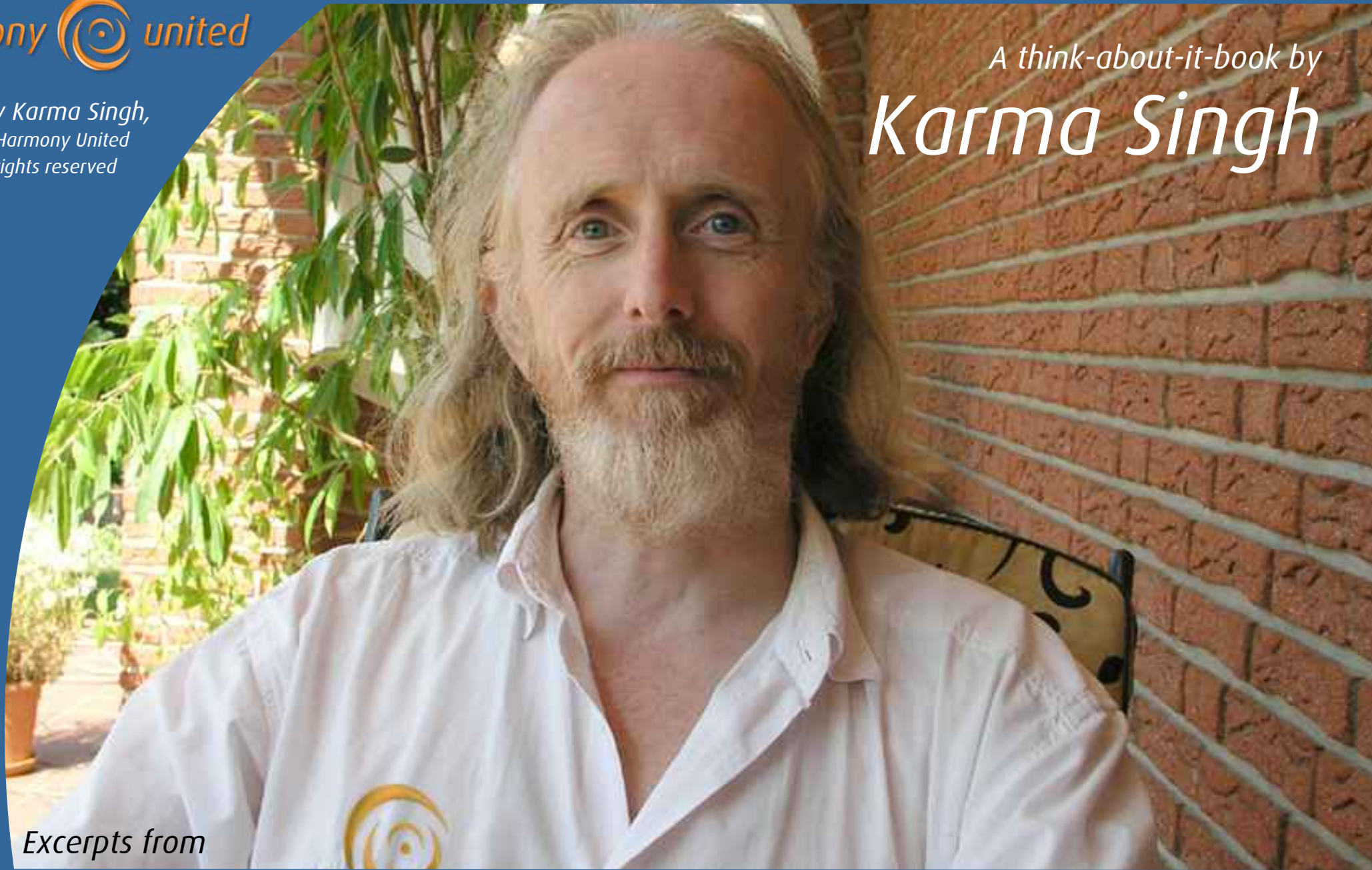


A think-about-it-book by

Karma Singh



Excerpts from

What is your body saying?

This eBook is an excerpt from Karma Singh's book "What is your body saying?"

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Index

What is this peculiar thing.....	3
A guided journey through the body (front)	4
A guided journey..... (rear)	13
The main organs	25
The organs and emotions	38
After word	40
Bibliography	41

What is this peculiar thing called body?

The physical body serves many purposes. The most important for us is to see how one can recognize ones' own self judgments and thought habits in the messages from ones' own body and, through skilled applications, free oneself from this unsatisfactory state.

A physical body is only capable of giving two messages to its' owner: Pain, i.e. something is not in order and pleasure, i.e. that's niiiiice. When we know which areas of the body react with which thought systems or emotions then we put ourselves in a much better position to get to know ourselves and to get more joy from life. Actually, this is this reason why physical bodies exist, i.e. though the pain (warning) and pleasure (reward) signals we are taught to recognize which of our thoughts and beliefs serve us and which do not.

Your body reacts immediately upon all your thoughts, even those that you "didn't notice!" The relative position or part of your body will react appropriately. With single thoughts, the reaction is, naturally, quickly over. With constantly repeated restrictive or destructive concepts, however, the body can become so cramped at the relative station that chronic pain is experienced.

If we use the example which all of us know, our sexuality, we can immediately see what happens: A man looks at a, for him, beautiful, erotic woman or a woman looks at, for her, a handsome erotic man. What happens? Immediately comes the thought "What would it be like to hold him/her?" Your body reacts to your thoughts immediately: The testicles will be drawn up to the body or the labial lips begin to open.

The decision, "maybe not" immediately causes the opposite reaction. If, however, for example, past experience or childhood impressions cause disturbances in these natural systems then quite different reactions, which are not so pleasant, may take place. For example, the belief that enjoying beauty is a sin, evil, dirty, devilish or similar will block the healthy reaction and manifest something quite different. These sorts of beliefs would cause cramps in the lower abdomen, especially in the uterus and prostate gland. This, combined with the consumption of cows milk and products thereof (butter, cheese, quark, cream etc) creates the enormous workload for urologists and gynecologists. It is exactly the same with other sorts of thoughts: The relative position reacts.

All that one now needs to know is which positions relate to which thought patterns.

Hold your body within your self as you would a baby; an expression of your unconditional love for yourself: It can do nothing to harm you and, without you, it can do nothing at all.

Chapter 3, Part 1.

A Guided Journey through Your Body

The descriptions here are quite rough; perfectly adequate for general use. It is, of course, possible to work much, much finer and, in reality, each cell of the body has its' own tale to tell.

Mostly, the lies which cause the pain will be described followed by the truth which releases it.

It is also useful here to note that the left side of the body fundamentally expresses female or receptive energy and the right side male or creative. Please do not take this as a clear division: Nowhere in the universe is there a clear division. Perceive this please as "Background Flavor", i.e. the left side has a female emphasis and the right side a male emphasis. Also always remember that each cell has a left and a right side.

Part 1 - the front and sides of the body

It is through the toes that we determine our way through life. The sequence, from the little to the big toe, is love, trust, direction, purpose and strength. If, for example, the little toe is unhealthy or malformed then the question with which the owner has to concern him/her self is, "Why do I reject love?" (left foot) or, "Why do I believe that I am not worthy of love?" (right foot.) The big toes relate to the beliefs, "I do not have the strength to take that which is mine." (left foot) and "I do not have the strength to determine my own way through life." (right foot.) The node which sometimes grows

behind the big toe and may completely deform the foot has nothing whatsoever to do with the shoes you wore in your youth. It is the physical manifestation of the belief, "I cannot assert myself against my mother." (left foot) and against my father (right foot.)

Through observing your body you begin to discover in what ways you fight against yourself and, by questioning, you begin to discover why.

Unfortunately, it is not sufficient to discover a single question: A lie, in itself, has no permanence. There is always a mountain of lies which support each other and one needs to dig up the whole structure. Fortunately, it is not so difficult because one can uncover practically the whole structure by observing the body and by bringing the truth to the central point. Because the truth is always simplicity itself it can remove the millions of lies which lean upon each other. The truth stands alone, without any need of support, because it is the wellspring of creation. Lies are always simply justifications for denying creation; that is why they cause pain: They are the justifications for denying that you are who you are!

At the **sides of the heel** we block ourselves with the lies:

Left: I am not good enough to be accepted by God, to see God etc..

Truth: I am the beloved partner of God.

Right: I am not good enough to work for God or to create.

Truth: I am the omnipotent Partner of God, created to share creation with him/her.

The sentences which I write can only show the direction in which one has to seek; your particular thought problem is probably unique but will lie within this framework. For the purpose of this work and so that it can be useful to all, I can only show the types of thoughts which relate to particular parts of the body.

The purpose of these bodies and these worlds is to teach us to forget who we are not, i.e. to see the complete truth and to treat others only in truth. Perfect truth is absolute wisdom and all that we can really know is love, joy, peace and happiness.

The point at the front of the ankle is blocked with:

Lie: I am not free to move as I wish.

Truth: Nothing hinders you, absolutely nothing.

The outer sides of the shins:

Lie: I cannot go upon my way.

Truth: Being here with your body IS being upon your way.

Don't forget the background flavor:

Left: Receptive, female, etc..

Right: Creative, male, etc..

Upon the shin bones themselves, from the point directly below the knee caps:

Left:

Lie: God does not support me to receive.

Truth: God has given you everything. You need simply to decide to have.

Right:

Lie: God does not support me to create.

Truth: You ARE the will of God. God is not divided against him/herself.

The lies which block **the inner sides of the knees** are:

Left: Women do not support me to receive / my femininity does not allow me to receive, etc..

Right: Men do not support me to create / my manliness does not allow me to / is not sufficient to create, etc..

The lies which block **the outer sides of the knees** are:

Left: My mother does not support me to / does not allow me to receive.

Right: My father does not support me to / allow me to create.

This can be a real pot purée: For example, "My fathers femininity does not allow me to live my manliness." or, "My father does not allow me to accept my femininity." The question is, therefore, always, "How can other peoples' thoughts determine or restrict my will?" The answer is always..... " In no way whatsoever."

Thigh

Outer sides:

Left: Anger at life because life does not give you what you want, i.e. your instruction to life, "Don't give me what I want, I'd rather be angry.

Right: Anger at life from your instruction, "Life! Don't do what I want, I prefer to be angry."

At the front - the 2 pleasure lines. From the middles of the knee caps to the groin:

Left:

Lie: I cannot receive pleasure / I am not allowed pleasure / pleasure is not for me / for me there.

Truth: The reception of pleasure is a divine obligation.

Right:

Lie: I cannot create pleasure / I am not allowed to give pleasure / being with me is unpleasant, etc..

Truth: Direct instruction from God: "Do only that which pleases you. You will, thereby, uncover your divinity."

This last instruction needs a little study in which the following question is to be noted, "What do I get back from my action?"

On the inner side of the whole leg from the big toe into the pelvis are the two main lines through which the body takes up energy from Mother Earth.

Left leg: Receptive energy.

Right leg: Creative energy.

These lines separate at the knee into three tracks going upwards:

Towards the front of the thigh into the ovaries/testicles.

In the middle into the perineum where the left and right tracks also meet.

Towards the back of the thigh, over the rear of the pelvis (the sexual triangle) and into the spine.

The pelvis and the abdomen.

The sides of the pelvis, directly above the hip joint:

I cannot command my power.

The soft tissues of the under belly directly above the edge of the pelvis:

I cannot support myself.

The point in the middle of the body directly above the pubic bone:

Guilt

The horizontal line between the inner edges of the pelvis, through the ovary position:

Fear of ones' own sexuality.

The sides of the abdomen:

Left: I can never be free.

Right: I cannot create my own freedom.

Truth for all of these: I am omnipotent!

The fear triangle:

In the middle of the belly, half way between the lower end of the breast bone and the naval is a point where four muscle groups meet. Here is blocked and cramped with the:

Lie: Fear of life.

Truth: You are life itself! Life is yours to do with as you will.

From this point go two bands of muscle up to the ribs, each 30° from the vertical.

Left side of the triangle: Fear of women and / or fear of being a woman.

Right side: Fear of men and / or fear of being a man.

Truth: Your presence and power are in no way dependent upon the actions and judgments of others.

Under and on the lower ribs:

Left: Anger at women and / or anger at being a woman.

Right: Anger at men and / or anger at being a man.

Middle: Anger at love.

Truth: Anger is totally useless. It does nothing other than damaging you and has no effect upon anyone else.
(see also chapters 4 & 6.)

On the upper ribs and below the shoulders:

Left: Sadness over / about women / femininity.

right: Sadness over / about men / masculinity.

And under the collar bone:

Lie: Sadness from childhood.

Truth: Sadness is a total illusion which you have manufactured in order to justify the lie that it is not possible to be happy the whole time. But it is not only possible but also our normal condition. (see also chapters 4 & 6.)

We block **the inner sides of the arms** when we pull ourselves back from

Left:

Lie: what we want to have.

Truth: Everything already belongs to you. That which you will is already in your possession and you simply hold yourself back from enjoying it.

Right:

Lie: what we want to do.

Truth: There is no possibility of damaging anyone else, just as no-one can damage you. Why do you choose to suffer? It is your choice.

It is through **the fingers** that we determine our environment. The sequence from little finger to thumb is love, peace, divinity, presence and power. If you hold your thumb folded into you palm, you express your belief in being powerless. When you hold your thumbs stretched out, you declare yourself as powerful.

It is in **the thyroids** that we hold all the things which we wanted to say, scream or whatever and, instead of doing so, we sealed our lips and swallowed them. Scream or cough them out: A meaningless noise is all that is there.

At the top of the throat, behind the chin:

Lie: I can never say what I want to say.

Under the edge of the jaw bone:

Lie: I am not allowed to tell the truth (the cause of a double chin.)

Look at these two judgments: Both have exclusively to do with the past and yet are expressed in the present tense. It is from this confusion that many false judgments and projections arise. For example, simply because your parents did not want you to speak freely in the past, your inner belief structure is that you must continue to restrict yourself in the same manner.

Below the ears and the two big muscles on the jaw:

Left: Anger at mother.

Right: Anger at father.

The face is not only there for communication but also mirrors the condition of the inner organs:

- Brown shadows around the eyes show that the liver and pancreas only partially function.
- Blue lines under each eye show that the corresponding kidney is very poorly.
- Swollen lower eyelids show that the small intestine is weak. (See also chapter 4)

I will write no more to this theme as the diagnosis of illnesses is not the purpose of this book. Looking for symptoms makes, in this context, no sense: I ask not WHAT but rather WHY because only when one has comprehended WHY a thing is, is it possible to change WHAT it is.

Should you wish to learn more of the diagnostic techniques mentioned above, then the website for you is www.kushiinstitute.org.

Chapter 3 Part 2.

The Rear of the Body

It is here that we will see differences in the consciousness structures dependent upon whether you are, at this time, expressing the male or female attribute of the human body. The differences are, of course, not real and appear as a result of false judgments.

In the calves we express many thoughts about separation from God. Here one can identify three differing lines between the ankle and the knee; the outer edge of the calf, the inner edge and the middle. Each line has three separate areas of similar size. I will now describe in detail the types of lies which block these 18 areas. At the positions where there is a difference between the male and female body expressions I will describe them. Where there is no difference I

will say nothing extra. N.B. These areas are not separated from each other. Their energies constantly flow into each other and also from one leg to the other.

The outer lines:

Lower left: God didn't give me a real mother.

Lower right: God didn't give me a real father.

Middle left:

- female: God doesn't like me.

- male: God disapproves of my choice of women / my wife etc..

Middle right:

- female: God disapproves of my choice of men / my husband etc..

- male: God doesn't like me.

Upper left:

- female: God doesn't like women.

- male: God won't give me a woman.

Upper right:

- female: God won't give me a man.

- male: God doesn't like men.

The inner lines:

Lower left: God wants to imprison me.

Lower right: God wants to punish me.

Middle left: God has imprisoned me.

Middle right: God is punishing me.

Upper left: God wants me to suffer.

Upper right: God makes me suffer.

The middle lines:

Lower left: I have been hounded out of Heaven.

Lower right: God is hunting me.

Middle left: God doesn't love me.

Middle right: God doesn't send me any love.

Upper left: God has taken away my power.

Upper right: God has not given me any power.

Truth! All the above judgments are total nonsense and simply justifications for blaming God for your rejection of the abundance which she/he has given you.

Left knee:

Lie: God doesn't want me to have anything.

Truth: You already have everything. You have simply forgotten what you've done with it.

Right knee:

Lie: God doesn't want me to do what I want to do.

Truth: When will you remember that your will and hers are one?

The thighs:

Just as in the calves, there are again three tracks running from just above the knee. The inner and outer tracks run up to the top edge of the pelvis and the middle track only goes so far as the lower edge of the pelvis (just under the seat.) There is no male / female differentiation.

The outer lines:

Left: Afraid to receive, i.e. the expectation of being betrayed.

Right: Afraid to create, i.e. the expectation of failing.

These two lies express the expectation that you must pay for that which you have done and that which you want and that this payment will be in the form of some sort of punishment. But, my beloved siblings, how can this be possible? Everything is already yours. That which you decide to receive is a present from yourself to you! It is exactly the same

with your will to give and to serve. How can you give something that you have not first received? It is your divine purpose to create. This is the will of God. God wants you to create and when you give to her what he wants how can there be anything more to pay? To whom would it be payable?

The inner lines are the main energy lines again; left receptive, right creative. When you block these lines you weaken the small of the back and the lumbar region. One blocks these lines through the rejection of the power that you have commanded and received.

The judgments which block the **middle lines** are:

Left: Women oppose me.

Right: Men oppose me.

The lines terminate directly under the pelvis where the following can be ascertained:

Left: My mother opposes me.

Right: My father opposes me.

These are nothing other than your direct instructions to these people to oppose you. Because you command it, they do it for you just to show you that it is always your choice. If you try to retain these lies and blame other people for them (they only did what you told them to!) then you direct your anger against yourself. You seek to make others responsible for your own thoughts through which you simply block your ability to decide otherwise.

The seat:

The second biggest muscles in the human body and you use them principally to store anger against yourself.

Left: Anger for not accepting that which belongs to me.

Right: Anger that I don't do what I can and want to.

Almost all **back problems** are caused by the judgment arising out of the fact that you, in the past, didn't do something that you wanted to. You regret even today the lack of that which you didn't create and force yourself to believe that you also cannot do it now. You, therefore, keep repeating the same self-betrayal and screw the cramp in your buttocks and lower back daily tighter:

The regret coupled to the lack experience makes the lack more important to you than that which you wish to create. Yes, this is a totally insane idea but most peoples' lives are governed by such strange concepts without them even noticing it - they just experience that, somehow, that which they wish just doesn't happen! The Harmony Chip was given to mankind for the express purpose of deleting such nonsense from human consciousness. The experience is that the Harmony Chip does precisely this.

Additionally it is also possible to "reprogramme" your personal "automatic pilot" (your habit circuits) i.e. change your daily instruction to yourself.

A simple exercise to do this is with an affirmation: For seven consecutive days, write and simultaneously speak the following sentence seventy times.

I,(your first name, the one that your friends use) ..., now do and have everything I want.

If you miss a day, start again at day one. During the process it is natural to doubt that such a simple exercise can achieve anything. This tends to be especially strong between the third and fifth days. It is simply that the old, destructive habits are fighting to remain in control. Keep going; it does quite a lot, you'll see. It is quite usual that miracles are

experienced at the finish. It is not the technique itself which does this but rather that you allow yourself at last to see that you are miraculous.

If you use this technique for one week every month for a year, your entire energy structure will change, your body will feel lighter and previously hidden abilities will emerge. The choice is yours!

The lower back:

Left: Women don't support me.

Right: Men don't support me.

The kidneys (where the last very short rib is):

Left: Women don't love me.

Right: Men don't love me.

These four are not complaints about what you experience (although they may seem to be) and are not the cause of your pain. These four lies are your own instructions to your fellow humans, i.e. "Women! Don't love me." and "Men! Don't support me." etc. So seek you to justify the biggest self-lie that can be:

I am not worthy of being loved!

The truth: My divine siblings, unconditional love is that which you are and all that you are!

The middle back from the kidneys up to the lower points of the shoulder blades:

On both sides: I cannot breathe.

So what is going on here? You have a fixed belief that you cannot express your emotions. Usually, this is a family habit and you were forced as a child to suppress your feelings. So now, out of the fear of being rejected and unloved, you continue to suppress yourself and your feelings. Your middle back becomes so cramped that your ribcage is pulled out of position, the lung capacity greatly reduced and poisonous gasses become trapped in the lungs. For why? Just to hold onto a meaningless noise!

The anger and sadness that you are holding onto have no meaning whatsoever. Anger is the attempt to change the past, sadness the demand that someone change your past for you. How ridiculous is the ego! It tells you to make yourself suffer now in order to justify blaming someone else for that which is over and done with. When you let these noises out, you will discover that they simply disappear (and the pain and stiffness with them.)

Scream them out now! Don't scream at anyone, this makes a circle and the energy will return to you. Just scream free. In your car on the motorway, for example, you cannot be heard.

A very effective method to get the habits out of the way so that the natural emotional detoxification can take place is called Rebirthing. This is a special breathing technique for emotional purification. It should not present too great a problem to find a rebirther online or in yellow pages or via www.rebirthers.com (although this is only one particular style of Rebirthing) or through your local spiritual bookshop.

Shoulder blades:

Between the inner edges of the shoulder blades and the spine, two fingerbreadths below the upper, inner corners of the shoulder blades there are two (one on each side) narrow lines between the spine and the shoulder blade.

Left:

Female: I'm not good enough as a woman.

Male: I'm not good enough for a woman.

Right:

Female: I'm not good enough for a man.

Male: I'm not good enough as a man.

The inner edges of the shoulder blades:

Left: I'm not good enough to have what I want.

Right: I'm not good enough to do what I want.

The outer edges of the shoulder blades:

Left: I'm not good enough to have what I have.

Right: I'm not good enough to do what I'm doing.

Above the upper edges of the shoulder blades:

Left: It is impossible to have what I want.

Right: It is impossible to do what I want.

Upon the shoulder blades themselves:

Left: My mother must be punished.

Right: My father must be punished.

Caution! These thoughts, although originally projected onto your mother and father, are, because mother and father are not only themselves but also your role models for women and men in general, are projected onto all women and men. What you are trying to manifest is that all women and men must be punished. ALL women and men. This means you as well! This last is, in reality, the only thing that can actually happen, i.e. you punish yourself! A Harmony Chip in the middle of the shoulder blade will help to dissolve this self-torture which you have probably held for several lifetimes.

Everything is unconditional love. This and only this is the will of God. Forgive your mother, your father, your siblings, all people in all the worlds, the Holy Ghost, Jesus, God and, finally, yourself.

No-one has ever done anything to you. Everything that has happened has been done for you. Forgive, forgive, forgive and then you will finally know peace.

This is no pious game; forgiving is the key to everything. Forgiving not only causes all obstacles, all dis-ease, all difficulties, all complications and all lack to disappear but also gives you a knowing of well-being much greater than your little ego, which thinks only of blaming, can comprehend.

"Yes", says the ego, "I will forgive all except him/her: He/she must kneel before me and beg for forgiveness."

Do you really want to suffer through all eternity? It does not mean anything to him/her whether you forgive or not. But, unless you forgive, you will constantly repeat your experience of being punished and this just to give your ego the illusion that someone else is being punished.

The choice is yours and yours alone - whether to free your will or to remain in suffering.

It is here off use to comprehend what forgiveness actually is: Forgiveness is Gods' decision to immediately dissolve the effects of all our mistakes. By not giving forgiveness, you reject this release for yourself. Your attempts to punish others IS your self-punishment!

Try to understand at last how the world works. To give forgiveness IS to accept forgiveness and to be forgiven. In this state of being, you are free from all forms of attack and worry. Simply let yourself enjoy it.

The triangular area between the shoulders and the neck:

Left: I am not good enough to hear God. I am not good enough to receive love.

Right: I am not good enough to speak with God or to stand in the stream of love.

You are his/her beloved child. His/Her will for you is nothing other than unconditional love. Because this is her/his will, you are given nothing less than this. Listen to your Mother/Father oh child of light and return to your home.

We block the outer sides of the arms:

Left: when we push away what we want to have.

Right: when we push away what we want to do.

The neck, next to the spine:

Left: I cannot have what I want.

Right: I cannot do what I want.

Directly below the skull at the ends of these lines:

Left: I will never have what I want.

Right: I will never do what I want.

These are, in reality, simply modes of attack. "Because I believe that you (left mother, women; right father, men) do not love me, I will make myself helpless in order to force you to love me.

My divine siblings. You don't need to suffer to experience love: You are already there!

Chapter 4

The Main Organs

It is unwise to perceive and to treat parts of the body as though they are separate from each other. The whole body is one apparatus. When one part does not function properly, the cause is almost always somewhere else. One of the purposes of this pamphlet is to look at these connections.

The second biggest organ is the skin. It is responsible for around 30% of the bodies' purification. One can also perceive the condition of the inner organs which express themselves through the skin. A organ which is overtaxed or undernourished will partially give its' function over to the skin. The skin, including the sexual organs, is complete. It is mostly blocked through clothing and this at four levels:

1. Without unrestricted free contact with the air, the chemical wastes from the body's metabolism cannot vaporize. Some of the skins production functions cannot take place without direct contact with sunlight. Clothing causes chemical wastes to be concentrated against the skin and they begin to eat into it. The reduced production of (for example) vitamin D weakens the whole body. Further than this, we have grown the habit, precisely because of clothing, to wash our skins with soap. This destroys the vitamin C which a healthy skin produces.
2. Clothing gives the feeling of being protected. Protected from what? You need no protection. You are not being attacked! There is nothing in existence which would attack you. Through your belief that protections is necessary, however, you call to yourself the illusion of being attacked. Your belief that you need protection is your request to your siblings to help you experience the illusion of being attacked. Notice, please, that you always survive these "attacks" and always without damage. Only your anger hurts you. It is of no consequence where and on whom you project your anger, it is always your anger at yourself for asking for the attack. Because you believe in protection, you always expect to be attacked and so you hide yourself more and more and make your self-worth less and less. You judge yourself to be powerless, unlovable and worthless. This is what clothing means: I am worthless (as I am.) It is, therefore, no wonder that many physical and emotional illnesses find their cause here.

3. The belief that some parts of my body are unacceptable for me, my sibling and for God. How can you believe that God would make something that he finds unacceptable and then, in unconditional love, makes you carry it all the days of your life? To the contrary, the sexual organs express the most divine function possible to the human body. Used with unconditional love, and only with unconditional love (otherwise the experience of the full function is not possible) the experience at the highest point of orgasm is almost the way you would always feel when you have completely stopped fighting against yourself.

When you allow your orgasm to flow unrestricted through you and to fill up your brain you will then experience a thought-free condition in which the whole of existence is totally clear and explained. This is the purpose of sexuality, to remind you of your divinity.

It is precisely because of this that the priesthood in all major religions have actively suppressed the enjoyment of sexuality: If you see who you are, you will also see that you don't need a go-between to be with God(dess) and the priest must look for a new job. You are complete, unity and pure. There is no possibility to partially accept yourself. When you reject a part of yourself, you reject yourself totally. You are completely divine. Hiding your sexual organs robs you of almost all your power

4. Clothing concentrates your attention and that of your siblings upon the physical body which they are hiding. The less clothing you wear, the more the attention will be drawn to the hidden parts of the body. Without clothing there are no "hidden secrets" and obsession with the physical body disappears. You and your siblings are freed to really see each other at last.

As soon as you begin to really see your siblings you will lose your addiction to illusions and will begin to see the world as it really is. It is very different to the world which you at present perceive.

Because of your belief in "hidden secrets" and also because you fear that these "secrets" might be dangerous for you, you become obsessed with discovering these secrets. This is why advertising with scantily clad women is so effective. The obsession with the body is used to imply that the product also a "hidden secret" is and that you must purchase

it to discover whether the danger is there.

The use of primarily women in these adverts is an expression of the patriarchal society the might of which can only be endangered by the power of women. Your well taught fear of giving up hiding yourself also betrays your wallet/purse.

It is good to note that people who live a naturist life style are, on average, mentally and emotionally much more stable than those who have not yet freed themselves.

When you finally know that clothes do nothing other than damage you and just how much they hurt you and your siblings, you will no longer look upon them as pretty or indicative of your status but instantly tear them off and with disgust and loathing throw them from you.

In the energy structure, the heart is responsible for the skin. In order to improve the welfare of your skin, a Harmony Chip is to be attached to this point.

For problems with impotence or infertility the Harmony Chip is to be brought onto the Ming Meng point, the small of the back or, with text up side down, onto or immediately above the pubic bone. The positions can, of course be used consequentially with a three or seven day rhythm or, if you have more than one Harmony Chip, simultaneously.

The lungs:

We have already seen in capital 3 which thoughts block the lungs and I, therefore, do not need to repeat them here. The lungs are the body's biggest detoxification organ. Because we go about mostly clothed, we also give to the lungs the purification job which the skin should perform. We then breathe almost not at all and retain many poisons in our bodies. It is no wonder that it then becomes difficult to think clearly.

Each breath must completely fill the body. Completely relax the back and the neck and on the in breath allow your

abdomen to inflate, your breast bone to go forwards, the ribs at the sides and your shoulders to move outwards and your head upwards. ALL AT THE SAME TIME! On the out breath reverse the movement. Empty the lungs completely. Don't make this strenuous, if you just let it, gravity is completely adequate to push all the stale air out of the lungs. Do this easily and gently, don't push, power or race. Love and enjoy your breath.

The breath is the circle of life so let there be no pause between the in and out breaths nor between the out and in breaths. Practice this now. After a few slow deep breaths you will notice that your head is suddenly much clearer.

Respect yourself and practice to change your breathing habit to one which always uses to full capacity of the lungs. (see also thymus gland.)

The breathing habit which one sees almost everywhere is to change the depth of the breath according to the oxygen requirements of the body. In this way, the body seldom has sufficient oxygen and many poisons remain in the body. The function of all the other organs will also be restricted by the oxygen shortage. Let each breath be 100% in and completely out. Alter the rhythm, never the depth, of your breath to comply with the oxygen requirements of the body.

Attaching Harmony Chips to the lung meridians below the shoulder can be very useful.

The thymus gland:

The thymus gland controls the entire immune system. It is to be found directly behind the breast bone three finger widths below the upper end and between the upper lung compartments. To function normally it needs a continuous light massage from the movement of the rib cage and to be somewhat cooled by the air exchange in the upper lungs. If it does not get this, the gland will become too hot and hardens. If the upper ribs are very tight so that they almost do not move at all, the shoulders are pulled in and the head down, the pressure on the thymus gland can be so great that it no longer functions. It is exactly this form which one sees by cancer, A.I.D.S. etc. and it is quite possible that one only has to breathe properly for the illness to disappear. A clean, well nourished (see page 41) body which moves

freely is immune to all infections. The human body itself is quite capable of destroying all parasitic bacteria and viruses unless one invites them in to eat the body by not giving the immune system that which it needs to function.

It is taught in the western medicine that it is "natural" for the thymus gland to function fully only in the childhood and that from the age of 25 it will shrink. This superstition can be so extreme that thymus glands are surgically removed from adults in which they function fully and exhibit their proper size. I.e. the thymus gland will be removed precisely BECAUSE it is fully functional!

Attaching a Harmony Chip with the text up side down to the breast bone over the thymus gland can have many beneficial effects.

The heart:

Also needs room. Very flat breathing and many sorts of bodily tension in general push the stomach up against the heart. What we then feel is panic! We immediately judge that we are under attack and increase the bodily tension. This holds us chronically in this panic condition.

Breathe fully, slowly and gently. Let the air out of your stomach and intestines. Be one with peace.

The heart is very sensitive to malnutrition, especially to too much protein. It is also especially sensitive to overloads on the other organs. The heart does not have the ability to clean itself but relies upon clean nutrition and the health of the other organs.

Panic and thankfulness are the two strongest feelings that a human heart can endure. They are directly exchangeable. Panic is the judgment, "I have nothing." Thankfulness is the knowledge that I have everything. Just as panic causes unpleasant experiences, so is thankfulness not the effect of a pleasant experience but rather the cause of it. Practice daily the feeling thankfulness in your heart and you will awaken continuous beautiful experiences. At the same time

the organ itself will become happier and live longer.

If you suffer from panic attacks, there are two special positions whereby the application of Harmony Chips will bring much relief.

On the breast bone exactly in the vertical middle and on the vertebra directly behind this point. If the problem is severe, two Harmony Chips are advisable. Otherwise alternate the positions in a 3 or 7 day rhythm.

The kidneys:

react with all forms of thoughts having to do with lack of love. They are very strong organs and a very concentrated attack is necessary to disturb them. Tension in the lungs which pulls the spine backwards and pushes the rib cage forward can put extreme pressure on the kidneys. This only makes you feel a little nauseous. There are just two things which the kidneys cannot endure: The consumption of cows milk and produce (cheese, butter, yoghurt, cream etc.) and pork and feelings of loneliness, being unloved and similar. You can change your nutrition yourself (see appendix). For the emotional load, Rebirthing and a Harmony Chip on the Ming Meng point is strongly recommended.

Stomach and small intestine:

Both of these are greatly weakened by fear. The stomach is pushed up, the small intestine pulled down and the duodenum gets stretched much more than the designer intended. This also makes a hole under the stomach and gall bladder into which the pancreas will be pulled. This vacuum not only makes problems for the gall bladder and pancreas but also, as they both secrete into the duodenum and this cramp causes biochemical imbalances, the duodenum, and consequently the intestines, will be further burdened.

There are many methods of correcting this problem. The 6 healing sounds from the Tao (see bibliography). There are also methods with meditation, affirmations, Rebirthing etc., or find yourself a good healer.

There are many useful positions for the Harmony Chip. Email to applications@harmonyunited.com with your full name and the town, state and country where you live for your personal recommendation.

Liver and gall bladder:

Here is fury in two differing intensities. In the liver is anger in all forms and directions, i.e. the attempt to change the past. The muscles around the liver become tighter and tighter. The ribs cease to move and the liver becomes hotter and hotter and spreads pain throughout the whole of the back, neck and abdomen. The hair falls out and the eyes become blind. And what is it all about? Apparently nothing at all, i.e. the whole drama occurs simply to hold onto a meaningless emotion. If you wish to become bald and blind then please do not read the next few sentences.

Burn the anger out. For at least 30 Minutes every day imagine that your liver is filled with grass green fire. This will correct the imbalance which the stored anger creates. The effect of the exercise, you will notice, is to bring a relaxation of the body which daily intensifies. At some point, however, you will experience a feeling as though your thoughts suddenly relax and you can see and think much more clearly. I will not go here into the detailed physics of precisely how this happens; much more important is that it does happen. Burning your liver with concentrated green fire also dissolves, in time, the desire to change or to destroy the past out of which you have created this pseudo-feeling called anger and all your physical complaints.

Just as with all new skills, this needs practice. With practice, however, you will soon master it. Each attempt intensifies the next attempt. Even 30 seconds does something. And then the next thirty seconds and the minute and the five minutes and more.... Within days you will be able to do this visualization exercise for an hour and more with no problem.

Typically, it takes 3 to 4 months for lost hair to start growing again.

Additionally, it is very liberating to scream and beat your anger out. In your car on the motorway, into a heavy cushion or your mattress will not disturb anyone else. Do it regularly - you will feel much more alive.

The gall bladder stores the same energy, just somewhat more intense, i.e. not the attempt to change the past but to destroy it. This is how you bring destruction into your life and how you can literally turn vitality into stone - gall stones - that's what they are! The same exercises as for the liver are appropriate.

The Harmony Chip can, of course, be extremely useful here and, with certain types of liver problems, I would say indispensable. Should you wish to use the Harmony Chip to cure baldness or cancer, you will need two Harmony Chips. When ordering, please email additionally to applications@harmonyunited.com with your full details so that the special application instructions can be sent with your Harmony Chips.

The spleen:

In one word - tenderness. It is a lack of this which causes the spleen many problems. There is, in our society, a general belief that tenderness is a weakness. On the contrary, omnipotence is the essence of tenderness because it is based in truth and so neither knows of nor experiences attack.

A blocked spleen causes weaknesses with in the circulation, the intestines and the immune system; the lower back tenses and energy will be drawn off from the pancreas.

The solution is a rainbow! Imagine that a rainbow comes from the universe through your spleen and into your body. A rainbow is the frequency of unlimited life. Thirty minutes every day will be of enormous help to you.

Try also attaching your Harmony Chip to this point.

The pancreas:

is heavily burdened both through the consumption of cows milk and produce and the belief that there is not sufficient love available so that I can have some. Although this belief is obviously untrue, this lie is maintained through worries. Worrying is the attempt to find future justifications for past fear. This is not a typing error - the whole thing IS nonsense!

What to do? If you will find a special point in the soft tissues between the lower end of your breast bone and the left rib cage. This point is very sensitive and pressing upon it will give you a nauseous feeling. This is your worry center. The solution is to love your worries! Because love is absolute truth and worrying meaningless, each worry that is completely loved disappears without trace. What makes this very easy is that, in order to exist at all, each worry has to either sit in the worry center or regularly go through it. It is, therefore, simply necessary to bring the feeling of love into this center. As each worry then enters, it meets the love and disappears.

A Harmony Chip on this point can also be useful.

The large intestine (the colon):

The large intestine is the only organ which is directly connected to every other cell in the body. Each organ and each part of the body has it's own point of reaction in the colon. If you think a nasty thought, you also send a nasty message to the point in the colon which connects to the body part related to the particular area of thought. This point, in turn, irritates the adjacent points in the colon connected to other body parts. Additionally, the organs which lie directly against the colon (liver, stomach, naval, small intestine, sexual organs, kidneys, pancreas) can, from outside, through the walls of the colon, irritate the points connected to other organs etc.. This also works the other way around; when the colon is heavily burdened through malnutrition (around 92% of all 1st World inhabitants are very undernourished which gives rise to around 60% of "Health Care"**** costs) many connection points can be completely closed off and the affected organs must then look to "friendly" organs next to them for their provision.

Meat and cows milk and produce cause enormous long-term problems. For the human body, meat is an emergency ration, i.e. when the choice lies between eating meat and starving to death. These bodies are not capable of properly digesting meat. If one eats meat once, it can take several weeks for the body to get rid of the wastes. If one eats meat regularly, the ability of your body to get rid of the wastes will be so overstrained that most of the wastes will not be removed. These poisonous wastes can be stored in your colon for many years where they will putrefy, causing chronic blood poisoning and over the years turn into a rubber like substance which sticks to the inner walls of the colon rendering it inoperative. The sequence of types of meat from the very worst to (just) tolerable is pork, beef, lamb, poultry (only from free-range birds.) Autopsies in the U.S.A. reveal that, on average, each man over 40 years of age is carrying 12 lbs (5.5kg) of old meat residues in his colon. The AVERAGE man. These statistics include dead vegetarians! It is possible for these residues to be there for 20 years and more.

It is often claimed that humans need to eat meat in order to get vitamin B. Vitamin B is, in reality, nothing more or less than bacteria shit. The reason that meat is especially rich in bacteria shit is simply that it is already half putrefied before it gets into your hands. Bacteria are everywhere. Should you have a vitamin B deficiency (a very rare occurrence) all you need to do is to lick the sole of your shoe! I have now (Summer 2003) been a vegetarian for 43 years and have not yet needed to do this. The simple fact is, that in a healthy colon there live symbiotic bacteria which produce all the vitamin B that the human body needs.

Please don't delude yourself by thinking that you, as a meat eater, feel fine. With what can you compare? You've been carrying this stuff about with you since early childhood. Often one first notices how bad things are when half of your life is already over (40 plus). Because you have not experienced life without meat, you cannot correctly identify where the problems come from. You don't change and you just get weaker and more ill and arthritic and etc. Just stop stuffing meat into your body and clean your intestines.

There is a prescription to gently get rid of the poisons glued in your intestines. This is a colon cleaning program for which three products are necessary:-

Colonite: A mineral and herb mixture which unsticks everything glued into the intestines and helps to purify the whole

body. Ask in your local health food store.

The second product is called Psyllium Husk. This is also sold in Indian shops under the name Flee Seed Husk. This absorbs the liquid poisons and so helps the colon to transport them out.

The third is the dried spores of the colon bacteria which the human body needs. These are sold under a variety of trade names. Ask in your health food or surgical store. Make sure that you get the spores and not the extract - this last is useless.

Often, after about a month on this program, this "rubber" will start to come out of your colon. The complete program lasts 4 - 5 months. Only afterwards can you ascertain how it feels to be free of meat.

One last point in the tirade against this form of slow-motion suicide is that meat will dramatically reduce your ability to learn and to grasp new concepts. Just something to think about at the dinner table.

The eyes:

are not used for seeing but, just like a projector in the cinema, we decide what we wish to project onto the world and it is precisely that which we then perceive: It is never the real world!

It can, however, be useful to free the physical eyes in order to perceive more clearly what is being mirrored. Although, in an absolute sense, it is useless to perceive illusions clearly as they are, in any event, meaningless, it can be useful to look at the reaction to what you have done so that you can improve it in the future.

The three main ways (apart from the consumption of cows milk and produce) in which the physical eyes are weakened are:

1. Anger (liver), hate (gall bladder) and sadness (lungs.) "I only see the past!"
The past isn't there! It has completely ceased to exist. That's why you can't see anything
2. Low self-esteem (stomach and spleen), "My life is heavily restricted." You only allow yourself to see partially.
3. Unacceptability (sexual organs), "No-one may see me completely." This "no-one" includes also yourself.

Solutions for 1 have already been detailed in this pamphlet. For 2 there are many types of meditation, the "Conversations with God" www.cwg.org and the "Kryon" www.kryon.com books. For 3 there are naturist clubs and reserves in most first world countries.

Chapter 6

The emotions and their related organs

Love is not an emotion but wisdom itself. It is not only that which you are, it is also the source of and condition for peace, happiness and joy. Emotions are purely negative and, in reality, there is only one - fear! All the other "emotions" are nothing more than the justifications for fear. All can be easily dissolved by, for example, the judicious use of the Harmony Chip. Only fear cannot be healed for the simple reason that fear itself does not exist, only its' justifications! There is, therefore, nothing to got hold of, treat or to change.

All lies, as already mentioned, lean upon each other as the only possibility to stay "in power". Nothing leans upon fear, however, because nothing is there. To feel fear all you do is suppress your own power. Fear is a hole in your own energy structure in which there is nothing at all and into which nothing other than yourself can enter. Immediately you enter, the hole disappears. Fear needs exhaustive support from all directions in order to hold your power away from entering it.

Let us dissolve each justification in turn and return to our real selves.

Emotion	Organ	What is it really?
Anger	Liver	The attempt to change the past.
Hate	Gall bladder	The attempt to destroy the past.
Sadness	Lungs	The demand that someone change my past for me.
Impatience	Liver	The belief that the future is already past.
Jealousy	Heart	The blaming of another for the absence of that which you have yourself rejected.

Emotion	Organ	What is it really?
Guilt (The key stone in the wall.)	Womb / prostate gland and diaphragm	The expectation to be punished for something that has NOT happened.
Depression	Lungs / small intestine	The belief that you cannot do what you have already done.
Corruption	Solar Plexus	The belief that you are dead.
Mistrust	Stomach	The belief that, that what you eat is tasteless.
Revenge	Brain / Underbelly	The attempt to punish others for your thoughts.
Disappointment	Lower abdomen, small intestine	The judgment, that the absence of that which you have rejected is a surprise.
Worries	Lower stomach valve	The attempt to find future justifications for past fear.
Shock	Diaphragm	The discovery, that you have done something completely different to that which you thought you were doing.
Loneliness / unkindness	Kidneys	The belief that it is not permissible to love me.
Despair / impotence	Large intestine	The belief that God does not want you.
Lack	Spleen	The belief that you are not sufficient to be yourself.
Boredom	Throat chakra	The belief that, despite all evidence to the contrary, nothing is happening.

It is to be noticed, that none of these justifications is here in the present, where you are. They are all either in the past or the future.

The past has completely ceased to exist and the future has not begun to exist. What you are, therefore, doing is attempting to give the responsibility to other people for something that doesn't exist. That's why it hurts! You cannot move anything in the past or the future because there is nothing there. That's why these "emotions" affect exclusively you. But!! There lies the key.

Because the "emotions" are nowhere else than in you, your decision for wisdom is sufficient to annul them. There are at least three methods to do this:

The quickest is the decision to experience the truth exclusively, i.e. love, peace, happiness and joy and to simply ignore everything else. Where you are, there is no trace of either past or future. Does it serve you to dread something that cannot touch you? Ignoring does not mean suppressing, this simply causes more pain. Emotions are uninteresting. Take them for what they are - totally uninteresting. In order to experience truth, live it! That is to say, give exclusively love, peace, joy and happiness and you will find that you have no time for anything else.

A second method is the use of Mantra. Mantra is a precise science, rooted in the fact that particular sounds, tones, noises and pieces of music can directly affect the body, the mind, the feelings and the environment. Everyone has experienced this, it has simply never been researched in the Western World. In India it has been very deeply studied and given rise to the mantra. There are thousands of mantra each with it's particular purpose. Most of them are written as short sentences or songs to help remember the correct tones and sequence. I.e. the effect of a Mantrum is not in the words themselves but in the tones which carry them. This is why one cannot translate them; the tones are different and the effect is gone. As one needs to hear a Mantrum in order to use it I cannot write any here.

A third method is meditation with colors. All tensions are expressions of insufficient energy either in specific areas / organs or generally. Particular colors have exactly the necessary energy frequencies to correct particular insufficiencies. One simply needs to consciously direct them to the appropriate place to remove the dis-ease.

After word

Actually, failure is not possible

The very worst that you can do to yourself is to delay your success.

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