

Changing the 'Root Causes' of your Ailments

The energy work you are doing offers you an important opportunity to align the energies in your body in the direction of wholeness and well-being. In some cases the energy alignment will work quickly and fairly dramatically. This is a sure indication that the affected person has already 'done their work' or dealt with the causes of their problems, and simply needs a 're-tuning' to achieve the desired level of health. However, in many lingering, chronic ailments there are one or more 'maintaining causes' that continue to dis-tune the individual unless they are dealt with. Ultimately, only the individual affected can truly address these issues and eliminate them. If one would choose to not address these problems, then the energy work will have only a palliating effect instead of a true healing one, and the illness will continue to recur.

The remaining sections of these instructions will teach you how to identify and change the root causes of your illness. By doing so, you become a true self-healer instead of a victim of disease. You should plan to do this work on a daily basis. Try to devote at least a half hour a day to it. You will find that it is time that is very well spent.

Step One:

The first step in this work is to get a journal; this journal should be kept private and no one else should be allowed to read it. Privacy is necessary to allow you to be very, very honest with yourself, and this is the key to being effective in this process. However, you may share things out of this journal with your practitioners, as you see fit.

You will need to take this journaling very seriously if you want to be effective. In our opinion, this work is the most important step you can make to assure your own success at self-healing. Please put some time into this work. I would recommend you spend 30 minutes to an hour each day for at least one week on this step.

Phase 1

On the very first line of your journal, write down a thorough description of the issue(s) you wish the Adonai Light to assist you with. How does this issue affect your daily life? If you come for assistance with more than one issue, then make a list of them all and describe each one separately.

Next, write down a thorough description of your history with this issue. When did this issue first appear? How long have you been dealing with it? What are the ways that you have dealt with it? If you are seeking assistance with more than one issue, write down a separate history for each issue.

Phase 2

Now you must shift your focus from writing to meditation. Meditation in this context is a process of looking inward, focusing your thoughts upon a single issue and observing

what new insights arise. I suggest that you first get comfortable, close your eyes and relax. Once relaxed, clear your mind of all other thoughts and focus upon the issue at hand. Think about your description of this issue, how it affects your life and your history of dealing with it. Let your mind wander around all these different details but always keep it from wandering too far astray. You want to remain focused upon the issue at hand and not stray into unrelated territory.

When you feel that this meditation is complete, open your eyes and write down any new insights or details that may have arisen. If you are seeking assistance with more than one issue, then pursue a separate meditation and journal entry for each issue.

Phase 3

The final phase of Step One consists of a series of meditations in which you are to ponder the root cause of the issue at hand. As before, if you come with more than one issue, then this process must be pursued separately for each issue.

Begin as before with relaxation and focus your mind upon the single issue before you. Look at it from every angle and ask yourself; "What is the root cause of this issue in my life? Why am I facing this specific issue? What can I learn from the experience of living with this issue in my life? What is it trying to teach me?", etc.

When this meditation feels complete, open your eyes and write down in your journal any insights or answers that may have arisen.

Step Two :

As with Step One, you should devote from 30 minutes to an hour each day for at least one week to completing these tasks.

Phase 1

Write down, in your journal, a description of what you think the resolution of this issue would mean to your life. What do you imagine your life would feel like to you if this issue were resolved? Let your imagination fly and indulge yourself in fantasy. :)

Again, if you are dealing with more than one issue, then write down a separate scenario for each issue and then a final scenario about what you think it would feel like to have all of these issues resolved.

Phase 2

Now we will shift back to meditation. This time your meditation is to examine the differences between everything you've already learned about the issue at hand and, in contrast, your fantasy of what your life would be like if this issue were resolved. Try to picture yourself walking between these two points and as you traverse the difference, ask

yourself; "What personal strengths do I already possess that will aid me in resolving this issue? What are the positive things in my life right now which will aid me in this journey toward wellness? What parts of myself can I rely upon in my process of self-healing? Which parts of myself, if I strengthened them, would also aid me?"

After each meditation, open your eyes and write down in your journal any insights or answers you may have received. And as usual, if there is more than one issue, pursue these meditations for each issue separately.

Phase 3

Now again cast your mind in meditation to the path that leads from where you are with this issue at the present moment, to your conception of the issue's final resolution. Walk along that path toward wellness and try to imagine what you must do to reach your goal. Ask yourself; "What steps must I take to get from where I am right now to where I want to be in relation to this issue?" Try to picture yourself taking those steps. Imagine what it would feel like to go through those steps and arrive at your goal.

When your meditation is complete, open your eyes and write down in your journal any insights, thoughts, feelings or answers that may arise. And as usual, pursue this meditation separately for each issue at hand.

Step Three:

This Step is about strategizing and plotting out how you will indeed take those steps toward wellness that you perceived in your previous meditations. This should take no more than two or three days.

Begin by focusing your mind upon everything you've learned about the issue so far; about how it affects you, about how its resolution feels to you, about the lessons to be learned and the root cause, and about your own strengths and weaknesses. Consider the steps that you need to take to achieve wellness, write them down in sequential order and number them consecutively. If any of these steps feels too big for you to seriously achieve, then break them down into a series of smaller steps and create a list of sub-steps.

If you are addressing more than one issue then complete this process for each issue separately.

Step Four:

This final Step is open ended and pertains to the actual work of self-transformation, of actually taking those steps toward wellness. If you need to address more than one issue then you must choose which issue you want to address first and you must commit yourself to seeing that issue through till resolution. I suggest that you begin with the issue you feel will be the easiest to resolve.

Up till now, you have been involved in analysis and while introspection is transformative in its own right, it is not alone enough to achieve the wellness you seek. That requires *action*. In this context of achieving wellness, self-transformational action is primarily a process of replacing negative habits of thinking and behavior with positive alternatives to those negative habits. In other words, a positive habit is put in the place of the negative habit and the negative habit is discarded.

As each negative habit that has kept us rooted in un-wellness is replaced by a positive habit which leads us toward wellness, we take another step toward our goal. Below is a list of several recommended and highly effective techniques which will serve you as handy tools in this process of self-transformation.

- **Auto-suggestion:** Habits are predominantly unconscious things. We do them because we're used to doing them and we do them without forethought or much in the way of conscious intention. Therefore, one of the most important keys to the transformation of a negative habit is to interrupt that unconscious process by directly affecting the subconscious mind. This is done through auto-suggestion. This is more than just the saying of pretty and supportive phrases to yourself. Instead, it is a magical tool which should be taken with seriousness.

Begin by creating for yourself a positive affirmation that expresses or somehow captures and reinforces the positive habit you wish to encourage. This phrase must be in the affirmative, command mode. For example, if I wanted to quit smoking, I'd say something like; "I'm a healthy, happy non-smoker!" Or if I wanted to transform self-loathing, I'd say something like; "I accept myself as I am!". Your phrase should be simple and to the point and it should not be something like "I won't smoke anymore" or "I don't think I'm worthless". Instead it must be affirming and be something you can say with conviction and pleasure. It must lead you forward instead of reminding you of your past negative habit.

Once you have designed your affirmation you can begin using it. The times when the normal barrier between your subconscious mind and your conscious awareness is its weakest are just upon waking from sleep and just as you're falling into sleep. Therefore, these are the times when it is most opportune for you to repeat your affirmation. I suggest 30-40 repetitions as a nightly and morning standard. Every morning, just as you are waking and before you leave your bed, repeat your affirmation in your mind 30-40 times in a row. Don't hurry through it! You must mean what you're saying to yourself, each time you say it. This places your affirmation into your subconscious mind where it will continuously affect you throughout your day.

Once your repetitions are complete, get out of bed and go about your day. Throughout your day, whenever it comes to mind, consciously think about your affirmation and repeat it a few times in your mind. This will strengthen your affirmation within your subconscious mind and help integrate it into your conscious behavior.

And then, after you've gotten in bed and are ready to drift off into sleep, repeat your affirmation another 30-40 times more. This will again insert your affirmation firmly into your subconscious mind where it will affect your dreams.

- **Impregnation of Food and Drink:** This affects the subconscious mind but also the astral and, by extension, the physical body. This is a very simple technique in which you imagine that the food you are about to eat and/or the liquid you are about to drink, actually contains the realization of your affirmation and the positive habit that your affirmation represents. In other words, you imagine that your affirmation is embodied within the physical materia of the food and/or liquid.

While you consume the food and/or drink, imagine that as your body digests it, your affirmation is passing into your blood stream and from there is circulating throughout your entire being; physical, emotional and mental. Imagine that you feel it affecting you and changing you.

- **Meditation:** Whenever the opportunity arises and/or the mood strikes you, spend some time meditating upon the issue you're working to transform. Review the progress you've made and congratulate yourself for it. Examine how far you have yet to go and review the steps ahead of you in your path toward wellness.

Meditate often upon your affirmation as this will deepen its effectiveness. Focus upon experiencing it as a fact that has already come to pass instead of as just a hopeful aspiration.

- **Concrete Action -- Substitution of Positive Alternative:** This is the most concrete type of self-transformational action and, in the end, it's the most important. The tools mentioned above prepare the subconscious mind and conscious awareness for this sort of direct action and support its effectiveness.

Your use of auto-suggestion will disrupt the normal flow of unconscious behavior and you will find that when your negative habit asserts itself, you are consciously aware of its arousal. Concrete action occurs in that moment when you first realize the negative habit has arisen.

That specific moment is a place of great personal power! In that brief moment before you give yourself over wholly to the negative habit, you possess the power to choose. You can choose to give yourself over to it or, *you can choose to follow your positive alternative habit instead.*

Concrete action is simply making the choice to follow the positive alternative instead of the negative habit. In that moment of choice, you must willfully shift your mind to the positive track and follow it.

There are three necessary ingredients to this technique. First is the awareness that the negative habit has asserted itself or is about to assert itself. This comes as a by-product of your understanding the circumstances which normally elicit the habitual reaction and as a result of your having interrupted the normal flow of unconscious behavior. Once you perceive that moment of choice, you must stop yourself and focus upon the fact that you are in a moment of choice.

Second is that you already have in mind the positive alternative which you must choose to follow. In other words, you must plan ahead and have previously determined what you will substitute in place of the negative habit. In that moment of choice you must act quickly and decisively! There's no time for thinking up an alternative and if you do take the time *then*, the moment will be lost and the opportunity for self-change missed.

Third is sufficient will power to affect a change of course. Habits have their own power, accumulated over years of unconsciously giving in to them, so it takes a force of will to choose an alternate path. However, your work with auto-suggestion, impregnation and meditation will have built up the strength of your will, especially your will to succeed in your self-transformation. If you find that your will is weak, then spend more time in meditation convincing yourself of your ability to succeed and deepen your commitment to persevere until this issue is finally, once and for all resolved. Don't let *anything* stop you!

We wish you all the best!

TMO Working Group