



*Choose Love: Learning to be
Love and Light*

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Introduction

Chapter 1 of this book began to flow at the start of Lent through a channel while giving a talk in January of 2008. Lent has always been a time of seeking God, of listening to God, of returning to a more God focused way, and of emptying ourselves to receive God. It seems appropriate that the book started to grow and flourish during this period. It then sat in computer memory until opened and edited during Lent through Ramadan of 2018 when I was led to start writing again.

The workbook in Chapter 2 contains the techniques developed during my quest and experiences to hear the Voice of God. I always knew that it was possible to hear God's Voice, yet I didn't know how to do it. I thought that hearing the Voice was a result of prayer and obviously I wasn't praying correctly because I was not hearing the Voice. However, prayer is talking to God. To hear the Voice of God one must **listen** and my mind was much too busy with its own importance to hear a still quiet Voice. So, I first had to learn to quiet my mind. Over the last 30 and more years I have learned to quiet my mind through experiencing different kinds of healing therapies and practicing a few. I don't believe the *type* of therapy is important, rather, what is important is that healing occurs. What is healing? The definition most often given: Healing is the reuniting of the physical body, mind, soul, and spirit to make whole. While any healing technique probably would have helped, I especially needed those that taught ways to quiet the mind. As my mind quieted, I began to hear the Voice. I believe the Voice gently leads a person to those therapies that are best suited for their healing. Trust that everything you have experienced, read, heard, and believed is important in your path of development in order for you to be who you are meant to be. Once heard, the Voice takes on the role of leading us home.

The techniques I used are presented in Chapter 2. Basically, they clear the mind of emotions and beliefs preventing us from being who we were created to be. The list of emotions and beliefs came from myself, friends, and clients. These tools and lists are just a start. Once you become adept using the techniques you will find the soul and spirit can also be cleared to allow in more light and love. This is a journey to learn who you are, what has influenced you to keep you from being what God created you to be, and how to become your true self. It is a journey of self-discovery that can lead to joy and fulfillment of your life's purpose. This book describes my path to God. Take whatever resonates with you and use it with my blessing.

In Chapter 3, I have listed some beliefs encountered along the way that affect weight loss, a problem facing many. It is not an issue of control as most believe, but of the beliefs in the undisciplined mind that create non-serving behaviors. Some of these beliefs about food can be modified for other addictions such as alcohol, drugs, or smoking. Chapter 4 contains a list of the books which helped me along my path. While now there is a plethora of books

instructing one how to hear the Voice of God, in the 1980's they were fewer and harder to find. Also know that these books describe the way or techniques that worked for that author, just as I am describing the ones that worked for me. Keep what works for you on your path and discard the rest. The Praying Medic, David Hayes, has recently written several books including *Hearing God's Voice Made Simple* and *Emotional Healing in Three Easy Steps* that are excellent.

Two of the books listed in Chapter 4 were a foundation to this work. In 2003 Deacon Richard T. led me to read *The Disappearance of the Universe* by Gary Renard in which I first became aware of the miracle of self-forgiveness and the 'I forgive and release' mantra. It was two decades earlier that I read a small paperback book called *Focusing* by Dr Gendlin which described a way of tracking down an underlying core belief. Along the way therapies taught by Reverend Jean T., Dr. John Upledger, and others have all helped me become clear and quiet enough to hear the Voice which leads me now. During the last three years the *China Study* diet was introduced to me which has helped me become healthier and eat a more compassionate diet for the earth and other animals.

My heartfelt thanks to you all.

Dianne

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Chapter 1:

The Message

Love is your essence

You are God's creation of love. It is your love that allows peace to manifest on the earth, for the more love that you are the more peace that you have. The more love that you are the more others can increase their love and peace, and love will then reign on the earth in all people. That is the goal, to increase the light of love in all regardless of color of skin, religion, or state at birth. You are love and love is light. Your physical manifestation is not important, it dies and decays. Only your true essence is eternal. The more your thoughts are love then the brighter your essence, the flame that is your core.

There is always help that you can call upon, but you must ask for there are laws to be obeyed. One law is the Law of Free Will. You were given free will to choose light or darkness. Each moment, each thought is a choice. Your mind contains a mix of emotions, thoughts, beliefs, and desires from your past that affect your present. The undisciplined mind knows how to function in the physical plane. It would keep you distracted and preoccupied with the concerns of the physical plane instead of being your true self. But you are not a physical body; you are an eternal flame bound temporarily to a physical existence. The undisciplined mind cannot conceive of your true eternal being and so cannot direct you.

You know this already for many of you lament for *something*, you don't know exactly what, just *something* that is missing in your life. Some of you ask *is this all there is to life?* That *something* that you yearn for is what you remember being and wish be again, your true self. This is what you remember, this is what you seek. Only a cruel God would have you keep that memory of being love and loved, and then abandon you without help to find your way home. Your Father is not cruel. Your Father is Love. He has given you his Voice, that still quiet Voice to help you find your way home. The Voice whispers to you but often is drowned out by the world. In some it whispers when you dream because that is when your mind is quiet and open. It has been buried by the emotions, beliefs, and thoughts that are triggered by the physical world and the needs of the physical body. It waits and whispers. It knows that you will remember God, want to seek God, for it is God's plan that you remember your true self and be the child that was envisioned at your creation.

You were created in the image of God: eternal and perfect love. Is anything of the physical world perfect? Eternal? Even the sun will cease to exist. You were created in the image of God's love, but you have forgotten how to be love. He has given you the Voice to help you remember who you are meant to be. To hear the still quiet Voice requires a disciplined mind; a mind free of mundane chatter that forms a dark cloud that envelops you. The Voice

knows who you truly are and will tell you how to dispel the darkness. It knows your way home to your true self.

Each of you is light and love, and each of you is unique. Each of you has different gifts to help yourself and others find their way home. Thus, the direction of your path home given by the Voice may be different, but it is always a path for love. It would never, in any way, have you hurt or injure yourself or another person. It is eternally the Voice for love, truth, charity, hope, peace, and forgiveness. You have Free Will and the Voice will abide by that law- it can suggest, but not coerce. It knows that you will find your way home and that you have eternity to find your way home. At one most glorious moment all the Children of God will appear as they were created, clothed only in the magnificent glory of their pure love.

Love is all that is real

God's plan is that you become the light and love that he created you to be. And yet he gave you the will to choose light or darkness. He watches over you and loves each and every one of you. Even He must abide by the Law of Free Will. He cannot step in and direct your life or actions, or take over your mind or your heart, even if you have given it to him. He can only wait lovingly and reveal to you what the plan is for you while you retain Free Will to choose otherwise. And you must choose. He cannot take one choice from you. The undisciplined mind would make the choice for you and leave you unaware that there was a choice. It would have you remain unaware because it cannot conceive of the glory of God's plan and believes only in its own. Those who stay trapped in the darkness of the undisciplined mind hear only its chatter. They do not know of God's plan for them and their path home. It is that personal choice, or rather the lack of it, that makes life on earth torment and strife.

It is the undisciplined mind that chooses darkness and creates fear, pain, disease, hate, despair, lust, greed, anger, wars, abuse, murder, starvation and other darkness in the world. It knows the world as unfair and that evil abounds because it has created it. It has chosen darkness. Would love choose fear? Hate? Rage? The undisciplined mind has chosen to create and give power to fear, hate, and rage which fuels murder and abuse. Would love kill himself or his brother? Would love watch his brother die of starvation? Would love abuse its own child? For we are all the children of God and brothers in creation and in love, none of us is separate from the other.

The undisciplined mind has created a world that is unsafe to keep you bound to it and under its dominion thus keeping you locked in the darkness of its own creation. What you see in the world reinforces the beliefs that it has chosen for you. It knows that once you choose love the need for its existence is ended. It would have you believe that only it can keep you safe by showing you the dangers in the world. But it chose the fear first, when your true self would choose love and light. If you allow the undisciplined mind to choose then it has taken your choice

from you. To make a choice you must weigh two or more options. Do you know that you have an option other than fear? Do you know that by choosing love and light you will change yourself and the world?

The mind that would be free of the undisciplined mind must be vigilant. By disenfranchising the undisciplined mind you reveal the disciplined mind of your true self. The undisciplined mind controls by *habit*. Constant vigilance to each thought, emotion, feeling, decision, and belief is needed to break the habit of giving the undisciplined mind the opportunity to make the choice for darkness and fear.

As you monitor your undisciplined mind, you restrict its freedom by analyzing its every move and counter move. With practice you will become adept at this. At first the undisciplined mind will try to distract you. The more you reduce its power, the more it will rebel and try to distract you from your goal. Remember that each of you is unique, has unique gifts and a unique undisciplined mind. The first step may be different, the path may be different, but the goal is the same for all to retrieve control from the undisciplined mind and reveal the disciplined mind, the mind of your true self.

Remember also that you have help that you can call upon. The still quiet Voice is there to help you. It will guide you and teach you how to monitor your mind. It knows intimately the workings of your undisciplined mind. It will be strength for your vigilance. It will be your rock of truth. It will remind you of who you truly are and the plan for you. It will guide you in unraveling the undisciplined mind. You need but to ask for its help.

You may not be aware of the emotions and beliefs that you use to make decisions – each decision involves a choice for light or darkness. The darkness is more outwardly visible in some emotions and beliefs than others. Do I kill this person? Do I steal? Others are more hidden. Do I hate? Do I envy this person? Do I believe that I am unworthy of love? Do I believe that God does not love all of his children equally? Know that truth is love and love is truth. If it is not Love, it is not eternal and is a creation of the undisciplined mind. The mind of the true self creates with light and love, and would reveal the love, peace, joy, and gifts given to you. You need but remove the undisciplined mind from control of your thoughts, and, in so doing, help others do so as well.

Only love is eternal and truth. *Fear, hate, lust, lies, despair, rage, terror, arrogance, victim thinking, blame, unworthiness, depression, pride, vengeance, abandonment, disappointment, envy, frustration, competition, greed, guilt, shame, grief, hopelessness, isolation, impatience, jealousy, judgment, self-importance, loneliness, misery, resentment, self-righteousness* are a few of the creations of the undisciplined mind; all are twisted forms of fear. All are creations to keep you in its control and from knowing your true self. Each mind has different beliefs that it cherishes as truth. *There isn't enough love, money, food, time, respect for everyone. I must know the future so I can control it, change it, avoid it. I am ugly, unworthy, unlovable. Everything, everyone is unfair, unjust, wrong. Nobody else does anything right, as good, as important. I must*

be right all the time to get love, to be safe, to get respect, to be in control. I can't trust anyone to stay, to love me, to not hurt me. No one loves me the way I want to be loved, everyone I love abandons me. There is only one way to show love, to be successful, to get to heaven. Other people don't respect me, appreciate me, love me, don't hear me, don't understand me. God doesn't love me, them, the world, that country, that religion. God has abandoned me, that country, that people. I am bad, evil, unlovable, irredeemable. I must be perfect for God to love me, to enter into heaven. At some point the undisciplined mind will play its trump cards: God abandoned me because I am bad, evil, did terrible things, turned away from God. God is responsible for the rape, murder, wars, evil in the world. God forgot me, abandoned me, created me wrongly. God hates me because I betrayed Him, because I am a certain way. God is punishing me, needs me to punish them. God does not exist. These lies held up to the light of love and truth melt away as the cloud of darkness that they are.

The mind affects your light

The darkness of the undisciplined mind blocks the light of your true self. You are the Beloved Child of God, an eternal being of light and love. The undisciplined mind keeps you from knowing this and keeps you in darkness. It would keep you forever caught in meaningless and untrue beliefs about yourself and the world which it created. It would tell you lies, then show you the expression of those lies in the world as evidence that they are true to keep you ensnared in fear. You have the expression "to look through rose colored glasses" to explain a tainted view. It is the same with the undisciplined mind. If you hold as truth *There is only evil in the world* then you will have on the glasses that cause you to see only those things that prove the truth of this belief. This belief is false for the creation of evil is in the undisciplined mind. The undisciplined mind shows you the actions of those controlled by the undisciplined mind; those who murder, rape, or abuse others act out of hate and rage and not out of love. If you focus on the happenings in the world you will see the creations of the undisciplined mind acted out. The undisciplined mind encourages sensationalism: it focuses on catastrophes and mayhem to maintain the illusion of a world that is chaotic, unsafe and filled with evil.

Your return to your True Self

You seek to return to your True Self even as your undisciplined mind would have you languish, trapped forever in fear. Your Father has sent you his Voice to guide you to your true self, to show you how to vanquish the darkness and return your mind to truth. Your Father desires for you true happiness- that your mind becomes the Higher Mind of your True Self. Your Father wants only greatness for his children, for in their greatness is the glory of creation completed. For you, all of you, are the children of God. The undisciplined mind would hide this

from you. There is a role for you in creation that only your true self can fill. The undisciplined mind would hide this from you also. For if you knew and experienced what you truly are, the undisciplined mind would no longer exist, dissolved in the instant that you become your true self. Your Father desires for all his children, to return to your true self to know yourself as loved, perfect eternal beings of light and love.

You are not alone in this endeavor. He has given you the Voice to guide and comfort you. He has provided for you that you are never alone, not for one moment are his children abandoned to the darkness that they have created. He has given you his angels to supply to your needs. The angels must also abide by the Law of Free Will and cannot step in and control your life. You still must choose, for life is a constant choice. They can whisper to you, they can nudge you, and they can appear to do miracles. But they can only help those who ask. A heartfelt "help me Dear Father" is heard as loudly as a formal prayer and He will send his angels to you. Do not think that He hears only the prayer of a special pattern, specific words, or at a dictated time or place. Your Father would have you confide in Him your fears, your needs; confess to Him your rage, shame, and guilt - nothing is hidden from Him. He knows all that you hold against yourself and others; he sees all your emotions, your beliefs and thoughts. And He LOVES you. He loves you for His love is divine love. He sees beyond your darkness to the child that he created and knows that you will return to your true self for all his children have eternity to know themselves as He created them.

Your future as the Child of God

There is a role for you to play in creation. God's plan for you is to become your true self and be of service to others to become their true selves. The Voice of God knows your path and is a true guide for you. The Voice will direct you to those lessons that show you what is in your undisciplined mind. The undisciplined mind would have you see these lessons as God abandoning you or as confirmation of all that is against your happiness. But in truth, each of these is a lesson to show you what must be cleared from the undisciplined mind before you can pass to the next lesson, and the next, and the next, and finally to your true self. You could think of these as a boot camp for the spiritual warrior. Each lesson gives insight into your undisciplined mind and assists you in learning discipline. Each lesson reveals what obscures your higher mind and shows what must be removed before you can become your true self.

Imagine the happiness of being your true self: love, joy, and peace. The happiness in the world is only a shadow of the joy of being your true self; the love experienced in the world is only a fraction of the love you are or would know as your true self. You seek this love in your relationships in families and friends, however this earthly love is only a fraction of what you would know as your true self. The undisciplined mind keeps your thinking limited to the world. It keeps you in its thrall by keeping you hungry for what it could never give you. It keeps you

from having peace by showing you those things that keep you in chaos and torment. Love, joy, and peace are not in the world, but in your higher mind. There will be peace in the world when all those in the world are at peace.

Help to find your way Home

Your Father has given you the Voice to help you find your way home. The Voice will guide you by whispering, nudging you to act and, for some, by speaking, singing, writing or other forms of communication. He knows your undisciplined mind and how to counter every move it makes to misdirect you. He knows God's plan for you and can guide you on your path. He is the bridge between you and your Father; between eternity and the world of the undisciplined mind. He is the choice for love, light, and truth. He would cause no harm to any child of God.

You have the free will to choose to follow his guidance. He will encourage you and not chastise you when you choose otherwise, but will wait for you to seek his guidance. Your Father gave you free will, how could the Voice act otherwise? The Voice knows that you are an eternal being and that you have an eternity to choose. How long would you be tormented by the undisciplined mind? How long would you wait to return to your Father's love? The Voice knows your true self and will help you awaken to it. For it knows that you will awaken, it is God's plan for you, and it sees into eternity to that time.

Ask for help and a choir of angels will answer your call. They are a gift from your Father to minister unto you. Believe in their help as much as they love and believe in you. They too see your light and love. They have the task to bring you home. They have no task more important to God than this, to bring his children home to Him. How loved are the children of God, each and every one! His Voice calls them home and the angels see to their way.

Light and your destiny

You are the child of God. You are love and light. You will become your True Self when you have learned to eliminate the undisciplined mind and become firmly established in your higher mind. God's plan for you is to be a co-creator with Him. Only the pure thoughts of the higher mind can create with love and light. The undisciplined mind creates chaos and darkness: fear, rage, death, torment. Would you have these be eternal? As a child creates with sticks and mud, so does the undisciplined mind. Would you have your creation be of mud when it could be created of light? Would you have your creations be imperfect and temporary mud-forms, or perfect and eternal light-forms? You create the form of the world to be. Choose light so that the world to come is made of light.

The undisciplined mind looks and sees only its own creations; it knows only itself. It would see fear and death. But you are eternal light and love. God would have you be co-creator of the glory of the world to come. Even what glory you can imagine is less than what your Father would have you create. The undisciplined mind cannot conceive of a world of love, light, truth, and peace. It has created a false world and its will is to maintain the illusion for it is death to the undisciplined mind when you awaken from its creation. The lies of the undisciplined mind are many. When you know for lies what the undisciplined mind shows you, you will be free from the darkness created by the undisciplined mind.

Breaking free from the undisciplined mind

What you experience in the world is a window into your undisciplined mind. If you are angry, the emotion of anger is in your mind and under the anger are the beliefs that give you the right, so believes the undisciplined mind, to feel anger. Even if you control the anger, the beliefs are still there. If the belief remains then anger returns. There are many beliefs that result in anger and an angry person will have many beliefs; layers and layers of anger and beliefs that provoke anger. These emotions and beliefs are the darkness that obscure the light of your flame. With their removal more of your light is visible and more of your mind is free. The removal of one iota of darkness increases your light. The degree that the dross has been removed determines the amount of light, joy, peace and love in your mind and being.

Your Father has sent you help to identify the emotions and beliefs of your undisciplined mind: the Voice. Express a willingness to receive that help. State your desire to listen to the guidance of the still quiet Voice. The Voice will need no further encouragement. You may call it any name that you wish: the Voice within, the Voice of God, the Holy Spirit, The Helper, The Holy Ghost, Higher Self, Inner Guidance, Inner Teacher, perhaps Inner Divine Nature. It goes by many names, but it is always the Voice of love, the Voice of truth. Ask the Voice to help you and know that it is eternally present. The Voice is the manifestation of the promise that you would never be abandoned.

The guidance of the Voice may appear different for each individual. It works in quiet by nudging you to awareness of your emotions, beliefs or thoughts. Perhaps you are caught in some emotion but cannot name it. Ask the Voice to help you identify it. The Voice may then create an area of light in your mind to clarify the emotion and identify it. Or perhaps it would help you to identify the belief that is under the emotion. At times you may actually hear the Voice tell you the identity of the emotion or belief. The way that the Voice works is dependent upon the individual. Some of you will hear the Voice, some will see a word or picture, some will be led to the perfect book, song, or movie that has the answer to your question, and some will know the answer as soon as they form the question. These are all results of the Voice using your gifts to free you from the captivity of the undisciplined mind. The more you rely on the

Voice and listen to it, the more you unite with it in a partnership that will clear away the dross of the undisciplined mind.

The undisciplined mind created fear, the counter move is to eliminate the fear through naming and forgiving it. It is that simple: identify the emotion, name it, and forgive it. All emotions except pure love are creations of the undisciplined mind: conditional love, fear, hate, rage, pity, and all the rest; all are emotions that the undisciplined mind holds sacred. Know them for what they are and release them. Vigilance is required to monitor the undisciplined mind and recognize the emotions that are not love. The undisciplined mind would have you surrounded in a sea of emotions to feed its creations. The voice of the undisciplined mind whispers rage, rage, rage, and you feel rage. You are buffeted about by the rage of the undisciplined mind, feeding the rage and allowing it to grow. This is how the undisciplined mind causes you to be lost in a tempest of emotions. The disciplined mind would have you identify the rage, name it as rage, then forgive and release it. If you identify the emotion correctly you can eliminate it. Know that if you name it incorrectly it will not destroy the creation. Only by naming it correctly is the creation of the undisciplined mind eliminated. You have cherished and fed these creations for a long time. There are emotions and beliefs close to the surface of your mind and in deeper, hidden layers. As they appear, name and release them. It is as simple as that, as profound as that. As you remove the creations of the undisciplined mind, light and peace will result.

Hold each emotion up to the light of love. Is this love or is it a dark creation of the undisciplined mind? Does it hurt you or others? Does it lead you toward or away from God? Does it speak to the truth that all the children of God are light and love, or does it separate you? Separation is a lie of the undisciplined mind. You are all His children, all precious to Him, all gloriously made, all created at the same moment. Anything that speaks to separate you or to make you unequal is a lie of the undisciplined mind. Vigilance is required to uncover the lies embedded in your experiences. The undisciplined mind would tell you that what you experience is truth, that as you look at each other you see differences, hear differences, and experience differences. You must look beyond the physical and the beliefs created by the undisciplined mind to eliminate separation and limitation.

Monitor your mind, your emotions, your feelings, and your reactions to others for this will lead you to the beliefs that are the cause of the emotion. This is true vigilance. As you do this you will learn many things, among them discrimination of the emotions and an ability to focus the mind and clear the emotions from the undisciplined mind. And you will obtain peace beyond your current experience and expectations. The undisciplined mind is the trickster, but with the help of the Voice the creations of the undisciplined mind are seen as the lies they truly are. With each victory the partnership between you and the Voice grows, and more of your mind becomes filled with light and love.

Beliefs under the emotions

At some point the emotions will lead you to a belief that you have about yourself, others, the world, or even God. These beliefs are all creations of the undisciplined mind. Some beliefs are superficial, others are uncovered as you clear away the emotions. Some seem to logically follow the emotion and the event that triggered it. Others will seem to be unfounded, even ridiculous, against what you believe is truth. Trust and follow the Voice who has led you to these beliefs to clear them away. There are layers and layers of beliefs, some repeating to the point that you may ask *Am I not done with this?* Know that some beliefs have existed for a long time, reinforcing and creating new ones, but with the help of the Voice they will be exposed and dissolved away as the darkness they are. Some beliefs are very similar, but different enough to have a different energy. *I am unworthy of love because I lie, I cheat, I steal; I hate. I am unworthy of love because I am fat, ugly, not smart enough; a girl instead of a boy.* These all reinforce the belief of being unworthy to receive love but they are different and must be individually and correctly named. If you believe that something you are, do, or think is reason for God to turn away from you, recognize that as a lie to be cleared away. If you believe that something that another person is, does, says, or believes is reason for you or God to turn away from them, recognize it as a lie. It must be cleared away. God would have you remove **everything** that keeps you from Him and from each other, for it keeps you from being your true self and from recognizing the true selves of others.

Be not dismayed. You are an eternal being and God has given you an eternity to do this and the help of the Voice. There are many pathways to do this. But why wait to begin? Even the clearing of one belief or one emotion increases your light and love. As your light increases you show the way home for all of God's children as well. Why delay? Would you remain in torment one heartbeat longer? Would you remain in darkness a moment longer? Would you delay the coming of peace, joy, or love? The Voice will be your strength, your courage, your guide and helper if you but ask.

You are the child of the most glorious God. You are His creation. He has given you His Voice to guide you Home to Him. Would you wait to go Home? If you are lost in the undisciplined mind, His Voice would show you the way. You are not alone. Ask for the help that you need. It is your choice. Would you see the face of God? Would you know peace, the Eternal Peace of God? Devote yourself to unraveling the undisciplined mind. This is one way Home. This is one way to be free of this imperfect world. The undisciplined mind is what traps you here; unravel its hold on you to be free from it, from fear, and from this world. Learn to quiet your mind. If you are constantly distracted by the chatter of the undisciplined mind and the distractions of the world, how do you expect to hear the still quiet Voice of God ?

Chapter 2:

A Plan of Action

Quieting the mind

The first step in the process is to create a time and a place of quiet. It may help if you practice at the same time and place every day. Begin by reducing the distractions of the world: turn off the radio, TV, iPod, cell phone, mp3 players, and all distractions. You may find as you get more comfortable with silence that these are on less until they play a minor role in your life. With practice, at some point you become able to focus your mind even when surrounded by chaos.

Step two, find the method to quiet the mind that works best for you. Some find meditation and prayer accomplish this. Some find that a quiet pause occurs after saying the Rosary, the Our Father prayer, or a recitation of some of the Names of God. Some have experienced the same thing by doing repetitive actions such as washing dishes, kneading bread, ironing, painting, cleaning the house, running, walking, or rocking a child to sleep for each of these activities can quiet the mind. It seems the undisciplined mind is lulled to sleep with the repetitive task and sensory input it does not need to monitor or direct. The goal is the state of being in the zone - a feeling of focused timelessness.

When you first begin to quiet your mind, you may need to do something to put yourself in the zone. Later, you will find that you can automatically go to this state. Also, the more clearing of the emotions and beliefs you have done the easier it becomes because you have given the Voice a clear space in which to work and a clearer voice.

As you practice, you are going to be able to focus for longer and longer periods and delve deeper and deeper into your mind. You are training your mind to give you control and to focus on what you need, rather than on what the undisciplined mind wants. Quieting the mind requires that you learn to monitor your mind. With practice, you learn how to monitor your thoughts and emotions, identify them, and clear them easily even as you function in the world. There are many daily activities when this is easy to practice. They are things like: waiting in line; riding the bus, car, train, or plane, while on the elevator; waiting on hold; during exercise; creating a meal; watching TV; or cleaning the house - all of these are a good time to practice. There are other times of quiet that also work well such as the time just before you fall asleep, when you wake in the middle of the night, or as you awaken in the morning. Do not fear disturbing anyone while you practice since it is an internal practice done within your own mind.

Step three is quieting the mind. Here is a suggestion for beginning to quiet the mind: sit or lie down in a quiet place. Make it as quiet and undisturbed as you can - close the door, turn

off all distractions. You may need to inform those living with you that you are in insulation for the time you specify. Get comfortable. Begin by taking three deep breaths and then allow your breathing to return to its normal state. State to yourself, "take three deep breaths" each time you do this to condition your mind to focus automatically and quickly with just the thought "take three deep breaths". Next, let your awareness focus on the passage of the air past the tip of your nose - monitor the breath as it enters and leaves. On the in breath think "one" and on the out breath think "two", alternating ones and twos. You may also do this using "in" and "out". The words are unimportant except to give you something on which to focus. Do this for several moments. Quietly state your request for the Voice to help you. It could be as simple as thinking "I ask the Voice of God to help me", "Help me, Voice of God", "Please help me to identify the emotion (or belief)", or as simple as "Please" once you develop a partnership with the Voice.

Clearing emotions

Once you have quieted the mind and asked for the help of the Voice, listen for the emotion. You may recreate the situation in your mind to evoke the emotion. Identify the emotion and name it. This is the critical part. The name of the emotion must correctly match the energy of the emotion. For example, you are angry because of the action of your spouse or employer. Name the emotion: anger. Now think "I forgive and release anger". Repeat this phrase until the anger dissipates. You may also need to forgive the individuals involved. So, think "I forgive and release _ (name of the person)". You can forgive yourself for holding on to the situation by stating "I forgive and release myself for holding onto my anger at _ (person)" or "I forgive and release my anger". Also try "I forgive and release my judgement of ___ (person)". At some point, the anger clears. It requires dedication and vigilance to clear an emotion. Keep repeating the phrase until the anger finally disappears. As a check, reimagine the situation that evoked the anger to see whether the anger is still there. Keep forgiving and releasing until the anger is gone.

When you start naming the emotion such as anger you may feel even more angry than before you started. This is a sign that you have begun to dig the anger out from within your mind. Alternatively, if anger is not the correct name it will not clear the emotion; try naming it rage, an intense and deep-seated anger, or even murderous rage. Try stating "I forgive and release rage". For most individuals, clearing the emotion is easiest while feeling the emotion. However, you can ask the Voice to help identify and clear an emotion that you are not presently feeling. If the emotion persists, keep saying "I forgive and release _ (the emotion)" or try the other variations given above, or a different name for the emotion.

Once you do not feel the emotion anymore, run the process again with the name of the next emotion you feel or wish to clear. Rarely will there be two emotions so intertwined that

you use both names at the same time. Using the previous example if while you were clearing anger you also identified hate, then you could name anger and hate together to clear them. Alternatively, you clear them independently, first clearing anger and then hate. It all depends upon how they are felt, expressed, or change during the clearing process. You may find after you clear and release an emotion there is a physical relaxation, a new clarity of the mind, a new peace.

The following is a list of emotions you may need to clear. This is not an all-inclusive list by any means. Add to the list any additional emotions that you discover. You will find that there will be repetition of emotions and beliefs on various layers of your mind and that if you keep a list it helps you later in reducing the time it takes to identify and clear them.

A list of emotions:

anger, arrogance, ashamed, abandonment, anxiety, avoidance,
betrayal, belligerence, boredom, blame
complaining, competition, control, confusion, compulsion, cruelty
despair, depression, disappointment, disobedience, distraction, distrust, disgust,
dishonesty, disorganized
envy,
fault finding, fear, frustration, forgetfulness, failure
gluttony, greed, grief, guilt,
hate, hopeless, helpless, humiliated,
impatience, immobility, inadequacy, indignant, inferiority, isolation, importance,
jealousy, judgment,
laziness, loneliness, lust, lies
misery, murderous rage
obsessive, obsessive compulsive, overwhelmed, ostracize
paranoia, prejudice, pride, procrastination, punishment
rage, rebellion, resentment, revenge, rudeness
self-importance, self-righteousness, self-flagellation, self-torture, separation,
shame, shy, superiority, sloth, suffering, shunning, sulking

terror, torment, torture, treated unjustly
unlovable, unworthy of love, peace, respect
vengeance, victimhood,
worry, worthlessness

Beliefs

At some point you become aware of the thought processes, beliefs, or decisions behind the emotion. Back tracking or focusing on the cause of emotions is like solving a mystery. It takes many steps and circuitous processes to lead you to the final answer. Many of these beliefs you learned as a child from those who were important to you such as parents, grandparents, other family members, friends and teachers. Children do not understand that most things they hear about themselves have nothing to do with them but are the beliefs of the person speaking. These beliefs passed down generations perpetuate the lies, prejudice, judgement, and separation into the next generation.

The following is a list of beliefs or decisions about yourself or others that you might find as you do this work. This is not an all-inclusive list by any means. Add to the list any that you discover. Emotions and beliefs repeat on the various layers of the mind and keeping a list helps. Be aware that an emotion may have a different underlying belief and that the wording may change. Beliefs about yourself often begin with an "I" such as I hate myself or I hate ___ (person or thing). Beliefs about others usually begin with they, he, or she, such as they hate me or ___(person) hates me. There are also generalizations about your relationships with others such as everyone hates me or nobody loves me. Some beliefs are about your relationship to the world such as the world is an unsafe place, or your relationship with God such as God hates me or God is punishing me.

A list of beliefs:

I am:

terrible, bad, evil, impatient, not heard, not understood, not good enough,
disgusted with myself, ashamed of myself, angry with myself, a victim, stupid, a
trouble magnet, bad driver, bad teacher, unlovable, irredeemable, addicted to:
food, sugar, chocolate, drugs, alcohol, nicotine, sex, working, social media, an
enabler, controlling,

I can't:

do this anymore, do this alone, do math, decide, do anything right, remember anything, have what I want, have what I need, speak to defend myself, trust anyone to stay, trust anyone to love me, trust anyone to not hurt me, trust in the goodness of people

I always:

make bad decisions about money, people, food;

pick the wrong car, people that are bad for me, situations that are bad for me,

have to be right to get love, to be safe, to get respect, to be in control

have to know the future so I can control it, change it, avoid it

have to be perfect for God to love me, to enter into heaven

need to punish myself, torment myself, torture myself

give too much away, do too much for my child, give too much to my child

ignore warning signs too late

Generalized:

Everything I touch I ruin, everything I like I break

There isn't enough love, money, food, time, respect for everyone

Everything, everyone is unfair, unjust, wrong

No one else does: anything right, as good as I do, anything as important as I do

No one loves me the way I need to be loved

Everyone I love abandons me

There is only one way to: show love, be successful, get to heaven

Other people don't: respect me, appreciate me, love me, hear me, understand me, value me

I don't want to hear this, you, God

I don't have to listen to you and do what you want me to

The world:

has dangers everywhere

has animals that hurt me: snakes, spiders, mice

has germs everywhere to kill me: I must sterilize my food, my dishes, my clothes

God:

is vengeful, wrathful

doesn't love: me, them, the world, that country, that religion

has abandoned: me, that country, that people

has abandoned me because I am bad, evil, did terrible things,

is responsible for the rape, murder, wars, evil in the world

forgot me, abandoned me, created me wrongly, hates me, doesn't forgive me,
doesn't hear me, has deserted me

is punishing me, needs me to punish them

does not exist

Clearing beliefs

The pattern for clearing emotions also works for clearing and releasing beliefs. It may take some clearing of the emotion before you become aware of the belief or beliefs under it. As you clear emotions you may be able to identify more easily the beliefs causing them, for as you clear away emotions the beliefs connected with them become apparent. One action that may help you identify a belief is to backtrack from the emotion. Keep asking "What do I feel" or "Why do I feel this way". Ask the Voice to help you identify the belief. Name the belief as you uncover it then "I forgive and release _____ (the belief)".

As an example, let us hypothesize you are angry with your boss for saying one thing and then doing the direct opposite. After you have cleared anger and the other emotions that you feel, perhaps rage, frustration, hate, or betrayal, create a clear space in your mind to try backtracking from the anger. I will suggest some answers, use the ones that resonate with you or your own.

- Ask yourself “I am angry because ___” or “Why do I feel angry”. For this example, I have filled in the blank with my boss lied knowing that you may have a different answer. Forgive and release anger at your boss for lying. Remember, your questions and responses probably are different from mine. This is just a pattern. You will know that you have the correct answer by the emotional charge that you feel or a response in your body.
- Next ask “When my boss lied to me I got angry because ___”. Perhaps lies make you feel unsafe because you cannot trust someone who lies. Forgive and release I am unsafe. Also try forgiving and releasing your boss for lying, worry about the future, or resentment that he lied to you. Use your response in the next step.
- Query yourself “I feel unsafe because ___”. Possibly you feel unsafe because you don’t trust him to do what he says. Forgive and release your distrust of your boss. Or maybe this is a control issue then forgive and release control, or loss of control. This may also be a judgement issue so forgive and release your judgement of your boss. Also try forgiving and releasing fear about the future, worry about the future, or paranoia that things are not as they seem.
- Then follow the logic to next emotion or belief, “I don’t trust my boss to do what he says because ___”. He may say he is happy with my work but fires me instead with no warning. Forgive and release the fear of being fired, fear of abandonment, fear of my needs not being met by that person or job, of being fired unjustly, or of having no recourse. It may be a punishment issue and the loss of your job would be your punishment. Try forgiving and releasing the belief that you need to be punished.
- Go to the next link in the chain. “If my boss fires me ___”. Maybe the answer is I will not be able to find a job, can’t pay the bills, lose the house, and starve ... I will die. Forgive and release worry about the future and fear: the fear of not finding a new job, the fear of losing everything, the fear of starving, fear of dying, or the fear of loss of control of the future.

Only you know when you have reached a core belief and do not need to go further. Perhaps in this last step one of the beliefs is a core belief, or each one of them could be a core belief that needs forgiven and released. Often when you clear and release a core belief there is a physical relaxation, a sigh, a new clarity of the mind, a new peace.

- Let’s further investigate the fear of dying by answering “When I die ___”. Possibly your answer is I will not go to heaven because I am a bad person. Forgive and release the belief that I am a bad person and God will not let me into Heaven. Maybe you believe that God

will punish you by not letting you into heaven. Even if you know that God loves you and forgives you, you may find some beliefs hidden in the undisciplined mind that are not what your conscious mind believes. These hidden beliefs create darkness and separate you from God. Forgive and release them even if you think they make no sense, are ridiculous or absurd. These are the lies of the undisciplined mind.

Another way of backtracking is by using IF / THEN type questions and responses. Again, you will know which answer is the one to forgive and release by the emotional charge you feel. Often, a relaxation follows the release of a core belief. Let's use an example of anger towards a person who did not do what you asked them to do on a job at work.

- First, forgive and release the anger. "I forgive and release ____ (person)". "I forgive and release my anger at ____ (person)." "I forgive and release myself for my anger at ____ (person)." If the anger persists also try "I forgive and release myself for holding onto anger".
- Then begin to backtrack the anger. Ask yourself "I am angry because ____". They did not follow my directions. Ask yourself "Why did I get angry when they did not follow my directions". Maybe you answered I am angry because the work was not done correctly and it makes me look like I can't do my job. Forgive and release fear of judgement, fear of being inadequate, fear of failure, or pride in your work. Perhaps it was loss of control, or of others not respecting you.
- Then begin using questions in the IF / THEN format. "IF I can't do my job THEN ____". My boss will not trust my ability to do my work. Use this response as the next IF / THEN question.
- Ask "IF my boss can't trust me to do my work THEN ____". I will be fired. Forgive and release those applicable: worry over being fired, fear of being unjustly fired, the fear of failure, fear of judgement, fear of being seen inadequate, fear of not having recourse if fired, resentment of being judged wrongly, or fear of being punished wrongly.
- Continue, "IF I get fired THEN ____". I won't have a paycheck.
- "IF I don't have a paycheck THEN ____". I won't be able to pay my bills.
- "IF I can't pay my bills THEN ____". I won't be able to have a house.
- "IF I can't have a house THEN ____". I will have to live on the street.

- “IF I live on the street THEN ___”. I will starve to death, get diseases, freeze to death, or beaten to death.... I would die. Forgive and release the fear of dying, fear of being homeless, fear of being a victim, fear of violence, pain, paranoia, punishment. These responses are like the ones we cleared in our previous example. Forgive and release as appropriate.
- “IF I die THEN ___”. God would punish me because I turned away from Him. Forgive and release the beliefs that God would punish you, the need to punish yourself, and the fear of punishment for turning away from God. Again, trust your answer even if you know God loves you and would welcome you home with open arms.

In this scenario the person was angry because, to the undisciplined mind, this was a matter of life or death. Different people will have different reasons or responses to the questions, yet the pattern used to clear the beliefs is the same. You may also find different answers as you clear away the superficial ones. It is always about what is in your mind, your feelings and your beliefs. Your answers are different from anyone else’s. They are your answers to your anger. Forgive and release their hold over you.

To illustrate this point using the IF / THEN method, it just as easily could have been that because the person did not follow directions you had to stay late. There may be other beliefs or emotions as well to the ones I suggest; let this be an example and know that to work for you it must resonate with you – a physical or emotional response to the one that is correct for you.

- “Why do I feel this way?” I had to stay late to do the work they didn’t do right and I am angry at having to work late. Forgive and release anger and possible rage, resentment, I am overwhelmed, jealousy that they got to go home on time, isolation, punishment, exhaustion, or victimhood.
- Onto the next: “IF I had to stay late to do the work THEN___”. I don’t have time to go to the gym to work out. Forgive and release disappointment.
- “IF I don’t go to the gym to work out THEN___”. My blood pressure goes too high. Forgive and release terror of illness, fear of disease or dying, or control or loss of control. One could also try the beliefs: I am a hypochondriac or I fear disease. It could also be a social issue such as not being able to meet someone at the gym.
- “IF my blood pressure is high THEN___”. I could get kidney and heart disease. Forgive and release terror or worry of illness, the fear of disease or specifically heart or kidney disease or fear of dying.

- “IF I get kidney disease and have to go on dialysis THEN__”. I would not be able to work to support myself or my family. Forgive and release worry about money, or fear of failure to provide for my family.
- “IF I could not work to support my family THEN__”. I would have to go on disability to pay the bills. Forgive and release inadequacy, fear of failure, I am not good enough, or worthlessness.
- “IF I go on disability THEN__”. My spouse would have to work two jobs to make enough money to support us. Forgive and release: I am a poor provider, I am inadequate, I am a failure, worry about the future or money, worthlessness, or I am overwhelmed.
- “IF my spouse had to work two jobs THEN __”. They would leave me. Forgive and release I am overwhelmed, everyone leaves me, everyone abandons me, I must buy love, or I am loved for what I give or do for people.
- “IF my spouse left me THEN__”. My friends would leave me and I would be alone. Forgive and release the fear of being alone, everyone leaves me or no one loves me.
- “IF everyone left me THEN __”. I die alone. Forgive and release fear of being alone or isolated, or I am afraid to die alone.
- “IF I die alone THEN__”. God would also deny me heaven because everyone abandons me. Forgive and release terror or fear of dying alone, everyone abandons me, God abandoned me, or God doesn’t love me.

Remember, this is just a pattern to show how this works. Everyone would have different questions and answers to why they were feeling the emotion. This is a pattern using the IF / THEN pattern to reveal what was under the emotion. It is important while going through the process that you treat yourself gently and without recriminations for what you feel or have as a belief. Clarity and forgiveness occurs when you are honest and nonjudgmental with yourself. Just accept that it is there and forgive and release it. If you begin to judge yourself about having these beliefs then forgive and release yourself for judging yourself, for holding onto the belief for so long or for having these beliefs. Listen to yourself- your body’s response to a belief will be a clue to the correct emotion or belief for you. Suspend disbelief, recognize that the Voice led you to the right answer even if it makes no sense to you.

A protocol for clearing beliefs and emotions

- Move to your quiet place and turn off all distractions.
- Get comfortable either sitting or lying down.
- Begin to quiet the mind by taking three deep breaths using “one” or “in” on the in breath and “two” or “out” on the out breath.
- Ask the Voice to help you, “I ask the Voice of God to help me”, “I ask the Voice of God to help me clear my mind”, or “I ask the Voice of God to help me identify and clear this emotion (or belief)”.
- Listen, name the emotion or emotions present, and select one to work on, or imagine a situation to evoke the emotion that you felt.
- Forgive and release the emotion. “I forgive and release ___ (emotion).” “I forgive and release my ___ (emotion) at ___ (person).” “I forgive and release myself for my ___ (emotion)”. “I forgive and release my judgement of ___ (person).” “I forgive and release myself for holding onto ___ (emotion)”. “I forgive and release my judgement of myself”.
- Continue until the emotion clears, meaning that you do not feel the emotion any more. Repeat the process with the other emotions identified or go on to clear beliefs. Recognize that some emotions are deep seated and it may take some time to feel the release or try renaming the emotion.

You may eventually reach a point in your emotional clearing practice where you can simply identify the emotion by name and then think the name of the emotion until you release and clear it. The energy of the name of the emotion cancels the energy of the emotion and releases it. You have trained your mind in the process and can streamline it since you are working directly with the Voice or working with the higher mind of your true self.

- For clearing beliefs, continue working from the emotion you just cleared using either or a combination of the backtracking methods. Keep asking “What do I feel”, “Why do I feel this way” or use the IF / THEN technique.
- Clear and release each answer and backtrack until you clear a core belief.

Core beliefs repeat on various layers of your mind. Keeping a list of emotions and beliefs helps you later in reducing the time it takes to identify and clear them. Some beliefs appear similar and may be different in only one word. Sometimes a name or phrase may seem ridiculous or illogical because the undisciplined mind lies to keep you in its control. It keeps

some of these beliefs in a part of the mind that is not usually available to your conscious evaluation. Trust the Voice to give you the truth and forgive and release the belief regardless of how ridiculous or illogical it seems. The Voice leads you through the layers of emotions and beliefs and clears the darkness that is in your mind. Even should you misname an emotion or belief you do no harm. Simply ask the Voice to help you identify the emotion or belief.

Chapter 3: *Specific Condition: Weight loss*

Being overweight is not about control. It is about the beliefs in the undisciplined mind that cause you to do things like binge on chocolate, eat a few minutes after finishing a large meal, or eat foods that are bad for you. Some of these beliefs may also resonate with individuals with other forms of addiction such as smoking, drugs, or alcohol. Modify the phrase to fit the condition, such as 'I am angry so I eat', 'I am angry so I drink', 'I am angry so I smoke' or 'I am angry so I need drugs'. You can also modify the list for specific items such as 'I am angry so I eat chocolate ice cream', 'I am angry so I need to smoke some weed', 'I am angry so I need a Manhattan', or 'I am angry so I need some Vicodin', or even 'I am angry so I need to beat someone up'.

My weight has been a lifelong issue for me. I can count on both hands the number of times I have not been overweight and one of those times was when I was born a month early at 5 pounds 3 ounces. It never failed, I would conquer being overweight and slim down to a size 6 or 8 then balloon back up to a size 16 or 18. Using the I forgive and release mantra on root issues does work, it just may take a while to see results. I found a multitude of beliefs surrounding my weight and as I cleared them out I gradually stabilized at a lower weight - like a stair case. It also helped that I started eating the China Study diet referenced in Chapter 4 which is a life style eating whole food, plant based foods with no isolated oils, low salt and low refined sugar. Even when I was eating this healthy way, I craved chocolate chips or dark chocolate and almond candy bars which is not conducive to weight loss. My addiction to all things chocolate needed cleared away.

Do not hold it against yourself if you do well for a while then end up eating without realizing you are eating or knowing why you are eating. Take this as an opportunity to look for new beliefs. I often caught myself in the kitchen cabinet looking for the chocolate morsels and had no memory of getting up and going there. I had to learn that eating when not hungry meant some belief was in action, to figure out the belief, and then clear it. The good news: clearing these beliefs about food leads to fewer binges and less weight gain during a binge in addition to keeping weight off. Over time, I found I could stop a binge, change the type of food I was binging on, not spend as long overeating, and finally not crave chocolate. As a result, my weight dropped 30 lbs. Fine tuning has resulted in even more coming off during the time writing this chapter. I am optimistic that I will be able to drop another 10 pounds and not feel hungry or deprived.

Mostly, these are my food issues and a few from friends. You may have others. You may have a just a few rather than a list that seems to go on and on. Again, ask the Voice to help you identify the belief. Some of these may sound unreal such as 'I have to eat or I will starve to

death'. To look at me you could tell I have never been far from food, yet that was one of the beliefs in my undisciplined mind that made me eat when I was not hungry. The belief 'I can eat whatever I want, as much as I want, whenever I want, and not get fat' was responsible for days of binge eating and much weight accumulation.

Trust yourself and the Voice. You don't have to understand the belief to clear it and reap the rewards. It requires vigilance, self-awareness and trust that the Voice can lead you when you feel lost or stuck. Keeping a record can help. Check your list to identify a belief or work out a new belief to add to your list. It can be a simple list of beliefs, or you can include what you were eating or doing at the time or other variables like the time of day. Usually after a meal the "I can't stop eating" belief would start. A friend mentioned when she could not stop eating it was time to clear gluttony. Write down what helps you. This is a process of self-discovery. God Bless you on your journey.

Here are some beliefs affecting weight loss:

I eat because I am _____

cold, tired, exhausted, bored, angry, depressed, ashamed, guilty, humiliated, alone, still hungry, addicted to food, addicted to sugar, addicted to bread, addicted to rich fatty foods, addicted to chocolate, starving

I am obsessive compulsive about food, sugar, chocolate, breads

I can't waste food, I have to finish this

I am fat, I am fat and ugly, I am obese, I am ugly because I am fat

I eat mindlessly, I eat unconsciously; mindless eating, unconscious eating

I can't control my eating, overeating

I started eating it, so I have to finish it

There is just a bit more, so I have to finish it

I want another one, just one more

I can't stop eating

More is better

Gluttony

Being large is powerful

I need food

I need this, I need to eat this

I have to eat or I will starve to death
I have to eat it all right now before it is gone
I eat so that I never starve again
If I don't eat I will get car, plane, bus, train sick, motion sick
I have to eat so I don't get sick
I can eat whatever I want, as much as I want, whenever I want, and not get fat
I don't have to listen to you and do what you tell me to do
They make me feel bad, ashamed, humiliated because I overeat
Here Piggy, Piggy, Piggy!
I eat things that are bad for me
I make bad food choices
I eat foods that are bad for me
I can't forget about food
Nothing I do or try helps me lose weight
I don't like to exercise
I don't like to sweat
I can't lose weight
I am fat but I don't care anymore
I am overeating but I don't care anymore
I am overweight to punish myself
I am overweight to protect myself
I am depressed about my weight because I cannot control my eating
I am depressed about my weight but I can't stop eating
I am depressed because I overeat and I can't lose weight
I worked hard, I deserve this
I exercised hard, I deserve this

Chocolate issues:

Addicted to chocolate

I am obsessive compulsive about chocolate

I am obsessed about eating chocolate

I have a compulsion to eat chocolate

I can't resist chocolate

I need to celebrate with chocolate

I need a chocolate treat

I deserve a chocolate treat

I can't stop eating chocolate

Just one more bite of chocolate

I can't eat just one piece of chocolate

I want another one

I deserve another one

I can eat as much chocolate as I want, whenever I want, and not get fat

I deserve some chocolate, I worked hard, exercised hard

I love chocolate

Chocolate makes me feel good, better, happy, awake, alert, smarter

Dark chocolate is good for me, for my heart

I can never eat enough chocolate

I can't resist anything chocolate

I see chocolate I eat chocolate

The path Home

Originally this was part of Chapter 1. It seems an appropriate ending to the workbook.

Your Father plans that all His children will come home for every child is precious to Him. Here is one path home, one path to your true self and that path is Love. All the paths of light and love are true pathways home. You become a clearer expression of love and light as you clear away the darkness. Sift through the emotions and beliefs of your mind and remove those that are not love for only love is truth and eternal. Listen for your emotions and beliefs for they direct your choice between darkness and love. Know your Father has given you His Voice and the help of the angels to find your way home. Why delay when a path of light is before you? Ask and you will be shown your path.

Chapter 4

Additional Reading

These are the books that have been important to me in my path. As with any book that you read, retain what resonates with you and your path; discard the rest. I like holding a book in my hands before I purchase it. Usually I get a feeling of whether the book has anything in it that I need to read or not. Once I even had a book fall off the shelf at me. Of course I bought it! It was on angels. Ask the Voice to lead you to a book or page in the book that has what you need to read.

Gendlin, E. T. *Focusing*. Bantam Books, New York, 1981; first edition 1978.

Dr. Gendlin, a psychologist, perfected this technique for individuals that traditional psychotherapy was ineffective. He found that it was successful in those clients and led to inner transformation. There are several books on Amazon on focusing.

Renard, G. R. *The Disappearance of the Universe*. Hay House, Inc., Carlsbad, 2002.

The Disappearance of the Universe is a unique and transformative book. Often described as an introduction to the *Course in Miracles*, it introduced me to the power of forgiveness. As Christians we taught to forgive others. The churches I attended never mentioned that it is just as important to forgive ourselves. Just that one concept from the book was priceless. *The Disappearance of the Universe* also talks about past lives, guides, religion, and other thought provoking concepts that may change how you see and interact with the world. After I decided to add this chapter I did try to find where the mantra "I forgive and release" was in the book, however, I could not find it. I think my friend Pamela R., who attended a workshop given by Gary Renard in New York City, told me he presented it during the workshop.

Foundation for Inner Peace. *Course in Miracles*. Foundation for Inner Peace, Glenn Ellen, 1992.

I was never able to read more than the first chapter of the *Course in Miracles*. Some of the lesson titles in the *Workbook for Students, Part II*, however, I used the same way as a belief, forgiving and releasing them. Most of the ones I used were on my relationship to others and to God.

- Campbell, K. (2015). *Plant Pure Nation*. Dallas: Ben Bella Books, Inc.
- Campbell, K. (2017). *Plant Pure Kitchen*. Dallas: Ben Bella Books, Inc.
- Campbell, L. (2013). *The China Study Cookbook*. Dallas: Ben Bella Books, Inc.
- Campbell, N. (Director). (2015). *Plant Pure Nation* [Motion Picture].
- Campbell, T. C. and Campbell, T. M. (2015). *The China Study: Expanded and revised edition*. Dallas: Ben Bella Books, Inc.
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The China Study is a comprehensive report of the findings from 4 decades of research of diet, disease, and how diet can reverse many prevalent diseases in the US today such as heart disease, diabetes, obesity, some cancers, auto-immune diseases, bone and kidney health, and many diseases of 'old age'. *The China Study* is for those who want details. *The China Study Solution* presents the basic conclusions from the *China Study* and the effect on some diseases of changing to a whole-food, plant-based diet. *The China Solution* also contains recipes. For those who prefer watching the movie, *Plant Pure Nation* is on DVD and is currently available on Netflix. It presents the background and results of the *China Study* in an interesting and easy to digest form. There are many cookbooks by Kim Campbell and LeAnne Campbell that use the premises of the healthful diet presented in the *China Study*.