

The Healing Crisis

A set of 2 Audio Tapes

by

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Tape 1 Side 1

Good afternoon, this is Dr. John Ray. This is November 7th. 1984 and the subject of this tape will be The Healing Crisis.

- 1 First of all I'd like to start with what we call "Herring's Law of Cure" which has been around for a number of years and is accepted by all those who are in the natural healing field. Herring's Law of Cure states the following:

"All cure starts from within out, and from the head down, and in reverse order as the symptoms have appeared."

- 2 I would like to take this Herring's Law of Cure and expand that reporting what we have observed over many years of work in the field of Body Electronics. And we'll simply call this "The Law of Healing Crisis":

"A Healing Crisis or Cure will begin from within out, in reverse order chronologically as to how the symptoms have appeared, tempered by the intensity of the trauma."

Now let's look at this for a moment. It will deal with the head down. We agree with that. But one thing that happens is that the traumas of least severity or intensity will be experienced first, before the traumas of greater intensity. Now:

"The individual will have the opportunity to re-experience each trauma both physiological and psychological beginning with the trauma of least severity. The Healing Crisis is certainly dependent upon the physiological readiness and psychological preparedness of the individual."

In other words the person has to be physiologically ready by being on the proper program for a period of time that the nutrients may have had sufficient time to dissolve or to break up the crystalline structures within the body releasing the thought patterns, the word patterns and the emotional patterns which, the person then has the ability, or shall we say the opportunity to experience psychologically or on the mental level. Now:

"The individual will re-experience the suppressed thought patterns, the suppressed word patterns and the suppressed emotional patterns to the degree he is capable of doing so, as well as willingness to do so."

- 3 And here we have to consider the scale of emotions relative to memory, and this information we get from the "Health and the Human Mind" tapes. And so I'd like to recommend, ah, you understand that this particular tape is assuming that you have a good understanding of the nutritional program and how that works upon the body and a good understanding of the "Health and the Human Mind" tapes and basically a good understanding of how to handle these type of things when they arise from your own practical experience. So this particular tape will be a supplement to the experiences that you have already had.

- 4 Now let's stop and look at the basic concept that all cure starts from within out, and then compare that to the chart of iridology, where we understand that a 3-dimensional body is going to be placed upon a 2-dimensional chart of what we call the iris to the eye, where there is certainly going to be an overlapping of various organs and various situations here within the body. So the iris of the eye is not to be taken as an exact location of the organ but as a general guide to go by to help us find out what is actually wrong in the tissues of the body from a general point of view - not specific but general, because the entire nutritional program is based upon the general appearance of the iris of the eye.

5 Some things we can note. We recognize that the stomach or zone 1 in the iris of the eye has reference to the digestive system. Zone 2 with a - what I'm sure to be - is a overlay under zone 1 will be the intestinals area - or what we call the gastrointestinal tract. All of this lies within what we call the Autonomic Nerve Wreath. Zone 3 has to do with basically the Endocrine System, the blood/lymph area and the heart area and the reproductive organs as such. Zone 4 and 5 are basically dealing with the bone structures and the muscle structures of the body. Zone 6 will be the Lymphatics and the Circulatory System, and zone 7 will be the skin area.

6 Now here's where we would recommend that you attend classes on the iridology subject so

you can become an instructor in this area to really know what is going on with the iris of the eye. And then at best it's going to take many years of practice to really see what is taking place in the iris of the eye, and that will come by looking at thousands of irises.

7 Now since the body heals from within out, the first thing that will be affected as we apply the program to the individual, is he will be getting a correction in the stomach area, and so there may be a certain amount of nausea, there may be a certain amount of re-experiencing of times where the person is nauseous. So what you need to look at here is that the individual by taking the supplements will first of all be getting a little bit nauseous, Now, the supplements don't cause the nauseousness because the supplements are all natural. But if there is any nauseousness locked into the tissues of the body, then this will enable those tissues to release the suppressed thought patterns, words patterns and emotional patterns pertaining to the nausea, and the person will re-experience times in his life when he was nauseous before. Now you might ask him a question while he's going through this "When did you feel this way before?" and his answer will always be "I never felt this way before". And that is something that you can always remember. He'll claim that he's never felt this way before because he won't have a memory of it. How can he admit to feeling a certain way when he doesn't know that he felt that way before? This is why it's all suppressed below the level of consciousness. But the thing is the nutrients will unlock the crystalline structures, dissolving them in the lining of the stomach and the stomach area, releasing the suppressed traumas so the person can experience them on the conscious level. And so the person because of his medical training or medical background will feel: "well this made me sick" when the truth of the matter is the person was already sick and this is unlocking that sickness to be experienced with Love and released forever, creating a healing in the stomach area and
8 intestinal area. Now zone 2 of course, is the intestines, and so we may have some, what
9 they call... cleansing diarrhea and the intestines will begin to heal themselves. And here's where, if you remember from the "Ray Program" 1 tape which is that one tape on the nutritional program, the things to look for at this point in time will be, the healing of the intestinal tract and at that time the body will first of all start passing the little corn-like things which, from any endocrine book will be described as a carcinoid tumor. Go to your endocrinology books and look under carcinoid syndrome and it will tell you exactly what these little corn-like things which were attached to the lining of the intestines, what these actually are. Now, these can come out several hundred of them over a period of time, 20 or 30 at a time while a person is experiencing the cleansing diarrhea. Now this is a cleansing diarrhea.
10 The nutritional program didn't cause the diarrhea; it's the body's natural way of purging itself of the toxins and poisons which are released by the program. Now, after the corn comes,
11 then we get what looks like a swollen corn which, jokingly we call "Harmony" and this is where the...you have... looks like a corn kernel has been soaked and it's expanded and it starts moving into a kind of a puff-ball. And when it gets to the puff-ball stage it turns white, from an amber to a white and then gets little black feelers on it and this is we call "Fuzzies". Now, many people have taken these fuzzies and put them in jars and taken them to the surgical nurses or the surgeons and they're definitely identified as a cancer which are being cut out of people every day, you know, on the table in the hospitals. Now these particular little fuzzies, I would anticipate you would want to save these. I'm not saying that they make the best dinner-time conversation but my goodness, it's something that you can show people; show them the corn and show them the fuzzies; we call these "trophies" that people may have the opportunity of really enjoying the fruits of your labors, because when your on this program and you have this nauseousness and diarrhea and you really feel, kind of, oh...um, a
12 little fragile for a while you know, while you are going through this. It's nice to have these little things on hand to show what you at one time had. Now remember it's better out than in. Now, after the fuzzies are past, then you get ur, if you've had problems with intestinal cancer you'll start passing little things, looks like little gray liver-like things with feelers on them where they've been attached to the inside of the intestines. You may, cough these things up, where, we've had people who have coughed these things up with maybe about a fourth of a cup of blood

each time as they're getting rid of these great big liver-like things which have been attached to the walls of the stomach, So the thing is, isyou have to be aware that if there is a real pathologic problem in that body we have to be careful to know that when the body purges itself of these type of, of attachments to the gastrointestinal tract that we might have a little bit of blood attached to that, and so this is no time for a squeamish area, now...

- 13 A little wisdom here: We're not playing around with something that is, shall we say, easy to do. When that body regenerates, there's going to be a healing or a cleansing of anything that would keep it from regenerating, and here is where I would definitely recommend staying near people who are trained in natural healing techniques. If somebody gets their tail in a knot over you going into a healing crisis, then by all means you should be close to a doctor trained in natural healing techniques that they may be able to take care of you and not be sent to a hospital where you'll probably have other problems entering in. Many times a person will be taken to a hospital and the doctors don't understand natural healing. The only training they have is in drugs and surgery. And so, they are the last people to go to, but you must find yourself a doctor who is trained in holistic type material who understands the natural healing techniques, there are a few of them around. And many of your medical doctors are frankly recognizing that surgery and drugs are not the answer and they're moving very rapidly toward alternative type healing techniques which encompass a holistic type program. Your naturopathic physicians are fully trained in these areas and can
- 14 be of great service to you.

- Now, after the diarrhea has been passing, the corn and the fuzzies and these little liver-like things, the next things we run into are what we call faecaliths, which are the hardened faecal matter which has been literally, through constipation has been forced into these outpouchings or herniations, if we can use that expression, in the mucosa of the intestinal wall which have been forced through the er, shall we say a breaking open of the circular muscle structures around the intestines. It's just like putting your finger through an inner tube and pushing it out and it goes through the circular muscle structures and it gets all filled up with this um, with faecal matter OK? Then it hardens and then sometimes it scars around the outside of that and then it becomes kind of isolated and becomes what they call a diverticulosis which is the presence of these divericulum which is the outpouching in the intestinal wall filled with faecal matter. Now, after a while, if these become infected, this becomes diverticulitis and it can become very painful. Now while the person continues to have a healing going on, from the inside out remember, the walls of the intestines are going to heal and will begin to expel these faecaliths. We had one person just recently who has by actual count has passed over one thousand faecaliths. Now remember, these outpouchings or herniations can be throughout the entire... it can be in the oesophagus, it can be in the small intestine, it can be in the large intestine, it can be in the rectal area, so it can be anywhere throughout the entire gastrointestinal tract. But this person by actual count passed over 1000 and they feel better than they have over their entire life. These faecaliths now, when they pass, they look like a swollen herb capsule and if you get them they're kind of black or brownish; look like a rabbit pellet or, you know what I mean, and it can look like a herb capsule that's swollen, they can be up to 3 inches in length. Now when the person starts passing these, the small ones pass first. And then you get up to the ones an inch long, and then if there are any large ones there, where you've had some severe constipation and disorders in the intestine, we had one person after several days of excruciating pain, passed 7 diverticula, as we call them jokingly, the faecaliths, he passed 7 of them, each one of them about 3 inches long, about the size of your middle finger. Now when he passed those he was actually haemorrhaging, because as that was being pulled out of the intestinal wall, to him he described it like a tree trunk with a root system and when those things are being ejected from the intestinal wall, ar, frankly, it was quite an experience for him, because he was bleeding quite a bit from the rectum, and he thought he was haemorrhaging. And I told him to go to the hospital and he refused to go to the hospital, and he upped the program to double, and then passed these 7 huge faecaliths under tremendous
- 15

duress and pain. Now that's the extreme end of it. Out of the tens of thousands of people who have been on the program, this is one extreme case but, if I don't tell you that this might happen then you're going to come back and say: "Why didn't you tell me?" But remember that when that scar tissue which isolates off the faecalith begins to dissolve and that faecalith comes out, there is the possibility of a little tiny bit of blood here and there so when the faecaliths are passed you may have a drop of blood or two. Don't let that worry you. But now, if that continues, you better check with somebody and find out exactly what's going on. And I'm talking about somebody who understands the nutritional approach we are dealing with and the Body Electronics. Now there are ways of handling the bleeding naturally. You don't have to go and get cut on. So I just want you to understand that this is the situation here.

16 Now, when we go to zone 3, we get into the endocrine system. And here's where we deal
17 with the emotional tie-ins with each of the endocrine glands. Now from "Health and the Human
Mind" you remember the Pineal gland was associated with Enthusiasm. And when the
18 enthusiasm is suppressed, then we begin to have a calcification or crystallization of the Pineal
19 gland. When the Pituitary gland, that is tied in directly with the, pain aspect, and when we have
20 suppressed pain, then the pituitary gland doesn't function properly. The Thyroid is going to be
connected with Anger, and when we have suppressed anger, then the Thyroid and Parathyroid
21 will not function properly. The Thymus will be attached to or associated with suppressed Fear
and so when you have suppressed fear the Thymus gland will be affected plus the Immune
22 System. Now the Grief level will be the levels of the Pancreas and the Adrenal glands. The
Spleen will be the area of Apathy, they'll be associated with the emotion of Apathy. And
23 Unconsciousness will be associated with the level of the Gonads, the testes for the male and
the ovaries for the female. Now, one thing that you need to know, is that let's say that the fibre
24 structures are suppressed down toward a level 7. When the fibre structures start moving up
from level 7 which is your... where they're submerged into the pigment layer of the posterior
portion of the iris of the eye, when they start moving up there we have then, a situation arise
where the endocrine gland, the testes and the ovaries which are associated with level 7, will
begin to be activated and if they have been inactivated where the person has been impotent or
where there has been no desire for any kind for sexual activity then the person will go through a
period of hyperactivity for a while as the glands begin to regenerate and to restore themselves
to normal function. If there's been a hypoactivity where it's a underactive condition before they
heal, they have to go through a hyperactivity and then they drop back to a normal function. Now
25 here's where the fibre structures are moving from a 7th level up to a 6th level where they
become a very dark gray. Now as the fibres continue to move up, then we have the spleen will
then be activated and the person will then overcome, you might say, overcome problems
pertaining to blood disorders. With blood disorders, as you know, from iridology, the blue spots
in the sclera of the eye will start disappearing and the person's energy level will come up, they'll
no longer be bleeding at their gums, they'll no longer bruise easily and all the blood disorders
will be corrected, and so the spleen will start functioning normally as an organ. Now remember
a physical organ is nothing but an outer manifestation of internal consciousness, and when the
internal consciousness is changed then the physical structures will begin to correct themselves.
And since we are healing now from the inside out, remember zone 3 is the endocrine system; I
might point out here also that if there's a problem in zone 1 or zone 2 in the iris of the eye, like
let's say we have from the iridology class, you'll remember, there is a stricture in that area,
where the stricture as you recall, will always, according to Dr. Brown, be associated with
26 parasites, causing scar tissue to the lining of the intestinal tract. And that scar tissue as we
talked about before, will then have a direct reflexed, er, action on anything at 0 degrees reflex
going outward from zone 1 or 2. So we always look at the iris of the eye and find out if there are
any blockages in zone 1 and 2 because that's going to have an effect upon the other parts of
the body. Now let's say for example that we're dealing now with the Adrenals and the Pancreas
and let's say, that's level number 5 on the endocrine scale, now this is also associated with
suppressed grief, now, when we get this suppressed grief, normally we would think that the
pancreas and adrenals will begin normal function, but if we have a stricture in the caecum area,
let's say, in the right eye, which is directly opposite the adrenal or directly opposite the

pancreas, then that would hinder the healing that would take place in the pancreas and the adrenal by reflex actions, 0 degree reflex. And so perhaps the endocrine glands would not begin to heal, and it's not just suppressed grief, it's a reflex action from the caecum area, and here's where we need to get that scar tissue dissolved in the caecum area with the nutrients that we've been dealing with and get the colloidal minerals down in that area, ar, possibly with an implant, ar, through the ... by a colon therapist; we'll need definitely a lot of enzymes and minerals to help to dissolve the crystalline structures which will be showing up as pigmentation in the iris of the eye; we will need a lot of proper nutrients there to rebuild the tissue, a lot of calcium, a lot of B complex, a lot of magnesium from chlorophyll, ar, we need to have a lot of amino acids as a building tool, there, so that all of the tissues will be able to rebuild from the blockage is removed. We might have to do some very deep Body Electronic work directly on the caecum to dissolve that scar tissue. We might need the Schweitzer Formula in there to help dissolve that scar tissue. We might have to do some very deep Body Electronic work directly on the cecum to dissolve that scar tissue. We might need the Schweitzer Formula in there to help dissolve that scar tissue. So there's many things we need to work with to dissolve that scar tissue so that it would no longer hold back a healing crisis on the pancreas and the adrenals, to where, for a while, as they come up into a reactivation, you're going to have definitely a, um, a hyperactivity take place in both the adrenal and the pancreas, which can throw everything in a turmoil in the body for a while, until it can settle out and becomes normalized. Now you don't stop the program when the hyperactivity begins. You keep the person going on the program so they can go through the Healing Crisis on that, because WARNING!: Please listen: if you stop the program, and stop the Body Electronics at that point you'll leave them hung up right in the middle of a Healing Crisis rather than doubling up on the program and pushing them through, with Body Electronics the healing crisis with the released traumas and so on, so that that body can regenerate. We're not fooling around with something that can be idly toyed with. We need to have all the knowledge we can, and that's why these tapes are being made available to you. Be sure to get to "Health Watcher's Cassettes" and get some of these tapes ordered for your friends so that they can truly understand how the healing crisis works.

Now, as the fibre structures start moving up in the iris of the eye, and as a person is coming up to scale, the emotional scale, and as the crystals are being dissolved in the various endocrine glands in order of the persons ability to handle it, they're going to come up from the grief level up to fear level and then the immune system is going to work. When the immune system begins to function normally, then the person who has never had fevers, will start having fevers and at that time, when the person starts having fevers, we have to know how to differentiate between a healing crisis fever and a fever that may be there because the person has been unable, because of the lack of nutrition and so on, may, they may have a real problem that we have to break. So we put our hand on the forehead, and we move that hand away from the forehead about a fourth of an inch. If the person say, has a fever and we move our hand away from the forehead we'll feel either of two things: one is either a hot feeling on the hand, or a cool, like a cool breeze on the hand. Now, if it is a cool breeze on the hand, it's a healing fever. Leave it alone, get the person, have them drink a lot of liquids and so on and just keep them, ar, just hold their hand until it's over. If it is a hot hand, then this is a fever that we need to break. And this is something that we need to deal with directly and go in there with a natural herbs and different types of healing techniques and heal the fever. Under no circumstances, should we ever use a drug unless it is to save a person's life. Now if it is to save a person's life, then we'll look at that as a General out in battle and he's going to sacrifice, shall we say, ar, one platoon or a battalion over here, that the whole, the whole army may then retrench itself, and then go out and win the war. The same is true in using a drug. The drug will suppress the symptomology. And while that symptom is being suppressed by the drug, the person can gradually build their body back up again so that they can, they have enough preparedness on the physiological level in order to go through the healing crisis. No matter how psychologically prepared they are, if the body isn't physiologically prepared then, any healing crisis will be incomplete and they can run into trouble. That's why we need to recognize that there is a time, place and purpose for all things under heaven, and it's going to take a wise person to know :

when do we use natural healing techniques?...when do we use suppressing type drugs?...Now the true healer, will only use suppressive type drugs in the case of an emergency to help the individual to regroup himself and retrench himself to go off then, using proper procedures of nutrition to win the war, so to speak.

33 Anyway we're on the level of the immune system, we're on the level of fear. And as the
fear is released through the Body Electronics, then the immune system will kind of ar, go
34 through a period of time where it will be a little unstable and you'll have the healing fevers. Now
one thing that will happen with the fever, let's say that a child has scarlet fever as a child or
some high fever, that will actually impair the lymphatic tissue inside of the, inside of the small
intestine area which will have direct reflex to the thyroid, and some people will have thyroid
difficulties due to the 0 degree reflex between what we call the Peyer's Patches and the thyroid
gland. And so, as the person goes through the healing crisis and re-experiences the fever, then
the peyer's patches area will heal, which was affected by the high fever, and then the thyroid will
35 begin to function normally. And so the thyroid is the suppressed anger and the thyroid and
parathyroid go together. Now many people who have suppressed anger of course will have
arthritic conditions, and calcification builds up in the joints. The parathyroid which controls
calcium metabolism will not be functioning normally. And they'll be so angry for one reason or
36 another, that the joints swell up and become stiff, and if that's tied in with suppressed fear then
the body will bloat up because of the water content, the lymphatics are not working properly, or
the adrenals aren't functioning because of suppressed fear and the aldosterone from the
adrenal gland will not be working as a catalytic agent to convert the sodium to potassium in the
body, so that will have a cooling affect and so the sodium will be used up so that it's not going to
create a drying of water into the system. We know that people who are sick, oftentimes have
adrenal let down problems, their adrenals are not functioning properly. And we do need that
aldosterone to convert the sodium in the body, into the potassium, that the body might retain
healthy and have the proper electrolyte balance.

37 Anyway the thyroid, which will be suppressed grief(?), if the thyroxin level is low, as we
talked about before, we will have the increased cholesterol lipid build up and we'll have the
38 increased muco-protein build up. So when we correct that thyroxin; the thyroxin is used as a
chelating agent in combination with your magnesium and so we'll need an awful lot of
magnesium while the body is going through the healing crisis and getting rid of the suppressed
anger. And so we'll need a lot more chlorophyll which has your magnesium as the central
mineral in the chelated form of chlorophyll. Chlorophyll is a chelate of magnesium. And so we
need a lot more magnesium and so that can be used in conjunction with the thyroxin as a
chelating agent.

39 OK, as the body continues to move upscale, and it comes up to, as the fibre structures
come up to the bright white at the second level, at that point in time the person is going through
pain, and the pituitary will be affected. Now the pituitary has every type of, hormone being
secreted from there, which has a direct effect upon every other organ of the body. And here
anything can happen depending upon the hereditary weaknesses of the person, or shall we call
40 it the suppressed overlays on the DNA level. Now, here's where the person must experience
"Lovingly and Willingly" everything that comes up because everything which is entrenched on
that DNA level could be coming up at that time which the person would have to go through; And
you'll have all kinds of weird things happening, because for example the Thyroid Releasing
Hormone from the pituitary, controls the thyroid, and you can have all sorts of thyroid difficulties
you can have adrenal difficulties, pancreatic difficulties and so on. And so we got some very
41 interesting phenomena here. I might add, back to the pancreas, if a person is a diabetic and
using the Body Electronics and the proper nutritional program, as that pancreas begins to heal
itself, we go then from a diabetic stage into the hypoglycemia stage and have a totally different
set of symptoms. So as the pancreas begins to go from diabetic, expect the symptoms of
hypoglycemia and then expect the symptoms of hypoglycemia to level out until you have normal
pancreatic function. During this time, if a person is a diabetic, you have to have them stay close
to the lab, to have their blood tests and so on because, not all of the time does the sugar spill
into the urine and so the urine test will not be accurate but you need a good blood test to

determine the insulin that needs to be taken to balance out what's happening in the body. So we've had people come down an average of 5 units a week on their insulin need as they are very intent on correcting their function of, their ar, getting under control their diabetes problem.

42 Anyway, finally the pituitary gland begins to function normally. Now this is something quite interesting because the...did I say pituitary or pineal? I think I... I should have said Pineal. When the pineal gland begins to function normally then, this controls the melatonin secretion.

43 Melatonin is released in response to darkness, and when the sunlight is exposed directly upon the pineal gland, then we are able to shut down the flow of melatonin. Now in the winter, a lot of people become very depressed, and so a sure cure, so to speak, for this has been by some people, if it's a melatonin problem which of course shuts down the body and forces it into a depressed state, then people should have bright lights, in the morning, around them, the first 3 hours in the morning, and have bright lights in the evening, say from 6 o'clock until 9 o'clock at night and that continually shuts down the melatonin which then would shut down the rest of the body and so it keeps them in bright lights which keeps the...ar, keeps the endocrine system functioning normally and helps keep the chemistry going in the body and keeps the spirits high. So this melatonin has control over the entire body and when, in the absence of bright lights, the melatonin then is secreted and then shuts down the body's function.

44 melatonin is very important. Now the pineal has another situation here, if you have suppressed enthusiasm, it becomes calcified and so here's where "Lovingly and Willingly Enduring" with lots of enthusiasm will help to dissolve that calcification of the pineal gland so it will function normally. Now when it is functioning normally, it has another unique quality in that it creates or shall we say secretes a substance which dissolves Melanin Pigmentation, which we find in the connective tissue for example in the iris of the eye giving the pigmentation, blackness, brownness, orangeness, redness, and so on that we see in the eye. Any pigmentation in the eye other than blue in due to a melanin pigmentation tied in with protein, it's protein complex. Now when that pineal gland is functioning normally with enthusiasm, then the melanin begins to be dissolved and the structures, the chromatafores which is the discolouration or shall we say the pigmentation on the surface, the anterior surface of the iris of the eye, then begins to break up and along with that the crystalline structures in the body which correspond to that, begin to break up and you have the release of the suppressed traumas which are then experienced on

45 the conscious level and so you have a healing crisis. Everything in reverse order. Now a healing crisis is simply the re-experiencing on the conscious level of those traumas which at one time were suppressed which is causing the crystallizations in various organ structures which would be considered the weakest parts of the body which is then causing them to become more and more slowed down in their function. And so everything is then re-experienced in reverse order as the crystallizations break up, as the scar tissue dissolves, as any blockage to any body part is dissolved allowing then the flow of Cerebro-Spinal Fluid to move on through like we talked about in the tape on Body Electronics where if there is a blockage to the flow of cerebro-spinal fluid anywhere it's going to cause a lack of electrolytes which work as catalysts or catalytic agents in metabolic processes in every cell of the body. If we don't have the minerals, we don't have the normal cell function, therefore we have a breakdown in cell function. So we have to get those blockages dissolved, and every blockage is like a micro-computer chip. It's full of stored thought patterns, word patterns, and emotional patterns, when released nutritionally, the thought patterns are released, the word patterns are released, and the emotional patterns are released which are then experienced on the conscious level and released to the transmuting power of Love.

47 Now let's go on from the endocrine glands and let's move on into level 4 and 5 or shall we say zone 4 and 5 of the iris of the eye. And realize that until the endocrine glands are balanced that the rest of the body is not going to heal properly.

48 Now, let's go back and look at the idea of Herring's Law of Cure that: "All cure starts from within out..." and so we deal with the digestion, we deal with the intestines, we deal with the endocrine system, and then we move on out into bones and the muscle structures which we have shown, for example in the massage and the manipulation classes, where they have a direct reflex action to the endocrine glands. In Body Electronics we go into that from another

point of view. And so there is so much information here which is tied in to the various reflexes of the body that it's absolutely exciting to know that this body operates as an integrated whole. We don't give a "this is for that". We deal with the idea that when the body is given all of the nutrients in balance the body will literally heal itself. But remember it heals from the inside out with the re-experiencing of all of the traumas, in reverse order chronologically and tempered, as we mentioned earlier, by the intensity of the trauma.

49 Now, let's take a look at a given situation. We look at the iris of the eye, and let's say we see at 4 o'clock in the right iris a big black spot right in the back area, the upper back area. Now, had a lady in Oklahoma, she had been to every single medical doctor and all the doctors said she was perfectly fine, yet she was in such severe pain that she was in pain whether she lied, she was in severe pain whether she got out of bed, she couldn't take care of her kids, she couldn't take care of her husband, she couldn't do her housework and she was in pain all the time, and she didn't want to go on painkillers. The doctors that she went to, now this is not all the doctors, but the doctors that she went to told her it was all in her head and referred her to a psychiatrist. OK, now, here's where the iris becomes a very definite...need for diagnosis. We went to 4 o'clock in the right iris and we looked in the back area and there was a big black spot there. And when I touched that area, she said that's exactly where the pain was continually in her back; and nobody could do anything for her. Well, what we did is we saturated her with the proper nutrients. We saturated it with the enzymes. We saturated it with the minerals, which forms this alkaline detoxifying agent, and then that pulls out all the heavy metals, all the toxins and poisons out of the area, and the black spot now was in the tissue of greatest weakness and showed up in the corresponding part of the iris of the eye. Now, the black spot gradually turned brown and then the brown began to break up at which time the crystallizations in the back which were held in place by the suppressed trauma that she endured; when that was released, she went back through an injury. And to make a long story short, she experienced every facet of that suppressed trauma, that she had forgotten on the conscious level, and released it. Then the dark spot in her spine disappeared more rapidly until the dark spot was gone, and she was free of pain. She's up around taking care of her husband, her kids, and she busy doing everything she can get her hands on and she's delighted to be alive and well. Now here's where we are able to reverse the traumas.

50 Now let's talk about trauma. Let's say a person sustains a blow, car wreck, baseball bat, fall down the stairs, and their back hits a certain spot. OK. That suppressed trauma that the person was incapable or unwilling to lovingly and willingly endure. Then that is the weakened spot in the body and all of the toxins in the body, if the person is not on a good nutritional program, all those toxins will settle out in the tissues of greatest weakness, which will be where the trauma took place. And in the iris of the eye in the corresponding part of the eye, to the back, then that's where the pigmentation will occur. So we can see that when we saturate the body, the body will utilize what it needs to dissolve the crystalline structures or the, shall we call it, some people call it drug deposits, I call it inorganic mineral deposits. But as all that stuff is pulled out, of that area of the spine then the corresponding spot in the iris of the eye begins to diminish, the melanin pigmentation disappears, and the eye returns to it's natural perfect form. So this is very, very important that we understand that, because wherever we find a pigmentation spot in the iris of the eye, there is a corresponding pathological condition which always, in the presence of a pigmentation or what we call a melanin pigmentation, which can range anywhere from light brown to black. There will always be some sort of a, shall we say, lurking on the horizon of a pathological condition in the corresponding tissue wherein we find that in the iris of the eye; corresponding tissue in the physical body where we find it in the iris of the eye.

51 So, what do we do? We look upon that pigmentation spot as representing some sort of a crystalline formation, which operates according to the frequencies and wavelengths of the suppressed traumas, and forms directly around it according to Law - there are no mistakes. Now, as that pigmentation in the iris of the eye forms, we then know where to go to work on that with Body Electronics. We know that we've got something there but we don't know what it is. But we do know that when we go to work on that and the person re-experiences on the

conscious level the traumas that are released by the dissolving of that particular problem area, then they'll go through a healing crisis where, the trauma, which gave shock to the body perhaps, where the person might have been knocked unconscious, they will go back and relive every single experience that they went through in reverse order according to the intensity of the trauma and according to the chronological order of it, and they'll re-experience it fully on the conscious level and release it with Love forever. This is why it is necessary to get the person trained in the concepts of the Health and the Human Mind that they might understand how Love is the transmuting factor. This is why they must understand that when they're going through a healing crisis, they need a continuation of the nutritional program, rather than stop the nutritional program when they start feeling "bad".

Tape 1 Side 2

52 Now remember, the badness that a person is feeling is only the locked in, suppressed traumas that the person has at one time literally suppressed and has experienced. Now the problem is, is to get them to re-experience it on the conscious level that they might be able to release it on the physical level.

53 Let's move on now to the Lymphatics. And we talked briefly about this. We need to get the circulation restored to the body and oftentimes, the circulation is not going to do us a bit of good, unless the nutrients are in the bloodstream, which comes from the nutrients which we are taking into our system. And to get it clear out to the lymphatic level, we find that we have to saturate the body and continue to saturate the body way past the time when zone 1 and 2 and 3 are feeling wonderful. Now we might have the digestive system working real, real good. We might have all the corn gone from the walls of the intestines, all the fuzzies gone, all of the faecaliths completely removed from the walls of the intestines, and that's working fine. We might have all the scar tissue gone from that area. But even though we have all of that area taken care of and moving up from zone 1, 2 and 3, the endocrine system is working fine and the heart's all healed and so on, we find that the rest of the body isn't going to heal until the crystals are dissolved, which means we have to have the nutrients in the body going all the way out to the cellular level, clear out to the skin level, for example, through the capillary system which is found in zone 6 and 7. And when we get it clear out there, at that point in time, then the body will begin to heal in those areas. So we need saturation of the nutrients.

54 Let's talk about the skin for just a moment, because the skin, once we get into the skin we know we are getting it out into the lymphatics. OK we know we are getting it clear out to the capillary level. Now to get into the capillary level we use Niacin. Niacin is used in the sufficient amounts, to create what we call a Niacin Flush on the body which creates a vasodilation of the capillaries at the skin level and your person gets red. Now there is no sense in a niacin flush in and of itself, unless it is for a purpose, and the purpose of a niacin flush is to open up the capillaries so the nutrients that are taken at a saturation level are then able to move themselves out through the system, clear out to the capillary level, that the skin might be fed. Now when the skin is fed properly with all the nutrients through the bloodstream, and you're getting the skin, shall we say from the capillary level to the tissues out through, what we call, the interstitial fluid which contains the trapped plasma protein and so on. At that time the skin begins to heal and believe it or not the age spots will begin disappearing on the skin. The scar tissue from old sunburns and injuries will begin disappearing on the skin, the skin will clear up of old rashes, old problems that have been there for a long long time your achne and pock marks and what have you. And the skin will become beautiful and, the same as a person in the prime of their life and in perfect health. Now here's what will happen and you need to understand this, it'll happen more often than not: Sometimes you'll have a little flush on the skin and you'll have a niacin flush and that's all there is to it. That'll happen most of the time. But suddenly, when the person

is physiologically prepared, in other words the nutrients are there, in mass, in saturation level, and the person is psychologically prepared, at that point in time they will experience a niacin flush that might last for several hours. Hey, I mean several hours. It might be 4 hours and during that time you'll ask them: "Have you ever felt this way before?" and they'll say: "No" as they're going through palpitating heart and they're going through their these purple flushes on the skin, as they're going through nausea and headaches and so on. And you'll ask them: "Ever felt that way before?" and they'll say: "No". Now just wait a little while, be sure to spray, at that time the Schweitzer Formula on their skin to increase the healing rate on the skin, and you'll find at that time that they will re-experience an old sunburn and you can take the clothes off and have them stand in front of the mirror and see the outline of old sunburns on the skin at that point in time. Now that's exciting because they'll remember the time they got this terrible sunburn laying out and going to sleep on that beach at noonday y'know, and getting the direct rays of sun on there and just getting a heck of a sunburn. They'll feel like they've got a sunburn. They may feel for a while like they can't walk. They may just feel like they're burning up all over and they'll feel the heart palpitating from the sunburn. They'll re-experience the shaking from the sunburn. They'll re-experience the headaches and nauseousness and just total devastation that they had at the time that they had this bad sunburn. Every single physiological feeling that they had and every emotion and every thought pattern will come back in reverse order as all of the breakup of scar tissue on the skin begins to heal. All that scar tissue is, is suppressed memory. And when that comes back to the consciousness, the person will re-experience it just like they had it when they suppressed it. Now at the same time all the salves and all of the ointments that suppressed the pain, the "solarcain" and so on, all of that will come back out of the skin and the skin will heal perfectly, and then the dark scurf rim in zone 7 of the iris of the eye will lighten up or entirely disappear. I've seen that disappear on myself when I went through a healing crisis on the skin. You'll have interesting phenomena of all the toxins and poisons that have been locked into the skin, will come out and the skin will heal. Now it will be very interesting because the skin is an epithelium. It's a... epithelial tissue. And It is tied in to the lining of the intestines and so there's a one to one correspondence between the lining of the intestines, which also is epithelial tissue and the skin. And so oftentimes we'll have a healing crisis on the skin, and we'll have a corresponding healing crisis on the walls of the intestinal area where we'll pass more corn and fuzzies and faecaliths and vice versa, because we've has people doing a colonic irrigation when the colon goes through a good healing crisis with a mineral implant which feeds the walls of the intestine and helps it to heal more rapidly. We've had people with niacin flushes while they're having good colonic therapy. So there's a tie in now, between the skin and the colon, and that's why sometimes with a niacin flush as the skin heals, you might have a little diarrhea and that is nothing more than a cleansing activity of the intestines. So we kind of expect that. Now I can tell you many cases of healing crisis on the skin: I remember one father called me, all alarmed because his daughter who was a bank teller got on the program and was on the program with only the very first dose of the whole program, she took, she took the niacin, and she turned purple. She couldn't walk, she couldn't bend her elbows, she couldn't bend her knees and her father called me all disturbed, wondering what happened to the daughter. Well I saw the daughter, because the daughter had a big black scurf rim and she simply went through a time she got sunburned and the father brought her over later on that evening and her scurf rim entirely disappeared with that one healing crisis on her skin. Now I might say that it was a little devastating to her, because at first she didn't remember that she'd had a sunburn. It had been totally suppressed, memory was gone. But after a while she remembered it in detail, re-experienced it lovingly and it disappeared. One time I remember in my own case, I had a line at the top of my boot level. I thought my boots were bothering me but my foot, my leg was broken out with kind of little running sores all the way down my leg: It had been that way for about 10 years. And I couldn't figure out what the problem was. And every time I took niacin it got worse. And one day, the smell of tuffskin was permeating the room where I was sitting and I remembered back all through highschool and college where I played basketball, I always put tuffskin on my leg and then wrapped up my ankles with bandages to hold my legs together 'cause I had very weak ankles through highschool and college. I needed

that so I could play basketball, you know, the joke was they called me the “tissue paper athlete” because I always had to be patched up because my ankles were so weak and my knees were weak. I had to patch those up, I was growing so fast, I wasn’t holding together very good. But anyway, all this tuffskin was just permeating the air and I felt all this smell coming out of my right leg where my right ankle was the weakest. And as soon as that came out of my leg, then my ankle, my whole leg, completely cleared up and I haven’t had any trouble with it since.

65 I’ve had other people who’ve been on the program taking the niacin and they’ve re-experienced the different salves and ointments that contained you know zinc and mercury and so on, that suppress different rashes. And, poison ivy and poison oak. And they actually go back and re-experience the itching of the oak, poison oak, and itching of the poison ivy, that they experienced, and the different smells and stuff; the stuff actually come out of their skin, where it was trapped at the cellular level. Now you may not believe it until you experience it. But I’m telling you that this has happened to hundreds and hundreds of people. Even people
66 who re-experience a tonsillectomy; the smell of ether that was locked into their tissues at the moment of the unconsciousness due to the anesthesia will be released into the air. And people who are holding points with Body Electronics will all experience that and they’ll all smell the ether around the people who actually go back through the tonsillectomy. So many of these, I’ll use the word, materials which are unnatural to the body, during moments of unconsciousness or trauma are locked in to the tissues until the person can re-experience that trauma and can release it. And at that time, the body heals and then it creates a condition where we no longer have those suppressed thought patterns which we would then pass down to our future generations on the DNA level, and then our future children will not have the inherent weaknesses that we have, and they’ll be free from that.

67 Anyway, going on here, we’ve talked now about the skin. I remember a very interesting story, that I’d like to relate to you. This happened 7, 8 years ago in Los Angeles. A lady with a large growth on the back of her neck. I didn’t see the large growth because she was facing toward me all the time and she sat down across the table from me. And I asked her what I could do for her. And she said, “I want to be put on the program.” So I looked in the iris of her eye, and I recall very clearly in the right eye, in the neck area at about 10.15 to 10.30 there was a huge black spot in the iris of the eye which took in about a third of the distance from the edge of the iris to the pupil and it had little fingers going out from it, little pointed fingers going out from it. Now this of course, alarmed me a little bit and I asked her if she had a problem with her neck area. She said, “Young man you... trouble with my neck area.” She turned ‘round she had a huge growth on the back of her neck the size of, well, I’ll say a large grapefruit, a small cantaloupe And I was very alarmed at that, I didn’t let her know what I was feeling inside because I felt rather sick from looking at it. But I remember looking at that and I say, “OK” and I remember from my own past experience with that we’re dealing with and I put her on the program. Now as I put her on the program, I put her on just a fresh and raw diet. She had to do away with her German pastry and all her other goodies and sweet tooth and whatnot, and said, “look, you’ve got to take care of this”. She told me she knew she had to take care of it because the doctor sent her home to die because the cancer had gone into the brain stem on one hand and the spinal cord on the other and there was nothing more they could do for her. So they just told her to go and get her affairs in order. Well we went ahead a’ got her on the program and I gave specific instructions to the host and hostess where I was in the Glendale area, and she went on and left with a tape to listen to as to explain the nutritional program. About 2 weeks later I saw her in a home that I was working out of, just off of Wiltshire Boulevard in Los Angeles. And she came in and sat down across from me and I didn’t recognize her and she said, “Young man, look what you’ve done to me!” I said, “What have I done to you?” And I didn’t know quite where she was coming from. She said, “Look what you’ve done to me.” I said, “What was your name Ma’am?” She told me she was Madame So-and-so and she was this French singing instructor from Hollywood that I’d treated up at Glendale. And so she came in and sat down across from me with all these red running sores all over her face. And then she turned around and I saw this huge lump on the back of her neck then I knew who she was and she had this m.....s on because all the... her whole body was just poring out toxins and poisons.

And this huge lump on the back of her neck in 2 weeks was just turning into a red, smelly, stinking, mass of putrefaction. All the toxins and poisons were coming out of her. I looked in the iris of the eye and here this big black blotch was just sitting there, but all of those little pointed fingers were all nubbed off. And I looked at that and I said, "Good". And I told her, I said, "You're doing wonderful" Now how in the world do you convince an individual, that they're doing wonderful when their body is covered with red running sores? And all red and... You know her eyes were nearly closed, she could hardly see me. It was just all swollen up, her face was just a mass of red and pimples and puss and stuff coming out of it and you try to convince her that she's doing fine! Well I told her what was happening and I drew her a diagram and showed her what was happening. All the little black nubs, the black feelers, were all nubbing off there in that black blotch in the iris of the eye. And I told her she's doing just wonderful there's nothing to worry about. Well, she stayed on the program. And I encouraged her to stay on the program; I'm very grateful she did, because as time progressed, the next time I saw her, that lump was nearly gone, the discolouration - the black was turning to brown in the iris of the eye. The last time I saw her, she came just a beautiful, beautiful lady, with just a little bit of ruddiness on the back of her neck where the lump used to be. And the body had totally eradicated itself from the lump. And she says, "I've been invited to Paris to take a new, a new score", musical score that has been accepted at a symposium in Paris and she says, "May I go?" I said, "How do you feel?" She said, "I've never felt better in my life." And she was beautiful. She looked like - she had the skin of a young lady. She was tall and beautiful and wonderful and last I heard she was doing well in Paris. She decided to stay. She had a new lease on life and she was determined she was going to make the best of it. She was not going to work herself into the ground. I mean, this was a lady in her seventies now she's doing just wonderful! A very prominent singing instructor there from Hollywood. Now what took place is she had enough determination that no matter how bad she felt, no matter how much she passed in the way of corn and fuzzies and faecaliths, the body healed from the inside out because she kept taking a saturation of nutrients. And the body had the capacity of healing itself. Now remember, I did not treat her, I did not heal her. She, because of her conscious attitude of lovingly and willingly enduring the pain and by her desire of taking the nutrients into her body, healed herself, but she had to pay the price of cleaning all of the junk out of her body.

68 I'm reminded of another lady, in Chicago. She was a very high society lady. She went with her husband to all these big business meetings. Her husband was the director of this big corporation in Chicago. And she came to me and went on the program, because she wasn't feeling too good. Now, the thing that happened to her, is she broke out with this red rash all over her head and neck and it covered the tank top. You know what a tank top is: just across the top, y'know, a semi-circle across the chest, leaving the neck exposed. It was red down to there, and he had a perfect tank top there and below that was fine. That went on for 2 months. Her husband insisted she go to a dermatologist. And she wouldn't tell her husband that she was on the program. She kept on the program and kept complaining to me every few days that things were not improving, and I told her to stay on the program with the veiled threat that if she didn't stay on the program she'd be stuck right in the middle of the healing crisis and might remain that way. I was very serious when I told her that. It was no threat: it's just the way it is. But she, you know, this is the way it was. 2 months later all this junk came out of her skin. And then she came and admitted to me that she'd been using a hair dye spray all these years because she's about 7 years older than her husband and she didn't want her gray hair to show. I remember I saw her there at the National Health Convention there in Chicago, you know, it was about 5 years ago. And I saw her, and dog-gone it if her skin didn't look like a 17 year old girl's skin. And here's a gal again, in her late 60's. And she looked beautiful and her skin had cleared up, the wrinkles were gone, the complexion was beautiful, and she felt absolutely wonderful. But this is what she had to go through: 2 long months of all the toxins and poisons coming out of the skin where it had been blocked for many years by using this hair spray and she always wore the same tank top outfit and the hair spray actually got on all of her body. Well there you have it.

69 I'd like to talk to you about another healing crisis that you need to be aware of. A gal

came in to Vista, California. She brought her 19 year old daughter in which , where her left leg was about 3 inches anatomically short. The history of it was that it had been broken about, well actually 3 inches below the knee and 3 inches above the knee and right at the knee; broken in 3 places, and she was 19 at the time, she broken her leg at the age of 9 and the left leg didn't grow the same as the right leg grew. So she had this big lift, and so on. And she was an identical twin I might add. But from the age of 9 onward they were no longer identical twins, but the girl who had broken her leg looked differently from her identical twin, towards a very... they were quite divergent in their looks. Now what happened was I didn't really know what the problem was, but the girl came in just kind a' screaming you know, in pain, and nobody could do anything for her. She'd been to every doctor, every chiropractor and nothing could be done for her. But the mother kept pumping fresh and raw juices down her, because she was very much into nutrition. Now what had happened is the mother was pumping organically grown fresh juices, vegetable juices, fruit juices, down the daughter, forcing her into the dissolving of the suppressed traumas that the girl had incurred at the age of 9 which the mother didn't know about and the girl has suppressed completely, because when she was hit by a truck when she was on a bicycle at night she was left lying in the gravel for one solid hour and nobody would come to help her because nobody wanted to get involved because they might get sued for practicing you know, medicine without a license. So what happened they left her lying there but they did call an ambulance. Finally the ambulance came and hauled her off to the hospital. The girl of course, was in severe trauma the entire time with a broken leg. Well what I did with Body Electronics was I touched the spot furthest from the head on the left leg where the break was. Just held it. All of a sudden she started screaming again, at the top of her lungs, and there she was no longer on the table, in Vista, California: she was back there in the gravel at the age of 9, 10 years prior, going through the pain of her recent encounter with the truck, when she was on a bicycle. And right before about, oh, I imagine there were 18 to 20 people there. I just attended Dr. Bernard Jensen's lecture now this is in '79 now, the spring of '79, when was it?...It was in '78 and at that time, and I had attended Dr. Bernard Jensen's lecture and... in Escandido and these folks wanted me to come over there to Vista and what had taken place is all these people saw this leg... move out and become the same length as the other leg as she re-experienced the trauma of the wreck. Now during that time her facial features totally changed. I hope you heard what I said. I said her face underwent a tremendous change in structure. Her mother after it was all over, looked aghast at me and said she looks now identically like her twin sister. Now remember from the age of 9 after this one identical twin had a wreck, the two no longer looked alike and they gradually looked more and more different from each other, to where they were very far apart and you wouldn't have known they were identical twins. But there was literally a transformation that took place where one looked just like the other. Now where there is a change in consciousness, you will always find a change in structure. Because the physical body is an outer manifestation of inner consciousness.

70 Now, what I'd like to do is to try to explain a little bit about Personology. Personology is a study of the structures of the body with statistical correlation to personality traits which are more or less a reflection of your thinking. So people, according to Personology will act according to how they are structured to act, where we recognize that the outer manifestation, is a, literally a manifestation of internal consciousness which is dependent then upon the thought patterns whereas "As a man thinketh in his heart so is he". When we change the inner consciousness, the outer structures all will change and personology gives us a tool by which we can measure the structures of the body and especially the structures of the head, where we know there has been a change in consciousness. Now as a healing crisis go on in an individual, especially with cranial and, shall we say, back work, and we change the er... not change but we remove the blockages in the spine and remove the blockages in the sutures which connect the bones together in the head, and there's tremendous movement and tremendous change of structure and accompanied with that, tremendous change in personality. Now remember, changing the structure , changes the personality. Let me give you an example. Just today... it was yesterday. Yesterday, a lady here in Wisconsin, who is a school teacher came up to Manactuish Waters with her father who is in school administration as a principle. And she, 2 years ago, was in a

very severe snowmobile wreck, where she was thrown 20-30 feet up in the air and down on her head on a pavement. Now, of course this left her like a vegetable and everyone thought she was going to be a vegetable and she started on the program, and we were able to do work on her to bring her out of this state of inability to do much of anything. Now when we were able to work with her on the whiplash neck just yesterday, in addition to the colour of her teeth changing right in front of her, right in front of her father and about 5 other people there as witnesses and she had a mirror there watching her teeth colour change. We were simply dissolving the calcification on the 3rd. Cervical Vertebra where she also, we found, was the source of her whiplash from falling on her head. OK? Now in addition to that she experienced severe pain on her head and she re-experienced landing on her head on the pavement and the bone structures, where there were tremendous ridges in the sutures between the temporal and the parietal bones, those all came out. Now, let's put it this way: for 2 years she has not been able to play the piano, and here she is, a school teacher, she's also a pianist, and she hadn't been able to play the piano for 2 years; she'd sit down there and couldn't get the notes coordinated with her fingers. But right then she was able to go over to the piano that we have in our basement and play Pacembell's Canon on the piano, and she played it very nicely; after 2 years and she coordinated it perfectly and boy was she happy. And her father was happy. Because this was a instantaneous blockage which was removed and the head structures, instead of having these huge suture... y'know, ridges in the head, the head became well rounded off. Now there's still more work to be done. And from that, we can determine that from the fact that she has had a definite concussion, from the sclera of the eye. But we have more work to do there, but the fact remains is she was able to do things and sustain that over a period of time without going off into a fogginess or an inability to complete something. Now there is a definite change there, there's a change in several things which we won't get into. But what I'm saying is that the head structures changed and with that it's an indication that there was a personality change. So injuries can cause personality disorders and when we correct the injuries by lovingly and willingly enduring the traumas that we re-experienced with all of the complete memory, the pain the yelling the screaming that she went through. OK? All this that she went through. With the memory of the pain and re-experiencing the pain, then the bone structures changed, and then the personality will change. And in this case, the personality being simply an ability to play the piano. Now who knows how far reaching that is to other things that she couldn't do? This is yet to be determined by observation over the next several weeks.

73 Now, let me go back to some basic fundamental things we need to look at. One question we always ask people: "When did you feel that way before?" and they will always answer: "What?". They don't remember when they felt that way before. The memory does not come until after the person goes through the pain. Now, when a person is going through a healing crisis, if they are starting from scratch, which is at the bottom of the scale, the body part will go numb. Example: I'm going to talk about numbness for a while. The numbness might be 74 in a hand, like in a left arm, or left hand, and they might suddenly be in recovering or remembering a full fledged heart attack, which would show up as a red blotch in the sclera of the eye in the heart area. And after they have gone through the pain in their heart, the shortness of breath and what ever they experienced during a real traumatic event, then the numbness in the hand and arm will go away, the red blotch will disappear, the "I can't breath" has gone and they can, they feel a warmth going on in their heart area and there'll be a reconstruction going on where the heart will have gone through a reconstruction of whatever damage was done to it. Now you might say the scar tissue will disappear and the heart will return to its full normal function. Now this is something I know a little bit about. And with Body Electronics we go in a great deal on the heart. But if a person has been in the Intensive Care Unit, they will re-experience their unconsciousness, the trauma, the pain, the "I can't breath" and so on, the actual... if the heart stopped, they fibrillate the heart, they'll experience the electric shock that brought about the, heart back to its normal function again. And they'll re-experience all of these things on the table during pointholding; especially if they are nutritionally prepared. Now the thing is, is a person if they had gone through a time when they had a heart attack and they stopped breathing, they will re-experience that in the healing crisis and you have to be

75 prepared for this. Now if you are dealing with somebody who has had a heart condition in the past, then you'd better get the tapes on Body Electronics and listen all the way through that before you start fooling around with pointholding or at least have an instructor there who has been through pointholding on people who have had heart conditions. Because when you take a person through a condition in their heart where the numbness is there in their arm and they go numb, they can't breath, they quit breathing, they turn purple, you'd better be prepared to handle it. Up in Bismark, North Dakota I had a man, we straightened out his spine in the lumbar area, that he'd had since birth, a very, very crooked spine; worked all day on it. After we worked on Johnny for... Johnny was in his 70's, he was 74 I believe at the time, and after we worked on Johnny all day long, the spine was perfectly straight, Johnny sat up saying: "I feel wonderful" his spine was straight, his hips were straight, everything was straight, and then he quit breathing and... a long story OK? But basically, what happened is after about 30-40 seconds of no breathing and turning purple he then came out of it, with full memory of the Intensive Care Unit, he said, "Oh, I forgot to tell you...", he says in his German accent (that wasn't a German accent but...) in his German accent he says, "I forgot to tell you," he says, "when I was 64 I was in the Intensive Care Unit of the hospital with a heart attack." Well, he went through the heart attack. Now this is something that I didn't expect. This is why you need to have some sort of a history of an individual and sometimes they don't put everything down on the, in their history, they forget to tell you that they had an operation. They forget to tell you they nearly died on the operating table. They forget to tell you about the heart attacks they had. And these things you ought to know, because a person must be in a nutritional program before you work with a heart. So you can take them all the way through the heart attack so they will re-experience all of the symptoms they had during the heart attack. So they'll be back you know, bright eyed and bushy tailed with a new heart, after the heart has regenerated. And you have to have enough nutrients in the body to carry them through, all the way through the healing crisis, that they'll go through. Now that's very vitally important.

76
77 Let's get back to numbness. Had a man in Indiana. And the man came up to me after a pointholding session and he says, "I'm all numb." I said, "You're numb?" Then I explained to him about numbness and the healing crisis and he came back to me a little bit later he says, "I don't think you understand", he says, "I'm numb." I said, "Where are you numb?" He says, "In the front." I says, "Oh, in the front." OK and I explained to him more about the healing crisis. He says, "You don't understand I'm numb in the front." And I said, "The front." And then he explained to me that his entire testicle area, everything back to the rectum area, the anus area, all that was numb. And frankly it was numb for quite a while. Then I explained to him how this was the beginning of the healing crisis, he was on the table, he had run out of electrolytes, and so we just had the cycling and the burning and throbbing and you understand from the Body Electronics tapes. And so the healing crisis was stuck in the middle of it. Now he had to continue with the nutritional program to get him off of dead centre and move him on through the healing crisis. That took about 2 weeks. Now his wife was very concerned about it because nothing was working. And I mean, I hope you understand, I'm just getting right down to bare essentials here. Now, what happened then, was the fellow did not remember that he had a hernia operation and that in that operation, in the hospital, he was numb for several weeks, where exactly the same numbness was re-experienced in that area. And he had forgotten about it because, you know, when you're in the hospital, after an operation they keep you drugged up they keep you on pain pills so you don't really remember what happened. But all that was re-experienced consciously and the numbness went away and he was fine afterwards.

78
79 Now we've had a number of experiences of that where body parts have been numb for an extended period of time. And when a person is psychologically ready to go back and relive the time that they were numb, then they will go through it. I know one person, the top of their head was numb for about a month. Somebody else's, the side of their neck was numb for a couple of weeks. Other parts of their body were completely numb. I remember one person had 3 toes numb for about 2 months until they remembered going through a... electrical shock which went through their body, down their leg and out through their 3 toes. And when they went through that experience then the toes came back to life. So all of these have to do with healing

crises that we're dealing with. I hope you understand.

80 But numbness is the first thing that comes out. Then with the numbness, next is the
emotion of Apathy, as the person comes upscale in vibratory rate, which is the "I can't handle it",
"I can't take it any more", "I can't do anything about it", "Nobody loves me", "I might as well die",
81 you know, type of thing. Then they come up to grief, and here's where they cry about it. Then
they come up to fear, where they feel "I can't take any more" and "I'm going to get out of here no
matter what you do". At that time you better have educated them ahead of time, so they are
willing to stay on the table and have their points held and bring them up to the healing crisis, or
you might not see them for a couple of years. Now you think I'm kidding? I have a little
experience in this area. So here's where we need to educate the people on the healing crisis
ahead of time that when they come up to fear; that fear can be absolute terror and they've got to
82 get out of there no matter what! They don't realize what they're running away from is what they
don't remember yet. And they're simply re-experiencing the fear which lays embedded in their
crystalline structures which is dissolving in their body. There might be a fear, running away from
somebody when they're 2 years old, when they're afraid of the dark. But they don't know that,
they have no memory of it. But they still have the feeling of fear. Then after fear comes the
Anger. Then they come up through anger. Be ready for it. And let... realize that the anger will
come out. And a person can certainly sit there lovingly and willingly enduring the anger without
venting it on everybody that they're holding points on, or that's holding points on them. Then
83 they come up finally to Pain. Here's where they go through the excruciating pain of the trauma
and they re-experience it lovingly just like it happened to them. And then they move up through
84 pain to Enthusiasm and when they hit enthusiasm, they don't mind that it hurts, and the pain
disappears and everything becomes energy - everything is transmuted with Love.

85 Now here's where, look, the key word is: Lovingly and Willingly endure the pain. When a
person is willing to do it, this helps to bring it up, because they're willing to receive that which is
already there, And then when they love it, they transmute it as they are receiving it, eliminating it
forever as they're putting out Love continually in their mind for every single experience that
they're passing through, with a feeling of gratitude connected with it.

86 Now in this day and age - I'd like to get onto another subject now. Let's talk about drugs.
Drugs. Had a lady call me at about 3 o'clock in the morning. She was behind a couch in her
front room, all the doors were locked, she had her hands up over her head and she was
screaming at the top of her lungs, "I'm freaking out!" Anyway I said, "When have you felt this
way before?" She said, "I've never felt this way before... I've been on the program faithfully;
what's happening to me? What are you doing to me?!" I told her, "Well, have you ever been on
drugs?" She said, "Well yes, years and years ago. I haven't had any drugs for 10
years..." "Well, have you ever felt like this before?" "...No" I asked her just by chance, I said
"Have you ever been on any LSD?" She says, "Well, er yes"..."Have you ever had any bad
trips?"..."Well only one" I said, "Do you remember that bad trip?" "Oh... yes," she said "I was
behind a couch in the living room, with my arms up over my head, freaking out with paranoia
just like I am right now." And the feeling totally left her. Just like that. It left her. And she was
free of that feeling. Then she understood what a healing crisis was because that which has
been suppressed will return to you. Now what are flash-backs? A person gets on drugs, they
have a bad trip. It's all suppressed because they can't handle it. That's why it's a bad trip.
They start taking a vegetarian diet and all of a sudden they're back on their bad trip again, and
87 they have what they call a flash-back. All the flash-back is, is the LSD locked in the tissues is
being rejected by the tissues, back out into the blood stream again, symptoms identical to how it
was before as the body gets rid of the LSD and you reverse the whole procedure. The same
88 thing with your marijuana. Now we know how marijuana blocks the pain and people who take
marijuana like they take it for glaucoma, they take it for cancer. Why do they take it? It kills the
pain. And so people who take marijuana, they can't go through healing crisis because it blocks
the pain. Just like D.M.S.O., blocks the pain, or like any pain killer blocks the pain. And so we
have to encourage people to get off all of their painkilling drugs. We have to encourage them to
get off their D.M.S.O. We have to encourage them to get off their Marijuana so they can go
through the pain, go through the healing crisis, come up through enthusiasm, unlock the tissues

and you know, so that the tissues will heal, and then transmute it with Love. Many, many people today, because they understand the healing crisis, they're dropping marijuana, they're just dropping it. They say, "I want no more of it", because they see just how damaging it is to the body. And by being a pain blocker, like D.M.S.O. is a pain blocker, you can see the fibre structures moving right back into the pigment layer, where the fibres become very, very dark, due to the fact that the drugs, the marijuana, the LSD, the um... not the LSD so much but the marijuana and the different pain killing drugs, the D.M.S.O., does kill and blocks the person from
89 feeling the pain. And so we encourage everyone who is on marijuana to drop it, get on the program and go through the healing crisis because as long as you're taking marijuana, you're not going to go through a legitimate healing crisis. You'll get some progress up to a point. But you have to go through the pain in order to get the full emotional problem out and into the open so you can experience it with Love and release it forever.

90 Now I would really want to stress these words, and please don't vary from these words in helping to bring a person through the healing crisis. This is not idle. These are words that were given to me word for word as a result of prayer. And you find the story on that in the "Health and the Human Mind" seminar. But I want to restress this. The words are: "Lovingly and Willingly Endure the Pain."

91 On the other hand we should learn to Lovingly and Willingly endure all things. Every single experience of Life with Gratitude. Because the very things which we resist in our life that we are unwilling to lovingly and willingly endure, we will perpetuate in our life. Through our Resistance which is less than unconditional Love, the thing that we hold ever-present in a state of creativity is the very thing that we resist. And that's why the thing that we hate most in our
92 lives is the thing that keeps coming up over and over again for us to experience. And it's very simple. The physical universe is an outer manifestation of inner consciousness. And that which we resist, we perpetuate. That which we resist we create. That which we resist, we hold in a
93 continual state of creativity. And if you sit and really take a look at these words: "Lovingly and Willingly Endure all things", this will help you to go through any healing crisis no matter how minute, no matter how great in magnitude and you'll bring it through totally to where you eventually come to an encompassment of unconditional Love and unconditional Forgiveness where you're able to transmute all the negativity and release those experiences and those outer manifestations of both your body and external environment from your life and be free of that forever.

Tape 2 Side 1

Remember on these tapes that we are dealing with on the Healing Crisis, I am assuming that you already listened to the "Health and the Human Mind" weekend seminar tapes that you get from Health Watchers Cassettes.

94 Now I want to go back to a story that I told you that I spent in 1963, I spent quite a bit of time in... I guess it's '62, I spent a lot of time in fasting and prayer concerning one particular problem that I was having. And I needed to have an answer for it. So I spent 10 days in fasting and prayer with just a little herb tea and honey to sustain me. Now at the end of the 10 days as you remember from the story I told you, I became very discouraged because I had had no answer. As so I determined late into the evening probably around 10 o'clock, that I was going to sit in that dog-gone chair in, you know, until, literally, the feeling that I had was until the flesh rotted off my bones until I got an answer. And was all souped up and said I'm going to sit here forever until I get an answer because I can't go on without an answer to this particular problem. Well that enthusiasm lasted about a half an hour and I became very discouraged after half an hour. So as it was approaching toward midnight I figured, well I'll just sit here an' finish the whole thing out so at least I put in the 10 days which I had planned on doing. And I got down,

95 very, very down on the matter. So at the end of the 10 days right as we were approaching midnight, I had this experience as I related in the "Health and the Human Mind" seminar tapes. The ceiling seemed to just fold back, like a conduit. That's all I can, just like, there's a straight channel right straight up into the darkness. And all I heard was the most beautiful voice that explained to me in detail what was happening. And the word pattern was simply this:

"Until Man can experience on the Mental level, that which exists on the physical level, he will be bound to the physical."

Now those are the exact words.

"Until Man can experience on the Mental level, that which exists on the physical level, he will be bound to the physical."

96 Now with that came the full understanding as to what this meant. This means that every thought pattern which includes visual memory, olfactory memory, taste memory, hearing memory, touch memory, motion memory and so on, all these are thought patterns. All the word patterns and all of the emotional patterns that we've already gone through on the emotional scale. Until these are able to be recreated or re-experienced on the conscious or mental level then to the degree that we can't re-experience it we're still resisting it and perpetuating it, binding us therefore to those things on the physical level, in not only our body which is the closest thing to us, but our extended body which is the environment around us. So we need to realize that until we can experience on the mental or the conscious level every single feeling, every single thought, every single memory of word, of taste, of smell, of eyesight and so on, visual memory. Until we can experience all of these things the motion, the touch and so on, on a mental level to that degree we are still resisting it therefore perpetuating it, therefore binding us with these invisible chains, this invisible prison which we bind ourselves with, which we imprison ourselves with from which we cannot escape until we can transmute all of these things with the unmistakably powerful universal force of Love, which is the most powerful force in the Universe.

97 Now the physical body is definitely an outer manifestation of the internal consciousness. And when we get in touch with the energy structures which control our body, when we get in touch with those, we can transmute those with Love and the body will return to its original
98 perfection which it was intended to become. The world, the environment around us is again the external body, it's the outer manifestation again of our internal consciousness and as we change our consciousness the world around us will change. If we're working at a pancreatic level, now remember from the "Health and the Human Mind" tapes, the intellectual level does only have general memory. This is the level where we believe that man's social existence determines his consciousness, which is a communistic phrase. This is the idea that our environment controls our being. When the truth of the matter is, its the environment is the outer growth of our being.
99 So as we go through a healing crisis, we go from the intellectual level up to specific memory up to the creative level on the level of the pineal gland where we have true enthusiasm which is the God in you. At that time we know that we are responsible for our thought patters, our word patterns and our emotional patterns, which have brought every single thing which we experience into our lives. Now my friends, all I can tell you is this: I positively know, there is no mistaking this. There are thousands of other people who know this also because they have had
100 these experiences. And all I can tell you is please trust me on this teaching, that we are, literally a result, as it teaches in the scriptures, "As a man thinketh...", which is on the mental level, "...in his heart..." which is on the emotional level, "...so is he." which is on the physical level. Our physical body and the way we live is nothing but a physical manifestation of our internal
101 consciousness. And the teachings as taught by Jesus Christ are 100% in line. And until we are able to go directly in line with unconditional Love, unconditional Forgiveness, and simply enduring all things with Love in our heart, and forgiveness even for our enemies, until we can learn to do that the very thing that we resist in life we'll be perpetuating. So I wanted to bring that to your attention because we will not be able to go through a healing crisis until we are able to release ourselves from the resistance, the lack of forgiveness and the lack of Love that we
102 hold continually in our heart and our mind. How can I stress, we are not treating the body. What we do is we are aiming for a change of consciousness and then we see a change in the body. We should never treat a person's physical condition. Underscore this please. We should

never treat a person's physical condition without first of all leading them through educating them to unconditional Love and unconditional Forgiveness, to where there is a change in their consciousness. And if they're not willing to undergo a change in consciousness, then the condition that they're being treated for will come in on them once again and there is no way to avoid that. Because unless there is a change of consciousness, there is no way of changing the external manifestation of that consciousness.

103 A lot of stories I want to tell you about healing crisis. One of these is regarding scar tissue which I was talking about at the Roadway Inn seminar several years ago in Nashfield, Tennessee. A young black lady was sitting at the back of the room with her family and she had, was listening very intently to what I was talking about, about lovingly and willingly enduring the pain. And I was teaching a principle of dealing with scars where you simply pinch the scar and re-experience the pent up pain that is locked into that scar tissue. All of a sudden I looked in the back of the room, this girl was just in a bundle of tears... had tears streaming down her face and she was just sobbing uncontrollably. And she was pinching what she showed me earlier, a large keloid scar on, just under her chin and down along the line of what we call the mandible. And it's very large... very large keloid scar tissue, which black people are prone to have when they have a scar on their body. Well she was pinching away at that, and all of a sudden she was no longer in the room, with the seminar going on, she was a little girl about 3 years old, falling down the marble steps of the courthouse. And she fell right down on her chin and cut that wide open with tremendous blood and fear and grief and whatnot. And she was re-experiencing every single bit of it, while she was hanging on to her scar and pinching it. Now I didn't tell her to do this, she was doing it entirely on her own. And er, but what had happened is she re-experienced all of that trauma, and when I looked at that scar tissue later she came up and gave me a great big hug and a kiss, and her whole family was around there you know, and she showed me the scar and it was gone, the keloid was gone. There's a little tiny spot that you can still see along that mandible line where the scar had been. But she had complete memory. Now there's probably a little bit of memory she hadn't completed yet or that scar would have totally been gone. I wanted to share that with you; that the suppressed thought patterns, word patterns and emotional patterns come out by associated activity when we re-experience the pain, and the suppressed trauma, which is nothing more than the scar tissue. That scar is nothing but locked in emotions and energies and when we get in touch with those energies the scar disappears and returns to normal.

104 I remember a boy who had had a severe car wreck and his head was literally mashed. And he was in a state school when I first met him, unable to take care of himself and he had to have continual supervision. Now here's a 19 year old boy and for a number of years was, shall we say incompetent mentally, retarded. He had a huge scar over his right forehead, down across his eye down into his upper cheek area. And we gave him, we worked with him quite extensively with Body Electronics. We straightened out his spine, we worked on his head, which was terribly deformed from this wreck that he was in. And right before our eyes, the whole head structure changed. He went through the pain of the accident, the memory of the accident came back to him - full fledged. And the scar nearly totally disappeared across his forehead across his eye area and his upper cheek. Now the eye was still there, but the scar was in the tissue nearly, nearly getting into his eye but it didn't get there. And that was to his, er, it was really a blessing to him. Now, what happened is he began to develop, and the area that was blocked off at the time of the accident about 10 years before, and he went right on up and went through all the experiences within a few short months, of adolescence, going right through adolescence, going from, literally progressing from one state school to another to where he was able to get his degree, complete his G.E.D. degree, his intelligence was very high and he entered college. He was taking courses in college the last time I saw him. Last time I saw him he had developed a very unusual interest in women and you know, you take a boy in his early twenties and bring him up through the teenage years and sometimes you have some interesting experiences there to pass through. But he going and condensing, shall we say a number of years into a few short months. And his experience level was also indicative of that. But what I'm trying to point out is that as you change your consciousness and have the person

re-experience the traumas involved, that scar tissue literally disappeared.

105 I remember another lady in Salt Lake City, who had, she was very upset because she had a scar on her left arm. And it just kind of wilted up like a keloid. And when I took that just as a demonstration one time, to show her husband how you could dissolve scar tissue, she broke into tears and cried and cried and cried and cried and cried. The reason she cried is because her pet rabbit bit her on the arm when she was feeding it. And that rabbit had never bit her before and she felt there was such a betrayal that her pet rabbit, who was her friend that she loved dearly, would bite her on the arm. Well, scar tissue disappeared and she got through her healing crisis eventually accepted it with enthusiasm and the scar was gone. Now that's how easy you get rid of scar tissue provided you're willing to go through the complete memory and the trauma related to it.

106 Now let me talk for a few minutes about other different situations. Man in Iowa, got his hand caught in a, what they call, some sort of farm equipment I believe it was a corn picker. And it tore his hand completely off, laid the palm of his hand up and out and it was all stitched up, you know, he had no feeling in his fingers, they were all numb. And we worked all along the scar tissue getting the burning and throbbing out like you do with Body Electronics. Suddenly he had pain in the area, and went through all the pain, went through the grief, went through the numbness before that you know, and numbness and then the grief and then the fear and then the pain and he went through all that until the throbbing was complete on the Body Electronics - holding the points. And he had all of his feeling and circulation back in that cold hand and he had strength back in that hand for the first time in many years after that farm injury. Can you imagine how many people we can help who have had injuries to where they've had a cut on the finger or a cut on the arm and they haven't been able to get their feeling and circulation back? He re-experienced the whole thing and the scar, the huge ropey scar tissue there, all went, went away.

107 Another person had appendicitis attack, and he had a huge scar from the surgery which was all kind of keloid. It was all ropey along the scar, and he re-experienced the knife cutting the area during anesthesia. At that time all of the anesthetic came out of the body and the scar went from a solid ropey scar down to just a little line on the skin where the scar was no longer thick. I want to share that with you.

108 We had a fellow over in Honolulu. He was a surfer. He was a champion surfer and he wrecked his knee in a surf board accident and he couldn't surf any more, the knee wouldn't hold him up. And you know you have to have everything put together pretty good to be a good surfer. specially when you're on the north side of the island there and, in the "tubes". Anyway, what happened, is I worked on his knee, during one of the seminars that I had over in Honolulu and I worked on his knee and he re-experienced the entire surfing accident with full memory. Full memory of the feeling of the water and the pain and the blow to the knee, the dislocation of the knee and so on. And he re-experienced the whole thing; the trauma of it all. Er, you know being bumped along the bottom, you know, after being caught in the, being caught by the wave coming down on top of you when you miscalculate a bit on your surfing. Anyway he got bounced along pretty good and he re-experienced all of that nearly drowning in the process, hurting his shoulder in the process. And the pain in the shoulder was tied into the pain in the knee, He went through all of that, re-experienced it, and was totally free of pain. And last I heard of, he was out surfing again with great gratitude.

109 Now, people who have had these injuries - all they have to do is to love the pain and to re-experience it and release it forever. Because if they don't: that which they resist, they'll perpetuate and the injury will stay on the body.

110 San Antonio, Texas; We had a lady, who was brought in by a reflexologist there... who had a congenital hip deformity from birth. And this man challenged me during an open lecture. He says, he told me, he said, "You tell me that if we correct the electronic structure of the body, the physical body will heal." I told him "Yes", then he told me about this lady with this hip deformity. I said "I don't know, I've never worked on a hip deformity." He says "Well either you're telling the truth or you're lying." and he was going to bring the lady in the next morning and he worked on her all day long with one thumb, right on the sore spot on her hip which was

deformed. And into the afternoon, the hip started to burn with this burning, searing pain and that burning searing pain, the hip began to move under his thumb and when the thumb had cooled off, with Body Electronics which you're all aware of, and the pulsing of the Universal Life Energy was there at the 72 beats per minute, then at that point in time, the hip was perfectly normal and she could walk without this terrible deformity and this terrible limp. Both legs were the same length and, what happened? OK, now take this for what it's worth. Some of you may not believe this or hear this. But never the less this is what is happening with these congenital conditions. She saw herself while she was in the womb, carried by her mother, being in a car wreck, where her hip was literally bumped very severely, during this car wreck at a certain street corner in San Antonio, Texas. So when she went through that, we had her call her mother on the phone and her mother confirmed that when she was, the mother was pregnant, she was bumped in the, in the belly where she was carrying the baby, at that particular intersection. And the girl could even see the car, and she could see the colour of the car and everything about the car, whilst she was being carried in the womb. Now I hope this opens up some very interesting thoughts for you, concerning the intelligence of the unborn child. Because we've had so many hundreds of experiences of people with full memory in complete detail, in prenatal experiences while being carried in the womb. And there's a whole area of study, and there's a book that's written by Margo Hyninger and by a gal up in Boise, Idaho, Shirley Randolph. These people are some of the most well advanced people in this area of dealing with prenatal traumas, the unborn child and the relationship of these traumas in blocking developmental patterns in the embryo, which then manifest themselves in the physical body of people, you know, 30 or 40 years later. The book that they wrote, it's called "Neuro-physiological Concepts of Human Behavior" and if you want this book it will be available for you, but you'll have to contact me so I can get you in contact with the authors.

Now, in dealing with this particular aspect, when you get into touch with the prenatal traumas and re-experience them on the conscious level, then all of the body which was related to the problem is then able to correct itself accordingly and then restructure itself and rebuild itself according to how it ought to be rebuilt; and the breakdown in different mental concepts which have never developed, then those begin to grow and develop. So when you remove a blockage, it's like taking a dam, removing a dam from a certain area, up in the mountain it might take a long time for that water to get down into the valley. The same thing is true in our own lives: we might remove a blockage but you might not see immediate evidence a week or two or three weeks later. It might be 4 or 5 or 6 months later as the body develops and then blossoms like a, like a seed that gets water finally on the dessert blossoms into a beautiful wild flower. The same thing is true here. We see many changes take place months after a certain work is done. Sometimes a "cranial" is done and nothing happens but a month later the teeth begin to change structure. So you never know what is happening when you remove a blockage because you don't know quite what the consciousness what the change in consciousness has been. And a person will only notice that there has been a change in consciousness because the outer behavior is conspicuous for its absence.

Now, let's go to different other conditions which are based upon blockages on a, lets use the word Neurological blockages which are based upon traumas to the foetus. And by removing these blockages, we can correct all kinds of problems like Cerebral Palsy. Much of your problem's due to oxygen deprivation. During the... time in the uterus when these are re-experienced on the conscious level, the, many of the children who are retarded become perfectly normal and become teachable where before they weren't. Many of the problems related to suppressed grief while in the womb, are related to your hypoglycemia, hyperactive children and so on. And so diet is only one part of it, but you must come in contact with the emotion part of it, which has been suppressed which is bringing about these outer manifestations. So all that's really important.

I remember of a cerebral palsy patient in Oklahoma that went through a lot of numbness and grief and so on, related to birth and so on. And the cerebral palsy the, you know the tension in the muscles, the spasms literally disappeared. And of course we had to do a lot of physiotherapy on this little one. She was a little one in her twenties, you know but she was a

small underdeveloped child. But we removed the blockages finally she could stand up, take glasses down, talk to you normally where before she couldn't talk, do things she's never been able to do in her life; fully aware consciously. But we had to develop things to learn how to use things that she's never used before.

117 A young fellow in Evenstone, Illinois, same thing; he was never able to talk clearly. He was never able to move because he was in constant spasm. And after we worked on him for 4 or 5 hours on the STO points and other points, went through some traumas, he was able to communicate clearly.

118 Two children in Vaccerville, California; both all in spasm. Just a few hours of working with them and all symptoms of cerebral palsy were gone. We can go on and on about cerebral palsy, because this goes back, oftentimes into birth trauma or to trauma which developed in the womb, that was an insult to the development of that child, resulting in problems which then manifest themselves after birth.

119 I should tell you about a little fellow from Chicago. He's a minister now. But he cut his finger. And I remember bringing him up to a... in front of the class and I held this scar on the end of his finger where the end of his finger was numb so he couldn't play the piano. He went back through a knife fight where the knife had cut his finger and had nearly severed it. And when he re-experienced that he re-experienced very, very deep emotions and traumas and when that was released, his brown eye was turning greenish in some areas. And this was a man who was partially black in ancestry who had a very brown eye; his eye was changing. And he stayed on the program intermittently and later on we were at the B.F.W. Hall there, somewhere in South Chicago area, and he came down and he told us the experiences that he was having and how his, and showed everybody how his eye colour was changing from brown to green. And there were some other changes there where all of them... as he increased in Enthusiasm then the pineal evidently, was secreting this material which helps dissolve Melanin, because not only were the brown discolouration in his eye disappearing, but his skin was many shades lighter in colour, which is something which happens with all people with darker skin. The skin gets lighter as they go through healing crisis after healing crisis, getting rid of the suppressed emotions and bringing the body up to an Unconditional Loving, Unconditional Forgiveness Enthusiasm for every phase of Life.

121 I remember another situation with a little girl in Omaha, Nebraska. And her mother was such an angel. The mother worked with this little girl for 7 hours or so on pointholding. And the little girl had these big, thick glasses, the thickness of a coke bottle, and... coke bottle bottom, and could hardly see. The little child went through several hours of grief, finally fell completely asleep while working on the pancreas reflex point, going through an awful lot of trauma. When this was all released, the little girl changed. When she woke up from her deep sleep that she was in, which is usually indicative of a hyperactive child and pancreatic problems, she woke up from this deep, deep sleep of this unconscious state being re-experienced. And she said to her mother she says "Mother, I can see without my glasses" and she never had to put her glasses on after that time. Now if you look at the iridology chart, we have 180 degrees reflex between the pancreas and the eyes. And we know that diabetics oftentimes have problems with their eyesight; and their forehead/temple area, with headaches and so on. And this is because of the reflex action which takes place there. And so, one thing I want to point out without going into detail on, is in dealing with all types of symptomology and healing crisis, the 180 degree reflex is very, very real. If a person's liver or spleen are healing, oftentimes we'll have a hyperactivity in those areas and it'll trigger the running of the nose, and the dumping out of tremendous amounts of mucus out of the nose and sinus area. Oftentimes if we have a person whose Adrenal is healing, we'll have a ... right 180 degrees opposite we have the hallucinatory area of the inherent mental area and a person will have tremendous, you know, dreams and all sorts of hallucinations and so on, as the adrenal/kidney area is healing. If we have a thyroid healing we oftentimes have pain in the breast, where the breast area and the thyroid are directly opposite one another, 180 degree reflex. If we have a person having a healing in the heart area, directly opposite the heart we have the oesophagus with swallowing reflexes, we have the scapula with pain in the upper back area. And so we have a 180 degree reflex in those particular areas.

Sometimes the vocal cords are reflected from that 180 degree reflex and we have trouble with our vocal cords.

123 Now, there are so many things with that 180 degree reflex. One we hit just the other day, I'd like to tell you about a broken leg if I may. We had a broken leg... now see, where was that?.. That was down near Lofiet, Indiana. Lady came over from Ohio, and she had broken her leg back in June, now this of course is November. Now, she broke her leg and she had had that leg continually, since June, and it never healed right. It healed crooked and she couldn't walk on it. She walked on it with a limp and she had pain in her leg and her foot. And she didn't have good control over it. So we took her right back and had her totally re-experience the broken leg. And her own husband was holding that particular area where it had broken and he felt the bones move right under his thumb. And other few people that we work with who have had experience in this area could feel the leg bone rotate where it had healed crooked because of the calcifications as it was in the cast and that, you know, had held that in the crooked position. The ankle bone rotated, moved in - not the ankle bone but the er... the outer ankle bone moved in and out and back and around, you know, as this was healing. And everyone could feel it moving and she could feel the terrible searing burning pain as she was going through the release of the blockages which were keeping her leg from perfection. Finally when she got up and moved around, she almost was walking very rapidly around the room with the only limp that she had was the fact of the disuse of the leg and she needed to, you know, to build up the muscle structures there. But she was free from pain. She had a little bit of muscle soreness because of the limping that she had gone through for several months. But her leg was perfectly well. But the thing is, she went through the shock, she went through shivering, she went through cold hands, she went through a tremendous trauma that she had totally forgotten about where heart was hurting her, and all down her left leg - pardon me - left arm was numb and pains in her chest and the "I can't breath". She went through all of this and at that time when she went through all of that the area in the sclera of the eye where there was a red blotch, disappeared. And it showed that the heart had healed where she had had a lot of stress on the heart. I'll just say stress, I won't say heart attack. But I'll say she had a lot of stress on the heart at the time she fell off the ladder and broke her leg. So I did want to share that with you, because these broken legs, or any broken bone is sometimes a little hard to deal with.

124 I remember, I remember a lady, in New York, who was an Indian Medicine lady. And she attended a seminar at Lillydale, New York. And I remember she went back through a time when she had fallen and hurt herself very severely and injured her arm where for a number of years she could not lift her arm up and put it over her head. Now when she went through that experience, went through all of the trauma, the near unconsciousness she passed through and the pain involved in it that she had suppressed, her hair colour, right in front of a class of about 50 some, 60 some people, slowly changed in colour to where it was partially dark, maybe 35 to 45% dark; the rest of it was still gray. But her hair colour turned right in front of everybody, and then she could put both arms up over her head with no pain when we were completed. Now
125 what held that arm in a state of inactivity was the inability to Lovingly and Willingly endure the pain at the time that that happened. But by pressing on the point and eliciting the pain, we brought out the numbness; I should say we brought out the unconsciousness first where she re-experienced the unconsciousness, then the numbness, then the grief, then the fear, and very rapidly up the scale to where she could Lovingly and Willingly endure it with Enthusiasm. And this gal was, trained herself, many years of doing just that. And it just took a few minutes, oh maybe 10 or 15 minutes to bring her right up through that to where she regained the full use of her arm.

126 Another fellow. This will be interesting to you. He took a chainsaw in Missouri, an cut all... he's cutting wood, and he cut down through the upper part of his leg above the knee several inches, all the way down through the muscles and all the way down into the bone. And I think if you were to mutilate your leg with a chainsaw, I think you would realize that that was a little traumatic to a person. Well, he had just listened to the "Health and the Human Mind" tapes and people who were there had been through the instructors seminars would work on him, right then at... they just happened to be there from Wisconsin down to Missouri. And so they worked

on him all that day and he went to bed that night with a patch over his leg. Next morning he woke up and there was only a scar across there and he could walk on it. They worked on that again all that day and by that next day there was no scar there at all. And he was back to full normal activity. The whole body had reconstructed itself. And - Hey, that's the way it is. But you go back and re-experience the pain, at all levels. Re-experience the memory at all levels, the suppressed trauma at all levels and do it Lovingly and Willingly with unconditional Love and unconditional Forgiveness and the body will totally regenerate itself no matter what the trauma has been to the body. And if that body will restore muscle and if the body will restore bone, just like it was before the accident, I hope this jars your ability to speculate as to what could be done with this technique. Just think about it.

128 I remember a fellow up in Manatowish Waters, Wisconsin at a seminar, just holding a point he went through tremendous trauma. And in front of about oh, I don't remember how many people, 40 or 50 people, his hair colour, his hair colour literally changed from silver gray - actually a silver colour, to over I would say, 60 to 70% dark. and right in front of everybody it changed. And he went through a tremendous healing crisis.

129 There are so many things that I could talk to you about. Let me talk to you about another healing crisis. Little girl aged 13. A chiropractor from St. Louis brought her up from Kentucky to a place at Maryville, Indiana where I was at the time. At the age of 8 she had an operation. The doctor operating on her for a hearing problem, where she'd been deaf since birth missed and cut the trigeminal nerve on the left side of her face, rendering her unable to have any sensory activity and motor activity was also affected, [corrected with J.W.R. 1-4-97] up to the age of 13. She couldn't move her facial muscles at all. And in turn, because of the damage inflicted by the slipped scalpel he had to remove a bone in her inner ear rendering her totally deaf. So here she had the left side of her face was dumb, unworkable plus totally deaf, plus a bone removed surgically, according to medical records, in her left ear. Well they worked on her for a few hours before I met her. And evidently she was heavily on the program. But when I met her, when we worked on her in mass again (there were a number of people working on her) she totally recalled the operation and her anger at the doctor. She forgave the doctor, forgave everybody with unconditional Love and unconditional Forgiveness and suddenly her feeling came back in the left side of her face, the severed nerve evidently was repaired after 5 years; I hope you heard me, after 5 years, and she could move and had feeling in the left side of her face. And what was more important: she could hear, and could hear a telephone conversation through that left ear for the first time in her life. The hearing from birth, was restored to her ear, and how could you do that without a bone evidently repairing itself? Just like after the chainsaw accident, going down through the bone, the bone went back to normal. Just like the bone in the middle ear of this young girl. She could hear - you can't hear unless the bones are there. And so the bone was restored in that area. Just like we could on a short leg, the bone, just like the short leg of the girl in Vista, California, the bone er... the leg reconstructed itself and both legs were the same size and the girl I told you about that had, that was screaming you know, because of lying in the gravel during the accident, with full memory returned, her legs straightened out. The bone structure restored itself after 10 years, and her facial structures changed. She walked out without a lift on her shoe. Now I mean, these are things that many people have seen and many people know are true. And these are things we have to really take a good look at. But the traumas are there.

130 Now, I'd like to talk to you a little while about spinal fusions and healing crisis. People who have had severe spinal fusions and operations on their back, when we go through the pinholding on these areas, oftentimes they have complete memory recall of surgeries. They have the release of anesthetics and so on right through their bodies, and all the hospital smells that are trapped into their bodies and their cells; the people around them can smell them. One lady was, we were working on recently in Columbia, Marilyn, she had surgery on her neck. And after... she had several surgeries... and a spinal fusion in the cervical area. And when we were done she had complete action of every vertebrae both flexion and rotational and we had a chiropractic physician there to test the movement between each vertebrae where before they were fused. One of her vertebrae was congenitally fused and that was all straightened out also.

- 132 We had a young man in his thirties in Indiana who had a spinal fusion and working with him he went through all the traumas that he went through for many, many years of pain. And when we had him completed, here we have the X-ray on the left where it shows the spinal fusion and the steel mesh, and here's the X-ray on the right showing a perfect spine, perfectly straight. no spinal fusion, and the steel mesh in the 4th and 5th Lumbar area was totally gone. Now, here we had a biological transmutation of the elements of the metal. And that steel mesh in there was totally gone; part of the healing crisis that we go through.
- 133 Now, we talk about steel being transmuted through biological transmutation during a healing crisis, we have an X-ray of a lady who attended a seminar up in Wisconsin and she had a Harrington Rod in the spine. And she went through the severe burning searing pain much like the man at Indiana went through. And she went through this burning searing pain and for quite a period of time, and here is an X-ray with the Harrington Rod and the curvature of the spine. In the next X-ray, no Harrington Rod, the spine is perfectly straight but there are 3 little clips where the Harrington Rod used to be. In that second X-ray, the Harrington Rod clips were still there but the rod was gone. So there's something that hadn't been transmuted. But enough of it had been transmuted to where she had complete freedom of motion that she hadn't had for years. That's exciting. I hope this speculates... or shall we say, I hope this triggers a bit of speculation to realize the, what can actually be done with this when properly applied.
- 134 A young man in P____[?], Illinois in a Cranial class; went through some kundalini experiences or burning searing pain as we call it. And this burning searing pain left him with a changed body and a change of consciousness and the silver amalgam fillings in his molars, both upper and lower were completely gone. And he had nothing but a perfect set of teeth. Now this is fact, not fantasy. To somebody who is totally locked into the idea that they are nothing but a body and they here something like this, they would certainly think that this was nothing but a bunch of Mumbo Jumbo and quackery. But I'm telling you folks that there are tens of thousands of people across this land that have seen things like this and know what I'm telling you to be true.
- 135 A lady had a whiplash accident many years ago. And in Chicago just recently she went back and relived the whiplash, and the pain she had in her neck after many, many years was perfectly fine. And all of the stiffness in that neck was completely corrected. How was it done? Not by chiropractic. How was it done? Not by manipulation. How was it done? Simply by Lovingly and Willingly enduring the pain, and re-experiencing on the conscious level or the mental level that which exists on the physical level and releasing it completely and totally through the power of Love. Now that's important.
- 136 Now right across from me is the husband of a lady I'm going to talk about. Do I have your permission Sir to bring this out? OK. Several years ago this lady came up to Wakigan [?] and we helped to, I showed her husband where to work on her back and her back was straightened out to a degree where she could sleep on her back for the first time after many, many years. But in her iris of her eye in the adrenal area, she had a big black blotch in the adrenal area and we were never able to work with that no matter how much nutritional preparation she had we weren't able to get that black blotch removed from the iris of the eye. In the spinal area she had a calcification in the lower thoracic area which leads, where the nerve structures lead to the adrenal gland. And after going through working with Body Electronics on the spine she totally re-experienced the trauma of falling out of her, what they call a tram, it's like a baby buggy; falling over and falling on her back, down the steps with her back being injured in the fall. And at that point in time that back was healed perfectly, the spine - the calcification down the spine disappeared. The vertebra which was calcified and held out of position was healed and then from that time on, the nutritional program was able to get the nutrients to that area which had been deprived proper circulation through lack of nerve supply and then that big black blotch in the adrenal area, reflexed area to the iris of the eye, began to disappear and certain conditions she had began to heal. Is that correct Sir? Thankyou.

Tape 2 Side 2

137 I remember a time in Massetusets several years ago, a young man from New York had heard about me by reputation from Chicago, and drove several hours with his whole family up into Massachusetts to help him with a broken arm. He was a senior... he was a senior in highschool, his first game of the season in football he broke his arm; left him out for the season. I mean what does that do for a senior? So he came over, about a 4 hour drive from New York to where I was in Western Massachusetts. And, he had a cast on. The arm was broken, the X-ray showed the arm was broken. Well it took a little while to get the cast off and then I had to give instructions to the family. I said "Now look, I don't have time to explain to you what I'm doing. Just do this and don't ask any questions." Well they did. And 5 hours later the boy was able to move his arm 'round with perfect freedom and no pain. He went down to the Greenfield Hospital (was it Greenfield or Deerfield? One or the other) went down to the hospital there in Western Massachusetts, and had an X-ray, and the X-ray showed that the bones were perfect in the arm where he had the break, there was no break there. But his thumb was still jammed and they showed an injury, a slight injury and swelling to the thumb. We never worked on the thumb; all we did was worked on the area of the arm. Now what happened? We worked on the area furthest from the head where it hurt, and we had him re-experience moving his arm out and blocking a person in front of him with his arm; at which time it snapped. Now he had all the memory up to the snap. He had all the memory after the snap, but he couldn't experience the snap. There was about a split second in time that he had no memory for. We kept working with that time until at the time he experienced the severe burning searing pain, which we call the kundalini, the "Fire of the Kundalini" and when he experienced that, the bone structures snapped back into place and we continued to experience that burning searing pain as the bone structures healed. After which time when the burning searing left, there was no pain left in the arm no matter where you pressed, no matter how you touched it. And he could get down and do push-ups when we were done. Now the whole arm was healed. Now, he took the X-ray with him, went back to his coach in New York. It was on a, let's see, he broke it on a Friday, he came to see us on a... he called me on a Saturday, he came up on a Sunday, he went back on Sunday, Monday he was back playing football again. The coach saw that his arm was OK, saw the X-rays and the boy just simply told the coach "Well I went up to see somebody who practiced a form of accupressure." And that's all there was to it. End of story there. Sothe broken arm was fixed.

138 Now, in electric shock. One of the most barbaric treatments known to man is putting a person through electric shock - they call it therapy. It's a barbaric suppressive technique to where a person who is having some problems, just give then some electric shock, and it renders them just like a vegetable for a while. They can't think, they can't do anything and so on. So with our work, we take them back through the electric shock that they have had, and they will actually go through the shock, right on the table while you're holding points, if they're nutritionally prepared, and they'll - they're just like a sine wave going right through the body. And their body's just bumping up and down faster than you can even move. As that body's bumping up and down with that sine wave moving through, it's just like you're shaking out a carpet, at high speed. It just moves very rapidly through the body, until the person is able to overcome the effects of the sine wave at which time their memory begins to return, they're able to get down to the thought patterns that which created a disharmonious condition to begin with in their mind which would result in some sort of a, shall we say, emotional "out of controlness" to where they come back to normal again. But, electric shock should be put in to the realms of Barbarism. It should be put into the medieval times. It should be put into the same category as torture chambers. Because it doesn't cure anything. It suppresses things below the level of consciousness that it takes quite a little bit of work to bring a person back to where you can work with them on a sane level. I want to utter here, if you haven't really got the drift of my communication, a complete um... what's the word?... opposition to any form of shock wave

therapy which would keep a person from uttering a sane breath. So that's a little heavy there, but that's the way it is. Many people across this land have been through shock therapy and are now being released from it. And hopefully we can put a stop to this through legitimate legislation and objection from the part of a humanitarian society. Well, we've taken a lot of people through electric shock and through this so-called shock therapy and other types of shock treatments.

The next thing I'd like to talk to you about is... by the way I forgot to mention: the "sine wave" is like in mathematics or in physics. You actually have what they call a sine wave, which I'm not going to get into here but it's a sine wave like the waves on the ocean; just like you put a rock in the lake, you know, and you see the ripples going out from it. That's the type of sine wave and you see the body going through that at a high rate of speed. And it's impossible for a person to act that type of thing out.

139 I'd like to talk again, during the healing crisis, we run across birth trauma, where a person goes through the... the lips, look like a little baby who's just been born, the fingers look like the little c___[?] fingers that were just born you know, there might be a forceps delivery with all the traumas related to forceps delivery, with the pain on the head, the restructuring of the head and so on. And you'll have, for example even with the, where the forceps were on the forehead you can even have red welts moving out there where they have the, where the forceps were coming
140 into contact with the head. This to me stresses the importance of education of the woman and preparing her for childbirth so you won't have the need for forcep delivery, so you won't have the
141 problems with delivery because of natural childbirth training. There are many different schools of childbirth training which can prepare a woman for a natural childbirth. So you don't have a surgeon hurriedly trying to get to his golf game on time, giving these large epesiectomies so the child is born without going through the birth canal properly without getting the head pressured, forcing the cerebral spinal fluid out through the rest of the body. Birth is a necessary process to prepare a child for life because the pressure on the head literally forces the cerebrospinal fluid out through the entire body activating the body, getting the minerals to the body so the child is ready for full motor co-ordination and activity. Where you don't have that natural childbirth you have problems with the child in its developmental schedule. So birth is a necessary part of life and we encourage it.

142 Continuing with the concepts of the healing crisis. I remember a little lady from West Virginia who had retired from her Home Ec. teaching job and I guess Home Ec. and Physical Education, and she'd been retired for a number of years. And I remember when I was taken to her home she couldn't hardly get around and she couldn't er... she could hardly move around, her lips were blue, she had had 3 coronary heart attacks, she couldn't do any work around the house and was in very bad shape. Well, we held points on her. She'd been preparing herself for several weeks on the nutrients, on the enzymes and minerals and so on. And in our first pointholding session all of a sudden, she turned purple, passed out and quit breathing. At that time, the head of the house that we were in, where she'd been brought over from the adjoining home, he left the house because he didn't want to be in the house when somebody died in his home. He got off, and was just scared to death and left the house. Well about 30 seconds later she came to and described to us her first experience in the intensive care unit where she had passed out and had all this pain and how they had taken care of her, with full memory. This then this went on for about 5 or 10 minutes. And the friend that had brought her over at this time, became totally freaked out and left, because she didn't understand the healing crisis and we hadn't briefed her ahead of time. Because we didn't know what was going to happen at the first pointholding session. A few minutes later, then she went into the second time that she went into the intensive care unit and she passed out this time for about 40 seconds, and turned purple again and quit breathing. We continued holding points. The points continued to burn. And we continued to recognize that this was a healing crisis. Well finally she came out of that and told us all about the second intensive care unit trip with her coronary heart attack. The third time she had tremendous pain and she passed out again for about another 30 seconds or so and she came to and went through a tremendous amount of pain and stress and whatnot and re-experienced that. Now after she came out of her third heart attack, all the lines in the sclera

in the heart area, disappeared, you know, where the blotches were and she had normal sclera lines. The amazing thing was, is that, shortly after that, she took care of her house, she got her house in perfect order, where before she couldn't take care of it, she painted outside, she painted inside, she mowed the lawn, she took care of herself and here she was in her mid-seventies. And the next thing I knew she was taking trips all over the United States, and she'd joined a senior citizens' bowling league, and she was helping other people you know, and teaching them what she ought to be doing. Er... I couldn't get her off her white sugar, she just loved to piece on her little candies and things, but my goodness she loved it! So, you know, I mean if she wanted to do that, that was fine. You can't keep people from doing what she wanted to do - she was happy. She was traveling, she was doing things she always wanted to do and she couldn't do it because her heart was so bad. So what happened was the last time I saw her she was absolutely in vibrant health doing wonderful, feeling wonderful and just going full tilt. And she was close to 80 now last I heard of her and she's still doing just wonderful. She takes just enough to keep herself feeling good while she's going full tilt. That's the way it is. But I thought I'd share that with you is that she did go unconscious 3 times on the table in succession and went through her 3 times in the intensive care unit due to the coronary heart attack that she had.

143 I'm reminded of another young man up in Kalamazoo, Michigan who, at the Body
Electronics Instructors Seminar that went through a calf muscle regeneration. And he went
through tremendous burning searing pain as his legs restructured. These are genetic things. I
144 remember over in Maui at the Visualization and Consciousness class another man whose foot
reconstructed, going through the burning searing fire of the kundalini as his foot literally
restructured. And the same man before, had had, he was the first calf regeneration in the back
of his leg where, that I'd ever seen. So I just want to share these things with you, is that during
the healing crisis you sometimes have this burning searing pain, usually with reconstruction of
bone structures and muscle structures that, you know, needed to be corrected to the perfection
that it needed.

145 I remember in Montana, a man's arm was broken. It took an hour and a half the first
time, to fix it, and get the bones back in place. But we didn't go through the completion of the
burning searing pain. The next day he went out with his chainsaw and was cutting wood again,
fell in the same way, broke the arm exactly the same place. That time it took us an hour and 45
minutes to go through the burning searing pain. And then his arm was perfectly fixed and he
didn't have any trouble after that.

146 I remember a lady in Salt Lake City who broke her pelvis. And we worked on her pelvis
for a number of hours and all of a sudden it started to shift and moved around with the searing
burning pain. And after that her whole body went through a number of beautiful changes. And
problems that she'd had for years physically disappeared and her body was literally regenerated
with a very full change of consciousness. She helped write one of the most prominent herb
books on the market today. I won't tell you what her name was.

147 I remember a fellow with a broken neck. He came to me in a brace. He had broken his
neck and his neck was in terrible shape and he couldn't move it, it was severe pain. The X-ray
showed how there were fractures on the vertebrae. All we simply had him do is to relive him
going over in his car 3 times which did with his head hitting the top of the car. And he did that
and he had this strange "pop" in his neck, and the pain disappeared, and the next X-ray showed
a perfect neck.

148 A man up in Modesto, California who was a mail man he drove, you know, his little mail
truck around. And he had a wreck and he went through a similar type thing. When I met him,
we had to take the brace off and work on his neck. And his neck popped just like you'd take a
carrot and break it, and popped and the sound went all over the room. And I remember so
clearly, that his pain disappeared. And he went down and had an X-ray from another doctor,
and his neck was perfect, and he said, "Now what do I do with this brace?" and says "What am I
going to do for insurance now, my neck's perfectly fine, I have no pain here, everything's fine."
He [I] said "Well you go back to the doctor that put it on and have him examine it and let him
take it off and that'll take care of your insurance requirements." which he did and he went back

to work. Things like this are very, very important.

149 Lady in Los Angeles I remember. She sat through a seminar. And she had two huge bunions, one on each foot, right there you know, below the big toe. And during class I was talking about dissolving calcifications and so unknowns to me (she told me the story later) she went over and started pushing on her bunion and Lovingly and Willingly enduring the pain and the bunion disappeared. And as she did that, she did it until all the pain was gone and the bunion was perfectly gone. And the other bunion on the other foot was still there. And so she kept that second bunion to show the difference between the “no bunion” and the bunion that she still had as a evidence of what can be done with Body Electronics. So you have incomplete healing crisis as a conversational piece! So that was kind of interesting.

150 I'd like to talk about “nose-jobs”. We call it “bone sculpturing”. If take a broken nose (Like if a person has had impact with an immovable object, oaktree or something, going downhill on a sled, which has been the case.) where, while a person... while you're holding the nose in the area of the break and get the burning and throbbing out and get the person to go through the re-experience of the break that they had and have them relive it exactly like it happened, they will feel the blood running down their mouth, they'll feel the choking on the blood, they'll feel the reconstruction of the nose and they will remember when the nose assumed the flatness of the tree. And the whole nose will reconstruct right under you fingers and the whole thing will straighten itself out. Remember every single memory will come back in reverse order as to how it happened.

151 I remember a German girl had her nose broken. And unbeknownst to me after we worked on her spine and got her spine straightened out unbeknownst to me she was going in for a nose-job the very next day. But I felt impressed to say “Do you mind if I fix your nose while you're here?” She looked , very ugly nose and it was all off to one side, and we worked on it. And got that nose perfectly straightened out in about 5 minutes. And she looked at her nose and she was so happy and she said “I've been saving \$2000- for months to go in and get this corrective surgery on my nose” and she says “now I don't have to do that.” And she gave me a great big hug and a squeeze and was just doing well real well you know, after I er... after we fixed her nose. That's quite interesting.

152 Golly, I remember a fellow who had been crushed between a truck and a freight car on a train, in a very tremendous accident. And his back from one side to the other looked like a wedge. One side of his chest was all covered in to about one half normal size and the other side of his chest was normal. Well we took him to a healing crisis on memory of getting squashed between the truck and the train. And his chest, in front of everybody up there in Colona, British Columbia, it all straightened right out in front of all of us. And now he wondered what he was going to do because he'd been on welfare, or shall we say, what do you call it when you... slips my mind... workman's compensation, but in Canada it's a different term; it was a workman's compensation thing for being injured on the job and he had been out of work all this time with pain in his chest and he says “What do I do?” he says “I could go back to work now but I don't want to.” He'd been enjoying being off the job and having that income coming in every month. So this is the type of thing you run into.

153 A gal had, who many of you know, she's a trained instructor giving lectures in New York and Canada. This gal, I met her in Pennsylvania at the Elizabeth Town College in the, what they call the “E-Town Experience”; she had a broken collar bone. And I brought her up in front of the class and I had her re-experience the broken collar bone. And the collar bone literally went back into place and her eye colour changed right there in front of the class that I had there, at what they called “Life Spectrums”, it's a wonderful organization back east, where they bring people in, you know, and give seminars every year. But this collar bone straightened completely out. You might say that when a collar bone is broken and you have that huge calcification where it healed incorrectly that you can do nothing for it. When you have the kundalini or the “fire of the kundalini” which is the burning searing pain happen to you, or you make it happen so to speak, then that body will return to pristine perfection and the consciousness of the person will change with full memory as to what took place at that moment. And this is what happened to her.

- 154 We had another collar bone the same day with another lady and she had 2 broken collar bones from a wreck she was in and both of them were fixed, by a couple of people who later on went ahead and took all the instructors seminars and ended up in Maui at the Visualization and Consciousness class. So that was kind of interesting.
- 155 Kalamazoo. 2 men had arthritis. One for something like 20 years and one for something like 14 years. To make a long story short: When they released the trauma that they had suppressed, and went through complete re-experiencing, the arthritic condition totally disappeared, there was a reconstruction in their bodies, and they both presented me with their canes right toward the end of the class of that week long instructors seminar. I thought that was kind on interesting. One of the men, his eyes changed from brown to blue in one period of time in there, in 24 hours. I said the iris colour changed from brown to blue in 24 hours, during that period of time.
- 156 Another little lady, her eyes changed colour also, in Elizabeth Town College there in Pennsylvania, and we had her, all we did was hold her pituitary gland on her toe, the reflex to the pituitary, and she went through a "fire of the kundalini" release right there in front of the class there, at the Life Spectrum E-Town Experience.
- 157 We had another man in Grand Lake, Colorado in an instructors seminar in the Denver area, and his eyes he was in his seventies, his brown eyes went from brown to blue, again in 24 hours. Kind of an interesting experience when you have all the suppressed trauma released, and you have a complete change of the physiology of the body, and a complete change in consciousness.
- 158 Now suppressed anger results in arthritic conditions. And we have seen people... I
159 remember one lady in Bismarck, North Dakota, was totally tied up with arthritis from a time that she had fear from falling into a whole mass of hibernating snakes that were coming out of hibernation. And it threw her into a spasm where she ended up in the hospital in spasm and in a coma for a period of time. When she came out on that, she was totally arthritic and par... and you know she couldn't bend. Here she was, a ballet dancer; now she had that for 10 years. And so her husband brought her from South Dakota up to North Dakota in Bismark where I was at the time. And what happened, was we simply held points on her, and she went into the screaming and moaning like you never heard. And she went right back into the spasm, and her back was arched up just like she was when she went into spasm when she fell into these snakes. And what happenened is, she re-experienced the whole thing, it took us a while to get her to even tolerated the fact that the snakes had a right to existence also. Because she hated snakes with a venom. She'd been out fishing with her husband, and she swam into the dock, and a water snake followed right beside her all the way into the dock. And she ran down along the dock to the land and this water snake swam just right beside the dock all the way in toward the land, and she ran up on the land and then slipped and fell into a... near a hollow log where these snakes had just come out of hibernation - a whole mass of them, there out there, she fell right in the middle of them. And that's when she went unconscious and went into spasm. And so we had to take her through all that memory. And when she got through all that memory you wouldn't believe what happened. All of the arthritis in her body disappeared. And she could move her legs, and she could move her legs, her facial structure where it looked like they'd... just like skin stretched over a skeleton, all that disappeared, her face was full, her colour instead of being gray-white was red and rosy; her while body changed structure. And her whole facial structure changed. She didn't have a solid joint in her body and she could do some of her ballet steps again for us which she did for us there in that whole group there in North Dakota. Very, very interesting.
- 160 We could go on and on about all the different suppressed anger people have had, where it has kept them, literally, from a normal life because, when you're in anger, this suppresses the... affects the thyroid and the parathyroid and builds up shall we say a locking of the joints, and calcification of the joints that a person simply cannot move.
- 161 I want to tell you a little story about a young boy that I met, in Willowbrook right outside of Chicago. This is one of the first times I came to Chicago. And I was on the West Coast doing most of my work up through California and into Hawaii and into Arizona and so on; and Montana

and Utah. This little boy had muscular dystrophy. And the man sitting across from me, Oran, will remember that the boy came in and the father had tears in his eyes when he said, "I've given up" or... What was the exact wording he said? Let me go back and remember it, he said: "I feared that my child would never be able to walk." and he was, you know, when he got down he couldn't get back up again. And he had muscular dystrophy diagnosed medically. And we went ahead and worked with him on his points. And in the motel at Willow brook if I recall correctly, he ran all the way down the hallway and all the way back, and the exact words of his father, he said "I had despaired of my boy ever being able to walk again, much less run." And he was just running back and forth at full tilt. All the nerve supply and all of the circulation was restored to his little body. And he went through a lot of numbness and he went through a lot of emotional release during that time. And all of that trauma had blocked off the flow of cerebrospinal fluid and when we got that going down through his body that little body was restored to full normal activity.

162 I could tell you many many cases of M.S. I remember up in Colona [?] British Columbia we had a lady come over from Alberta in a wheelchair with M.S. And after we gave her one treatment, after being on the program for about a month, we gave her one treatment, and all of her circulation and nerve supply was restored to her body, and she'd gone through a lot of trauma related to that possibly in her trimester conditions... prenatal type memory. And went through an awful lot of trauma. And believe it or not she was able to walk up and down stairs without any support, after having been confined to a wheelchair for a number of months with M.S. and I remember that because she could walk up and down stairs with perfect ease, with perfect feeling, and er... And that recalls another thing I want to share with you:

163 This happened in Maser [?] Arizona. A lady there, had had M.S. for 18 years and Doctor C. Samuel West who's a wonderful friend who wrote this book "The Golden Seven Plus One" on the lymphatic situation in the body. And it's "Golden Seven Plus One" is a book you should all read. Her story is partially in there. But I remember, Dr. West took me over to see her telling me that she wanted to see me and I told her, I told Dr. West I said "I'm not going to go over there unless, she wants me to come over." And she had told him that she wasn't going to ask me over, but if I wanted to come over she'd be glad to talk to me, Well he got the tables turned on both of us, and told each one of us that we were invited over and that I was expected over and so on. I went over there and she received me. And we found out it was much different than it was, because she really was skeptical receiving me and I'm skeptically going over. Anyway we finally got over there and we started holding points on her and she got all the feeling down through her body. And before her legs were numb, from the hips down. Now she could get up on a trampoline, bounce up and down and get herself going, but she was swinging numb legs. Now what had happened as Dr. West got her up on this trampoline (Dr. West by the way, got her out of a bed, where she was flat on her back in bed and couldn't move at all, and got her up to where she was at least able to walk around by swinging her legs from her hips and she was able to do a pretty good job of that.) But once she got down she couldn't get back up without crawling back up with great... what I call it... stress, because she couldn't get back up on her own, by herself. Well what had happened, as after one pinholding, she had all on her feeling and circulation back to her body. And she said "This is the acid test." And in front of every body in her living room, she got down and got back up on her feet, by herself, with no support and she broke down and cried because she said "I have been praying for years that I could get down and get back up off my knees with my family in prayer." And tears came to everybody's eyes.

164 We worked with a number of other M.S. cases there in Maser, all of then part of that M.S. Society and the thing was, is the people who got well, they were obviously well, they could walk
165 without their crutches. One guy I remember, he went out and celebrated and had a ham dinner, the next day he couldn't walk at all (Hah Ha!) That's showing what ham will do to a person. But before that, he was able to walk completely well without his crutches and walked down.....? you know, talking to everybody, he had no crutches, walking perfectly well. And so we needed to work with er... him some more, especially on his diet which we didn't talk to him about. So from now on I don't talk to any body or work with anybody unless they're on a nutritional program.

166 I remember another man who won the who was the "Disabled Man of the Year" the year 1977. And he had, from the state of Tennessee, and he had M.S. He was at one time a band director. And I remember them bringing him in, up to Chicago, and the only thing that he could move, if I recall, was his left wrist. No, his right wrist, just a little bit, his right wrist, just barely move it. And he could move his tongue, but he couldn't move his head, he was flat on his back, he couldn't move anything but his right wrist, his tongue and his eyes. That's all he can move. He had lost his voice nearly and he was being er... his job at the college where he was he couldn't perform his job and was being dismissed from his job and so on. So what had happened is we worked with him, got him on a program for 3 says. He passed his allotment on corn and fuzzies and was starting to clean from the inside out. His digestion was getting better, obviously because of what he was passing. His diarrhea was very profound and having to have 24 hour care and 24 hour attention it was quite a you know, quite a scene, to have uncontrollable diarrhea; Especially with a person who is totally disabled. But he was able to move his arms off the table, he was able to move his head, I remember him very distinctly, he could lift his head up for the first time and look at his watch on his left hand. And he turned his head, and he could turn his head back and forth and up and down, his arms up and down. And he went back to his full time teaching job, at Clarksville, Tennessee and I forget the name of the college, but he went back to his full time... he's there now for all I know, I haven't heard from him
167 for quite a period of time. The big problem was, was getting consistent point holders and this is one thing that all of you who are within my voice: you need to have a group, a support team of trained people who can hold points and who understand what id going on relative to the healing
168 crisis. And that goes back to being able to educate people to know what's going on. I remembered one thing when I worked in him one time: I had my hand on a calcification of his spine and all of a sudden I felt like I had my fingers literally plugged into an outlet and I got the most severe shock out anybody that I've ever got a shock out of. Now, since that time electric
169 shock has a great deal of affect upon the nervous system of the body. And I wonder how much affect that electric shock that is suppressed in the body has on the development of M.S. I do
170 know that with M.S. that we do need to have a test done on the Mercury vapour which is escaping from the silver amalgam fillings in the mouth. And we have a machine, which is available upon request, where we can come into you area literally and test the amount of mercury vapour that is being emitted from your silver amalgam fillings to determine how much poisoning is actually going on which we now know is a cause. Mercury poisoning is a cause for many symptoms and one of the symptoms that has been positive, where there's a positive correlation between mercury vapour or shall I say mercury poisoning, and M.S. this is a positive correlation right there that we need definitely to look at. So we do have problems there. I can go on and on and on and tell you about the hundreds of people with diagnosed M.S. and M.S. symptoms that er, we could just go on and on and talk about it.
171 I remember one gal from Northridge, California, she had M.S. and she came in with 2 canes . Boy, she could hardly swing her legs, looked like a little wooden Indian because of the spasms in the muscle structures. After one pointholding which lasted about 10 hours, she was able to get up and walk, and she walked clear around the block; for the first time with no
172 support. Last I heard she still had no support. The one thing that she told me, and I thought it was very critical, she told me that she did not want to compete in society and she did not want people to know that she was better because she didn't want to have to compete in order to support herself and was depending on that monthly stipend that she had because of her M.S. And I run across this so much with people who are incapacitated. The incapacitation is often a physical external manifestation of internal thought processes and we have to uncover the death wishes, we have to uncover the unwillingness to act or create or to move through our society. We have to be willing to, the people have to be willing to look at their thought patterns where they are creating their situation in life.
173 I came back just recently from Indiana and one girl down there had a neck that was terribly distorted. She a terrible curvature of the spine, just in terrible shape. And in just about an hour, she'd been on the program very heavily, within one hour we had the spine straightened out. And the spine was perfectly straight and the curvature was completely gone. And then we

174 began to work on this, on the neck, where she could not move her neck. Her neck was in total spasm; had been since birth. And we went through a thought pattern, where she started crying out with grief "I can't turn my head" "I can't turn my head" "I can't turn..." with panic, with grief, with fear and all this sort of thing. And when she was able to release that she had, she still had a residual amount of curvature of the neck that we hadn't completed yet but we knew, we got probably 75% of it out, and she could turn her neck from one side to the other for the first time in twenty some years. And it was a beautiful thing to see because the thought pattern was "I can't turn my neck". Now if a person believes that they can't turn their neck then what are they going to do? If they... believe "I can't move" "I can't move" then their outer manifestation will be there: they can't move. And when they release that thought pattern "I can't move" and transmute with Love with no longer Resistance, they can move. And we've had this with many cases of paralysis; we've had that happen, "I can't move" or "I can't turn my head". And I just wonder how many thought patterns like that are tied into the M.S. in addition to physical indicators such as mercury poisoning and so on, or electric shock that has paralyzed the body. So these are things that we need to think about.

175 I'd like now to talk about how a healing crisis progresses. Now here's how it starts. We
176 have to go back to the beginning. A person has a sniffly nose, a runny nose, a cold as they call it. Now remember a cold is nothing more than a cleansing of the mucous out of the body. If a
177 person has an improper diet which brings about a lot of mucous in the body, then the body has to get rid of the mucous and the person's going to have a runny nose. This is a cold. But what do people do when they have a cold? They suppress the cold with Ascorbic Acid or they suppress the cold with a drug, an antibiotic. And then that cold then later comes out as the next
178 level which will be the "flu". And then this is the body trying to cleanse itself once again. And so what do people do when they get the "flu"? They take an antibiotic, they take a lot of ascorbic acid or something else which suppresses the symptoms. And down we go to the next scale and we get to bronchitis. And the person has all kinds of bronchial disorders. and they get
179 bronchitis, and they cough and splutter around for a while. And at this time you suppress the
180 bronchitis and the bronchitis is suppressed even further into the body. And the person then gets pneumonia, then the pneumonia is suppressed by the use of drugs and then it goes down into
181 asthmatic conditions and then the asthma is suppressed. And then it gets down into emphysema and so on. And then finally the person dies, after suppressing the emphysema with all kinds of medication.

182 Now what happens to a person who has emphysema? They start on the program. Now remember what I mentioned earlier: When you correct the electronic structure of the body, the physical body will heal. But it will heal in reverse order. So a person has emphysema, now if it's genetic, we still are dealing with the same energies. Now the emphysema then progresses upward to the asthmatic condition. The asthmatic condition progresses upward to the pneumonia condition. The pneumonia condition goes up to the bronchitis. The bronchitis goes to the "flu" and the "flu" eventually comes up to the cold. And the person will continue to heal and cleans until the cold is completely gone and the lungs are in perfect condition; which can be seen definitely from the iris and sclera of the eye.

183 Now I want to talk about the healing crisis relative to muscle testing. Put a 10 foot long tape measure up on the wall and let's say that every single even number, like 2,4,6,8,and 10 are your relative levels of balance. And let's say that every odd number 3,5,7,9,and so on will be
184 where we have a peak of healing crisis. And let's say a person starts at level 2. Now as a person moves out of balance, upscale towards level 3 which is the peak of a healing crisis, then anything which would move the person downscale back to 2 is going to muscle test exceedingly strong. So anything which will lower the vibrational rate of the individual, like a "twinky bar" or white sugar or synthetic drugs or synthetic ascorbic acid will muscle test very strong on the person because it taking them down from 3 level, back down into balance at 2. Now anything that's good for the person, wheatgrass juice, natural vitamin C, alfalfa sprouts, a good ripe apple which would normally take a person upscale in vibratory rate; if you test a person while they are between 2 and 3 on the scale, each of those things that are of a higher vibratory rate which will bring a person upscale will bring them upscale away from 2 even further and therefore anything

185 that takes a person away from balance will muscle test weak. Now that's interesting. Until a person peaks out at 3 and then starts moving upscale by all the fresh and raw diet they're on they start moving up to 4. And then the reverse is true. Because now they're closer to 4 than they are to 2. Everything that is good for the person will muscle test strong because it's moving up to a new level of balance. And then everything like sugar and so on that muscle tests weak will be taking a person back downscale out of balance. And therefore it will muscle test weak.

186 Now, in dealing with this, everything that a person normally has been taught with kinesiology where there's one level of balance to the body, when a person goes into a healing crisis they're going out of balance into a healing crisis and up toward a new level of balance. All of the traditional muscle testing techniques will reverse themselves. And everything that is good for the person will muscle test weak, and everything that is bad will muscle test strong. And until they get through the peak of the healing crisis and you're moving upscale again toward a new level of balance then everything good will muscle test strong and everything bad will muscle test weak. This concept of kinesiology which I discovered must be acknowledged and understood so that when you're dealing with muscle testing you know exactly what you're dealing with in the healing crisis.

Now there'll be a tape on muscle testing which you'll need to get which will be provided for you through "Health watches Cassettes".

187 Now I want to thank you for listening to scratching the surface a wee bit on the healing crisis and how the body regenerates as a person recreates the thought patterns, word patterns and emotional patterns and transmutes them with Love and experiences them all on the conscious level. This is enough for now.

Good hunting! Good holding on pointholding and may you be blessed with every blessing of Life as you try your very level best to get into a better state of health, both physically and mentally.

Thankyou. This is Dr. John Ray.