoid much needless [worry](#) and [distress](#). Many use prayer as a protection from evil or from the wrath of God. This is not prayer - this is ritual and superstition, which is nothing more than [fear](#) that has become habit. Instead of telling God what we want, try asking in [meditation](#) what we can do to gain profound life changes

Prejudice

Accepting someone else's [judgment](#) of another, rather than forming our own opinion based on our own experiences. See [fake news](#), [gossip](#)

Change the pattern: Do the [Self-esteem](#) and [Tolerance](#) exercises

Pride

Represents sense of self-value

Positive aspect: Sense of pleasure in an achievement. See [joy](#)

Negative aspect: Puffed up sense of self and our abilities or accomplishments, and attributing them only to self. See [arrogance](#), [ego](#), [self-importance](#)

Prior incarnation trauma

When those who experience life-ending trauma [reincarnate](#), conscious (or unconscious) memories of prior life trauma can manifest as diseases or conditions or even as [night terrors](#). Their caregivers have the opportunity to help them resolve issues carried over from the past life

Privacy envelope

During incarnation, a privacy envelope protects us from entities other than our personal guide or a Divine Messenger gaining access to our thoughts

Procrastination (thought, attitude)

We put off doing that which we have agreed to do, and then wonder why we are nagged. The procrastination / nagging game can go on for years, with each person [blaming](#) the other for the situation

Spiritual effects: [Avoidance](#), [dawdling](#), [laziness](#), [passive/aggressive disorder](#), [silent rebellion](#)

Physical effects: Chronic fatigue syndrome, ear and hearing problems, eye and vision disorders, hypochondriasis, memory problems

Change the pattern: Meditate to learn what we are trying to gain by avoiding doing that which we have agreed to do. Check out this article from SciTechDaily.com WHY WE WAIT- THE SCIENCE OF PROCRASTINATION

Q

Quantum entanglement

Commonly known as karma, this spiritual system of checks and balances ensures credit for all favours given and debts incurred throughout each of our incarnations. Once souls in physical form have interacted, they are connected across space and time until they understand - and forgive - their motives and actions taken or not taken. This information is recorded in the Akashic records, so our guides know exactly what is owed to whom. Repayment comes in the form of lessons, which are presented by each soul's guide in the appropriate incarnation at the appropriate time. The system applies to individuals as well as groups, as can be seen in nations continually battling one another. Until there is forgiveness, the warring will continue. See legacy guilt and legacy resentment

R

Rage

Seething, explosive anger and fury. Is often misdirected toward an individual or a group, but at its root, is directed toward self. See contempt, hatred, judgment, patience, tolerance

Rejection (thought, behaviour)

Dismissing someone or something because we consider them to be inferior or imperfect (see cold shoulder, isolation). Used as a punishment when we have judged, criticised, and condemned someone or something. Rejection of a person can be a form of abandonment. Rejection of an idea can be a form of denial. When someone has rejected us, we can feel ashamed of our words, our actions or ourselves

Change the pattern: Meditate to learn rejection closes the door to communication

Repression (thought)

Unable or unwilling to acknowledge we have had a negative experience. This behaviour can begin in very early childhood as a conscious choice, but develops into a seemingly unconscious reaction whenever experiencing strong emotions (denial)

Spiritual effects: Seemingly unpredictable explosive rages

Change the pattern: Do the Forgiveness and Grieving exercises

Resentment (thought, attitude, emotion)

Holding onto a deep-seated grudge against someone who has hurt or offended us. We can even get addicted to the high that comes from allowing our hurt to excuse us from behaving responsibly. Can become a habitual response to people or circumstances not meeting our approval

Sounds like: "I hate you and I will never forgive you"

Spiritual effects: Can create a chronic [craving](#) for [revenge](#)

Change the pattern: [Meditate](#) to learn resentment hurts self as well as others. Check out [legacy resentment](#)

Respect (thought, attitude)

Willingness to treat self and others with [patience](#) and [tolerance](#), [mercy](#) and [forgiveness](#), because we are all children of God. We are all in varying stages of spiritual development and we are all capable of greatness, or of making terrible choices. Being respectful helps us build healthy relationships; however, there is no guarantee of receiving respect back.

Looks and sounds like: Using another's possessions and/or taking their property without their permission, and then saying, "I didn't think you'd mind" is actually disrespectful and a [manipulative guilt trip](#), because it can [shame](#) the person into pretending not to mind. Failure to ask permission can stem either from [fear](#) it might not be given or from the [belief](#) we are somehow "entitled". See [arrogance](#)

Restorative justice (thought, attitude, behaviour)

Quote excerpted from WikiHow's [RESTORATIVE JUSTICE](#) article: "...an approach to justice that personalizes the crime by having the victims and the offenders mediate a restitution agreement to the satisfaction of each, as well as involving the community. This contrasts to other approaches such as retribution, deterrence, rehabilitation, or incapacitation." Check out [forgiveness](#)

Revenge (thought, attitude, emotion, behaviour)

Deep need to retaliate against someone who has offended us by hurting someone/ anyone/ everyone as badly as we have been hurt. Can be a desire to teach someone a lesson they will never forget.

It may feel like hurting others is the only way to deal with our pain, but there is another way ... [forgiveness](#). However, forgiveness requires (and enables) us to stop allowing ourselves to react with [resentment](#). Sharing our feelings is a great start toward changing the pattern because often offenders have no idea their words or actions hurt us. At the very least, doing so can validate our experience, and may even open the door to new understanding.

[World peace](#) will be impossible until we as individuals stop wanting revenge. So let us not leave it up to the other guy, or the government, or other countries. Let us be the one to flex our forgiveness muscle

Sounds like: "I was hurt so it is okay for me to hurt others," "What goes around comes around," "Serves you right," or "God will get you for this" or "God will hurt you for me"

Spiritual effects: [Abandonment](#), [cold shoulder](#), [depression](#), [obsessive/compulsive behaviours](#)

Change the pattern: [Meditate](#) to see how wanting revenge leads to other poor spiritual choices like [criticism](#), [condemnation](#), [contempt](#), [control](#), [war](#). Check out [legacy guilt](#) and [legacy resentment](#)

Reverse abandonment (thought, behaviour)

Some people with a [fear of abandonment](#) react to it by seeming to have a nasty disposition, which causes others to leave them - reverse abandonment. The fear prevents them from [trusting](#) enough to form meaningful relationships. Being unkind or uncaring keeps them in control: "If I am mean enough, or if they think I do not care about them, nobody will want to have anything to do with me and then

there will be no danger of anyone leaving (abandoning) me, or at least I will not be surprised when they do". See [isolation](#)

Origin of the pattern: [Blaming](#) and [condemning](#) those who abandoned us or failed to protect or support us, and using this as a reason to punish everyone for their failures. In actuality, we are punishing ourselves though, due to a [belief](#) there must be something intrinsically wrong with us causing them to abandon us

Change the pattern: Know we create our own reality. Expectation equals result - having fear can bring about that which is feared. Find the root cause of the fear. If it results from having been abandoned as a young child, there needs to be a realization that children are not responsible for their caregivers' actions or choices

Righteous indignation (thought, emotion)

Represents justified [anger](#) we feel when justice is denied us (or others). As children our caregivers tend to shut down our indignation immediately, for any of a number of their own reasons. What we take from the experience is this: It is NOT acceptable for us to feel indignant over harms we experience. This feeds into a pattern of self-betrayal and even self-blame in which we silently tolerate all sorts of abuse. We learn to self-censor so as to avoid any unpleasantness for others, completely ignoring our own self. See [martyr](#), [rage](#), [victim](#)

S

Sacrifice (thought, attitude)

Being willing to set aside our needs or beliefs in order to be of service to the Universal Intelligence. We often call it sacrifice if we help someone, even if we only do it because we are unable to say no. True sacrifice means giving up what we want to do, in favour of what the Universal Intelligence (through our guide in [meditation](#)) has asked, or not doing something we want to do because the Universe (through our guide in meditation) has asked that we not. Sometimes this means not stepping in to help someone unless we have been invited to do so

Sarcasm (thought, attitude, behaviour)

Words, even if not spoken aloud, intended to ridicule self or others - under the guise of humour

Change the pattern: Meditate to learn the reasons for the behaviour. Do the Self-esteem exercise in Section 9

Scorn (thought, attitude)

Treating someone as unworthy of our [respect](#). Results from having [judged](#), [criticised](#), and [condemned](#) someone, and our scorn is the punishment. See [contempt](#), [self-righteousness](#)

Looks like: Glaring at someone

Change the pattern: Do the Tolerance and Self-esteem exercises in Section 9

Seeking of Truth and Understanding (thought, attitude)

Being willing to confront Universal Truth about self, our experiences and our [belief systems](#) can lead us to full understanding, which enables us to release the past fully and with love. When we [resent](#) others,

we can feel fully justified in not seeking understanding of their possible motives or intentions. All too often, they are not even aware they have caused injury, just one of the reasons [forgiveness](#) is so important. See [Discerning truth](#), [Spiritual decluttering](#)

Self-aggrandizement (thought, attitude, behaviour)

Using others to further self and our own interests, under the guise of it being for their benefit. [Greed](#) is the true motivation

Sounds like: Pretending that what we advise others to do is to help only them, and may even hurt us. Selling a product under the false pretense the buyer will benefit because of it, or will come to harm without it, when the only true reason is to benefit self

Spiritual effects: [Chronic lying](#)

Change the pattern: See [humility](#) and do the Self-esteem exercise in Section 9

Self-esteem (thought, attitude)

Ability to accept our good, and our not-so-good, thoughts, attitudes, emotions, beliefs, desires and behaviours without [judgment](#), [criticism](#), or [condemnation](#).

Healthy self-esteem goes hand in hand with self-respect. Low or unstable self-esteem prevents us from approving of self unless and until someone (usually an [authority figure](#)) first gives us their approval. Can also make us feel as if we must always do what others want us to do

Sounds like: Can be a constant fight with self: we do something and may think we did all right, but have to wait for someone else to agree. If they tell us they do not like what we did, we immediately judge, criticise and condemn self - not only for having done a lousy job, but for having had the nerve to think it was ok. We feel they have attacked us and we respond with [anger](#), usually (but not always) directed at self. It is a short step then to a wave of [depression](#)

Spiritual effects: [Co-dependent relationships](#), feeling like a [victim](#), inability to say "no"

Change the pattern: Do the Self-esteem exercise in Section 9 and check out this TED Talks video: [Brittany Packnett Cunningham: The power of confidence](#)

Self-importance (thought, attitude)

[Belief](#) we are more deserving of attention than others, and everything we experience is of the utmost importance to everyone. Can be the belief we are flawless, or everything that happens, be it an experience or even a conversation, is about us. Holding self in very high regard. [Pride](#) and conceit are offshoots of [ego](#) and self-importance. Self-importance and [self-condemnation](#) often go hand-in-hand, because even if we feel proud of some of our accomplishments, we may also be [ashamed](#) of ourselves

Sounds like: What about me? Me, me, me. I want to tell you about me and my family, or friends, or pets, or job, or hobbies, or experiences; anything, so long as I do not have to listen to anything about you. See [babbling](#), [narcissism](#)

Change the pattern: Do the Self-esteem exercise in Section 9

Self-interest (thought, attitude)

Using others for our benefit, with regard only for self. See [self-aggrandizement](#)

Change the pattern: Meditate to learn and resolve the reasons for feeling deprived, ignored or neglected

Self-righteousness (thought, attitude)

[Belief](#) self is morally pure and beyond reproach, in comparison against someone whom we have [judged](#) as being less than perfect. No one can escape life on earth without having harmed another, either physically or emotionally, whether intentionally or accidentally. We are all souls in human form, sometimes doing well and sometimes doing poorly

Sounds like: I would never hurt anyone the way you hurt me - or - God will punish you, but he will [forgive](#) me - or - At least I am not like *that* person

Change the pattern: Do the [Forgiveness exercises](#)

Self-sabotage (thought, attitude, behaviour)

Purposely, albeit unconsciously, setting out to fail or at least do poorly. Wondering why on earth anyone would ever do that? Well, here are some possible reasons:

- to make a sibling look better or at least less bad
- to make sure our parents are unable to claim, by our success, their success as parents
- to avoid being held responsible
- to gain much-needed sympathetic attention
- to avoid anyone having high expectations for us

Separation anxiety disorder (thought, attitude, emotion)

For children, separation anxiety can be a normal phase of development. It becomes a disorder if it begins to disrupt daily life, eating habits or sleep patterns or continues into adulthood. This listing addresses the pattern persisting into adulthood.

At the very possibility of being separated from a particular person, intense feelings of [dread](#), uneasiness or apprehension arise for no apparent reason and become so overwhelming that panic can set in. The thoughts and feelings arise from unrecognized or unresolved [fear](#). Ignoring the thoughts can seem impossible, and can contribute to developing [obsessive/compulsive behaviours](#) or becoming addicted to constant turmoil, and having [unsolvable problems](#) requiring everyone's attention. See [anxiety](#), [distress](#), [dread](#), [worry](#), as well as [co-dependent](#) or [toxic](#) relationships, [temper tantrums](#)

Spiritual effects: Unable or unwilling to [trust](#)

Change the pattern: Spiritually: [Meditate](#) to identify the originating experience that triggered the [fear](#) and gain resolution. Learn your reason(s) for choosing to react to life in this particular way.

Physically: Visit WikiHow and [LEARN TO BREATHE BETTER](#)

Shame (thought, emotion)

Feelings of [embarrassment](#), [guilt](#) and remorse that come upon learning we are not perfect

Chronic shame

Can result from childhood abuse or unresolved traumatic events

Sounds like: It is all my fault and I should be punished. I am bad and everyone knows

Spiritual effects: addiction, chronic fear or even anxiety we will be found out, habitual self-isolation, obsessive/compulsive behaviours, PTSD, Suicide ideation, survivor's guilt, feelings of unworthiness, self-doubt and/or low or unstable self-esteem

Change the pattern: Do the Self-esteem, Grieving and Forgiveness exercises

Should (thought, attitude)

Control word used to let someone know that we know what is best for them, and they do not have a clue. Before telling someone else what they should do, consider how it feels to be on the receiving end of uninvited advice

Change the pattern: Meditate to learn the source of our desire/need to be in charge. Asking questions to help others find their own best options or solutions is a great way to start changing the pattern

Silent rebellion (thought, attitude, emotion)

Actions taken when feeling completely powerless to improve our on-going emotional plight. The actions need only have the effect of shocking, annoying or repelling others.

The alternative, addressing the issue directly, is not even a possibility because of the belief it would be pointless because "they" will always win, no matter what. The fear of discussion could even make things worse, if that were possible.

When someone feels so impotent they resort to silent rebellion, they can feel there is no point in doing anything at all - and certainly no point in doing it well. They have lost hope conditions will ever change, and they have learned nothing they do will ever have a positive outcome. It may feel like a miracle to them they are even able to get up out of bed each day. The COVID-19 pandemic has provided a new opportunity for those wishing to defy authority figures. Anti-vaxxers, anti-maskers, 'anti-sciencers' seem to delight in their defiance, yet clearly they are not happy.

This complete and utter despair results from constant judgment, criticism, and condemnation from an authority figure or loved one. No matter what they say or do, that person will never give their approval, so of course they have no dreams, for what would be the point? They will just get dumped on anyway, so they see no reason to even try.

The frustration continues until they finally figure out a way to get back at those they feel have created the situation. Then they are on their way to repeating self-destructive behaviours. Since they have finally taken action, their pain and anger seem to go away and that is all that really matters.

The following actions (in no particular order) are satisfying by virtue of their ability to create emotional or mental chaos for others:

- laziness
- poor posture
- wearing too much perfume

- refusing to bathe
- wearing dirty, ill-fitting or revealing clothing
- wearing garish makeup
- getting visible tattoos and/or body piercings
- styling one's hair to be shocking
- hoarding
- See micro-aggression

Change the pattern: As difficult as it can be to stop needing approval from others, that is exactly what is needed to start changing the pattern. Start living for self, instead of living to hear from someone else that what we are doing is good, and right, and important. Of course the loved one will not like this change and may do everything in their power to make things go back to the way they were, so it is important to be strong and know we need no one's approval but our own. The sooner we come to peace with this truth, the sooner we can get on with our lives and become who we were meant to be. Do the Self-esteem exercise in Section 9

Sniping

Taking every single opportunity to point out another's flaws to make her or him feel bad and/or to make self feel big and powerful, especially, but not necessarily, in front of others. Sniping is judgment, criticism and condemnation, and a passive/aggressive act of revenge. It is not done out of a desire to help someone

Change the pattern: Do the How to stop sniping exercise in Section 9

Soul mate

Belief we are incomplete until we find the specific person whom the Universal Intelligence created only for us. In fact, there is no such person. We were created as individual souls, whole and complete. We each belong to a family of souls, and we may experience a feeling of familiarity when meeting other members. This feeling can also result from past life associations with people, so check with your guide if you are curious

Spiritual effects: Co-dependent relationships, feeling like a victim

Change the pattern: See confirmation bias, do the Self-esteem exercise in Section 9 and check out Will I ever find my soul mate?

Spiritual self-awareness (thought)

Ability to know why we think the things we think and believe the things we believe and, especially, why we do the things we do. Beyond being aware of self as an individual person, spiritual self-awareness also means being aware of self as an individual soul among countless trillions, each with an unbreakable connection to Source. This includes awareness of our soul name, our soul's purpose during our current incarnation and our guide. See Section 11

Spite (thought, attitude, behaviour)

Act of harming self whether spiritually or physically, hoping those who hurt us will notice and feel guilty for what they have done or not done, in other words, a non-verbal guilt trip

Looks like: Putting off doing something 'they' have asked of us as a way to punish them but that actually backfires and hurts us personally. We are harmed because intentionally hurting others is revenge, and revenge hurts us by feeding the fire of anger and resentment inside of us, contributing to various physical ailments for us (see below)

Sounds like: Withholding communication as a punishment (the loud part not spoken aloud)

- "You have hurt me and I refuse to let you see me enjoying life or being successful."
- "I want you to know how badly you hurt me."
- Returning a cherished gift to its original owner silently says, "You have hurt me so badly I don't want to be reminded of you." or "You are dead to me."
- Comforting self with thoughts of running away or even suicide ideation

Spiritual effects: Choosing to live life in misery or deprivation

Physical effects: Addictions, digestive issues, heart disease, high cholesterol, lung problems, nose or sinus issues, OCD

Change the pattern:

- Meditate to learn how the desire for revenge leads to other poor spiritual choices like condemnation, contempt, control, criticism, feeling like a victim
- Since this may be a learned behaviour from other family members, check out legacy resentment
- Practice intentionally building Self-esteem
- Learning to communicate more effectively (wikiHow) enables us to express our feelings assertively (wikiHow) rather than aggressively

Status quo bias (thought, attitude)

Needing to avoid any change, at any cost. It arises from a fear of change since no matter how unpleasant our current situation, the fear says changing anything might make matters even worse. So we go on as we always have, wishing for change but seemingly unable to do anything to help ourselves. We end up being our own victim

Spiritual effects: Strong need to be in control, depression, chronic frustration, accident proneness, unresolved grief

Change the pattern: Meditate to gain self-acceptance. Visit WikiHow and learn HOW TO DEAL WITH CHANGE

Stress (thought, attitude, emotion)

Self-imposed punishment for having judged, criticised, and condemned self to be a failure. The condemnation, the punishment, is harming ourselves in some way, either spiritually or physically. See PTSD

Spiritual effects: Withholding from self whatever it is we most want

Change the pattern: Meditate to learn your triggers

Suppression (thought, thought)

Conscious choice to keep our thoughts, attitudes and emotions about painful experiences hidden from others. Can begin as an act of spite to punish those who failed to protect us from harm. As with

repression, keeping everything bottled up inside can create the need for mood-altering substances or habits. It can also prevent us from forming deep, emotional bonds or meaningful relationships

Change the pattern: Do the Grieving and Forgiveness exercises, plus meditate to find and resolve the root cause of the behaviour

Survivor's Guilt (thought, attitude, emotion)

Crippling condition creating much pain, discomfort and negativity, to which we can become addicted. Losing loved ones through death can create survivor's guilt. Remaining healthy when a loved one becomes unwell can also create it, as can growing up as the normal child in a family with a special needs child. Also, some Christians believe since Christ died on the cross for them, they must prove their appreciation by inflicting pain upon themselves

Sounds like: Since finding enjoyment in life could be seen as a betrayal of the loved one, or of the family, or as a failure to punish self enough, our thoughts might say, "I cannot/will not ever succeed. Nothing of lasting benefit can or will come from me. There cannot/will not be any joy in my life. If something good does happen, I cannot/will not celebrate. I cannot/ will not contribute to a society that allowed (whatever) to happen."

Those suffering from survivor's guilt may tell themselves (and others) their deceased loved one was much more worthy to be alive than they; however, being alive is not a question of worthiness; it is not a reward. Coming into physical form is a part of the entire experience of those souls who do so.

Remember that God does not ever judge, criticise, or condemn us, and our loved one's experiences were a part of their path. We cannot walk their path for them. We must allow them the dignity of ownership. We must not use their experiences as an excuse for failing to live well, or for holding onto resentment or for seeking vengeance, or for punishing self

Change the pattern: Meditate to learn the Universal Intelligence is in charge of matters of life and death. Then meditate to learn our true life purpose

T

Temper tantrum (behaviour)

In adults, pattern of behaving like an undisciplined or spoiled child to get our way, to control others, or to divert attention. Anger may or may not necessarily be triggering the behaviour. See aggressive/passive behaviour

Looks like: Throwing objects, using violence toward self or another, ranting and raving, stomping around, suicide-related communication, using the cold shoulder, refusing to abide by laws or guidelines designed to protect society (see defiance, silent rebellion)

Sounds like: "Why can't you ever ..." or "Why do I always have to ..." or "I want ..."

Change the pattern: Meditate to identify the cause of the pattern and resolve the inner conflict creating it. Visit WikiHow and read about HOW TO STOP TEMPER TANTRUMS, IF AN ADULT IS DOING IT, IF A CHILD IS DOING IT

Thoughts

For purposes of this document, the following meanings are used:

Thoughts - ideas formed into language using words, images or symbols, that may or may not be spoken aloud. Our thoughts produce our attitudes, emotions, beliefs, desires and behaviours

Attitudes - arise from our thoughts and belief systems

Emotions - arise from our thoughts and attitudes, albeit at lightning fast speed. It can seem as though we feel emotions first and then have a thought, but this is not so

Belief systems (or 'beliefs') - stories we use to justify our thoughts, attitudes, desires and behaviours

Desires - things we tell ourselves that we need or want, resulting from our thoughts, attitudes and beliefs

Behaviours - actions we take as a result of our thoughts, attitudes, emotions, beliefs and desires

Tolerance (thought, attitude, behaviour)

Ability to observe people or to have certain experiences without having negative thoughts, attitudes and emotions about them. Intolerance creates much of the turmoil on this planet. As souls in human form, we face many spiritual challenges. Chief among them is the temptation to hate. If we as individuals fail to grasp that we are all equally loved by The All, the spiritual laws of reincarnation and karma will ensure our rebirth to try, try again. Failure of groups and nations to “get it” creates negative societal patterns such as legacy guilt and legacy resentment. Until the many issues dividing us are resolved, until we allow forgiveness into our lives, humanity will be unable to meet our full potential

Change the pattern: Reduce intolerance by doing the Tolerance exercises

Toxic relationship

This is a relationship in which neither person can thrive, and each claims the other is the problem. Neither is prepared to let go of their position; neither will apologize and neither will forgive; both think the other is infuriatingly stubborn and/or controlling; and, most of all, just plain wrong.

Perhaps the biggest frustration in toxic relationships is being unable to fix them, or even get out of them without being consumed with guilt, resentment and remorse. We tell ourselves it would be mean and cruel to leave, so we keep trying to get the other person to change; but of course, nothing works. Since we cannot make anyone else change, or even want to change, change is up to us

Change the pattern: Do the Forgiveness and Self-esteem exercises in Section 9. Let go with love. To fix a relationship requires much work and dedication from both sides, and this is not possible when both parties feel it is the other who needs to change. In this case, it can be preferable to let the relationship go. The challenge is to do so without holding onto any negativity; this means no guilt, no anger, and no regrets. It also means not repeatedly returning to the relationship to try, try again. God does not condemn us for being wise enough to know when it is time to stop trying and let go. Here are some steps to take that, while they may not fix a relationship, can help us to move on and begin living in peace:

- Let go of the need to prove the other wrong (self-righteousness)
- Let go of the need to be apologized to (humility)

- Let go of the need for revenge (forgiveness)
- Let go of feeling fully responsible (guilt), yet acknowledge our part in the relationship, and forgive ourselves as well as the other party
- Let go of the need to receive permission from anyone to make change in your life
- Let go of thinking the relationship is "good for me" since it teaches me patience and tolerance. This is a form of Self-sabotage serving no purpose other than to keep you stuck in negativity.

Traumatic events

Any event causing physical or emotional pain is considered by the Universal Intelligence to be traumatic. While some events are less traumatic than others, this does not lessen their impact, especially for children or those reliant on others to provide understanding about what has happened. Without understanding, grieving and forgiveness, resolution is not possible. Unresolved trauma can affect us throughout our entire lifetime by contributing to addiction, obsessive/compulsive behaviours and chronic disease.

Here are just a few childhood events often trivialized by caregivers: becoming lost, suffering sibling abuse, having to vie for caregivers' attention, new child entering the family without advance notice or preparation, being falsely accused of wrongdoing, being criticised for having normal human emotions or bodily functions. See PTSD. Watch "How childhood trauma affects health across a lifetime" - a TED Talks presentation by Dr. Nadine Burke-Harris. Check out this article from SciTECHDAILY "CHILDHOOD ABUSE LINKED TO HIGHER RISK FOR HIGH CHOLESTEROL..."

Trust (thought, attitude)

Knowing our Creator loves us unconditionally, everything required for our learning will be provided, and each and every experience is given to help us learn how to love ourselves and others unconditionally

U

Unconditional love

Acceptance without conditions, and a lack of negative thoughts, attitudes and emotions. We are loved unconditionally by the Universal Intelligence. There is nothing we have to do, nothing we have to change, in order to be loved by God. Universal energy registers in us as unconditional love. Believing God judges us is to believe the love is conditional, and this is impossible and untrue because judgment, criticism and condemnation impose conditions. Unconditional love can be seen as 'tough love' because it allows us to experience all things. It tests us by allowing physical consequences for our spiritual choices. It allows us to feel pain; it allows us to cause pain. See free will

What can it feel like?

Unconditional love, for me anyways, feels like a warmth coming up from within the depths of my soul that brings a tremendous feeling of happiness, comfort and pleasure, and brings tears to my eyes. It is an enveloping, all-encompassing feeling unmistakably positive and wonderful. I strive to exist in that mode, but alas, daily life tends to take our focus away from that Truth. It is an on-going, hugely rewarding practice though, and highly recommended

How to practice it

Get centred and connected with your guide, and KNOW you are accompanied and held in high regard by our as-yet-invisible friends.

Universal Intelligence



Nothing exists in physical without first having existed in thought.
Ponder this as you look at anything around you.

Although called many names (The All, Universal Intelligence, The Universe, Creator, Source, Singularity, God, Allah, Yahweh, Heavenly Father or Mother, Great Spirit, They, It, Her or Him), it is itself nameless and androgynous. No one created it... It IS. It manifests as the Source of everything; 'The All'. It is vast, deeply intelligent, responsive, creative, unconditionally loving, energy. We are of it. It is in us. When connecting with it, we may feel an upwelling of emotion that literally brings tears to our eyes. We may know then everything is ok; there is nothing we need to do or change to be loved unconditionally.

Universal truth

Information free from negative thoughts, attitudes or emotions, is logical and straightforward. As we grow in spiritual understanding, it becomes easier to recognize the differences between Universal truth and our human truth. Problems arise when beliefs based in human truth collide with universal truth. See [confirmation bias](#), [discerning truth](#), [echo chamber](#), [seeking of truth and understanding](#)

V

Vibrational frequency

Every atom in the universe, including each and every soul, vibrates at a specific frequency. It was set at the time of creation but is not static, rising or lowering during physical incarnation, according to our negative or positive reactions to our life experiences. Our aim as souls is to return to our original frequency which allowed us to exist in a state of profound spiritual awareness and [unconditional love](#). Reducing and refining our negative thoughts enables this. See [Section 11](#) and [Section 12](#)

Victim (thought, attitude)

Thought pattern saying we have no power to change our life situation, we cannot protect self from others' negative words or actions, anything negative in our life has been caused by anyone or anything but self, and/or there is no protection from all the dangers in the world. This pattern can often be traced to [traumatic](#) childhood experiences not yet understood or resolved, preventing them from being released. The pattern can result from caregivers being over- or under-protective. Feeling like a victim means we are [blaming](#) others and giving away our power. Being a victim of a crime can be a required [life lesson](#), but it is important to work through our thoughts surrounding the event, [seeking understanding](#) and practicing [Forgiveness](#). While we cannot change past events, we can change our reactions to them and thereby change our future. See [pity parties](#)

W

War (thought, attitude, behaviour)

To fully understand why war exists, we must acknowledge our own negative thoughts, knowing they cause us to behave in negative ways. Holding a grudge against someone for failing to live up to our

standards, or for not giving us what we want, is the first step toward war on a personal level. We justify our feelings by saying those we resent deserve it because somehow they are less than human; they do not deserve our respect; they deserve to suffer.

Like bullies, corrupt political leaders want what they want when they want it, and they take it. War on a larger scale begins when someone stands up and says they cannot have it. The population is then dragged into their temper tantrum, along a path of wanton fury. The leader says it is for the citizens' benefit (self-aggrandizement). Another society may then be forced to take on the role of parent to stop them

Sounds like:

On a personal level

Stealing from a corporation by making false or inflated insurance claims, using someone's possessions or property without their permission, etc.

On a national level

Subjecting segments of a population to various forms of control or extinction

On an international level

Forcibly taking over the lands of another domain, subjecting its inhabitants to various forms of control or extinction

Change the pattern: Read about legacy guilt and legacy resentment. Do all of the spiritual exercises in Section 9. Visit Wikipedia and read about RESTORATIVE JUSTICE

Worry (thought, attitude)

Busy thoughts: wondering how everything will turn out; trying to plan everything; wondering what others are thinking; wondering how others will react to our actions. Worry is often used as a means of control over our loved ones and indicates we have judged, criticised and condemned them. For example, saying we are worried about someone is like saying we think they are incapable of doing the right thing, or they will come to harm if they continue doing whatever it is they are doing.

Those in co-dependent relationships often worry about their partner. They claim concern, but the real worry is for self. This is not love - this is control

Sounds like: What if... If I do this, then he/she will do... If I do this, then he/she will think...

Spiritual effects: Anxiety, distress, dread

Change the pattern: Do the How to stop worrying exercise

Section 7 Frequently asked spiritual questions

The questions

1. About God

- 1.1 Does God really exist? Does he have a plan for me? How can I find out what it is?
- 1.2 If God IS, why is there pain, suffering and sickness in the world? Why is there war?
- 1.3 Is God angry or disappointed with humanity?
- 1.4 Isn't it time that God gave us some new rules of conduct?
- 1.5 Are thoughts powerful?

2. About the guides

- 2.1 What is my inner voice, and how can I hear it?
- 2.2 What is my guide's name? How many guides are working with me?
- 2.3 Why don't our guides keep us from coming to harm?
- 2.4 Is mental telepathy between people possible?

3. About spirituality, healing and genes

- 3.1 What is spirituality?
- 3.2 What are some of the spiritual gifts?
- 3.3 What is 5th dimension state of being?
- 3.4 What are the spiritual laws?
- 3.5 What is "free will" and how does it affect us?
- 3.6 Is there any such thing as miraculous healing?
- 3.7 How could God allow someone who was miraculously healed to become sick again with the same disease?
- 3.8 Is there hope I won't develop any of the diseases my parents had?
- 3.9 Why do we get sick / suffer injuries / have accidents?
- 3.10 Why are there side effects from medications?
- 3.11 Are evil spirits are causing our pain / disease / life problems?
- 3.12 Why does God allow so-called evil people to come to power?
- 3.13 Is there a magic pill?
- 3.14 What are the chakras and what role do they play in our healing?
- 3.15 Do physical ailments come from not hearing our thoughts or from having negative emotions?
- 3.16 What is the third eye?

4. About souls

- 4.1 What is a soul?
- 4.2 What is an old soul?
- 4.3 What is my soul name and what is my soul's purpose?
- 4.4 What am I here to learn?
- 4.5 Why are we here?
- 4.6 Will I ever find my soul mate?
- 4.7 What beliefs do I have that prevent me from moving forward in life?
- 4.8 How can I get past the guilt for causing a motor vehicle accident that took someone's life?
- 4.9 What are the Akashic Records?
- 4.10 What are the Akashic Blueprints?

5. About life, death, reincarnation and karma

- 5.1 Why do souls enter human form?
- 5.2 Is there any such thing as a near death experience?
- 5.3 What happens when we die?
- 5.4 What is reincarnation?
- 5.5 If reincarnation is real, why can't I remember any of my past lives?
- 5.6 What is karma?
- 5.7 Why do some people I meet seem so familiar to me?
- 5.8 What is a walk-in?

6. About religion and sin

- 6.1 Why do religious cults exist?
- 6.2 Is it true I need a church leader to intervene on my behalf with God?
- 6.3 Is there a difference between crime and sin?
- 6.4 Is it a sin to take someone's life?
- 6.5 Is homosexuality a sin?
- 6.6 How can I know which foods to eat and which ones to avoid?
- 6.7 About fasting

7. About the devil, hell and negative energies

- 7.1 Is there any such thing as the devil?
- 7.2 Is it possible to accidentally receive the mark of the beast, namely the number 666?
- 7.3 Is there such a place as hell?
- 7.4 Can negative energies and entities harm us?

- 7.5 Have you been visited by a spirit and felt frightened by the experience?
- 7.6 Can someone steal my energy? Can someone give me theirs?
- 7.7 What are the "Sons of Darkness"?

8. About the end times

- 8.1 Will Jesus come alone to save humanity?
- 8.2 Are we living in the end times?
- 8.3 Why are there so many disasters lately?
- 8.4 Why is there so much terrorism in the world?

9. About human behaviour

- 9.1 What is our spiritual diet?
- 9.2 What is the "cold shoulder"?
- 9.3 Why do people withhold their approval?
- 9.4 Why do people play practical jokes?
- 9.5 Why are people superstitious?
- 9.6 Why do people steal credit for work others have done?
- 9.7 Why do people judge, criticise and condemn work others have done?
- 9.8 Why do people lie?
- 9.9 What if nothing is wrong, but I still feel awful?
- 9.10 What is legacy guilt?
- 9.11 What is legacy resentment?
- 9.12 Why do we give gifts?
- 9.13 About the passage of time
- 9.14 More about forgiveness
- 9.15 Why do we think everyone else is the enemy?
- 9.16 What is the spiritual component of revolution?
- 9.17 Why is the business of politics so nasty?
- 9.18 What can we do to fight terrorism?
- 9.19 Does the moon affect our emotions?
- 9.20 Why is it so difficult to make positive changes in our lives?
- 9.21 What is a know-it-all?
- 9.22 What is legacy contamination?
- 9.23 What planet are you from?
- 9.24 What is a legacy family pattern?

9.25 What is the spiritual aspect of experiencing sexual assault?

9.26 What is the spiritual truth about romantic relationships?

9.27 What is the spiritual truth about the law of attraction?

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The answers

1.About God

1.1 Does God really exist? Does he have a plan for me? How can I find out what it is?

Yes. God really exists. Yes, God has a plan for you. Find out what it is by meditating in the new way. Any question directed toward The All will bring a response in accordance with the spiritual Law of Free Will. Get centred and ask your question as simply as possible; then listen for the answer. If the answer does not come immediately, there may be other information needed first. In that case, start to build a pattern of regular meditation with The All, work through inner conflicts and learn belief systems based in Universal Truth.

1.2 If God IS, why is there pain, suffering and sickness in the world? Why is there war?

The gift of free will enables us to choose how to think, how to behave, and even what to believe. These spiritual choices determine our physical reality and, in fact, the condition of life on the planet. We are not judged for our choices; nor are we punished, but The All allows us to experience their logical consequences. That is, if we judge, criticise, condemn, control, blame, hate, seek revenge and so on, it is we ourselves who must deal with the physical results of these negative spiritual choices. Our physical body rests upon the foundation created by our thoughts, attitudes, emotions, beliefs and desires; our planet and its life forms are experiencing the results of countless thousands of years of their outcomes. The world is becoming a better place as we begin to grasp this idea, and as we do the work required to bring profound change into our lives.

War, genocide, crimes against humanity and acts of terrorism continue to occur, just as they have throughout history. They are caused by our negative thoughts. Of course we must be ready, willing and able to stand up to bullies and aggressors; pacifism is not enough to stop those on a path of wanton destruction. We must be willing to defend our way of life, yet we cannot sink to barbarism when meting out justice to offenders. Doing so only perpetuates the cycle of karmic debt. It is far better to employ Restorative justice.

1.3 Is God angry or disappointed with humanity?

No. Disappointment implies judgment, criticism, and condemnation have taken place, and since The All is unconditional love, disappointment is not possible. We are living in accordance with the Universal spiritual Law of Free Will, experiencing all that there is to be experienced, and we will ultimately learn our way back to Source. That is the way, the truth and the life.

1.4 Isn't it time God gave us some new rules of conduct?

Yes, and here they are. These are not commandments as such, but rather goals and guidelines:

- Do not judge, criticise, and condemn - either our fellow humans, or self, or the Universal Intelligence
- Do not control our fellow humans
- Do not rescue our fellow humans from despots and dictators
- Forgive others as we would like to be forgiven
- Strive for excellence rather than perfection
- Seek guidance from the Universal Intelligence, for it is always available

1.5 Are thoughts powerful?

For your consideration: Nothing exists in physical without first having existed in thought

If the above statement is true, then this universe was thought of before it came into existence: someone or something considered all the necessary components and processes for it to grow and thrive before releasing it. That may sound like a thinking Intelligence created everything, but personally, I do not see another way for this universe to have come into existence. Not a being with a great long beard sitting on a throne, dictating to all the little cherubs and angels what needs to be done by whom, and where, and when, but a Creator, the Source, all-powerful, all-knowing, and, most importantly, unconditionally loving - to the point it endowed many of its creations with free will. On Planet Earth, each life form and process is bounded by certain limitations, with those in human form having the fewest.

Fewer thoughts

The more we refine and reduce our thoughts, the easier it becomes to communicate with our guide , and with the Universal Intelligence. As more and more of us do this work, we will edge closer to the next step in human evolution: that of becoming ready, willing and able to seek - and follow - guidance from the Universal Intelligence in all of our daily affairs. Free will allows humans to choose to ignore this wisdom and ignoring it has gotten us into considerable trouble, but what better way to learn?

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2.About the guides

2.1 What is my inner voice, and how can I hear it?

Our so-called inner voice is the wisdom of The All, given to us by our guide. By learning to meditate in a new way, you can begin communicating consciously with your guide.

2.2 What is my guide's name? How many guides are working with me?

When in a centred state, ask your guide her or his name. (Although the guides are not female or male, they tend to respond to us in ways that seem either feminine or masculine.) If you hear more than one name, there is more than one guide with you. In that case, ask for the name of your personal companion/teaching guide. One guide accompanies us on our life's voyage and other guides travel with us for as long as God feels it is necessary. In truth, the number of guides working with us does not make us any more or less worthy than any other human, nor does it mean God has higher expectations of us than of others.

2.3 Why don't our guides keep us from coming to harm?

Sometimes they do, and sometimes they do not - it all depends on what is required for our soul's learning. The guides abide by the guidance of the Universal Intelligence and its spiritual laws. Only they know what lessons are required for us during a particular lifetime. Although some experiences harm the physical body, the soul gains wisdom from the experience, even if not until the soul is "at home". Unfortunately, it is often through the more painful and difficult experiences that we learn the more difficult spiritual lessons.

Whether we come to harm also depends upon whether we are paying attention to our thoughts. Very often we are warned to do or not do something (in our thoughts of course, for the guides communicate with us telepathically), or to go or not go somewhere. It is our choice whether to heed the warning. We may never know how many people have met with harm who chose to ignore their guide's suggestion, but we are hearing of more and more people who do pay attention, who live to tell the tale.

2.4 Is mental telepathy between people possible?

No. Telepathic communication is a reality, but only between a person (a soul in physical form) and The All via our guide. Of course, our guide can cooperate with our beliefs and desires and let us think we are reading someone's mind: we may sometimes guess what someone is thinking, or we may have a premonition a loved one is having some sort of extraordinary experience; but it is our guide letting us know - not our loved one. At this point in human evolution, we hardly hear our own thoughts, never mind someone else's. So long as we judge, criticise, and condemn and try to control one another, mental telepathy will not be possible.

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3.About spirituality, healing and genes

3.1 What is spirituality?

Spirituality is knowing we are children of the Universal Intelligence, and therefore loved unconditionally. It is knowing, deep within, we are much more than our physical bodies - we are spiritual beings dressed in human form, learning our way back to Source. Spirituality is knowing this holds true for each and every human being - not just the fortunate few. Being a spiritual person does not mean having to forsake family, friends, sex, wealth, luxury, food or drink, or even work or play. We need not deprive ourselves of the joys of life, and we certainly need not inflict pain on ourselves to prove our devotion to God. After all, The All hears our every thought, so there really is nothing to prove.

3.2 What are some of the spiritual gifts?

These are not so much gifts as they are skills or abilities, possibly gained in previous lifetimes, that The All may activate in the current existence. Any spiritual ability we have while in human form is there because the Universal Intelligence has enabled it. We become better able to use these gifts to help others after we have worked through our unresolved issues and inner conflicts.

These are becoming more well-known and widely accepted as being at least a possibility. Foreseeing future events, finding missing people, channeling, communicating with the dead, seeing entities who are not in physical form, interpreting dreams; these are all thought to be the result of psychic intuition.

The Universal Intelligence teaches they result from our guide giving us information along with, sometimes spectacular, special effects. The psychic is willing to tune in and listen to what the Universe has to say, and then to share the information. However, and here is what can damage the credibility of psychics, the information is filtered through their belief systems, so the message may or may not come through intact. This is one of the reasons the information in the Bible may not completely contain Universal Truth. The writers may have been influenced by the prevailing social norms of those olden days.

Given all souls come from Source, we each have an inherent sixth sense and it is possible to develop it. Doing so requires practice and dedication to become a clear channel, else we risk presenting less than accurate information. Start becoming a clear channel through Spiritual decluttering. Doing this work sets us firmly on the path of profound soul development and enables us to truly serve God, and thereby humanity. Here are some of the spiritual gifts along with some newer information about them:

Ability to heal others

Although well-intentioned, this is a myth. Healing is given at the discretion of the Universal Intelligence - sometimes working through another human, sometimes not. See miraculous healing

Ability to see auras

This is the ability to see the energy emanating from another individual. Of course, the only way to really know what the various colours mean is to ask our guide in meditation. Remember to ask for whom the message has been given. See What are the chakras?

Channeling

Process of seeking information from Source and Source speaking through us using our voice or another physical means of recording information. Get centred and actively listening (it takes conscious effort to remain listening). Speak or type the words that come to your mind without changing them. Practice is essential to ensure accurate messages are provided.

Gift of tongues

When channeling, the gift of tongues may be activated. The gift of tongues is a spiritual gift, widely misunderstood for centuries. It is thought when this gift is bestowed upon an individual, they will speak words sounding like no language on earth. The trouble is though, no one is able to translate the words into a meaningful message... and what good is a message if it is not understood? In truth, when this gift is enabled each listener's guide will translate and telepathically transmit the speaker's words to each listener in their preferred language.

Medical intuition

Ability to hear our guide tell us what is happening physically with another individual. Our guide may also provide physical signals to alert us to what is happening physically for them. Of course, the clearer our thoughts and the fewer our inaccurate beliefs, the more readily we may hear Universal Truth or feel the individual's symptom for ourselves.

Phasing

Phasing is enabled by the guides if they have specific information to help us gain understanding about a particular subject, or to prepare us for a future event. It can happen spontaneously when our thoughts are calm or we are in Observation mode. It can seem like a daydream where our thoughts wander freely, yet when it happens, we feel like we are right there in the vision, active and even communicating with others there.

Other people physically in our presence are not likely to realize anything is happening for us.

Astral projection

Seeming to leave our physical body. This can occur when we are in a meditative state and more open to allowing our imagination to roam freely. It can also happen during a near-death experience to show us that life truly does go on after death of the physical body (a driving force in the human struggle to recall our divine nature). In either case, the importance of asking our guide questions about the experience cannot be overstated.

Bi-location

Phasing, or seeming to be in two different places and times at the same moment, can occur if an individual has attained a level of spiritual enlightenment enabling consciousness to separate from ego in order to gain information. The individual is physically present in one place and time and energetically present in another.

3.3 What is 5th dimension state of being?

This is a label for a level of spiritual attainment. Just as there are dimensions of the physical plane of existence, so there are dimensions of the spiritual. See [Characteristics of the levels of spiritual awareness](#)

3.4 What are the spiritual laws?

This information may seem to be at odds with much of what is out there, but it is simple and straightforward. It is free of the fear-based ideas currently widely accepted, and it presents the concept of the profound equality of all souls. There is no such thing as sin. There is no judgment, no criticism, no condemnation - all are free and able to experience whatever their soul needs in order to find its way back to Source. It is important to know each and every individual soul was created, whole and complete, just before the instant of the big bang.

- All souls entering physical form have been granted free will.
- There is one soul for one physical body per lifetime, beginning approximately at birth and ending approximately at death of the physical body.
- Whatever lessons are required for the soul's ultimate spiritual advancement will be presented. We will be tested, relentlessly.
- All souls entering into physical form are accompanied by, and entitled to communication with, a personal companion/teaching guide.
- The guides abide by the wisdom and guidance of The All and by the spiritual laws.

3.5 What is free will and how does it affect us?

Free will is the most important of the spiritual laws affecting humankind. This means we have free will to make our own choices - in fact, Planet Earth is often called the free will planet. But free will goes far beyond simply being able to choose which action to take and when. It is the ability to choose what to think, what to desire, what to feel and how to react; even more importantly, it is the freedom to believe whatever we want to believe. God, the Universal Intelligence, the Creator, whatever you choose to call Source, helps us maintain and even strengthen our belief systems even if they are not based in Universal Truth. Whatever our beliefs, the Universe will allow us to experience, in physical, the outcomes of them. That is free will in action, and part of the reason it is so important to be aware

of our core belief systems: they are the foundation upon which our physical body rests, and upon which our life experiences depend.

Free will is opportunity

Free will is also our opportunity to choose between doing what we want and that which The All requires of us. There is only one way to find what God requires of us; ask The All, through our own personal teacher/companion guide. Only they have the Universal Truth of what is needed of us as individuals. If we do not ask what is needed, the information will not be given (because it would interfere with our belief(s)). If we rely upon others to tell us what God wants us to do, or upon information presented in a book (*any* book) or on television, or on the internet, we will not necessarily find Truth - we will find only what someone else suggests; thus the importance of communicating with our own guide.

Free will and unconditional love

The flip side of the free will coin is unconditional love. We are all children of God and we are each loved unconditionally at all times; therefore, we are never judged, criticised, or condemned by God or the Divine Messengers. However, we are not excused from responsibility. There are consequences for our choices and our thoughts. They may not always be pleasant - they may even be painful - but we are entitled to communication, guidance, teaching and unconditional love throughout our entire life experience, whether we think it is deserved. However, just because we have free will does not mean we are in charge: our lessons will be presented according to God's timing and in whatever way He sees as best for our spiritual growth. We will be tested relentlessly to ensure our lessons are learned.

If this does not make sense, think of a toddler who is learning to walk. If the parent prevents the child from falling, how will the child learn to get up? So it is with The All. We are allowed to make choices, to err, to fall, or to excel, to soar. Yes, we may be hurt - others may even be hurt by our choices - but ultimately, all will benefit.

Destiny? Or free will?

It's not so much that our course is planned, but rather, at inception of this iteration of the universe, the vast intelligence that created it knew all that each of its emanations would produce. After all, we (and all of creation) are aspects of Source, so of course Source knows us intimately. Our record is written upon the fabric of space-time, and as we experience space-time, we respond to it. While we may not know how we will respond to our experiences, Source does. So it is not a matter of our needing to choose the "correct" response... it is a matter of doing as we choose, in any given moment. Our every choice can be based on our existing knowledge or on information gained from seeking guidance. That choice - whether to do as we wish or as guidance recommends - is ours to make, but of course Source already knows our response.

3.6 Is there any such thing as miraculous healing?

Yes. There are three key components: (1) the Universal Intelligence initiates the healing process in accordance with our desire to heal, (2) our faith - via the placebo effect - enables healing to occur (may or may not be instantaneous) and (3) the source of the offer of healing must be credible, or at least plausible, to us. A limiting factor is the spiritual Law of Free Will, as healing will not occur if we prefer to remain unwell - yet another reason to become aware of our thoughts. Read about free will and how it impacts our lives.

3.7 How could God allow someone who was miraculously healed to become sick again with the same disease?

It all comes down to free will. Since we are free to think whatever we wish, and since illness starts in the thoughts, it is logical that repetitive negative thoughts will have a negative impact on our health. While a physical disease may be healed, the thought patterns that contributed to its creation may not change, thereby enabling the condition to recur.

3.8 Is there hope I won't develop any of the diseases that took my parents' lives?

Yes. While the current understanding of inherited risk factors says we are born with an arbitrary blend of the genes of each of our parents and of their parents before them and so on - and that it cannot be changed without medical intervention, the newer understanding says the blend is neither arbitrary nor static. The Universal Intelligence creates the blend to reflect the spiritual makeup of the family unit and to meet the spiritual learning needs of the soul who is about to incarnate; further, the blend adapts to reflect the spiritual condition of the soul as it progresses through life. In other words, our genes are dynamic. So even if we are born with the genetic predisposition that goes along with, for example, Alzheimer's disease, as long as we do not have the thought patterns that go along with it, the disorder will not develop - another good reason to become aware of - and reduce and refine - our negative thoughts.

3.9 Why do we get sick / suffer injuries / have accidents?



Disease is not a punishment sent from God.

Our ancestors had no way to explain why we get sick other than to blame the devil, or curses, or sometimes even God. Modern medicine has provided us with the process of, and treatments and cures for, many conditions and disorders, but we still have no explanation for their cause. We know “what” happens, but not why. I believe our thoughts are the “why”. It is the mind-body-spirit connection that creates illness, including chronic and communicable diseases, inherited and congenital conditions, anniversary illnesses, and even injuries, whether accidental or intentional.

The Mind-Body-Spirit connection

For every human illness, injury or accident, there is a spiritual component within self. The “Spirit” and “Mind” components of a condition result from our thoughts, attitudes, emotions, beliefs and desires (TAEBSD). It is these that make us who we are - they create our physical reality - they either raise or lower our personal vibrational frequency.

You may be wondering how our thoughts could possibly affect our physical bodies. After all, our thoughts are invisible and nobody hears them, right? While it is true no other humans hear our thoughts (unless we actually say them out loud) our body pays attention to them, and our body reacts to them. How? Our central nervous system, housed within our spinal column, controls the various areas of the body. Not only does it coordinate and control all of the body's organs and structures; it also transmits our thoughts - or at least the vibrations of them - throughout our body.

Each and every time we have a certain type of thought, like love or hate, joy or anger, or a particular desire or belief, the message is transmitted via the spinal column to the vertebra responsible for the area of the body affected by the particular thought, attitude, emotion, belief or desire. Sometimes the

result of having a particular thought is almost immediate; other times the outcome may not happen for days; and some habitual thought patterns can take years to manifest in physical. Eventually though, our TAEBSD will catch up with us.

For example, the first cervical vertebra is linked to blood supply to the head, pituitary gland, facial scalp bones, brain, inner and middle ear and sympathetic nervous system. The spiritual component of problems with C1 is having belief systems that disagree with one another; for example: believing a person is or was a saint, yet knowing she or he really is or was not. The effect of a constant flow of energy of a belief creates imbalance in the vertebra, ultimately creating a number of physical ailments.

Coincidence?

Many people get sick or have an accident at the same time of year, every year. Is it just a coincidence, or is there something more meaningful at work? Incredible as it may seem, our unresolved issues can trigger physical symptoms and/or cause additional traumatic experience(s) around their anniversary date.

How can this be?

We do not pay attention to most of our thoughts, but trust me; we think about our unresolved issues much of the time. We just keep replaying them, looking for some solution as to why our painful life experiences happened. We know when they happened; we remember where we were, what we were doing, others who were present or absent, anyone who helped or harmed, sounds, tastes and smells. It should come as no surprise then, as the anniversary date approaches, we begin to feel more stressed than usual, without really knowing why. This additional stress creates an extra load on our immune system, until we catch a virus or have a painful accident we would normally be able to avoid. This goes on year after year, and we soon start to dread that time of year.

Bad news/Good news

Unfortunately, until the inner conflict is resolved, we are doomed to repeat what has become a seemingly uncontrollable thought pattern. Fortunately, we can change - we can resolve these issues once and for all, by practicing meditation and doing the spiritual exercises in Section 9.

An example from my own life

When I was about 7 years old, I had a severe ear infection that resulted in mastoiditis. Surgery removed the damaged portions and the infection healed, but the affected ear ended up with “moderately severe” hearing loss. The condition was diagnosed as being untreatable and I remained deaf for 35 years. This is the “Body” component of our health. It consists of our physical environment, which is our bodies as well as the world in which we live.

In 1995, a health crisis motivated me to begin meditating, and that's when things started changing. I met an amazing woman, Fay, who told me that along with eight energy treatments, restoration of my hearing would be in direct relation to the amount of work I was prepared to do upon myself. I took this information to heart and began to work on me, and Fay began work on my ear. A few weeks later, after the full course of energy treatments and much belated grieving, forgiveness, meditation and soul searching on my part, my hearing was restored. I call this miraculous healing because even though it was not instantaneous, there was no medical intervention.

Once I realized my deafness resulted from my own thoughts and desires, I resolved to learn everything I could about the spiritual component not only of illness, but of healing. My deafness began because

the Universe cooperated with my wish to not hear my parents' constant arguing and my sister's constant babbling, and it ended because of an even deeper desire to change my life.

Whenever my parents argued (which was almost every day), and whenever my sister babbled (which was every day), I would think to myself, "Please oh please oh please stop!" This is the "Mind" component of our health. It consists of our thoughts, attitudes and emotions.

The infection happened because I had no way to defend myself from the arguing and babbling, and I hated having to hear it all. This desire to not hear is the "Spirit" component of our health. My deafness occurred when the Spirit and the Mind worked together to provide the Body with the circumstances under which my desire could be met. My desire came first, then the infection, then the mastoiditis and surgery, then the deafness. Healing became possible once I realized I no longer needed to not hear the arguing and the babbling. I was able then to find forgiveness not only for my family's chaos, but also for myself. After all, in truth, my deafness sprang from within myself, so I really did need to forgive me.

The challenge

While it is challenging to accept responsibility for our health, recognizing and changing our negative thoughts, attitudes and emotions improves / heals / cures our physical ailments beyond belief. By using our mind in conjunction with our will, and combining resolution of our inner conflicts with medical treatment, we can release ourselves from needless suffering.

As we begin to accept the reality of the spirit-mind-body health connection, humanity will benefit in many ways. It may take some time though. After all, no one likes to hear their belief system is not based in Truth, and no one likes to hear they themselves have any negative thoughts, attitudes or emotions. In the meantime, we will continue to learn and grow, and eventually, I believe, come to the realization our thoughts, attitudes, emotions, beliefs and desires are co-creators of conditions on Planet Earth. Then the real work begins.

3.10 Why are there side effects from medications? Why do medications suddenly stop working?

Each and every individual soul has a specific vibrational frequency, set when the Universal Intelligence created us. Our VF changes according to the spiritual outcome of each lifetime lived. The spiritual outcome is the net gain or loss made each time we either learn or do not learn the lessons presented in a particular lifetime. (Needless to say, there is someone monitoring us, for we simply do not have the vast intelligence required to administer such a program.) Our VF also fluctuates in accordance with our daily TAEBSD . It is this daily fluctuation that impacts our health. So...why do we suffer side effects from the very treatments and medications supposed to heal us?

Scenario: We receive a medical diagnosis for our ailment, along with a prescription to help us heal. The prescription may be for medications or for steps to take to aid in the healing process. We start taking the medicine and following the recommended actions, and then, just when we should be starting to feel better, the side effects start. Maybe it is hives or a rash, maybe it is muscle aches and pains...could be just about anything that happens after the medicine or treatment is introduced, and we immediately blame whatever it was.

There is definitely something at work here, but I believe the explanation involves more than just the physical aspect. The Universal Intelligence explains it thusly: side effects also result from our TAEBSD about the following:

- That which has been prescribed or given as treatment
- The person who gave us the prescription or treatment
- Our desire to stay sick or to get better
- Our beliefs about our ability to heal
- Our beliefs about whether we are worthy of being helped
- Our desire or lack thereof to cooperate with authority figures (like healthcare providers)

Since our TAEBSDs are complex and intertwined, the above are just a few of the possibilities that can affect our results. However, once we recognize the spiritual components of our side effects, we can start healing from within by really resolving the issue. Then the treatments/medications can start to do their job. Just think how our health could improve by doing this sort of work.

3.11 Are evil spirits causing our pain / disease / life problems?

No. This belief comes from having no other way to explain why bad things happen to good people. Many go to great lengths to hire someone to expel the demon(s) and will pay huge amounts of money. The scientific method brought us modern medicine, which has provided humanity with many treatments and cures, but no explanation beyond their physical cause, of just why they happen. While it is challenging to accept responsibility for our thoughts, I am here to tell you that recognizing - and changing - our negative thoughts, attitudes and emotions can improve our physical health beyond belief, especially when done in conjunction with medicine.

3.12 Why does God allow so-called evil people to come to power?

Adolph Hitler serves as an example of someone widely regarded as evil, who rose to a high position of power. As he reported to G. Ward Price after World War I, Hitler was a soldier in the trenches during the war. He claimed to have heard a voice telling him firmly to "Get up and go over there", so he did. A few moments later, a shell burst over the trench he had just left. Had he remained, he would have been killed along with the soldiers who remained there. So, had the Universe not intervened, World War II might have been avoided.

This raises the question of why God could allow someone like Hitler to come to power. While we may not be able to fully understand all the reasons, we must at least allow for the possibility the Universe knew Hitler's eventual choices would provide for the creation and/or resolution of karmic situations or lessons for millions of souls. Such people as Hitler are instruments of change. Their words and deeds fulfill a vital service in the evolution of humanity, by showing us, graphically, our thoughts really do matter. How long will we delay accepting the truth it is we ourselves who must change - not just one individual or group - we ourselves, all of us? If we change, society changes.

It is important to know there is no such thing as an evil person. Negative thoughts cause negative behaviours, but the soul inside the person is not evil. We are all capable of great kindness or great cruelty, depending on our life experiences and the choices we make. The Universe knows each of us intimately, at soul level, and knows what is needed both for the individual, as well as humanity as a whole, to advance spiritually.

We are on the brink of another vast learning opportunity, and there will be choices to be made. Will we choose to side with kindness, generosity, compassion? Will we choose to side with intolerance, fear, greed, hatred? It is our choice. We can either be an instrument of love, or of hatred. We can use the upcoming challenges to learn and improve ourselves, or as an excuse to behave poorly. But choose

we must, for as Elie Wiesel said: "We must take sides. Neutrality helps the oppressor, never the victim. Silence encourages the tormentor, never the tormented."

3.13 Is there a magic pill that would enable us to heal all diseases and stop, or at least slow, the aging process?

No. While it is possible to clear the negative thought patterns at the root of disease, it is very difficult to stop the negative thoughts that happen every day, that affect the aging process. The negative thoughts seem to occur without any effort on our part, yet they do occur. Try waiting in a long line-up without being impatient, or watching a video without judging someone.

At this point in time, I have no proof it is possible to be in human form and be permanently and completely free of negative thoughts, attitudes and emotions, but does this mean we should stop trying to improve ourselves? Of course not, but we can avoid much unhappiness by honouring our need for rest, rejuvenation and joy.

- Feeling tired? Ask for help. Allowing others to help gives them a chance to make a meaningful contribution. Of course this could mean having to share everyone's praise of our efforts, but is it not worth it?
- Feeling over-stressed? Allow self the dignity of taking some time to pause and reflect. Of course this could mean not getting everything done, but what is more important ... being healthy ... or having everything "perfect"?
- Too busy to feel joy? Set aside some time to honour yourself by doing something just for you. Of course this could mean having to let others fend for themselves for a short time, but why not give it a try?

Doing these things strengthens us so we can better be of service to others. Running ourselves down may make us unable to help anyone at all. Remember that when on an airplane, passengers are advised to secure their own oxygen mask before assisting others. So it is with life: make sure that we ourselves are happy and healthy; then we may assist others without feeling overburdened.

3.14 What are the chakras and what role do they play in our healing?

The chakras are energetic expressions of our current spiritual / emotional / physical state, emitted at our personal vibrational frequency. They play no role in our healing. We do not heal chakras; rather, we change the thought patterns impeding smooth energy flow.

Chakras and the aura

The energetic emissions from each chakra register as light matching our vibrational frequency, creating our aura. The emissions swirl and blend, similar to smoke, to create our aura's overall colour. The emissions result from, and vary in accordance with, our thoughts, attitudes and emotions. Some people have been given the ability to see auras. The chakras of other intelligent life forms (plants, other animals and even the planet itself) vary in type, number, purpose and capability, and are visible to some people some of the time.

3.15 Do physical ailments come from not hearing our thoughts, or from having negative emotions?

Both. Our negative thoughts create our negative emotions, and together they lower our vibrational frequency. They can get us stuck in a spiritual feedback loop whereby the worse our thoughts, the worse we feel. Injuries and illness can then occur.

Sounds like: "I wish I had their (money or luck or fame or family or whatever)" and just wallowing in it instead of taking positive action. Much illness and injury can be avoided by recognizing what such thoughts actually mean, and then working to change them.

Actual meaning: The statement above reveals we think God does not love us as much as someone else, or God is punishing us for some unknown reason, or we are such a horrible person we do not deserve anything nice. These thoughts are judgment, criticism and condemnation - not only of self, but of our Creator. They may also express jealousy or show we are thinking like a victim.

Change the pattern: Meditate to recognize and come to peace knowing we all have unique gifts, talents and challenges. We are all here to experience certain life lessons. The kinder we are to ourselves, the more likely we will be able to live up to our soul's potential.

3.16 What is the "third eye"?

Commonly called the sixth chakra, the third eye represents the ability to perceive that which cannot be perceived with physical senses. As physical beings, we use our physical senses and intelligence to understand the physical world. As spiritual beings in physical bodies, spiritual senses like faith and intuition lead us to understand our place in the universe. Relying solely on the physical world to nourish our inner selves risks spiritual malnutrition, and vice versa. Balance between the two aspects - physical and spiritual - enables us to navigate life with wisdom and compassion, and to make informed life choices. Access to spiritual gifts opens as we Meditate, practice Spiritual decluttering, Forgive, seek profound understanding and learn to connect with The All via our Guide.

Spiritual symptoms of third eye blockage

- Chaotic thoughts / unable to focus
- Feeling 'stuck' on seemingly simple concepts
- Feeling uncertain about almost everything
- Unable to discern Universal truth

Physical symptoms of third eye blockage

- Chronic congestion
- Ear and hearing issues
- Eye and vision issues
- Headaches
- Insomnia or other Sleep issues
- Memory issues
- Migraine headaches
- Post-nasal drip

Change the pattern

While there are ways to support the pineal gland physically, equally important is supporting it, nurturing it, with our thoughts. Consciously realigning thought patterns toward Divine Truth realigns (or aligns!) the pineal gland to a state of healthy functioning.

The types of music we enjoy (or dislike!) can reflect where our thoughts are at. Where our thoughts are at can reveal our VF level. Check out [Appendix B](#) for each level's characteristics, reading each row from left to right. The characteristics best describing your beliefs reveals your current level.

As we ascend the scale by learning more about ourselves and our place in the Universe, and especially through the practice of spiritual decluttering, we tend to become more open-minded and less self-serving; more tolerant of those who "know not what they do".

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4. About souls

4.1 What is a soul?

Each soul is a 'drop of light', an element of The All. Through its travels and its experiences in material form, it develops personalities to ultimately be set aside when returning to Source with complete understanding of unconditional love.

A soul intertwines with the life form in which it resides for each incarnation. Access to our soul's experience, knowledge and wisdom is usually unavailable to us; one of the many reasons to rely upon our guide.

There are numberless trillions of souls in the universe. We were all created at the same instant, at what is commonly called The Big Bang. Many have come into physical form, while others have not yet done so. Groups of souls inhabit each galaxy in the universe to experience the lessons provided by that particular galaxy. Our galaxy, the Milky Way, has a fellowship of leaders who, by virtue of their vast travels and experiences, embody unconditional love and possess profound wisdom. They exist in both the spiritual and physical realms, and oversee the development of souls engaged in the cycle of reincarnation here. These leaders guide us and ensure we experience whatever our soul needs for its ultimate benefit.

4.2 What is an old soul?

This is what people call someone who always seems to do the right thing, who seems to be a source of strength in difficult times or who seems to be very wise. Some people say it about themselves, and others may try to escape responsibilities by calling themselves young. While some souls may have come into human form more times than others, we are all the same age. We are all capable of anything, positive or negative, given the right circumstances.

4.3 What is my soul name and what is my soul's purpose?

At the moment of creation (the Big Bang), we were each given a name, our soul name. Knowing we have a name can give us a sense of belonging to something larger than ourselves. Our Creator identifies each of us as individual parts of itself.

The guides know our soul name; however they use it only in extraordinary circumstances. In fact, on a day-to-day basis, they rarely address us by any name at all - for the most part, their communications sound like our own thoughts. Rest assured though, if they need to get our attention, they can call our name (our current earth name) so loudly (in our thoughts) it sounds as if someone actually said our name out loud.

4.4 What am I here to learn?

There are many lessons to be learned during the course of one's life. Besides learning to love unconditionally, we are here to have experiences, and to go "home" with no regrets. And before you say, "Oh, I already *do* love unconditionally," be sure you know the full meaning of unconditional love.

4.5 Why are we here?

It is an age-old question: Why are we here? The Universal Intelligence explains it thusly: In our native spirit form, we travel the physical universe observing the many wonders therein. As spirit, we are able to move in and out of physical matter at will to experience the laws governing all matter, for example the laws of gravity, of motion, of cause and effect and so on. That is, until we enter into physical form on Planet Earth. Here things are a little different. Here there are additional laws with which to contend. One is that there is only one way in - physical birth - and only one way out - physical death (or physical removal by divine messengers - an extremely rare happening). While there are countless other planets in the physical universe with life forms into which souls may enter, they are a topic for another time.

4.6 Will I ever find my soul mate?

Many people spend a lot of time bemoaning the fact they have yet to meet their soul mate. They live in a state of impatient frustration, and worry they will not - or cannot - be happy until they do. Although it may not seem like it, the good news is there is no such thing. The Universal Intelligence created us as individual souls, whole and complete. As humans we may feel incomplete, but that is a reflection of unresolved inner conflicts. Consider this though; if we wait for someone to complete us, are we not placing huge expectations on that person?

When we feel very connected to certain other souls, it is because there are specific lessons to be learned or taught (see [karma](#)). We can also feel connected if we recognize the person "at soul level", as being someone we know without having actually met. Everything about them can seem eerily familiar. This is a member of our soul family or group. There are countless soul families, each of which has a purpose to fulfill in a particular field of interest; for example, education, healing, artistic expression, revolution, etc. These families formed when souls with that particular interest, and similar VF, gathered to help one another express their field of interest in the physical plane. It is members of our soul family who greet us upon our return home from an incarnation.

4.7 What belief systems do I have that prevent me from moving forward in life?

This question is best asked while in a centred state. The answer is likely complicated and may take several meditation sessions to fully comprehend. By all means, take pencil and paper with you into meditation. Learn about interpreting meditation and dream symbols in Section 4-4. Learn about core belief systems in Section 2.

Even a seemingly simple belief system like, "I will not be complete until I find my soul mate" can prevent us from ever feeling wholly complete, so just imagine how believing that, "I caused something terrible to happen", could keep us stuck. For example, we might constantly experience poor service, shoddy repairs, cancelled or missed appointments, accidents, injuries, equipment failures, etc. This could well be the result of believing we are guilty of something. Guilt assumes responsibility, therefore guilt requires punishment, therefore we experience punishment. The All cooperates with our beliefs, even if we are not consciously aware of them.

4.8 How can I get past the guilt for causing a motor vehicle accident that took someone's life?

In the hours before the accident, my thoughts kept telling me to linger over breakfast (I didn't because I was in a hurry to be finished), then to have a nice hot bath instead of a shower (I didn't because I just didn't feel like waiting for the tub to fill), then to do a little window shopping before my appointment (I didn't because I just didn't feel like wasting any time) - well, you get the picture. I just got right into my vehicle and headed out, ignoring my inner voice. As I was making a turn, a cyclist slammed into my vehicle, was critically injured and died. If I hadn't been there, it wouldn't have happened. Does God see me as a murderer and will he condemn me to hell?

Instead of a simple yes or no answer to this very difficult question, here are some questions to ponder to reveal the Truth:

- Are you sure your inner voice wasn't letting you know something out of the ordinary was going to happen - giving you a warning, so to speak?
- Are you sure you weren't being used as an instrument to help the cyclist along his or her soul's journey?
- Do you know what you are to learn from this experience?
- Do you know what was required for the cyclist's life experience
- Do you know what was required for the cyclist's family's experience?
- Do you think God didn't know what was going to happen?
- Do you think God didn't know the likelihood of your responding to your inner voice?
- Are you sure the cyclist did not intend to self-harm? (How can we ever be sure of what another person is thinking? Just because the cyclist's family members may say the person loved life and would never abandon them willingly, does not mean they knew what was in their thoughts.)
- Are you sure the so-called victim in this accident didn't receive similar warnings from his or her inner voice? Do you think God didn't know the likelihood of him or her responding to it?

Given all these unknowns, holding onto guilt can almost seem like an ego trip. Yes, you played a role in the experience, but so did the cyclist and so did God. If this experience has made you more aware of the importance of paying attention to your inner voice, then God's purpose for you has been furthered. The best way to get past the guilt is to forgive - not only yourself, but the cyclist and God.

4.9 What are the Akashic Records? Who has access to them?

The Akashic records are a component of the Akashic Blueprints. They contain all that each Spark has experienced in this version of the Universe since the Big Bang, including thoughts, words and deeds. See [memory](#) to learn how the records are created. Access is limited to those with permission, such as our personal guide, and certain other souls. Our guides can provide us with information from the records when we seek it and if we are deemed spiritually prepared. Since the guides have no [ego](#), they allow us to think we are doing it ourselves (see [free will](#)). The information is not recorded in any Earth language, so the guides translate and convey the information to us. Due to the vast amount of information in the records, it is important to be in a [centred](#) state and to ask specific questions designed to find [Universal Truth](#).

4.10 What are the Akashic Blueprints and Life Records?

Before the Big Bang, The All planned everything. The Akashic Blueprints and Life Records are an energetic record of those plans. They contain all information about everything in this iteration of the universe.

The Akashic Life Records contain all that each Spark has experienced in this version of the Universe since the Big Bang, including thoughts, words and deeds. Access is limited to those with permission such as our personal guide and certain other souls. Our guides can provide us with information from the records when we seek it and if we are deemed spiritually prepared. The information is not recorded in any Earth language, so the guides translate and convey the information to us. Due to the vast amount of information in the records, it is important to be in a centred state and to ask specific questions designed to find Universal Truth.

All details from each incarnation are added to our Akashic record. This includes all sensory input along with our reactions to our experiences, plus our improvements, failures, successes, and much more. We and our guide review the record in between incarnations. Most importantly, our vibrational frequency is measured after each incarnation to assess progress. One common belief in particular keeps us stuck in the cycle - when in human form, we can be seduced by the idea this reality - life in human form - is the only reality. Ultimately though, spirit trumps flesh and we learn our way back to Source.

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5.About life, death, reincarnation and karma

5.1 Why do souls enter human form?

We enter to experience and to learn.

5.2 Is there any such thing as a near death experience?

Yes. This has been happening for as long as humans have existed. The experience is provided to show us (1) the soul continues to live even if the physical body does not and (2) even in such a profound experience, our guides adhere to the spiritual Law of Free Will. If we believe in hell, they will present visions of hell. If we believe our deceased loved ones are waiting for us on the other side, that is who will appear to us. If, instead, we simply have an open mind and trust we are loved, we will be presented with Truth in an atmosphere of all-encompassing unconditional love. Near-death experiences created the need for spiritual expression, which led to the development of religion.

5.3 What happens when we die?

We return to our natural state by shedding our physical body and become, once again, energy. We may achieve attunement with the Universal Intelligence. We have been taught God judges us when we go Home and either rewards us by allowing us to spend eternity in heaven, or punishes us with eternal damnation. Nothing could be further from the Truth though. When we go Home, we are entitled to observe our life (with the help of our guide) to see the truth, the Universal Truth, of whether we learned the lessons presented for us.

Our learning is measured by changes to our vibrational frequency over each lifetime. Increases and decreases determine our next phase of development. We move up if merited or down if not. We may volunteer to return to the same level to serve as spiritual teachers for those who are 'stuck' there. If

we did not learn the lessons, we will of course be sent in to try, try again. This is not punishment - it is simply learning. It is the way of growth. It is the way of unconditional love.

5.4 What is reincarnation?

Reincarnation is the cycle of a soul entering into human form approximately at birth, remaining until the physical body dies, leaving for a time and then repeating the process innumerable times. Inherent in this idea is the Universal Intelligence created all souls - humans create the physical body only.

All souls desiring to make the plunge into physical existence are prepared beforehand by learning about certain spiritual laws to which they as physical beings will be subject.

Many believe the soul is born into human form time and time again in an attempt to attain perfection, and by reaching perfection the soul will earn the right to no longer incarnate; however, there is no such right since there is no such thing as perfection. The newer understanding says having once entered into human form, the soul becomes subject to experiencing a vast array of required life experiences over many, many lifetimes. This is one of the reasons Planet Earth is likened to a school.

It is not the soul who chooses whether, when and where to reincarnate, but Source. When the appropriate learning conditions for the soul arise, the soul is sent in. This may be five minutes, five years or five centuries past the soul's previous incarnation, so we cannot assume our deceased loved one(s) will remain "at home" waiting for us to die and then join them for all eternity. All matters concerning birth (and rebirth) into human form are decided by Source and our guides.

5.5 If reincarnation is real, why can't I remember any of my past lives?

While there is a veil placed over our soul memory when we enter an incarnation, portions of it may be available to us when we first enter an incarnation. As we become more enmeshed in our new life though, we begin to accept the current reality as the only reality. One exception to this is those who suffered life-ending trauma in a prior incarnation. If you have Netflix, check out "Surviving Death - Episode 6 Of 6 - Reincarnation".

Many condemn themselves for being unable to remember a past life, but this is simply not within human control. However, if we have a true desire to learn about self, our guide can share certain information with us to help us advance spiritually. We may also use past life regression/progression through hypnosis, but we run the risk of being influenced by the hypnotist. Meditation as taught by the Universal Intelligence can be more reliable but it is always imperative to be clear of desires and preconceived ideas, for our guides cooperate with them in accordance with the spiritual Law of Free Will.

5.6 What is karma?

Dynamic

Karma is a dynamic system of checks and balances, created by the spiritual/physical entity "Halaliel" to assist souls in their efforts toward returning to Source. Our actions in life show our thoughts, attitudes, emotions, beliefs and desires are either in or out of alignment with unconditional love. Karma (spiritual quantum entanglement) is the sum total of life lessons needed to produce realignment. Karma is not punishment or retribution, since human experience is considered by our Creator to be learning - not good, not bad - just learning.



Karmic debt we owe to others (and self) is forgiven as we treat others (and self) with mercy and grace rather than anger, greed, hatred, resentment or revenge. We can release karmic debt owed to us by others in the same way.

Instant karma

This is an often immediate outcome of doing a good deed for the wrong reasons, or for being intentionally unkind. Then we wonder why we suffered an injury, or had a nasty disagreement. This is our guide's way to let us know our thoughts are out of alignment with unconditional love.

Justification

We tend to use our beliefs to justify committing unkind or even criminal acts. When we hold onto resentment and seek revenge against someone, we somehow feel justified in doing so. When we understand completely why we want revenge and call it by its real name, we begin to let go of it - we begin to change the pattern and start to forgive - both others and self.

Accept responsibility

Many believe past life experiences cause our problems in this life, sometimes even including health or relationship issues. To blame our current situation on some past life limits our potential for change and growth, and makes victims of us "Oh, I cannot change that pattern - it is from a previous lifetime". The newer teaching says change is always possible. Knowing we are given all the tools and every bit of information necessary for our growth in our current lifetime enables us to make great spiritual strides forward, when we choose.

Genetic disorders and birth issues

Birth abnormalities and genetic disorders or sudden death syndrome are not necessarily the result of so-called bad karma: souls enter human form to reflect the spiritual condition of the family, in conjunction with the individual's learning requirements. Even if in a lifetime we committed mass murder, the Universal Intelligence takes all our lifetimes and all we have not yet learned into consideration when sending us into an incarnation. We could be sent in to become a physician to minister to those in need, just as easily as we could be sent in to become one who is in need. Only the Universal Intelligence knows what is truly required for our spiritual advancement

Changing the karmic cycle

Strive toward forgiveness, patience, tolerance. Seek Universal Truth. Forsake greed, resentment, the desire for revenge, self-righteousness. build stable self-esteem

Who is owed the karmic debt in this scenario?

Scenario: For no apparent reason, someone harms (or helps) our loved one. Since karmic situations arise only between the individuals directly involved, neither case involves us. Our loved one's karma is theirs to meet, for better or for worse.

How can we tell if someone has paid a karmic debt owed to us?

Scenario: For no apparent reason, someone does something really kind and generous for us, and there is no way for us to show them our appreciation. Rather than feeling an obsessive debt of gratitude, the newer understanding says we may go in peace, trusting all is well. A karmic debt has been repaid.

How can we tell if we have paid a karmic debt?

Scenario: Someone harms us either physically, emotionally, or even economically. We have repeatedly reviewed the experience and forgiven the offender for their actions, yet feel we should somehow have been able to protect ourselves. There is no way to prevent such offenses, but spiritual enlightenment can help us to recognize them. Know in this situation, a karmic debt has been repaid. Go in peace and trust all is well; the situation has been resolved.

How can we tell if we have incurred a karmic debt?

Scenario: If we habitually treat others without regard for them or their feelings or needs without feeling remorse, karma is accruing against us. Resolving the issues causing us to behave in such ways will help to prevent further accrual, at least from this particular pattern.

5.7 Why do some people I meet seem so familiar to me?

This is a recognition, at soul level, of someone with whom we have been associated in a past life. Sometimes even the person's words and mannerisms can seem familiar. Like *déjà vu*, the feeling is given to show us we are in the right place at the right time, and everything is okay. Can also indicate there are lessons to be learned or taught.

5.8 What is a walk-in?

There is no such thing. It is wishful thinking a highly developed soul can take over when the original owner/inhabitant gives up on life. The owner may give up, but the incarnation does not end until the required life experiences have been met. The individual is here to stay as long as the physical life form is viable: "One soul, one body per lifetime, beginning approximately at birth and ending approximately at death". (Besides - when we are at home we are *all* highly developed souls. Only in physical form do we forget our true nature.)

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6.About religion and sin

6.1 Why do religious cults exist?

For every religious cult, there is an individual who has come along and said, "I will show you the way, the one way", and a corresponding group of people only too ready to jump on board. Few of us dare to trust our own inner voice, so we happily surrender our power, our free will, to that person in the belief their inner voice is somehow stronger / better / wiser / more reliable than ours. We tell ourselves they have a connection with the Creator we lack, and any direction coming through them must be divine will. This eagerness to follow is, I believe, a fine spiritual quality, but it is misdirected. It would be far better to follow our own inner voice - our own spiritual guide - than another human. After all, how can any human being possibly know what is best for another individual? How can handing over our power lead to anything but our ultimate victimization?

The instant we choose to follow someone other than our guide, we set up the conditions under which dictators thrive. We open ourselves to being told what to do, how to do it and when to do it - and, of course, we have to pay them to provide us with this 'direction'. What great incentive to change ourselves! Of course we still need to abide by the laws of our society, but communicating with the Universal Intelligence to find the Truth about the questions we have, will enable us to find what is right for us, what is best for our soul's development. Because of the spiritual Law of Free Will though, the Universe is obliged to tell us what we expect to hear. Therefore, we need instruction in order to be

able to tell the difference between our human truth and Universal Truth. Since we are not taught how to do this as young children, we must learn the skills later in life. This workbook contains the information needed to do just that.

6.2 Is it true I need a church leader to intervene on my behalf with God?

No. If you can hear your thoughts, you can hear your guide, who is one of God's divine representatives. Learn to meditate the new way.

6.3 Is there a difference between crime and sin?

Yes. Crime is the breaking of human laws, and so-called sin is the breaking of divine laws. The human laws defining criminal behaviour and the legal consequences for breaking those laws are evolving over time. For example, where the punishment for stealing a loaf of bread used to require public shaming and torture of some sort, it has softened considerably in many parts of the world as humanity evolves.

Likewise, we now understand more about the spiritual reasons for our behaviours, that is, actions we take against ourselves or others occur as a result of our negative thoughts, attitudes, emotions, beliefs and desires. While these may have been considered sinful in the past, the newer understanding of spiritual laws reveals such actions are not cause for us to be judged, criticised, and condemned. The Universal Intelligence views all human experience as learning, so logically there can be no such thing as sin in our Creator's eyes.

We are God's children, and God bestows the gift of free will upon us as we enter human form. We have been taught humans are born into sin because of Eve's and Adam's choice to do what they wanted instead of what God had asked; however, just like Adam and Eve, free will gives us the opportunity to choose to follow God's guidance, or to ignore it. There is no sin in either choice. Every time we make a choice, we are using this gift from God. Every choice we make comes down to this: we choose to do as we wish, or we choose to do as God asks. So-called punishment for our, shall we say, less than positive choices comes as a logical outcome of our feelings of guilt or shame, with which our Creator is spiritually bound to cooperate by providing logical consequences.

6.4 Is it a sin to take someone's life?

No. While murder is a criminal act, calling it a sin is another matter. Many believe abortion, birth control, murder, self-harm and euthanasia are sins, crimes against God. Why? Because they believe the Bible says so. When the Bible was written, it seemed very important for humans to be fruitful and multiply, which also ties in with the Bible's condemnation of homosexuality. Interestingly, the Bible says it is ok to murder, so long as it is one of God's "enemies"; but since we are all God's children, logically, how can any of us be his enemy?

The Universal Intelligence is in charge of which soul goes into which existence and when, and our Creator knows when (and why) an individual will leave an incarnation - however short or long that lifetime may be. The Universe knows when a woman becomes pregnant the likelihood of her carrying that pregnancy through to completion. Why would our Creator allow a pregnancy to begin, knowing it would end in abortion, if he were merely going to condemn the woman to burn in hell, and the unborn child to be prevented from entering any future incarnations?

If birth control and euthanasia go against God's will, then who can say prolonging life is in agreement with God's will? Death is every bit as much a part of life as living - only God knows how long he wants a person to live. If one believes God wants medicine to prolong or protect life, would it not follow He

might also want medicine to help take away life? Likewise, if one believes God wants no human intervention in preventing pregnancy, would it not follow He would want no human intervention in prolonging or protecting life? The point is we will never know what God really wants for us personally, unless and until we ask for his Truth, wait around long enough to hear his answer and then do as he has asked.

6.5 Is homosexuality a sin?

No. We have been taught homosexuality is a sin, but since God created each and every one of us, and since it is the Universal Intelligence who decides which soul is sent into which existence to learn which lessons, how can any existence be sinful? Is it labeled sin because people believe our sexual preference is a matter of choice? Is it because homosexuality goes against the belief God expects us to procreate? Is it because the Bible condemns homosexuality? The Bible condones slavery - does that mean we should keep slaves? (Pro tip: The correct answer is, “No”.)

People will use almost any reason to hate those who are different. The important thing is no one is ever judged, criticised, or condemned by God, for God knows all of the circumstances creating a particular experience for an individual. We are all children of God, and loved unconditionally. There is nothing wrong in having a loving relationship with another consenting adult - no matter what the race, creed, colour, religion, gender, sexual preference or any other criteria humans use to distinguish one from another. We are all children of God, and loved unconditionally.

6.6 How can I know which foods to eat and which ones to avoid?

There are many mixed messages out there about what to eat and what not to eat, which supplements to take and which ones to avoid, what to drink and what not to drink - and the list changes all the time! The Universal Intelligence teaches our spiritual diet is at least as important as the physical food we eat. No physical food we eat can be a sin or a crime against God. The many restrictions placed upon humanity are placed upon us not by God, but by humans and their desire to control others. To enjoy good physical health, eat a spiritual diet low in negative thoughts, attitudes and emotions and rich in positive ones. And here is something for vegetarians to consider: Plants are intelligent life forms, so ripping a vegetable out of the ground is every bit as cruel as killing an animal - their cries are just at a higher (inaudible to us) frequency. Unfortunately, there is no escape from the fact life must consume death in order to live.

6.7 About fasting

Fasting as a way to cleanse our physical digestive system is well and good, but Source does not require us to prove our devotion by fasting; nor does fasting help still our thoughts. Fasting as practiced today is more a misapplication of ancient knowledge that it is our negative thoughts, and not the physical food we eat, that ‘taint’ us and prevent us from attaining true spiritual enlightenment.

The examples of ancient teachings listed here serve to underline this concept: From [WIKIPEDIA - THE BUDDHA, ASCETIC LIFE AND AWAKENING](#) and [WIKIPEDIA - FOUR NOBLE TRUTHS](#).

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7.About the devil, hell and negative energies

For those who wish to believe negative energies actually exist and actually influence us or harm us, please know this:

I almost - almost - wish you were right, because it is easier to blame our woes on someone or something seemingly beyond our control. The Truth is though, this amazing universe provides all we seek, and if we wish to believe in something, Source will confirm it for us. This is the very foundation of the spiritual law of free will.

It is up to us to stop blaming, and come to accept the only negative energies in the world, in the universe, are within our own thoughts. Believing we are not responsible for our experiences makes us into victims ripe for the picking by those people with nefarious intentions like greed - for money, power, fame, followers, etc. Perpetuating this out-dated belief helps humanity not at all, except of course for those who would capitalize on it.

Withholding or hiding this information serves humanity not at all... and that would be evil. If you disagree with the information in my website, that's ok. Censoring the information from others though? Now that would be the stuff of book-banning or burning... and that would be evil. The Truth is, the belief in negative energies perpetuates the woes facing humanity. It merely delays the inevitable decision society must take: we must put concerted efforts into helping those who need help the most.

7.1 Is there any such thing as the devil?

No. The only evil or negativity in the Universe is in the negative thoughts of souls in physical form. The idea of the devil came from our need to explain the reason bad things happen. Bad things do happen, all the time; however, this is not because of an evil entity or force. Natural disasters occur as a result of the laws of physics; unkind acts occur as a result of the negative thoughts, attitudes and emotions of our fellow humans. Getting in nature's way could be avoided, were we to seek guidance before choosing where to build or live. Avoiding getting in the way of someone's ill will is a little more complex. The important thing to remember though is ill will is the result of human negative thoughts. The moment we cast blame instead of accepting responsibility for our words and actions, we become powerless victims.

7.2 Is it possible to accidentally receive the mark of the beast, namely the number 666 and be sent to hell for it?

No. First of all, let it be said the mark of the beast is not any of the COVID-19 vaccines, nor is it any vaccine at all.

The mark of the beast will be a physical sign of our conscious choice to surrender to a person who personifies evil. It may not feel like we are making a choice, yet that is exactly what we do when we decide to abandon reason and instead follow this entity who embodies the most despicable aspects of human thought and behaviour. This person will want us to be sick, weak, frightened, desperate, angry and confused ... the easier we will be to manipulate.

As children of God, and make no mistake, we are *all* children of God - even her or him, is it not our responsibility to overcome these base tendencies of fear, hatred and resentment?

We must watch for and beware of anyone in the public eye who embodies deceit. They will lie to confuse us and make us unable and unwilling to tell the difference between fact and fiction. They will

intentionally plant seeds of doubt to make us afraid to trust any source of information but them. They will lie about and cast blame on those who would help us, steal from those of us who are easily tricked or misled, act as if the law does not apply to them, spew hateful ideas designed to make us angry and to hate anyone who is different, pretend to be a poor defenseless victim yet bully those who would help us, claim to be our saviour yet do nothing to actually help us, and most of all, they will pretend to serve us with undying loyalty to make us willing to sacrifice anyone/ anything/ everything we know and love in order to support them, even if it means our poverty, suffering or death.

The beast represents the darkest, most negative aspects of human behaviour. There are many leaders, in both the public and private sectors, who are selfish, self-aggrandizing, greedy, power-hungry, murderous, authoritarian - and worse. There are also plenty of regular people, just like you and me, with those same behaviours. Since we all have negative thoughts, attitudes and emotions, we could all be considered to have received the mark. Any soul in human form has the potential to behave in negative ways.

Whether there is a physical mark to show our choice, since God hears our every thought, there is no way to escape being held accountable. The main result will be a clear need to continue our soul development through further incarnations into physical form. We will remain stuck in the cycles of karma and reincarnation until we learn each of us is an emanation of The All and loved unconditionally.

7.3 Is there such a place as hell?

No. There is no need for such a place because there is nothing a soul can do to cause our Creator to banish us; after all, the worse the crime, the greater the need to receive unconditional love. Rather than punishment, souls continue their learning journey by attending spiritual classes before and after each incarnation in physical form. We may wish for those who have harmed us to suffer eternally, but that is simply out of step with unconditional love.

7.4 Can negative energies and entities harm us?

No. Curses, negative entities, ghosts, hobgoblins and other such figures exist only in our thoughts. We may be frightened at the thought of them, but since they do not have physical form, they have no power over us - only our fear has power. The same holds true for witchcraft, black magic, voodoo-ism, and curses (or blessings for that matter). Additionally, vampires and/or re-animated dead people do not, in fact cannot, exist - dead is dead. When a physical entity dies, the soul who inhabited it leaves to continue on its journey, to its next incarnation. It does not / cannot re-enter because, just as we cannot turn rust into iron, dead tissue cannot be re-animated, at least not yet.

7.5 Have you been visited by a 'spirit' and felt frightened by the experience?

These entities are the spiritual guides. They are messengers of The All. We each have at least one guide with us at all times, 24/7. Sometimes they make their presence known, and these are opportunities for us to raise our consciousness and gain access to profound understanding.

Next time it happens, instead of just being afraid and telling the entity to go away or doing some ritual to make it go away, try asking some questions: "How can I help you?" "What is your name?" "Why have you made your presence known to me?" "Do you have a message for me?" If the answer is yes, ask for the message. After asking, pay attention to your thoughts, for it is there the answer will appear.



[Watch / listen to slideshow of illustrations \(YouTube\)](#)

See illustration 34 Appendix E: Spiritual visitations

7.6 Can someone steal my energy? Can someone give me theirs?

No and no. The human body is a closed environment. Besides our own thoughts, attitudes, emotions, beliefs and desires, only The All and our guide can affect our energy. This may be hard to believe, but what this really means is we are safe and protected.

Thoughts we have and emotions we feel in someone else's presence are not caused by them. We can be afraid of others, or be angry with them, but these thoughts and feelings come from within ourselves. Blaming the mere presence of someone else for making us feel bad or weak, angry or afraid - or even happy - can make us into a victim.

Giving so much power to another can only lead to negative life experiences, yet we do it all the time. Whenever we blame someone for our having a bad day, we are holding onto negative thoughts about them. If we praise someone because we are having a great day, we have given away our ability to feel good within ourselves.

No matter what is happening around us, we need to take responsibility for ourselves and recognize we are in charge of our thoughts, attitudes and emotions.

Since the human body is a closed environment and only the Universal Intelligence can affect our energy, it follows if we receive an energy treatment from someone, it is not their energy being used. They are simply the middle man between the Universe and us. The Universe complies with their desire to be of service, and with our desire to receive assistance. If the healer believes a certain level of energy is required, that is what the Universe will send - whether it is the correct amount and whether it is beneficial.

7.7 What are the "Sons of Darkness"?

This is a biblical reference to some humans. It infers some of us (Sons of Light - the good ones) come from God, while the rest of us (Sons of Darkness - the bad ones) come from Evil. The newer understanding is this is a reference to human behaviors, and not to our actual nature. In Truth, we are all children of The All; within each of us is the capacity for great good (light) and great evil (darkness). Because of free will, we can, each of us, choose to behave well or poorly, given the circumstances of the moment.

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8. About the end times

8.1 Will Jesus come alone to save humanity?

See [Section 12 - The future of humanity](#) for Biblical and extra-Biblical prophecies of these latter days plus interpretations for modern times. Find out what the End Times are really all about.

Maybe. Matters of birth and rebirth into human form are in God's hands. If the Universal Intelligence sends the souls who were Jesus and the disciples back into human form during this time in history,

either as males or females, they will each live life and learn lessons. When the time is right for each of them, they will be presented with the choice to do what God asks of them. The choice will be theirs to make, for God does not force anyone with free will to do anything. Others will also be called who may or may not have served in a similar way in previous lifetimes. Each may choose to serve - or not.

It is fairly well-known that 2,000 years ago, Jesus surrendered his free will to God. In all likelihood, some or all of the disciples made the same commitment. If they did, and if they were given a similar choice in this time period, it may well strike a chord within them, inspiring them to choose to serve once again.

8.2 Are we living in the end times?

Maybe. Probably. End Times (or End of Days) refers to prophecies of a time of God's judgment of humans following a period of wars, famine, pestilence, terrorism; a time of utter despair. Many, including me, believe we are living in those times, and current events suggest this to be so.

Is this punishment from God?

The All is energy - vastly intelligent, creative, responsive energy. This energy registers in us as unconditional love. We are emanations of it. As unconditional love, the Universal Intelligence does not, in fact cannot, judge, criticise, or condemn us. Therefore there will be no punishment from God. In fact, it is God's divine representatives who will intervene to prevent the earth from being utterly destroyed.

Is this punishment from the devil?

Will it be the devil who unleashes the horrific things predicted for us? No, because there is no such thing as the devil. What there are though, are human negative thoughts and intentions. No one and nothing except ourselves makes us do the things we do - we have free will, and nothing is stronger than that. We cannot blame anyone else for the events unfolding, because they arise from our choices. There will be no punishment from the devil.

Tumultuous change for humanity?

Besides describing horrific physical events, some prophecies state the next step in human evolution will occur during the end times. Many have proposed the idea technology will change us by giving us greater mental and physical capacity and abilities; others suggest a saviour will come and magically transform us. I believe though the next step in human evolution will result from the refinement of our negative thoughts, attitudes and emotions. Needless to say, this will not be a fast or easy process. The transformation will be gradual, but its onset will be triggered by a single event. The transformation will be our journey back toward oneness of purpose with Unconditional Love. We are effectively lost in the playground that is Planet Earth, having forgotten our true nature.

8.3 Why are there so many disasters lately?

Disasters of all sorts have taken thousands of lives for thousands of years, yet we continue to be surprised. Are there more disasters occurring now though? Well, there are more people alive now than ever in this current life cycle on earth, so yes. However, the real tragedy continues to be people failing to heed warnings. We may never know how many premature deaths might be prevented were people paying attention to their inner voice telling them to run away, or stay home from work, or take a different route to the store, or whatever. We may never know how many lives and how much developed property might be spared if we asked for (and followed) Universal guidance before buying or building.

So why do we not just pay attention to our inner voice? Why not seek guidance, especially for important life decisions? Our lives would be so much easier. We learn to distrust it though, or we assume it is just our own thoughts, and decide on a course of action without seeking guidance. These are all choices, and each is made with our very own free will. By not heeding guidance, we run the risk of becoming victims of circumstances seemingly beyond our control. Victims appear to have mysteriously lost their free will, yet it is free will that gets us into situations we could not have foreseen or about which we were warned but *chose* to ignore.

8.4 Why is there so much terrorism and violence in the world nowadays?

Terrorism and violence have existed - in one form or another - as long as humans have existed, and will continue to exist so long as we choose to strike out physically instead of communicating with one another. One has only to look at the many billions of dollars being spent by countries around the world on protection against invasion of any sort, to see we humans have a tremendous fear of being attacked without warning. That fear also manifests in illness and injury-causing accidents.

So long as violence is a viable option to meaningful communication, praying or meditating for world peace is pointless. Society will only change once violence has been eliminated. So long as we hold onto grudges against those who have harmed us or our loved ones, so long as we feel the need for revenge, so long as we feel the need to control others, terrorism and violence will continue to exist. These horrors are not caused by the devil - they are caused by our own negative thoughts, attitudes and emotions. This means we have the power, indeed the responsibility, to change the world.

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9. About human behaviour

Human behaviour is complex. It happens as a result of our thoughts, attitudes, emotions, beliefs and desires, so we can improve our behaviour by changing them - via the process of spiritual decluttering.

9.1 What is our spiritual diet?

Our thoughts, attitudes, emotions, behaviours, beliefs and desires form our spiritual diet. They are what we feed ourselves throughout our life's journey. Paying attention to our thoughts enables us to find the hidden meanings wrapped inside our everyday experiences, which in turn enables us to identify those needing refinement.

Who, me? Negative?

It is easy to just deny we ever have negative thoughts - we blame someone or something other than ourselves for our predicaments and continue on as we always have. We don't necessarily intend to have negative thoughts though; they just seem to happen, almost like a reflex. These habitual thought patterns easily slip by unnoticed. Constant repetition of such negative messages can only harm us, yet we say them to ourselves (and others) day in and day out. We are not "bad" for having negative thoughts; rather, it is up to us to recognize and change them.

We all think, all the time

Our thoughts, attitudes and emotions (either positive or negative) are the great equalizer, for we all have them - no matter who we are, or where we live, or what we do for a living. Many people become frustrated when they make repeated attempts to change their physical appearance or surroundings so they will feel better, and then find nothing really changed. To truly change our lives requires changing

our thoughts. In other words, we need to improve our spiritual diet. We need to search for Universal Truth and full understanding about our thoughts, attitudes and emotions, and about our own part in our experiences. The reward - clarity of thought - will make our efforts worthwhile, because then we may gain a sense of our soul's purpose in being alive on Planet Earth at this particular point in human history - and then the real work begins.

9.2 What is the "cold shoulder"?

(includes 'ghosting')

Looks like: It is withholding communication from someone as a punishment for a wrong-doing. It occurs as a result of our judgment (you did something I disliked), criticism (it was a mistake) and condemnation (your punishment is me not talking to you for an unspecified length of time, or until you grovel). It is a passive/aggressive form of bullying. It is a punishment for going against our will, and the purpose is to manipulate the wrongdoer into begging forgiveness and never again daring to challenge us. Other such punishments can include physical abandonment, isolation, rejection.

Feels like: My Mom taught me how horrible it feels to be punished with the silent, or "cold shoulder", treatment. She would use it on anyone who dared displease her, including me. Can you imagine my shock (and shame) when I realized I was doing the exact same thing? I had sworn as a child I would **never** do that, but there you go; that's how powerful our childhood learning can be... we learn by what we see and experience, more than by what we are told. Course, recognition of the problem was just my first step on the long road toward changing the pattern.

Change the pattern: If we are doing it: STOP doing it! Only communication can resolve differences, leading to growth and understanding. Refusing to speak freezes a relationship and can create resentment. Additionally, if we withhold communication from people, then we are likely to withhold it from our guide too. This can make it even more difficult to learn new information about ourselves. If it is being done to us: STOP allowing it! Responding in the same old way gives them what they want, which is to be in control. Do the Self-esteem exercise in Section 9

9.3 Why do people withhold their approval?

Looks / Sounds like: It does not matter how good a job we do - some people will never let us know they like or approve of our efforts. There is always a comment to let us know we failed to do well enough. While they may like to think they are helping us to become better, the behaviour can actually undermine any desire we might have to improve, since we know they will really never be happy no matter what we do. For these people, nothing they experience ever meets - nor can ever meet - their expectations or desires

Spiritual effects: Living in a nearly constant state of unhappiness, disappointment and frustration, always wondering why no one ever does anything right - except for self of course. For those on the receiving end of this behaviour, there can be very low self-esteem and chronic under-performance, along with a constant feeling of inferiority

Change the pattern: If we are doing it: STOP doing it! We are hurting others, but just as importantly, we are hurting ourselves. Meditate to learn the real reason for our perfectionism. If it is being done to us: STOP allowing it! We can change our need to receive others' approval. It is far better to do our best, without expectation of thanks or recognition from others. [Meditate](#) to learn the real reason for needing others' approval. Do the Self-esteem exercise in Section 9

9.4 Why do people play practical jokes?

People with low self-esteem often appreciate seeing others placed at a disadvantage. Somehow they feel better about themselves, thinking they alone know what is happening. This is a form of passive/aggressive bullying with only one desired outcome: to make someone feel inferior.

Change the pattern: If we are doing it: Our self-esteem may need some a boost. Do the Self-esteem exercise in Section 9. If it is being done to us: We may have a victim mentality. Meditate to discover the root cause, for only then can we change the pattern.

9.5 Why are people superstitious?

We perform superstitious rituals to influence the gods to either give us that which we want or to protect us from that which we do not want. We also fear certain things in the belief they may cause something bad to happen, even though we may know within ourselves it is silly to do so. The Universal Intelligence neither punishes nor rewards us - it simply allows there to be consequences for our thoughts and desires. Feeling a need to be punished can actually create accidents, injuries, or losses.

Spiritual effects: For some, the rituals can become obsessive/compulsive behaviours, even making it impossible to make it through the day without performing them.

Change the pattern: Meditate to identify and resolve the root cause(s) of needing to be punished, remembering guilt begs punishment.

9.6 Why do people steal credit for work others have done?

This behaviour results from having low or unstable self-esteem, such that the thought of someone else receiving appreciation or recognition for any reason is terrifying and/or sickening and/or infuriating. Can result from our caregivers behaving this way, or from their withholding approval from us.

Spiritual effects: The lack of self-worth is such that we hardly even know we have this pattern, yet we hate it if someone steals our credit (a sure sign of a problem).

Change the pattern: Until we recognize there is a problem, not much can be done to change it. However, this inner child issue can be identified and resolved through practicing meditation in the new way. Do the Self-esteem exercise in Section 9.

9.7 Why do people judge, criticise and condemn work others have done?

If they like the product, they will steal credit for it. If the work threatens their position though, they may pretend to like something about it to make their critical opinion seem more valid - then their true motive shines through. What they really want is for others to believe *they* are the expert. This compels them to find fault, but all they really accomplish is to show their own unresolved issue(s)

Spiritual effects: Lack of self-worth makes us desperate for others' approval

Change the pattern: Until we recognize there is a problem, not much can be done to change it. However, this inner child issue can be identified and resolved through practicing meditation in the new way. Do the Self-esteem exercise in Section 9.

9.8 Why do people lie?

There are as many reasons for lying as there are people. Here are just a few though:

- Low or unstable self-esteem
- extreme guilt or shame over a traumatic event
- victim of chronic abuse, whether physical, sexual, emotional or verbal
- fear of retribution

Long-term effects: Lying can be addictive, since it gives us a false sense of power and control. We can become unable to function without lying. It can become pathological, such that we feel compelled to weave a web of lies around a tiny kernel of truth into any conversation. This keeps everyone wondering and guessing, so we ALWAYS remain in control and at top-of-mind.

Habitual lying can become Pseudo Munchausen's Syndrome by Proxy. This condition can appear in pathological liars who make up lies about their loved ones, sometimes claiming one of them has been hospitalized or has even died. Why? To play on people's gullibility and sympathy, in the hopes of being excused from their obligations and responsibilities.

Change the pattern: This inner child issue can be identified and resolved through practicing meditation in the new way. Do the Self-esteem exercise in Section 9.

9.9 What if nothing is wrong, but I still feel awful?

Feeling tired or just generally unwell for no apparent reason is a signal from the Universal Intelligence (via our guide) to let us know we have an unresolved issue(s). We usually know what the issue is, and we usually know what we need to do about it; the problem is we are unable or unwilling to do what is needed, and so we continue to avoid it. This is the time to seek information from our guide about other possible options than the one we are resisting. Practice meditation in the new way

9.10 What is legacy guilt?

This is the pattern of a family or group of people holding onto guilt over actions taken (or not taken) by their ancestors, handed down through the generations. Like low self-esteem, legacy guilt can make us believe we have no right to expect to be treated well or fairly or as equals. It is imbued in our offspring just as surely as genetic traits like hair or eye colour. The pattern can create a co-dependent relationship between the offenders' offspring and those of their victims, such that neither side is seemingly able or willing to let go of their position. The hurt, the offence, becomes their identity - for both sides.

We need look no further than Canada's horrific treatment of Indigenous peoples over hundreds of years, to see this playing out in current times. The government - the perpetrator - is seemingly unable to get rid of its burden of guilt; the Indigenous peoples - the victims - are seemingly unable to stop needing to be appeased.

It can become a perverse point of honour to hold onto legacy guilt, and an addiction to hold onto feeling victimized. Each succeeding generation sentences its children to a burden not theirs to carry, and each new generation's family or group members experience group karma.

Programming an innocent child to feel guilt and shame for an ancestor's actions can also create feelings of frustration, anger and resentment for the child; after all, this child did not commit the act. Such feelings can, if unchecked, cause us to behave like a powerless victim, or at the other extreme, as an aggressive bully.

Releasing the destructive pattern of legacy guilt can be challenging, but it is not impossible. We can make meaningful reparations (visit Wikipedia and see [REPARATIONS \(TRANSITIONAL JUSTICE\)](#)), and we can forgive all concerned, but bravery is also needed. Bravery, because being the only person in our family to disagree with the way things are done risks our being isolated or abandoned. See fear of change, status quo bias in Section 6

Change the pattern: Do the Apologizing and Forgiveness exercises in Section 9. Visit Wikipedia and check out [RESTORATIVE JUSTICE](#)

9.11 What is legacy resentment?

World peace? Not likely, so long as people are unwilling to release legacy resentment. This is a pattern of holding onto resentment over issues that began with long-dead family members in the distant past and were then handed down through the generations. It becomes a perverse point of honour to hold onto it; it taints each succeeding generation and sentences the descendants to a burden not theirs to carry.

Real life example

The province in which I live has set aside one day each year to honour one of the key people responsible for bringing about the confederation of Canada, Louis Riel. Of course at that time, around 1870 AD, there were those who fought against the principles for which this man stood - equality and justice for all. They felt the Indigenous and mixed race inhabitants should be subjugated, banished, or killed, and their lands taken for future sale to newly arriving immigrants of the "right" colour.

Honouring this man was a contentious and controversial decision, but it was taken, and the first annual Louis Riel Day was held in 2008.

Recently someone made a public comment about the holiday: Since her great, great grandfather was married to a woman whose father fought against the so-called rebels, this person and her family do not celebrate the holiday as a matter of "honour". In other words, not only was this not her personal grievance; it was not her father's, nor her grandfather's or great grandfather's, nor even her great, great grandfather's. It may not even have been her great, great grandfather's wife's personal grievance, yet the entire family is holding onto this grudge. Their reasons for doing so are unknown to me, but may include feeling that to release the resentment would be a betrayal of their ancestors. I can tell you this pattern is one of the reasons for the deep, wide rift between the peoples of this province. Those on each side of the rift continue to resent those on the other and all feel fully justified in doing so.

Releasing this destructive pattern can be challenging, but it is not impossible. It requires finding forgiveness for all concerned, and it requires something even more - bravery. Bravery, because being the only person in our family to disagree with the way things are done risks our being isolated or abandoned.

Change the pattern: Do the Apologizing and Forgiveness exercises in Section 9

9.12 Why do we give gifts?

Gift giving can be a wonderful expression of affection and appreciation; it stops being wonderful when it starts creating undue stress and financial burden, or when it is used to alleviate guilt. It is important to understand our motives for giving gifts, and especially, for wanting to give lavish gifts.

Why do we do it?

Besides the obvious reasons for giving gifts, guilt can be a powerful motivator, especially when giving lavish gifts. We usually know if we have treated someone unfairly or unkindly, and it is our victims to whom we feel most obligated. We run the risk then of using gift-giving as a way of buying permission to continue behaving poorly. If we have to give a gift to show we are really sorry, or we really do care, then we need to understand why we rely upon material items rather than on our own words or deeds.

A better way

It is far better to show in everyday actions how we feel about our loved ones. Give them positive attention and feedback, help them to live with joy; let them know they are loved unconditionally. Rather than giving gifts to assuage guilt, consider making donations (of money, clothing, food, toys, toiletries, etc.) to a local charity of choice

9.13 About the passage of time

Why oh why?

Why does time seem to speed up as we get older? For the most part, the speed of time is constant when we are in human form on Planet Earth. So why is it when we are young, one minute can seem like an hour, yet when we are older, an hour can seem like a minute, or even a second?

Comparison

To try to shed some light on this common experience, let us compare drivers of automobiles to humans walking their life path. Like drivers in normal road conditions with many points of reference guiding them as to their rate of speed, young children have many visible points of reference to provide them with a sense of the passage of time. Children tend to notice everything because it is all new; we are learning Everything. Almost every moment is full of new information and every experience new and exciting, so there are many points of reference.

Drivers in whiteout conditions often speed up - unwittingly - because there are no visible points of reference; there is nothing to be seen except white, to tell us our speed. We speed up in an effort to find points of reference. As we age, we become more like drivers in whiteout conditions. Because exciting or new experiences occur less often, there are gradually fewer and fewer points of reference. We increasingly lose sense of the present moment and every moment seems to blend into one long moment - like whiteout conditions on the road. Unceasing repetition of the same old experiences can make us almost numb.

Worry

We can get so caught up in the search for new points of reference we unconsciously 'speed up', thereby losing our innate ability to live in the moment. Inevitably, our search for points of reference takes us into the realm of worry.

Spiritual aspect of time

This is the duration of a soul's journey away from, and back to, Source. When in physical form, time is experience / perception-based and can seem to be elastic, depending on our location and activity. If you have ever watched and waited for a kettle to boil, you know this.

To the Universal Intelligence, time is both elastic and non-elastic; it is both eternal, and yet a brief flash of existence. While we measure time based on duration of events and the intervals between them, the Universal Intelligence sees time more as the duration of its creations and the intervals between creation of new universes.

One more thing... while scientists agree nothing travels faster than the speed of light, there is actually one exception: thought. Thought travels instantaneously. Our guides hear all of our thoughts, instantaneously.

Visit SciTechDaily.com and check out [HOW LONG IS THE PRESENT?](#)

9.14 More about forgiveness

Forgiveness is a gift we give ourselves so we can leave the past in the past, and so our spiritual and emotional wounds can heal. It is a behavioural pattern that becomes stronger with practice. We can choose whether to forgive or to resent those who have hurt us. Even if no one ever taught us how to forgive, it is not too late to build it into our lives. Forgiveness has nothing to do with the offender, and everything to do with us. We can forgive others without their knowing they hurt us, just as easily as we can resent them without their knowledge.

Forgiveness seeks understanding about why our painful life experiences happened. We can forgive without that information, but knowing why something happened or why someone hurt us, can make it a lot easier. Assuming we already understand (saying for example “I just *know* they did what they did to hurt me”) makes us hold onto grief, guilt, hatred, resentment, shame, or even the desire for revenge. We can begin to end this grief and pain by journaling our feelings of anger or disappointment. This validates our emotions and helps us release both the offender and the experience. Do the [Forgiveness](#) exercises

9.15 Why do we think everyone else is the enemy?

There is strength in our differences, yet we cannot seem to accept that it is okay for people to look different, or to have different beliefs. Do we think we are weakened by diversity? Do we believe God will punish any who stray from (sometimes) centuries-old teachings? Do we think it is up to us, the ‘righteous’ ones, to attack anyone with a different opinion? All in defence of God’s cruel, vindictive nature, of course.

The All has no ego to bruise, no axe to grind. There are as many ways to have a relationship with God as there are his children, and certainly no need for everyone’s life choices to be the same. As God’s children, we have been given the gift of free will. We can choose to do as we please, or we can choose to do as God asks. It is not sin and there is no punishment if we choose the former, because the spiritual Law of Free Will mandates us to do just that - make choices. There may be negative outcomes if we choose to do what we want, but they do not result because God is punishing us - they result because we do not always know what is best for us and sometimes, we make lousy choices.

How long will we continue to judge, criticise, and condemn, sometimes to execution, anyone with different beliefs than ours? It is beyond unreasonable to think for a moment God wants any of his children to kill any of his other children. God will continue to exist, no matter what we do. God will continue to love his children, all of us, unconditionally, no matter what we do. We will all return Home eventually, to share our vast lifetimes of experiences with him. After all, that is our purpose ... that is the reason for this particular reality being created.

9.16 What is the spiritual component of revolution?

It starts with...

Wherever there is revolution there has been oppression: oppression literally breeds it. Revolution erupts because people dislike being told what they may or may not do and then suffering punishment if they happen to disagree with those in power. We all dislike being controlled, and that is the key spiritual component of revolution: feeling our free will has been stolen, and then taking action, at any cost, to take it back. Humanity runs the constant risk of greedy, power-hungry, narcissistic psychopathic personalities taking complete control over their particular sphere of influence. They are clever, they are determined, and they simply will not stop until someone with even more determination and power makes them stop. Check out WikiHow's [How to Stand Up to Bullies \(with Pictures\) - wikiHow](#) and [How to Deal With Bullies: Coping Methods & Empowerment Tips \(wikiHow\)](#).

As above, so below: As with nations, so with individuals

The pattern starts in families, extends to neighbourhoods and cities, and, finally, to countries. Time and time again, children who are abused, or who are treated as poor, defenceless victims, can grow up to think the world owes them a living. As adults, these people go out into society, where they bully others, commit crimes and become despots and dictators. Millions have died because no one stood up to these people before they arose to a position of real power. We take the path of least resistance in the hope someone stronger or braver than us will stop them. The only way to stop their quest for dictatorial power is to provide children with the tools they need to live as respected, respectful, contributing members of society. This may be just a dream today, but one day it will be a reality.

9.17 Why is the business of politics so nasty?

Two sides

There are at least two sides to every political issue: Each party thinks their view is correct and the other wrong, and maybe even evil. Our greed for more power and more money and more prestige has created an atmosphere in which it has become acceptable to behave like little children who have not yet learned self-control.

Disturbing tactics

More and more often, election campaigns are being won by one side employing disturbing tactics. It goes a little something like this: One party's candidate refuses to allow the other to speak during a debate. She/he does not allow the other to be right. She/he interrupts to prevent the opponent from offering their opinion. She/he refuses to back down in the face of truth. She/he refuses to apologize for errors, and absolutely will not admit to having outright lied about something. She/he insults, insinuates and generally disparages the opponent at every opportunity. She/he accuses the opponent of lying, not necessarily because they have, but so the observer's attention is diverted/deflected away from the matter at hand, or to sow seeds of doubt about the opposing candidate.

Who wins and who loses?

This sort of behaviour changes a debate into gainsaying (yes you did / no I didn't). It is designed to shut down any meaningful dialogue by fueling anger and rage, or to make the audience turn away in pure frustration. The practice spreads untruth, discontent and outright fury, and is a disservice to society and the democratic process. It is rude and arrogant, and shamefully manipulative. The sad part is we are tricked by such behaviour. We cast our vote for, and then flock to, the "winners" in the hope/wish/belief they are behaving this way in order to serve us.

Will we ever learn?

Now, not all campaign candidates employ these tactics, but those who do may well not have society's best interests at heart. While it can appear so for a time, eventually their true self-serving interests

become clear. Society is then left to pick up the pieces and pay their debts. Hopefully we all will learn to identify those who aim to serve self at the expense of others before electing them. We have to be wary and watchful though, because it is very easy to get sucked into their spin. Check out [Lie detector](#), a TED Talks presentation by Pamela Meyer.

9.18 What can we do to fight terrorism?

We must not give in to hatred, even though giving in is easier than seeking to understand terrorists' motives for committing hateful acts. We must not use fear as an excuse to hate those who are different. We must work to change the conditions allowing poverty and prejudice, inequality and injustice to exist in our corner of the world. We must be willing to defend our way of life, yet we cannot sink to barbarism when meting out justice; doing so only perpetuates the karmic cycle. It is far better to employ [RESTORATIVE JUSTICE](#) (Wikipedia - external site).

9.19 Does the moon affect our emotions?

No, not directly. Since our thoughts create our emotions, seeing the moon in a certain phase might trigger certain thoughts, and these can trigger certain emotions.

9.20 Why is it so difficult to make positive changes in our lives?

Much of the turmoil in our lives results from our behaviours, which in turn result from our thoughts, which - although without physical form - can seem to be made from concrete. Profound change requires paying close attention to our thoughts and learning their source. We need to break them down into the smallest bits and bytes possible. This can be achieved by including focused, purposeful meditation in our daily lives.

9.21 What is a know it all?

This term describes people who are always right - at least in their opinion. They present themselves as an expert at everything, and cannot admit they do not already know something. They need to be right and in control, and feel criticised if someone has a better answer, suggestion or solution than theirs, which can trigger obsessive/compulsive behaviours, depression or temper tantrums for them.

9.22 What is legacy contamination?

This pattern is an actual thing. It starts when we fail to rid ourselves of the pain of our traumatic experience(s). It then spreads like an oil spill, seeping into every aspect of our lives. The legacy part is that our thought patterns are handed down from generation to generation, even such as these, so is it any wonder so many families are in anguish?

Change the pattern: Resolve inner conflicts

9.23 What planet are you from?

Do you feel like you are from another planet besides Earth? Do you laugh about it, or minimize the importance of that intuition? Given we souls are billions of years old, doesn't it make sense we would have entered physical form innumerable times before ever coming to Planet Earth? After all, the universe is approximately 14 billion years old, while earth is a mere 4.5. In all likelihood, we have ALL lived on other planets besides Earth. This might help to explain some of the difficulties we face here.

9.24 What is a legacy family pattern?

A legacy family pattern is one repeating throughout the life span of the family. It could last hundreds or even thousands of years. Some of these patterns are beneficial to the family while others are not. The ones that are not can take many forms, but the one we will look at here affects the overall mental, spiritual and physical health of family members. See [SCIENTISTS SHOW TRANSMISSION OF EPIGENETIC MEMORY ACROSS MULTIPLE GENERATIONS \(SCITECHDAILY.COM\)](https://www.scitechdaily.com/scientists-show-transmission-of-epigenetic-memory-across-multiple-generations/)

Example

At the spiritual root core of Huntington's disease lie five key thought patterns contributing to a number of negative thoughts and behaviours, which in turn contribute to degeneration of nerve cells in the brain. The fact it is an inherited condition helps to explain why this is called a legacy family pattern.

Negative thoughts

Negative thought patterns cannot help but change the brain, and literally everybody has negative thought patterns. So what's so different about this condition? Together, these five thought patterns are as potent as a chemical compound. Together, their individual vibrational frequencies damage and deteriorate the brain's nerve cells.

If we could go back in time to the first instance of it in the family (could have been hundreds or even thousands of years ago), we would find a person who displayed the key patterns of Huntington's... control, greed, lying, revenge and spite. That person lived these patterns to the extreme, creating ill will and distrust in whosoever she or he met. Somehow the person managed to have a child, and this child took on that parent's thought patterns. (Big challenge for children to resist the urge to seek a parent's approval by mimicking them!) By the third or fourth generation, the pattern had manifested in physical as Huntington's. There was no longer any choice for children with the faulty gene as to whether to act out like the affected parent. If they had the gene, sooner or later the condition would present. Eventually, they would default to that parent's behaviours as a way to deal with life.

Learn their way out

Some souls enter such a family to 'learn their way out' so to speak, so the family can be freed of this devastating condition. Some may have succeeded while many others may not, but until someone actually undertakes the research, well, we are not likely to know. The Universe says our genes are dynamic, and our thought patterns modify them throughout our lives. It is entirely possible that, if someone with the affected gene were to start at an early enough age to learn about human thought patterns and their potential effects, they may well be able to avoid developing the disease.

Hope lives

We can live in hope of brighter days for the many families affected by Huntington's. Hooray for science for giving us so much hope. Hooray for the Universe for providing such profound information.

9.25 What is the spiritual aspect of experiencing sexual assault?

The numbers

Estimates published by WHO indicate globally about 1 in 3 (30%) of women worldwide have been subjected to either physical and/or sexual intimate partner violence or non-partner sexual violence in their lifetime (from Mar 25, 2024).

Tragic numbers, but numbers do not, and cannot, tell the real story of pain and anguish suffered by victims of sexual assault. Needless to say for the rapist, rape is not about the sex... it is about power and control. Predators have their own issues with which to deal, and I won't address those here.

Possible contributing factors

For the victim, there can be a few contributing spiritual factors leading to their assault. In the possibilities below, the person's potential lack of agency or self-esteem, their craving for loving attention and wishing to be singled out as being 'special', contribute to their being identified by a predator as a viable target.

- Many children grow up without loving, supportive or attentive parents, leaving them vulnerable to predators, whether male or female, who can, and do, readily identify such potential victims
- Many parents fail to teach their children about sex, or about predators, and cross their fingers in hopes their child will somehow miraculously escape becoming a victim of a sexual crime
- Many children grow up in abusive homes and are not entitled a voice, are not treated with dignity or respect, and might even suffer sexual abuse or violence at home. How could such a person grow up and not expect to continue to experience abuse?

Another possibility is this... being a victim of sexual assault or rape can be a required karmic lesson. Not necessarily that the victim raped someone in a prior incarnation, but possibly someone they knew of experienced rape, and the individual had not even an ounce of compassion or caring. How better to learn compassion, than to experience trauma?

Yet another possibility is the victim suffered the same trauma in a prior incarnation and was unable to resolve the issue from a place of unconditional love, and with forgiveness both for self and the offender. There are many other possibilities of course... life is far too complicated to be able to narrow down every possible contributing factor. The challenge is to recall the circumstances of our personal experiences and then resolve our spiritual reactions to them.

9.26 What is the spiritual truth about romantic relationships?

The truth is we don't *need* a romantic relationship in order to survive or thrive. We *want* to have one to satisfy our wish to receive focused, loving attention and appreciation.

Why do we crave them?

Society tells us we cannot possibly love ourselves enough to feel whole and complete. This idea amounts to propaganda, since it is promoted constantly in all forms of media. We're taught that without a romantic partner, we are somehow less valid, less deserving. And we buy it. We actually believe this myth; and not only that, but if we do somehow manage to gain strong and stable self-esteem without a romantic partner, we're called selfish or flawed. So we spend our precious time and resources chasing the myth.

Just as we crave a new hairstyle, job, home or vehicle, we crave someone new in our life with whom - we promise ourselves - we won't make any mistakes. A fresh start in life, if you will. Sooner or later though, we (and they) revert to habitual behaviours and suddenly, one day, we crash into the reality that we already suspected... Neither we, nor our partner, is perfect and we will never be able to live up to the myth of living happily ever after.

The trap of seeking validation and self worth in our partners is a form of control and although we hate it when someone does it to us, we manage to excuse in ourselves. This is one of the wonders of

intimate relationships... our partner is our mirror, and we are theirs. Look to the things most bothersome about your romantic partner to see what you know yourself, at soul level, you need to improve. Projecting our shortcomings onto our partner wastes everyone's time and is the very foundation of toxic relationships.

9.27 What is the spiritual truth about the law of attraction?

Limitations

The law of attraction does respond to our thoughts; however, no law is stronger than the spiritual law of free will. Free will is bound by parameters set by The All. One of those parameters is this: our thoughts do not and cannot manifest anything for others... not healing or sickness, failure or success, pleasure or suffering, poverty or wealth, life or death.

The limits of the law of attraction are easily seen in the physical world. How many people say things like, "I wish I had a million dollars." Now, how many people think this thought, and how many actually receive a million dollars? More importantly, how many receive it without taking the physical step of buying a lotto ticket or working their butts off to earn it? How many people are addicted to gambling who literally bankrupt themselves? No one is making them do this. Their own thoughts compel them to 'just give it one more go'.

Red cars

Another way to look at the law of attraction is this... by thinking of something, we raise our awareness of it. Try this simple test. When you're out and about, think to see how many red cars are on the road. Seemingly involuntarily, your eyes will immediately start seeking red cars and - surprise of surprises - will see them. Innumerable red cars will seem to suddenly appear. Red, black, purple, green... the colour matters not. It is our attention that matters. We did not make the red cars, we did not buy the red cars... the red cars exist without any input from us. We just happen to be paying attention to them now.

Paying attention to our thoughts

Paying attention to our thoughts helps us see where our attention is set. Do we dwell in anger, fear, guilt, resentment? Do we focus on love, kindness, caring? It is our attention that determines what comes into our lives. If we have 'crap' in our lives, it's largely due to having chaotic thoughts and/or a lack of focus in life. Such thought patterns can be changed.

A fear turn into reality?!

There is a very real fear our ugliest, most hateful and meanest thoughts will become a reality via the law of attraction, by forcing us to take physical action to harm someone. Truly, nothing is forcing us to take such actions except **our own thoughts**. Our thoughts are in effect saying to the Universe, 'I want this to happen'. The Law of Free Will obliges the guides to comply with our desire and help us bring it into the physical world. We have free will to act / not act, or do / not do, anything we choose. There is no mysterious evil force making us act against our will. We are not powerless victims of the so-called enemy. We are neither evil nor infested with demons. Evil exists only in our negative thoughts and is erased by changing our thoughts. How to recognize and change our thoughts is described in detail in this document.

Section 8 Spiritual questionnaire



[Download the fillable version of this form from School of Thought website](#)

This questionnaire will help you recall your childhood experiences and, hopefully, how you reacted to them. These reactions formed the very foundation of your life, that is to say, they became your thoughts, attitudes, emotions, belief systems and desires (TAEBS). Learning your negative TAEBS reveals the thought patterns and behaviours holding you back in life and make it hard to have healthy relationships; they might even cause you health concerns.

There are many difficult questions within this form; they need to be directed to The All, preferably while in a meditative state, along with your specific request for Universal Truth for each answer. Without that, your guide will be obliged to tell you what you want to hear or what you already believe. If we really want to grow and become self-aware though, only the Truth will serve. See [free will](#) and [How can I be sure I'm receiving Universal Truth?](#)

It is not enough to just recall our experiences and our memories about them and leave it at that. We also must identify and resolve the inner conflicts and beliefs arising from them. This gradually refines and reduces our chaotic, negative thoughts as well as our negative behaviours. See [Spiritual decluttering](#).

As you search your memories, try to pay attention to your body for signals.

There are five areas to examine:

[Part 1 - Childhood](#)

[Part 2 - Education and Employment](#)

[Part 3 - Family](#)

[Part 4 - Marital Status](#)

[Part 5 - General](#)

This search through your memories will help you see where change is really needed, and why. The next step is to make those changes by doing the spiritual exercises set out in [Section 9](#).

Be sure to save your work

[Part 1](#)

[Part 2](#)

[Part 3](#)

[Part 4](#)

[Part 5](#)

Part 1 – Childhood

This section asks questions designed to help find painful issues that may have been forgotten or buried, but continue to affect our lives in negative ways. Recognizing these issues enables us to begin changing ourselves at soul level.

Click a button to select or deselect it. Click in a box to enter text.

1.1 Who raised you?

☐ Birth family ☐ Adoptive family ☐ Foster family ☐ Extended family ☐ Other

Describe your feelings about this:

1.2 Did your parents:

☐ Remain together ☐ Separate ☐ Divorce

Describe your feelings about their decision, and if it still impacts your life:

1.3 What was the emotional environment of your childhood home like?

☐ Pleasant ☐ Unpleasant ☐ Lots of laughter ☐ Lots of arguing ☐ Lots of silence ☐ Lots of abuse (of any sort)

Describe your feelings about this, and if your home life now is similar:

1.4 Was your childhood home:

☐ Perfection ☐ Clean but messy ☐ Dirty, messy, cluttered, things falling apart

Describe your feelings about this, and about organization and cleanliness in general:

1.5 How many children are or were in your family?

☐ One ☐ Two to four ☐ Five to nine ☐ 10 or more

Do you wish there had been more? Or fewer? How have you dealt with your parents' decision to have the number of children they had?

1.6 If one or more of your siblings has passed away, how did you deal with their passing?

1.7 Describe your feelings about:

a. If you were adopted or a foster child:

b. If any or all of your siblings were adopted:

c. If you were the only “natural” child in a family of adopted or foster children:

d. If you were the only adopted or foster child in a family of natural children:

e. If there were half- or step-siblings:

1.8 If you were adopted:

a. Describe how you felt when you first found out:

b. Were you told not to tell anyone about it?

c. If so, how did that make you feel?

d. Did your adoptive family encourage you to seek your birth family when you became an adult?

e. How did that make you feel?

1.9 If you were a foster child:

a. Describe your feelings about your experiences:

b. Describe your feelings about your birth family:

1.10 How much attention did you receive as a child?

☐ Too little ☐ Enough ☐ Too much

Describe your feelings about the amount of attention you received:

1.11 Were you allowed privacy?

☐ Yes ☐ No

Describe your feelings about whether you had privacy:

1.12 List the painful events of your life, describing how you dealt with them and your current feelings about them:

a. Were you made to feel responsible for their occurrence?

☐ Yes ☐ No

b. Have you fully grieved these events?

☐ Yes ☐ No

- 1.13 If you have been or are being abused (physically, sexually, mentally, emotionally), describe how you have dealt with it, noting whether counselling was provided for you and your current feelings about all of it:

If the abuse is still occurring, describe your thoughts and feelings about this, and why it has not stopped:

For each traumatic experience of your life, ask your guide which of the following negative thoughts, attitudes and emotions you have and listen for the answer. Instead of trying to figure it all out, simply ask your guide, “Does this one apply?” and listen for the answer. (Your guide may give you a physical signal for yes or no, so try to pay attention to your body as well as your thoughts. Continue in the same manner for each item. Place your cursor in each appropriate box and left click to record the one(s) your guide feels applies. To change a choice, click it again.

☐ <u>Abandonment</u>	☐ <u>Criticism</u>	☐ <u>Greed</u>	☐ <u>Resentment</u>
☐ <u>Anger</u>	☐ <u>Distress</u>	☐ <u>Grief</u>	☐ <u>Revenge</u>
☐ <u>Anxiety</u>	☐ <u>Distrust</u>	☐ <u>Guilt</u>	☐ <u>Self-importance</u>
☐ <u>Arrogance</u>	☐ <u>Ego</u>	☐ <u>Jealousy</u>	☐ <u>Self-righteousness</u>
☐ <u>Avoidance</u>	☐ <u>Embarrassment</u>	☐ <u>Judgment</u>	☐ <u>Shame</u>
☐ <u>Blame</u>	☐ <u>Envy</u>	☐ <u>Perfectionism</u>	☐ <u>Victim</u>
☐ <u>Condemnation</u>	☐ <u>Fear</u>	☐ <u>Pessimism</u>	☐ <u>Worry</u>

- 1.14 What was your part in the traumatic events of your life? Do you feel you played a part in them, or do you feel it is the other person/people who need to seek the understanding, because you have done nothing wrong?

a. Describe the beliefs you have today because of them:

b. Make a list of all the people you have fully forgiven:

c. Make a list of all the people you have not forgiven and why:

1.15 If you or any of your family members are or were addicted to food, alcohol, tobacco, drugs, gambling, what sorts of problems did this create?

a. Has anyone sought rehabilitation?

b. What opinions do you have now about people who are addicts (including yourself)?

c. List all of your addictions, including substances and behaviours.

Be sure to save your work

[Part 1](#)

[Part 2](#)

[Part 3](#)

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Part 2 - Education and Employment

Part 2(a) - Education

This section deals with education. Many belief systems are formed during these very important years and they contribute to one's current issues.

The importance lies not in the amount of schooling you have had, but in what you think and feel about your education. What belief systems have developed because of your schooling experiences?

Remember to consider:

- Yourself, your intelligence and your academic abilities
- Your level of schooling
- Your classmates
- Your teachers

2a.1 Were you an overachiever? If so, what were your motives?

2a.2 Were you a bully, or a victim of bullying? Were you just invisible?

2a.3 Were you often (or never) late or absent for classes?

2a.4 Were you sent away to boarding school?

2a.5 Were you encouraged and helped to excel?

2a.6 Were you encouraged to think and speak?

2a.7 Did you receive any training in music, sports, the arts, etc.?

2a.8 Were you encouraged to "follow your heart" at home or at school?

2a.9 When you meet people who remind you of people from your school years, what characteristics do they have in common, and what are their differences?

2a.10 Ask your guide which of the following applies as you consider the above questions. Listen for the answer and record it in the appropriate box:

☐ <u>Abandonment</u>	☐ <u>Criticism</u>	☐ <u>Greed</u>	☐ <u>Resentment</u>
☐ <u>Anger</u>	☐ <u>Distress</u>	☐ <u>Grief</u>	☐ <u>Revenge</u>

☐ <u>Anxiety</u>	☐ <u>Distrust</u>	☐ <u>Guilt</u>	☐ <u>Self-importance</u>
☐ <u>Arrogance</u>	☐ <u>Ego</u>	☐ <u>Jealousy</u>	☐ <u>Self-righteousness</u>
☐ <u>Avoidance</u>	☐ <u>Embarrassment</u>	☐ <u>Judgment</u>	☐ <u>Shame</u>
☐ <u>Blame</u>	☐ <u>Envy</u>	☐ <u>Perfectionism</u>	☐ <u>Victim</u>
☐ <u>Condemnation</u>	☐ <u>Fear</u>	☐ <u>Pessimism</u>	☐ <u>Worry</u>

Part 2(b) - Employment

Since about a third of our life is devoted to earning an income, our thoughts, attitudes and emotions about our career can have a huge impact on our quality of life.

2b.1 If you are employed:

a. What is your profession?

b. Do you feel it's your true calling in life?

c. How do you feel about your supervisor, your boss, and your co-workers?

d. Do you feel appreciated by your employer?

e. Do you feel fulfilled in your profession?

f. Do you look forward to going to work?

g. What do you do when you get home from work?

h. Do you ever make your dependents (or your mate) feel responsible for "making" you work, or for not "allowing" you to work?

☐ Yes ☐ No

i. Which of these apply as you consider your job?

☐ <u>Abandonment</u>	☐ <u>Criticism</u>	☐ <u>Greed</u>	☐ <u>Resentment</u>
☐ <u>Anger</u>	☐ <u>Distress</u>	☐ <u>Grief</u>	☐ <u>Revenge</u>
☐ <u>Anxiety</u>	☐ <u>Distrust</u>	☐ <u>Guilt</u>	☐ <u>Self-importance</u>
☐ <u>Arrogance</u>	☐ <u>Ego</u>	☐ <u>Jealousy</u>	☐ <u>Self-righteousness</u>
☐ <u>Avoidance</u>	☐ <u>Embarrassment</u>	☐ <u>Judgment</u>	☐ <u>Shame</u>
☐ <u>Blame</u>	☐ <u>Envy</u>	☐ <u>Perfectionism</u>	☐ <u>Victim</u>
☐ <u>Condemnation</u>	☐ <u>Fear</u>	☐ <u>Pessimism</u>	☐ <u>Worry</u>

2b.2 If you are unemployed, how does it affect your self-esteem?

a. What are your thoughts and feelings about being unemployed?

b. What are your thoughts and feelings about others who are unemployed?

c. What are your thoughts and feelings about those who are homeless?

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Part 3 - Family

Our family's physical genetics, along with portions of our spiritual genetics, determine much of what we will face in life. No matter who raises us though, we have the power to overcome the challenges presented by our genetic inheritance.

Part 3(a) - Parents

3a.1 If your parents are still living:

a. Are they able to look after themselves?

b. Have you become responsible for one or both of them? (Have you always felt responsible for one or both of them?)

c. Describe your feelings about their limitations:

3a.2 If either or both has/have passed away:

a. Have you dealt with your grief?

b. Do you feel responsible for his or her passing?

c. If the death(s) was a relief for you, do you feel guilty for feeling that way?

d. What issues remain unresolved?

3a.3 If one parent has passed away:

a. How well is the survivor spouse coping?

b. If you have become a "replacement spouse", how does it make you feel?

3a.4 Do you now, and/or did you as a child, feel you can talk to both of your parents about anything without fear?

a. If not, why?

b. If so, did you feel obligated to tell them everything?

3a.5 What are your thoughts and feelings about how you were raised?

3a.6 Do you often find yourself defending your parent(s)' choices?)

3a.7 List your parents' positive and negative characteristics:

List the ones you have “inherited”

3a.8 If you are responsible for someone today (human or otherwise), do you carry your responsibilities the way either or both of your parents did? Describe:

3a.9 Once again, ask your guide which of the following applies to you as you think of your parents and your relationship with them, listen for the answer and record it in the appropriate box.

☐ <u>Abandonment</u>	☐ <u>Criticism</u>	☐ <u>Greed</u>	☐ <u>Resentment</u>
☐ <u>Anger</u>	☐ <u>Distress</u>	☐ <u>Grief</u>	☐ <u>Revenge</u>
☐ <u>Anxiety</u>	☐ <u>Distrust</u>	☐ <u>Guilt</u>	☐ <u>Self-importance</u>

☐ <u>Arrogance</u>	☐ <u>Ego</u>	☐ <u>Jealousy</u>	☐ <u>Self-righteousness</u>
☐ <u>Avoidance</u>	☐ <u>Embarrassment</u>	☐ <u>Judgment</u>	☐ <u>Shame</u>
☐ <u>Blame</u>	☐ <u>Envy</u>	☐ <u>Perfectionism</u>	☐ <u>Victim</u>
☐ <u>Condemnation</u>	☐ <u>Fear</u>	☐ <u>Pessimism</u>	☐ <u>Worry</u>

Part 3(b) - If you have children

3b.1 How many are there? Include any children who may have been surrendered for adoption:

3b.2 If one or more of your children predeceased you, how has this been dealt with by each family member?

What services were provided for each family member to help them through their grief? If there were none, describe why:

3b.3 Describe the physical, emotional and spiritual health of each of your children:

3b.4 If all members of your family are not treated with respect by each other, describe why this may be so:

3b.5 If certain family members argue constantly, describe why this is tolerated:

3b.6 What steps are taken to resolve differences within the family setting?

3b.7 How are the children disciplined?

3b.8 If one parent is always "the bad guy" when it comes to discipline, describe why:

3b.9 To whom do the children go when they need assistance and why?

3b.10 If your children have negative behaviours:

a. What do you believe causes them to behave poorly?

b. What have you done to teach the children positive behaviours?

c. Which of your negative behaviours are your children simply copying?

d. If your children are constantly vying for your attention, describe why you believe this is so (and don't blame it on "sibling rivalry"):

3b.11 Do you believe your children would speak to you about anything, without fear?

a. Have you asked them if that is how they feel?

☐ Yes ☐ No

b. If someone from outside the family asked them, what do you think your children might say?

3b.12 If one of your children is expected to be responsible for the others:

a. Why is this so?

b. Does this create difficult situations for any or all of the children?

c. If one of your children is always trying to "keep the peace" in the family, describe why you believe this is so:

3b.13 What are your thoughts, attitudes and emotions regarding your parenting skills?

Are they similar to those you hold for your parents' parenting skills?

3b.14 What are your thoughts, attitudes and emotions regarding your children?

Are they similar to those your parents hold or held for you?

☐ Yes ☐ No

3b.15 Are any family members estranged?

☐ Yes ☐ No

a. If yes, whose choice is it to remain out of contact?

☐ Their own ☐ Someone else's

b. If their own, why? If someone else's, whose and why?

Part 3(c) - If you have no children

3c.1 Was it a conscious decision made by you and/or your partner?

☐ Yes ☐ No

3c.2 Was it an infertility problem?

☐ Yes ☐ No

3c.3 What are your beliefs about being childless?

3c.4 Which of the following does your guide feel you hold regarding your lack of children? Ask your guide whether each thought, attitude and emotion is within you as you think about it, and listen for the answer:

☐ <u>Abandonment</u>	☐ <u>Criticism</u>	☐ <u>Greed</u>	☐ <u>Resentment</u>
☐ <u>Anger</u>	☐ <u>Distress</u>	☐ <u>Grief</u>	☐ <u>Revenge</u>
☐ <u>Anxiety</u>	☐ <u>Distrust</u>	☐ <u>Guilt</u>	☐ <u>Self-importance</u>
☐ <u>Arrogance</u>	☐ <u>Ego</u>	☐ <u>Jealousy</u>	☐ <u>Self-righteousness</u>
☐ <u>Avoidance</u>	☐ <u>Embarrassment</u>	☐ <u>Judgment</u>	☐ <u>Shame</u>
☐ <u>Blame</u>	☐ <u>Envy</u>	☐ <u>Perfectionism</u>	☐ <u>Victim</u>
☐ <u>Condemnation</u>	☐ <u>Fear</u>	☐ <u>Pessimism</u>	☐ <u>Worry</u>

Part 3(d) - Extended Family Members

This includes aunts, uncles, cousins, or close family friends with whom you have a close bond.

3d.1 List those who have played an important part in your life:

3d.2 Ask your guide whether each thought, attitude and emotion is within you as you think about each person named on your list, and listen for the answer:

☐ <u>Abandonment</u>	☐ <u>Criticism</u>	☐ <u>Greed</u>	☐ <u>Resentment</u>
☐ <u>Anger</u>	☐ <u>Distress</u>	☐ <u>Grief</u>	☐ <u>Revenge</u>
☐ <u>Anxiety</u>	☐ <u>Distrust</u>	☐ <u>Guilt</u>	☐ <u>Self-importance</u>
☐ <u>Arrogance</u>	☐ <u>Ego</u>	☐ <u>Jealousy</u>	☐ <u>Self-righteousness</u>
☐ <u>Avoidance</u>	☐ <u>Embarrassment</u>	☐ <u>Judgment</u>	☐ <u>Shame</u>

☐ <u>Blame</u>	☐ <u>Envy</u>	☐ <u>Perfectionism</u>	☐ <u>Victim</u>
☐ <u>Condemnation</u>	☐ <u>Fear</u>	☐ <u>Pessimism</u>	☐ <u>Worry</u>

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Part 4 - Marital status

Whether married or not, in a committed relationship or not, in a business partnership or not, it is important to look at why we do or do not get along well with others.

4.1 What is your marital status?

4.2 What are your belief systems about marriage?

4.3 Do you fear God judges, criticizes and condemns us for our lifestyle choices?

4.4 Which of the following does your guide feel you hold regarding your marital status? Ask your guide whether each thought, attitude and emotion is within you as you think about it, and listen for the answer:

☐ <u>Abandonment</u>	☐ <u>Criticism</u>	☐ <u>Greed</u>	☐ <u>Resentment</u>
☐ <u>Anger</u>	☐ <u>Distress</u>	☐ <u>Grief</u>	☐ <u>Revenge</u>
☐ <u>Anxiety</u>	☐ <u>Distrust</u>	☐ <u>Guilt</u>	☐ <u>Self-importance</u>
☐ <u>Arrogance</u>	☐ <u>Ego</u>	☐ <u>Jealousy</u>	☐ <u>Self-righteousness</u>
☐ <u>Avoidance</u>	☐ <u>Embarrassment</u>	☐ <u>Judgment</u>	☐ <u>Shame</u>
☐ <u>Blame</u>	☐ <u>Envy</u>	☐ <u>Perfectionism</u>	☐ <u>Victim</u>
☐ <u>Condemnation</u>	☐ <u>Fear</u>	☐ <u>Pessimism</u>	☐ <u>Worry</u>

Part 4(a) - Committed relationship

If you are in a committed relationship, describe your relationship with your mate. Keep in mind what you believe to be the truth and what your guide knows to be universal truth may be somewhat different. Be sure to state your willingness to set aside your belief systems in order to find universal truth.

4a.1 Who really seems to be in control, and how do you feel about that?

Is one of you always having to make amends to the other?

☐Yes ☐No

If so, what causes this?

4a.2 Do you live in fear of your mate's temper (or they of yours)?

☐Yes ☐No

a. How does that make you feel?

b. Does it remind you of someone in your own family background?

☐Yes ☐No

c. If so, who?

4a.3 Do you appreciate one another?

☐Yes ☐No

a. Do you tell the other this is so?

☐Yes ☐No

b. If not, why?

4a.4 Do you support one another emotionally, equally?

☐Yes ☐No

If not, why?

4a.5 Is one of you always supportive and the other, never?

☐Yes ☐No

How does this make you feel?

4a.6 Is one of you in charge of keeping the relationship going?

☐Yes ☐No

a. Is one of you always making sure you do things together as a couple?

☐Yes ☐No

b. What do you fear would happen if that stopped?

4a.7 How are disagreements handled?

Does one of you usually "win"?

☐Yes ☐No

4a.8 Who takes care of the finances, and why?

4a.9 Who makes the major decisions, and what happens if the "correct" choice is not made?

4a.10 How are losses handled (financial losses, physical injury, deaths, emotional and spiritual injuries)?

4a.11 Are household responsibilities shared equally?

☐ Yes ☐ No

a. Is one person always doing everything to keep the home running smoothly?

☐ Yes ☐ No

b. If so, who and why?

4a.12 What issues do you have as a couple consistently remaining unresolved?

4a.13 As you ponder your relationship, what negative thoughts, attitudes and emotions arise?

☐ <u>Abandonment</u>	☐ <u>Criticism</u>	☐ <u>Greed</u>	☐ <u>Resentment</u>
☐ <u>Anger</u>	☐ <u>Distress</u>	☐ <u>Grief</u>	☐ <u>Revenge</u>
☐ <u>Anxiety</u>	☐ <u>Distrust</u>	☐ <u>Guilt</u>	☐ <u>Self-importance</u>
☐ <u>Arrogance</u>	☐ <u>Ego</u>	☐ <u>Jealousy</u>	☐ <u>Self-righteousness</u>
☐ <u>Avoidance</u>	☐ <u>Embarrassment</u>	☐ <u>Judgment</u>	☐ <u>Shame</u>
☐ <u>Blame</u>	☐ <u>Envy</u>	☐ <u>Perfectionism</u>	☐ <u>Victim</u>
☐ <u>Condemnation</u>	☐ <u>Fear</u>	☐ <u>Pessimism</u>	☐ <u>Worry</u>

Part 4(b) - Single (not in a committed relationship)

4b.1 If you made a conscious decision to remain single, list your reasons for doing so:

4b.2 If you habitually develop relationships with people who are unable or unwilling to commit to you, describe why you think this might be so:

4b.3 If you have been unable to find the "right" person to whom to commit, describe why you think this might be so:

4b.4 If you are not completely at peace with being single, which of the negative thoughts, attitudes and emotions do you have about it?

☐ <u>Abandonment</u>	☐ <u>Criticism</u>	☐ <u>Greed</u>	☐ <u>Resentment</u>
☐ <u>Anger</u>	☐ <u>Distress</u>	☐ <u>Grief</u>	☐ <u>Revenge</u>
☐ <u>Anxiety</u>	☐ <u>Distrust</u>	☐ <u>Guilt</u>	☐ <u>Self-importance</u>
☐ <u>Arrogance</u>	☐ <u>Ego</u>	☐ <u>Jealousy</u>	☐ <u>Self-righteousness</u>
☐ <u>Avoidance</u>	☐ <u>Embarrassment</u>	☐ <u>Judgment</u>	☐ <u>Shame</u>
☐ <u>Blame</u>	☐ <u>Envy</u>	☐ <u>Perfectionism</u>	☐ <u>Victim</u>
☐ <u>Condemnation</u>	☐ <u>Fear</u>	☐ <u>Pessimism</u>	☐ <u>Worry</u>

Part 4(c) - Divorced/Widowed

4c.1 If you are divorced with no children, describe the break-up of the relationship and the property settlement. List any unresolved issues.

4c.2 If you are divorced with children, describe the break-up of the relationship, the property settlement, custodial rights, timeliness and fairness of support payments, visitation rights. List any unresolved or contentious issues.

4c.3 If you are widowed, what were the circumstances of the death of the loved one?

a. Do you feel the spouse's death is a punishment from God?

☐ Yes ☐ No

b. Was the death a relief for you?

☐ Yes ☐ No

c. Do you feel the death solved (or created) all of your problems?

☐ Yes ☐ No

d. Do you feel guilty for having these thoughts and feelings?

☐ Yes ☐ No

e. Do you feel devastated by the loss?

☐ Yes ☐ No

f. Do you have survivor's guilt?

☐ Yes ☐ No

g. Were your financial needs planned for?

☐ Yes ☐ No

h. List any unresolved issues in your relationship, whether divorced or widowed:

i. Which of the negative thoughts, attitudes and emotions do you have regarding your divorce or widowhood?

☐ <u>Abandonment</u>	☐ <u>Criticism</u>	☐ <u>Greed</u>	☐ <u>Resentment</u>
☐ <u>Anger</u>	☐ <u>Distress</u>	☐ <u>Grief</u>	☐ <u>Revenge</u>
☐ <u>Anxiety</u>	☐ <u>Distrust</u>	☐ <u>Guilt</u>	☐ <u>Self-importance</u>
☐ <u>Arrogance</u>	☐ <u>Ego</u>	☐ <u>Jealousy</u>	☐ <u>Self-righteousness</u>
☐ <u>Avoidance</u>	☐ <u>Embarrassment</u>	☐ <u>Judgment</u>	☐ <u>Shame</u>
☐ <u>Blame</u>	☐ <u>Envy</u>	☐ <u>Perfectionism</u>	☐ <u>Victim</u>
☐ <u>Condemnation</u>	☐ <u>Fear</u>	☐ <u>Pessimism</u>	☐ <u>Worry</u>

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Part 5 – General

By looking at our faith and religion, friends and associates, hobbies, home, pets and self we can see how our thoughts create our reality

Part 5(a) - Faith and religion

5a.1 ☐ Believe in Universal Intelligence ☐ No such thing ☐ May exist, but I need proof

5a.2 What are your thoughts, attitudes and emotions as you ponder the idea of God?

☐ <u>Abandonment</u>	☐ <u>Criticism</u>	☐ <u>Greed</u>	☐ <u>Resentment</u>
☐ <u>Anger</u>	☐ <u>Distress</u>	☐ <u>Grief</u>	☐ <u>Revenge</u>
☐ <u>Anxiety</u>	☐ <u>Distrust</u>	☐ <u>Guilt</u>	☐ <u>Self-importance</u>
☐ <u>Arrogance</u>	☐ <u>Ego</u>	☐ <u>Jealousy</u>	☐ <u>Self-righteousness</u>
☐ <u>Avoidance</u>	☐ <u>Embarrassment</u>	☐ <u>Judgment</u>	☐ <u>Shame</u>

☐ <u>Blame</u>	☐ <u>Envy</u>	☐ <u>Perfectionism</u>	☐ <u>Victim</u>
☐ <u>Condemnation</u>	☐ <u>Fear</u>	☐ <u>Pessimism</u>	☐ <u>Worry</u>

5a.3 What do you believe happens when we die?

5a.4 If you obsess about your health, what do you believe causes it?

5a.5 If you obsess about how you will die, what do you believe causes the obsession?

5a.6 If you pray, why and how often?

If not, why?

5a.7 If you meditate, why and how often?

If not, why?

5a.8 If you attend church, synagogue, mosque etc. services, why and how often?

If not, why?

5a.9 If you respect / admire the leader and the congregation members, why?

If not, why?

5a.10 What belief systems are held and taught by your religion?

Part 5(b) - Associates

5b.1 List all the important people in your life. Describe how you feel about each of them, and state whether you feel (or felt) worthy, loved and appreciated by them. Include parents, grandparents, siblings, friends, aunts, uncles, cousins, teachers, your spouse (or ex-spouse(s)), children (both yours and other people's), boss, co-workers, in-laws and any other people who played any important part in your life (even if they were absent):

5b.2 List anyone with whom you are no longer in contact due to disagreements:

5b.3 Which of the negative thoughts, attitudes and emotions does your guide feel you hold for each of your associates (whether you like them or love them or not)?

☐ <u>Abandonment</u>	☐ <u>Criticism</u>	☐ <u>Greed</u>	☐ <u>Resentment</u>
☐ <u>Anger</u>	☐ <u>Distress</u>	☐ <u>Grief</u>	☐ <u>Revenge</u>
☐ <u>Anxiety</u>	☐ <u>Distrust</u>	☐ <u>Guilt</u>	☐ <u>Self-importance</u>
☐ <u>Arrogance</u>	☐ <u>Ego</u>	☐ <u>Jealousy</u>	☐ <u>Self-righteousness</u>
☐ <u>Avoidance</u>	☐ <u>Embarrassment</u>	☐ <u>Judgment</u>	☐ <u>Shame</u>
☐ <u>Blame</u>	☐ <u>Envy</u>	☐ <u>Perfectionism</u>	☐ <u>Victim</u>
☐ <u>Condemnation</u>	☐ <u>Fear</u>	☐ <u>Pessimism</u>	☐ <u>Worry</u>

Part 5(c) - Hobbies

5c.1 What are your hobbies?

5c.2 Why have you chosen them?

5c.3 If you regularly begin new projects and abandon them before completion, describe why.

5c.4 If you finish your projects but then hide them or throw them away, describe why.

5c.5 If you have no hobbies, describe why.

Part 5(d) - Home

5d.1 What is the condition of your home?

☐Perfection ☐Clean but messy ☐Dirty, messy, cluttered, things falling apart

a. Who is responsible for the state of your home?

b. If you live alone and your home is not clean and tidy, describe why.

c. If you do not live alone and your home is not clean and tidy, describe why.

d. If you have not done your part to contribute to making it a healthy environment, describe why.

e. If you avoid entertaining at home, describe why.

Part 5(e) - Pets

5e.1 If you have pets, how many are there?

a. List kind of animal, name of each and state of health of each. Remember to include the pet's emotional behaviour in your description.

b. What purposes do your pets serve for you?

c. What areas of your life are neglected because of your pets?

d. If you have pets and children, how do you make sure they each receive all the attention they need to satisfy their needs?

e. If any / all of your pets create havoc in your household, or if they create uncomfortable or fearful situations for you, your family or visitors, why do you keep them (the pets, that is)?

f. If you have more than the legal number of pets, describe why. (If you often find yourself rescuing animals, this could be because of an unrecognized need of yours to be rescued.)

5e.2 If you have no pets, describe why:

Part 5(f) - Self

5f.1 What are your greatest joys in life?

5f.2 What are your biggest regrets in life?

5f.3 What are your strengths?

5f.4 What are your weaknesses?

5f.5 What kind of person do you think you are?

5f.6 Do you feel you are meeting your soul's potential and fulfilling your life's purpose?

5f.7 What are some of the phrases you repeat most often? (e.g., "I'm sorry," or "Thank you," "How dare you!", "I don't feel like it", "I never" or "You always", "I hate..." or "What else is new..."?)

5f.8 Are you defiant / argumentative?

☐Yes ☐No

5f.9 What are you avoiding that you know really needs to be done?

5f.10 List your negative behaviours, along with what your guide thinks triggers them:

5f.11 What purpose(s) do your negative patterns serve?

5f.12 How do they prevent you from being the best person you can be?

5f.13 Which of the negative thoughts, attitudes and emotions continue to affect you today?

Recognizing them can help to reveal negative behavioural patterns; for example, if one holds onto resentments that formed in years past, it is highly likely each new unfavourable experience will create that same emotion. In other words, "resentment" will have become a habit - a negative behavioural pattern:

☐ <u>Abandonment</u>	☐ <u>Criticism</u>	☐ <u>Greed</u>	☐ <u>Resentment</u>
☐ <u>Anger</u>	☐ <u>Distress</u>	☐ <u>Grief</u>	☐ <u>Revenge</u>
☐ <u>Anxiety</u>	☐ <u>Distrust</u>	☐ <u>Guilt</u>	☐ <u>Self-importance</u>
☐ <u>Arrogance</u>	☐ <u>Ego</u>	☐ <u>Jealousy</u>	☐ <u>Self-righteousness</u>
☐ <u>Avoidance</u>	☐ <u>Embarrassment</u>	☐ <u>Judgment</u>	☐ <u>Shame</u>
☐ <u>Blame</u>	☐ <u>Envy</u>	☐ <u>Perfectionism</u>	☐ <u>Victim</u>
☐ <u>Condemnation</u>	☐ <u>Fear</u>	☐ <u>Pessimism</u>	☐ <u>Worry</u>

Be sure to save your work

[Part 1](#)

[Part 2](#)

[Part 3](#)

[Part 4](#)

[Part 5](#)

Section 9 Spiritual exercises



Heal your inner child: heal your life.

These exercises are designed to enable and promote spiritual healing. Begin each exercise by getting centred and focused, to help your work be more effective and meaningful.

[Apologize](#) [Guilt-buster](#) [Forgive](#) [Grieve](#) [Self-esteem](#) [Sniping](#) [Tolerance](#) [Worry](#)

Apologizing

Apologizing, along with making amends (check out Wikipedia's [RESTORATIVE JUSTICE](#)), helps us remove guilt. After doing the Apologizing exercises, proceed to Guilt-buster.

How can we tell if we feel guilty about something?

Pay attention to our thoughts and words. Habitually saying words like, "I am so bad" or "I do not deserve nice things" or always apologizing can indicate guilt. Another way to find out is to get centred and ask your guide, "What am I feeling guilty about?" Then listen to your thoughts - the guides can replay long-forgotten experiences continuing to affect us negatively.

Exercise 1

How do we get rid of guilt?

The goal of this exercise is to apologize meaningfully, to face up to our role in whatever happened. Apologizing is a tool to help us regain respect - both from others and from ourselves. To do it, simply be willing. Sounds too simple, right? But it really is just that easy.

- Ask for assistance.
- Get centred.
- Think of someone we have harmed. This should only take a moment or two; any longer than that can indicate an attitude of self-righteousness or feelings of shame.
- Ask our guide to help us understand our behaviour and our choices, that is, why did we do - or not do - whatever it was that caused harm?

What does it feel like to offer a sincere apology?

Sometimes it can feel as though a great weight has been lifted from our shoulders. We might feel like laughing or crying, or maybe like dancing, or maybe as though we have a new source of energy. Aches and pain can stop, sometimes immediately.



Saying "I'm sorry" for anything that ever goes wrong is not meaningful apologizing.

How often should this be done?

Apologize and make amends whenever we fail or harm someone (including self), before shame and despair set in and before the need for self-punishment becomes irresistible.

Self-test

Think of the person to whom we are apologizing. Try to picture them in our mind's eye. Do we feel differently than we did before this exercise? If not, then this exercise is not yet complete. Meditate to learn more about the situation. The exercise is complete when we can think about the person and the situation without having any negative thoughts, attitudes and emotions.

Action

After apologizing to several people in meditation, advance to Apologizing - Exercise 2. Whatever happens, try to record the experiences in a journal.

Apologizing - Exercise 2

Now that we know how to apologize

Now that we have apologized in our heart, it is time to put it on paper. Write down whatever we feel needs to be said to express regret to the person we have harmed, and tell them we would like to make amends. If the person is no longer in our life but we do not wish to re-open a toxic or co-dependent relationship, hold a private ceremony to dispose of the letter. Just be sure about the reasons for not

wanting them in our life; be sure it is not because we are still angry. If the person is still involved in our life, and if we feel right about doing so, mail the letter to them or call and read it to them.

Action

Leave it up to them to decide what to do about our apology. It is their choice whether to forgive us. If they choose not to forgive, that is okay. We have done what we need to do to move forward, so let it (and them) go. Be sure to record your experience in a journal. Remember, apologizing is like a muscle, and exercising it will help to ensure strong spiritual health. Holding onto guilt helps no one. Refusing to apologize can create all sorts of health problems for us.

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Guilt-buster

Do this exercise in conjunction with the Apologizing exercises.

Feeling guilty?

Wouldn't it be great to live life free of guilt and shame? Is that even possible? Yes.

Find the source of guilt

The first step toward living a guilt-free life is to identify the exact cause of our guilt. Was it something we did or did not do, or something we said or did not say?

Get centred and in a state of listening. Ask for assistance from the Universal Intelligence. From that centred space, think of someone we think we have hurt - could even be ourselves. Ask the Universe to help us understand our reasons for making the choices we made. They likely formed in early childhood as our particular ways of dealing with life. Understanding our actions along with apologizing to the injured party should enable the release of guilt and shame.

What can happen when we do this?

Our pain can stop, sometimes immediately. Changing our automatic responses is likely to take some time though, so patience with self is crucial. Sometimes we will behave in the new way, sometimes the old, but the frequency of responding the old way will gradually decrease.

How often should this be done?

This should be done as soon as we find out we have failed or harmed someone, before shame and despair set in; before the need for self-punishment becomes irresistible. Understanding why we feel guilt can enable us to come to terms with our so-called failures. If we really did cause harm, we need to acknowledge our role in the experience and do what we can to make amends. Sometimes apologizing is sufficient, but we should also be prepared to provide restorative justice. The final step toward living guilt-free is to admit our mistakes and make amends before we start to feel we are "bad" and deserve to be punished.

Notes

Sometimes we might apologize to someone who chooses not to forgive us. What then? Does that mean we should hold onto guilt? No. Choosing whether to forgive us or not is up to them, just as choosing whether to forgive ourselves or others is up to us.

Sometimes we feel guilty even though we were not responsible for something that happened. This happens all the time, especially with young children. In that case, we need to find out or figure out who really was responsible and then let the experience go. Grieving and forgiveness are critical if we are to find our true selves, our true life path and profound spiritual awareness. Whatever happens, try to record the experiences in a journal.

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Forgiveness

What forgiveness is, and what it is not

Forgiveness means not resenting those who have angered, harmed or failed us in some way; but rather, seeking understanding before jumping to conclusions.

Forgiveness is like a muscle, and exercising it regularly will help ensure strong spiritual health. Apologizing, letting go of guilt and then forgiving are crucial to finding our true selves and our true life path. Feelings of anger or sadness must be released before forgiveness can grow, so be sure to practice the Grieving exercise before proceeding with forgiveness.

Of course all this forgiveness creates a dilemma: How do we forgive others, yet protect ourselves from toxic relationships? Does God expect us to stay in relationships with “repeat offenders”? To solve this dilemma, we need to know what forgiveness is not.

Forgiveness is not a bargaining chip - saying to someone, “I’ll forgive you **if you** ...”. Forgiving others does not mean we have to allow their abusive or negative behaviour, nor does it mean we can trust them to change their behaviour. Most importantly, it does not mean we must stay in toxic relationships. In fact, sometimes it is necessary to completely limit contact with those who have harmed us. Doing so does not mean we have not forgiven them - it means we are honouring, respecting, and protecting ourselves. It means we are trusting God to provide for them the lessons they need to move forward spiritually.

What does it feel like to forgive?

When we forgive, it can feel as though a burden has been lifted, or as if someone has put out the fire inside of us. The challenge is to see holding onto negative thoughts, attitudes and emotions and directing them at whoever hurt us does nothing to hurt the other person. Non-forgiveness can create all sorts of health problems, even obsessive thoughts, but not for the other guy.

Exercise 1 - Forgive others

How do I do it?

Simply be willing to let go of the anger, grief, sorrow or whatever hurt it is you do not want to let go of. Sounds too simple, right? But it really is just that easy.

- Ask for assistance.
- Get centred.
- From your centred space, think of someone who makes you angry, or who has failed or harmed you in some way. Ask your guide to help you understand the person and the situation to help see their humanity.

- Say the words, "I forgive you" and mean it.

What can happen when I do it?

The pain can stop, sometimes immediately. There may be an overwhelming urge to cry.

How often should this be done?

Practice forgiveness whenever someone fails us, hurts us or makes us angry, before resentment sets in and before the urge for revenge becomes irresistible.

Action

Think of the person we have forgiven. How do we feel when we imagine their face? Is it different to how we felt before this exercise? If not, then the exercise is not yet complete. Ask the Universe for more information about the situation. The exercise is complete when we can think about the person without having any negative thoughts, attitudes and emotions. After forgiving at least five people, move on to Exercise 2. Whatever happens, try to record your experiences in a journal.

Exercise 2 - Forgive self

Just as important as forgiving others, is the need to forgive ourselves. Since self-hatred is one of the most common spiritual components of disease, addictions and negative life patterns, does it not make sense if we can find some way to forgive ourselves, that we might finally find peace and healing?

We cannot live our lives wishing and hoping someone will forgive us for something we have done or not done, or they will give us permission to forgive ourselves. It is up to us to forgive us. It is up to us to be the best we ourselves can be.

For this exercise, begin by asking questions, for example:

- Am I angry with myself? If so, why?
- Do I have unrecognized anger or resentment? If so, why?
- Am I holding onto old, painful issues? If so, what are they?
- Do I often feel the need to punish myself? If so, why?

Remember to ask for assistance while getting centred and before asking any questions. Listen to your thoughts for at least 15 to 30 seconds after each question, and pay close attention to your body too, for your guide may use physical signals to communicate with you.

Forgiveness from God?

Since the Universal Intelligence sees all human experience as education, there can be no such thing as sin. Since there is no such thing as sin, there is nothing to forgive. The Universal Intelligence does not ever judge, criticise, or condemn us, or hold grudges against us, but we will experience the logical outcomes of our choices.

Action

What happened? Were our questions answered? Be sure to record your experiences in a journal.

Exercise 3 - Forgive everyone

Yes, everyone. Think of anyone, from any time in our life, for whom we are holding a grudge. Forgive them - now - because not doing so would be like holding onto a rotten apple and storing it with the good ones.

It may seem like a small thing, but forgiveness is actually the crucial first step in healing chronic disease. So how does that work? Holding onto old hurts is like putting them into a mental vault for safe-keeping. Every now and then we open the vault to review them, or every now and then a current experience triggers memories of them. Our pain is refreshed, and it is almost like picking a scab too early. The pain makes us re-justify our reasons for keeping any unhealthy habits we developed to cope with the hurt. These habits can be spiritual, like holding onto negative emotions, or they can be physical, like having addictions, living in co-dependent relationships or acting in self-destructive ways.

This never-ending cycle of reliving old pain takes a physical toll on our system, because our thoughts are transmitted throughout our entire body. After all, we are spiritual beings inside physical bodies. As we think, so do we feel.

Forgive the dead?

Sometimes it is necessary to forgive someone who is no longer alive. Just because people have died does not mean there is no need to forgive them. The thing is, it's never about the other person's actions or inactions... it is about our reactions to their words or deeds. We have free will, and we can forgive or resent - the choice is ours.

It is not speaking ill of the dead to acknowledge they hurt us. In fact, not doing so denies our true feelings and can leave us feeling guilty for holding onto our pain. Magically elevating someone to sainthood upon their passing, when we know they were anything but saintly, creates additional suffering and anguish for us. It can also give others the false impression we are kind and forgiving. Without forgiveness though, true joy simply cannot be felt.

Mental exercises

Pretend someone has raised a hand to slap you.

- How does your body react to your fear?
- What are you thinking? (There are no wrong answers)

Next, pretend someone has publicly humiliated or embarrassed you.

- How does your body respond to your shame?
- What are you thinking? (There are no wrong answers)

These physical reactions to spiritual thoughts of fear or shame create disease by damaging our physical bodies at cellular level. As the years go by, the damage builds up and, once a certain threshold has been breached (everyone's threshold is different), diseases develop. Disease is rooted in a lack of forgiveness, because when we withhold forgiveness, we hold onto negative thoughts, attitudes and emotions and it is these that make us sick.

The good news is we can short-circuit the disease cycle. Forgiveness takes painful memories out of our mental vault. Our curiosity and desire to learn Truth raise us beyond pain as we search for understanding. We see it is safe to look, and to feel, and we find it is ok to let go. Forgiveness enables these memories to move to a different location in the brain from where they can be recalled, and even shared, without re-inflicting anguish.

An example from my own life

When I first started working with the Universe, the how-to of forgiveness was unknown to me. Oh sure, I had heard of it. I had gone to Sunday school and learned Jesus taught we should forgive, and keep forgiving - seventy times seven times if need be. But what is it? How do you actually do it? Through paying close attention to my thoughts, I learned forgiving means letting go of that which we feel entitled to keep. I heard my thought that said, "WHAT? How can I possibly let go of the fact that I was treated unfairly and unjustly in my family? I can't. I won't."

Letting go of that - coming to peace with that - was my challenge. I met the challenge by leaving 'justice' in the hands of the universe. How so? Karma is a spiritual law, but it is every bit as solid as a concrete block. I know and I trust that if there was any injustice, it will be dealt with through the precepts of universal truth and unconditional love. I don't need to carry the burdens any longer. This awareness freed me to continue strengthening my forgiveness muscle.

Forgiveness comes down to just letting go

Armed with my decision to leave justice in the universe's hands, I started with forgiving my birth parents for giving me up for adoption. Forgiving them was easier because I know "I'm ok". As an adult I was able to understand that because of their choices, I have had certain experiences that made me who I am today. To change any of them would change who I am today - and I am at peace with the person I have become.

Next came my adopted sister, the bully in my kindergarten class, the mean neighbour boys; I kept going all the way up through the years of my life. Let me just say I had A LOT of forgiving to do, so I got a lot of practice. The more I did it, the easier it became. Now I know I have fully forgiven someone when I can go over the experience in my mind - see their face, remember the words, everything - and not feel any anger or hatred or desire for revenge. I know I have forgiven myself when I can look in the mirror without cringing or wincing. Forgiveness is like a muscle - the more we use it, the stronger it gets. With regular practice, it becomes an almost unconscious habit.



Forgiveness is like a muscle - the more we use it, the stronger it gets. With regular practice, it becomes an almost unconscious habit.

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Grieving

Grieving is the process of coming to terms with life's difficult losses and traumatic events. No matter what the experience, if we are ever to find peace, we must find some way to let go of that which was lost. It is holding on keeps us stuck in a feedback loop of sorrow and self-pity, or of anger and hatred. If we look at staying in that loop as a behaviour, we can start to peel away the layers and get to its root cause.

If we are ever to escape the pain, we must change the responses we learned as young children and learn to grieve in a new, healthy, productive way. Before we can change anything though, we must first understand how we are currently grieving, and whether it is keeping us stuck.

Exercise

In meditation, recall the first experience of loss that was ignored or minimized by our caregivers (usually in early childhood) along with the thoughts we had at that time. If we can manage to recall our real reaction to the loss, along with that which we were taught, we can begin to understand why we behave the way we do whenever we experience a loss. Then can we begin to change the pattern.

After learning and practicing the new way of grieving, it becomes gradually easier to let go of our losses at ever-deeper levels, thereby letting go of the need to endlessly replay our memories and repeat the old patterns. Changing the way we grieve is a process that takes time. It does not change just because we want it to. We learned how to respond to losses when we were young and have kept on repeating the learned behaviour, so it is going to take time to adapt. We have to be patient with ourselves, or we will just keep on creating more reasons to keep stuck in the old ways.

How do I do it?

In your centred space, start by looking at the first negative experience that was ignored (usually in childhood) along with all the thoughts we had when it happened. This could be the experience you think about most often, causing you the most pain. By remembering it and under what circumstances it happened, we can begin to understand why we do certain things, and we can begin to validate our experiences. Do this until all of your thoughts, attitudes and emotions surrounding it have been recalled, recognized, and released after gaining full understanding.

Again, in meditation, gain full understanding of why it was ignored and/or written off as being unimportant. As adults, we can look at our childhood experiences and find understanding not possible for young children. This is not to place blame, but to recognize everyone who was a part of the experience played an active (or passive) role in it.

Next, feel the emotions and think the thoughts we suppressed or repressed at the time of the event. Grieve the losses we felt as a child by saying the angry thoughts out loud, if possible. Cry, cry, cry. Let it all out, as scary as that may sound, for crying is an important part of the healing process. Acknowledge the pain or cruelty we suffered, without understating the importance of it. The events were important, for they have made us who we are today. It does not matter whether anyone else thinks our experiences were easier or worse than theirs were. What is important is they happened to us, and they hurt us. All of our experiences have helped to create all the thoughts, attitudes and emotions, beliefs and inner conflicts we have now.

Then it is time to forgive. Forgive self for developing the behaviour - forgive others for making us do it - forgive God.

After all this, it becomes gradually easier to let go of the experiences at ever-deeper levels, thereby letting go of the need to endlessly replay one's memories and repeat the cycle.

What can happen when I do it?

We might feel pleasure or satisfaction. If you feel guilt at the thought of releasing a person or an experience, let it go. Holding onto guilt or remorse will only keep us stuck.

How often should this be done?

Do this as often as needed until all thoughts, attitudes and emotions surrounding the experience have been recalled, recognized, and released after gaining full understanding.

Action

Practice, practice, practice. Whatever happens, try to record your experiences in a journal.

[Apologize](#) [Guilt-buster](#) [Forgive](#) [Grieve](#) [Self-esteem](#) [Sniping](#) [Tolerance](#) [Worry](#)

How to raise self-esteem

What is it?

Self-esteem is the ability to accept our good - and not-so-good - thoughts, attitudes, emotions, beliefs, desires and behaviours without judgment, criticism and condemnation. Self-esteem and self-respect go hand in hand. Believe it or not, we are born with these qualities, but we can lose them all too easily. The challenge then, is to regain them. Good news! We can learn how to do just that. Once we learn the spiritual component(s) of why we withhold self-esteem and respect from ourselves, we can begin to earn them back. How? By accomplishing small tasks that help us to see our worth. Gaining self-esteem and respect is not a quick process, but, as with apologizing, forgiveness and tolerance, can be learned and strengthened by practicing.



With strong, stable self-esteem comes the Joy of Self-respect.
Looks like: Taking responsibility for self-care where once we relied on others for approval, direction, permission.

Here are some of the spiritual components of low or unstable self-esteem:

- Blaming
- Lying
- Not following through on commitments
- Constant criticism from self or a loved one

Low or unstable self-esteem can lead to feelings of guilt and shame, and guilt and shame can lead to:

- Chronic feelings of self-doubt, fear and/or anxiety and worry
- Co-dependent relationships
- Depression
- Addictions to behaviours or substances
- Being easy for others to manipulate

How do I build self-esteem?

Start small: Set a goal for yourself that is easily achievable. Could be something like, "I will not complain today." Throughout the day, every time you have the urge to complain, remember your commitment. Do not let go of it, no matter what happens. At the end of the day, meditate about how it felt to achieve your goal and record your experiences. Record all of the experiences that made you want to complain along with the root cause(s).

What can happen when I do it?

There may be a feeling of pleasure or satisfaction. As each day without complaining passes, we might feel a little less angry. (If you find yourself feeling more angry, then there is an inner conflict needing resolution.)

How often should this be done?

Every day for a month, live up to the commitment. After that month, set a new goal for the next month. The goal needs to address some negative behaviour within self. Maybe we are always running late, maybe we are always making excuses for not doing something we have agreed to do ... could be just about any behaviour at all affecting your life negatively. Try choosing one that bothers our friends or family members.

Next step

Continue setting gradually more challenging goals for yourself: Today I will complete one of the tasks I have been avoiding (even if it is only for 15 minutes) → Today I will not judge myself harshly → Today I will pay attention to my thoughts → Today I will not criticise others and so on.

Action

Practice, practice, practice. Whatever happens, try to record your experiences in a journal.

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How to stop sniping

Verbal sniping is the pattern of taking every single opportunity to point out someone's flaws to make them feel bad and/or to make self feel big and powerful is verbal sniping. It is judgment, criticism, and condemnation, and it is a passive/aggressive act of manipulation. It is NOT done out of a desire to help someone.

What if I do it?

Meditate to find out which thoughts, attitudes or emotions make you want to strike out.

- Ask for assistance.
- Get centred.
- Listen to your thoughts.
- Ask your guide to show you a recent occurrence to help you understand the root cause of the behaviour, or what triggered you. Once understanding has been gained, it becomes easier to let go of the need to react in such a way. Remember: No one deserves such treatment.

What can happen when I stop?

At first? Probably not too much. There might still be the desire to strike out verbally, but resisting the temptation really can be its own reward. A feeling of pleasure arises when we take the moral high road. Self-worth grows along with self-esteem. As those traits strengthen, the need for the old behaviour decreases - often dramatically. Eventually, we will find it hard to believe we ever sniped. You may become acutely aware when others snipe.

What if someone does it to me?

First of all, look within to see which of our words or actions might have caused the individual to react in such a way. Check with our guide to see whether we have some negative beliefs about self. Do others often treat us disrespectfully? Do our thoughts continually repeat past negative experiences? If so, the root cause may well be an inner conflict. Once the issue has been resolved, new behaviours and beliefs become easier to adopt.

Next time, call them on it. Let them know what they did was hurtful. Whatever happens, try to record your experiences in a journal.

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How to build tolerance

What is it?

Tolerance is the ability to observe people or to have experiences without having negative thoughts, attitudes and emotions. When we see something we do not like, the tendency is to have a negative thought about it. Sometimes the dislike can even become an obsession if we focus on trying to make that thing change, when, in reality, changing it is completely beyond our control.

Tolerance is like a muscle, and exercising it regularly helps ensure strong spiritual health. Having negative thoughts, attitudes and emotions harms us all. Intolerance creates much of the turmoil on this planet, because we usually try to change the things we dislike - and when we try to change someone else, we get into trouble. Why? Well, we all know how it feels when someone tries to "correct" us. It feels like control, right? It feels like we have been judged, criticised, and condemned. We then get angry - maybe with self, but more likely with the one who is trying to change us. So maybe an argument erupts, or worse, communication ceases. It is far better to focus on our own negative thoughts, attitudes and emotions - things we can actually change.

Becoming tolerant is neither simple nor quick, but, as with apologizing and forgiveness, can be learned and strengthened by practicing.

Tolerance - Exercise 1

How do I do it?

- Ask for assistance.
- Get centred.
- Look in the mirror (full length if possible).
- Listen to your thoughts. Pay attention to every single negative word. Ask your guide to help you understand the root cause of each of those thoughts. (The guides have the ability to seemingly turn up the volume of our thoughts. It can be a little unnerving at first since we are not used to hearing ourselves think, but this will help to raise our self-awareness.)

What can happen when I stop judging myself?

Our thoughts become clearer. A feeling of pleasure arises.

How often should this be done?

Start with once a day and keep practicing until we can observe self with loving eyes. The goal is to have no negative thoughts about self - the ultimate goal is to have no negative thoughts at all, about anyone, but this is a work-in-process. It may sound impossible, but keep practicing.

Action

Look at self in the mirror and listen carefully to your thoughts. When you can watch for 15 seconds without having any negative thoughts at all, it will be time to lengthen the duration of watching and listening. Increase to 20 seconds, then to 25 and then to 30. (Until we have become adept at staying focused on hearing our thoughts for any longer than that, the exercise becomes difficult to self-monitor.) Practice, practice, practice. Whatever happens, try to record your experiences in a journal.

Tolerance - Exercise 2

Now you are getting used to looking at yourself with love, or at least without cringing, it is time to enlarge the picture.

- Ask for assistance.
- Get centred.
- Turn on the television or streaming device.
- Watch.
- Listen to your thoughts.

The urge to change channels while watching is a clear signal to focus on hearing your thoughts. Might sound like: "That's terrible. He/she should/shouldn't wear that colour. He/she is ugly. That's beautiful. How can they make crap like that? That's stupid. What a mess. How can people treat one another that way? That hairstyle is ridiculous on him. Those people should know better than to let themselves get so fat." These statements indicate judgment, criticism and condemnation have taken place, and show what goes on in our thoughts almost all the time. The challenge in this exercise is to watch without having any negative thoughts at all.

When you can watch for 15 seconds with no negative thoughts, it will be time to lengthen the duration of watching and listening to your thoughts for negative statements. Increase to 20 seconds, then to 25 and then to 30. The longer, the better. Practice, practice, practice. Whatever happens, try to record the experiences in a journal.

Tolerance - Exercise 3

Now we are accustomed to looking at our physical appearance and others' without negative thoughts, it is time for the next step - learning to observe our negative behaviours without having negative thoughts.

How can I possibly do that?!

As always, by practicing. Whenever you hear yourself say something like, "I should / shouldn't have done that", ask your guide what the motivation was. Find the root cause. With full understanding, it gradually becomes easier to let it go. The benefits of doing so are twofold: Firstly, the pattern gradually reduces until it is no longer repeated. Secondly, understanding our own behaviours enables us to better understand those of others. When we understand something, it becomes easier to observe without condemning it or wanting it to change.

Action

Think of one of your negative behaviours. Maybe it is having a constant need to check and recheck we have done something. Maybe it is a chronic need to spend money - could be almost anything. Think about the behaviour and listen carefully to your thoughts about it. We are becoming more tolerant when we can think about our behaviour without any negative thoughts. Whatever happens, try to record your experiences in a journal.

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How to stop worrying

“Worrying” means having busy thoughts; trying to figure out how everything is going to turn out; trying to plan everything; trying to figure out what others are thinking or how others will react to your action(s). Habitually reliving past experiences and trying to make them have a different outcome is another form. Worry is not necessarily thinking something bad is going to happen; it can just be going over and over an idea in your thoughts.

Stopping worrying is neither simple nor quick, but, as with all the spiritual exercises, can be strengthened by practicing. Worrying is like a muscle, and exercising it regularly has helped it to become strong. Releasing it will take much dedication and practice.

How do I do it?

- Ask for assistance.
- Get centred.
- Listen to your thoughts for about 15 seconds. Pay attention to every single thought you have about something that has not yet happened, or that has already happened. Ask your guide to help you understand the root cause of why you are thinking about them. Once understanding has been gained, it becomes easier to let go of the need to obsess about it.

What can happen when I do it?

The thoughts become clear. A feeling of pleasure or relief might arise.

How often should this be done?

Start with once a day and keep practicing until you can hear the worry thought, understand the source of it and then resolve it before it is even completed. The ultimate goal is to be worry-free. While that may sound impossible, the important thing is to keep practicing.

Action

Listen carefully to your thoughts. When you can listen for 15 seconds without having any worrisome thoughts, it will be time to lengthen the duration of listening. Increase to 20 seconds, then to 25 and then to 30. Until you become adept at staying focused on hearing your thoughts for any longer than that, the exercise becomes difficult to self-monitor. Practice makes progress! Whatever happens, try to record your experiences in a journal.

Notes

Anyone who has quit using an addictive substance will know how our thoughts keep returning to the idea of using it. It is the same with giving up worry (the Universe calls worry “mental turmoil”). The worry is the addictive substance. Whether we are thinking about home, work, money, mate, future,

past experiences, etc. the challenge is to hear ourselves. Once we hear a thought, we can set it aside in the knowledge that, right here, right now, nothing can be done for it. Decide to deal with it when the time is right, rather than in your every waking moment. Just gently set it aside...tell yourself you can return to it tomorrow, or the next day, or whenever ... write it down on paper so you do not have to worry about forgetting it. But for right now, trust it is ok to leave it alone. Do the same for each separate thought that comes. Of course it takes lots of practice, but the results are worth the effort.

After we become somewhat comfortable with not worrying, and with having quieter thoughts, it becomes easier to communicate with the Universe. We become able to ask a question to which we genuinely do not know the answer, and then just let it go ... we can wait for the answer instead of endlessly repeating the question or making suggestions as to what the answer might be.

[Apologize](#) [Guilt-buster](#) [Forgive](#) [Grieve](#) [Self-esteem](#) [Sniping](#) [Tolerance](#) [Worry](#)

Section 10 External resources

SUICIDE PREVENTION - LIST OF SUICIDE CRISIS LINES AROUND THE WORLD - WIKIPEDIA

Category	External link
Childhood trauma	○ All in the Family - a CBC Radio production about Adverse Childhood Experiences (ACE's) "Cardio-vascular disease. Obesity. Alcoholism. Diabetes. These conditions may have one surprising factor in common: childhood trauma -- according to a massive study called "Adverse Childhood Experiences", or ACE... " PART 1 PART 2 PART 3 ○ CHILDHOOD ABUSE LINKED TO HIGHER RISK FOR HIGH CHOLESTEROL AS AN ADULT IN NEW RESEARCH - SciTECH DAILY "A new study discovered that risk factors for heart disease and stroke were higher among adults who said they experienced childhood abuse and varied by gender and race. However, those who described their family life as well-managed and had family members involved in their lives during childhood were less likely to have increased cardiovascular risk factors as adults, according to new research published today (April 27, 2022) in the Journal of the American Heart Association, an open access, peer-reviewed journal of the American Heart Association." ○ HOW CHILDHOOD TRAUMA AFFECTS HEALTH ACROSS A LIFETIME - A TEDMED TALKS PRESENTATION BY DR. NADINE BURKE-HARRIS "Nadine Burke Harris reveals a little-understood, yet universal factor in childhood that can profoundly impact adult-onset disease." ○ NEW RESEARCH REVEALS THAT TRAUMA CAN GET "UNDER THE SKIN," WEAKENING YOUR

Category	External link
	<u>MUSCLES AS YOU AGE</u> "A study from the University of Michigan has shown that traumatic experiences during childhood may get "under the skin" later in life, impairing the muscle function of people as they age." ○ <u>STRICT PARENTING MAY HARDWIRE DEPRESSION INTO A CHILD'S DNA - SciTECH DAILY</u> "The way the body reads the children's DNA might change as a result of strict parenting. These alterations may become 'hard-wired' into the DNA of children who perceive their parents to be harsh, raising their biological risk for depression in adolescence and later life."
Confidence	○ <u>THE POWER OF CONFIDENCE - A TED TALKS PRESENTATION BY BRITTANY PACKNETT CUNNINGHAM</u> "Confidence is the necessary spark before everything that follows," says educator and activist Brittany Packnett. In an inspiring talk, she shares three ways to crack the code of confidence -- and her dream for a world where revolutionary confidence helps turn our most ambitious dreams into reality."
Diet	○ <u>FOOD ALLERGY OR FOOD INTOLERANCE? WHAT IS THE DIFFERENCE BETWEEN A FOOD ALLERGY AND A FOOD INTOLERANCE? - SciTECH DAILY</u> "Many people confuse food allergies and food intolerances, but they're two different things. Understanding the difference is important if you experience allergy-like symptoms after eating certain foods."
Bigotry, Discrimination, Racism	○ <u>A CLASS DIVIDED - A PBS FRONTLINE PRESENTATION</u> "The day after Martin Luther King, Jr. was killed, a teacher in a small town in Iowa tried a daring classroom experiment. She decided to treat children with blue eyes as superior to children with brown eyes. FRONTLINE explores what those children learned about discrimination and how it still affects them today."
Christianity	○ <u>JESUS ACCORDING TO EDGAR CAYCE - YOUTUBE</u>
Genes	○ <u>GENETIC SCARS - A CBC NEWS HEALTH PRESENTATION</u> "Your life is leaving genetic scars that might show up in your child's genes: Growing evidence that life experience can be passed genetically from one generation to the next" ○ <u>SCIENTISTS SHOW TRANSMISSION OF EPIGENETIC MEMORY ACROSS MULTIPLE GENERATIONS - SciTECH DAILY</u> "Changing the epigenetic marks on chromosomes results in altered gene expression in offspring and in grand-offspring, demonstrating 'trans-generational epigenetic inheritance.' "

Category	External link
Human behaviour	<i>Justice</i> ○ RESTORATIVE JUSTICE - WIKIPEDIA "Restorative justice is an approach to justice in which the response to a crime is to organize a facilitated dialogue or meeting between the parties involved, including the victim and the offender, and sometimes with representatives of a wider community present as well. The goal is for the parties to share their experience of what happened, to discuss who was harmed by the crime and how, and to create a consensus for what the responsible party will do to repair the harm from the offense. This may include monetary restitution given from the offender to the victim, apologies and other amends, and other actions to make things as right as possible for those affected and to prevent the offender from causing future harm." <i>Lying</i> ○ LIE DETECTOR - A TED TALKS PRESENTATION BY PAMELA MEYER How to spot a liar: "Pamela Meyer thinks we're facing a pandemic of deception, but she's arming people with tools that can help take back the truth." <i>Procrastination</i> ○ WHY WE WAIT- THE SCIENCE OF PROCRASTINATION FROM SciTECHDAILY.COM "Study finds a lean toward negative attitude predicts procrastination. Putting off a burdensome task may seem like a universal trait, but new research suggests that people whose negative attitudes tend to dictate their behavior in a range of situations are more likely to delay tackling the task at hand."
Music	○ THE MELODIES OF MATTER - SciTECH DAILY "A recent college graduate has used data sonification to convert the visible light emitted by elements in the periodic table into complex sounds, taking the first step towards an interactive, musical periodic table..." ○ THE SCHOOL OF THOUGHT - MUSIC LIBRARY ○ Music suggestions for Going Home YOUTUBE - AMBIENT MUSIC YOUTUBE - ANUGAMA - HEALING YOUTUBE - ANUGAMA - SHAMANIC DREAM YOUTUBE - TIBETAN MONKS CHANTING OM ○ SONIFICATIONS - NASA "Ever wondered what the music of the spheres would sound like? Hubble brings us cosmic sights, but these astronomical marvels can be experienced with other senses as well. Through data sonification, the same digital data that gets translated into

Category	External link
	images is transformed into sound.”
Plants	○ HIDDEN PLANT SOS - SciTECH DAILY “Global breakthrough: for the first time in the world, researchers at Tel Aviv University recorded and analyzed sounds distinctly emitted by plants...” ○ INDIGENOUS STORIES LEAD SCIENTIST TO DISCOVER THAT PLANTS CAN HEAR - A CBC RADIO PRODUCTION "Do you talk to your plants? Well, science suggests they might be able to hear you. An Australian scientist was inspired by stories from Indigenous people around the world about how they communicate with plants."
School of Thought resources	○ THE COURSE ○ MAKING CHANGE IN OUR LIVES - DOWNLOADS ○ MEME LIBRARY ○ MUSIC LIBRARY ○ READING LIBRARY
Sleep	○ HOW TO GET QUALITY SLEEP - WIKIHOW "The quality of your sleep is just as important as the quantity. Getting the right number of hours every night is unlikely to benefit you if you are frequently waking up, if you sleep at wildly different times, or if you sleep shallowly. Alcohol, caffeine, light, noise, and worry can all interfere with the quality of your sleep. To get quality rest, you'll want to improve your sleep hygiene — different practices and habits that ensure you get the most out of your sleep, such as setting a sleep schedule that works with your body's natural rhythms. Eliminate stressors and distractions, and establish a comforting bedtime routine." ○ WHY DO I WAKE UP AT 3 A.M. EVERY NIGHT?-CNN "... Now wide awake from a once peaceful slumber, you roll over to check the clock and find it's 3 a.m. That's the same time you woke up last night. And the night before. If that sounds familiar, it's because nocturnal awakenings happen to a lot of people. Waking up several times throughout the night is a natural occurrence often due to sleep architecture, which are the stages of sleep that one cycles through every night. These awakenings usually only last for anywhere from a few seconds up to a few minutes — if they happen too frequently in one night or there are disruptions to falling back asleep, that could be a problem. Here's what experts say could help. ..."
Speech	○ 3 WAYS TO BE FRIENDS WITH SOMEONE WHO TALKS TOO MUCH - WIKIHOW "If you have a chatty friend, you may notice yourself making statements like “Yea,

Category	External link
	but what I was trying to say earlier was..." quite often. This person may totally dominate your conversations and make it impossible to get a word in edgewise. A friend who talks too much can be a handful. But, you can learn to manage their chattiness, by using strategies to limit their talking and give yourself the opportunity to participate. In addition, it may be useful to tell your friend about their problem and set boundaries if they are not willing to change." ○ How TO SPEAK WELL AND CONFIDENTLY - WIKIHOW "Good communication is the key to success, whether you're speaking in front of a large audience or trying to get a point across to a new friend. If you want to know how to speak well and confidently, you've got to believe in yourself, speak slowly and carefully, and have strong convictions about what you're saying. If you want to know how to sound intelligent and thoughtful when you speak, then see Step 1 to get started."
Thoughts	○ A DEAF AND BLIND MIND- WHAT IT'S LIKE TO HAVE NO VISUAL IMAGINATION AND NO INNER VOICE- - ABC NEWS (AUSTRALIAN BROADCASTING CORPORATION) "Analysis: Can you imagine seeing things in your mind? Can you hear an inner voice when you think or read? If not, you might have "deep aphantasia"..." ○ DOES EVERYONE HAVE AN INNER MONOLOGUE? - LIVE SCIENCE "Some people process thoughts and feelings differently. The "little voice in your head" can be your worst critic and greatest supporter. It's been known to help with directions, give advice, rehearse tough conversations and even remind you to put pesto on the grocery list. ..." ○ IS IT A SPIRITUAL EXPERIENCE OR MENTAL ILLNESS? - A CBC RADIO PRESENTATION "Shawn Lucas calls it a transcendental assessment tool. Lucas is the manager of Spiritual Care at CAMH, the Centre for Addiction and Mental Health in Toronto. The new comparison tool is designed to help clinicians answer a difficult question: What is a spiritual experience ... and what's mental illness? "We're hoping this tool will help ... to differentiate between what is a delusion as part of psychosis and what might also be part of a transcendent experience, or what William James called a mystical experience." - Shawn Lucas, manager of Spiritual Care at Toronto's CAMH" ○ "SCIENTISTS DISCOVER CONNECTION BETWEEN LACK OF VISUAL IMAGINATION AND LONG-TERM MEMORY" "When people lack visual imagination, this is known as aphantasia. Researchers from the University Hospital Bonn (UKB), the University of Bonn, and the German Center for Neurodegenerative Diseases (DZNE) investigated how the lack of mental imagery affects long-term memory..."

Category	External link
Time	○ HOW LONG IS THE PRESENT? - SciTECH DAILY “How long is the present? The answer, Cornell researchers suggest in a new study, depends on your heart...”

[WIKIHOW - FIND OUT HOW TO DO ALMOST ANYTHING](#)

Section 11 The path

Walking the path



[Watch / listen to slideshow of illustrations \(YouTube\)](#)

See illustration 25 The ladder of spiritual development

The path of spiritual development is similar to a ladder. The ladder is the scale of [vibrational frequency \(VF\)](#); its rungs are levels of spiritual attainment. Our thought patterns determine our level of attainment, with negative thoughts dragging us down and positive thoughts elevating us. The higher we rise, the nearer we approach oneness with The All.

We don't progress just because we desire it or think we are ready for it; rather, it is achieved gradually. We grow into more profound awareness by becoming adept at hearing our thoughts. This helps us further refine and reduce our negative thoughts. This workbook has set out the path for doing so. The work has taught you how to work consciously with your guide. You will have brought positive change into your life and begun to sense your soul's potential. Further progress is gained by resolving inner conflicts at ever-deeper levels, and further refining and reducing your thoughts. After all, we are complex creatures, so there is always another level of understanding to be gained.

Who we are

All entities within this universe are emanations of [‘The All’](#). We are each a [‘Spark’](#) of intelligence learning and working our way back to reunite with The All.

Thought projected itself into space-time and generated life



[Watch / listen to slideshow of illustrations \(YouTube\)](#)

See illustration 26 Thought - Space-Time - Life

“What, you ask, was the beginning of it all?

And it is this...

Existence that multiplied itself

for sheer delight of being
and plunged into numberless trillions of forms
so that it might find itself innumerable”

Sri Aurobindo,
Indian nationalist, philosopher, yogi, guru and poet

Where we live

Pisces-Cetus Supercluster Complex (PCSC)

We live in an area of the universe called [Pisces-Cetus Supercluster Complex \(PCSC\)](#) (external link). It contains at least five superclusters of galaxies, one of which is Laniakea. PCSC is governed by Sovereign Majesty, a spiritual/physical entity.

Laniakea Supercluster

This super supercluster contains at least eight superclusters, one of which is Virgo. Laniakea is governed by a spiritual/physical entity titled Regent, known as Lord of All the Worlds.

Virgo Supercluster

We call this structure “Local Group”. It is governed by a spiritual/physical entity titled Vice-Regent.

Local Group and nearest galaxies



[Watch / listen to slideshow of illustrations \(YouTube\)](#)

See illustration 27 Local group

Located in Virgo Supercluster, Local Group contains innumerable galaxies, the three largest of which are Andromeda, Milky Way and Triangulum. The galaxies are overseen by entities titled Commander.

Milky Way Galaxy

Designated a Twelve Sector galaxy, the Milky Way provides a 12-step course in spiritual/physical development. This means Sparks choosing to experience existence in matter will go through an intensive course of learning. Governors-General oversee the spiritual progression of entities incarnating within each sector.

Who’s in charge? (Governance hierarchy)



[Watch / listen to slideshow of illustrations \(YouTube\)](#)

See illustration 28 Governance hierarchy

One of the biggest problems facing humanity is the lack of unbiased judicial oversight to ensure fair and equitable treatment is upheld for all citizens. Let me assure you, this oversight exists. It is not here yet, or at least not that we can see, but it has come before and it is coming again. This system has resources not available to humans, not the least of which is access to the [Akashic life records](#). This, coupled with the ability to ensure all souls involved in situations are available to state their position

and defend their choices and actions, all while knowing their thoughts have been recorded, ensures Truth is revealed. Thus Divine Judgment ensures Divine Justice.

Milky Way Galaxy is located within a galactic filament called PCSC, which contains innumerable superclusters of galaxies, containing innumerable planetary systems, containing innumerable physical life forms. Each system in this structure is governed by entities of the highest spiritual calibre.

The All

This universe is an emanation of "The All". It is Thought, manifesting as the Source of everything. It is vast intelligence, and responsive, creative, unconditionally loving, energy. The All is known as, "It Brings into Existence That Which Exists in Its Thoughts". It is itself nameless because no one created it. At the instant of the Big Bang, The All brought into existence not only the physical elements of the universe; it multiplied itself into innumerable spiritual elements, or Sparks. The All hears every thought of every element of its creation. We sense its energy as unconditional love.

Excerpt from THE BOOK OF FORMATION (external site):

"... the concepts of limit, distinction, measurability, superiority, etc., do not apply to "HE WHO IS": these notions are all metaphors designed and established by "HE WHO IS" to be applied to His creatures that HE had also designed by Himself and within Himself and that will be manifested outside of Him in order to bring these creatures to understand who is "HE WHO IS"."

Sovereign Majesty

Sovereign Majesty develops that which The All brought into existence. Sovereign Majesty is not The All, although we tend to perceive its vast power and magnificence as the ultimate Source. It is Lord of Wisdom and Sharer of Information.

Sovereign Majesties are those Sparks who first chose to manifest in physical matter. Over countless eons and incarnations, these Ancient Ones became aware of The All and, by communicating with it, learned of the Akashic blueprints formerly known as "The Tablets of the Heavens". By following the Blueprints, their desire to serve The All is achieved. They guide Sparks entering physical incarnations in their particular domain to advance their spiritual knowledge and experience and ultimately regain union with The All. Sovereign Majesties exist now as sentient energy in a state of unconditional love; thereby avoiding the physical effects of aging and decay. They and their Divine Messengers are capable of lowering their VF to the point they become tangible to humans.

Our Sovereign Majesty governs PCSC, has appeared to humanity throughout the ages and around the world, and is known by many names.

Sovereign Majesty, Registrar and Logos Praxis Omnia

Through their profound desire to serve The All, these entities work together to enact the Akashic Blueprints of PCSC, enabling Sparks to gain profound spiritual enlightenment in accordance with the physical and spiritual laws governing this universe.

Registrar - Hall of Akashic Records and Blueprints

Oversees and maintains all PCSC records including Akashic Blueprints, events within its space-time stream, activities of resident Sparks whether in or out of physical form), and more. Registrar is Gatekeeper of access to records for all Sparks residing in PCSC.

Registrar, in close collaboration with Sovereign Majesty and Logos Praxis Omnia, deliver the covenant educational program, i.e., Reincarnation and Karma, for Sparks incarnating in PCSC. The program's

founding principles are truth, unconditional love and free will. It is intelligent, dynamic and just, and the means by which we learn our way back to The All.

Logos Praxis Omnia

Logos Praxis Omnia (literally “Enacting the Word of The All), is a group of entities collaborating closely with Sovereign Majesty and Registrar to create the genomes for physical forms In PCSC . Abiding by the Akashic Blueprints, they ensure physical forms are available for installation on each new planet deemed appropriate to accept new life. Through observation and intervention, they ensure continual evolution of inhabitants of those planets.

Regent, Vice-Regent

Oversee development of the ever-expanding PCSC , monitoring formation of new galaxies’ solar systems and planets, preparing appropriate planets to accept physical life, or ‘terraforming’. They build transportation infrastructure to enable access to those new systems.

High Commander, Commander

Oversee Diplomacy and Unity of purpose within PCSC . This includes such activities as peace-building initiatives and containment of rogue actors.

Governor General, Governor, Lieutenant-Governor

Ensure Sparks within their domain attain the required level of spiritual understanding before advancing to the next level of learning. They collaborate with their peers to continually refine the learning program. Governors ensure incoming entities are directed to the specific planet matching their learning needs, and that they achieve their goals before advancing.

Additionally, these entities form an assembly of representatives of inhabited worlds throughout their domain, called the **Divine Council of Worlds**. Those from our Milky Way Galaxy will be in attendance at the tumultuous close of the current cycle of Soul Development on Planet Earth. Additionally, all Sparks who have ever incarnated on Earth will return, or have already returned, to be present for the [Great Spiritual Reckoning](#). See [Resurrections](#)

Premier Magistrate, Chief Magistrate, Magistrate

Ensure Sparks incarnating within their locality attain the necessary level of spiritual understanding before advancing to another locality. Entities may remain for several lifetimes.

Companion guides

Accompany, lead and oversee Sparks’ development over the course of their innumerable Milky Way incarnations. See [guides](#)

Faculty

Teachers ensure Sparks experience the full spectrum of lessons provided by their planet. They deliver curriculum, plan lessons, assess spiritual growth through relentless testing, and evaluate VF data, all in collaboration with Sparks’ individual guides.

Divine Messengers

These Representatives of Sovereign Majesty are androgynous, as are we all when not in physical form. They can appear to us as any life form we imagine, or fear. We might call them God, spirits, angels or

messengers, or even aliens. They work and intervene with incarnating souls to keep us moving forward spiritually and technologically. They do so in accordance with the Spiritual Laws as set out in the Akashic Blueprints. They lead us on our journey toward enlightenment and ultimate reunion with The All. While they are not “God” as such, they speak on behalf of Sovereign Majesty as emissaries.

Sparks

All entities within this universe are emanations, or sparks, of intelligence projected by The All. Our purpose is to go forth and learn, to gain full understanding of the true nature of this universe, ultimately returning to The All. Sparks choosing to enter human form are accompanied by their personal companion/teacher guide. Through repeated incarnations, we gradually build our soul or spiritual personality. The guides, who are also Sparks, are highly developed spiritual entities. They abide by the will of The All and the spiritual laws of the universe. We may communicate with our guide in every moment.

We enter one physical form at a time beginning approximately at physical birth, and remaining approximately until physical death, of that physical form. There are required lessons for each Spark's spiritual development on Planet Earth, and we are tested, relentlessly, to ensure those lessons are met and learned. We build our soul identity with the help of our guide, who ensures we meet the experiences needed to achieve our ultimate purpose, reunion with The All. We cannot know our progress while incarnated - not yet anyways - but after each incarnation our VF is measured, revealing the net gain or loss produced by our reactions to our experiences.

Process of entering life in physical

We Sparks enter Milky Way via 1st Sector. Learning begins by propelling ourselves into physical matter for gradually lengthening periods of time, to become accustomed to physical sensations like heat/cold, pleasure/pain, darkness/light, silence/sound, and so on. Successful completion of the required lessons of Sectors 1 through 11 enables advancement to the 12th and final sector.

12th sector contains numerous solar systems with planets harbouring physical life, of which Planet Earth is but one. This sector tests incarnating entities' understanding of the galaxy's lessons and can be thought of as a 'galactic finishing school'. Here we learn the connection between that which we think and that which we experience, so we may come to understand the immense power of Thought.

Preparation

Before ever entering our first physical incarnation, we are assigned a spiritual companion guide for the duration of our sojourn here. With them, we attend classes to prepare us for what is to come. Souls are taught the meaning of, and consequences for, the following:

- The spiritual laws governing physical life, including Free will
- The challenges posed by the cycle of reincarnation and karma
- The veil to be placed over our soul memory during incarnations, with resulting loss of spiritual self-awareness and process of regaining same
- The privacy envelope placed around our soul during incarnation protects against our thoughts being heard by anyone other than our personal guide, or a Divine Messenger of Sovereign Majesty.

During our sojourn here, we eventually learn:

- We are no better and no worse than anyone else; The All loves us unconditionally.

- The timing and duration of our spiritual development is in our hands (within certain parameters).
- Life in physical form is not the ultimate reality.

Required life experiences

Before entering physical form, Sparks agree to experience a program of required life experiences over the course of multiple incarnations. These include, but are not limited to, the following:

- Being wealthy or poor
- Being privileged or enslaved
- Being responsible for or reliant on another
- Being spiritual or living life without spirituality
- Being famous or living life in obscurity
- Being a criminal or a victim of crime
- Living times of war and peace

These experiences are provided so we may learn our way back to Source. We attend further classes between incarnations. After completing an incarnation, our VF is measured to determine the course of experiences for our next lifetime.

Leaving a lifetime at a particular level does not guarantee we will enter our next incarnation at that level. Awakening depends on our reactions to the life lessons presented in a lifetime. Achieving each level of spiritual self-awareness, and desiring the next, ensures presentation of the next level's challenges.

Overcoming the challenges presented by life in physical form raises our VF, freeing us of the need to continue incarnating. We may spend countless lifetimes here due to the many attachments we form. Not only do we become attached to the people we meet, but even more importantly, to the thought patterns and beliefs we form. Letting go of these becomes our biggest challenge. One belief in particular keeps us stuck in the reincarnation cycle: when in human form, we can be seduced by the idea this reality - life in human form - is the only reality. Ultimately though, spirit trumps flesh.

Astrological and numerological connection

These systems provide a road map for souls incarnating on Planet Earth. The negative traits of the signs or life numbers are challenges Sparks will face; the positive traits are strengths to help us overcome the challenges. The time, place and circumstances of the soul's human birth provide the experiences (a.k.a. karma) needed for our advancement. We do not 'choose' these experiences; rather, they are set out for us. We voluntarily accept them, knowing overcoming them will bring us closer to reunion with The All.

Astrology and numerology provide a sort of 'menu of spiritual tendencies' incarnating Sparks may experience as part of their development. The day, time and location of birth may enhance specific traits, positive or negative. Our challenge is to overcome negative tendencies and strengthen positive ones. Our reactions to our life experiences determine the next phase of spiritual development and required experiences. The time, place and circumstances of human birth are the result of our reactions during previous incarnations. It is not that we choose a particular birthdate; rather, it is set for us. We voluntarily accept it knowing overcoming its challenges will bring us closer to our ultimate goal of rejoining The All, as a divine element of the Universal Intelligence.



Our aim as souls is to return to our original vibrational frequency which allowed us to exist in a state of profound spiritual awareness and unconditional love.

Seeking - and following - guidance

Think about it: our guide knows where we need to be and when we need to be there. By following guidance, it becomes possible, depending on our required life lessons, to avoid situations with negative consequences, and to embrace the joys life has to offer. We can miss getting stopped by a train making us late for an appointment, or we may avoid getting into an accident. We might arrive at the store just in time to get that perfect parking spot, or to buy the last available sale item.

Seeking guidance can be thought of as ‘surrendering free will’. As scary as this might sound, here’s what it actually means: We make a commitment to ask for advice from our guide before making a decision, and then follow it. Needless to say, the need to learn to recognize Truth is of paramount importance in this endeavour.

Before following guidance, we are free to ask why a particular recommendation is given, rather than obeying blindly. We seek guidance to help us be, and do, our best. We are free to choose whether to follow it or do as we wish, but as we progress through this phase of development, we come to build trust in our guide’s wisdom. As our commitment deepens, so too does the likelihood of receiving a physical signal if we ‘forget’ to seek guidance. Signals help us keep on track to remain true to our commitment to be and do better.

We get used to making snap decisions ... what to wear, what to eat, which products to use, where to live, work and play, so it takes time to unlearn the pattern of independence and replace it with seeking input from our guide. If we slip back into auto pilot mode, we risk reverting to making snap decisions rather than seeking guidance. The process of learning to seek and follow guidance is gradual, enabling us to learn more about ourselves, and about human behaviour in general. The process develops our patience, tolerance, humility and trust and enables us to reshape, old, negative behavioural patterns.

How do I do it?

When making a choice, begin with asking for assistance. The words “Please guide me” or “What would you like me to do?” or “What do you recommend?” are effective because they are free of judgment and control. Say the words aloud and then listen to your thoughts for, and follow, instructions. Aim toward following guidance in all things, but know this is a slow, gradual process of building trust. Sounds simple enough, right? It is, but only until the Universe asks something of us that interferes with our wishes or beliefs. Then we start finding out how deeply entrenched our patterns have become. Our commitment will be tested, rigorously.

Raising consciousness

Seeking guidance - and following it - opens the door to a more meaningful reality. Doing so enables our guide to work with us in ways that are, quite frankly, incredible. Divine assistance enables us to raise our consciousness to new levels, and helps us find our way home to Source. It is not necessary to take an oath of poverty to advance spiritually or to receive guidance.

Higher awareness does not release us from the spiritual or physical laws, nor does it give us free license to leave our body and go exploring the universe. Attaining advanced awareness does not

guarantee freedom from future incarnations, since high spiritual attainment awakens our desire to serve The All. Such service can require incarnating once again in order to provide a model for spiritual advancement for those who may lose their way when in physical.

What are the planes of existence?

The physical and spiritual planes of existence are different types of reality. As souls in physical form, we live in both planes; we are subject to the laws governing each. In the physical plane, our body is physical; we experience space and time, have physical needs and suffer the effects of aging. In the spiritual plane, our soul is spirit; we have thoughts, attitudes, emotions, beliefs and desires. There is no escape from the spiritual plane, since spirit is our essential nature. We were created as emanations (or Sparks) of The All to go forth and experience, and, eventually, to return Home.

Levels of spiritual awareness and their characteristics



[Watch / listen to slideshow of illustrations \(YouTube\)](#)

See illustration 29 Vibrational frequency scale

Within the plane of spiritual existence are levels of awareness, or attainment. Humanity currently exists in the 3rd level. As this cycle draws to an end, countless karmic situations will be closed, both through individual efforts and by sacrifices others make on behalf of certain groups or individuals. Those who attain at least 3rd level cusp will continue their spiritual education in 4th level.

Since those who have become stuck here will be unable to tolerate the higher VF of 4th level, they will remain in 3rd level or be returned to 2nd or 1st level, to repeat the lessons needed to help them advance.

Certain characteristics are common to each level, and we can use this information to identify our current level of spiritual awareness. As we gradually refine and reduce our negative thoughts, our behaviours and traits improve. Some might call this a purification process, since it enables us to embrace concepts less concerned with earthly needs and wants.

Assess your status

See [Appendix B](#) for each level's characteristics, reading each row from left to right. The characteristics best describing your beliefs reveals your current level.

As we ascend the scale by learning more about ourselves and our place in the Universe, and especially through the practice of spiritual decluttering, we tend to become more open-minded and less self-serving; more tolerant of those who "know not what they do".

First, second and third levels

We have thoughts, attitudes, emotions, beliefs and desires; we accept them as the only reality.

- Basic awareness of self existing in the here and now
- When in these levels, nothing short of spiritual dynamite (near-death experiences, or profoundly traumatic or joyous events) may open the mind to new possibilities

Fourth and fifth levels

In the fourth and fifth levels of spiritual attainment, we are awakening to the ideas our negative thoughts can be changed, the behaviours created by them can be re-patterned, and our physical condition is interwoven with our thoughts.

- Growing awareness of our guide giving us physical signals to pay attention to our thoughts
- Growing awareness of self, our impact on others and our place in history
- Increasing curiosity about our past lives and the challenges arising from them

Sixth and Seventh levels

Of course there are benefits to doing this work. When we reach the Sixth level, our overall health improves and we become less needful of others' attention and approval. We have more understanding of our true purpose for incarnating in this particular lifetime. Past life issues affecting us in this lifetime can be recognized and resolved. Heightened spiritual awareness brings recognition of our desire, and even a sense of responsibility, to be of service to The All.

In Seventh level, we have relatively few negative thoughts because they have been refined and reduced to the point if they occur, they are recognized, understood and released almost instantly. Our negative behaviours have been largely eradicated. We recognize old issues if they arise and work diligently to understand them more fully. The Universe will use our experiences to teach others, so we must be willing to share them. We can communicate in our old habitual ways without risk of slipping backward, to allow for more meaningful communication with others. Sharing our past eases signals our guides may have provided to draw our attention to the issue. Other effects felt in Seventh level:

- Easier to hear our thoughts since they seem to have become almost audible
- Sense of ego is fading as self-esteem rises
- Relationships that worked for us in the past have been left behind since we no longer need anyone's permission to exist nor recognition for our efforts
- New dental, hearing, sinus, vision, or concentration changes, and occasional headaches or dizziness are possible
- Longer periods of sleep may become necessary until we are used to our new VF
- Improved short term memory results from reducing obsessive thoughts
- Brief instances of awareness of Eighth level occur. You may find yourself wondering then, "What is this? What do I need to do to experience more of it?"

The gradual process of working our way toward Seventh level enables us to exist there - in observation mode - for gradually longer, more frequent periods of time. In observation mode, we see what is happening around us without any thought of fixing or changing anyone or anything. We have become mostly free of negative thoughts, except in the case of extra-ordinary events in the physical plane. In such events, we seek and follow Universal guidance. We rebound from setbacks more easily than we ever thought possible. Developing the ability to maintain observation mode while going about the activities of daily life requires extreme dedication to building trust in our guide. This is done by seeking and following Universal guidance; not to be a robot, but to avail ourselves of higher wisdom and intelligence.

Eighth and higher levels

At our current stage of development, existence in Eighth level is possible only for fleeting moments, during profoundly traumatic or joyous experiences. Maintaining it after such events is the challenge.

Our physical needs overtake our conscious connection to Source. "I need" and "I want" trick us into thinking our need or want is the only reality that counts, pulling our awareness away from Truth.

The cusps

Cusp intervals overlap each level. In the cusps, our thoughts, attitudes, emotions, beliefs and desires of the previous level are further refined and reduced before fully transitioning to the next level - whether up or down the scale. We know we have reached a cusp when we feel stuck, as if we have hit a wall or a plateau. This stuck feeling makes us crave change of almost any sort. We know within ourselves we need something, but since we cannot quite put a name to it, we settle for something we can identify - a new job, or mate, or home, or hairstyle, something. The trouble is, we are left wanting because material things cannot satisfy the craving for spiritual meaning in our lives. Before too long, we're caught in a feedback loop of frustration followed by short-lived hope, followed by frustration, and so on and on. Save yourself time and money by using 'stuck' as motivation to gain deeper understanding of your particular issues.

The transitions

Each level, cusp and transition prepares us for our eventual return to Source.

- Progression can be triggered by remarkable life events awakening our minds to the possibility of a larger, more meaningful reality
- Can occur at any time throughout our lives, but often occur as we move through stages of physical development
- We choose whether to pay attention to the clues for further development provided by our guides
- The lure of preceding levels can be strong, and the temptation to slip back continues until we become firmly established in each new level
- Cheating our way into the next level is not possible because our VF reflects our level of improvement. It does not lie. It cannot be manipulated.

Freedom to choose

Every day, we make dozens, maybe even hundreds, of choices. We are free to choose what to think, feel, express, do, believe, and desire, but know this: there is a cost for making all these decisions: Every decision made without seeking options, is a missed opportunity to do better. While we may not see all available options, the guides do. Our guide knows exactly what we need to be doing, where we need to be and when we need to get there. We spend our lives making best guesses, often ending up in trouble. Our lives could be so much simpler, were we to seek, and follow, Universal guidance. Conditions for all life forms on Planet Earth, and even for the planet itself, could be vastly improved.

Refining our thoughts and re-patterning our behaviours opens new options. We can continue as we are, or we can choose to seek more guidance in our daily lives. Continuing as we are means we will be relatively happy and healthy, and treat others as we would like to be treated, but if we have built a healthy working relationship with our guide, the next step is a natural progression.



"Success comes to those who know and apply the law. Truth will triumph over all adversaries. Each one must learn by dear bought experience the difference between 'human opinions' and 'divine truth', between 'human leading' and 'divine guidance'. ... So long as we get rid of selfishness, ignorance, envy, self-seeking and self-praise, the

advance and prosperity of the movement is assured. But our duty is to be loyal to the Spirit of Truth, which commands us to sacrifice the personal for the Universal and our own selfish interests and opinions for the one Divine Center of truth and love, within each one where unity and harmony alone can obtain.”

Excerpt from MELCHIZEDEK OR The Secret Doctrine of the Bible
J. C. F. Grumbine

Section 12 The future of humanity

Timeline of events within the Tribulation

Phase 1	Phase 2	Preparations for Millennial Kingdom	Millennial Kingdom
Duration: Forty and two months Status: Complete Significant events 2017-2026, see below	<u>The Great Tribulation</u> Duration: 1,240 days Status: Happening now Events: <u>Battle of Gog and Magog</u> 3 rd yr. on-going <u>Abomination of Desolation</u> <u>Battle of Armageddon</u> <u>Second Coming of Christ</u> <u>Resurrection and The Rapture</u> <u>Judgment Seat of Christ</u> <u>End of Antichrist</u> <u>Marriage of the Lamb</u>	Duration: Seventy-five day interregnum Status: Waiting Events: <u>Judgment of the Sheep and Goats</u> <u>Marriage Supper of the Lamb</u>	Duration: 1,000 years Status: Waiting Events: <u>Satan's final rebellion</u> <u>Resurrection</u> <u>Great White Throne Judgment</u> New cycle begins Eternal Kingdom Duration: 144,000 years consisting of 12 twelve thousand year cycles
2017 Brexit DJT, 45th US President Climate cataclysms MBS, Saudi Crown Prince Mosul, Iraq falls to ISIS North Korea tests nukes XX "King of China"	2018 #MeToo movement Climate cataclysms DJT alarms world leaders DJT trade war Jamal Kashoggi slaughtered US leaves JCPOA World order weakening	2019 Amazon deforestation Climate cataclysms DJT impeached (1) India Hindu nationalism Political protests growing US abandons Syrian Kurds US Immigration issues	2020 Abraham Accords signed Armenia / Azerbaijan fight Climate cataclysms COVID-19 Pandemic DJT acquitted (1) George Floyd murdered
2021 Climate cataclysms Democracy under threat DJT impeached (2) January 6th US insurrection	2022 Climate cataclysms Democracy under threat Doomsday clock 11:58:30pm Drug-resistant bacteria	2023 Armenia / Azerbaijan fight Climate cataclysms Democracy under threat Hamas attacks Israel	2024 Climate cataclysms DJT, 34 felony convictions Doomsday clock 11:58:30pm Japan 7.6 earthquake

Supply chain failure Taliban return to power	Gang violence in Haiti Iranian protests Russia invades Ukraine	Sudan civil war World population shifts	Netanyahu vows victory Sweden & Finland join NATO
2025 AI, ChatGPT, Cambodia / Thailand conflict Canadian wildfires Crypto Climate cataclysms DJT, 47th US President DJT, tariff wars Doomsday clock 11:58:31pm Epstein files	2026 Doomsday clock 11:58:35pm SignalGate US threatens Canada, Cuba, Dominican Republic, Greenland, Haiti US invades Venezuela Epstein files US attacks Iran East Wing bunker Hungary elects Magyar		

The End times in Bible prophecy

This page provides Biblical and extra-Biblical prophecies about The Latter Days, also called The End Times. There is a lot of information to take in, but I believe it is important to know the possibilities of our future, similar to knowing the weather forecast before going on a picnic, boat ride or road trip. Knowing the spiritual risks of what is to come might be just the incentive folks need to start practicing forgiveness and a host of other positive thought patterns.

Evolutionary leap?

There is rising awareness of the idea we are living in the End Times, and humans being on the brink of a leap in evolution. Many believe this leap will magically happen after the long-propheesied final battles of World War III. Many believe new technologies will transform us into super humans, or magical powers will suddenly awaken in us. It is said this change will begin an era of true world peace and with it, the end of suffering on Planet Earth. There is one very large 'but': We are not in charge. This change is not ours to bring about.

Game-ender

From one earth cycle to the next, humanity continues to evolve both spiritually and technologically. Earth is on the brink of the start of a whole new series of cycles as the end of the 12th cycle approaches. An earth cycle is a period of approximately 12,000 years, during which time human civilization waxes and crashes. What causes the crash? This one seemingly unimportant, insignificant belief - that humans are equal to or greater than God (see [Sovereign Majesty](#)) - is a game-ender. The moment technology enabled us to split the atom is the moment the clock started ticking toward the end. The clock was bumped further ahead when technology gave us the ability to create life and then again with the development of artificial intelligence. Not that this is condemned by The All, but rather it is a marker of how far human achievement (or that of similar life forms on other earth-type planets) is permitted to advance. If you're asking yourself why, that's the right question.

The why is that for beings without access to their soul memory, i.e., incarnated souls in physical form, there is high risk of harm to the equilibrium of the solar system and beyond. The seemingly innate cruelty of humans will not be allowed to unleash itself beyond this solar system.



[Watch / listen to slideshow of illustrations \(YouTube\)](#)

See illustration 30 Time for change

Overview

False beliefs

Biblical and extra-Biblical prophecies were provided for humanity during the years from about 3,500 BCE to year 0, the beginning of current era (CE). Since then, even since time immemorial, certain beliefs have negatively impacted the spiritual condition of humans. One such is that embraced by some writers of the Bible (including even some of Jesus' disciples) that continues to infect humanity to this day... the false belief men are superior to all other forms of life on Planet Earth, including women, children and animals but most especially women and female children, and therefore entitled to do as they wish to whomever they wish. Effects of this belief are laced throughout not only the Bible but historical records from many societies around the world... not all, but many. So while the wording in some of the prophecies given below is atrociously biased against women, I provide them here since to not do so would be a denial of who we are and how we got here.

Misinterpretations can have deadly results

The prophecies speak of death and destruction, planet-wide cataclysms beyond our comprehension, banishment of evil souls to a lake of fire, eternal damnation, and on and on. I believe such interpretations of prophetic information and visions to have been made without the benefit of knowing the true purpose of souls incarnating on Planet Earth. So when the prophecies condemn this person or that group to hellfire and damnation, know this: What is meant is these individuals or groups will be sent to a place where they will be most comfortable, with others of their mindset who aim to steal life and liberty from anyone and everyone. They will no longer be able to affect those who have developed beyond their mediocre, selfish, self-serving ways. Likewise, those who have grown beyond those negative thought patterns will be sent to a place of freedom, kindness and consideration, without fear of harm lurking around every corner. Whether it will be Earth, or another planet, or what-have-you, has been described in prophecy as well.

Using the misinterpretations spoken of above, take for example the idea of the Sabbath. Sovereign Majesty, on behalf of The All, told humans it rested after creating the world. Not content with that, humans took it upon themselves to expand 'a day of rest' umpteen steps further, to an obsessive compulsive level... not only must we rest - we must not take any action that might smack of work, even to the point of not defending ourselves from attackers, lest God deem us disobedient sinners.

MATTATHIAS BEN JOHANAN (external site) recognized the insanity of this interpretation, and he and the Maccabees dared to tempt God by protecting themselves from being slaughtered by ANTIOCHUS IV EPIPHANES (external site). Had they not done so, there would (quite possibly) be no Hebrews, Israelites or Jews, no Christians, no biblical documents and no prophecies.

Clarity of beliefs required for clarity of understanding

Clearly, interpreting channeled information without first having cleared away false beliefs can cause a lot of trouble. Information we receive from the Universe is filtered, even if unwittingly, through our existing beliefs, to our detriment. This is one of the chief reasons for Jesus having incarnated... to dispel teachings that say God is vengeful, hateful, controlling, punishing. Jesus came to teach the True purpose in following God's precepts is not to avoid inevitable punishment, but to enable, and even

ensure, happy, healthy, helpful living. Until we experience, first hand, the benefits of seeking and following guidance, this is a difficult concept to process. Until we accept our responsibility to seek Truth for our own sake, we are in danger of being misled. As they always have, conspiracy theories and theorists abound. Anyone who has tried to reason with someone's false beliefs knows the futility of getting them to use their ability to reason. Reasoning is not possible for those who believe (or who pretend to believe) the earth to be flat or that we each have an individual sun fifty miles above our head. Such beliefs, while disproven by the scientific method, are insidious. Also insidious is the desire to believe anything anyone says so long as it harms, or potentially harms, or enrages, our so-called enemies. See [PARABLE OF THE DONKEY AND THE TIGER](#) (external site) and [PLATO'S ALLEGORY OF THE CAVE](#) (external site)

The inability or unwillingness to challenge information with legitimate questions prevents us from gaining Universal Truth and leads us to following blindly those who would take advantage of our ignorance ("I don't know") and/or apathy ("I don't care"). The difficulty is even more evident when interpreting the Bible. People actually WANT to believe their enemies will be tortured for all eternity, and there is no convincing them otherwise. The desire for vengeance on those who have harmed or offended us is a negative thought pattern that will help seal the fate for many who believe themselves to be righteous yet powerless victims.

A word about sin

There is no such thing: there is only learning. There is evil of course, but it results from our negative thoughts, attitudes, emotions, beliefs and desires. Such thought patterns trigger us to create evil in the world by causing us and others accidents, injuries and illness and a host of other troubles.

Preparing for the coming separation

Changing our old, negative thought patterns and resolving painful life experiences enables clarity of thought and prepares us for the coming changes. For those advancing, there will be a new, profound awareness of our connectivity with our guide and with The All. As our vibrational frequency (VF) rises our body will become 'hybrid' (less physically dense), making us unable to interact with those in lower levels. Greed, disease, hunger, poverty and war will not exist for those who advance. Until then, we can prepare ourselves by refining and reducing our thoughts, for what, at best, have been described as cataclysmic events. Only complete honesty with ourselves can awaken us to the changes needed to advance. Ask your guide for their input about your life, your motivations and your beliefs, since it is easy to have an unrealistic opinion of self, for better or for worse. We are who we are; hiding from the truth only serves to keep us stuck.

The coming separation is a necessity if humans are to advance to the next levels of spiritual learning. Think of it this way... Two children are playing. One wants to build a sandcastle; one wants to smash it. How can the builder build when the smasher is smashing? Why should the builder bother to build when he knows the smasher will smash? So it is on planet earth: two forces are each working to advance their agenda... one seeks to build, the other to destroy. The destroyers will have their way and many, including them, will suffer and die, but the builders will be moved to another location before all is lost.

Our destination

On the so-called Judgment Day, it will not be about whether we believe in Christ as Saviour. It is our thoughts that will be judged, or rather, the VF of our thought patterns will be measured on scales of a technology vastly exceeding ours. The scales do not lie; we cannot manipulate, or bribe, or deceive our

way up the ladder of spiritual development. Whatever the result, we will each of us be assigned to the location best suited to our learning requirements and our particular VF. It is important to remember ... we are never alone. We are always accompanied by our guide. No one can do anything so bad as to deserve isolation from, or abandonment by, our guide or The All.



Watch / listen to

[Jesus According to Edgar Cayce- The Secret the Church Hid for Centuries - YouTube](#)

The prophecies

From [THE APOCALYPSE OF THOMAS](#) (external site):

Hear thou, Thomas, the things which must come to pass in the last times: there shall be famine and war and earthquakes in divers places, snow and ice and great drought shall there be and many dissensions among the peoples, blasphemy, iniquity, envy and villainy, indolence, pride and intemperance, so that every man shall speak that which pleaseth him. And my priests shall not have peace among themselves, but shall sacrifice unto me with deceitful mind: therefore will I not look upon them. Then shall the priests behold the people departing from the house of the Lord and turning unto the world and setting up landmarks in the house of God. And they shall claim for themselves many (things) and places that were lost and that shall be subject unto Caesar as also they were aforetime: giving poll-taxes (for) the cities, even gold and silver and the chief men of the cities shall be condemned and their substance brought into the treasury of the kings, and they shall be filled.

For there shall be great disturbance throughout all the people, and death. The house of the Lord shall be desolate, and their altars shall be abhorred, so that spiders weave their webs therein. The place of holiness shall be corrupted, the priesthood polluted, distress shall increase, virtue shall be overcome, joy perish, and gladness depart. In those days evil shall abound: there shall be respecters of persons, hymns shall cease out of the house of the Lord, truth shall be no more, covetousness shall abound among the priests; an upright man shall not be found.

These are the seven signs the ending of this world. There shall be in all the earth famine and great pestilences and much distress: then shall all men be led captive among all nations and shall fall by the edge of the sword.

Topics

<u>Abomination of Desolation</u> <u>After Armageddon</u> <u>Age of the earth</u> <u>After the tribulation</u> <u>Antichrist</u> <u>Antichrist's character</u> <u>Antichrist's domain</u> <u>Antichrist empowered</u> <u>Antichrist's end</u> <u>Antichrist's physical description</u>	<u>Babylon the city</u> <u>Battle of Armageddon</u> <u>Battle of Gog and Magog</u> <u>Binding of Satan</u> <u>Birds falling to earth</u> <u>Book with seven seals</u>	<u>Cleansing Earth</u> <u>Corruption</u> <u>Cruelty</u>
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Day of Affliction and Distress Day of Judgment Day of Judgment hearings Days of Judgment Death Disease Divine Judgment Dragons Droughts Duration of the tribulation	Earth/heaven will move Earthquakes End times timeline Eternal Kingdom	False prophet Famine Flooding Four horsemen
Great Peacemaker Great tribulation Great White Throne Judgment Greed and unjust gain	Hail Harlot How many will die in the Tribulation?	Israel wars
Judgment Against Gog Judgment Seat of Christ Judgment of the Sheep and Goats Judgments	Latter days Lawlessness Lying	Mark of the beast Marriage of the Lamb Marriage Supper of the Lamb Millennial Kingdom
Peace and justice Perversion Pestilences The prophecies	The Rapture Rejoicing after the tribulation Resurrections	Satan's final rebellion Second coming of Christ Seven bowl judgments Seventy-five day interregnum
Ten nations Ten weeks of judgment Throne set in heaven Timeline of tribulation events Timetable Twenty-four elders Two witnesses	Voices/Sounds from heaven	Wars and battles Weapons used What is the great tribulation? What will the great tribulation be like? When will the great tribulation begin? Who will be affected by the great tribulation? Who will be saved at the end? Woman and man-child

Abomination of desolation

Definition: Installation of a sacrilegious person or item(s) into a place considered sacred and holy, signifying the beginning of the [Great tribulation](#) and the desolation it will incur. [Antichrist](#), following in the footsteps of Antiochus IV Epiphanes, demands everyone to worship him as God, on pain of death.

From [THE HOLY BIBLE](#) (external site)

Dan.11.31 And forces shall prevail, and they shall desecrate the fortified sanctuary, and shall abolish the daily offering, and set up the horrible abomination.

Dan.12.11 And from the time that the daily offering shall be abolished, and the horrible abomination set up, there shall be a thousand two hundred and ninety days.

Mat.24.15 When therefore ye see the abomination of desolation, which was spoken of through Daniel the prophet, standing in the holy place (let him that reads understand)

Mat.24.16 then let those in Judaea flee to the mountains;

Mat.24.17 he that is on the house-top, let him not go down to take the things out of his house;

Mat.24.18 and he that is in the field, let him not turn back to take his garment.

Mat.24.19 But alas for those who are with child, and for those who give suck in those days!

Mat.24.20 And pray that your flight be not in winter, nor on a sabbath.

Mat.24.21 For then will be great tribulation, such as has not been from the beginning of the world until now, no nor shall be.

After Armageddon

From [REVELATION OF ESDRAS \(EZRA\) \(EXCERPT FROM ANTE-NICENE FATHERS, VOL.8, P.573\)](#) (external site)

"Knowest thou, Esdras, the names of the angels at the end of the world? Michael, Gabriel, Uriel, Raphael, Gabuthelon, Aker, Arphugitonos, Bebueros, Zebuleon."

From [THE HOLY BIBLE](#) (external site)

Isa.25.7 And he will destroy on this mountain The veil that veils all peoples*, And the covering that covers all nations.

** This may mean restoration of soul memory.*

Isa.43.16 Thus says Jehovah— who provides a way in the Sea, a path through the mighty waters,

Isa.43.17 Who brings forth chariot and horse, army and power; They lie down together, they cannot rise; They are quenched, they are gone out like a wick.

See:

[Second coming of Christ](#)

[Antichrist's end, end of his followers](#)

[Seventy-five day interregnum](#)

After the tribulation

See:

[How many will die in the Tribulation?](#)

[Rejoicing after the tribulation](#)

[Seventy-five day interregnum](#)

[Peace and justice](#)

Age of the earth

From [GOSPEL OF NICODEMUS](#) (external site)

While the earth is much older than 7,000 years, Nicodemus here refers to the time of Adam as being the beginning.

Nic.22.11 And we found in the first of the seventy books, where Michael the archangel is speaking to the third son of Adam the first man, an account that after five thousand five hundred years, Christ the most beloved son of God was to come on earth,

Nic.22.12 And we further considered, that perhaps he was the very God of Israel who spoke to Moses, Thou shalt make the ark of the testimony; two cubits and a half shall be the length thereof, and a cubit and a half the breadth thereof, and a cubit and a half the height thereof.

Nic.22.13 By these five cubits and a half for the building of the ark of the Old Testament, we perceived and knew that in five thousand years and half (one thousand) years, Jesus Christ was to come in the ark or tabernacle of a body;

Nic.22.14 And so our Scriptures testify that he is the Son of God, and the Lord and King of Israel.

Nic.22.15 And because after his suffering, our chief priests were surprised at the signs which were wrought by his means, we opened that book to search all the generations down to the generation of Joseph and Mary the mother of Jesus, supposing him to be of the seed of David;

Nic.22.16 And we found the account of the creation, and at what time he made the heaven and the earth, and the first man Adam, and that from thence to the flood, were two thousand seven hundred and forty- eight years.

Nic.22.17 And from the flood to Abraham, nine hundred and twelve. And from Abraham to Moses, four hundred and thirty. And from Moses to David the King, five hundred and ten.

Nic.22.18 And from David to the Babylonish captivity five hundred years. And from the Babylonish captivity to the incarnation of Christ, four hundred years.

Nic.22.19 The sum of all which amounts to five thousand and half (a thousand.)

Antichrist

The name says it all... Antichrist, against all that is good or kind or helpful to anyone other than himself. He embodies negative thought patterns and sets himself as a fine example of "how to live well". He espouses the false belief he is a powerful creator, equal to or greater than God himself (see Sovereign Majesty), a complete folly, since Antichrist (and all humans) lack access to our soul memory, without which we are prevented access to vast knowledge, wisdom and understanding. Why does this matter? Without Truth, Understanding and Wisdom, Antichrist (and all of us) cannot possibly be equal to or greater than God, and we cannot hope to climb the ladder of spiritual advancement.

See:

[Antichrist's character](#)

[Antichrist's domain](#)

[Antichrist empowered](#)

[Antichrist, end of him and his followers](#)

[Antichrist's physical description](#)

Antichrist's character

Antichrist has been described in Bible prophecy as 'The lawless one' and 'the son of lawlessness'.

From [THE HOLY BIBLE](#) (external site)

Dan.7.23 Thus he said, The fourth beast — a fourth kingdom shall be upon earth, which shall differ from all the kingdoms, and shall devour the whole earth, and shall trample down, and break it in pieces.

Dan.7.24 And the ten horns — out of this kingdom shall ten kings arise; and another shall arise after them; and he shall differ from the former, and he shall put down three kings.

Dan.7.25 And he shall speak words against the Most High, and shall afflict the saints of the Most High: and he shall think to change the seasons and the law; and they shall be given into his hand for a time and times and half a time.

Dan.11.21 And in his place shall arise a contemptible person, upon whom they had not conferred royal honour: but he shall come in unawares, and shall take the kingdom by flatteries.

Isa.10.12 And when the Lord shall finish all his work on Mount Zion and in Jerusalem, He will punish the fruit of the arrogant heart of the king of Assyria, And the glory of his high looks.

Isa.37.29 Because thou dost so rage against me, and because thy insolent ease has come to my ears, I will put my ring through thy nose, and my bridle between thy lips, and I will turn thee back by the way by which thou didst come.

Mat.24.5 For many will come in my name, saying, I am the Christ; and will lead many astray.

Rev.13.5 And there was given to him a mouth speaking great things and blasphemies; and authority was given him to work forty-two months.

Rev.13.6 And he opened his mouth in blasphemies against God, to blaspheme his name, and his tabernacle, those who tabernacle in heaven.

Rev.13.7 And it was given him to make war with the saints, and to overcome them: and authority was given him over every tribe, and people, and tongue, and nation.

Rev.13.14 And he leads astray those who dwell on the earth, because of the signs which it was given him to do in the sight of the beast; saying to those who dwell on the earth, that they should make an image to the beast, which has the stroke of the sword, and lived.

Rev.13.15 And it was given him to give breath to the image of the beast, that the image of the beast should both speak, and cause as many as worship not the image of the beast to be killed.

1 Thes.5.3 When they are saying, Peace and safety, then sudden destruction comes on them suddenly as birth pangs on a woman with child; and they will by no means escape.

Antichrist's domain

From [THE HOLY BIBLE](#) (external site)

Dan.7.23 Thus he said, The fourth beast — a fourth kingdom shall be upon earth, which shall differ from all the kingdoms, and shall devour the whole earth, and shall trample down, and break it in pieces.

Antichrist is empowered

From [THE HOLY BIBLE](#) (external site)

Isa.10.5 Woe to Assyria, the rod of mine anger, The staff in whose hand is mine indignation!

Isa.10.6 Against an impious nation it was my purpose to send him, And against the people of my wrath to give him charge, To take spoil, and to seize prey, And to tread them down like the mire of the streets.

Isa.10.7 But he is not so minded, Neither does his heart think so; But it is in his heart to destroy, And to cut off nations not a few.

2.Thes.2.7 For the mystery of lawlessness is already at work; only until he who now restrains shall be out of the way.

Antichrist's end, end of his followers

From THE APOCALYPSE OF ELIJAH (external site)

Apoc.Elijah.V 32. After these things, Elijah and Enoch will come down. They will lay down the flesh of the world, and they will receive their spiritual flesh. They will pursue the son of lawlessness and kill him since he is not able to speak.

Apoc.Elijah.V 33. On that day, he will dissolve in their presence like ice which was dissolved by a fire. He will perish like a serpent which has no breath in it.

From THE HOLY BIBLE (external site)

Isa.10.12 And when the Lord shall finish all his work on Mount Zion and in Jerusalem, He will punish the fruit of the arrogant heart of the king of Assyria, And the glory of his high looks.

Isa.10.13 For he has said, By the strength of my hand I have done it, And by my wisdom; for I am prudent: And I have removed the bounds of the peoples, And have robbed their treasures, And I have brought down as a valiant man those who sit [on thrones:]

Isa.10.14 And my hand has seized as a nest The riches of the peoples; And as one gathers eggs that are forsaken, Have I gathered all the earth: And there was none that moved the wing, Or that opened the mouth or chirped.

Isa.14.18 All the kings of the nations, all of them, sleep in glory, every one in his own house.

Isa.14.19 But thou art cast forth far from thy grave like an abominable branch,

Isa.14.20 Thou shalt not be joined with them in burial, Because thou hast destroyed thy land, thou hast slain thy people; The seed of evil-doers will not be named forever.

Isa.14.25 To break in pieces the Assyrian in my land, And upon my mountains to tread him under foot. Then shall his yoke be removed, And his burden be moved from their shoulder.

Isa.31.8 Then will the Assyrian fall by the sword, not of man; And the sword, not of men, will devour him: And he will flee from the sword, and his young men will become tributary.

Isa.31.9 And his rock will pass away through terror, and his princes will flee dismayed from the banner; It is the oracle of Jehovah, who has a fire in Zion, and a furnace in Jerusalem.

Isa.33.1 Woe to thee, spoiler, who was not spoiled; And deceiver, whom none has deceived! When thou hast ceased to spoil, thou wilt be spoiled; And when thou hast made an end of robbing, thou wilt be robbed.

Rev.12.7 And there was war in heaven, Michael and his angels [going forth] to war with the dragon. And the dragon warred and his angels,

Rev.12.8 and they prevailed not, nor was their place found any more in heaven.

Rev.12.9 And the great dragon was cast down, the old serpent, he that is called the Devil and Satan, who leads astray the whole inhabited earth; he was cast down to the earth, and his angels were cast down with him.

2.Thes.2.8 And then will the lawless one be revealed, whom the Lord Jesus will slay with the breath of his mouth, and will bring to naught by the manifestation of his coming;

2.Thes.2.9 [him] whose coming is according to the working of Satan, in all power and signs and lying wonders,

2.Thes.2.10 and in all deceit of unrighteousness for the perishing; because they received not the love of the truth, that they might be saved.

2.Thes.2.11 And for this cause God sends them a working of delusion, in order that they may believe the lie;

2.Thes.2.12 that they may all be judged, who believed not the truth, but had pleasure in unrighteousness.

Antichrist's physical description

From [THE APOCALYPSE OF ELIJAH](#) (external site)

Apoc.Elijah.III 15. He is a ...of a skinny-legged young lad, having a tuft of gray hair at the front of his bald head. His eyebrows will reach to his ears. There is a leprous bare spot on the front of his hands.

16. He will transform himself in the presence of those who see him. He will become a young child. He will become old.

17. He will transform himself in every sign. But the signs of his head will not be able to change.

18. Therein you will know that he is the son of lawlessness.

Babylon the city

From [THE HOLY BIBLE](#) (external site)

Rev.16.19 And the great city was divided into three parts, and the cities of the nations fell; and Babylon the great was remembered before God, to give to her the cup of the wine of the fierceness of his wrath.

Battle of Armageddon

From [THE HOLY BIBLE](#) (external site)

Rev.16.16 And they gathered them into the place which is called in Hebrew, Har-Magedon.

Rev.19.17 And I saw an angel standing in the sun. And he cried with a great voice, saying to all the birds that fly in mid heaven, Come, gather yourselves together to the great supper of God;

Rev.19.18 that ye may eat the flesh of kings, and the flesh of captains of thousands, and the flesh of mighty men, and the flesh of horses and of those who sit on them, and the flesh of all, both free and bond, and small and great.

Rev.19.19 And I saw the beast, and the kings of the earth, and their armies, gathered together to make war with him who sat on the horse, and with his army.

Rev.19.20 And the beast was seized, and with him, the false prophet that wrought the signs in his sight, with which he led astray those who received the mark of the beast, and who worshiped his image. The two were cast alive into the lake of fire, that burns with brimstone.

Rev.19.21 And the rest were killed with the sword of him who sat on the horse, which came forth out of his mouth; and all the birds were sated with their flesh.

Rev.20.1 And I saw an angel coming down out of heaven, having the key of the abyss, and a great chain in his hand.

Rev.20.2 And he laid hold of the dragon, the old serpent, which is the devil and Satan and bound him for a thousand years,

Rev.20.3 and cast him into the abyss, and shut it, and sealed it over him, that he should lead the nations astray no more, until the thousand years should be finished; after these he must be let loose for a little time.

See:

[Battle of Gog and Magog](#)

[Days of judgment](#)

[After Armageddon](#)

Battle of Gog and Magog

From [THE HOLY BIBLE](#) (external site)

Dan.11.14 And in those times there shall many arise against the king of the south: also the children of the violent among thy people shall lift themselves up to fulfill prophecy; but they shall fall.

Dan.11.15 So the king of the north shall come, and throw up an embankment, and take a well-fortified city; and the arms of the south shall not withstand, neither his chosen people, neither shall there be any strength to withstand.

Dan.11.16 But he that is coming against him shall do as he will, and no one shall stand before him: and he shall stand in the glorious land, and in his hand shall be destruction.

Dan.11.17 And he shall set his face to come with the strength of his whole kingdom, and shall make an agreement with him: and he shall give him the daughter of women, to work ruin; but it shall not avail, neither shall he succeed.

Dan.11.18 After this shall he turn his face to the coast-lands, and shall take many: but an arbiter shall put an end to his insults; he shall turn his insults back upon him.

Dan.11.19 Then he shall turn his face toward the fortresses of his own land: but he shall stumble and fall, and shall not be found.

Dan.11.20 Then shall arise in his place one that shall cause an exactor to pass through the glory of the kingdom: but within few days he shall be broken, neither in anger, nor in battle.

Dan.11.21 And in his place shall arise a contemptible person, upon whom they had not conferred royal honour: but he shall come in unawares, and shall take the kingdom by flatteries.

Dan.11.22 And with the arms of a flood shall they be swept away from before him, and shall be broken; yea, also the prince of the covenant.

Dan.11.23 And after the league made with him he shall work deceitfully: for he shall come up, and shall become strong, with a small people.

Dan.11.24 Even upon the fattest places of the province shall he come, and he shall do what his fathers have not done, nor his fathers' fathers; he shall scatter among them prey, and spoil, and substance: yea, against the strongholds he shall devise his devices, even for a time.

Dan.11.25 And he shall stir up his power and his courage against the king of the south with a great army; and the king of the south shall go to battle with an exceeding great and mighty army: but he shall not stand, for they shall devise devices against him.

Dan.11.26 Yea, his messmates shall destroy him, and his army shall flow away: and many shall fall down slain.

Dan.11.27 And as for both these kings, their hearts are bent on mischief, and they shall speak lies at table: and it shall not avail; for yet the time of the end is fixed.

Dan.11.28 Then shall he return to his land with great substance, with his heart [set] against the holy covenant; and he shall act, and return to his own land.

Dan.11.29 At the appointed time he shall return, and enter the south; but it shall not be in the latter time as it was in the former.

Dan.11.30 For there shall come against him ships from Cyprus: therefore he shall be grieved, and shall return, and be indignant against the holy covenant, and shall do [his pleasure]: he shall even return, and have regard to them that forsake the holy covenant.

Dan.11.31 And forces shall prevail, and they shall desecrate the fortified sanctuary, and shall abolish the daily offering, and set up the horrible abomination.

Dan.11.32 And they that outrage the covenant shall he make apostates by flatteries: but the people that know their God shall be strong, and prevail.

Dan.11.33 And the wise among the people shall instruct the many: yet they shall fall by the sword and by flame, by captivity and by spoil, [many] days.

Dan.11.34 Now when they are falling, they shall be helped with little help: but many shall join themselves to them with flatteries.

Dan.11.35 And [when] some of the wise shall fall, [it shall be] to refine them, and to cleanse, and to make white, until the time of the end: because it is yet for the time appointed.

Dan.11.36 And the king shall do as he will; and he shall exalt and magnify himself above every god, and shall speak unheard of things against the God of gods: and he shall prosper till the indignation is passed; for that which is decreed shall be done.

Dan.11.37 Neither shall he regard the gods of his fathers, nor the desire of women, nor regard any good: for he shall magnify himself above all.

Dan.11.38 But in his place shall he honour the god of fortresses and a god whom his fathers knew not shall he honour with gold, and silver, and with precious stones, and costly things.

Dan.11.39 And he shall procure for the strong fortresses the people of a strange god; whosoever acknowledges [him] he will increase with glory: and he shall cause them to rule over many, and the land he shall apportion for gain.

Dan.11.40 And at the time of the end shall the king of the south contend with him: and the king of the north shall come against him like a whirlwind, with chariots, and with horsemen, and with many ships; and he shall enter into the countries, and shall flood and overflow them.

Dan.11.41 He shall enter also into the glorious land, and myriads shall be overthrown: but these shall be delivered out of his hand, Edom, and Moab, and the chief of the children of Ammon.

Dan.11.42 He shall stretch forth his hand also upon the countries; and the land of Egypt shall not escape.

Dan.11.43 But he shall have power over the hidden treasures of gold and of silver, and over all the precious things of Egypt: and the Libyans and the Ethiopians shall be at his heels.

Dan.11.44 But tidings from the east and from the north shall trouble him: and he shall go out with great fury to destroy and to slay many.

Dan.11.45 And he shall pitch the tents of his palace between the seas and the glorious holy mountain; yet he shall come to his end, and none shall help him.

Dan.12.1 And at that time shall Michael arise, the great prince who arises for the children of thy people: and there shall be a time of affliction, such as never was since there was a nation even to that same time: and at that time thy people shall be delivered, every one that shall be found written in the book.

Dan.12.2 And many of them that sleep in the dust of the earth shall awake, some to everlasting life, and some to shame and everlasting abhorrence.

Dan.12.3 And the wise shall shine as the brightness of the expanse; and they that turn the many to righteousness as the stars forever and ever.

Dan.12.4 But thou, O Daniel, shut up the words, and seal the book, even to the time of the end: many shall rush to and fro, and many shall be the calamities.

Dan.12.5 Then I Daniel looked, and, behold, there were standing two others, the one on the bank of the river on this side, and the other on the bank of the river on that side.

Dan.12.6 And one said to the man clothed in linen, who was above the waters of the river, How long shall it be to the end of these wonders?

Dan.12.7 And I heard the man clothed in linen, who was above the waters of the river, when he held up his right hand and his left hand to heaven, and swore by him that lives for ever that it shall be for a time, times, and a half; and when the power of shatterer of the holy people shall cease, all these things shall be completed.

Dan.12.8 And I heard, but I understood not: then said I, O my lord, what shall be the end of these things?

Dan.12.9 And he said, Go thy way, Daniel: for the words are shut up and sealed till the time of the end.

Dan.12.10 Many shall purify themselves, and make themselves white, and be proved; but the wicked shall do wickedly; and none of the wicked shall understand: but the wise shall understand.

Dan.12.11 And from the time that the daily offering shall be abolished, and the horrible abomination set up, there shall be a thousand two hundred and ninety days.

Dan.12.12 Blessed is he that waits, and comes to the thousand three hundred and thirty-five days.

Dan.12.13 But go thou thy way until the end: for thou shalt rest, and receive thy portion at the end of the days.

Ezek.38.1 And the word of Jehovah came to me, saying,

Ezek.38.2 Son of man, set thy face toward Gog, of the land of Magog, the prince of Rosh, Meshech, and Tubal, and prophesy against him,

Ezek.38.3 and say, Thus says the Lord Jehovah: Behold, I am against thee, O Gog, prince of Rosh, Meshech, and Tubal:

Ezek.38.4 and I will turn thee about, and put hooks into thy jaws, and I will bring thee out and all thine army, horses and horsemen, all of them clothed in full armour, a great company with buckler and shield, all of them handling swords:

Ezek.38.5 Persia, Cush, and Put with them; all of them with shield and helmet:

Ezek.38.6 Gomer, and all his hordes; the house of Togarmah in the farthest north, and all his hordes: even many peoples with thee.

Ezek.38.7 Be thou prepared, yea, prepare thyself, thou, and all thy companions that are assembled to thee, and be thou a guard to them.

Ezek.38.8 After many days thou shalt receive the commission: in the latter years thou shalt come into the land that is freed from the sword, [to a people] gathered out of many peoples, upon the mountains of Israel, which have been a continual ruin, yea, it is restored from the nations, and they shall dwell in safety, all of them.

Ezek.38.9 And thou shalt ascend, thou shalt come like a storm, thou shalt be like a cloud to cover the land, thou, and all thy bands, and many peoples with thee.

Jer.30.5 For thus says Jehovah: We have heard a voice of trembling, fear, and no peace.

Mat.24.6 And ye will hear of wars, and rumors of wars. Take heed, be not troubled; for it must come to pass; but not yet is the end!

Binding of Satan

From [THE HOLY BIBLE](#) (external site)

Rev.20.1 And I saw an angel coming down out of heaven, having the key of the abyss, and a great chain in his hand.

Rev.20.2 And he laid hold of the dragon, the old serpent, which is the devil and Satan, and bound him for a thousand years,

Rev.20.3 and cast him into the abyss, and shut it, and sealed it over him, that he should lead the nations astray no more, until the thousand years should be finished; after these

Birds falling to earth

From [THE APOCALYPSE OF ELIJAH](#) (external site)

Apoc.Elijah.V 8. The birds will fall on the earth, dead.

Book sealed with seven seals

From [THE HOLY BIBLE](#) (external site)

Rev.5.5 And one of the elders says to me, Weep not; behold, the Lion that is of the tribe of Judah, the Root of David, prevailed to open the book, and its seven seals.

Rev.5.6 And I saw, in the midst of the throne and of the four living creatures, and in the midst of the elders, a Lamb standing, as if slain, having seven horns and seven eyes, which are the seven Spirits of God sent into all the earth,

Rev.5.7 And he came, and has taken it out of the right hand of him who sits on the throne.

Rev.5.8 And when he took the book, the four living creatures, and the twenty-four elders, fell down before the Lamb, having each one a harp, and golden bowls full of incense, which are the prayers of the saints.

Rev.5.9 And they sing a new song, saying, Worthy art thou to take the book, and to open its seals; because thou wast slain, and didst redeem to God by thy blood out of every tribe, and tongue, and people, and nation;

Rev.5.10 and didst make them to our God a kingdom and priests, and they will reign on the earth.

Cleansing earth before Millennial Kingdom begins

From [THE HOLY BIBLE](#) (external site)

Isa.24.17 Terror, trap and snare, are upon thee, O inhabitant of the earth.

Isa.24.18 And he who flees from the noise of the terror will fall into the trap; And he who comes up out of the midst of the trap will be taken in the snare: For the windows on high are opened, And the foundations of the earth do shake.

Isa.24.19 The earth bursting, bursts; the earth cracking, cracks; The earth shaking, shakes.

Isa.24.20 The earth reels, reeling like a drunkard, And rocks to and fro like a hammock; And its transgression is heavy upon it, And it falls and will not rise again.

Isa.24.21 And in that day Jehovah will punish the host of the high ones on high, And the kings of the earth upon the earth.

Isa.65.17 For, behold, I create new heavens and a new earth: And the former things shall not be remembered, nor come into mind.

Isa.66.22 For as the new heavens and the new earth, which I make, will remain before me, says Jehovah, So will your seed and your name remain.

Mat.24.35 Heaven and earth will pass away; but my words will not pass away.

2.Pet.3.10 But the day of the Lord will come as a thief; in which the heavens will pass away with a rushing noise, and the elements will be dissolved with burning heat, and the earth and the works therein will be burned up.

2.Pet.3.13 But, according to his promise, we look for new heavens and a new earth, wherein righteousness dwells.

Rev.21.1 And I saw a new heaven and a new earth; for the first heaven and the first earth passed away, and the sea is no more.

Zeph.1.2 I will utterly consume everything on the face of the ground—it is the oracle of Jehovah

See [Days of Judgment, Sixth Day](#)

Corruption

From [THE HOLY BIBLE](#) (external site)

Deut.16.19 Thou shalt not pervert judgment; thou shalt not recognize faces, nor take a bribe; for the bribe blinds the eyes of the wise, and perverts the words of the righteous.

2.Tim.3.8 Now as Jannes and Jambres with stood Moses, so also do these withstand the truth; men corrupted in mind, reprobate concerning the faith.

2.Tim.3.9 But they will proceed no further; for their folly will be fully manifest to all, as theirs also became.

Cruelty

From [THE HOLY BIBLE](#) (external site)

Isa.10.1 Woe to those who set up unrighteous decrees, And to the scribes who write oppression:

Isa.10.2 To turn aside the needy from judgment And to take away the right of the poor of my people, That widows may be their spoil, And that they may make orphans their plunder!

2.Tim.3.1 But know this, that in the last days grievous times will come.

- 2.Tim.3.2 For men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, ungrateful, unholy,
- 2.Tim.3.3 without natural affection, implacable, slanderers, without self-control, fierce, no lovers of good,
- 2.Tim.3.4 betrayers, headstrong, puffed up, lovers of pleasure rather than lovers of God;
- 2.Tim.3.5 holding a form of godliness, but having denied the power thereof; and from these turn away.

Day of Affliction and Distress

From ALL BOOKS OF ENOCH (external site)

- 1.En.I.1.1 These are the words of the blessing of Enoch; according to which he blessed the chosen and righteous who must be present on the day of distress, which is appointed, for the removal of all the wicked and impious.
- 1.En.I.1.2 And Enoch began his story and said: There was a righteous man whose eyes were opened by the Lord, and he saw a Holy vision in the Heavens, which the Angels showed to me. And I heard everything from them, and I understood what I saw: but not for this generation, but for a distant generation that will come.
- 1.En.I.1.3 Concerning the Chosen I spoke; and I uttered a parable concerning them: The Holy and Great One will come out of his dwelling.
- 1.En.I.1.4 And the Eternal God will tread from there upon Mount Sinai, and he will appear with his Host, and will appear in the strength of his power from Heaven.
- 1.En.I.1.5 And all will be afraid, and the Watchers will shake, and fear and great trembling will seize them, up to the ends of the earth.
- 1.En.I.1.6 And the high mountains will be shaken; and the high hills will be laid low and will melt like wax in a flame.
- 1.En.I.1.7 And the earth will sink, and everything that is on the earth will be destroyed, and there will be judgment upon all, and upon all the righteous.
- 1.En.I.1.8 But for the righteous: He will make peace, and He will keep safe the Chosen, and mercy will be upon them. They will all belong to God, and will prosper and be blessed, and the light of God will shine on them.
- 1.En.I.1.9 And behold! He comes with ten thousand Holy Ones; to execute judgment upon them and to destroy the impious, and to contend with all flesh concerning everything that the sinners and the impious have done and wrought against Him.
- 1.En.I.5.4 But you have not persevered in, nor observed, the Law of the Lord. But you have transgressed and have spoken proud and hard words with your unclean mouth against his majesty. You hard of heart! You will not have peace!
- 1.En.I.5.5 And because of this you will curse your days, and the years of your life you will destroy. And the eternal curse will increase and you will not receive mercy.
- 1.En.I.5.6 In those days, you will transform your name into an eternal curse to all the righteous. And they will curse you sinners forever.
- 1.En.I.5.7 For the chosen; there will be light, joy, and peace, and they will inherit the earth. But for you, the impious, there will be a curse.

1.En.I.5.8 When wisdom is given to the chosen they will all live, and will not again do wrong, either through forgetfulness, or through pride. But those who possess wisdom will be humble.

1.En.I.5.9 They will not again do wrong, and they will not be judged in all the days of their life, and they will not die of wrath or anger. But they will complete the number of the days of their life. And their life will grow in peace, and the years of their joy will increase in gladness and eternal peace; all the days of their life.

1.En.II.45.1 And this is The Second Parable. About those who deny the Name of the Dwelling of the Holy Ones and of the Lord of Spirits.

1.En.II.45.2 They will not ascend into Heaven nor will they come upon the earth; such will be the lot of the sinners who deny the Name of the Lord of Spirits who will thus be kept for the Day of Affliction and Distress.

1.En.II.45.3 On that day the Chosen One will sit on the throne of Glory and will choose their works. And their resting places will be without number and their spirits within them will grow strong when they see My Chosen One and those who appeal to My Holy and Glorious Name.

1.En.II.45.4 And on that day I will cause My Chosen One to dwell among them and I will transform Heaven and make it an Eternal Blessing and Light.

1.En.II.45.5 And I will transform the dry ground and make it a blessing, and I will cause My Chosen Ones to dwell upon it; but those who commit sin and evil will not tread upon it.

1.En.II.45.6 For I have seen, and have satisfied with peace, My Righteous Ones, and have placed them in front of Me; but for the sinners My Judgment draws near so that I may destroy them from the face of the earth."

1.En.II.46.1 And there I saw one who had a 'Head of Days' and his head was white like wool. And with him there was another whose face had the appearance of a man and his face was full of grace like one of the Holy Angels.

1.En.II.46.2 And I asked one of the Holy Angels, who went with me and showed me all the secrets, about that Son of Man, who he was, and from where he was, and why he went with the Head of Days.

1.En.II.46.3 And he answered me, and said to me: "This is the Son of Man who has righteousness and with whom righteousness dwells. He will reveal all the treasures of that which is secret, for the Lord of Spirits has chosen him, and through uprightness his lot has surpassed all others, in front of the Lord of Spirits, forever.

1.En.II.46.4 And this Son of Man, who you have seen, will rouse the kings and the powerful from their resting places, and the strong from their thrones, and will loose the reins of the strong, and will break the teeth of the sinners.

1.En.II.46.5 And he will cast down the kings from their thrones, and from their kingdoms, for they do not exalt him, and do not praise him, and do not humbly acknowledge from where their kingdom was given to them.

1.En.II.46.6 And he will cast down the faces of the strong and shame will fill them, and darkness will be their dwelling, and worms will be their resting place. And they will have no hope of rising from their resting-places, for they do not exalt the name of the Lord of Spirits.

1.En.II.46.7 And these are they who judge the Stars of Heaven, and raise their hands against the Most High, and trample upon the dry ground, and dwell upon it. And all their deeds show iniquity, and their

power rests on their riches, and their faith is in their gods that they have made with their hands, and they deny the name of the Lord of Spirits.

1.En.II.46.8 And they will be driven from the houses of his congregation, and of the faithful, who depend on the Name of the Lord of Spirits.

1.En.II.47.1 And in those days, the prayer of the righteous, and the blood of the righteous will have ascended from the Earth in front of the Lord of Spirits.

1.En.II.47.2 In these days the Holy Ones who live in Heaven above will unite with one voice, and supplicate, and pray, and praise, and give thanks, and bless, in the name of the Lord of Spirits. Because of the blood of the righteous that has been poured out. And because of the prayer of the righteous, so that it may not cease in front of the Lord of Spirits, so that justice might be done to them, and that their patience may not have to last forever."

1.En.II.47.3 And in those days, I saw the Head of Days sit down on the throne of his Glory and the Books of the Living were opened in front of him and all His Host, which dwell in the Heavens above, and his Council were standing in front of Him.

1.En.II.47.4 And the hearts of the Holy Ones were full of joy that the number of righteousness had been reached, and the prayer of the righteous had been heard, and the blood of the righteous had not been required in front of the Lord of Spirits.

Day of Judgment

From [THE APOCALYPSE OF ELIJAH](#) (external site)

Apoc.Elijah.V 30. On that day, YHWH will judge the heaven and the earth. He will judge those who transgressed in heaven, and those who did so on earth.

From [ALL BOOKS OF ENOCH](#) (external site)

1.En.I.45.3 On that day the Chosen One will sit on the throne of Glory and will choose their works. And their resting places will be without number and their spirits within them will grow strong when they see My Chosen One and those who appeal to My Holy and Glorious Name.

1.En.I.45.4 And on that day I will cause My Chosen One to dwell among them and I will transform Heaven and make it an Eternal Blessing and Light.

1.En.I.45.5 And I will transform the dry ground and make it a blessing, and I will cause My Chosen Ones to dwell upon it; but those who commit sin and evil will not tread upon it.

1.En.I.45.6 For I have seen, and have satisfied with peace, My Righteous Ones, and have placed them in front of Me; but for the sinners My Judgment draws near so that I may destroy them from the face of the earth."

1.En.II.38.1 The First Parable. When the community of the righteous appears and the sinners are judged for their sins and are driven from the face of the dry ground.

1.En.II.38.2 And when the Righteous One appears, in front of the chosen righteous, whose works are weighed by the Lord of Spirits. And when light appears to the righteous and chosen who dwell on the dry ground. Where will be the dwelling of the sinners? And where will be the resting-place of those who denied the Lord of Spirits? It would have been better for them, if they had not been born.

1.En.II.38.3 And when the secrets of the righteous are revealed, the sinners will be judged, and the impious driven from the presence of the righteous and the chosen.

1.En.II.38.4 And from then on, those who possess the earth will not be mighty and exalted. Nor will they be able to look at the face of the Holy ones, for the light of the Lord of the Spirits will have appeared on the face of the Holy, the righteous, and the chosen.

1.En.II.38.5 And the mighty kings will at that time be destroyed and given into the hand of the righteous and the Holy.

1.En.II.38.6 And from then on no one will be able to seek the Lord of Spirits for their life will be at an end.

From [THE HOLY BIBLE](#) (external site)

Ezek.38.18 And it shall come to pass in that day, when Gog shall come against the land of Israel, says the Lord Jehovah, that my fury shall appear in my face.

Ezek.38.19 For in my jealousy and in my fiery wrath have I spoken, Surely in that day there shall be a great shaking in the land of Israel;

Ezek.38.20 So that the fishes of the sea, and the fowls of the heaven, and the beasts of the field, And all creeping things which creep upon the earth, and all the men that are upon the face of the earth Shall shake at my presence, and the mountains shall be thrown down, And the steep places shall fall, and every wall shall fall to the ground.

Ezek.38.21 And I will call for a sword against him in all my mountains, Says the Lord Jehovah: Every man's sword shall be against his brother.

Ezek.38.22 And I will contend against him with pestilence and with blood; And I will rain upon him, and upon his bands, and upon the many peoples with him, An overflowing shower and great hailstones, fire, and brimstone.

Day of Judgment hearings

From [REVELATION OF PAUL \(EXCERPT FROM ANTE-NICENE FATHERS, VOL.8, STARTS P.575\)](#) (external site)

'... Confess thy sins which thou hast done in the world. And that soul said: I have not sinned, O righteous Judge. And the Lord said to that soul: Verily thou seemest as if thou wert in the world, and wert hiding thy deeds from men. Knowest thou not that whensoever any one dies, his deeds run before him, whether they are good or evil? And when it heard this, it was silent. And I heard the Judge saying: Let the angel come, having in his hands the record of thy sins. And the Judge says to the angel: I say to thee the angel. Disclose all. Say what he has done five years before his death. ...'

Days of Judgment

From [THE APOCALYPSE OF THOMAS](#) (external site)



A note about reckoning the days and hours. First day could be either Sunday (Judaism) or Monday (Christian religions). First hour could be either around sundown (Judaism) or around sunup (Christianity).

*On the **first day** of the judgement will be a great marvel. At the third hour of the day shall be a great and mighty voice in the firmament of the heaven, and a great cloud of blood coming down out of the north, and great thunderings and mighty lightnings shall follow that cloud, and there shall be a rain of blood upon all the earth. These are the signs of the first day.*

*And on the **second day** there shall be a great voice in the firmament of the heaven, and the earth shall be moved out of its place: and the gates of heaven shall be opened in the firmament of heaven toward the east, and a great power shall be sent (belched) forth by the gates of heaven and shall cover all the heaven even until evening (al. and there shall be fears and tremblings in the world). These are the signs of the second day.*

*And on the **third day**, about the second hour, shall be a voice in heaven, and the abysses of the earth shall utter their voice from the four corners of the world. The first heaven shall be rolled up like a book and shall straightway vanish. And because of the smoke and stench of the brimstone of the abyss the days shall be darkened unto the tenth hour. Then shall all men say: I think that the end draweth near, that we shall perish. These are the signs of the third day.*

*And on the **fourth day** at the first hour, the earth of the east shall speak, the abyss shall roar: then shall all the earth be moved by the strength of an earthquake. In that day shall all the idols of the heathen fall, and all the buildings of the earth. These are the signs of the fourth day.*

*And on the **fifth day**, at the sixth hour, there shall be great thunderings suddenly in the heaven, and the powers of light and the wheel of the sun shall be caught away, and there shall be great darkness over the world until evening, and the stars shall be turned away from their ministry. In that day all nations shall hate the world and despise the life of this world. These are the signs of the fifth day.*

*And on the **sixth day** there shall be signs in heaven. At the fourth hour the firmament of heaven shall be cloven from the east unto the west. And the angels of the heavens shall be looking forth upon the earth the opening of the heavens. And all men shall see above the earth the host of the angels looking forth out of heaven. Then shall all men flee.*

Then shall they behold me coming from above in the light of my Father with the power and honour of the holy angels. Then at my coming shall the fence of fire of paradise be done away -because paradise is girt round about with fire. And this shall be that perpetual fire that shall consume the earth and all the elements of the world.

Then shall the spirits and souls of all men come forth from paradise and shall come upon all the earth: and every one of them shall go unto his own body, where it is laid up, and every one of them shall say: Here lieth my body. And when the great voice of those spirits shall be heard, then shall there be a great earthquake over all the world, and by the might thereof the mountains shall be cloven from above and the rocks from beneath. Then shall every spirit return into his own vessel and the bodies of the saints which have fallen asleep shall arise.

Then shall their bodies be changed into the image and likeness and the honour of the holy angels, and into the power of the image of mine holy Father. Then shall they be clothed with the vesture of life eternal, out of the cloud of light which hath never been seen in this world; for that cloud cometh down out of the highest realm of the heaven from the power of my Father. And that cloud shall compass about with the beauty thereof all the spirits that have believed in me.

Then shall they be clothed, and shall be borne by the hand of the holy angels like as I have told you aforetime. Then also shall they be lifted up into the air upon a cloud of light, and shall go with me rejoicing unto heaven, and then shall they continue in the light and honour of my Father. Then shall there be unto them great gladness with my Father and before the holy angels These are the signs of the sixth day.

*And on the **seventh day** at the eighth hour there shall be voices in the four corners of the heaven. And all the air shall be shaken, and filled with holy angels, and they shall make war among them all the day long. And in that day shall mine elect be sought out by the holy angels from the destruction of the world. Then shall all men see that the hour of their destruction draweth near. These are the signs of the seventh day.*

*And when the seven days are passed by, on the **eighth day** at the sixth hour there shall be a sweet and tender voice in heaven from the east. Then shall that angel be revealed which hath power over the holy angels: and all the angels shall go forth with him, sitting upon chariots of the clouds of mine holy Father (so) rejoicing and running upon the air beneath the heaven to deliver the elect that have believed in me. And they shall rejoice that the destruction of this world hath come.*

The words of the Saviour unto Thomas are ended, concerning the end of this world.

No day given but compare with [Day 1 above](#)

From [THE HOLY BIBLE](#) (external site)

Rev.8.7 And the first sounded; and there followed hail and fire mingled with blood, and they were cast into the earth; and the third part of the earth; was burnt up, and the third part of the trees were burnt up, and all green grass was burnt up.

No day given but compare with [Day 2 above](#)

From [THE HOLY BIBLE](#) (external site)

Joel.2.1 Blow a trumpet in Zion, And sound an alarm in my holy mountain; Let all the inhabitants of the land tremble: For the day of Jehovah comes, for it is near;

Joel.2.2 A day of darkness and gloominess, A day of clouds and thick darkness, Like dawn scattered on the mountains; A people many and powerful; Its like has never been. And shall not again be after them. Even to the years of many generations.

No day given but compare with [Day 5 above](#)

From [THE HOLY BIBLE](#) (external site)

Joel.2.30 And I will place signs in heaven and on earth, Blood, and fire, and pillars of smoke.

Joel.2.31 The sun will be turned to darkness, And the moon to blood, Before the coming of the great and terrible day of Jehovah.

Rev.6.12 And I saw when he opened the sixth seal, and there was a great earthquake; and the sun became black as sackcloth of hair, and the whole moon became as blood;

Rev.6.13 and the stars of heaven fell to the earth, as a fig-tree casts its unripe figs, when shaken by a great wind;

Rev.6.14 and the heaven parted asunder as a scroll rolled up; and every mountain and island were removed out of their places.

Rev.6.15 And the kings of the earth, and the great men, and the chief captains, and the rich men, and the strong men, and every bondman and freeman, hid themselves in the caves and in the rocks of the mountains;

Rev.6.16 and they say to the mountains and to the rocks, Fall on us, and hide us from the face of him who sits on the throne, and from the wrath of the Lamb;

Rev.6.17 because the great day of his wrath has come, and who is able to stand?

No day given but compare with [Day 6 above](#)

From [THE HOLY BIBLE](#) (external site)

2.Pet.3.10 But the day of the Lord will come as a thief; in which the heavens will pass away with a rushing noise, and the elements will be dissolved with burning heat, and the earth and the works therein will be burned up.

2.Pet.3.11 Seeing that all these things are thus dissolving, what manner of men ought we to be, in all holy conduct and godliness?

2.Pet.3.12 looking for and hastening the coming of the day of God, because of which the heavens being on fire will be dissolved, and the elements will melt with burning heat.

From [ALL BOOKS OF ENOCH](#) (external site)

1.En.I.27.2 Then Raphael, one of the Holy Angels who was with me, answered me, and said to me: "This accursed valley, is for those who are cursed for ever. Here will be gathered together all who speak with their mouths against the Lord - words that are not fitting, and say hard things about His Glory. Here they will gather them together, and here will be their place of judgment.

1.En.I.27.3 And in the last days there will be the spectacle of the righteous judgment upon them, in front of the righteous, forever. For here, the merciful will bless the Lord of Glory the Eternal King.

1.En.I.27.4 And in the days of the judgment on them they will bless Him, on account of his mercy, according as He has assigned to them their lot."

Death

From [THE HOLY BIBLE](#) (external site)

Rev.6.8 And I saw, and beheld a pale horse; and he who sat on him. his name was Death, and the underworld followed with him. And authority was given to them over the fourth part of the earth, to kill with sword, and with famine, and with death, and by the wild beasts of the earth.

Rev.9.6 And in those days men will seek death, and shall by no means find it; and they will desire to die, and death flees from them.

Disease

From [THE APOCALYPSE OF THOMAS](#) (external site)

Apoc.Thom.Day 5 ... There will be in all the earth famine and tremendous disease and sicknesses of vast proportions.

Divine Judgment = Divine Justice

These penalties are among several listed under "Punishment", found in [DICTIONARY OF THE BIBLE BY JOHN D. DAVIS, PH.D., D.D.](#) (external site)

"Punishment... The penalty due for sin inflicted for the satisfaction of justice.

A **false witness** incurs the penalty of the crime for which the accused was on trial.

State responsible: The indignation which men feel toward the offender himself, when they witness a flagrant act of wrongdoing, such as murder, oppression, or cruelty, and the demand which they instinctively make for his punishment show that they discern guilt in the sinner, and that they do not think in the first instance of the need of deterring others from the commission of like crimes. The

wrongdoer is punished because he deserves to be. So, under the Mosaic law, the state must execute justice and punish the offender, or be held guilty of participating in and condoning the crime.”

From [THE HOLY BIBLE](#) (external site)

Isa.10.1 Woe to those who set up unrighteous decrees, And to the scribes who write oppression:

Isa.10.2 To turn aside the needy from judgment And to take away the right of the poor of my people,
That widows may be their spoil, And that they may make orphans their plunder!

No day given but compare with this event: [Judgment Seat of Christ](#)

From [THE APOCALYPSE OF BARUCH, BY CHARLES, R. H.](#) (external site)

Apoc.Bar.L. And He answered and said unto me: "Hear, Baruch, this word, and write in the remembrance of thy heart all that thou shalt learn.

Apoc.Bar.L.2. For the earth will then assuredly restore the dead, which it now receives, in order to preserve them, making no change in their form, but as it has received, so will it restore them, and as I delivered them unto it, so also shall it raise them.

Apoc.Bar.L.3. For then it will be necessary to show to the living that the dead have come to life again, and that those who had departed have returned (again).

Apoc.Bar.L.4. And it will come to pass, when they have severally recognised those whom they now know, then judgment will grow strong, and those things which before were spoken of will come.

Apoc.Bar.LI. "And it will come to pass, when that appointed day has gone by, that then shall the aspect of those who are condemned be afterwards changed, and the glory of those who are justified.

Apoc.Bar.LI.2. For the aspect of those who now act wickedly will become worse than is that of such as suffer torment.

Apoc.Bar.LI.3. Also (as for) the glory of those who have now been justified in My law, who have had understanding in their life, and who have planted in their heart the root of wisdom, then their splendour will be glorified in changes, and the form of their face will be turned into the light of their beauty, that they may be able to acquire and receive the world which does not die, which is then promised to them.

From [THE APOCALYPSE OF ELIJAH](#) (external site)

Apoc.Elijah.V 7. And on that day the earth will be disturbed, and the sun will darken, and peace will be removed from the earth.

8. The birds will fall on the earth, dead.

9. The earth will be dry. The waters of the sea will dry up.

10. The sinners will groan upon the earth saying, "What have you done to us, O son of lawlessness, saying I am the Christ, when you are the devil?

11. You are unable to save yourself so that you might save us. You produced signs in our presence until you alienated us from the Christ who created us. Woe to us because we listened to you.

12. Lo now we will die in a famine. Where indeed is now the trace of a righteous one and we will worship him, or where indeed is the one who will teach us and we will appeal to him.

Apoc.Elijah.V 30. On that day, YHWH will judge the heaven and the earth. He will judge those who transgressed in heaven, and those who did so on earth.

31. He will judge the shepherds of the people. He will ask about the flock of sheep, and they will be given to Him, without any deadly guile existing in them.
32. After these things, Elijah and Enoch will come down. They will lay down the flesh of the world, and they will receive their spiritual flesh. They will pursue the son of lawlessness and kill him since he is not able to speak.
33. On that day, he will dissolve in their presence like ice which was dissolved by a fire. He will perish like a serpent which has no breath in it.
34. They will say to him, "Your time has passed by for you. Now therefore you want those who believe you will perish."
35. They will be cast into the bottom of the abyss and it will be closed for them.

From [THE HOLY BIBLE](#) (external site)

Isa.28.17 I will make justice the measure, righteousness the weight; a hail shall sweep away your false refuge and waters flood the hiding place.

Dragons

Dragons 1, cast out of heaven, called the Devil and Satan

From [THE HOLY BIBLE](#) (external site)

Rev.12.3 And another sign was seen in heaven; and behold a great red dragon, having seven heads and ten horns, and on his heads seven diadems.

Rev.12.7 And there was war in heaven, Michael and his angels [going forth] to war with the dragon. And the dragon warred, and his angels.

Rev.12.8 and they prevailed not, nor was their place found any more in heaven.

Rev.12.9 And the great dragon was cast down, the old serpent, he that is called the devil and Satan, who leads astray the whole inhabited earth; he was cast down to the earth, and his angels were cast down with him.

Dragons 2, out of the earth, spake as a dragon

From [THE HOLY BIBLE](#) (external site)

Rev.13.11 And I saw another beast coming up out of the earth; and he had two horns like a lamb, and he spoke as a dragon.

Rev.13.12 And he exercises all the authority of the first beast in his sight, and causes the earth and those who dwell therein to worship the first beast, whose death stroke was healed.

Rev.13.13 And he does great signs, so that he even makes fire come down out of heaven on the earth, in the sight of men;

Rev.13.14 and he leads astray those who dwell on the earth, because of the signs which it was given him to do in the sight of the beast; saying to those who dwell on the earth, that they should make an image to the beast, which has the stroke of the sword, and lived.

Rev.13.15 And it was given him to give breath to the image of the beast, that the image of the beast should both speak, and cause as many as worship not the image of the beast to be killed.

Rev.13.16 And he causes all the small and the great, and the rich and the poor, and the free and the bond, to have given them a mark on their right hand, or on their forehead;

Rev.13.17 and that no one should be able to buy or sell, but he that has the mark, the name of the beast, or the number of his name.

Rev.13.18 Here is wisdom. He that has understanding, let him count the number of the beast, for it is the number of a man: and his number is six hundred and sixty-six.

Droughts

From [ALL BOOKS OF ENOCH](#) (external site)

1.En.III.80.2 But in the days of the sinners the years will become shorter, and their seed will be late on their land, and on their fields. And all things on the earth will change and will not appear at their proper time. And the rain will be withheld and Heaven will retain it.

1.En.III.80.3 And in those times the fruits of the earth will be late, and will not grow at their proper time, and the fruits of the trees will be withheld at their proper time.

From [THE APOCALYPSE OF ELIJAH](#) (external site)

Apoc.Elijah.V 9. The earth will be dry. The waters of the sea will dry up.

Duration of the tribulation

From [THE APOCALYPSE OF BARUCH, BY CHARLES, R. H.](#) (external site)

Apoc.Bar.XXVI. And I answered and said: "Will that tribulation which is to be continue a long time, and will that necessity embrace many years ?"

Apoc.Bar.XXVII And He answered and said unto me: " Into twelve parts is that time divided, and each one of them is reserved for that which is appointed for it.

Apoc.Bar.XXVIII.2. For the measure and reckoning of that time are two parts weeks of seven weeks.

From [THE HOLY BIBLE](#) (external site)

Mat.24.22 Unless those days had been shortened, no flesh would have been saved; but for the sake of the elect, those days will be shortened.

Rev.11.2 And the court which is without the temple leave out, and measure it not; because it was given to the Gentiles, and they will tread down the holy city forty-two months.

Rev.11.3 And I will give [power] to my two witnesses, and they shall prophesy a thousand two hundred and sixty days, clothed in sackcloth.

Rev 12.6 And the woman fled into the wilderness, where she has a place prepared by God, that they may nourish her there a thousand two Hundred and sixty days.

Rev.12.14 And there were given to the woman the two wings of the great eagle, that she might fly into the wilderness, unto her place, where she is nourished for a time, and times, and half a time, from the face of the serpent.

Rev.13.5 And there was given to him a mouth speaking great things and blasphemies; and authority was given him to work forty-two months.

See:

[Great Tribulation](#)

End times timeline

Earth and/or heaven will move

From THE APOCALYPSE OF THOMAS (external site)

Apoc.Thom. The heaven will be moved and the stars will fall upon the earth. ... and the earth will be moved out of its place

Earthquakes

From THE APOCALYPSE OF BARUCH, BY CHARLES, R. H. (external site)

Apoc.Bar.XXVII.7. And in the sixth part earthquakes and terrors.

From THE HOLY BIBLE (external site)

Luke.21.11 and there will be great earthquakes, and in various places famines and pestilences; and there will be great portents and signs from heaven.

Rev.11.13 And in that hour there was a great earthquake, and the tenth part of the city fell: and in the earthquake were killed of men seven thousand persons; and the rest became afraid, and gave glory to the God of heaven.

Rev.16.18 And there were lightnings, and voices, and thunders; and there was a great earthquake, such as was not since there were men on the earth, so mighty an earthquake, so great.

Eternal Kingdom

While nothing is truly eternal except The All, in this context, I have learned "eternal kingdom" means the beginning of a new 144,000 year cycle of twelve 12-thousand-year developmental cycles of souls incarnating on Planet Earth. Given Planet Earth is a place of learning, a 'finishing school' for souls if you will, such long sessions only make sense. We are slow to adapt to new information.

R.D.Johnston in his book NUMBERS IN THE BIBLE (external site) says this about the Numeral Twelve, "Twelve is the numeral of manifest sovereignty. It speaks of the administration of Divine government on the earth. Because it is Divine government it is perfect government. Twelve, therefore, is the symbol of governmental perfection, just as three is of Divine perfection, seven of spiritual perfection, and ten perfection of order, or ordinal perfection."

As this 12th and final session of the current cycle of Earth school draws to its tumultuous close, may we find comfort in knowing humanity's future is not in humanity's hands.

False prophet

From THE HOLY BIBLE (external site)

Rev.16.13 And I saw coming out of the mouth of the dragon, and out of the mouth of the beast, and out of the mouth of the false prophet, three unclean spirits like frogs*;

Rev.19.20 And the beast was seized, and with him the false prophet that wrought the signs in his sight, with which he led astray those who received the mark of the beast, and who worshiped his image. The two were cast alive into the lake of fire, that burns with brimstone.

Rev.20.10 The devil, who deceived them, was cast into the lake of fire and brimstone where the beast and the false prophet are. And they will be tormented day and night forever and ever.

* The spiritual meaning of 'frogs' in this case describes those who are devoted wholly, completely and entirely to self-aggrandizement, self-exaltation and self-promotion, and lacking completely in self-awareness and any desire to self-reflect or self-examine.

Famine

From [THE APOCALYPSE OF THOMAS](#) (external site)

Apoc.Thom. Famine and death by the sword will follow from Canaan to Rome. Then all the springs of water and all the wells will dry up (boil over) and be turned into dust and blood.

Apoc.Thom. ... There will be in all the earth famine and tremendous disease and sicknesses of vast proportions.

From [THE HOLY BIBLE](#) (external site)

Jer,24.10 And I will send among them the sword, the famine, and the pestilence, till they are consumed from off the land that I gave them and their fathers.

Rev.6.5 And when he opened the third seal, I heard the third living creature saying, Come. And I saw, and behold a black horse, and he who sat on him had a balance in his hand.

Rev.6.6 And I heard a voice as if in the midst of the four living creatures, saying, A quart of wheat for a denary, and three quarts of barley for a denary; and, The oil and the wine hurt thou not.

Spiritual famine

Beyond physical famine and starvation, another consideration must be made. Spiritual famine is among the chief contributing factors of the worsening decline in the state of humanity. Spiritual famine results from a lack of truth being provided by not only mainstream media, but leaders within every level of government and even - yes, even - religious organizations. Fake media, conspiracy theories, and out and out lying are only part of the issue though. Laziness, apathy (I don't care) and ignorance (I don't know) on the part of citizens, together provide fertile ground for dictatorships, and even fascism, to spread. Greed, hatred, distrust, fear, hopelessness, all these rise almost in exact response to more lies, more cheating, more criminals not being held to account. Despair is the final stage of spiritual famine, and has often been the catalyst for change in society. This time though, no amount of despair will empower people. This time, intervention is needed, and intervention there shall be.

From [THE HOLY BIBLE](#) (external site)

Amos.8.11 Behold, days are coming, it is the oracle of the Lord Jehovah, When I will send a famine in the land. Not a famine of bread, nor a thirst for water, But of hearing the words of Jehovah.

Amos.8.12 And they will wander from sea to sea, And from the north even to the east; they will run to and fro To seek the word of Jehovah, and they will not find it.*

* This is not done out of spite or vengeance, but in compliance with the free will choice of those who, quite simply, are unable or unwilling to seek within themselves.

Fire, smoke, brimstone

From [THE HOLY BIBLE](#) (external site)

Rev.9.17 And thus I saw the horses in the vision, and those who sat on them, having breastplates of fire, and of hyacinth, and of brimstone; and the heads of the horses are as the heads of lions, and out of their mouths go forth fire, and smoke, and brimstone.



It is possible these colours represent a nation. Many nations' flags bear these particular colours, i.e., red, blue and yellow, such as: Andorra, Chad, Colombia, Democratic Republic of the Congo, Ecuador, Moldova, Mongolia, Romania, Venezuela.

Flooding

From [THE HOLY BIBLE](#) (external site)

Ezek.13.11 Say to them that whitewash it over, that it shall fall; And a storm-wind shall break it down.

Ezek.13.13 Therefore thus says the Lord Jehovah; I will even break it with a stormwind in my fury; And there shall be an overflowing rain in mine anger, And great hailstones in fury to consume it.

Four horsemen

From [THE HOLY BIBLE](#) (external site)

Rev.6.2 And I saw, and behold a white horse, and he who sat on him had a bow; and a crown was given to him; and he came forth conquering, and to conquer.

Rev.6.3 And when he opened the second seal, I heard the second living creature saying, Come.

Rev.6.4 And there came forth another horse, a red horse, and to him who sat thereon it was given to take away peace from the earth, and that they should slay one another; and there was given to him a great sword.

Rev.6.5 And when he opened the third seal, I heard the third living creature saying, Come. And I saw, and behold a black horse, and he who sat on him had a balance in his hand.

Rev.6.6 And I heard a voice as if in the midst of the four living creatures, saying, A quart of wheat for a denary, and three quarts of barley for a denary; and, The oil and the wine hurt thou not.

Rev.6.7 And when he opened the fourth seal. I heard the voice of the fourth living creature saying, Come.

Rev.6.8 And I saw, and beheld a pale horse; and he who sat on him. his name was Death, and the underworld followed with him. And authority was given to them over the fourth part of the earth, to kill with sword, and with famine, and with death, and by the wild beasts of the earth.

Great peacemaker

From [THE HOLY BIBLE](#) (external site)

Dan.8.25 And through his cunning he shall cause fraud to prosper in his hand; and he shall be great in his own heart, and in [their] security shall he destroy many: he shall also stand up against the prince of princes; but he shall be broken without [man's] hand.

Dan.9.27 And he shall make a firm covenant with many for one week: and for the half of the week he shall cause the sacrifice and the oblation to cease; and upon the wing of abominations [shall come] a desolator; and even to the completion of the sentence [of judgment], shall [wrath] be poured out upon the desolator.

Great tribulation

This is a period of time during Phase 2 of the Tribulation during which the state of humanity will face the very real risk of self-annihilation. Were it not for intervention by [Sovereign Majesty](#) during the [Battle of Armageddon](#), all might be destroyed.

Summary

Conditions that began in Phase 1 (The Tribulation) are prophesied to continue and escalate throughout Phase 2 (The Great Tribulation), leading up to the [End of Antichrist](#). The Seven Seals describe these conditions so we may come to know, by virtue of their having been predicted more than 2,000 years ago, the future of humanity is, thankfully, not in our hands but those of [Sovereign Majesty](#). After all, the gift of true prophecy is a gift bestowed rather than an innate human ability.

From [THE HOLY BIBLE](#) (external site)

The Seven Seals (Revelation Chapters 5-8)

First Seal: The White horse symbolizes conquest, victory, and the spread of both the gospel and deception, affording humanity the opportunity to choose between truth and lies, light and darkness

Second Seal: The Red horse represents the removal of peace, leading to major war and bloodshed for all levels of society

Third Seal: The Black horse signifies severe famine and scarcity, with food prices skyrocketing

Fourth Seal: The Pale horse represents death by sword, hunger, pestilence, and wild beasts, affecting one fourth of the earth

Fifth Seal (Martyred Souls): Shows souls under the altar who were slain for their faith, not necessarily religious beliefs but belief in human rights and freedoms, crying out for justice

Sixth Seal (Cosmic Chaos): A great earthquake, the sun turns black, the moon becomes red, and stars fall, causing massive panic

Seventh Seal (Silence in Heaven): Introduces a 30-minute silence followed by the Seven Trumpet Judgments

The Seven Trumpets (Revelation Chapter 8-11)

The Seven Trumpets are divine warnings and partial judgments affecting one third of the planet and sounded by angels to prompt repentance. They follow the Seventh Seal, escalating from environmental destruction to demonic torment and warfare, ultimately announcing the establishment of God's kingdom. The Seven Trumpets serve as final warnings to repent before the Seven Bowls of Judgment are unleashed.

First trumpet (Revelation 8:7): Hail and fire mixed with blood destroy one third of the earth, trees, and all green grass

Second Trumpet (Revelation 8:8-9): A burning mountain falls into the sea, turning one third of it to blood, killing sea life and destroying ships

Third Trumpet (Revelation 8:10-11): A blazing star named "Wormwood" falls on one third of rivers and freshwater sources, making them bitter

Fourth Trumpet (Revelation 8:12): one third of the sun, moon, and stars are darkened, reducing light by a third

Fifth Trumpet (First Woe, Revelation 9:1-11): A star falls to earth, opening the bottomless pit, releasing demonic locusts that torment unbelievers for five months

Sixth Trumpet (Second Woe, Revelation 9:13-21): Four angels are released from the Euphrates river, leading a 200 million man army that kills one third of mankind

Seventh Trumpet (Third Woe, Revelation 11:15-19): Proclaims the kingdom of the world has become the kingdom of Christ, leading to the temple of god opening in heaven

The Seven Bowl Judgments:(Revelation Chapter 16:1-21)

First Bowl: The first bowl is poured out upon the earth, causing painful sores to break out upon all those bearing the mark of the beast

Second Bowl: The second bowl is poured out upon the sea. The sea turns to blood, and every living creature in it dies

Third Bowl: The third bowl is poured out upon the rivers and springs of water, and they turn to blood. The "angel of the waters" makes a speech in praise of God's justice, which is echoed by a voice from the altar

Fourth Bowl: The fourth bowl is poured out upon the sun. The sun scorches the people, but only those that curse the name of God and do not repent

Fifth Bowl: The fifth bowl is poured out upon the throne of the beast. A thick darkness overwhelms the kingdom of the beast, and the wicked still do not repent

Sixth Bowl: The sixth bowl is poured out upon the river Euphrates. The river dries up allowing "the kings of the east" to cross. Three unclean spirits with the appearance of frogs come, one each, out of the mouths of the dragon, the beast, and the false prophet. These spirits, referred to as unclean (meaning unfit for consumption in Biblical literature), work miracles to gather the nations of the world to battle against the forces of good during the Battle of Armageddon. The vision is interrupted by a voice that says "Behold, I am coming like a thief", and urges believers to stay alert

Seventh Bowl: The seventh bowl is poured out into the air. A great voice from the throne says: "It is done." There is thunder and lightning and an earthquake destroys the cities of the world, splitting "the great city" into three parts. The islands and mountains are destroyed, and hailstones weighing a talent each fall upon the earth. The people continue to curse God.

See:

[What is it?](#)

[What will it be like?](#)

[When will it begin?](#)

[How long will it last?](#)

[Who will be affected by it?](#)

[Who will be saved at the end?](#)

[After the tribulation](#)

[Antichrist's end, end of his followers](#)

[Rejoicing after the tribulation](#)

[Seventy-five day interregnum](#)

Great White Throne Judgment

This is the judgment occurring after the thousand-year reign of righteousness ([Millennial Kingdom](#)).

Excerpted from [ALL BOOKS OF ENOCH](#) (external site)

1.En.I.27.3 And in the last days there will be the spectacle of the righteous judgment upon them, in front of the righteous, forever. For here, the merciful will bless the Lord of Glory the Eternal King.

1.En.I.27.4 And in the days of the judgment on them they will bless Him, on account of his mercy, according as He has assigned to them their lot."

2.En.60.6 And when the Day, and the Power, and the Punishment, and the Judgment come that the Lord of Spirits has prepared for those who worship the Righteous Judgment, and for those who deny the Righteous Judgment, and for those who take His name in vain - and that Day has been prepared. For the chosen a covenant, but for the sinners a visitation."

61.8 And the Lord of Spirits set the Chosen One on the throne of his glory, and he will judge all the works of the Holy ones in Heaven above, and in the Balance he will weigh their deeds.

62.9 And all the mighty kings, and the exalted, and those who rule the dry ground, will fall down before him, on their faces, and worship; and they will set their hopes on that Son of Man, and will entreat him, and will petition for mercy from him.

62.10 But the Lord of Spirits will then so press them that they will hasten to go out from before Him, and their faces will be filled with shame, and the darkness will grow deeper on their faces.

62.11 And the Angels of Punishment will take them so that they may repay them for the wrong that they did to His children and to His chosen ones.

From [THE HOLY BIBLE](#) (external site)

Rev.20.11 And I saw a great white throne, and him who sat on it, from whose face the earth and the heaven fled away, and no place was found for them.

Rev.20.12 And I saw the dead, the great and the small, standing before the throne. And books were opened; and another book was opened, which is [the book] of life; and the dead were judged out of the things that were written in the books, according to their works.

Rev.20.13 And the sea gave up the dead who were in it; and death and the underworld give up the dead who were in them; and they were judged every one according to their works.

Rev.20.14 And death and the underworld were cast into the lake of fire. This is the second death, the lake of fire.

Rev.20.15 And if any one was not found written in the book of life, he was cast into the lake of fire.



What these souls do in their next level of learning is in their hands. It is their choice whether to remain turned away from love, light and Truth. As they choose, so shall they experience. Know this: They are, even after all this, never left alone. They are but a thought away from communication with Source. This is the way of Unconditional Love.

Greed and unjust gain

From [THE HOLY BIBLE](#) (external site)

Amos.2.6 "Thus says Jehovah: For three transgressions of Israel, Yea, for four, I will not revoke it: Because they have sold a righteous man for money, And a needy man, for a pair of shoes:

Amos.2.7 Who trample to the dust of the earth the head of the poor, And pervert the way of the innocent:

Amos.2.8 And a man and his judge deal according to agreement, to profane my holy name: And they lay themselves down beside every altar Upon garments taken in pledge; And in the house of their God They drink the wine of such as have been fined.

Amos.2.9 And yet it was I who destroyed the Amorite from before them, Whose height was like that of cedars And he was strong as the oaks; Yet I destroyed his fruit from above, and his roots from beneath.

Mic.2.1 Woe to those who devise mischief And work out evil on their beds! When the morning is light, they put it into execution, Because it is in the power of their hand.

Mic.2.2 And they covet fields, and seize them; and houses, and take them away: And they oppress a man and his house, Even a man and his heritage.

Hail

From [THE HOLY BIBLE](#) (external site)

Ezek.13.11 Say to them that whitewash it over, that it shall fall; And a storm-wind shall break it down.

Ezek.13.13 Therefore thus says the Lord Jehovah; I will break it with a stormwind in my fury; And there shall be an overflowing rain in mine anger, And great hailstones in fury to consume it.

Ezek.38.22 And I will contend against him with pestilence and with blood; And I will rain upon him, and upon his bands, and upon the many peoples with him, An overflowing shower and great hailstones, fire, and brimstone.

Isa.28.17 I will make justice the measure, righteousness the weight; a hail shall sweep away your false refuge and waters flood the hiding place.

Rev.8.7 And the first sounded; and there followed hail and fire mingled with blood, and they were cast into the earth; and the third part of the earth was burnt up, and the third part of the trees were burnt up, and all green grass was burnt up.

Rev.16.21 And great hail, as of a talent's weight, comes down out of heaven on men; and men blasphemed God on account of the plague of the hail; because its plague is exceedingly great.

Harlot

From [THE HOLY BIBLE](#) (external site)

Rev.17.1 And there came one of the seven angels who had the seven bowls, and spoke with me, saying, Come hither, I will show thee the judgment of the great harlot, that sits on many waters;

Rev.17.2 with whom the kings of the earth committed fornication, and those who dwell in the earth were made drunken with the wine of her fornication.

Rev.19.1 After these things, I heard as it were a great voice of a great multitude in heaven, saying, Hallelujah! the salvation, and the glory, and the power, are our God's;

Rev.19.2 because true and righteous are his judgments; because he judged the great harlot, who corrupted the earth with her fornication, and avenged the blood of his servants at her hand.

Rev.19.3 And a second time they said, Hallelujah! And her smoke goes up forever and ever.

How many will die in the Tribulation?

There are four relatively specific Bible prophecies of the death toll of the [Battle of Armageddon](#): One from Zechariah and three from Revelation. Additionally part of a conversation between Ezra and one of Yahweh's divine messengers gives a general sense of vast numbers. (Interesting coincidence: On Nov. 15, 2022, Earth's population reached 8 billion, and Donald Trump announced his second candidacy for the US presidency.)

From [THE HOLY BIBLE](#) (external site)

(1) Zech.13.8 And in all the land, it is the oracle of Jehovah, two-thirds will be cut off in it and die; but a third will be left in it.

Zech.13.9 And I will bring the third into the fire, and will smelt them as silver is smelted, and I will try them as gold is tried: and they will call on my name, and I will hear them: and I will say, It is my people; and they will say, Jehovah my God!

Two-thirds killed of 8,244,237,693 (earth population as of Sept. 7, 2025) means 5,496,158,462 deaths leaving **2,748,079,231 survivors**.

Then in Revelation, three prophecies:

(2) Rev.6.7 And when he opened the fourth seal, I heard the voice of the fourth living creature saying, Come.

Rev.6.8 And I saw, and beheld a pale horse; and he who sat on him. his name was Death, and the underworld followed with him. And authority was given to them over the fourth part of the earth, to kill with sword, and with famine, and with death, and by the wild beasts of the earth.

One fourth of 8,244,237,693 (earth population as of Sept. 7, 2025) means 2,061,059,423 deaths leaving **6,183,178,270 survivors**.

(3) Rev.9.15 And the four angels were released, who had been prepared for the hour and day and month and year, that they might kill the third part of men.

One third of the remaining 6,183,178,270 means 2,040,448,829 deaths, leaving **4,142,729,441 survivors**.

(4) Rev.9.18 By these three plagues was the third part of men killed, by the fire and the smoke and the brimstone which went forth out of their mouths.

One third of the remaining 4,142,729,441 means 1,367,100,715 more deaths, for a total of **5,468,608,967 deaths** leaving **2,775,628,726 survivors**, or approximately one-third of humanity remaining.

From [REVELATION OF ESDRAS \(EZRA\) \(EXCERPT FROM ANTE-NICENE FATHERS, VOL.8, P.573\)](#) (external site)

4.Ezra.9.15 I have said before, and now do speak, and will speak it again, that there be many more of them which perish, than of them which shall be delivered:

4.Ezra.9.16 Like as a wave is greater than a drop of water.

4.Ezra.9.17 And He answered me, saying, as is the field, so is also the seed: and as are the flowers so are the colors: and as is the workman, so is the product: and as is the husbandman, so is the threshing floor.



In his book, [NUMBERS IN THE BIBLE](#) (external site), RD Johnston writes, "In One day, the old queen leaves for a new hive, and is accompanied by two-thirds of the bees, the remaining one-third

continuing the work of the old hive." Just the same ratio as that from Zechariah and Revelation for deaths during the Tribulation.

Israel wars

From [THE HOLY BIBLE](#) (external site)

Isa.14.29 Rejoice not, O Philistia all together, That the rod which smote thee is broken: For out of the serpent's root will come forth a basilisk, And its fruit will be a fiery flying serpent.

Isa.14.30 And the firstborn of the poor will feed, And the needy will lie down in safety: I will kill thy root with famine, And thy remnant I will slay.

Isa.14.31 Howl, O gate; cry, O city; Thou art melted away, O Philistia, all together; For there comes a smoke out of the north, And there is no straggler in his ranks.

Judgment Against Gog

From [THE HOLY BIBLE](#) (external site)

Ezek.38.18 And it shall come to pass in that day, when Gog shall come against the land of Israel, says the Lord Jehovah, that my fury shall appear in my face.

Ezek.38.19 For in my jealousy and in my fiery wrath have I spoken, Surely in that day there shall be a great shaking in the land of Israel;

Ezek.38.20 So that the fishes of the sea, and the fowls of the heaven, and the beasts of the field, And all creeping things which creep upon the earth, and all the men that are upon the face of the earth Shall shake at my presence, and the mountains shall be thrown down, And the steep places shall fall, and every wall shall fall to the ground..

Ezek.38.21 And I will call for a sword against him in all my mountains, Says the Lord Jehovah: Every man's sword shall be against his brother.

Ezek.38.22 And I will contend against him with pestilence and with blood; And I will rain upon him, and upon his bands, and upon the many peoples with him, An overflowing shower and great hailstones, fire, and brimstone.

Ezek.38.23 And I will magnify myself, and vindicate myself, And I will make myself known in the eyes of many nations; And they shall know that I am Jehovah.

Judgment Seat of Christ

Two [resurrections](#) are prophesied to take place during the Great Tribulation. The first occurs between the first and second parts of the Judgment Seat of Christ. This two-part event occurs after [The Rapture](#). Both parts will be observed by all present.

First part

The VF of those who were raptured will be assessed. If merited, they will be assigned to their next phase of spiritual development, to take place in Level 4 or higher of the [VF scale](#). They will attend the judgment to occur in the [Second Part](#).

From [THE HOLY BIBLE](#) (external site)

2.Cor.5.10 For we must all be manifested before the judgment-seat of Christ; that each one may receive the things done through the body, according to the things which he practised, whether good or evil.

Rev.11.18 And the nations were wroth, and thy wrath came, and the time of the dead to be judged, and to give the reward to thy servants the prophets, and to the saints, and to those who fear thy name, the small and the great; and to destroy those who destroy the earth.

Rom.14.10 But thou, why dost thou judge thy brother? Or thou also, why dost thou despise thy brother? For we shall all stand before the judgment-seat of God.

Second part

Those who aligned with, followed, supported or enabled the Antichrist will observe the judgment of those raptured. Then their VF will be assessed and they will be assigned to their next phase of spiritual development, as merited.

Judgment of the Sheep and Goats

See [Days of Judgment, Day 6](#)

Two resurrections are prophesied to take place during the Great Tribulation. The first occurs between the first and second parts of the Judgment Seat of Christ; the second occurs here, before the judgment of "those who are dead from Adam even to this day, and who dwell in Hades from the beginning of the world, and who die at the last ages". See [all the human race shall arise](#)

From [ALL BOOKS OF ENOCH](#) (external site)

1.En.55.3 And this will be in accordance with my command. When I want to take hold of them with the hands of the Angels, on the day of distress and pain, in the face of my anger and my wrath, my wrath and anger will remain upon them" says the Lord, The Lord of Spirits.

1.En.55.4 "You powerful kings who dwell upon the dry ground will be obliged to watch my Chosen One sit down on the throne of My Glory, and judge, in the Name of the Lord of Spirits, Azazel and all his associates and all his hosts."

From [THE HOLY BIBLE](#) (external site)

Mat.25.31 When the Son of man comes in his glory, and all the angels with him, then will he sit on the throne of his glory.

Mat.25.32 Before him will be gathered all the nations; and he will separate them one from another, as the shepherd separates the sheep from the goats.

Mat.25.33 The sheep he will set on his right hand, but the goats on the left.

Mat.25.34 Then will the king say to those on his right hand, Come, ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world:

Mat.25.35 for I was hungry, and ye gave me to eat; I was thirsty, and ye gave me drink; I was a stranger and ye took me in;

Mat.25.36 naked, and ye clothed me; I was sick, and ye visited me; I was in prison, and ye came to me.

Mat.25.37 Then will the righteous answer him, saying, Lord, when saw we thee hungry and fed thee, or thirsty and gave thee drink?

Mat.25.38 When saw we thee a stranger and took thee in, or naked and clothed thee?

Mat.25.39 When saw we thee sick, or in prison, and came to thee?

Mat.25.40 And the King will answer and say to them, Verily I say to you, in so far as ye did it to one of the least of these my brethren, ye did it to me.

Mat.25.41 Then will he say also to those on the left hand, Depart from me, ye accursed, into the eternal fire, prepared for the Devil and his angels;

Mat.25.42 for I was hungry, and ye did not give me to eat; I was thirsty, and ye did not give me drink;

Mat.25.43 I was a stranger, and ye did not take me in; naked, and ye did not clothe me; sick, and in prison and ye did not visit me.

Mat.25.44 Then will they also answer, saying, Lord, when saw we thee hungry, or thirsty, or a stranger, or naked, or sick, or in prison, and did not minister to thee?

Mat.25.45 Then will he answer them, saying, Verily I say to you, In so far as ye did it not to one of the least of these, ye did it not to me.

Mat.25.46 And these shall go away into eternal punishment, but the righteous into eternal life.

Rev.21.8 But for the fearful and unbelieving, and denied with abominations, and murderers, and fornicators, and sorcerers, and idolaters, and all the liars, their part shall be in the lake which burns with fire and brimstone, which is the second death.

Judgments

From REVELATION OF SAINT JOHN THE THEOLOGIAN (EXCERPT FROM ANTE-NICENE FATHERS, VOL.8, P.582) (external site)

And at the voice of the bird every plant shall arise; that is, at the voice of the archangel **all the human race shall arise**. And again I said: Lord, those who are dead from Adam even to this day, and who dwell in Hades from the beginning of the world, and who die at the last ages, what like shall they arise? And I heard a voice saying to me: Hear, righteous John. All the human race shall arise thirty years old.

And again I said: Lord, they die male and female, and some old, and some young, and some infants. In the resurrection what like shall they arise? And I heard a voice saying to me: Hear, righteous John. Just as the bees are, and differ not one from another, but are all of one appearance and one size, so also shall every man be in the resurrection. There is neither fair, nor ruddy, nor black, neither Ethiopian nor different countenances; but they shall all arise of one appearance and one stature. All the human race shall arise without bodies, as I told you that in the resurrection they neither marry nor are given in marriage, but are as the angels of God.

See:

[Day of Judgment](#)

[Day of Judgment hearings](#)

[Days of Judgment](#)

[Divine Judgment = Divine Justice](#)

[Great White Throne Judgment](#)

[Judgment Against Gog](#)

[Judgment Seat of Christ](#)

[Judgment of the Sheep and Goats](#)

[Ten Weeks of Judgment](#)

The Latter Days

We are living in the Latter Days, a period of time during which humanity and the planet will experience tremendous changes. Many events have been prophesied and, while we can guess at their sequence (see Event Timeline), no one really knows it except Sovereign Majesty. Rest assured though, they will

happen. They have happened, they are happening, and they will continue to happen, escalating in frequency, duration and severity.

From [THE HOLY BIBLE](#) (external site)

Mat.24.7 For nation will rise against nation, and kingdom against kingdom; and there will be famines and earthquakes in various places.

Mat.24.32 And learn the parable from the fig-tree: When its branch is already become tender, and puts forth leaves, ye know that the summer is near.

Mat.24.33 So also ye, when ye see all these things, know that he is near, at the doors.

Mat.24.34 Verily I say to you, this generation will not pass away, until all these things come to pass.

Mat.24.35 Heaven and earth will pass away; but my words will not pass away.

2.Tim.3.1 But know this, that in the last days grievous times will come.

See:

[Corruption](#)

[Cruelty](#)

[Death](#)

[Disease](#)

[Droughts](#)

[Earthquakes](#)

[Famine](#)

[Flooding](#)

[Greed and unjust gain](#)

[Lawlessness](#)

[Lying and dishonesty](#)

[Perversion](#)

[Pestilences](#)

[Wars and battles](#)

Lawlessness

The term 'lawlessness' in relation to the Latter Days includes behaviours such as refusal to follow established state or religious laws and open defiance to enforcement of such, leading to increased crime and violence, and to increased greed, fear and distrust along with erosion of faith and trust, kindness and consideration.

From [THE HOLY BIBLE](#) (external site)

2.Thes.2.3 Let no one deceive you in any way; because [that day will not come], unless there come first the falling away, and the man of sin be revealed, the son of perdition;

2.Thes.2.4 he that opposes himself against and exalts himself above all that is called God, or that is worshiped; so that he sits in the temple of God, exhibiting himself as God.

2.Thes.2.5 Remember ye not that, when I was yet with you, I used to tell you these things?

2.Thes.2.6 And now ye know what restrains, in order that he may be revealed in his own season.

2.Thes.2.7 For the mystery of lawlessness is already at work; only until he who now restrains shall be out of the way.

2.Thes.2.8 And then will the lawless one be revealed, whom the Lord Jesus will slay with the breath of his mouth, and will bring to naught by the manifestation of his coming;

2.Thes.2.9 [him] whose coming is according to the working of Satan, in all power and signs and lying wonders,

2.Thes.2.10 and in all deceit of unrighteousness for the perishing; because they received not the love of the truth, that they might be saved.

2.Thes.2.11 And for this cause God sends them a working of delusion, in order that they may believe the lie;

2.Thes.2.12 that they may all be judged, who believed not the truth, but had pleasure in unrighteousness.



Our soul is energy. Since energy cannot be created or destroyed, our soul is indestructible.
From [THE BOOK OF ENOCH THE PROPHET BY LAURENCE, RICHARD, 1760-1838](#) (external site)

See:

2.Enoch.23.2 And Pravuil told me: All the things that I have told you, we have written. Sit and write all the souls of mankind, however many of them are born, and the places prepared for them to eternity; for all souls are prepared to eternity, before the formation of the world.

Lying and dishonesty

There's a name for the spirit of Deception. Check out this [WIKIPEDIA ARTICLE, 'PRELEST'](#) (external site)

A spiritual foundation of Truth enables us to tell the difference between fact and fiction. Without that foundation, we are unable to see beyond the drape of doubt, distrust and outright intentional dishonesty. We become unable and unwilling to use or understand logic and reason. Anything is possible in our imagination, but given the physical laws of the universe, not all things are possible in the physical world in which we live. Coming to peace with this fact enables us to be awake and alert to the bad intentions of others, and to embrace honesty, logic, reason and plain good sense.

From [THE HOLY BIBLE](#) (external site)

2.Thes.2.9 [him] whose coming is according to the working of Satan, in all power and signs and lying wonders,

2.Tim.3.13 But evil men and impostors will grow worse and worse, deceiving and being deceived.

Lying to others

From [THE HOLY BIBLE](#) (external site)

Mat.24.24 For there will arise false Christs, and false prophets, and will show great signs and wonders; so as, if possible, to lead astray even the elect.

2.Pet.2.1 But false prophets also arose among the people, as among you also there will be false teachers, who will stealthily bring in heresies of perdition, even denying as Master him who bought them, bringing upon themselves swift perdition.

2.Pet.2.2 And many will follow their lasciviousness; through whom the way of the truth will be evil spoken of.

2.Pet.2.3 And in covetousness will they with feigned words make merchandise of you; for whom the judgment from of old lingers not, and their perdition slumbers not.

Rev.21.8 But for the fearful and unbelieving, and denied with abominations, and murderers, and fornicators, and sorcerers, and idolaters, and all the liars, their part shall be in the lake which burns with fire and brimstone, which is the second death.

Lying to self

From [THE HOLY BIBLE](#) (external site)

Gal.6.3 For if any one thinks himself to be something, when he is nothing, he deceives himself.

Isa.28.15 Because ye have said, We have entered into a covenant with death, And with Sheol are we at agreement; When the overflowing scourge passes through, it will not reach us; For we have made lies our refuge, and under falsehood have we hidden ourselves:

James.1.22 But become doers of the word, and not hearers only, deceiving yourselves.

2.Tim.3.8 Now as Jannes and Jambres withstood Moses, so also do these withstand the truth; men corrupted in mind, reprobate concerning the faith.

2.Tim.3.9 But they will proceed no further; for their folly will be fully manifest to all, as theirs also became.

Mark of the beast

See [NUMBERS IN THE BIBLE, BY R.D.JOHNSTON, THE NUMERAL SIX](#) (external site)

1.Kings.10.14 Now the weight of gold that came to Solomon in one year, was six hundred and sixty-six talents of gold;

Rev.13.16 And he causes all the small and the great, and the rich and the poor, and the free and the bond, to have given them a mark on their right hand, or on their forehead;

Rev.13.17 and that no one should be able to buy or sell, but he that has the mark, the name of the beast, or the number of his name.

Rev.13.18 Here is wisdom. He that has understanding, let him count the number of the beast, for it is the number of a man: and his number is six hundred and sixty-six.

Marriage of the Lamb

This event refers to those who accept the invitation to join Jesus and his 'angels' in [The Rapture](#) and whose [VF](#) has attained that needed to ascend to the next level of spiritual development.

From [THE HOLY BIBLE](#) (external site)

Rev.19.7 Let us rejoice and exult, and we will give to him the glory; because the marriage of the Lamb has come, and his wife has prepared herself.

Rev.19.8 And it was given her that she should clothe herself in fine linen, shining, pure; for the fine linen is the righteous acts of the saints.

Marriage Supper of the Lamb

This is a celebration held for those who joined Jesus and his "angels" in [The Rapture](#). It occurs following the [Judgment of the Sheep and Goats](#).

From [THE HOLY BIBLE](#) (external site)

Rev.19.6 And I heard as it were the voice of a great multitude, and as the voice of many waters, and as the voice of mighty thunders, saying, Hallelujah! Because the Lord our God, the Almighty, has become king.

Rev.19.7 Let us rejoice and exult, and we will give to him the glory; because the marriage of the Lamb has come, and his wife has prepared herself.

Rev.19.8 And it was given her that she should clothe herself in fine linen, shining, pure; for the fine linen is the righteous acts of the saints.

Rev.19.9 And he says to me, Write, Happy are they who are called to the marriage supper of the Lamb. And he says to me. These are true words of God.

Millennial Kingdom, New World, New Jerusalem

What will it be like?

From [THE HOLY BIBLE](#) (external site)

Isa.11.6 And the wolf will dwell with the lamb, And the leopard will lie down with the kid; And the calf and the young lion and the fatling together, With a little child leading them.

Isa.11.7 And the cow and the bear will feed; Together will their young ones lie down: And the lion will eat straw like the ox.

Isa.11.8 And the sucking child will play about the hole of the asp, And the weaned child will put his hand on the basilisk's den.

Isa.11.9 They will not hurt nor destroy in all my holy mountain: For the earth will be full of the knowledge of Jehovah, Like the waters which cover the sea. (See [ISAIAH EXPLAINED, CHAPTER 11](#) verse 8 and commentary (external site))

Isa.65.17 For, behold, I create new heavens and a new earth: And the former things shall not be remembered, nor come into mind.

Isa.65.18 But be ye glad and rejoice forever in that which I create: For behold, I create Jerusalem a rejoicing, and her people a joy. (See [ISAIAH EXPLAINED, CHAPTER 65](#) verses 17-18 and commentary (external site))

Rev.11.15 And the seventh angel sounded; and there followed great voices in heaven, saying, The kingdom of the world is become our Lord's, and his Christ's; and he will reign forever and ever.

Rev.21.1 And I saw a new heaven and a new earth; for the first heaven and the first earth passed away, and the sea is no more.

Rev.21.2 And I saw the holy city, new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband.

Rev.21.3 And I heard a great voice out of the throne, saying, Behold, the tabernacle of God is with men, and he will dwell with them, and they will be his people. and God himself will be with them as their God.

Rev.21.4 And he will wipe away every tear from their eyes; and death will be no more, nor will mourning, nor crying, nor pain be any more; because the first things have passed away.

Rev.21.5 And he who sat upon the throne said, Behold, I make all things new. And he says, Write; because these words are trustworthy and true.

Rev.21.16 And the city lies foursquare, and its length is as great as the breadth. And he measured the city with the reed, twelve thousand furlongs*; the length, and the breadth, and the height of it are equal.

* A biblical furlong measured approximately 600 feet or 201 meters.

12,000 furlongs x 600 feet = 7,200,000 feet

7,200,000 feet divided by 5,280 feet (or 1 mile) = 1,364 miles

12,000 furlongs x 201 meters = 2,412,000 meters or 2,412 km



Yes, you read that right. That is one big cube, no matter the measurement used. 1,364 miles or 2,412 km is roughly the distance between New York City and central Nebraska, close to North Platte. Try and imagine this cube hovering over Earth.

Rev.21.17 And he measured its wall a hundred and forty-four cubits**, the measure of a man, that is, of an angel.

** A biblical cubit measured approximately 1.5 to 2 feet (using 1.75 in the example below) or about 45 centimeters.

1.75 feet x 144 cubits = 252 feet

45cm x 144 cubits = 6,480 cm (64.8 meters (using 65)

That is either one very tall or one very thick wall.

7,200,000 feet (because it's a cube) divided by 252 feet = 28,571 levels (walls stacked one atop the other).

7,200,000 feet converts to 2,194,560 meters divided by 65m = 33,762 levels (walls stacked one atop the other).

See these events bringing an end to the Millennial Kingdom:

[Satan's final rebellion](#)

[Resurrections](#)

[Great White Throne Judgment](#)

Peace and justice

From [THE HOLY BIBLE](#) (external site)

Isa.11.1 And there will come forth a shoot from the stock of Jesse, And a branch from his roots will bear fruit:

Isa.11.2 And the spirit of Jehovah will rest upon him, The spirit of wisdom and understanding, The spirit of counsel and might, The spirit of knowledge and of fear of Jehovah:

Isa.11.3 And his delight will be in the fear of Jehovah: And he will not judge according to what his eyes have seen, Nor decide according to what his ears have heard;

Isa.11.4 But with righteousness will he judge the poor of the land; And decide with equity for the poor of the land; And he will smite the land with the rod of his mouth, And with the breath of his lips will he smite the oppressor.

Isa.11.5 And righteousness will be the girdle of his loins, And faithfulness the girdle of his reins.

Isa.11.6 And the wolf will dwell with the lamb And the leopard will lie down with the kid; And the calf and the young lion and the fatling together, With a little child leading them.

Perversion

Besides perversion of a sexual nature, the judicial and spiritual aspects are also addressed in bible prophecy. Sexual perversion means desiring or having non-consensual, i.e., without meaningful, informed permission, sex of any form. Judicial perversion means lying in a court of law. Spiritual perversion means stubbornly resistant to doing what is expected, requested and/or required.

From [THE HOLY BIBLE](#) (external site)

Romans.1.28 And as they did not choose to retain God in their knowledge, God delivered them up to a reprobate mind, to do those things which are not becoming;

Romans.1.29 being filled with all unrighteousness, wickedness, covetousness, maliciousness; full of envy, murder, strife, deceit, malignity; whisperers,

Romans.1.30 slanderers, hateful to God, insolent, proud, boasters, devisers of evil things, disobedient to parents,

Romans.1.31 without understanding, covenant-breakers, without natural affection, unmerciful;

Romans.1.32 who, knowing the judgment of God, that they who practise such things are worthy of death, not only do them, but also have pleasure in those who practise them.

Pestilences

From [THE HOLY BIBLE](#) (external site)

Ezek.12.16 But I will save a few of them from the sword, from the famine, and from the pestilence; that they may tell of all their abominations among the nations whither they come; and they shall know that I am Jehovah.

Ezek.14.21 For thus says the Lord Jehovah: How much more when I send my four sore judgments upon Jerusalem, The sword, and famine, and evil beasts and pestilence, To cut off from it man and beast?

Ezek.33.27 Thus shalt thou say to them, Thus says the Lord Jehovah: As I live, surely they that are in the waste places shall fall by the sword, and him that is in the open field will I give to the beasts to be devoured, and they that are in the strongholds and in the caves shall die of the pestilence.

Jer,24.10 And I will send among them the sword, the famine, and the pestilence, till they are consumed from off the land that I gave them and their fathers.

Luke.21.11 and there will be great earthquakes, and in various places famines and pestilences; and there will be great portents and signs from heaven.

Mat.24.7 For nation will rise against nation, and kingdom against kingdom; and there will be famines and earthquakes in various places.

The Rapture

Event occurring at a point in time before the end of the [Days of Judgment](#), possibly on [Day 6](#) and [Day 7](#). According to interpretations of prophesy, Jesus will rapture believers in him, i.e., take them up with him, to save them from the worst days of the Great Tribulation.

We do not know how many will be raptured, but there could be as few as 144,000.

We do not know whether those to be raptured will be invited or simply taken up. If the rapture is by invitation, some may decline. In that case they would be left behind since to take them without permission would violate their free will. You may be wondering why anyone would refuse such an invitation. Here is one possibility. Think of it this way... It sounds a simple enough choice if we count on Jesus looking like interpretations of him as being white-skinned, bearded with long hair and wearing flowing white robes, emitting light and a halo, with visible holes in his hands and feet. Change any or all of those features though and so-called believers are presented with a life-altering choice: Trust and go with whoever the entity is who appears, or hold off and wait for the 'correct' Jesus to appear, i.e., accept the invitation and live, or decline and flee in fear only to meet their demise in the coming conflagration.

We do not know the mechanics of this event, but it is bound to be spectacular.

At least one of Jesus' worldwide appearances occurs Day 6 of the Days of Judgment. See Second coming

Rejoicing after the tribulation

From THE APOCALYPSE OF BARUCH, BY CHARLES, R. H. (external site)

Apoc.Bar.XXX.2. And it will come to pass at that time that the treasuries will be opened in which is preserved the number of the souls of the righteous, and they will come forth, and a multitude of souls will be seen together in one assemblage of one thought, and the first will rejoice and the last will not be grieved.

From Days of Judgment, Day 8

And when the seven days are passed by, on the **eighth day** at the sixth hour there will be a sweet and tender voice in heaven from the east. Then that angel will be revealed which has power over all the holy angels and all the angels will go out with him who is sitting upon a chariot made of the clouds of my holy Father and they will rejoice, running upon the air beneath the heaven to deliver the elect that have believed in me. And they will rejoice that the destruction of this world has come.

From THE HOLY BIBLE (external site)

Isa.14.7 The whole earth is at rest, and is quiet: they break forth into singing.

Isa.14.8 Yea, the cypresses rejoice at thee, [and] the cedars of Lebanon, [saying], Since thou art laid low, no ravager is come up against us.

Rev.19.1 After these things, I heard as it were a great voice of a great multitude in heaven, saying, Hallelujah! the salvation, and the glory, and the power, are our God's;

Rev.19.2 because true and righteous are his judgments; because he judged the great harlot, who corrupted the earth with her fornication, and avenged the blood of his servants at her hand.

Rev.19.3 And a second time they said, Hallelujah! And her smoke goes up forever and ever.

Rev.19.6 And I heard as it were the voice of a great multitude, and as the voice of many waters, and as the voice of mighty thunders, saying, Hallelujah! Because the Lord our God, the Almighty, has become king.

Rev.19.7 Let us rejoice and exult, and we will give to him the glory; because the marriage of the Lamb has come, and his wife has prepared herself.

Resurrections

Two resurrections are forecast for the End Times, both preceding the judgment of souls. First, after the Rapture and before the Judgment Seat of Christ; second, before the Great White Throne Judgment at the close of the Millennial Kingdom.

The first resurrection will be of 'the worthy' while the second will see the resurrection of 'the unworthy'. All well and fine, until we consider this: if we are born only once and die, then maybe, just maybe, we could be judged as being worthy or unworthy. But seriously, even the worst criminal in human history will have done something good for someone at some point in her or his life. Would not this excuse them from eternal damnation? If we add reincarnation into the mix, that is to say if we live multiple lives, it is literally impossible any soul in human form could be judged as being permanently worthy or unworthy. Further, if we consider people end up to be 'bad' due to having suffered traumatic loss or abuse in their life, or due to inheriting a genetic predisposition toward abhorrent behaviour, we begin to realize we are all capable of great good or great harm, given certain circumstances.

It is illogical and, dare I say, ridiculous, to presume souls - elements of the Universal Intelligence - created in unconditional love and given the incredible gift of free will - would be disposable or hated or condemned to permanent torture and/or isolation. We may choose to isolate ourselves from Source, but a single thought of ours reopens the door to the brilliant light of Truth and Love. This is the reason the soul who was Jesus visits so-called Hell from time to time... to seek any souls wishing to begin again their long climb upward to spiritual enlightenment and eventual return to Source. It is our choice, ours alone, whether to live in anger, fear, greed, hatred and resentment. Our choices determine what we will experience over the space of as many lifetimes as it takes us to learn our way back to Truth and Love. Anyone expecting to see 'bad' or 'evil' souls being chained and tossed into a burning lake of perpetual fire will be sorely disappointed when they find themselves in that very situation. How could this happen? This requires studying the concept of Free will.

All this to say it is the vibrational frequency of our thought patterns that will be measured during the judgment events scheduled to follow the resurrections of these End Times.

The first resurrection

From THE HOLY BIBLE (external site)

1.Cor.15.21 For since through man came death, through man came also the resurrection of the dead.

1.Cor.15.50 And this I say, brethren, that flesh and blood can not inherit the kingdom of God; nor does corruption inherit incorruption.

1.Cor.15.51 Behold, I tell you a mystery. We shall not all sleep, but we shall all be changed,

1.Cor.15.52 in a moment, in the twinkling of an eye, at the last trumpet; for the trumpet will sound, and the dead will be raised incorruptible, and we shall be changed.

1.Cor.15.53 For this corruptible must put on incorruption, and this mortal must put on immortality.

1.Cor.15.54 And when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then will come to pass the word that is written, Death has been swallowed up in victory.

Dan.12.1 And at that time shall Michael arise, the great prince who arises for the children of thy people: and there shall be a time of affliction, such as never was since there was a nation even to that same time: and at that time thy people shall be delivered, every one that shall be found written in the book.

Dan.12.2 And many of them that sleep in the dust of the earth shall awake, some to everlasting life, and some to shame and everlasting abhorrence.

Dan.12.3 And the wise shall shine as the brightness of the expanse; and they that turn the many to righteousness as the stars forever and ever. Dan.12.2 And many of them that sleep in the dust of the earth shall awake, some to everlasting life, and some to shame and everlasting abhorrence.

From [Days of Judgment, Day 6](#)

Then shall the spirits and souls of all men come forth from paradise and shall come upon all the earth: and every one of them shall go unto his own body, where it is laid up, and every one of them shall say: Here lieth my body. And when the great voice of those spirits shall be heard, then shall there be a great earthquake over all the world, and by the might thereof the mountains shall be cloven from above and the rocks from beneath. Then shall every spirit return into his own vessel and the bodies of the saints which have fallen asleep shall arise.

Then shall their bodies be changed into the image and likeness and the honour of the holy angels, and into the power of the image of mine holy Father. Then shall they be clothed with the vesture of life eternal, out of the cloud of light which hath never been seen in this world; for that cloud cometh down out of the highest realm of the heaven from the power of my Father. And that cloud shall compass about with the beauty thereof all the spirits that have believed in me.

Then shall they be clothed, and shall be borne by the hand of the holy angels like as I have told you aforetime. Then also shall they be lifted up into the air upon a cloud of light, and shall go with me rejoicing unto heaven, and then shall they continue in the light and honour of my Father. Then shall there be unto them great gladness with my Father and before the holy angels These are the signs of the sixth day.

From [THE HOLY BIBLE](#) (external site)

John.5.28 Wonder not at this; because an hour is coming, in which all that are in the graves will hear his voice,

John.5.29 and will come forth; they that did good, to the resurrection of life, and they that practised evil, to the resurrection of judgment.

From [THE APOCALYPSE OF BARUCH, BY CHARLES, R. H.](#) (external site)

Apoc.Bar.L. And He answered and said unto me: "Hear, Baruch, this word, and write in the remembrance of thy heart all that thou shalt learn.

Apoc.Bar.L.2. For the earth will then assuredly restore the dead, which it now receives, in order to preserve them, making no change in their form, but as it has received, so will it restore them, and as I delivered them unto it, so also shall it raise them.

Apoc.Bar.L.3. For then it will be necessary to show to the living that the dead have come to life again, and that those who had departed have returned (again).

From [THE HOLY BIBLE](#) (external site)

Rev.20.6 Happy and holy is he that has part in the first resurrection; over these the second death has no authority, but they shall be priests of God and of Christ, and shall reign with him a thousand years.

1.Thes.4.13 But we wish you not to be ignorant, brethren, concerning those who are sleeping, in order that ye sorrow not, as do the rest who have no hope.

1.Thes.4.14 For if we believe that Jesus died and rose again, so also those who fell asleep through Jesus will God bring with him.

1.Thes.4.15 For this we say to you, by the word of the Lord, that we the living, who remain to the coming of the Lord, shall by no means precede those who fell asleep.

1.Thes.4.16 Because the Lord himself will descend from heaven with a shout, with the voice of the archangel, and with the trumpet of God; and the dead in Christ will rise first.

The second resurrection

From [THE HOLY BIBLE](#) (external site)

Rev.20.5 The rest of the dead lived not until the thousand years should be finished.

Satan's final rebellion

As the coming millennium of peace draws to a close, another Great Reckoning will occur. Those entities who served The All by revealing for humanity - in real time - the physical and spiritual consequences for embracing negative thought patterns and false beliefs will continue their voyage of learning and serving. That people want Satan and his followers to suffer for all eternity speaks more about our own negativity than Satan's. Wanting revenge, withholding forgiveness, holding onto hatred... such thought patterns lower *our vibrational frequency* - not anyone else's - our own. They hurt no one but ourselves. Having such hateful thoughts means "Satan" has won us over. It means we can end up in the exact same place as we wish for him.

From [THE HOLY BIBLE](#) (external site)

Isa.14.12 How art thou fallen from heaven, O shining one, son of the dawn! How art thou cut down to the ground, which didst lay low the nations!

Isa.14.13 And thou saidst in thine heart, I will ascend into heaven, I will exalt my throne above the stars of God; And I will sit upon the mount of congregation, in the uttermost parts of the north:

Isa.14.14 I will ascend above the heights of the clouds; I will be like the Most High.

Isa.14.15 Yet thou shalt be brought down to Sheol, to the uttermost parts of the pit.

Rev.20.7 And when the thousand years are finished, Satan will be let loose out of his prison,

Rev.20.8 and will go out to lead astray the nations that are in the four corners of the earth, Gog and Magog, to gather them together to the war, the number of whom is as the sand of the sea.

Rev.20.9 And they went up on the breadth of the earth, and encompassed the camp of the saints, and the beloved city; and fire came down out of heaven, and devoured them.

Rev.20.10 And the devil who led them astray was cast into the lake of fire and brimstone, where are also the beast and the false prophet; and they will be tormented day and night forever and ever.

Second coming of Christ

Who will see?

From [Days of Judgment, Day 6](#):

And on the **sixth day** there shall be signs in heaven. At the fourth hour the firmament of heaven shall be cloven from the east unto the west. And the angels of the heavens shall be looking forth upon the earth the opening of the heavens. And all men shall see above the earth the host of the angels looking forth out of heaven. Then shall all men flee.

Then shall they behold me coming from above in the light of my Father with the power and honour of the holy angels. Then at my coming shall the fence of fire of paradise be done away -because paradise is girt round about with fire. And this shall be that perpetual fire that shall consume the earth and all the elements of the world.

Excerpt from [APOCRYPHA: 2 ESDRAS CHAPTER 13](#) (external site)

2.Esdras.13.33 And when all the people hear his voice, every man shall in their own land leave the battle they have one against another.

34 And an innumerable multitude shall be gathered together, as thou sawest them, willing to come, and to overcome him by fighting.

35 But he shall stand upon the top of the mount Sion.

36 And Sion shall come, and shall be shewed to all men, being prepared and builded, like as thou sawest the hill graven without hands.

37 And this my Son shall rebuke the wicked inventions of those nations, which for their wicked life are fallen into the tempest;

From [THE HOLY BIBLE](#) (external site)

Mat.24.29 But straightway, after the affliction of those days, the sun will be darkened, and the moon will not give her light, and the stars will fall from heaven, and the powers of the heavens will be shaken.

Mat.24.30 And then will appear the sign of the Son of man in heaven; and then will all the tribes of the earth mourn, and they will see the Son of man coming on the clouds of heaven, with power and great glory.

Mat.24.31 And he will send his angels with a great sound of a trumpet, and they will gather together his elect from the four winds, from one end of heaven to the other.

Rev.1.7 Behold, he comes with the clouds; and every eye shall see him, and they who pierced him; and all the tribes of the earth shall wail over him. Even so, Amen.

1.Thes.4.16 Because the Lord himself will descend from heaven with a shout, with the voice of the archangel, and with the trumpet of God;

Seven bowl judgments

From [THE HOLY BIBLE](#) (external site)

Rev.15.1 And I saw another sign in heaven, great and wonderful, seven angels having seven plagues; which are the last, because in them is finished the wrath of God.

Rev.16.1 And I heard a great voice out of the temple, saying to the seven angels, Go, and pour out the seven bowls of the wrath of God into the earth.

Rev.16.2 And the first went, and poured out his bowl into the earth; and there came a noisome and grievous sore upon the men who had the mark of the beast, and who worshiped his image.

Rev.16.3 And the second poured out his bowl into the sea; and it became blood, as of a dead man; and every living being died, those that were in the sea.

Rev.16.4 And the third poured out his bowl into the rivers, and the fountains of the waters; and it became blood.

Rev.16.5 And I heard the angel of the waters saying, Righteous art thou, who art, and who wast, the holy One, because thou didst thus judge;

Rev.16.6 because they poured out the blood of saints and prophets, and thou hast given them blood to drink; they are worthy.

Rev.16.7 And I heard the altar saying, Even so, Lord God, the Almighty, true and righteous are thy judgments.

Rev.16.8 And the fourth poured out his bowl on the sun; and it was given to it to scorch men with fire.

Rev.16.9 And men were scorched with great heat, and blasphemed the name of God, who has the authority over these plagues; and they repented not to give him glory.

Rev.16.10 And the fifth poured out his bowl on the throne of the beast; and his kingdom became darkened; and they gnawed their tongues for pain,

Rev.16.11 and blasphemed the God of heaven, because of their pains and their sores; and they repented not of their works.

Rev.16.12 And the sixth poured out his bowl upon the great river, the Euphrates; and its water was dried up, that the way of the kings, who come from the rising of the sun, might be prepared.

Rev.16.13 And I saw coming out of the mouth of the dragon, and out of the mouth of the beast, and out of the mouth of the false prophet, three unclean spirits like frogs;

Rev.16.14 for they are spirits of demons, working signs, which go forth upon the kings of the whole inhabited earth, to gather them to the battle of the great day of God, the Almighty.

Rev.16.15 Behold, I come as a thief. Happy is he that watches, and keeps his garments, that he may not walk naked and they see his shame.

Rev.16.16 And they gathered them into the place which is called in Hebrew, Har-Magedon.

Rev.16.17 And the seventh poured out his bowl on the air; and there came forth a great voice out of the temple, from the throne, saying, It is done.

Rev.16.18 And there were lightnings, and voices, and thunders; and there was a great earthquake, such as was not since there were men on the earth, so mighty an earthquake, so great.

Rev.16.19 And the great city was divided into three parts, and the cities of the nations fell; and Babylon the great was remembered before God, to give to her the cup of the wine of the fierceness of his wrath.

Rev.16.20 And every island fled away, and mountains were not found.

Rev.16.21 And great hail, as of a talent's weight, comes down out of heaven on men; and men blasphemed God on account of the plague of the hail; because its plague is exceedingly great.

Seventy-five day interregnum

Period of time between the end of the [Great Tribulation](#) and the beginning of the [Millennial Kingdom](#).

From [THE HOLY BIBLE](#) (external site)

Dan.12.12 Blessed is he that waits, and comes to the thousand three hundred and thirty-five days.

The Interregnum, or 'Preparations for the Millennial Kingdom', begins the last day of the Great Tribulation (Day 8 of the [Days of Judgment](#)) and 1260 days after the [Abomination of Desolation](#). It ends Day 1335, at which point the Millennial Kingdom begins.

See these events:

[Resurrection](#) of "those who are dead from Adam even to this day, and who dwell in Hades from the beginning of the world, and who die at the last ages". See [all the human race shall arise...](#)

[Judgment of the Sheep and Goats](#)

[Marriage Supper of the Lamb](#)

[Binding of Satan](#)

[Cleansing Earth](#)

Ten nations

From [THE HOLY BIBLE](#) (external site)

Dan.7.24 And the ten horns — out of this kingdom shall ten kings arise; and another shall arise after them; and he shall differ from the former, and he shall put down three kings.

Dan.7.25 And he shall speak words against the Most High, and shall afflict the saints of the Most High: and he shall think to change the seasons and the law; and they shall be given into his hand for a time and times and half a time.

Rev.17.12 And the ten horns which thou sawest are ten kings, who received no kingdom as yet, but receive authority as kings one hour, along with the beast.

From out of the Ten Nations (possibly individual nations or groups thereof) arises the Antichrist. Which are the nations? There are several possibilities:

Argentina	Mexico
Australia	NATO
Brazil	North Korea
BRICS	Pakistan
Canada	Russia
China	Saudi Arabia
EU	South Africa
Hungary	Syria
India	Türkiye
Iran	USA
Israel	Venezuela

Ten Weeks of Judgment

This set of prophecies comes from [THE BOOK OF ENOCH THE PROPHET, BY LAURENCE, RICHARD, 1760-1838](#) (external site), specifically, "The First Book of Enoch (1 Enoch)", Chapters 91 through 94. To the attentive reader it becomes clear, as Joseph B. Lumpkin describes in his [THE LOST BOOKS OF THE BIBLE: THE REJECTED TEXTS](#) (external site), verses of some chapters are somewhat out of sequence. The verses below are ordered to reveal the all-encompassing information provided to Enoch by [Sovereign Majesty](#) and archangel Pravuul, Registrar, Keeper of the Records.

Pre-flood times (Enoch)

1.Enoch.93.3 And Enoch then began to speak from the books, and said. "I was born the seventh, in the first week, while justice and righteousness still lasted.

Flood times (Noah)

1.Enoch.93.4 And, after me, in the second week, great injustice will arise, and deceit will have sprung up. And in it there will be the First End, and in it, a man will be saved. And after it has ended, iniquity will grow, and He will make a law for the sinners.

Post-flood times (Abraham)

1.Enoch.93.5 And after this in the third week, at its end, a man will be chosen as the Plant of Righteous Judgment, and after him will come the Plant of Righteousness, forever.

Exodus times (Moses)

1.Enoch.93.6 And after this, in the fourth week, at its end, visions of the righteous and Holy will be seen, and a Law for All Generations, and an enclosure will be made for them.

First temple built (Solomon)

1.Enoch.93.7 And after this, in the fifth week, at its end, a House of Glory and Sovereignty will be built forever.

Second temple built (Jesus)

1.Enoch.93.8 And after this, in the sixth week, all those who live in it will be blinded. And the hearts of them all, lacking wisdom, will sink into impiety. And in it, a man will ascend, and at its end the House of Sovereignty will be burnt with fire. And in it the whole race of the chosen root will be scattered.

Current Era (CE)

1.Enoch.93.9 And after this, in the seventh week, an apostate generation will arise. And many will be its deeds - but all its deeds will be apostasy (Apostasy: Abandonment of one's religious faith, a political party, one's principles, or a cause).

Judgment Seat of Christ

1.Enoch.93.10 (eighth week) And at its end, the Chosen Righteous, from the Eternal Plant of Righteousness, will be chosen, to whom will be given sevenfold teaching, concerning his whole creation.

Seventy-five day interregnum

1.Enoch.91.11 And after this the roots of iniquity will be cut off and the sword will destroy the sinners. The blasphemers will be cut off; in every place blasphemy will be destroyed by the sword.

Judgment of the Sheep and Goats

1.Enoch.91.12 And after this there will be another week; the eighth, that of righteousness, and a sword will be given to it so that the Righteous Judgment may be executed on those who do wrong, and the sinners will be handed over into the hands of the righteous.

Millennial Kingdom

1.Enoch.91.13 And, at its end, they will acquire Houses because of their righteousness, and a House will be built for the Great King in Glory, forever.

Satan's final rebellion

1.Enoch.91.14 And after this, in the ninth week, the Righteous Judgment will be revealed to the whole world. And all the deeds of the impious will vanish from the whole Earth. And the world will be written down for destruction and all men will look to the Path of Uprightness.

Great White Throne Judgment

1.Enoch.91.15 And, after this, in the tenth week, in the seventh part, there will be an Eternal Judgment that will be executed on the Watchers and the Great Eternal Heaven that will spring from the midst of the Angels.

1.Enoch.94.9 You have committed blasphemy, and iniquity, and are ready for the days of the outpouring of blood, and for the day of darkness, and for the day of the Great Judgment.

See [Great spiritual reckoning](#)

A fresh start!

1.Enoch.91.16 And the First Heaven will vanish and pass away and a New Heaven will appear, and all the Powers of Heaven will shine forever, with sevenfold light.

1.Enoch.91.17 And after this, there will be many weeks without number, forever, in goodness and in righteousness. And from then on sin will never again be mentioned.

Throne set in heaven

See [Sovereign Majesty](#)

From [THE HOLY BIBLE](#) (external site)

Rev.4.1 After these things I saw, and, behold, a door set open in heaven, and that first voice, which I heard as of a trumpet speaking with me, saying, Come up hither, and I will show thee the things which must take place after these.

Rev.4.2 Straightway I was in the Spirit; and, behold, there was a throne set in heaven, and one sitting on the throne;

Rev.4.3 and he who sat was in appearance like a jasper stone and a sardius; and there was a rainbow round the throne, in appearance like an emerald;

Timetable

From [APOCRYPHA OF ESDRAS \(EZRA\)](#) (external site)

2 Esdras.14.10 For the world hath lost his youth, and the times begin to wax old.

11 For the world is divided into twelve parts, and the ten parts of it are gone already, and half of a tenth part:

12 And there remaineth that which is after the half of the tenth part.



Question to ponder... Do these twelve parts align with the twelve parts described in the excerpt from Baruch under [What will the Great Tribulation be like?](#)

Part	Year
1 st	10,000 BCE (Before Current Era)

2 nd	9,000
3 rd	8,000
4 th	7,000
5 th	6,000
6 th	5,000
7 th	4,000
8 th	3,000
9 th	2,000
10 th	1,000 → -500 (first half of 10 th part)
10 th	500 → 0 (second half of 10 th part) Ezra lived 480-440 BCE, so this conversation took place during the 2 nd half of 10 th part. Jesus was born at end of 2 nd half of 10 th part
11 th	0 to 1,000 CE (Current Era)
12 th	1,001 to 2,000 → We are here, in the <u>twelfth part</u>

Twenty-four elders

The identities of these elders are not given in the Bible. Here is a possibility presented in this excerpt from 2 Enoch [ALL BOOKS OF ENOCH](#) (external site):

The identities of these elders are not given in the Bible. Here is a possibility presented in this excerpt from 2 Enoch [ALL BOOKS OF ENOCH](#) (external site):

2.Enoch.4.1 They brought before my face the elders and rulers of the stellar orders, and showed me two hundred angels, who rule the stars and (their) services to the heavens, and fly with their wings and come round all those who sail. See [Divine Council of Worlds](#).) They may be 24 redeemed men or the Twelve Patriarchs and the Twelve Disciples. Whoever they are though, they are seated on thrones before [Sovereign Majesty](#).

From [THE HOLY BIBLE](#) (external site)

Rev.4.4 and around the throne were twenty-four thrones; and on the thrones twenty-four elders sitting, clothed in white garments, and on their heads crowns of gold.

Rev.4.5 And out of the throne come forth lightnings, and voices, and thunders; and there were seven lamps of fire burning before the throne, which are the seven Spirits of God;

Rev.4.6 and before the throne as it seemed a glassy sea like crystal; and in the midst of the throne, and around the throne, four living creatures full of eyes before and behind.

Rev.4.7 And the first creature was like a lion, and the second creature like a calf, and the third creature having the face as of a man, and the fourth creature like an eagle flying.

Rev.4.8 And the four creatures having each of them six wings, around and within are full of eyes; and they cease not day and night, saying, Holy, holy, holy, is the Lord God, the Almighty, who was, and who is, and who is to come.

Rev.4.9 And when the living creatures shall give glory, and honor, and thanks, to him who sits on the throne, to him who lives forever and ever,

Rev.4.10 the twenty-four elders will fall down before him who sits on the throne, and will worship him who lives forever and ever, and will cast their crowns before the throne, saying,

Rev.4.11 Worthy art thou, our Lord and our God, to receive the glory, and the honor, and the power; because thou didst create all things, and be cause of thy will they were, and were created.

Rev.5.1 And I saw, in the right hand of him who sat on the throne, a book written within and on the back, sealed up with seven seals.

Rev.5.2 And I saw a strong angel proclaiming with a great voice, Who is worthy to open the book, and to loose its seals?

Rev.5.3 And no one was able, in heaven, nor on the earth, nor under the earth, to open the book, or to look thereon.

Rev.5.4 And I was weeping much, be cause no one was found worthy to open the book, or to look thereon.

Rev.5.5 And one of the elders says to me, Weep not; behold, the Lion that is of the tribe of Judah, the Root of David, prevailed to open the book, and its seven seals.

Rev.11.16 And the twenty-four elders, who sit before God on their thrones, fell on their faces, and worshiped God,

Rev.11.17 saying, We give thanks to thee, O Lord God, the Almighty, who art and who wast; because thou hast taken thy great power and didst reign.

Two witnesses

From THE APOCALYPSE OF ELIJAH (external site)

Apoc.Elijah.IV 7. Then when Elijah and Enoch hear that the shameless one has revealed himself in the holy place, they will come down and fight with him saying,

8.Are you indeed not ashamed? When you attach yourself to the saints, because you are always estranged.

9. you have been hostile to those who belong to heaven. you have acted against those belonging to the earth.

10. You have been hostile to the thrones. you have acted against the angels. you are always a stranger.

11. you have fallen from heaven like the morning stars. you were changed, and your tribe became dark for you.

12. But you are not ashamed, when you stand firmly against God you are a devil.

From THE HOLY BIBLE (external site)

Rev.11.3 And I will give [power] to my two witnesses, and they shall prophesy a thousand two hundred and sixty days, clothed in sackcloth.

Rev.11.4 These are the two olive trees, and the two lamp-stands, which stand before the Lord of the earth.

Rev.11.5 And if any one wishes to hurt them, fire goes forth out of their mouth, and devours their enemies; and if any one shall wish to hurt them he must in this manner be killed.

Rev.11.6 These have authority to shut heaven, that it rain not in the days of their prophecy; and have authority over the waters to turn them to blood, and to smite the earth with every plague, as often as they may wish.

Rev.11.7 And when they shall have finished their testimony, the beast that comes up out of the abyss will make war with them, and will overcome them, and will kill them.

Rev.11.8 And their bodies are on the street of the great city, which spiritually is called Sodom and Egypt, where their Lord also was crucified.

Rev.11.9 And some out of the peoples, and tribes, and tongues, and nations, look on their bodies three days and a half, and suffer not their bodies to be put into a tomb.

Rev.11.10 And they who dwell on the earth rejoice over them, and make merry; and they will send gifts to one another, because these two prophets tormented those who dwell on the earth.

Rev.11.11 And after the three days and a half, the breath of life from God entered into them, and they stood on their feet; and great fear fell on those who beheld them.

Rev.11.12 And they heard a great voice out of heaven, saying to them, Come up hither. And they went up; into heaven in the cloud, and their enemies beheld them.

Rev.11.13 And in that hour there was a great earthquake, and the tenth part of the city fell: and in the earthquake were killed of men seven thousand persons; and the rest became afraid, and gave glory to the God of heaven.

Rev.11.14 The second woe is past; behold, the third woe comes quickly.

Voices / Sounds from heaven

From [THE APOCALYPSE OF ELIJAH](#) (external site)

Apoc.Elijah.V 3.The sound will move heaven and earth when they give praise and glorify.

From [THE APOCALYPSE OF THOMAS](#) (external site)

And on the **second day** there will be a loud voice in the firmament of heaven

In the **third day** at about the second hour, there will be a voice in heaven, and the vast depths of the earth will sound their voices from the four corners of the earth.

And on the **seventh day** at the eighth hour there will be voices in the four comers of the heaven

... on the **eighth day** at the sixth hour there will be a sweet and tender voice in heaven from the east

From [THE HOLY BIBLE](#) (external site)

Rev.12.10 And I heard a great voice in heaven, saying, Now is come the salvation, and the power, and the kingdom of our God, and the authority of his Christ; because the accuser of our brethren is cast down, who accused them before God day and night.

Rev.14.2 And I heard a voice out of heaven, as the voice of many waters, and as the voice of great thunder; and the voice which I heard was as that of harpers, harping with their harps.

Rev.16.16 And they gathered them into the place which is called in Hebrew, Har-Magedon.

Rev.16.17 And the seventh poured out his bowl on the air; and there came forth a great voice out of the temple, from the throne, saying, It is done.

Rev.16.18 And there were lightnings, and voices, and thunders; and there was a great earthquake, such as was not since there were men on the earth, so mighty an earthquake, so great.

Wars and battles

As the latter days progress, we hear of battles, invasions, rebellions and outright wars. During the tribulation period, such events will escalate and worsen, until culminating in the [Battle of Armageddon](#).

From [THE HOLY BIBLE](#) (external site)

Mat.24.7 For nation will rise against nation, and kingdom against kingdom; and there will be famines and earthquakes in various places.

Rev.6.4 And there came forth another horse, a red horse, and to him who sat thereon it was given to take away peace from the earth, and that they should slay one another; and there was given to him a great sword.

See:

[Battle of Armageddon](#)

[Battle of Gog and Magog](#)

[Weapons used](#)

From [THE HOLY BIBLE](#) (external site)

Isa.20.3 And Jehovah said, Just as my servant Isaiah has gone naked and barefoot three years* for a sign and a wonder upon Egypt and upon Ethiopia (Cush)**,

Isa.20.4 so will the king of Assyria*** lead away the captives of Egypt, and the exiles of Ethiopia, young and old, naked and barefoot, and with bodies exposed, to the shame of Egypt.

Isa.30.27 Behold, the name of Jehovah comes from far, burning in his anger, and in thick rising smoke: His lips are full of indignation, and his tongue is like a devouring fire:

Isa.30.28 And his breath is like an overflowing stream, which reaches even to the neck, To sift the nations in a sieve of destruction: And a bridle which causes to err [will be] in the jaws of the peoples.

*Three years = years for his followers to consider abandoning Antichrist in favour of Truth while Assyria punishes the punisher, but before the [Battle of Gog and Magog](#)

**Egypt and Cush = Antichrist's allies and territory

***Assyria = Antichrist's former ally

Weapons or equipment used in the battles

See [Fire, smoke, brimstone as weapons of war](#)

From [THE HOLY BIBLE](#) (external site)

Ezek.39.9 And they that are dwelling in the cities of Israel shall go out, And shall make fires of the weapons and burn them, the shields And the bucklers, the bows and the arrows, and the handstaves, and the spears, And they shall make fires of them seven years:



In [THE HISTORIES AND PROPHECIES OF DANIEL, BY GEORGE HENRY LANG](#) (external site), the author raises an interesting point, as to why these particular weapons were mentioned. My thought is this: surely the entity providing Ezekiel with these prophetic words would have known more advanced weaponry would be available in the latter days. Either this was an accidental oversight (unlikely),

or it was intentional. If intentional, perhaps the entity knew there would be electro-magnetic disturbances due to natural causes, or one or more nations would set off [ELECTRO-MAGNETIC PULSE](#) (external site) weapons making any equipment reliant on electronics or electricity obsolete, forcing a return to hand-to-hand combat.

What is the great tribulation?

From [THE HOLY BIBLE](#) (external site)

Dan.12.1 And at that time shall Michael arise, the great prince who arises for the children of thy people: and there shall be a time of affliction, such as never was since there was a nation even to that same time: and at that time thy people shall be delivered, every one that shall be found written in the book.

Within the [Latter Days](#) is a seven-year period of dangerous, tumultuous times consisting of two 3½ year periods (described in [What will the great tribulation be like?](#)). These two periods are described in prophecy in at least four different ways:

(1) From [THE APOCALYPSE OF BARUCH](#), by Charles, R. H. (external site)

Baruch XXVII.1 declares "Into twelve parts is that time divided..." and XXVIII.2 declares "two parts weeks of seven weeks", therefore 12 parts over 7 years.

Seven years = 2520 days.

2520 days divided by 12 parts = 210 days per part.

Six parts in each 3½ year segment, each segment totaling 1260 days.

Conclusion: Some portion of this timeframe will continue for 420 days. See Phase 2 of [Timeline of events within the Great Tribulation](#)

From [THE HOLY BIBLE](#) (external site)

(2) Rev.11.2 and Rev.13.5

Seven years, in two distinct parts, each lasting forty and two months.

(3) Rev.11.3

A thousand two hundred and threescore days (1260 days) equals 3½ years.

(4) Rev.12.14

"a time, and times, and half a time" equals 3½ years.

Why are the segments described thusly? Besides that the first segment is The Tribulation and the second is The Great Tribulation, do the different styles indicate the first and second halves of the tribulation are not concurrent, that they are separated by some (unstated) period of time? If so, could that period of time be four years?

January 20, 2017 to January 20, 2021 - What if... this was Phase 1 of the tribulation?

January 20, 2021 to January 20, 2025 - What if... this gap (or interregnum) is the reason for the two phases being described differently?

January 20, 2025 to July 20, 2028 - What if... the Great Tribulation is going to occur during this 3½ year period?

Incidentally, 2025 marked 77 years since Israel became a nation. See Daniel's [The Seventy Sevens..](#)

What will the great tribulation be like?

From [THE HOLY BIBLE](#) (external site)

Mat.24.21 For then will be great tribulation, such as has not been from the beginning of the world until now, no nor shall be.

From [THE APOCALYPSE OF BARUCH, BY CHARLES, R. H.](#) (external site)

XXVII. And He answered and said unto me: "Into twelve parts is that time divided, and each one of them is reserved for that which is appointed for it.

2. In the first part there will be the beginning of commotions.
3. And in the second part (there will be) slayings of the great ones.
4. And in the third part (there will be) the fall of many by death.
5. And in the fourth part the sending of desolation.
6. And in the fifth part famine and the withholding of rain.
7. And in the sixth part earthquakes and terrors.
8. [Wanting.]*
9. And in the eighth part a multitude of portents and incursions of the Shedim.
10. And in the ninth part the fall of fire.
11. And in the tenth part rapine and much oppression.
12. And in the eleventh part wickedness and unchastity.
13. And in the **twelfth part** confusion from the mingling together of all those things aforesaid.
14. For these parts of that time are reserved, and will be mixed one with another and will minister one to another.
15. For some will of themselves be of service, and they will receive from others, and from themselves and others they will be perfected, so that those may not understand who are upon the earth in those days of this consummation of the times.



Does this numbered yet blank verse represent the gap between Phase 1 and Phase 2 of the [End times timeline](#)?

When will the great tribulation begin?

From [THE HOLY BIBLE](#) (external site)

Mat.24.15 When therefore ye see the [Abomination of Desolation](#), which was spoken of through Daniel the prophet, standing in the holy place (let him that reads understand)

Mat.24.16 then let those in Judaea flee to the mountains;

Mat.24.17 he that is on the house-top, let him not go down to take the things out of his house;

Mat.24.18 and he that is in the field, let him not turn back to take his garment.

Mat.24.19 But alas for those who are with child, and for those who give suck in those days!

Mat.24.20 And pray that your flight be not in winter, nor on a sabbath.

Mat.24.21 For then will be great tribulation, such as has not been from the beginning of the world until now, no nor shall be.

Who will be affected by the great tribulation?

From THE APOCALYPSE OF BARUCH, BY CHARLES, R. H. (external site)

Apoc.Bar.XXVIII.7. Is it in one place or in one of the parts of the earth that those things are to come to pass, or will the whole earth experience (them)?"

XXIX. And He answered and said unto me: "Whatever will then befall will belong to the whole earth; therefore all who live will experience (them).

From THE HOLY BIBLE (external site)

Jer.25.15 For thus says Jehovah, the God of Israel, to me: Take the cup of the wine of this fury at my hand, and make all the nations, to whom I am sending thee, drink it.

Jer.25.16 And they shall drink, and reel to and fro, and be mad because of the sword which I am about to send among them.

Jer.25.17 Then took I the cup from the band of Jehovah, and made all the nations drink, to whom Jehovah sent me,

Jer.25.18 namely: Jerusalem, and the cities of Judah, and her kings and her princes, to make them a desolation, an astonishment, a hissing, and a curse; as it is this day:

Jer.25.19 Pharaoh king of Egypt, and his servants, and his princes, and all his people;

Jer.25.20 and all the mingled people, and all the kings of the land of Uz, And all the kings of the land of the Philistines, and Ashkelon, and Gaza, and Ekron, and the remnant of Ashdod;

Jer.25.21 Edom, and Moab, and the children of Ammon;

Jer.25.22 And all the kings of Tyre, and all the kings of Zidon, and the kings of the coastland beyond the sea;

Jer.25.23 Dedan, and Tema, and Buz, and all whose [hair] is corner-clipped;

Jer.25.24 and all the kings of Arabia, and all the kings of the mingled people that dwell in the wilderness;

Jer.25.25 And all the kings of Zimri, and all the kings of Elam, and all the kings of the Medes;

Jer.25.26 and all the kings of the north, near and far, one with another; and all the kingdoms of the world, which are upon the face of the earth: and the king of Sheshach shall drink after them.

Jer.25.27 And thou shalt say to them, Thus says Jehovah of hosts, the God of Israel: Drink ye, and be drunken, and vomit, and fall down and rise no more, Because of the sword that I am sending among you.

Jer.25.28 And it shall be, if they refuse to take the cup from thy hand, to drink, then shalt thou say to them, Thus says Jehovah of hosts: Ye shall surely drink.

Jer.25.29 For, lo, I am beginning to bring a calamity upon the city which is called by my name, and should ye be altogether acquitted? Ye shall not be acquitted: for I am summoning a sword upon all the inhabitants of the earth, says Jehovah of hosts.

Jer.25.30 Therefore prophesy thou against them all these words, and say to them, Jehovah shall roar from on high, and utter his voice from his holy habitation; He shall mightily roar against his fold; with loud shouting like that of wine-press treaders, Against all the inhabitants of the earth.

Jer.25.31 A noise shall come even to the end of the earth; For Jehovah has a controversy with the nations, He pronounces judgment on all flesh; the wicked he will give to the sword, says Jehovah.

Jer.25.32 Thus says Jehovah of hosts: Behold, calamity is passing from nation to nation, And a great whirlwind is stirred up from the farthest parts of the earth.

Jer.25.33 And the slain of Jehovah on that day shall be [scattered] from one end of the earth even to the other end of the earth: They shall not be lamented, nor gathered together, nor buried; For dung upon the face of the ground shall they be.

Jer.25.34 Howl, ye shepherds, and cry; and wallow yourselves in ashes, ye noble ones of the flock: For your days for slaughter are fully come, And I will dash you in pieces, and ye shall fall like a precious vessel.

Jer.25.35 And there shall be no flight for the shepherds, nor a way of escape for the noble ones.

Jer.25.36 Hark! the cry of the shepherds, and the howling of the noble ones of the flock! For Jehovah is spoiling their pasture.

Jer.25.37 And the peaceable folds are brought to silence Because of the fierce anger of Jehovah.

Jer.25.38 He has forsaken his thicket, as the lion: for their land is become desolate, Before the violent sword and before his fierce anger.

Lk.21.34 But take heed to yourselves, lest at any time your hearts be weighed down with surfeiting, and drunkenness, and anxieties of this life, and that day come on you suddenly as a snare.

Lk.21.35 For it will come on all that dwell on the face of the whole earth.

Lk.21.36 But watch at every season, praying that ye may be able to escape all these things that are about to come to pass, and to stand before the Son of man.

Rev.3.10 Because thou didst keep the word of my patience, I also will keep thee from the hour of trial, which is about to come on the whole inhabited earth, to try those who dwell on the earth.

Who will be saved at the end?

From [THE HOLY BIBLE](#) (external site)

Joel.2.30 And I will place signs in heaven and on earth. Blood, and fire, and pillars of smoke.

Joel.2.31 The sun will be turned to darkness, And the moon to blood, Before the coming of the great and terrible day of Jehovah.

Joel.2.32 And every one who calls on the name of Jehovah will be delivered: For in mount Zion and in Jerusalem there will be a remnant, as Jehovah has spoken, And among the fugitives those whom Jehovah calls.

The woman and the man-child

From [THE HOLY BIBLE](#) (external site)

Rev.12.1 And a great sign was seen in heaven; a woman clothed with the sun, and the moon under her feet, and on her head a crown of twelve stars,

Rev.12.2 and heavy with child, and she cries out, travailing in birth, and in pain to bring forth.

Glossary for Section 12

[Behemoth](#)

[Blasphemy](#)
[Great spiritual reckoning](#)
[Leviathan](#)
[Seven in bible prophecy](#)
[Seven stars](#)
[Seventy sevens](#)

Behemoth

Represents the vast mass of humanity, some of whom will 'eat' [Leviathan](#), i.e., rise up against the corrupt church and state systems, and some of whom will be eaten by it, i.e., allow their hatred, greed and grievance to excuse their desire for revenge, and above all, doing so of their own free will.

Believer

From Google AI: "A believer in Jesus is someone who not only acknowledges facts about him but places active faith and trust in Jesus as God's Son, the Savior who atoned for sins through his death, and relies on his resurrection for eternal life, leading to a transformed life committed to following his teachings and Lordship. This is more than mental assent; it's a deep, personal commitment and reliance, like stepping onto a sturdy bridge rather than just believing it exists, resulting in a new relationship with God and eternal life."

Also from Google AI: ""There are roughly 2.4 to 2.6 billion Christians worldwide, making it the world's largest religion, comprising about one-third of the global population. Key Christian groups include Catholics, Protestants, and Orthodox, with significant growth in the Global South (Africa, Asia, Latin America), though the US still has the largest absolute Christian population.

Blasphemy

Denying / disavowing [God's](#) existence yet [blaming](#) God for evil happenings when those happenings result from humanity's free will choices and actions resulting from our negative thoughts, attitudes and emotions.

Great spiritual reckoning

There is rising awareness of the idea we are living in the End Times, and humans being on the brink of a leap in evolution. Many believe this leap will magically happen after the long-propheesied final battles of World War III. Many believe new technologies will transform us into 'super humans', or magical powers will suddenly awaken in us. It is said this change will begin an era of true world peace and with it, the end of suffering on Planet Earth.

What is not yet realized is this: In order for humanity to continue its evolution, a separation is needed. Upon the rapidly approaching close of Earth School's current semester, only those souls having attained a VF equal to or greater than Third Level Cusp will enter the new reality. As those of you familiar with this website will know by now, our thoughts, attitudes, emotions, beliefs and desires impact our VF. Negative thoughts lower it and positive thoughts raise it.

Following the long-propheesied events will come the Great Spiritual Reckoning, also known as the [Judgment of the Sheep and Goats](#). Our current VF will be measured to determine our next phase of spiritual development. Those with a [VF](#) below a certain level will continue their spiritual education in one place, while those above that level will continue in another. This is true for each and every soul

who has incarnated on Planet Earth. After the coming events, a measure of soul memory will be restored to us so we are able to understand what is happening to us, and to the planet.

Leviathan

Represents corrupt religious and government systems determined, even at the risk of betraying their oath of service, to maintain their grip on influence, power and money at the expense of those over whom they have authority. See [Behemoth](#).

Seven in bible prophecy

In the Book of Revelation alone, the word Seven is used roughly 50 times, and more than 700 times in the Bible itself. Given that approximately one third of the entire Bible is devoted to prophecy, seven is clearly an important concept and needs to be well-understood if we are to be enlightened as to what it represents spiritually. In a nutshell, seven represents God's divine plan manifested in the physical world. Additionally, here are two resources I have found informative.

[CREATION CONCEPT, STUDIES IN PROPHECY](#) (external site)

[NUMBERS IN THE BIBLE, BY R.D. JOHNSTON](#) (external site)

Seven stars

From [THE HOLY BIBLE](#) (external site)

Rev.1.20 The mystery of the seven stars which you saw in My right hand, and the seven golden lampstands: The seven stars are the angels of the seven churches, and the seven lampstands which you saw are the seven churches.

In modern terms: The hidden truth of the seven stars which you saw in My right hand, and the seven golden lampstands: The seven stars are the seven virtues to be taught and modeled by the seven churches, and the seven lampstands which you saw are the seven virtues as received and embodied by their flocks. The seven virtues consist of the four cardinal virtues of fortitude, justice, prudence, and temperance, and the three theological virtues of charity, faith and hope.

The Hebrew word for lampstand is menorah. It is a seven-branched golden candleholder meaning 'agent of light' or 'place of light' and symbolizes divine presence and guidance. In modern terms: the gold represents [The All](#), the lampstand's form represents [Sovereign Majesty](#) and the lamps represent [divine guidance](#).

Seventy sevens

Daniel prophesied of a period of seventy weeks of years ($7 \times 70 = 490$ years) in Jerusalem's and her people's history, following which there would be a partial restoration of both the city and her people, and following certain other events, a full restoration. See [THE HOLY BIBLE](#) (external site)

Appendix A Self-test Q and A

Introduction

The School of Thought - Website Reading Quiz (external site)

Introduction : [English](#) or [Spanish](#)

Section 1

The School of Thought - Website Reading Quiz (external site)

Section 1: [English](#) or [Spanish](#)

Section 2

The School of Thought - Website Reading Quiz (external site)

Section 2: [English](#) or [Spanish](#)

Section 3

The School of Thought - Website Reading Quiz (external site)

Section 3: [English](#) or [Spanish](#)

Section 4.1

The School of Thought - Website Reading Quiz (external site)

Section 4-1: [English](#) or [Spanish](#)

Appendix B The levels of spiritual development and their traits

Read each row in the table left to right to see the gradual progress we make through each level. Where are you?



1 Fear / Distrust	2 Ego / Victim	3 Hope / Seeking	4 Self-esteem / Optimism	5 Agency / Trust	6 Spiritual self-awareness / Humility	7 Faith / Obedience	8 & higher Universal truth / Unconditional love
No such thing as God. No intelligence is higher than that of humans	If God exists, he does not talk to us	God created heaven and hell. Good people go to heaven; bad people go to hell	There is more to the universe than we currently know	A higher intelligence must have created the universe	A higher intelligence created the universe and everything in it	The All is the Source of all that was, is, and ever shall be	We are all one with Source, The All
Humans can do anything we want. We are in charge	We humans can do anything we want. We are in charge	We have free will. It is ours to do with as we please	We have been given the gift of free will. It is ours to do with as we please	Our free will is permanent and unchangeable. We are free to do as we please	Having free will may not be a permanent situation. Can we "give it back"?	Free will has limits. We are not in charge of everything	Seek Universal guidance to serve in the best way possible
No such thing as a soul. Humans are children of their parents	No such thing as a soul - humans are children of their parents	Souls are created when human babies are born. Our parents create us	Souls are created when human babies are born. Our parents create us	We each have a pre-existing soul and we are all imbued with Spirit	We each have a soul that pre-exists humanity and we are all imbued with Spirit	Souls came into existence when Source created this universe	All souls are in varying stages of development. Planet Earth is a school
No such thing as spirituality	No spiritual meaning in anything, except maybe angels and demons	Near-death experiences or traumatic or joyous events make us curious about spirituality	Near-death experiences or traumatic or joyous events make us curious about spirituality	Open to exploring spiritual matters	Things that used to entertain us may now seem boring or childish or even barbaric	Wanting to spend more time studying spiritual matters	Seeking profound enlightenment. Love seeks understanding
Spiritual awareness is a myth. Everyday consciousness is all there is	No such thing as spiritual development or awareness	Becoming able to connect with others on a deeper level than we ever thought possible	Becoming able to connect with others on a deeper level than we ever thought possible	Showing others how spiritually advanced we are	Having spiritual experiences like déjà vu, feeling as if we are not alone, recalling dreams	We cannot judge others' level of spiritual development	Personality traits diminish, VF rises as thoughts are reduced/refined
Who cares what anyone else thinks	Comforting to convince others that evil entities exist	Enjoy discussing spiritual matters, eager to learn more, but unsure of Truth	Enjoy discussing spiritual matters and eager to learn more	Learning the importance of finding Universal Truth	Only Universal Truth enables us to move forward spiritually	Only Universal Truth enables us to move forward spiritually	Universal Truth is the way, the truth and the life
Powerful evil entities exist and are out to get us	We are powerless against evil	Evil entities hurt us and make us hurt others	Evil entities hurt us and make us hurt others	Evil exists only in our negative thoughts	Evil exists only in our negative thoughts and it is up to us to resist	Evil exists only in our negative thoughts	Spiritual decluttering enables clarity of thought
Demons and curses cause accidents, injuries, illness	If God exists, he would not allow injuries, illness to happen?	Accidents, injuries, illness are just a part of life	Accidents, injuries and illness are just a part of life	Injuries and illness don't just happen. Can we prevent them?	Is there a spiritual component to accidents, injuries and illness	Changing our thoughts changes our physical reality	Our body responds to our thoughts
No such thing as angels	Angels are real but no longer help humanity	Angels are real and they can help us	Angels are real and they can help us if we are good	Wondering if we can talk to our personal angel	Developing a working relationship with our guide	Guides ensure our required life lessons are met	Our guide works with us to achieve our soul's purpose
Sex, sex, sex and violence are vital to my survival	Sex / Violence are necessary for survival	Sex / Violence are necessary evils for humanity	We need sex but maybe we can do without violence	Sex keeps us together, violence tears us apart	Sex and violence keep us trapped in physical reality	There must be a better way to live	There is a better way

Read each row in the table left to right to see the gradual progress we make through each level. Where are you?



1 Fear / Distrust	2 Ego / Victim	3 Hope / Seeking	4 Self-esteem / Optimism	5 Agency / Trust	6 Spiritual self-awareness / Humility	7 Faith / Obedience	8 & higher Universal truth / Unconditional love
There is only one life to live. No such thing as reincarnation or karma	Reincarnation and karma trick us into thinking we can be irresponsible	Reincarnation is a possibility, but we choose whether, when and into which family to enter	Reincarnation is a possibility, but we choose whether, when and into which family to enter	Gaining a sense of having lived at least one past life	Reincarnation and karma help us understand human behaviour and experience	Entering physical form places us in the reincarnation and karma learning cycle	Aiming to be karma-neutral
Intense fear of change, or of anything making us question our beliefs	Becoming able to accept that others' beliefs are not a threat to ours	It physically feels better to be kind than cruel	It physically feels better to be kind than cruel	Negative thoughts can enable unpleasant signals	Starting to recognize just how negative our thoughts can be	Positive thoughts can enable pleasant signals	Trusting the Universe will let us know if something is required of us
Preference for co-dependent or authoritarian relationships	Easily controlled by anyone whose approval we crave	Becoming more able to work either alone or with others	Becoming more able to work either alone or with others	Seeking mutually satisfying relationships. Seeking others' approval	Finding we meet self in others, and using the information to improve ourselves	We are here to learn from and teach one another. We must do what is right for us	Source responds to our learning requirements
We belong to separate tribes. Others want our stuff, so we must protect ourselves and our property. Never enough of anything	Our tribe is superior. We are entitled to control others. They may want our stuff, so we must protect ourselves and our property	God favours our tribe over all others	Becoming open to the idea the human race is indeed just one race, and all are entitled to life and liberty	Freedom of thought enables us to explore spirituality at our own pace and in our own way	Starting to see the results of our efforts to heal our lives	Clarity of thought makes it easier to recognize our relationship with Source	Rising desire to serve humanity by serving God. Trusting all that is required will be provided
Tendency to squabble and live in chaos	Tendency to rely on violence to solve issues and/or teach discipline	Learning chaos and violence prevent progress	Learning to approach daily life with optimism rather than dread	Sharing our experiences of growth and improvement with others	Seeing how cooperation benefits everyone	Learning how we treat others comes back to us	Working toward clarity of thought and inner peace
Prefer one type of music and one art form, if any. Others are disturbing, dangerous or even annoying	Prefer one or two types of music. Some art forms are okay	More able to appreciate many types of music, but some are still disturbing. Other art forms are just entertainment	Enjoying most types of music and some other art forms, and finding that some seem to have a deeper meaning	Wanting to express self in new, positive ways	Recognizing we feel better when our thoughts are positive	Clearer thoughts let us feel better. It is getting easier to clearly express our innermost thoughts	VF rises and stabilizes, helping us endure trauma and chaos without concern
Tendency to feel persecuted if questioned about anything	Tendency to feel threatened by questions from others	Tendency to feel challenged by questions from others	Learning we cannot grow without communication	Developing strong, effective communication skills	Interested in hearing what others have to say. Sharing helps!	Comfortable with waiting to speak until invited to do so	Able to be at peace when waiting. No need to be busy or entertained
Averse to seeking advice or guidance from anyone	Uncomfortable with others finding out we don't know something	Comfortable asking others for advice or guidance	Guided by our 'higher self' and maybe our deceased loved ones	Becoming willing and able to seek information from the Universe	Recognizing our "higher self" is a misnomer. Guidance comes from The All	Learning our free will gets in the way of receiving clear guidance	The Universe, via our guide, provides the information we need

Appendix C Spiritual Word Search Puzzle



[Watch / listen to slideshow of illustrations \(YouTube\)](#)

See illustration 31 Spiritual word search puzzle

Appendix D Spiritual Bingo Cards



[Watch / listen to slideshow of illustrations \(YouTube\)](#)

See illustrations 32 and 33 Appendix D: Spiritual Bingo cards

Appendix E - Spiritual visitations Do's and Don'ts



[Watch / listen to slideshow of illustrations \(YouTube\)](#)

See illustration 34 Appendix E Spiritual visitations

About

Where do you get the information for your website?

All of the information comes from the Universal Intelligence via my guide(s), except for Section 11 which was provided by the Archangel Halaliel.

What is god for you?

For me, God is the source, the Universal Intelligence. It is everything. It is energy - deeply intelligent, responsive, unconditionally loving - energy. When we connect with Source, the energy registers in us as unconditional love. Unfortunately, being in physical form can make it challenging to maintain the connection for more than a few seconds at a time.

Are you religious?

I am not religious, but I have a very strong belief in the reality of the Universal Intelligence. There is nothing anyone could say that would convince me that it does not exist, or that we are not its children.

Do you have clairvoyant abilities?

Yes, but then I believe that we all do. It is a matter of learning how to get centred and clear our thoughts long enough for the Universe to get a few words in, and then recognizing that it was them and not us.

Do you have medical training?

No, and no medical information is presented in this document.

What do you believe about life?

Life on Planet Earth is a school and we are all in different stages of learning - learning our way back to Source. We come to earth to put into practice that which we learn when not in human form. Since we do not have access to our soul memory when we are in physical, we need to rely on our guide to lead us. I believe that seeking instruction from our guide in all things is the path to a life well-lived.

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ISBN 978-1-7753521-3-6

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Mission statement

My aim is to enable people to build a personal connection with the Universal Intelligence.

Vision

I envision a day when all humanity works consciously with the Universal Intelligence.

Contact

Choosing to work on self as described in this site can present difficulties. One of the most challenging can be learning that what we have been taught to believe as truth and what the Universe considers to be truth are often very different. Our guides are obliged to go along with our beliefs, so it is very easy to get stuck. If you get stuck, [contact the author](#) for assistance.

What inspired you to create this book?



Sheila A. McBeath

When I was about 7 years old, I became deaf in one ear. The condition was diagnosed as 'untreatable' and so it remained for 35 years. In 1995, a health crisis motivated me to begin meditating, and that's when things started changing. I met an amazing woman, Fay, who told me that, along with eight energy treatments, restoration of my hearing would be in direct relation to the amount of work I was prepared to do upon myself. I took this information to heart and began to work on me, and Fay began work on my ear. A few weeks later, after the full course of energy treatments and much belated grieving, forgiveness, meditation and soul searching, my hearing was fully restored. A miracle!

Thus my spiritual education began. By continuing the practice of focused, attentive meditation, I learned that The All hears our thoughts, hopes, desires and fears - and cooperates with them. My deafness began because of my deep wish to not hear my parents' constant arguing or my sister's constant babbling. It ended because of an even deeper desire to bring profound change into my life. Once I began to become "the real me", it was clear I needed to share this incredible gift of healing. It is information - the Universal Truth - that has the power to heal our ills.

*Change your thoughts ...
Change your life*

