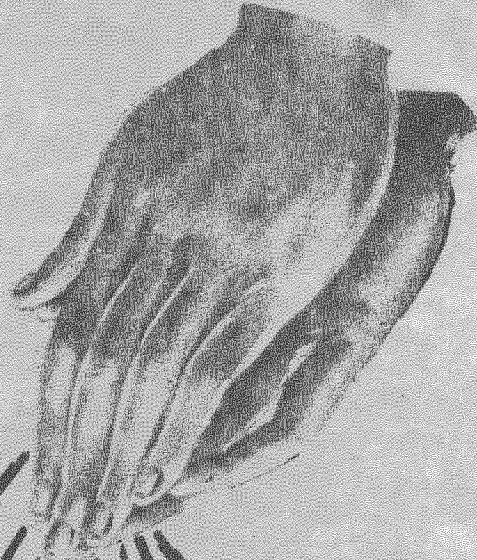


THE



YOU CAN

OWN THE

WORD

IS YOURS

TO USE



LET UNIVERSAL ENERGIES WORK FOR YOU. THEY WILL CREATE BETTER BALANCE & ASSIMILATION IN YOUR BODY.

as demonstrated by

Rev. H. Lynn Radcliffe

Rev. H. Lynn Radcliffe, a native of Nebraska, has been a student and teacher at the Mid-Western School of Natural Healing. He comes as a qualified speaker and counselor, interrelating the physical and spiritual levels of man. He has done much research on the use of Universal Energies as they function within the human body. His practice deals with the autonomic nervous system, stimulating the nerve centers and toning the glands, organs, muscles, bones and tissues. His purpose is to help everyone to balance themselves physically, mentally and spiritually by restoring the unity of one's body with these exercises. This new harmony within the body will help one to better use the food elements (vitamins and minerals) and the daily intake of nutrition, thus building a healthier body.

HOW UNIVERSAL ENERGIES WORKS

Every organ, Gland, Muscle, Tissue and Bone has either a direct or indirect connection with the surface of the body. It is through these surface connections that Autonomic Nerve Control is effected.

THE AUTONOMIC NERVOUS SYSTEM

The Autonomic Nerves comprise the division of the nervous system which supplies all of the muscle and bone with blood and energy. These nerves are present in every organ, gland, muscle, tissue and bone in the body. They are the nerves over which the individual has no control and from which he receives no sensation in normal health.

When the Autonomic Nerves are disturbed in a given part of the body they refer their distress to the surface of the body in a specific area.

This specific area of distress on the surface of the body is a sign post by which we may determine which of the internal areas are out of function.

The whole purpose of the autonomic nerve control is to bring the internal areas which are not functioning properly back to normal functioning.

STIMULATING THE NERVE CENTERS

Over a period of fifteen years of observation while working with the physical body we have found many nerve centers on the sur-

face of the body from which we may stimulate with these universal energies.

Through this stimulation we are able to restore the tone of the organ, glands, muscle and tissues and structural balance of the bones so that the body will function better. As soon as this is accomplished, the distress that a person has experienced disappears.

METHODS OF PROCEDURE

Stimulation of autonomic nerve centers is accomplished by a mild touch with the fingers on the various nerve centers which we have established are related with the autonomic nerves.

The person usually feels a definite warmth in the organ or tissue, being stimulated. The number of times required to establish normal function in muscle tone depends upon the condition of area and the individual reactions of the person.

The immediate effect of stimulating autonomic nerve is to dilate minute blood vessels located within the body which is in a state of disfunction, and thereby supply oxygen and nutrient material to the cells of the body, restoring it to normal function.

Experience has proven that when disfunction is indicated, by the presence of pain on the surface of the body, or by digestive distress, therefore stimulation of autonomic nerve control is usually successful.

The use of universal vibrations in stimulating the body has produced remarkable results in many cases

Home address: 6515 Seward, Omaha, Nebraska. 68104 Phone: (402) 551-2274

T O U C H

The UNIVERSAL ENERGIES are constantly flowing from hand to hand in an alternate positive and negative current from head to toes, when one touches another by placing their hands upon the body. This Energy increases its flow from hand to hand, and is done to restore an area "touched" back to its normal amount of Energy.

- CHART #1. Balancing the hips, allows the legs to be the same length, even if one has been short for years, except where there is a lack of growth when very young, caused by a sickness such as polio.
- CHART #2. Balancing the shoulders, allowing the arms to extend to the same height over the head; it is also relaxing for stooped shoulders.
- CHART #3. Releases tension and pain in neck muscles and nerves.
- CHART #4. Releases tension in the mastoid area at the back of the head and behind the ears, which could be causing migraine and sinus headaches.
- CHART #5. Touching Point 5A (motor nerve for the sciatic) and Point 5B (motor nerve for the kidneys). Stimulates the flow of circulation through the kidneys and bladder. This has been found to correct children who are bed wetters. It also allows adults to get a full night's sleep, not having to get up during the night to void their bladder.
- CHART #5A-C. Touching Point 5A (motor nerve for the sciatic) and Point 5C (motor nerve for the adrenals). Stimulates the flow of circulation through the adrenals. This organ is one of your Master Chemist, supplying fluids to many other organs and glands. Releases their stress and strain to function properly.
- CHART #5A-D. Touching Point 5A (motor nerve for the sciatic) and Point 5D (motor nerve for the solar plexus). Stimulates the flow of circulation through the solar plexus. This relaxes the diaphragm, which controls the beat of the heart and movement of the lungs as they take in the Breath of Life.
- CHART #5A-E. Touching Point 5A (motor nerve for the sciatic) and Point 5E (motor nerve to the lungs). Stimulates the flow of circulation through the lungs, allowing them easier expansion as you breathe in and out.
- CHART #5A-F. Touching Point 5A (motor nerve for the sciatic) and Point 5F (motor nerve for the trapezius). Stimulates the flow of circulation through the trapezius muscles which in turn will allow you to be able to turn your head easier from side to side.

- CHART #6. Relaxes muscles along the spine which control the function of the nerves extending from the spine to all parts of the body, making it function properly.
- CHART #7. Allows for better circulation to the sciatic nerves. (This is used to relieve cramps for women during menstrual period.)
- CHART #8A. Stimulates circulation to leg muscles, relieving cramps in the legs and feet.
- CHART #8B. Stimulates the flow of circulation through the pubic area.
- CHART #9. Stimulates circulation for muscle tone to the arms and legs.
- CHART #10. Stimulates circulation to the inner ear and sense of balance.
- CHART #11. Relaxes muscles along the sternum (breast bone) which may hold ribs in a twisted condition as they tie into the sternum.
- CHART #12. Stimulates circulation through sinus area of head.
- CHART #13. Returns circulation to hands and feet (if pinched or caught in a door).
- CHART #14. Stimulates circulation to the chest cavity (lungs and heart).
- CHART #15A. Right side, circulation to the liver and gallbladder.
- CHART #15B. Left side, circulation to the spleen and pancreas.
- CHART #16. Stimulates circulation to the abdominal area (stomach, colon and intestines, etc.).
- CHART #17. Circulation to the sacrum and the scapulas.
- CHART #18. Increases circulation to the legs.
- CHART #19. Relaxes the coccyx bone area. (For women, it will help the uterus to fall into place where it belongs.)
- CHART #20A. Universal Energy to the cells of the bones and tissues.
- CHART #20B. Universal Energy to the cells of blood and lymph, etc.
- CHART #21A. Isometric exercise to inner muscles of legs.
- CHART #21B. Isometric exercise to outer muscles of legs.
- CHART #22. Energizes the thyroid back to normal function.

CHART #1

This procedure will allow the muscles of the legs to relax so that the hips are balanced and the legs will become even in length. The lifting of the legs as you do this exercise is to pull the legs out to their full extension from the hips.

The person who is to receive this exercise is to lie face down, then turn the face toward the side to be touched first.

Right leg short. The face is turned to the right. Place the fingertips and thumb of your right hand in a rounded fashion, touching the center of your right hip. This point is at the side, half way from the tip of the sacrum (tail bone) to the anterior iliac crest (front hip bone). This is the center of the right hip. This area can be indented the farthest.

The fingertips and thumb of your left hand are in a rounded fashion, touching the area on your mastoid bone (about 3/4 inch from the center behind your right ear). Visualize the hands of your Spirit Doctor with their right hand over your right hand, and their left hand over your left hand. Then visualize the UNIVERSAL LIGHT ENERGY flowing from hand to hand (yours and your Spirit Doctors), through your body temple. Keeping your hands in position, lift your right leg up and down three times, without bending your knee. Know that the UNIVERSAL LIGHT ENERGY is flowing between your hands, and also between the hands of your Spirit Doctor, all the while filling every cell, cleansing, purifying, rebuilding and healing each cell as this UNIVERSAL LIGHT ENERGY flows through.

Left leg short. Turn your face to the left. Place fingertips and thumb of your left hand in a rounded position, touching the middle of the center of your left hip. Place fingertips and thumb of your right hand in a rounded fashion, touching the center of the back of your left ear on the mastoid bone. Visualize the right hand of your Guardian Angel (Spirit Doctor) over your right hand, and their left hand over your left hand. Keeping your hands in position, lift your left leg up and down three times, without bending your knee. Visualize the UNIVERSAL LIGHT ENERGY flowing from hand to hand (yours and your Angels). See the UNIVERSAL LIGHT ENERGY flowing through each cell, cleansing, purifying, rebuilding and healing.

Do this action in love, peace, joy and happiness. Know that each muscle, tissue, bone, gland and organ in this area is filled with God's Love, Light and Life, balancing the different levels of consciousness -- the subconscious mind, the conscious mind, and the higher self -- attuning with the psychic centers to bring about complete harmony.

CHART #1

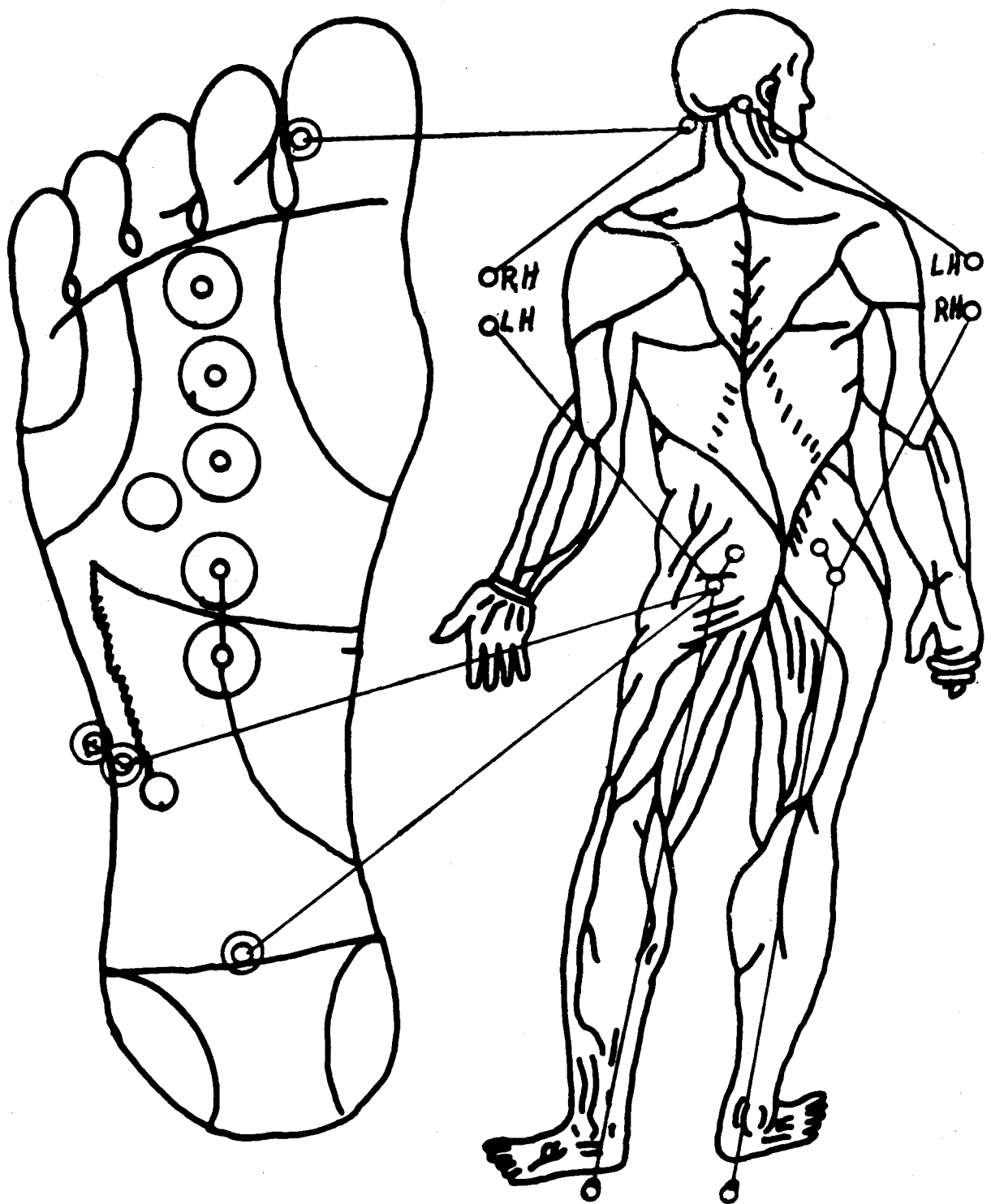


CHART #1. This exercise is to balance the legs and pull them down where they belong, releasing some of the tension which will be found in the feet, indicated by the double circles on the foot chart.

Behind the ear corresponds with the big toe. The center of the hip corresponds with the side of the foot and with the center area at the front of the heel.

CHART #2

This procedure will allow the muscles of the lower abdomen to relax their pull on the shoulders, thus the shoulders can rise to their normal position. This will then relax the muscles of the neck and their pull upon the cervicals, thus relaxing all of the tension in the neck.

The person who is to receive this exercise should lie on their back.

For example: The right arm is short when the arms are lifted to a position that reaches directly above the head. Place your right hand, palm down, over your lower abdomen, with your little finger along the groin on the right side of your body. Place your left hand palm down over your right knee, which will be lifted toward your chest.

Visualize the hands of your Guardian Angels (Doctors or Teachers) with their right hand over your right hand, and their left hand over your left hand. Then visualize the UNIVERSAL LIGHT ENERGY flowing from hand to hand through your body temple. This UNIVERSAL LIGHT ENERGY is flowing equally from your hand and the hands of your Guardian Angels alike through your body temple, filling every cell, cleansing, purifying, rebuilding and healing each cell in your body temple as this UNIVERSAL LIGHT ENERGY passes through them. This UNIVERSAL LIGHT ENERGY is flowing in love, peace, joy and happiness, back and forth in your body temple.

For doing the left side of the body: Touch the palm of your left hand over the left abdomen with your left little finger touching along your left groin, while the palm of your right hand is palm down over your left knee as it is raised toward your chest.

Visualize the hands of your Guardian Angels (Doctors or Teachers), their right hand over your right hand, and their left hand over your left hand. Visualize the UNIVERSAL LIGHT ENERGY flowing from hand to hand through your body temple. This UNIVERSAL LIGHT ENERGY is flowing equally from your hands and the hands of your Guardian Angels alike through your body temple, filling every cell, cleansing, purifying, rebuilding and healing each cell in your body temple as this UNIVERSAL LIGHT ENERGY passes through them.

This balances the different levels of consciousness -- the subconscious, the conscious, and the higher self -- attuning with the psychic centers to bring about complete harmony.

CHART #2

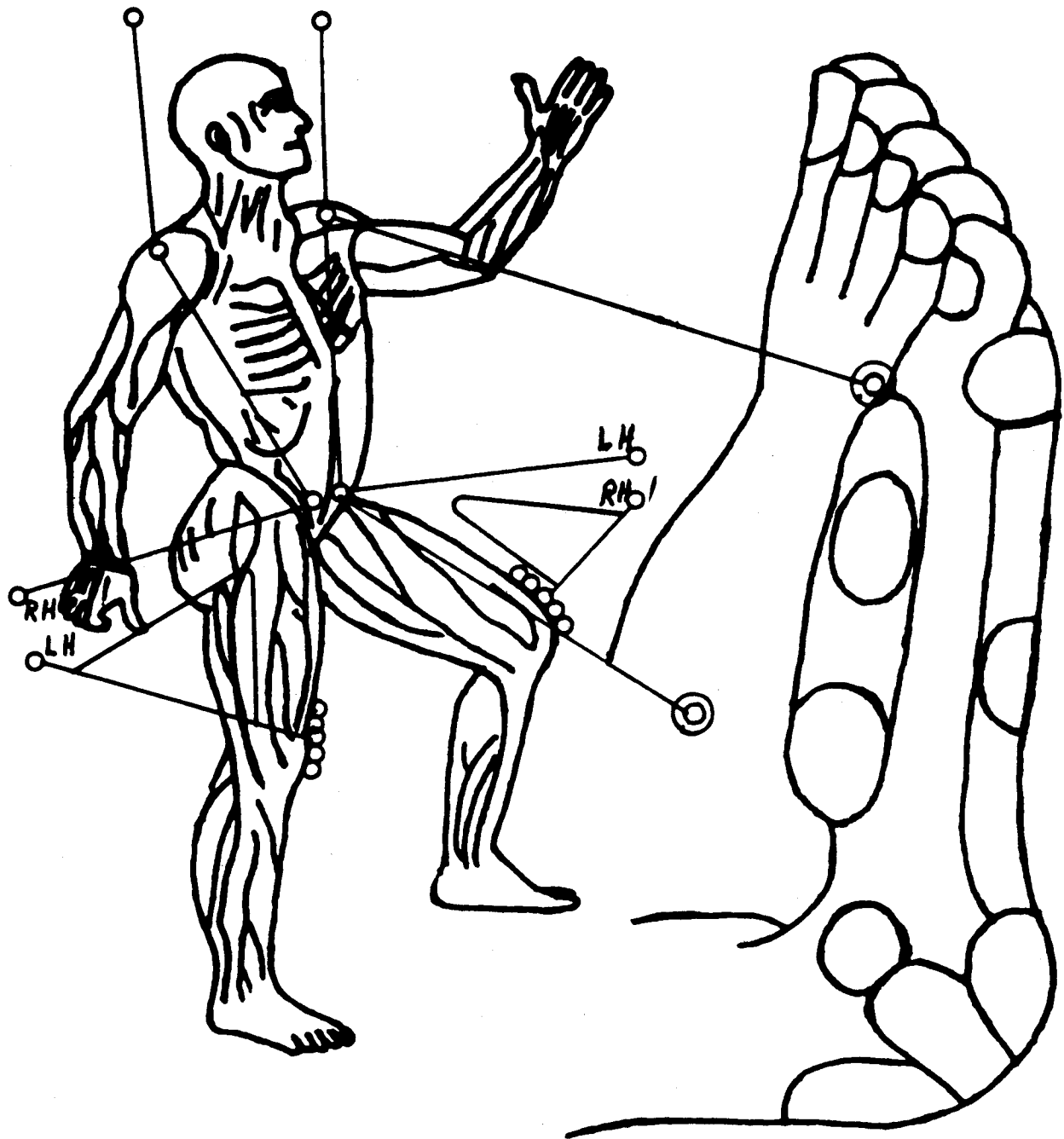


CHART #2. This exercise is to release the pull of the abdominal muscles on the shoulders. The shoulder tension could be indicated by soreness on top of the foot between the little toe and the next one.

Soreness in the groin area can reflect in the foot, center top of foot in front of the ankle. On completion of this exercise, you will find that the shoulders move more freely above the head.

CHART #3

This procedure will allow the muscles in the neck to have more freedom while turning the head from side to side, and relieves much muscle tension upon the cervicals of the neck.

The person who is to receive this exercise will lie on their back.

Begin by placing the fingertips and thumb of your right hand in a straight line upon your right abdomen, the fingers extending toward the groin in a position half way from your navel to the side of your body. The fingertips and thumb of your left hand are reaching across in front of you to the right, to the back of your neck. Your thumb is touching the base of your skull, as your fingers are in a straight line down your neck toward the shoulder.

Now is when you call to your Guardian Angels and visualize the one that is standing on your right touching as you touch, right hand over your right hand, and their left hand over your left hand. The Guardian Angel that is standing on your left has the fingertips and thumb of their left hand in a straight line on your left abdomen. Their thumb is underneath your rib cage, and their fingers are in a straight line extending down from their thumb toward your groin, half way from your navel to the left side of your body.

Now visualize the UNIVERSAL LIGHT ENERGY flowing from hand to hand through your body temple. See it flowing from your hands and the hands of your Guardian Angels equally well. Know that this UNIVERSAL LIGHT ENERGY is cleansing, purifying, rebuilding and healing each cell in this area, and that it is flowing in love, light and life, filling each cell with love, peace, joy and happiness.

Visualize this UNIVERSAL LIGHT ENERGY flowing equally well on both sides of your body temple, and the Guardian Angels touching on both sides at the same time.

As this is being done, know that the principal bodies, the physical, the emotional, the mental and the spiritual, are being balanced. Also the different levels of consciousness -- the subconscious mind, the conscious mind, and the higher self -- and the psychic centers are being attuned to bring about complete harmony within all aspects of your beingness within your body temple.

CHART #3

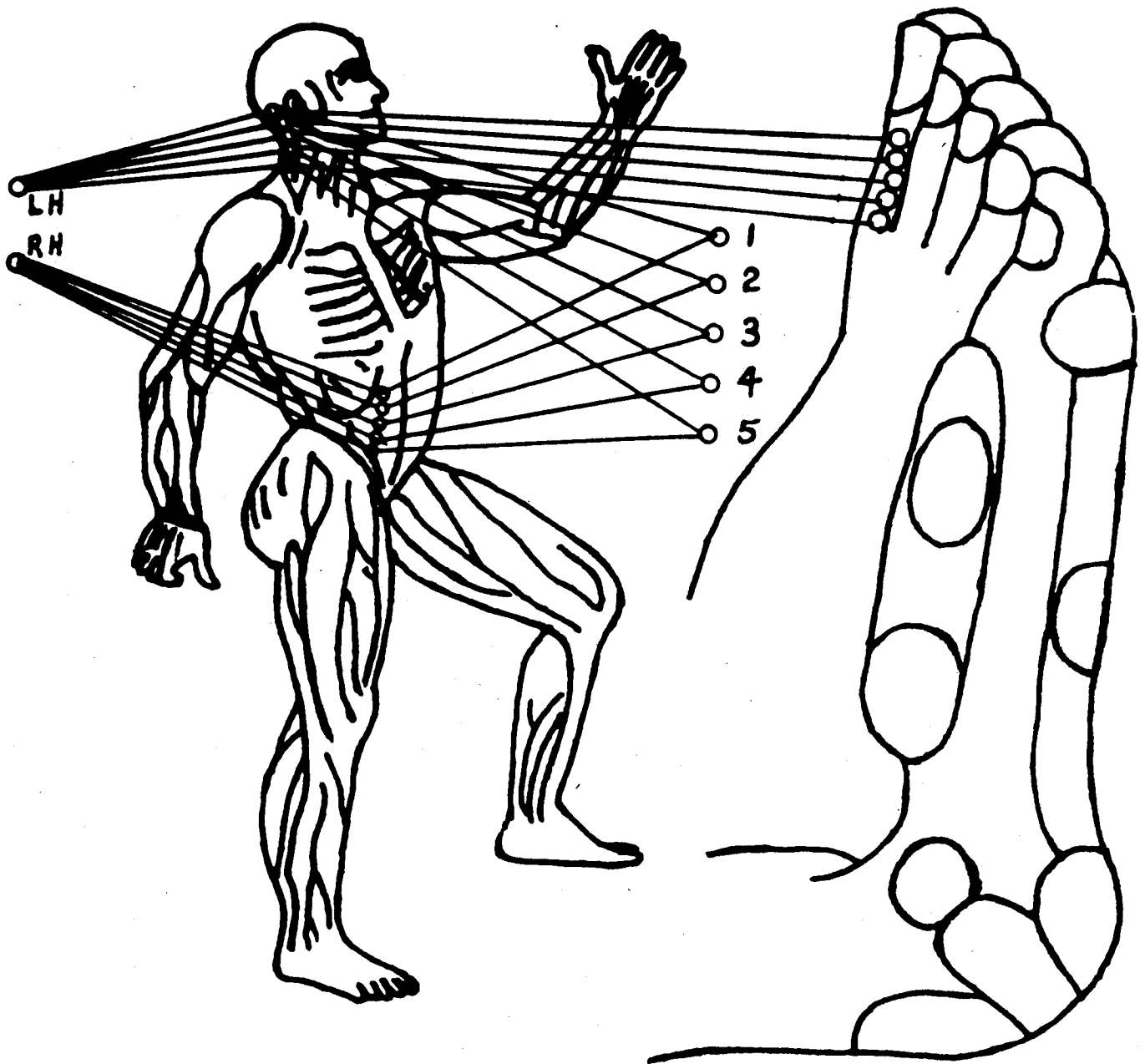


CHART #3. This exercise is to release the tension in the muscles and cervical vertebrae of the neck. The soreness will be indicated on the top of the inside of the big toe.

The area of the big toe corresponds with the area along the side of the neck at the back, from the mastoid bone down to the shoulder. Also from the big toe to the abdomen, in a line lengthwise from the rib cage to the groin, half way from the navel to the side of the body.

CHART #4

This procedure is for releasing the tension at the back of the head and on both sides of the neck.

The person who is to receive this exercise should lie on their back.

As you lie there, put your arms along the sides of your body. Now, bend your elbows, lifting your hands so that they are directly above your elbows. Put your thumbs in between your index finger and the middle finger. Be sure that the ends of your thumbs protrude beyond your fingers, so that as you look at the back of your hand, you can see the tips of your thumbs.

As you lie in this position, visualize two of your Guardian Angels, one on each side of you. The Angel on your right is using their right fingertips and thumb to touch your right thumb, while their left fingertips and thumb are touching, in a rounded fashion, 3/4 inch behind the middle of the back of your left ear. The Guardian Angel which is on your left has their left fingertips and thumb touching your left thumb, and their right hand fingertips and thumb, in a rounded fashion, are touching 3/4 inch behind the middle of your right ear.

When you have visualized each Guardian Angel in their proper place, whether you can actually see or feel them or not, the knowing that they are there --which is your faith-- will make it so.

Now visualize the UNIVERSAL LIGHT ENERGY flowing through the crown of your head into your body temple with every breath that you breathe. Know it is flowing from hand to hand of your Guardian Angels throughout this part of your body temple. This UNIVERSAL LIGHT ENERGY is filling every cell along these passageways within your body temple, cleansing, purifying, rebuilding and healing all of the cells within this area of the body temple.

Know that this UNIVERSAL LIGHT ENERGY is flowing equally well on both sides of this body temple, filling it with God's Light, Love and Life.

As this is being done, know that the principal bodies, the physical, the emotional, the mental and the spiritual, are being balanced. Also the different levels of consciousness --the subconscious mind, the conscious mind and the higher self-- and the psychic centers are being attuned, to bring about complete harmony within all aspects of your beingness, within the body temple.

CHART #4

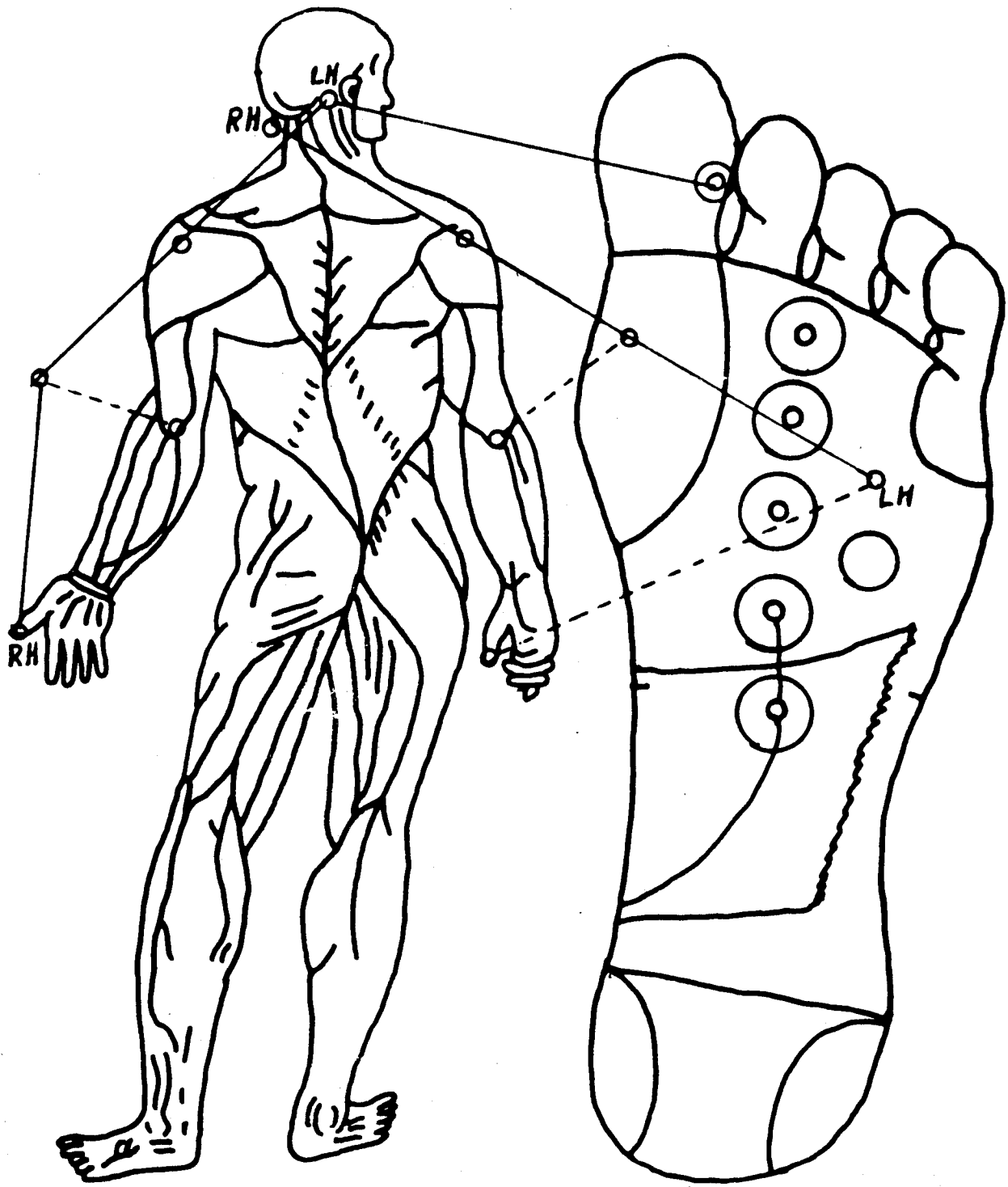


CHART #4. This exercise may release most of the tension at the back of the mastoid bone, or base of the skull. This tension could cause sinus and migraine headaches.

You will find that the soreness on the first joint of the big toe will be gone after the exercise is completed.

CHART #5

The person who is to receive this exercise should lie face down.

As you lie there, ask for five of your Guardian Angels to stand on each side of you, reaching across your body with their hands to touch the motor nerves there. See the five standing upon the left with their right hand fingertips and thumb all touching the center of your right hip, one on top of the other, in an area half way from your posterior iliac crest (right hip) to the ischium (bone you sit on).

While their left hands are in a rounded fashion, the first Guardian Angel's fingertips and thumb are touching the area marked "B" (on the drawing) (motor nerve to the kidneys). The second Guardian Angel's fingertips and thumb are touching the area marked "C" (motor nerve to the adrenals). The third Guardian Angel's fingertips and thumb are touching the area marked "D" (motor nerve to the solar plexus). The fourth Guardian Angel's fingertips and thumb are touching the area marked "E" (motor nerve to the lungs). The fifth Guardian Angel's fingertips and thumb are touching the area marked "F" (motor nerve to the trapezius).

Now see the five that are standing upon your right with their left hand fingertips and thumb in a rounded fashion, one on top of the other, in the center of your left hip. The area that they touch is half way from your posterior iliac crest (left hip) to the ischium (bone you sit on). While their right hands are in a rounded fashion, the first Guardian Angel's fingertips and thumb are touching the area marked "B" (motor nerve to the kidneys). The second Guardian Angel's fingertips and thumb are touching the area marked "C" (motor nerve to the adrenals). The third Guardian Angel's fingertips and thumb are touching the area marked "D" (motor nerve to the solar plexus). The fourth Guardian Angel's fingertips and thumb are touching the area marked "E" (motor nerve to the lungs). The fifth Guardian Angel's fingertips and thumb are touching the area marked "F" (motor nerve to the trapezius).

Now visualize the UNIVERSAL LIGHT ENERGY flowing from hand to hand of your Guardian Angels on both sides of your body temple. As you visualize this UNIVERSAL LIGHT ENERGY flowing through each cell in these areas, see it flow in love, light and life as it cleanses, purifies, rebuilds and heals this body temple, balancing the different levels of consciousness --the subconscious mind, the conscious mind, and the higher self-- attuning with the psychic centers to bring about complete harmony.

CHART #5

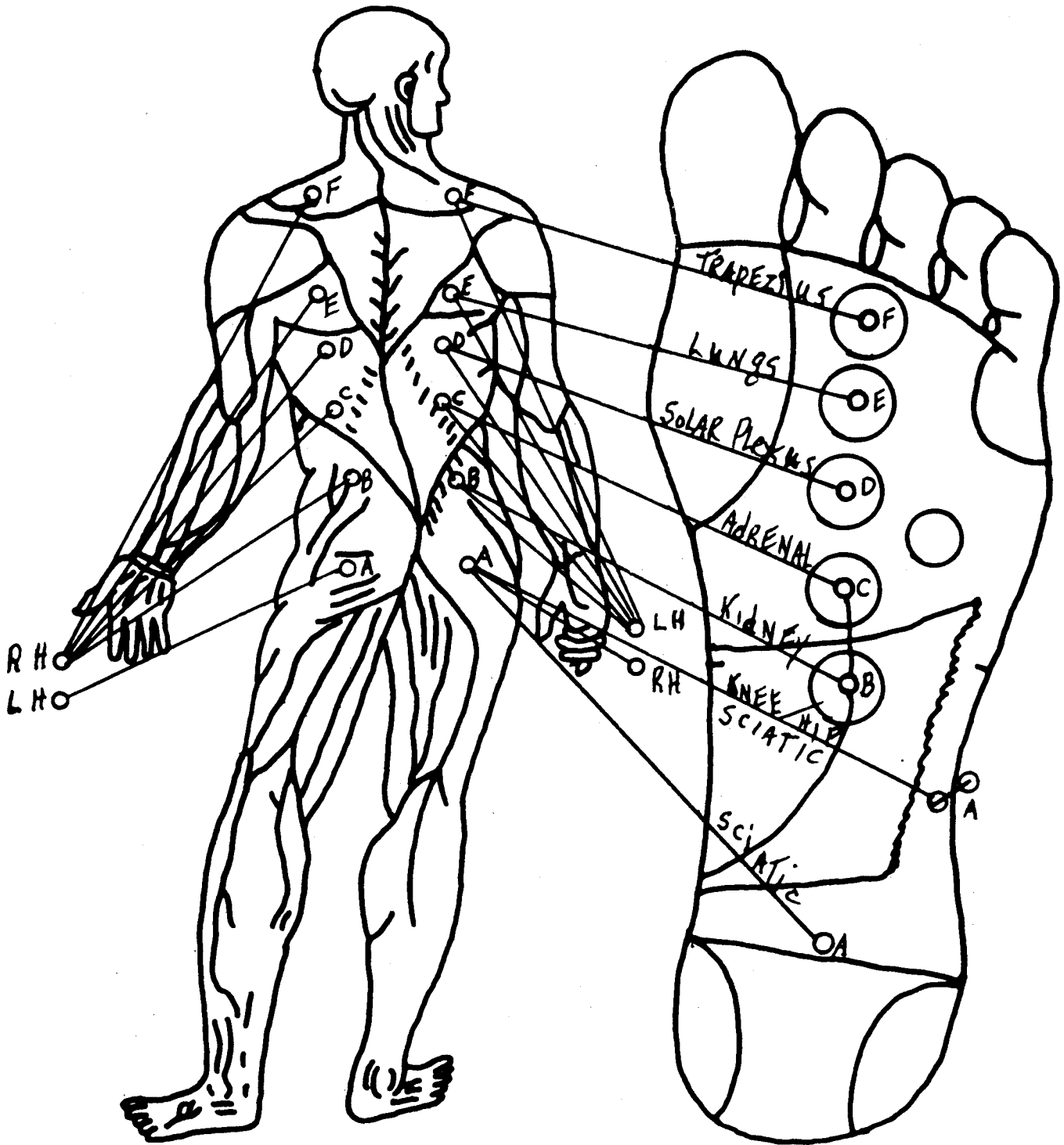


CHART #5. These exercises are to relax the motor nerves which are located from A to F, down each side of the back, half way from the spine to the sides of the body.

By checking the points on the bottom of the foot (as indicated by the letters A to F), you will find that they are sore before the exercise, and that the soreness is gone after the exercise.

CHART #6

This procedure relaxes the muscles and nerves along the spine.

The person who is to receive this exercise should be lying face down. The head can be turned to either side, whichever is the most comfortable.

As you lie there, call for two of your Guardian Angels to come to your aid. Have one stand on your right side while the other is to stand upon your left side.

The one that is standing on your right side will place their left hand fingertips and thumb in a rounded fashion, touching the right side at the tip of your coccyx (tail bone), while their right hand fingertips and thumb in a rounded fashion are touching the left side top of your first dorsal (the big bone at the top of your spine at the shoulders).

The Guardian Angel standing on your left side is placing their right hand fingertips and thumb in a rounded fashion at the left tip of your coccyx (tail bone), while their left hand fingertips and thumb are touching the right side top of the first dorsal (big bone at the top of your spine at the shoulders).

Now visualize the UNIVERSAL LIGHT ENERGY flowing in through the crown of your head and in through the Breath of Life as you breathe. Visualize this Energy flowing in a spiral action up and down the spinal cord. Know that it is cleansing, purifying, rebuilding and healing the body temple as it goes back and forth, through the hallways in this body temple. Also that this UNIVERSAL LIGHT ENERGY is doing this in love, peace, joy and happiness. See this Light Energy flowing from hand to hand of your Guardian Angels on both sides equally well. Know that the power that is flowing from the hands of your Guardian Angels' hands is doubling the power that is already in your body.

As this is being done, know that the principal bodies, the physical, the emotional, the mental and the spiritual, are being balanced. Also the different levels of consciousness -- the subconscious mind, the conscious mind, and the higher self-- and the psychic centers are being attuned to bring about complete harmony within all aspects of your beingness, within the body temple.

CHART #6

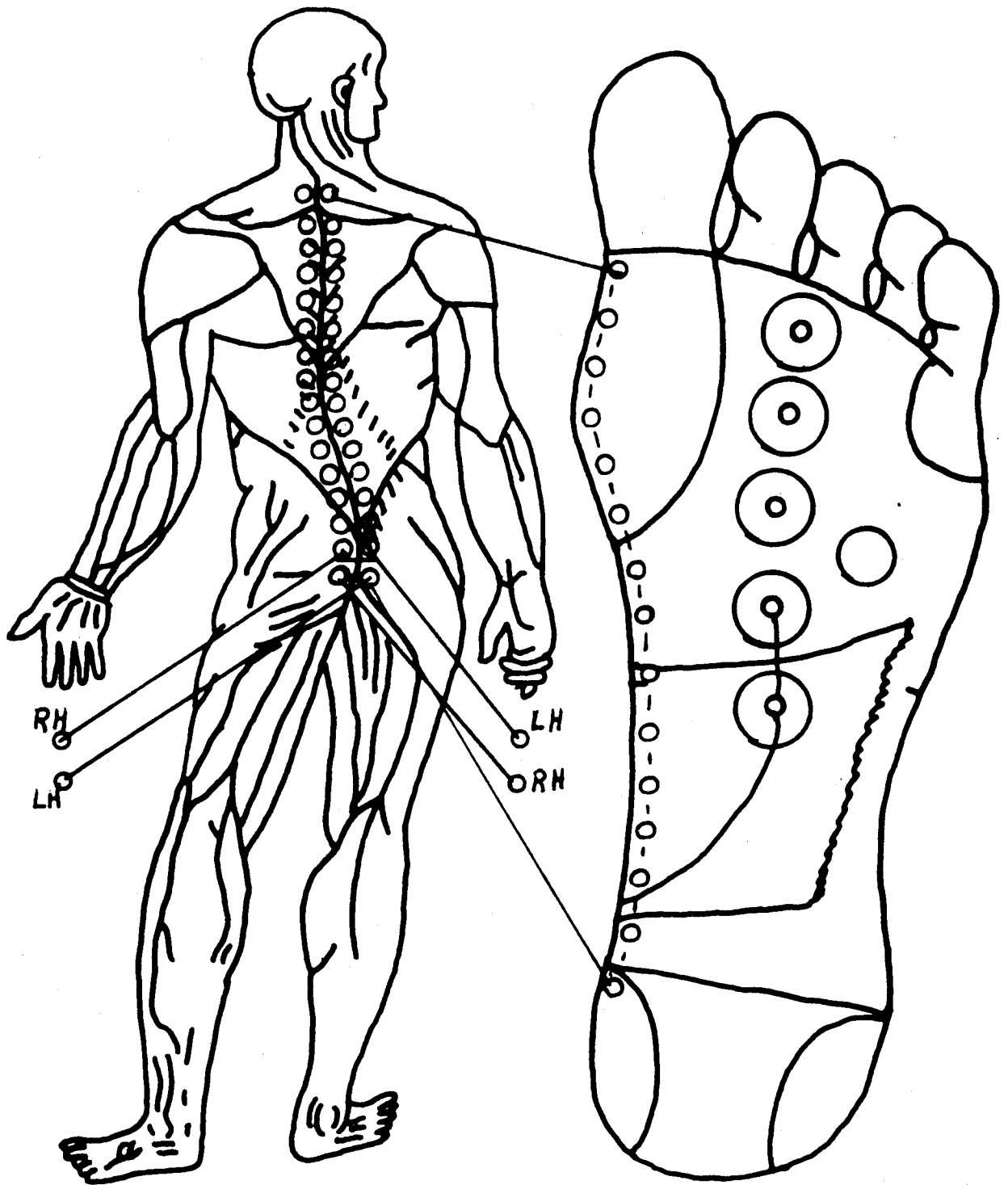


CHART #6. This exercise will relax the pull of the muscles on the nerves along the spine. You will find soreness along the arch of the foot, which will correspond with the soreness that is along the sides of the spinal column.

After the exercise is over, you will find that the soreness is gone, both in the foot and in the area along the spine.

CHART #7

This procedure will relax the whole pelvic area, allowing the circulation to return to normal, releasing the tension in the hips and pelvic. It will release menstrual cramps in most cases.

The person who is to receive this exercise can best receive this while lying on their stomach.

As you lie face down, ask for two of your Guardian Angels to come and stand, one on each side of you.

Visualize the Guardian Angel who is standing on your right side reaching across your body, placing their right hand fingertips and thumb touching your left posterior iliac crest (left hip bone), and their left hand fingertips and thumb touching the left ischium (base of pelvic), the bone you sit on.

Visualize the Guardian Angel standing on your left side reaching across your body with their left hand fingertips and thumb touching your right posterior iliac crest (right hip bone), and their right hand fingertips and thumb touching your right ischium (base of pelvic), the bone on which you sit.

As you visualize your Guardian Angels touching you, see the UNIVERSAL LIGHT ENERGY flowing in through the crown of your head, and in through the Breath of Life as you breathe. Also see it flow in through the hands of your Guardian Angels. Know that this UNIVERSAL LIGHT ENERGY is filling every cell along these pathways in this body temple, cleansing, purifying, rebuilding and healing your body temple as it flows back and forth through this beautiful temple of your God Self.

Know also that, in each exercise, any person can touch you in place of your Guardian Angels touching. In this manner you can receive additional energy from the person touching you.

See this Light Energy flowing from hand to hand of your Guardian Angels on both sides equally well. Know that the power flowing from the hands of your Guardian Angels is also doubling the power that is already in your body temple.

As this is being done, know that the principal bodies, the physical, the emotional, the mental and the spiritual, are being balanced. Also the different levels of consciousness --the subconscious mind, the conscious mind, and the higher self-- and the psychic centers are being attuned to bring about complete harmony within all aspects of your beingness, within your body temple.

CHART #7

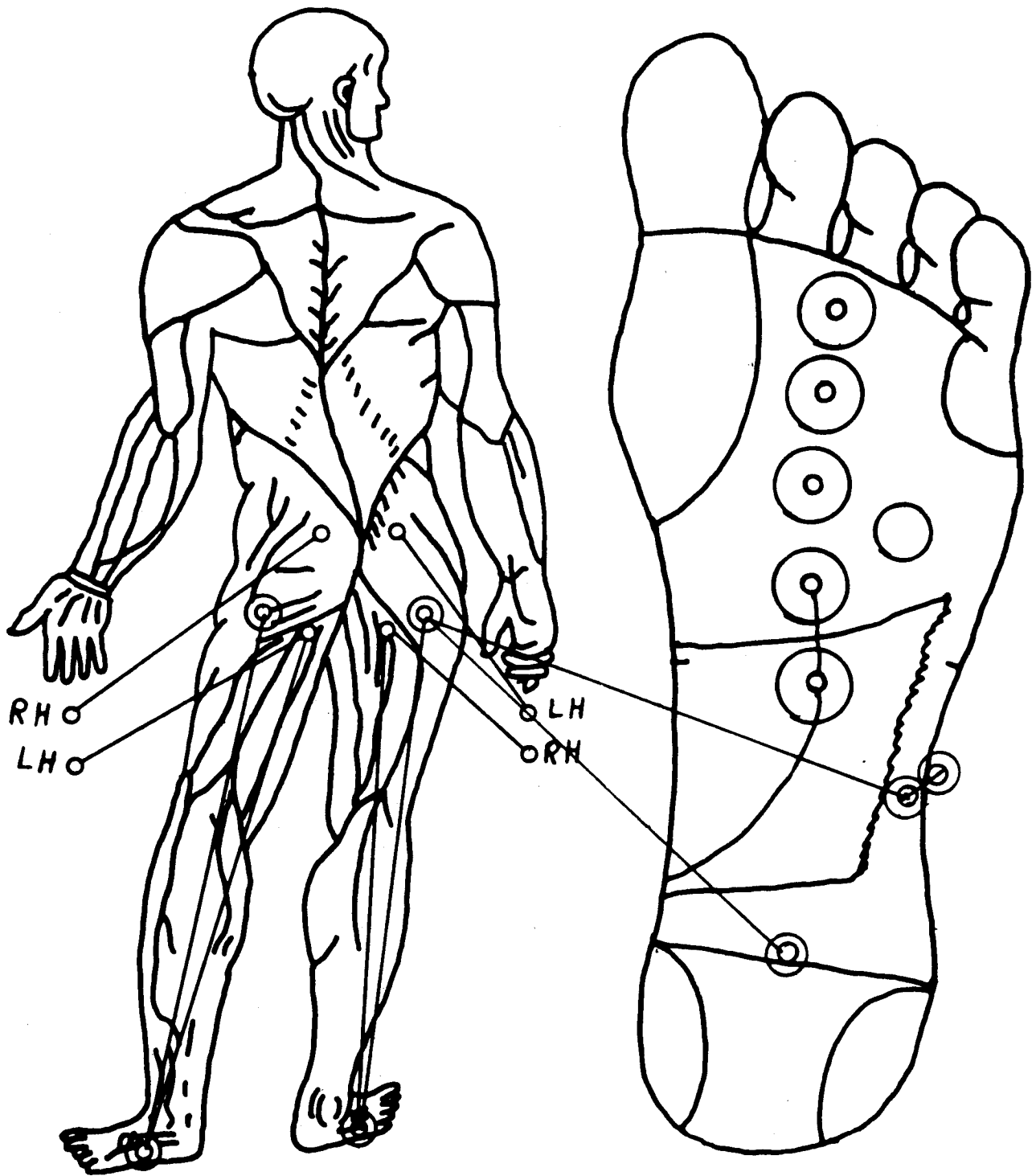


CHART #7. This exercise will relax the tension within the pelvic girdle. These areas, indicated by the double circles, can be very sore before the exercise, and all soreness gone after the exercise.

This area, when under tension, can slow the circulation of everything in the pelvic girdle...the ovaries in women and the prostate in men.

CHART #8A & 8B

The procedure of exercise #8A is used to give relief in leg cramps.

The person using this exercise will lie on their back.

As you lie on your back, place your right hand fingertips and thumb in a rounded fashion touching just below your right anterior iliac crest (front hip bone). Place your left hand fingertips and thumb in a straight line at the top of your right shoulder at the back of the shoulder process.

Visualize two of your Guardian Angels, one on each side of your body. The one on your right is touching as you are touching. The Guardian Angel on your left has their left hand fingertips and thumb in a rounded fashion touching just below your left anterior iliac crest (front of left hip bone). Their right hand fingertips and thumb are in a straight line at the top of your left shoulder, touching the back of your shoulder process.

Visualize your Angels touching you, and the UNIVERSAL LIGHT ENERGY flowing in through the crown of your head, and in through the Breath of Life as you breathe. Know that it is flowing from hand to hand through your body temple, cleansing, purifying, rebuilding and healing as it passes through this body temple. It passes through each cell as it goes in love, peace, joy and happiness on both sides of your body.

The procedure of exercise #8B is to increase circulation through the center of the body from head to toes.

The person who is to receive this exercise will lie on their back.

As you do this, place your right hand out flat, palm down, over your pubic area. Your left hand, thumb folded into your palm, is to be placed palm down over your right shoulder, sliding it toward your neck and touching the neck. It is also lying on top of your shoulder.

Ask for two of your Guardian Angels to come and stand, one on each side of you. The Angel on your right is touching as you touch, right hand over your right hand, and left hand over your left hand. The Angel on your left is placing their left hand, palm down, over your pubic area while their right hand has their thumb folded into their palm, placing it palm down on your left shoulder and neck at the same time. Visualize the UNIVERSAL LIGHT ENERGY flowing in and through the crown of your head, and in through the Breath of Life as you breathe. See it flow from hand to hand through your body temple, cleansing, purifying, rebuilding and healing this body temple in love, peace, joy and happiness.

CHART #8

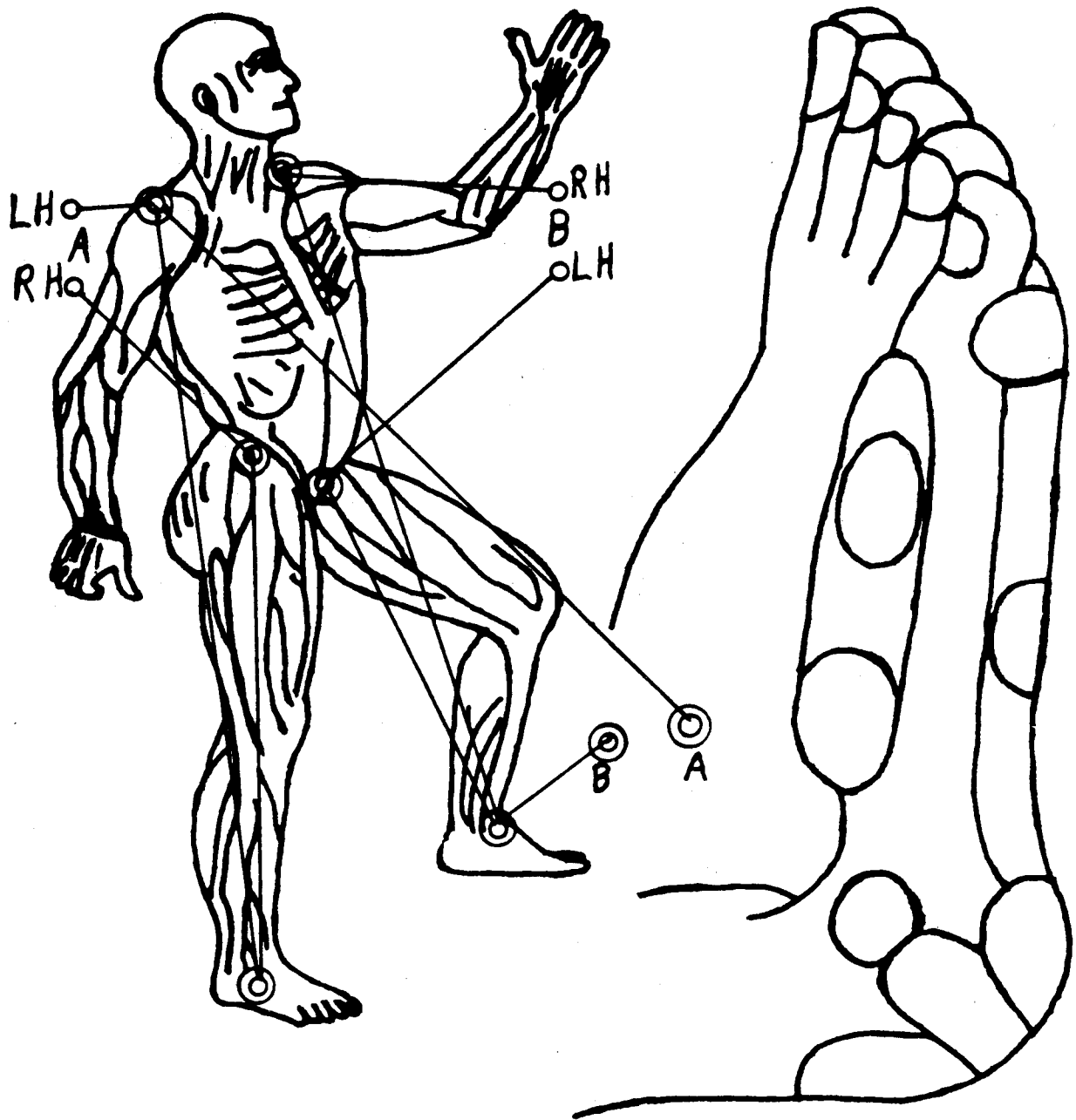


CHART #8-A. This exercise is to relax the muscle tension in the legs which can cause leg cramps. One or all of the double circles indicated by the letter "A" could be sore before the exercise, and the soreness completely gone after the exercise.

CHART #8-B. This exercise is to relax the tension in the area of the pubic bone. One or all of the double circles indicated by the letter "B" could be sore before the exercise, and the soreness completely gone after the exercise.

CHART #9

This procedure is for balancing the muscle tone in your arms and legs.

The person who is to receive this exercise should lie on their back.

Extend the arms along the sides of your body, then bend your elbows and lift your hands to a position directly above your elbows, with the palms of your hands facing each other.

Call for two of your Guardian Angels to come and stand, one on each side of your body. The Angel standing on your right, visualize their right hand fingertips touching, in a straight line, the palm of your right hand between the bones of your hand that go to the little finger and the bone that goes to your ring finger. Their thumb is touching the back of your hand between your little finger and your ring finger. Visualize the fingertips and thumb of their left hand in a rounded fashion touching the right frontal process of the head of your humerus (shoulder bone).

The Guardian Angel standing on your left, visualize their left hand fingertips touching, in a straight line, the palm of your left hand between the bones that go to your little finger and the bone that goes to your ring finger. Their thumb is touching the back of your hand between the little finger and the ring finger. The fingertips and thumb of their right hand in a rounded fashion are touching the left frontal process of the head of your humerus (shoulder bone).

Now that each of your Guardian Angels is in the proper place, visualize the UNIVERSAL LIGHT ENERGY flowing in through the crown and in through the Breath of Life as you breathe. See it flowing from hand to hand through your body temple. Know this Light Energy is filling each cell of your body with love, peace, joy and happiness. The UNIVERSAL LIGHT ENERGY, as it flows through your body, is cleansing, purifying, rebuilding and healing this body temple.

Know that both sides are being worked on at the same time.

As this is being done, know that the principal bodies, the physical, the emotional, the mental and the spiritual, are being balanced. Also the different levels of consciousness --the subconscious mind, the conscious mind, and the higher self-- and the psychic centers are being attuned to bring about complete harmony within all aspects of your beingness within your body temple.

CHART #9

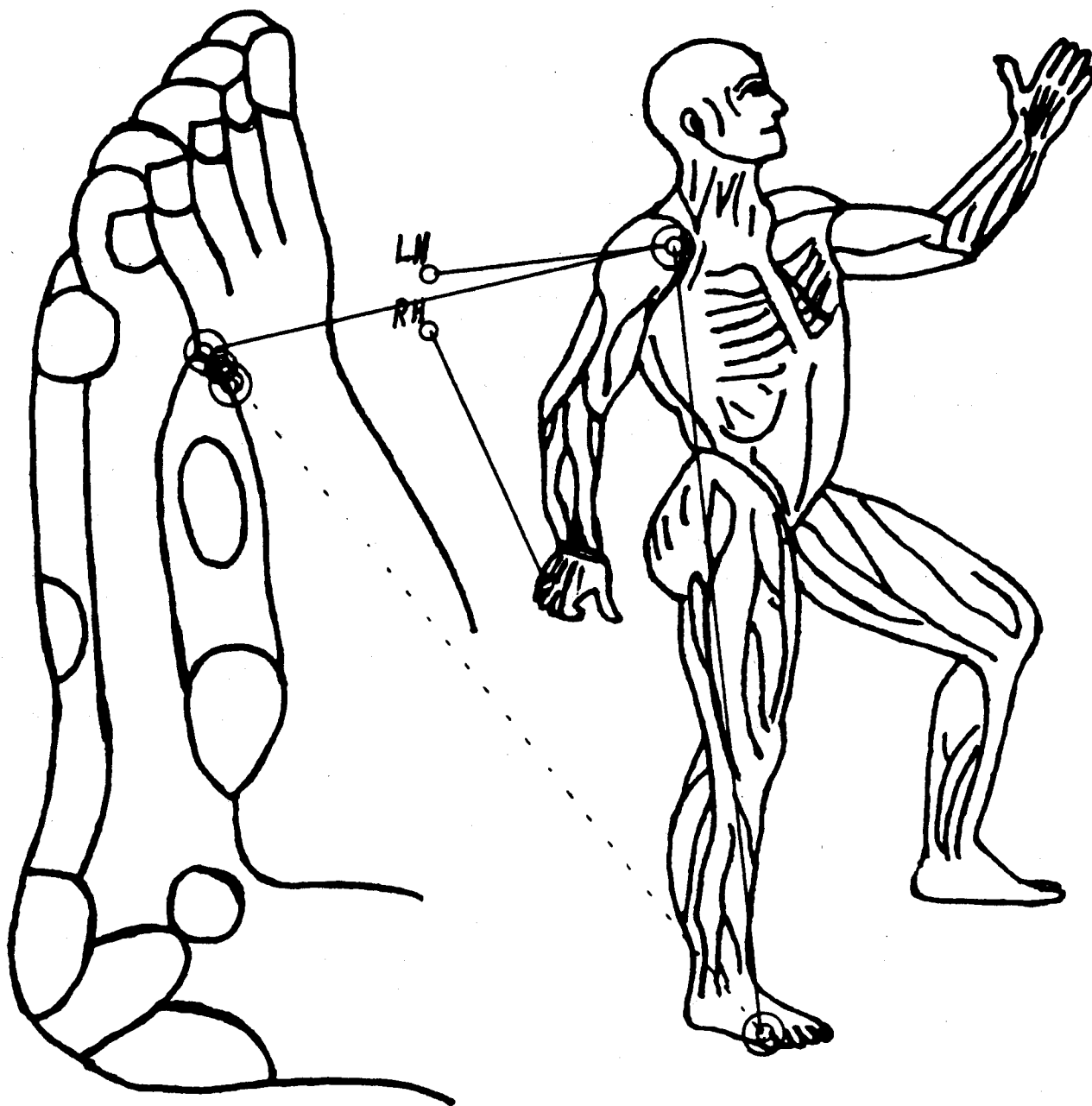


CHART #9. This exercise is to increase the muscle tone in the arms and the legs.

You will find that any soreness shown in the double circle area will disappear after the exercise is completed.

CHART #10

This procedure is for balancing the inner ear and lightness in the head.

The person who is to receive this exercise should be lying on their back.

Extend your arms along the sides of your body. Bend your elbows and lift your hands to a position directly above your elbows with the palms of your hands facing each other.

Call for two of your Guardian Angels to come and stand, one on each side of your body. The Angel standing on your right, visualize their right hand fingertips touching in a straight line the palm of your right hand between the bones going to your ring finger and your middle finger, while their thumb is touching the back of your hand between your ring finger and your middle finger. Visualize the fingertips and thumb of their left hand touching, in a cupping fashion, their left thumb above your right ear, and their left little finger touching below your right ear, while their other three fingers are at the back side of your right ear.

The Guardian Angel standing on your left side, visualize their left hand fingertips touching, in a straight line, the palm of your left hand between the bones going to your ring finger and your middle finger, while their thumb is touching the back of your left hand between the ring finger and the middle finger. Then visualize the fingertips and thumb of their right hand touching, in a cupping fashion, their right thumb above your left ear and their right little finger below your left ear, while their other three fingers are at the back of your left ear.

Now that each of your Guardian Angels is in their proper place, visualize the UNIVERSAL LIGHT ENERGY flowing in through the crown and in through the Breath of Life as you breathe. See it flowing from hand to hand through your body temple. Know this Light Energy is filling each cell of your body with love, peace, joy and happiness. The UNIVERSAL LIGHT ENERGY, as it flows through your body, is cleansing, purifying, rebuilding and healing this body temple.

Know that both sides are being worked on at the same time.

As this is being done, know that the principal bodies, the physical, the emotional, the mental and the spiritual, are being balanced. Also the different levels of consciousness -- the subconscious mind, the conscious mind and the higher self -- and the psychic centers are being attuned, to bring about complete harmony within all aspects of your beingness, within your body temple.

CHART #10

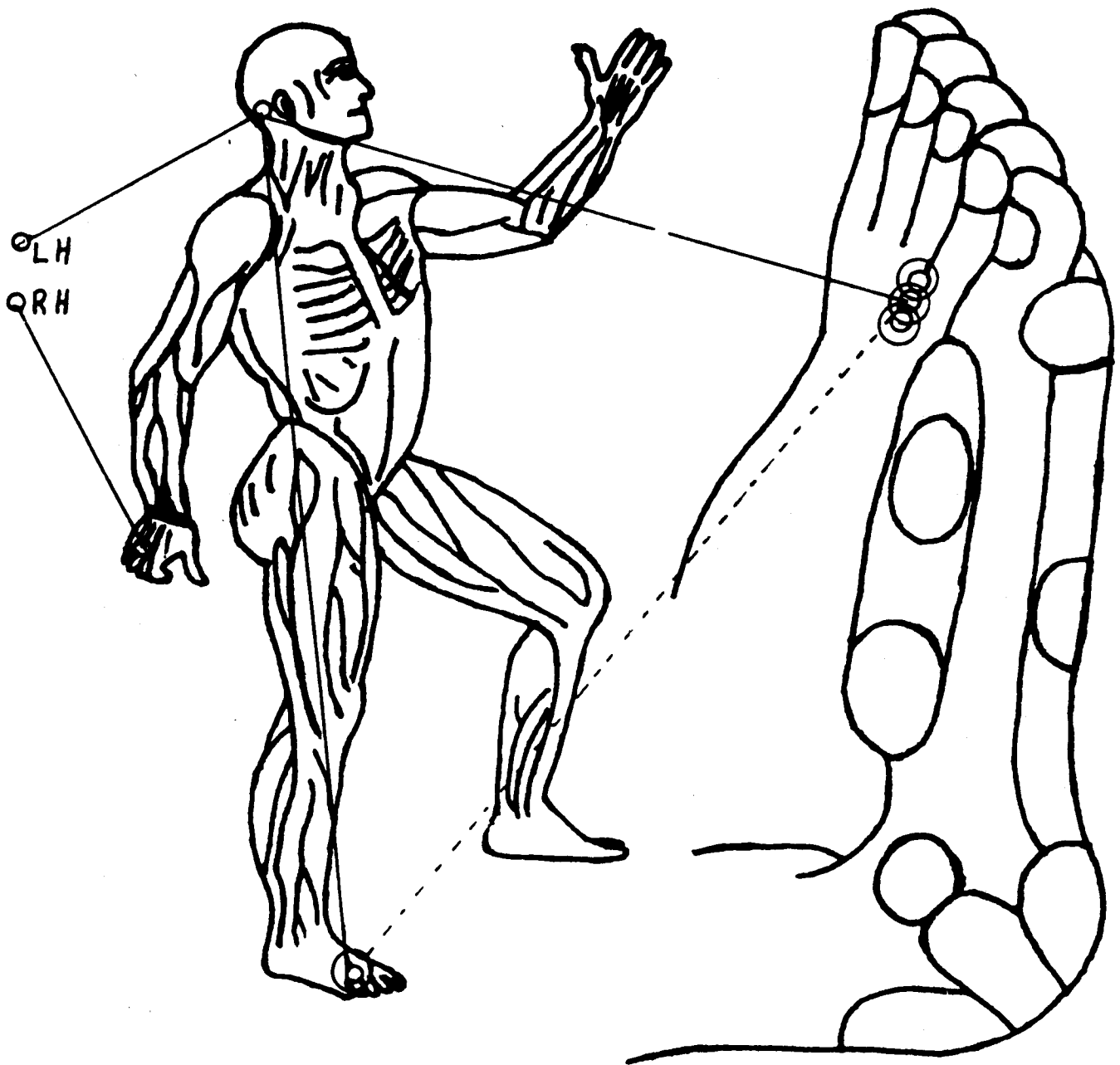


CHART #10. This exercise is to restore balance to the inner ear.

Testing the area indicated by the double circles on the foot, you will find that they will be sore before the exercise, and that the soreness will be gone after the exercise is completed.

CHART #11

This procedure relaxes the tension in the chest area along the sternum, allowing a person to breathe deeper.

The person who is to receive this exercise should be lying on their back.

Extend your arms along the sides of your body. Bend your elbows and lift your hands to a position directly above your elbows, with the palms of your hands facing each other.

Call for two of your Guardian Angels to come and stand, one on each side of your body. Visualize the one standing on your right side placing their right hand fingertips touching, in a straight line, the palm of your right hand between the bones going to your middle finger and your index finger, while their right thumb is touching the back of your right hand between the bones going to your middle finger and your index finger. Visualize the fingertips and thumb of their left hand in a straight line along the right side of your sternum (breast bone).

Visualize the Guardian Angel on your left side with their left hand fingertips touching, in a straight line, the palm of your left hand between the bones going to your middle finger and your index finger, while their left thumb is touching the back of your left hand between your middle finger and your index finger. Then visualize the fingertips and thumb of their right hand in a straight line along the left side of your sternum (breast bone).

Now that each of your Guardian Angels is in their proper place, visualize the UNIVERSAL LIGHT ENERGY flowing in through the crown and in through the Breath of Life as you breathe. See it flowing from hand to hand through your body temple. Know this Light Energy is filling each cell of your body with love, peace, joy and happiness. The UNIVERSAL LIGHT ENERGY, as it flows through your body, is cleansing, purifying, rebuilding and healing this body temple.

As this is being done, know that the principal bodies, the physical, the emotional, the mental and the spiritual, are being balanced. Also the different levels of consciousness --the subconscious mind, the conscious mind and the higher self -- and the psychic centers are being attuned, to bring about complete harmony within all aspects of your beingness, within your body temple.

CHART #11

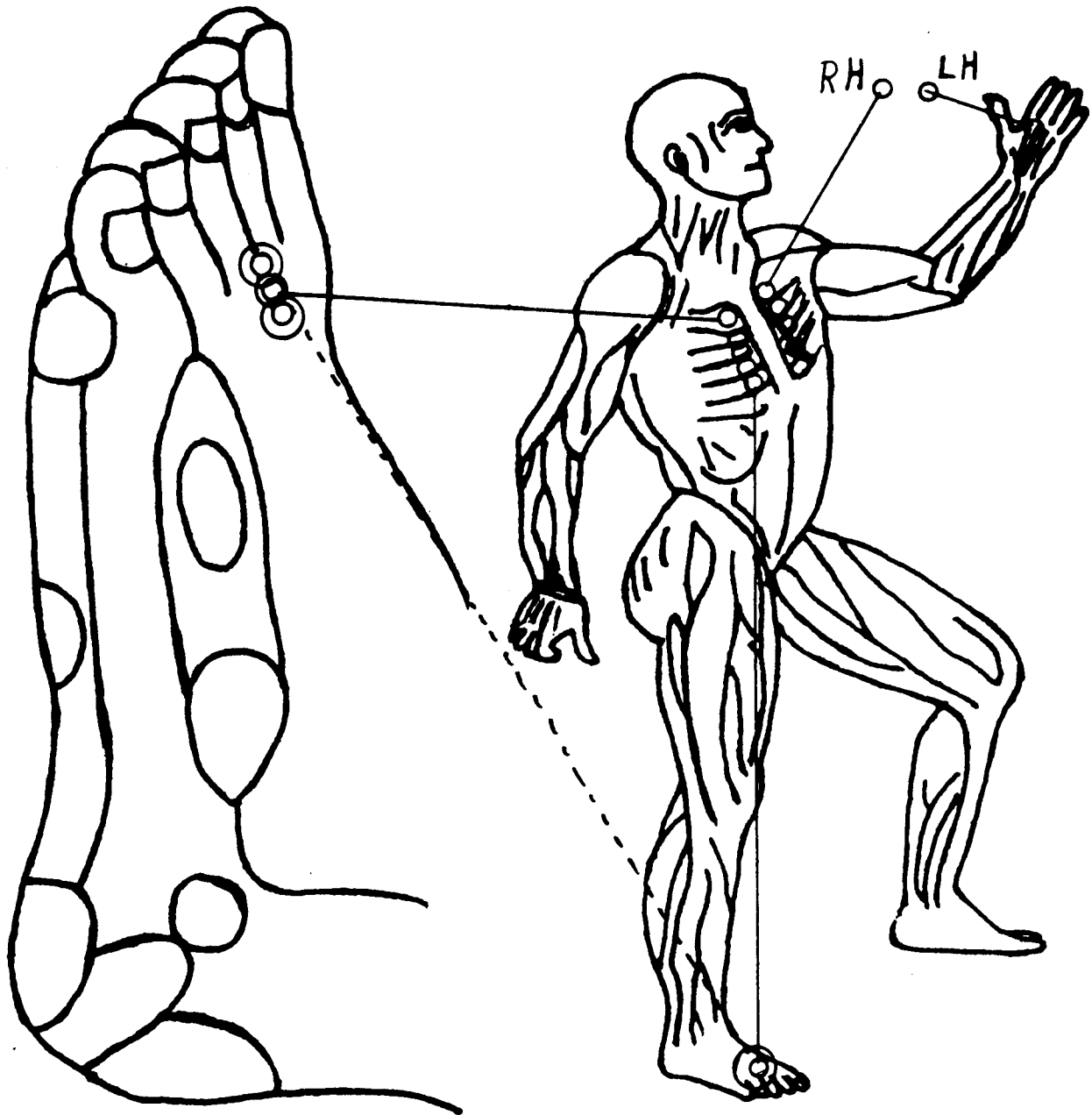


CHART #11. This exercise is to release the tension along the breast bone (sternum).

Testing the area of the double circles on the foot, you will find that they will be sore before the exercise, and that the soreness will be gone after the exercise is completed.

CHART #12

This procedure is to release tension and congestion in the sinus areas of the head. The person who is to receive this exercise should be lying on their back.

Extend your arms along the sides of your body, hands with your palms up. Fold your thumbs into the palms of your hands, and close your fingers down over your thumbs. Call two of your Guardian Angels, asking that one stand on each side of you. Visualize the Angel on your right touching the toes of your right foot with their right hand: their little fingertip touching your little toe, their ring fingertip touching your next toe, their middle fingertip touching the tip of your middle toe, their index fingertip touching the tip of the toe next to your big toe, and their thumb tip touching the tip of your big toe. The fingertips and thumb of their left hand are touching the fingertips and thumb of your right hand. Visualize the Guardian Angel on your left touching the tips of your toes on your left foot: their left little fingertip touching your left little toe, the tip of their ring fingertip touching the tip of your middle toe, their left index fingertip touching the tip of your toe next to your big toe, and their thumb tip touching your left big toe.

To do this exercise, breathe in through your nose and out through your mouth. As you breathe in slowly, raise both hands (bending elbows) until they reach your shoulders. As you breathe out slowly, lower your hands until they are back at your sides. Repeat this exercise seven times.

1. Inhaling the first breath, visualize the UNIVERSAL LIGHT ENERGY flowing in through your crown and in through the Breath of Life as you breathe, also seeing it flow into your body temple through the hands of your Guardian Angels, filling every cell with this Light. As you exhale this breath, know that all negativity is transmuted and flows out as love. Send this love to everyone you meet, and see it also flow down all of the passageways of negativity, also going out to all of the people you will meet, filling them with this love and preparing them to meet you.
2. Repeat #1, seeing it expanding your body with Light.
3. Repeat #1, seeing the Light shining out into the Universe.
4. Repeat #1, seeing the Light shining out into other galaxies.
5. Repeat #1, seeing the Light the brightest where you feel you need it the most. Hold your breath longer than before.
6. Repeat #1, seeing the Light the brightest again, where you feel you need it the most. Hold your breath as long as #5.
7. Repeat #1, visualize this seventh Breath of Life as you breathe in the UNIVERSAL LIGHT ENERGY. See it flowing through your crown and through the Breath of Life as you breathe. Also see it flow into your body temple through the hands of your Guardian Angels, filling every cell with this Light. See this UNIVERSAL LIGHT ENERGY filling your whole body, but see it the brightest of all around your head. Blending your High Self, Conscious Self and Basic Self, with the Trinity of the UNIVERSE, the FATHER, SON and HOLY SPIRIT. Know the Oneness of the UNIVERSE, for they dwell within you. With each breath, visualize the UNIVERSAL LIGHT ENERGY flowing through every cell, cleansing, purifying, rebuilding and healing the entire body temple.

CHART #12

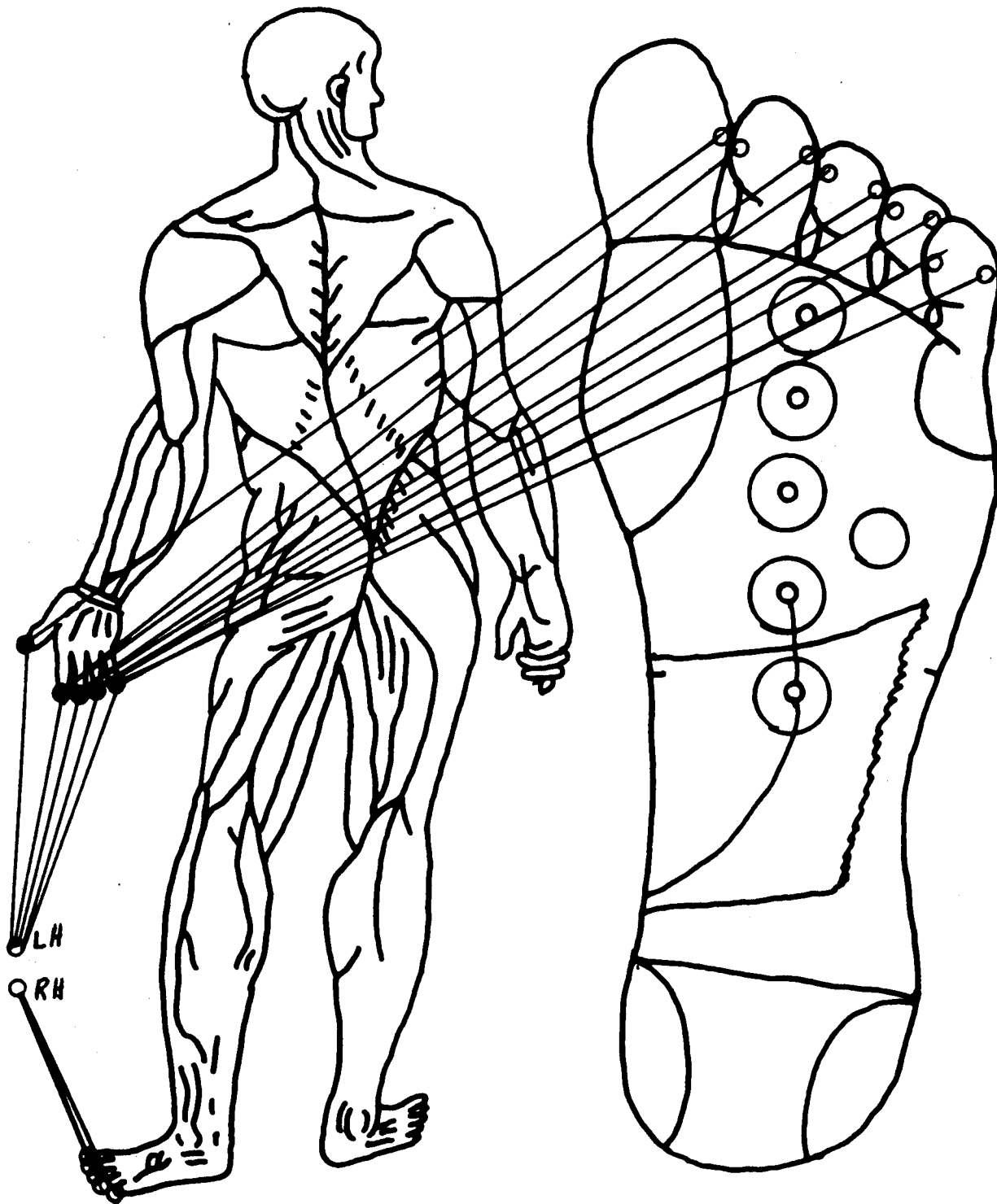


CHART #12. This exercise is to release the sinus areas.

The first toe next to the big toe corresponds with the bone over the eyes. The second toe corresponds with the bone under the eyes. The third toe corresponds with the bone under the cheek. The little toe corresponds with the bone in front of the ear.

The soreness will leave the tips of the toes after the exercise is completed.

CHART #13

This procedure is to increase the circulation, which will help to remove bruised cells in the fingers, hand and arms.

The person who is to receive this exercise can best receive it in a sitting position. Call for two of your Guardian Angels to stand, one on each side of your body.

Visualize the Guardian Angel on your right with their right hand fingertips and thumb touching your right hand fingertips and thumb: little finger to little finger, ring finger to ring finger, middle finger to middle finger, index finger to index finger, and thumb to thumb. The fingertips and thumb of their left hand are touching the left side of your neck. Their left thumb should be touching the mastoid bone on the left side of your neck, and their fingertips extending down your neck toward your shoulder.

Visualize the Angel on your left with their left hand fingertips and thumb touching your left hand fingertips and thumb: little finger to little finger, ring finger to ring finger, middle finger to middle finger, index finger to index finger, and thumb to thumb. Their fingertips and thumb of their right hand are touching the right side of your neck. Their right thumb is touching the mastoid bone on the right side of your neck, and their fingertips are extending down your neck toward your shoulder.

Visualize the UNIVERSAL LIGHT ENERGY flowing from hand to hand through your body temple. See it filling your body so completely that each cell is full of Light, Love and Life, cleansing, purifying, rebuilding and healing this body temple.

For persons who touch their own fingertips and thumbs to each other (left hand fingertips and thumb to the tips and thumb of the right hand), visualize the Guardian Angel's fingertips and thumbs touching as you are touching, right hand to left hand. Now visualize the UNIVERSAL LIGHT ENERGY flowing in through the crown of your head, and in through the Breath of Life as you breathe. See it flowing in through the crown and in through the Breath into your neck, then out your arms to your fingertips.

Now visualize the Light Energy as it is flowing down to your right hand fingertips, entering into your left hand fingertips, flowing up your left arm to your shoulders, and then down your body to your feet, and out through your feet. This Light that flows down to your left hand fingertips enters into your right hand fingertips, flowing up your right arm to your shoulders and then down your body on the right side to your feet, and out through your feet. This is the River of Life. See the Light cleansing, purifying, rebuilding and healing your body temple.

CHART #13

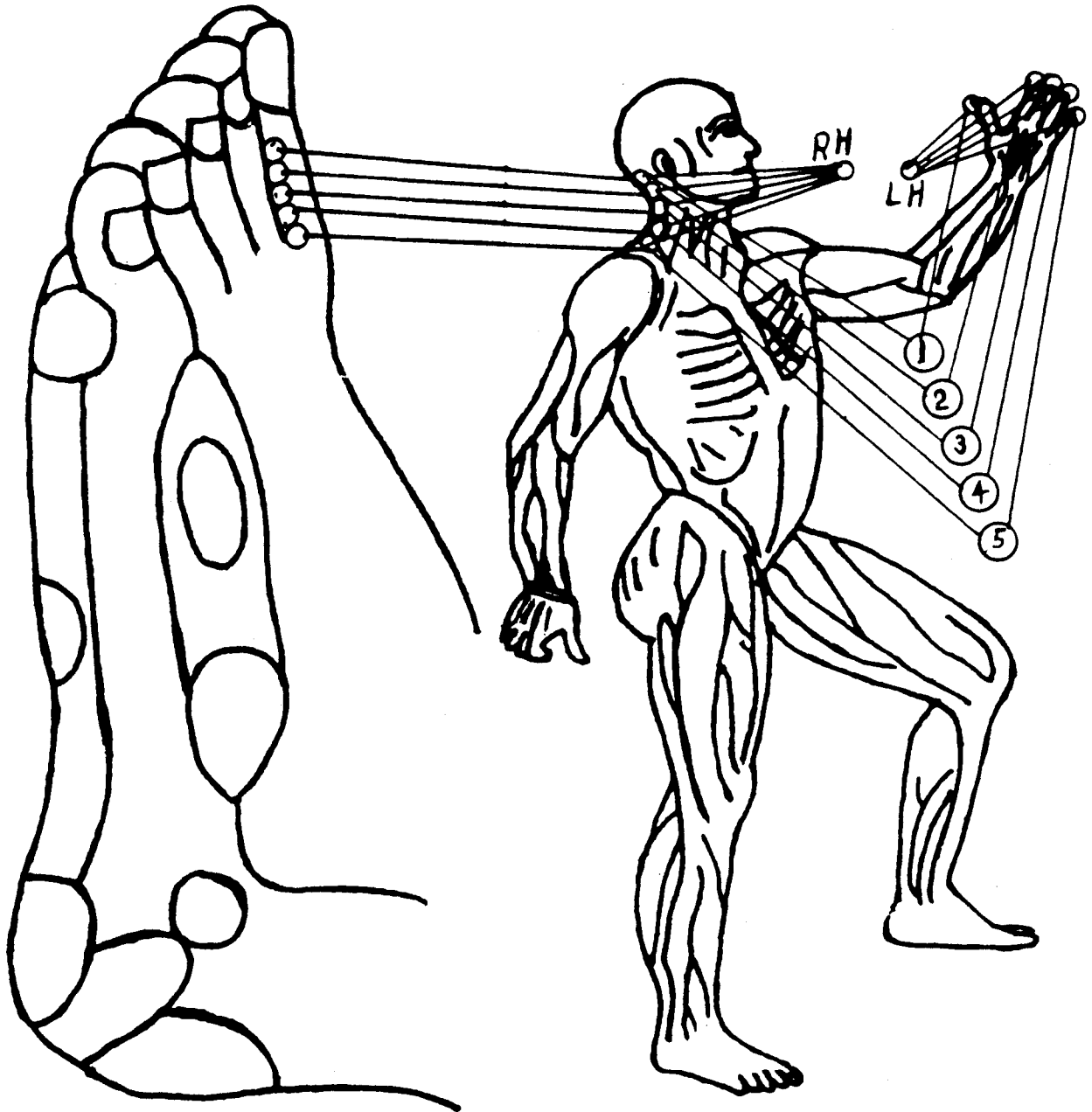


CHART #13. This exercise is to remove all of the bruised cells in the hand, wrist or arm as a result of being caught in a door jamb, etc. Soreness may be found in the neck also if this happens.

After the exercise is completed properly, the bruised cells and the soreness will leave.

CHART #14

This procedure is to relax every cell in the chest, the lungs, the bronchi, the bronchial tubes, the ribs, the sternum and all of the spine that they are attached to; also the heart.

The person who is to receive this exercise should lie on their back.

Place the tip of your right middle finger under the middle of your left clavicle, midway from the sternum to the frontal point of your shoulder bone (the humerus). Then place the tip of your left middle finger under the middle of your right clavicle, midway from the sternum to the frontal point of your shoulder bone (humerus).

Know that your Guardian Angels are standing, one on each side of your body temple, and that they are touching you as you touch your own body. Now you will visualize the UNIVERSAL LIGHT ENERGY flowing in through the crown of your head, and in through the Breath of Life as you breathe. See this Light Energy filling every cell in your chest area, cleansing, purifying, rebuilding and healing the whole chest area. Also know that love, peace, joy and happiness flow in abundance through your body temple. Know that this Light Energy is flowing through your chest, into your lungs, your bronchi, bronchial tubes, ribs, sternum and your spine that they are all attached to, also your heart.

Place the fingertips of your right middle finger at the point half way from the sternal notch to the frontal point of your shoulder bone on your left clavicle. Then place the tip of your left middle finger on top of your right middle finger. You will then find that your heart beat (which could be beating at a rate of 100 to 300 times per minute) will return to the normal rate. Normal heart beat is usually considered, on the average, to be 72 beats per minute. This position should be held until the heart beat is relaxed and the feeling of stress is gone.

In case of any heart trouble, touch the tip of your left middle finger to the tip of the patient's left middle finger, and have the tip of your right middle finger touching underneath the center of their left clavicle. This is at a point half way between the sternal notch and the outer point of the frontal tip of the shoulder bone (humerus).

This balances the different levels of consciousness, the subconscious, the conscious, and the higher self, attuning with the psychic centers to bring about complete harmony.

CHART #14

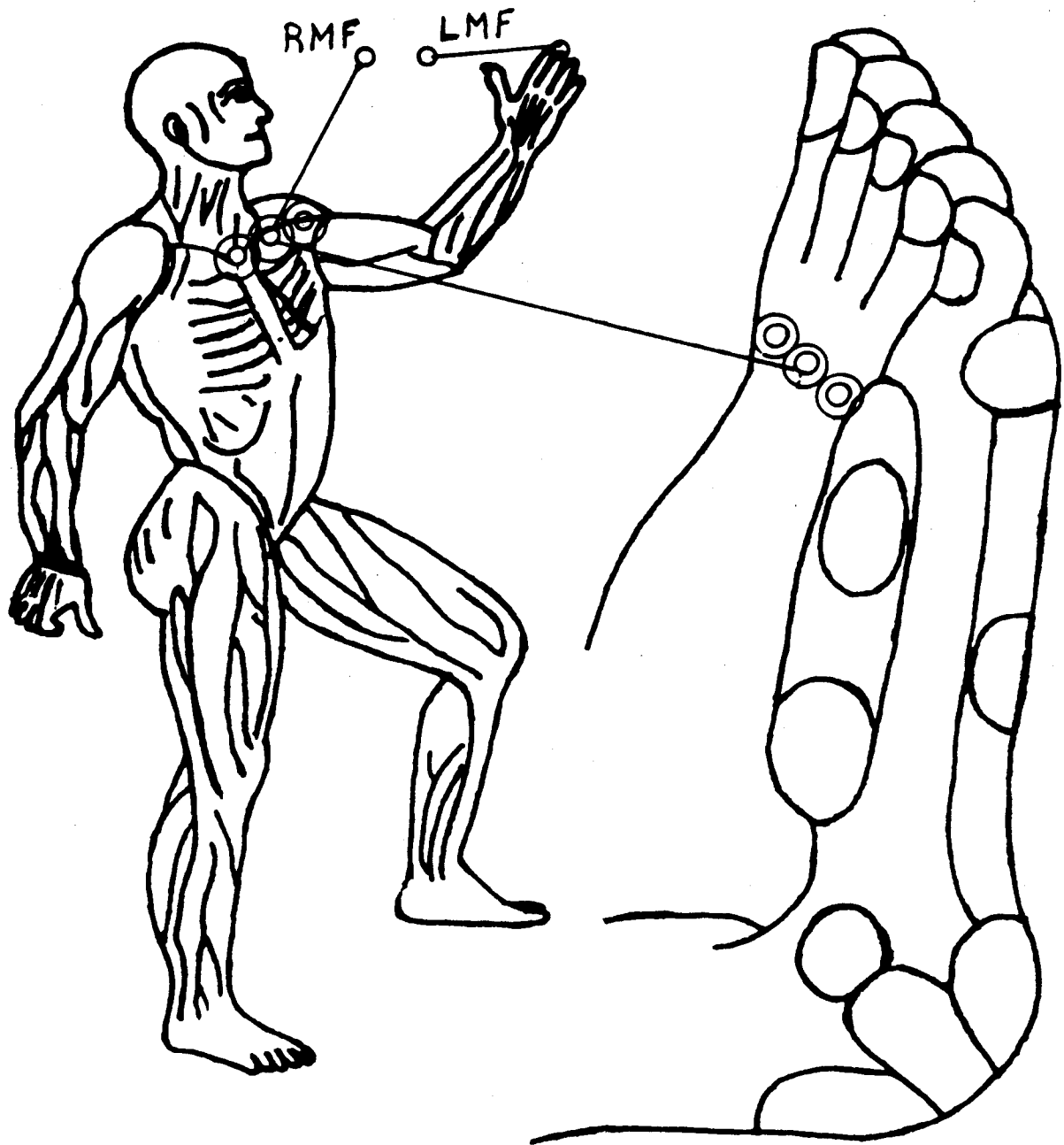


CHART #14. This exercise is to reduce the pressure in the chest area. This includes the lungs and the heart.

You may find the area under the collar bone, or the top of the foot, very sore before the exercise, and it may all leave after this exercise is completed.

CHART #15

This procedure will relax the area at the base of the ribs on both sides of the chest; the liver and gall bladder on the right side, and the spleen and the pancreas on the left side.

The person who is to receive this exercise should be lying on their back.

The Guardian Angel that is standing on your right side is placing their left hand with their thumb folded into the palm of their hand, and placing it palm down on your right shoulder, pushing it toward the neck while it also touches your neck. Their right hand, with their fingertips and thumb in a straight line, are at the notch between the base of your rib cage on your right side. See their fingertips and thumb stroking in an outward path toward the side of your body to the right under your ribs. See their left hand doing this stroking 21 times as you visualize the UNIVERSAL LIGHT ENERGY flowing from hand to hand on this side of your body temple.

The Guardian Angel that is standing on your left side is placing their right hand with their thumb folded into the palm of their hand, placing it palm down on your left shoulder, pushing it toward your neck until it also touches your neck. Their left hand, with their fingertips and thumb in a straight line, are at the notch at the base of your rib cage on your left side. See their fingertips and thumb stroking in an outward path toward the side of your body to the left side under your ribs. See their right hand doing the stroking 21 times as you visualize the UNIVERSAL LIGHT ENERGY flowing from hand to hand on this side of your body temple.

As you visualize this UNIVERSAL LIGHT ENERGY flowing on both sides of your body temple, know that on the right side of this temple the Light Energy is flowing through your spleen and your pancreas. See this Light Energy cleansing, purifying, rebuilding and healing every cell in your body temple. See your body full of love, peace, joy and happiness, as this UNIVERSAL LIGHT ENERGY is flowing through it.

As this is being done, know that the principal bodies, the physical, the emotional, the mental and the spiritual, are being balanced. Also the different levels of consciousness, the subconscious mind, the conscious mind and the higher self, and the psychic centers are being attuned to bring about complete harmony within all aspects of your beingness within your body temple.

CHART #15

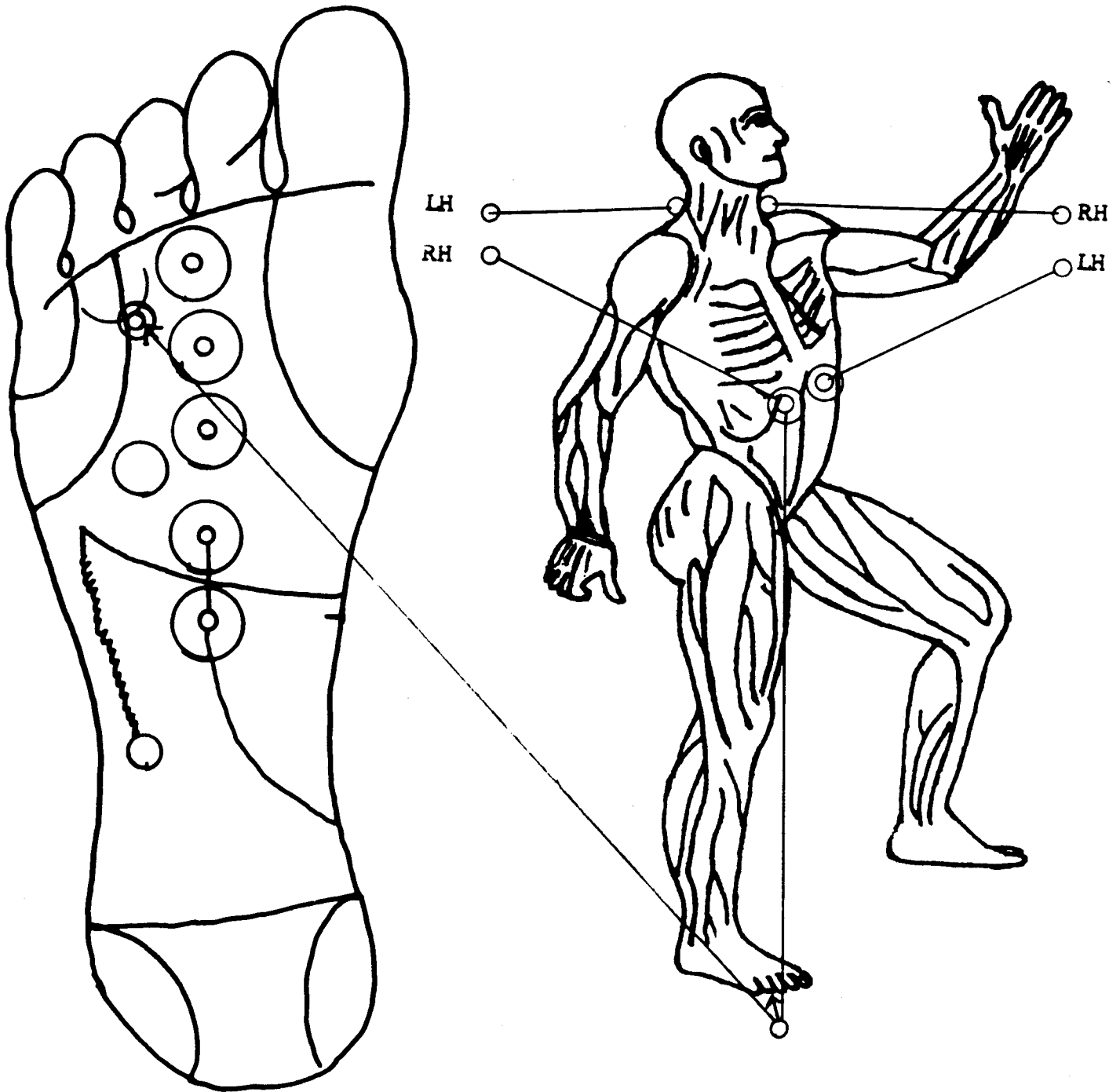


CHART #15. This exercise is to relieve the tension under the rib cage on both sides. Soreness may be found as you pull underneath toward the end of the toe (second from the little toe).

When the exercise is completed, the soreness will be gone.

CHART #16

This procedure is to relax the abdominal area, the stomach, the colon and the intestines.

The person who is to receive this exercise should lie on their back.

The left side of your body temple should be filled with the UNIVERSAL LIGHT ENERGY first. So visualize your Guardian Angel, who is standing on your right side, reaching across your body with the fingertips and thumb of their right hand touching, in a straight line, at a point just below your left knee on the inside of your leg. Their left hand is placed palm down over your stomach at a point at the base of your sternum. Now, visualize their left hand moving in a sweeping motion from your stomach area toward your left groin. Repeat this movement 21 strokes. Visualize the UNIVERSAL LIGHT ENERGY flowing with each stroke of their hand. See it flowing from hand to hand of your Guardian Angel through your body temple.

Now visualize another Guardian Angel standing on your left side, reaching across your body, their fingertips and thumb of their left hand touching, in a straight line, at a point just below your right knee on the inside of your leg. Their right hand is placed palm down over your stomach at a point just below the base of your sternum. Now visualize the Angel's right hand move in a sweeping motion from your stomach area toward your right groin. Repeat this movement 21 strokes. Visualize the UNIVERSAL LIGHT ENERGY flowing with each stroke of their hand. See it flowing from hand to hand through your body temple.

As you visualize this UNIVERSAL LIGHT ENERGY flowing through each cell made of tissue, fluid or bone, see the Light Energy flowing through in Love, Peace, Joy and Happiness. Know that this Light is cleansing, purifying, rebuilding and healing the body temple.

Know that the UNIVERSAL LIGHT ENERGY will relax the colon and intestines and all of the pressure of the muscles and nerves so that circulation can return to normal. All spastic and constipation conditions can be released.

This exercise balances the different levels of consciousness. the subconscious mind, the conscious mind, and the higher self, attuning with the psychic centers to bring about complete harmony in your body temple.

CHART #16

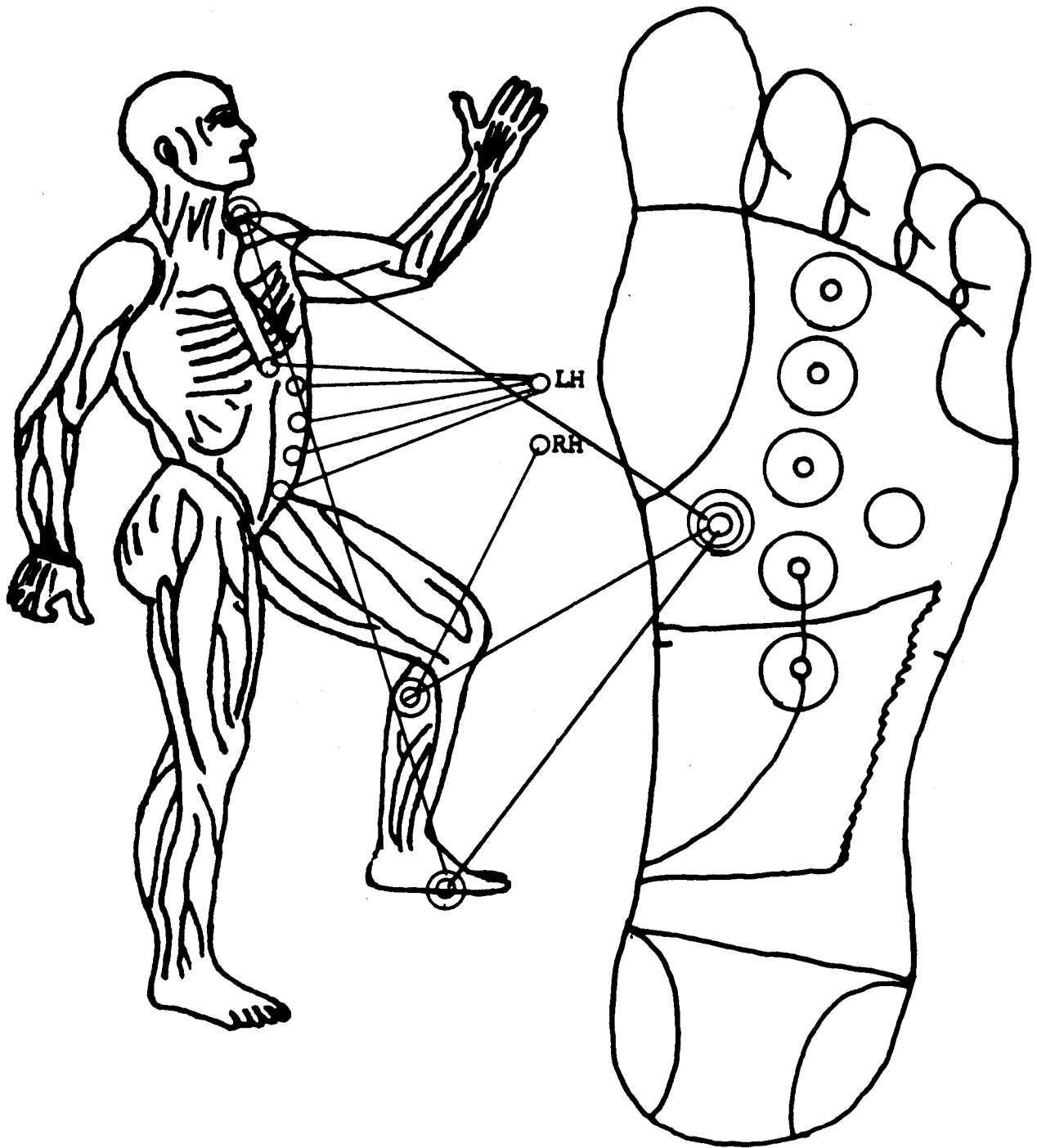


CHART #16. This exercise is to release the tension in the abdominal area. The stomach, colon and intestines will be relaxed with this exercise.

If there is any soreness in any of the areas indicated by a double circle, they will be completely relaxed after this exercise, and all soreness will have disappeared.

CHART #17

This procedure is to relax the tension in the hips and the scapulas (shoulder blades).

The person who is to receive this exercise should be lying on their stomach. The head can be turned to either side. Be as relaxed as possible.

Call for two of your Guardian Angels to come and stand, one on each side of your body temple. The Guardian Angel that is standing on your left is reaching across your body to touch their fingertips and thumb of their right hand, in a straight line, along your rib cage, just under your left arm. Their fingertips and thumb of their left hand are in a straight line along the left side of your sacrum (tail bone).

Then visualize the Guardian Angel standing on your left reaching across your body to place their fingertips and thumb of their left hand in a straight line along your rib cage just under your right arm. Their fingertips and thumb of their right hand are in a straight line along the right side of your sacrum (tail bone).

As you now visualize your Guardian Angels on both sides of your body temple, see the UNIVERSAL LIGHT ENERGY flowing from hand to hand of your Guardian Angels, filling your body with love, peace, joy and happiness. This UNIVERSAL LIGHT ENERGY contains the light, love and life of the Universe. See this UNIVERSAL LIGHT ENERGY as it flows into your body temple, cleansing, purifying, rebuilding and healing each cell of your body.

As this is being done, know that the principal bodies -- the physical, the emotional, the mental and the spiritual -- are being balanced. Also the different levels of consciousness -- the subconscious mind, the conscious mind, and the higher self -- and the psychic centers are being attuned to bring about complete harmony within all aspects of your beingness within your body temple.

CHART #17

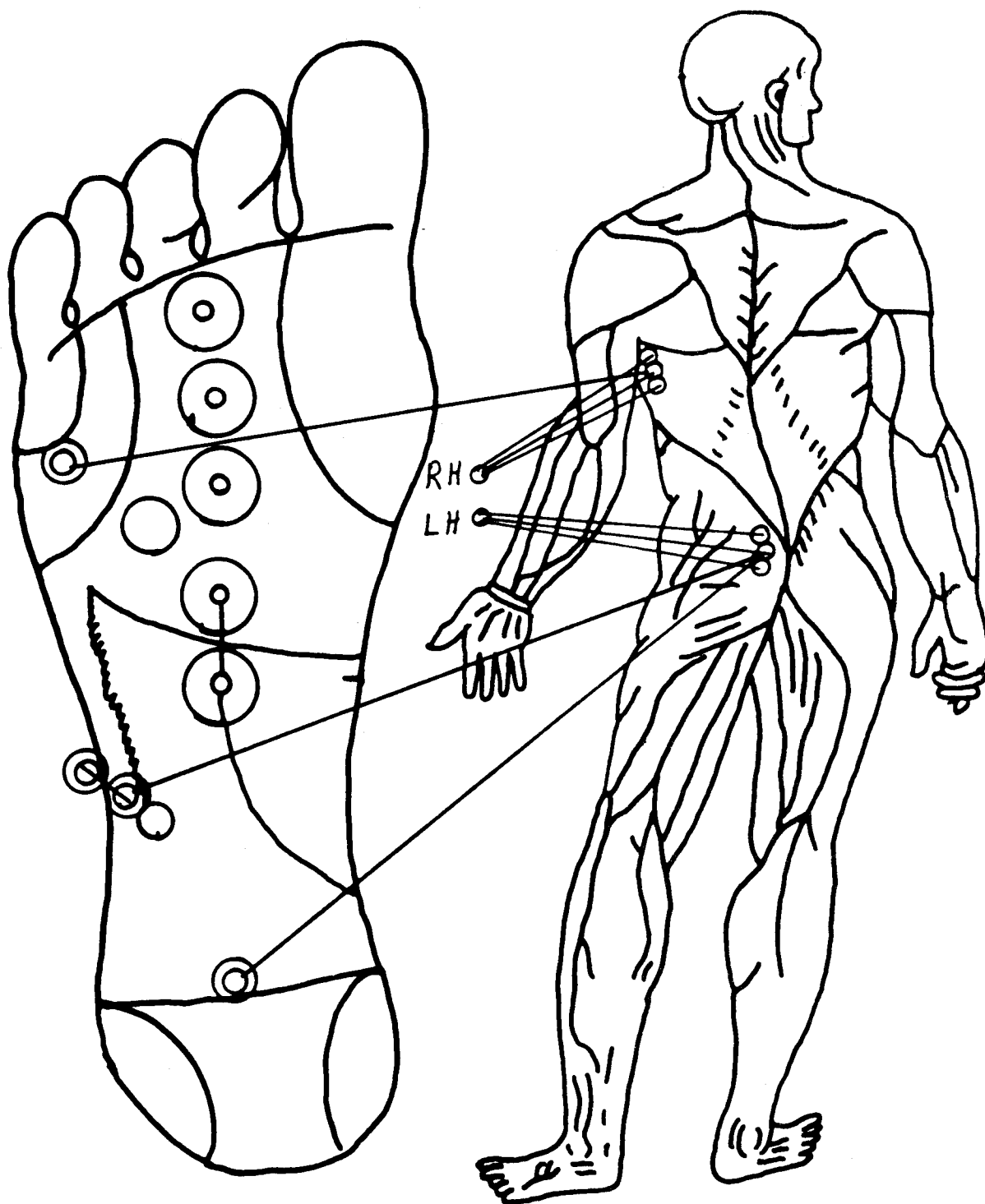


CHART #17. This exercise is to relax the stiffness in the shoulder blades and the coccyx (tail bone). The areas of the double circles in the foot may indicate the amount of tension and soreness, when tested.

As the exercise is properly completed, the soreness will leave the feet.

CHART #18

This procedure is to relax the tension in the legs, and will help to increase the circulation in the legs also.

The person who is to receive this exercise should be lying on their stomach. The head can be turned to either side. Be as relaxed as possible.

Visualize your Guardian Angel standing at your feet with their arms reaching up your legs, placing the palms of their hands at the backs of your knees. Their right hand is placed palm down over the back of your right knee; their left hand is placed palm down over the back of your left knee. Visualize the UNIVERSAL LIGHT ENERGY flowing in through the crown of your head and in through the Breath of Life as you breathe. Then see the UNIVERSAL LIGHT ENERGY flowing in through your feet, up past your knees, to your head, then out to your fingertips, back to your head, then back through your legs and out through your feet.

If you wish, you may do this for yourself. This can be done in a sitting position. Place the palms of your hands at the back sides of your knees, your right hand palm facing the back of your right knee, and your left hand palm facing the back of your left knee. Visualize the UNIVERSAL LIGHT ENERGY flowing in through the crown of your head and in through the Breath of Life as you breathe. Then see the UNIVERSAL LIGHT ENERGY flowing through your feet, up past your knees, to your head, then out to your fingertips, back to your head, then back through your legs and out through your feet.

As you now visualize your Guardian Angels on both sides of your body temple, see the UNIVERSAL LIGHT ENERGY flowing from hand to hand of your Guardian Angels, filling your body with love, peace, joy and happiness, the UNIVERSAL LIGHT, LOVE and LIFE of the UNIVERSE. See this UNIVERSAL LIGHT ENERGY as it flows into your body temple cleansing, purifying, rebuilding and healing each cell of your body.

As this is being done, know that the principal bodies -- the physical, the emotional, the mental and the spiritual -- are being balanced. Also the different levels of consciousness -- the subconscious mind, the conscious mind and the higher self -- and the psychic centers are being attuned to bring about complete harmony within all aspects of your beingness, within your body temple.

CHART #18

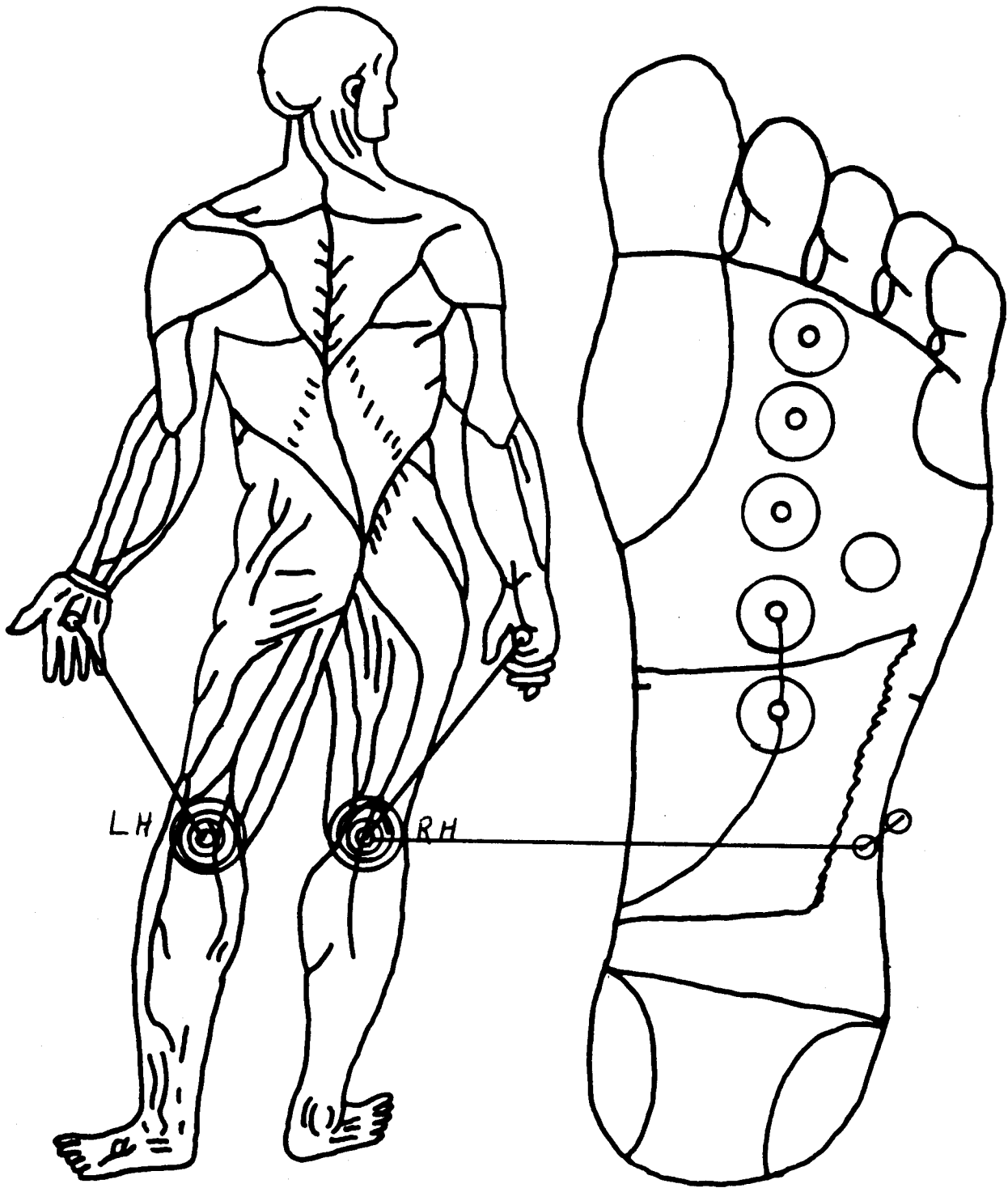


CHART #18. This exercise is to restore the circulation to the legs. The only soreness that may be found would be at the side of the foot.

The circles at the back of the knees indicate where you put your hands to service the body. This will make your legs warm as you do this.

CHART #19

This procedure will relax the muscle tension in the coccyx area, and the area just inside the heels below the ankle bone. This area seems to control the ovaries in women and the prostate in men.

The person who is to receive this exercise should be lying face down. The head can be turned to either side. Be as relaxed as possible.

Visualize your Guardian Angel standing at your feet with their arms reaching to the insides of the heels, touching the insides of your heels with their fingertips and thumbs. Their right hand fingertips and thumb, in a rounded fashion, are touching the insides of your right heel, halfway from your ankle bone to the tip of your heel. Their left hand fingertips and thumb, in a rounded fashion, are touching the inside of your left heel, halfway from the ankle bone to the tip of your heel.

Then visualize the UNIVERSAL LIGHT ENERGY flowing through the insides of your heels up through the backs of your knees, up to your sacrum, then to the area at the side of your rib cage under your arms, then in through the center of the back of your head to your Pineal and Pituitary. See the UNIVERSAL LIGHT ENERGY flow from your Pineal and Pituitary to every cell in your body. Then see the UNIVERSAL LIGHT ENERGY flowing back to your rib cage under your arms, then to your sacrum, to the backs of your knees, and then out through the insides of your heels.

As you now visualize your Guardian Angels on both sides of your body temple, see the UNIVERSAL LIGHT ENERGY flowing from hand to hand of your Guardian Angels, filling your body with love, peace, joy and happiness, the Universal Light, Love and Life of the Universe. See this UNIVERSAL LIGHT ENERGY as it flows into your body temple cleansing, purifying, rebuilding and healing each cell of your body.

As this is being done, know that the principal bodies -- the physical, the emotional, the mental and the spiritual -- are being balanced. Also the different levels of consciousness -- the subconscious mind, the conscious mind, and the higher self -- and the psychic centers are being attuned to bring about complete harmony within all aspects of your beingness, within your body temple.

CHART #19

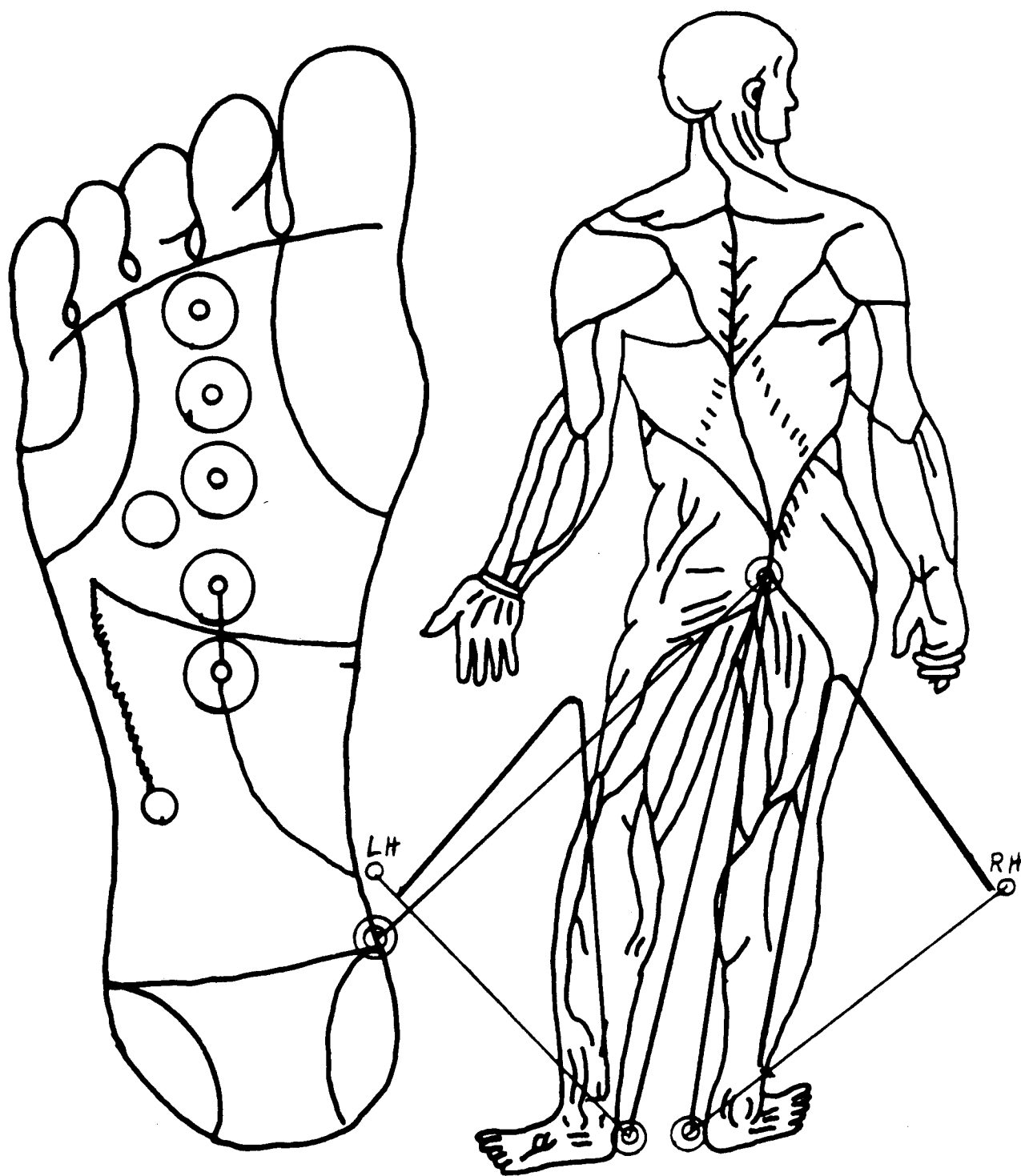


CHART #19. This exercise is to release the tension in the tip of the tail bone (coccyx). This tension could put pressure on all of the reproductive organs, male or female.

Test the feet just inside of the heel below the ankle bone. The soreness in this area will leave after this exercise has been completed.

CHART #20

This procedure is for the intake of energy through the navel, energizing the blood, lymph, and all of the tissue cells.

EXERCISE #20A. The person who is to receive this exercise is to be lying on their back. Place your fingertips and thumb of your right hand touching the fingertips and thumb of your own left hand. Bend the knuckles so the hands are in a cupping position. Place your little fingers touching your navel and your other fingertips extending toward your sternum.

Now visualize the UNIVERSAL LIGHT ENERGY flowing in through the crown of your head and in through the Breath of Life as you breathe. See it flow out through your hands into your navel. This is the hub of the wheels of life. The wheel in front is positive and turns in a clockwise fashion. The wheel in the back turns counter-clockwise. See the UNIVERSAL LIGHT ENERGY flowing out in all 360 degrees to every cell in your body temple. Know also that your Guardian Angels are touching as you touch, increasing the flow of this Energy to every cell.

EXERCISE #20B. The person who is to receive this exercise is to be lying on their back. Place your fingertips and thumb of your right hand in a straight line, with your little finger touching your navel, and your other fingertips and thumb extending toward the base of your sternum. Your left hand fingertips and thumb are in a straight line touching the back of your neck, with your little finger touching the center of the base of your skull at the back of your neck. Your right fingertips and thumb extend down the center of the back of your neck.

See the UNIVERSAL LIGHT ENERGY flowing in and through the crown of your head, and in through the Breath of Life as you breathe. Know also that your Guardian Angels are touching as you touch, increasing the flow of this Energy to every cell. This UNIVERSAL LIGHT ENERGY is energizing all of the liquid cells, the blood, the lymph, the fluid in your kidneys and bladder, every gland and organ, even your tiny tear ducts.

As this is being done, know that the principal bodies, the physical, the emotional, the mental and the spiritual, are being balanced. Also the different levels of consciousness -- the subconscious mind, the conscious mind, and the higher self-- and the psychic centers are being attuned to bring about complete harmony within all aspects of your beingness, within your body temple.

CHART #20

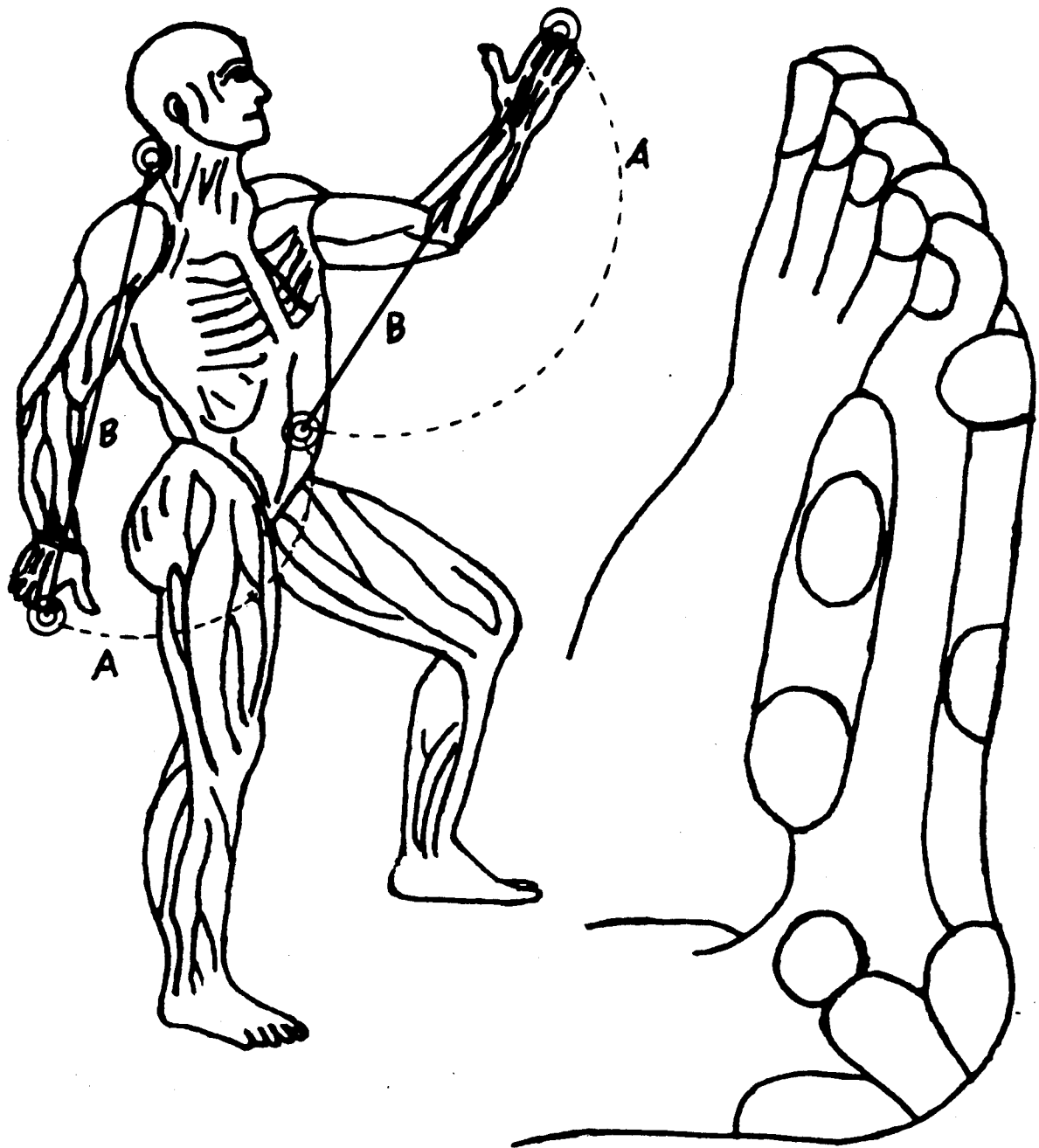


CHART #20. This exercise is for the purpose of taking in energy, breath and vibrations.

This is done in two parts for the increase of energy, breath and vibrations throughout the body, and for the function of all cell life within the body.

CHART #21

This procedure is to increase the muscle tone to the legs and the abdomen.

EXERCISE #21A. This is an isometric exercise. The person who is to receive it is lying on their back.

Put a ball between your knees. Place your hands on your knees with your right hand, palm down, on your right knee and your left hand, palm down, on your left knee. Now visualize the hands of your Guardian Angels touching in the same fashion: their right hand on your right hand, and their left hand on your left hand. To complete the exercise, try very hard to squeeze the knees together, then relax. Repeat this action two more times.

Each time that you do this, visualize the UNIVERSAL LIGHT ENERGY flowing from hand to hand through your body, cleansing, purifying, rebuilding and healing this area.

EXERCISE #21B. This is an isometric exercise that is done with the person who is to receive it lying on their back.

Lie on your back, knees raised and tied together with a cloth or towel. Place your hands on your knees: your right hand on your right knee, and your left hand on your left knee. Visualize the hands of your Guardian Angels touching in the same fashion: their right hand on your right hand, and their left hand on your left hand. Try to strain as you pull your knees apart. Do this exercise three times.

Each time that you try to do this exercise, visualize the UNIVERSAL LIGHT ENERGY flowing from hand to hand through your body temple, cleansing, purifying, rebuilding and healing your body temple with love, peace, joy and happiness.

As this is being done, know that the principal bodies -- the physical, the emotional, the mental and the spiritual -- are being balanced. Also the different levels of consciousness -- the subconscious mind, the conscious mind and the higher self -- and the psychic centers are being attuned to bring about complete harmony within all aspects of your beingness within your body temple.

CHART #21

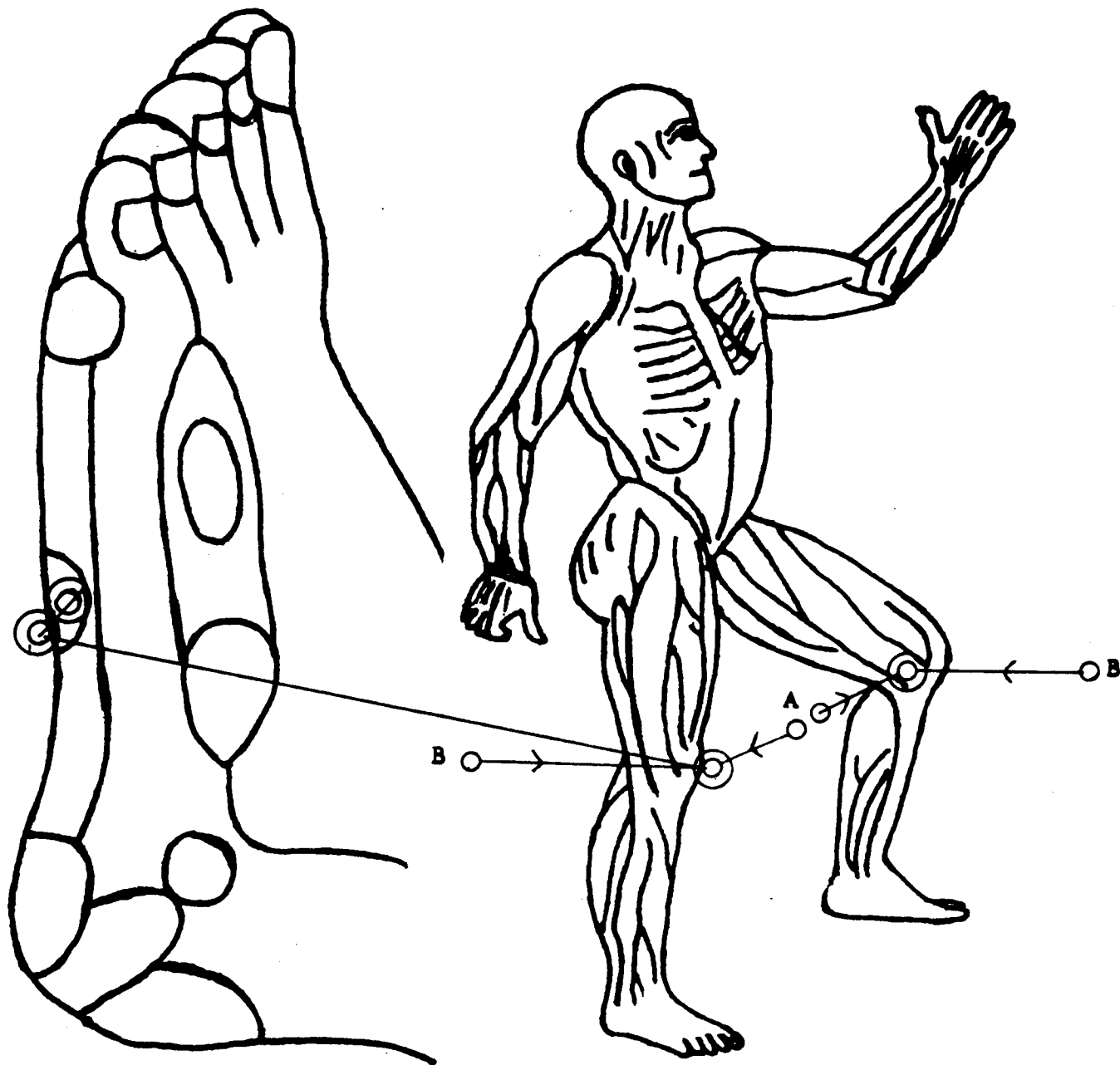


CHART #21. This exercise is an isometric exercise. Done to strengthen the muscles on both sides of the legs, it also helps to tone the muscles and nerves of the groin and pubic areas.

CHART #22

This procedure stimulates the flow of Energy and circulation through the thyroid area.

The person who is to receive this exercise can receive it best in a sitting position.

Place your right thumb on top of your clavicle on the right side of your sternal notch. Your right index finger and your middle finger together are touching the left side of your sternal notch on top of your clavicle.

Place your left hand thumb touching the top of your left side of your first dorsal, your left index finger and middle finger together are touching the right side of the top of your first dorsal.

Your thumb is positive and negative. Your index finger is negative, and your middle finger is positive. This will provide a positive and negative flow on both sides of your neck to the points that are going directly to your thyroid.

Now visualize two of your Guardian Angels, one on each side of your body temple. The one on your right side has their fingertips and thumb in a rounded fashion touching your right thyroid area above your right clavicle, and their left hand fingertips and thumb touching your neck at the back, on top of the right side of your first dorsal. The Guardian Angel on your left side has their left hand fingertips and thumb in a rounded fashion touching your thyroid on the left side of your sternal notch above your clavicle. Their right hand fingertips and thumb are touching the left side of your neck at the top of your first dorsal.

Now, as you visualize your Guardian Angels on both sides of your body temple, see the UNIVERSAL LIGHT ENERGY flowing from hand to hand of your Guardian Angels, filling your body with love, peace, joy and happiness, the Universal Light, Love and Life of the Universe. See this UNIVERSAL LIGHT ENERGY as it flows into your body temple cleansing, purifying, rebuilding and healing each cell of your body temple.

As this is being done, know that the principal bodies, the physical, the emotional, the mental and the spiritual, are being balanced. Also the different levels of consciousness --the subconscious mind, the conscious mind, and the higher self-- and the psychic centers are being attuned to bring about complete harmony within all aspects of your beingness, within your body temple.

CHART #22

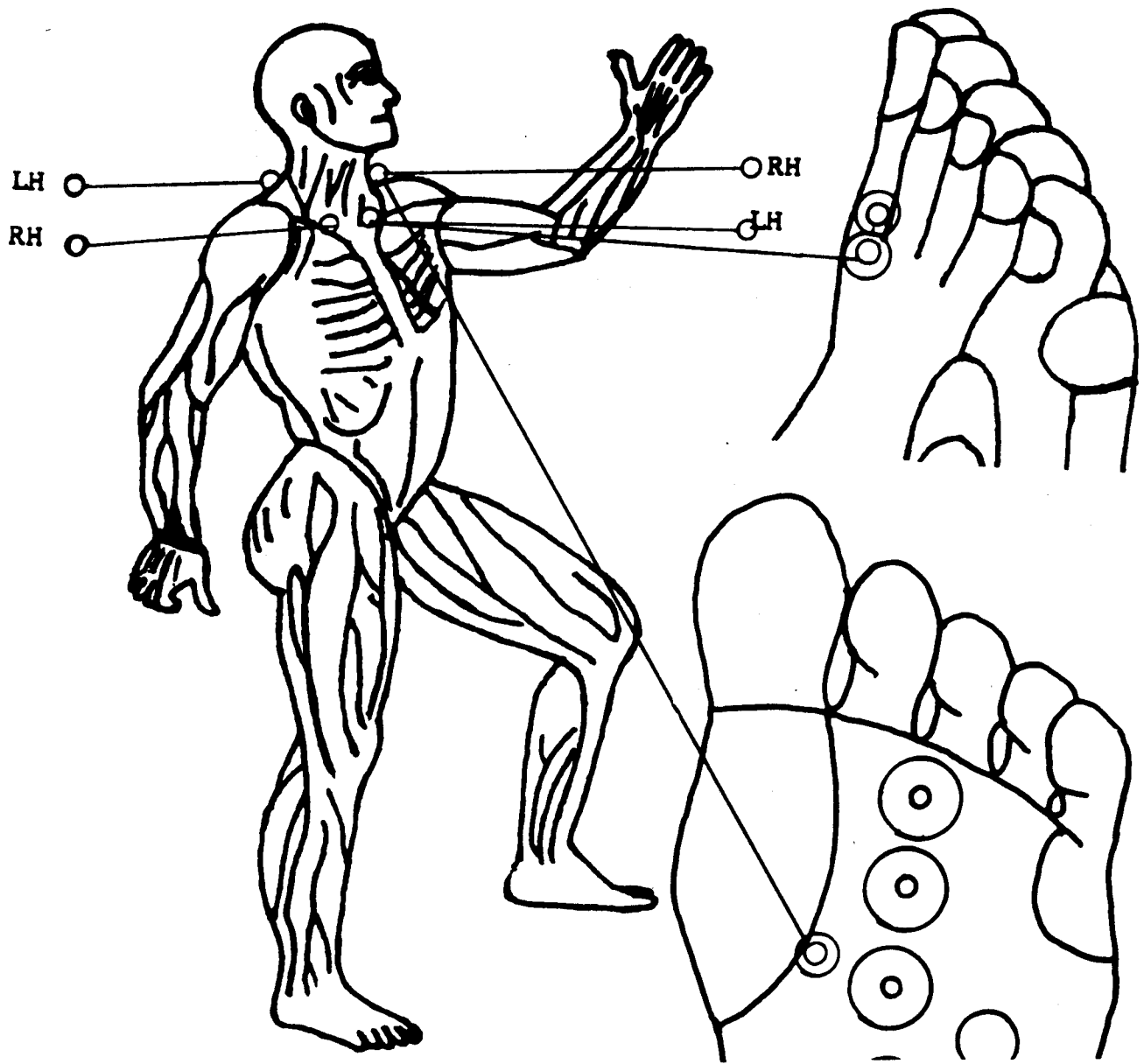


CHART #22. This exercise is to help the function of the thyroid. In testing the foot below the big toe and on top of the big toe, you will find two places which can be very sore when the thyroid is not up to par.

In completing this exercise, the soreness may disappear.

THE HEALING CIRCLE OF LIGHT

Everyone present is to form a circle. Each person will place their right hands out, palm down, and their left hands out, palms up. Thus all hands will connect around the circle with the palms of the right hands over the palms of the left hands. As you start the prayer, each person will visualize the UNIVERSAL WHITE CHRIST LIGHT ENERGY flowing through each other in brotherly love.

Then repeat the Lord's Prayer:
Our Father, which art in Heaven, Hallowed be Thy Name.
Thy Kingdom come, Thy will be done,
In Earth as it is in Heaven.
Give us this day our daily bread, and
Forgive us our trespasses
As we forgive those who trespass against us.
Lead us not into temptation, but
Deliver us from evil;
For Thine is the Kingdom, and the Power,
And the Glory forever. Amen.

Father-Mother God (*)
I (we) ask that I (we) be cleared and cleansed
Within the White Christ Light,
The green healing Light,
And the purple transmuting flame.

Within God's Will and for my (our) highest good
I (we) ask that any and all negativity
Be completely sealed within its own Light,
Encapsulated within the ultra-violet Light, and
Cut off and removed from me (us).

Impersonally, with neither love nor hate,
I (we) return all negativity to its source of emanation,
Decreeing that it never again be allowed to reestablish itself
Within me (us) or anyone else in any form.

I (we) now ask that I (we) be placed within a triple capsule
Of the WHITE CHRIST LIGHT of protection,
And for this blessing, I (we) give thanks.

As each one is now visualizing the UNIVERSAL WHITE CHRIST LIGHT ENERGY flowing through each of their body temples, look into the inner bodies and see the door in the heart. As you open this door of the heart, look in and see an old-fashioned lamp. Notice the small white flame (the Christ Light). Now reach into this lamp with your spiritual hand and turn the lamp up one full turn. See the light in the lamp get brighter. Now reach in and turn up the lamp another full turn, seeing the light in the lamp getting brighter and brighter.

Now, feel the radiation of the light as it flows from the heart through the body. Then reach in with your spiritual hand and turn the lamp up the third turn, and feel the power of the Christ Light really flowing. Reach into the heart to the lamp and turn the lamp up still another turn for the sake of healing.

Now the UNIVERSAL WHITE CHRIST LIGHT ENERGY is not only flowing around the circle from one body to another, but is flowing out of the third eye chakra, the heart chakra, and the solar plexus chakra into the center of the circle. Visualize a table (altar) in the center of the circle. Place your spiritual body there, visualizing your body as a proxie for whomever you wish to send healing to. Your body can be the proxie for each one around the circle. As you are the proxie for them, you can also be the proxie for others. As your friends are there in proxie, they also can be proxies for as many as they wish.

Know that the Father has placed many on this altar from beyond the veil that they may share His love from them to you, as you share His love from Him through you to them. Take five minutes of silence. Then ask for all the bodies to be returned to whence they have come. See them returning filled with God's love and God's healing light. Now ask that all of the people that are in the healing circle, and all of their centers and chakras in each of their bodies, be balanced, attuned, aligned and harmonized.

As you repeat:

Father-Mother God,

I (we) ask that I (we) be cleared, cleansed,
Balanced, attuned and harmonized

Within the WHITE CHRIST LIGHT,
Physically, emotionally, mentally and spiritually,

I (we) ask that each of my (our) chakras

Be subconsciously , consciously blended with my (our)
High Self

I (we) now ask that each of my (our) bodies, my (our) chakras,
And my (our) levels of consciousness,

Be placed within a sealed triple capsule
Of the WHITE CHRIST LIGHT of protection.

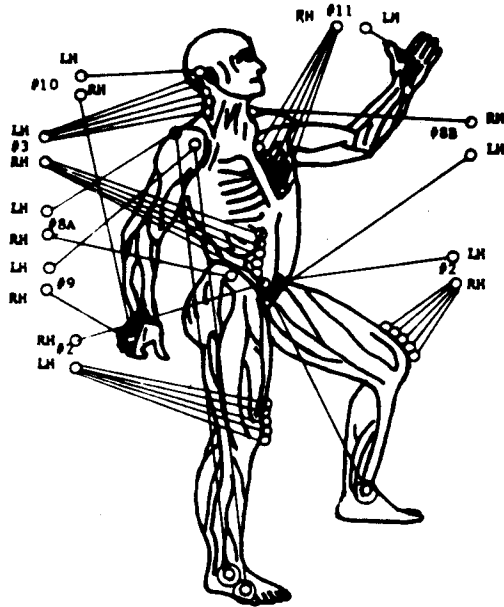
And for this blessing, I (we) give thanks.

Now we ask that each person reach into the lamp within their heart with their spiritual hand and turn the lamp slowly back to where it was at the beginning. As you have turned the lamp back, you find that it lacks a quarter of a turn of going all the way back to whence it was. You will also notice that the lamp is burning brighter. This is your bonus of UNIVERSAL WHITE LIGHT ENERGY that you may share with your friends and loved ones upon the morrow.

Now ask that each one return to the conscious body by speaking their name and the place where they are. Amen.

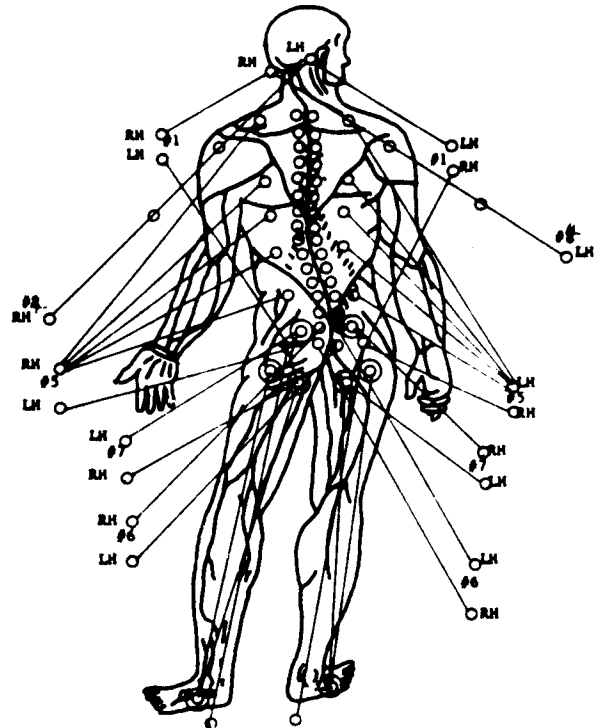
*Prayer of protection, and the prayer of attunement, came from a publication of FELLOWSHIP OF UNIVERSAL GUIDANCE, Los Angeles, Cal.

EXAM CHART #A1



- A1
- 2 H M L H M L H M L H M L R or L ARM DEPICIENT & EXTENSION
- 3 H M L H M L H M L H M L NECK MUSCLE TENSION
- 8A H M L H M L H M L H M L LEG & FOOT CRAMPS
- 8B H M L H M L H M L H M L REPRODUCTIVE ORGANS
- 9 H M L H M L H M L H M L LEG & ARM MUSCLE TONE
- 10 H M L H M L H M L H M L INNER EAR TENSION
- 11 H M L H M L H M L H M L RIBS TO BREAST BONE MUSCLES

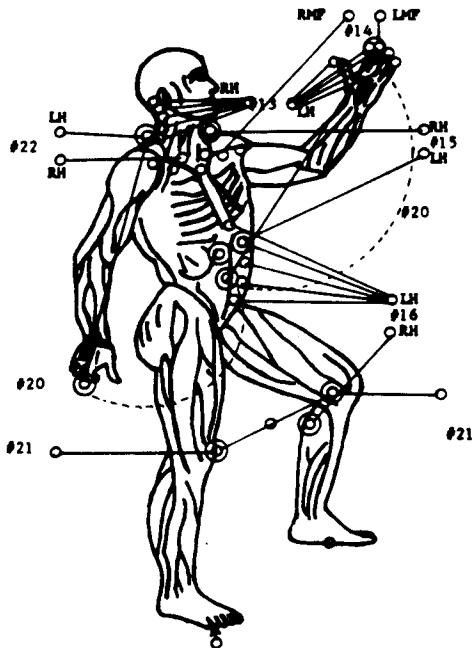
EXAM CHART #B1



- B1
- 1 H M L H M L H M L H M L R or L LEG DEPICIENT & EXT.
- 4 H M L H M L H M L H M L HEADACHES SINUS OR MIGRAIN
- 5 H M L H M L H M L H M L KIDNEYS, ADRENAL, SOLAR PLEXUS, LUNGS & SHOULDER TENSION OF SPINE RELEASE
- 6 H M L H M L H M L H M L SCIATIC NERVES & MENSTRUAL CRAMPS

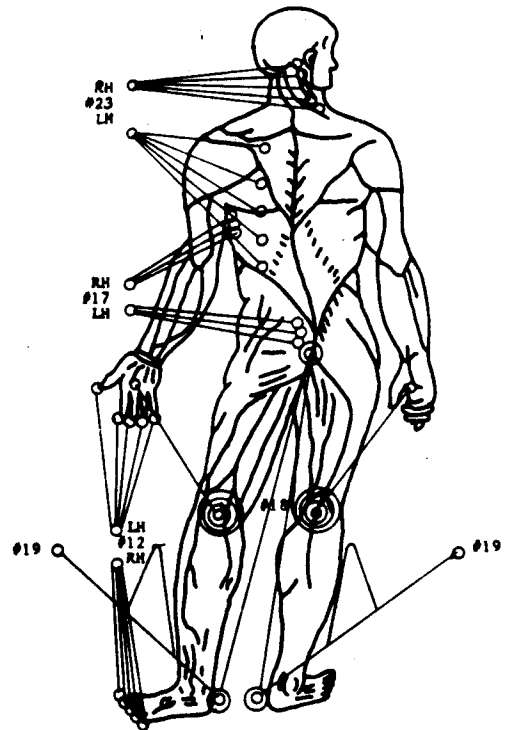
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EXAM CHART #A2



- A2
- 13 H M L H M L H M L H M L BRUISED HAND OR FINGER TIPS
- 14 H M L H M L H M L H M L HEART ATTACK-LOW PRESSURE/RAISES
- 15 H M L H M L H M L H M L R.S. LIVER & GALL BLADDER L.S. SPLEEN & PANCREAS
- 16 H M L H M L H M L H M L COLON - SPASTIC
- 20 H M L H M L H M L H M L ENERGY OF THE UNIVERSE
- 21 H M L H M L H M L H M L ISOMETRIC EXERCISE
- 22 H M L H M L H M L H M L THYROID
- 20 POSITIVE & NEGATIVE WHEEL OF LIFE

EXAM CHART #B2



- B2
- 12 H M L H M L H M L H M L SINUS RELEASE
- 17 H M L H M L H M L H M L SHOULDERS & HIP MUSCLE RELAXATION
- 18 H M L H M L H M L H M L WARM LEGS/HANDS BEHIND KNEES
- 19 H M L H M L H M L H M L COCCYX & TENSION RELEASE
- 23 H M L H M L H M L H M L RELAX MUSCLE BACK OF RIB CAGE

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