

Letting Go

Michael Schwartz

Inner Health Books
PO Box 34914
San Antonio TX 78265

Copyright © 2015 Michael Schwartz All rights reserved.

This book may not be reproduced in whole or in part, or transmitted in any form, without written permission from the publisher , except by a reviewer, who may quote brief passages in a review; nor may any part of this book be reproduced, stored in a retrieval system, or transmitted in any form or by any means electronic, mechanical, photocopying, recording , or other, without written permission of the publisher.

ISBN 978-0-9904799-6-3 e-book

Other Books by Michael Schwartz

Paperback:

Naturopathic Healing Handbook

Disease Symbology Handbook (Revised)

Dream Symbology Dictionary

Universal Teachings Handbook

Kindle e-book:

Mind Matters

Universal Teachings Handbook

Amino Acid Symbology

The Symbology of the Sayings of Jesus

Life Beginnings: Fetal Symbology

Dream Symbology Dictionary

The Naturopathic Healing Handbook

Disease Symbology Handbook

Letting Go

Introduction

What does “letting go” really mean? From my point of view, there are two types of letting go. First is physically letting go. In this instance, you are no longer holding onto something. The other type is detaching emotionally. This is where you are no longer influenced or involved, no longer connected. The energy of controlling or being controlled and manipulating or being manipulated is no longer a part of your life.

Emotional letting go is harder to achieve, because you cannot let go of anything emotionally until you understand why you are holding onto it. That is the bottom line.

Are you holding on? This is a major question that you need to ask yourself. Throughout the book, questions will be posed to assist you in

understanding why you may be holding onto “a situation.” However, the very first question everyone needs to ask himself or herself is “Am I holding on?”

Letting go of someone or something emotionally is one of the hardest things to do. Many people have taken classes or attended seminars to learn how to let go of someone emotionally. In many cases, the presenters talk about how letting go is easy when people use their method. Many say, “Just let it go!” The reality is that you can’t simply let go of someone emotionally.

This book is designed to help individuals understand the causes of various energies that create situations within us because of “holding on” – situations such as diseases, which are the physical result of internal emotional conflict.

Through understanding and further examination of the Self, individuals can eliminate, or least hold in check, many disharmonies that may exist within their minds and bodies. A Universal Teaching states, “What is within will manifest without.”

We are co-creating our reality, moment by moment, through the application of the Universal Teaching “Ask and you shall receive” (Matthew 7:7). The asking is at a subconscious level; our personal reality is our asking and receiving made manifest.

The way to higher consciousness for all of us is through letting go of the concepts, ideals, and standards that create our belief system and the attachments that we hold onto. Some of those attachments are to people, places, and things. When we are emotionally attached, it is hard to let go, even though in some cases it is essential for growth, peace, and harmony within the Self.

I trust this book will help you regain balance and harmony in every level of your life.

– Michael

Emotional Causes

Emotions cause everything that befalls a person. There are two ways to look at emotional transactions: those a person creates and those that a person is reacting to. The truth of the matter is, the person is creating both types. This understanding is based on the Universal Teaching “Ask and you shall receive.” What people do not realize is that the subconscious mind, which is more powerful than the conscious mind, is the mind/self that is doing the asking.

For some people, this will be hard to accept, and there are many reasons for that. One example is someone who is always a victim. For people like this, life consists of things always happening to them. They are always on the bad end of a transaction, regardless of what it might be.

Everything, every occurrence, situation, and condition in a person’s life, is the result of subconscious concepts. These concepts are constantly in operation and literally manipulate the individual for a specific purpose. That purpose is to validate the individual’s belief system, which is founded on his or her subconscious concepts of Self. Everything you believe you should be, you seek to prove as true, thus validating the subconscious concept.

These concepts create particular behavior patterns, which, when they are complete, end up validating the concept, thus proving that it is true. All patterns of behavior operate through the emotions and flow in cycles. This is why your personal history always repeats itself. Here is the Universal Teaching that states this fact: “That which hath been is now; and that which is to be hath already been; and God requires that which is past” (Ecclesiastes 3:15).

When you look at events, situations, and conditions from that point of view, you will begin to see that every disease and condition in the body has an emotional counterpart.

Take into consideration that the mind operates the brain, and the brain operates the body. The brain changes the biochemical structure of the body, either by stimulating a transaction electrically and chemically or by suppressing a transaction. In either case, where there is no balance or harmony, there will be imbalance and disharmony manifesting as a symptom, a condition, a disease, or even an accident.

The Beginning

I have chosen to introduce a particular direction of thinking that must take place for someone to truly let go of the emotional causes that create difficulties in his or her life. In this case, we will work from the reverse with the Universal Teaching “What is within will manifest without”; we will first examine the “without,” then work our way toward the “within.”

Let us begin with the four most prevalent diseases people are dealing with today and an examination of personal relationships, another very difficult area. I present these to give you a perspective on what you or a family member, a friend, or a co-worker is going through on an emotional level. By understanding the concepts and their energies and applying the insights gained here, you will be able to help yourself and others.

If you are dealing with a condition not mentioned here, you will find it detailed in depth in my book *Disease Symbology Handbook*, at www.innerhealthbooks.com and at Amazon and other booksellers.

The most insidious disease affecting many today is cancer. It is projected to strike one out of every three people, so this is the first condition we will examine.

Cancer

Cancer is not something a person catches. It is a condition the individual creates. *Cancer* is the term applied to cellular corruption in the body. It is caused by what is consumed, in both solid and liquid form. In some instances, because of where a person may work or live, it is also caused by what is inhaled.

These elements – food, drink, and gases, such as air and pollution – are the materials the body uses to maintain itself and to create new cells. Some substances contained within these elements, such as man-made chemicals that are alien to the body, corrupt cells, and affect the body by speeding up the aging process and causing cellular damage that manifests as diseases.

In the average American diet, many chemicals contaminate processed foods, as well as the soil in which fruits and vegetables are grown. Whatever chemicals are in a person’s diet, such as flavor enhancers, artificial coloring, artificial flavoring, emulsifiers, stabilizers, or shelf-life extenders, are being used by the body in the creation of new cells.

The Divine Nature of the body is capable of incorporating into the construction process the chemicals in the bloodstream that it cannot eliminate or has not yet eliminated. Because the body is Divine, it can do that, but in doing so, the chemicals corrupt various aspects of cellular development.

One major result of the corruption occurs in the DNA of cells. When the DNA – or the cellular blueprint, as it is commonly referred to – becomes damaged, then the cell does not look right, nor can it perform its function.

Another thing that chemicals can corrupt are genes within the cells. The genes manufacture proteins that assist the body in its proper operations. Each gene or set of genes has specific functions it is to perform, such as creating proteins for different roles in the bodily processes. If the gene that is responsible for creating the protein that is a part of your defense system becomes corrupted, it could alter the protein that hunts down and eliminates tumors. Now you are prone to developing tumors.

In another transaction, the corruption by chemicals causes cells to multiply uncontrollably. This is the creation and definition of cancer. These corrupted cells do not know how to communicate with one another; therefore, they cannot work in harmony to perform the tasks originally assigned to that particular cellular line. Those cells cease to function properly. They can multiply to the point that they overwhelm the body and the person dies, or, in another scenario, the process of undergoing therapy to eliminate these cells may kill the person.

Protection from cellular corruption is the result of having a healthy immune system. Its role is to destroy the corrupted cells. However, when it is weak or overburdened, it cannot keep everything in balance and harmony.

The immune system seeks to eliminate these corrupted cells from the body before they can grow and cause damage. Unfortunately, most people do not have a strong and vibrant immune system because of their diet and a lack of nutritional support.

A lack of vitamins and minerals in food, due to processing, is one cause of a weakened or low-functioning immune system. An inadequate nutritional intake, along with the chemical overload from processed foods, could damage your immune system as well. In that case, that you are at the mercy of the malformed cells and their consequences. One step you can

take is to ingest high-potency vitamins and minerals to help nourish the immune system. Nutrients such as vitamins A and C, pantothenic acid, and zinc are essential for a healthy immune system.

From an emotional point of view, there are four causes of cancer: anger, resentment, frustration, and guilt. These four emotional energies “eat you up alive,” just as cancer does. Anger is the main culprit.

Many people have resentments, which can lead to anger. However, resentment is a different type of energy than anger. Frustration can also lead to anger and sometimes to resentment. It, too, has a different set of causative factors. Last, but not least, is guilt. This is a man-made concept promoted to keep people from getting out of control.

Because of the detrimental effects of these energies, it is vital to understand them if you are dealing with cancer. You need to identify and understand which specific energy or energies are at work. Some people are living their lives while looking through a veil of anger, resentment, frustration, or guilt.

Wherever the cancer exists within the body, this is the mind’s way of telling that person where an emotional conflict is taking place. For example, if it is breast cancer in a woman, then it deals with the role of a female: how she thinks a woman should be in many different situations. At the same time, her companion may have a different set of expectations about the role of a woman. Herein lies an area of potential disharmony, a cause for cellular corruption.

If the problem is prostate cancer, it deals with the role of the male in relation to expression. If it is stomach cancer, there is an issue that is eating at the person. The individual needs to ask, “What is it that I cannot stomach?” What are people involved in that they are having a hard time with and cannot digest? These are some of the questions people have to ask themselves if they are dealing with cancer.

The need for questioning cannot be stressed enough. Questioning leads to insight, and that results in understanding. When you understand what is going on within, it places you in a position of strength. This enables you to control your emotional responses, which will lead to mastery over them.

Anger

In the left-hand column of a blank sheet of paper, write down all of the things that make you angry. Think of every possible thing, no matter how trivial or mundane it may be. If it makes you angry, write it down. Include everything, even words that people say to you. In the right-hand column, write down why you get upset about each item. When do you find yourself getting angry? Are there particular times or seasons or holidays? If so, you need to understand why.

When you do get angry, is it directed toward anyone in particular, or is it vented at whoever is close at hand? Are you aware of everything that has the potential to make you angry?

I once hired a friend to be my national sales manager. I did so because I knew he had held a similar position for another company years earlier. As time went on, we argued and fought about various approaches and this and that. I found myself getting angry more frequently than ever before. I started questioning what was going on and came to realize that I was disappointed in my friend. He did not live up to my expectations of what I thought a national sales manager should be and do. The disappointment led to anger. This, I believe, is a typical situation for many people. They have unspoken expectations, and when these are not fulfilled, they feel disappointment and then anger.

Eventually, my friend found another position with an herb company that was more in his comfort zone. We parted company as friends and still talk to this day without any hard feelings.

Hurt feelings are another pathway to anger. They can occur when someone says something about you to others, and it comes back to you, and you see it as a betrayal. Your feelings could also be hurt when someone does not come to your defense or rescue when you think that person should.

Another cause of hurt feelings could be when things don't go your way. Some people get angry when they receive bad news or hear of or experience a shocking event. Others may get angry because they are isolated and feel rejected. There are many ways that anger seeks to manifest.

Here are some other, more mundane, examples. Why does it bother you if your partner makes coffee or tea, does not clean up afterward, and leaves the dishes for you to wash? If your partner does not put the cap back

on the toothpaste, doesn't put down the toilet seat, doesn't put away his or her clothes, or leaves other things lying around, and that makes you angry, why? The word *why* is the most powerful word, especially for psychotherapy, psychoanalysis, and healing. If you do not know the answer to "why?" and you do not know the concept behind it, then you will be prone to dealing with it, time and time again. This is why "history repeats itself," which includes your personal history.

Yet just because you gain insight and you understand the root cause of an emotion, this does not mean you have vanquished that energy. Anger, frustration, resentment, and guilt are like water in a sieve. No matter how many holes you plug up, they are still going to find a way to manifest until you understand why those energies are at work. Once you begin to understand them, your mind will show you symbols.

The Living Language of Symbols is your mind's way of providing guidance. A symbol can be anything that you have an emotional attachment to. Symbols can also be regular objects, such as keys or pens. To understand a symbol, ask, "What does it do? How does it perform? What is its function?" These answers will help you understand the symbolic communication you are receiving daily and will give you an indication that you are starting or are in a particular pattern of behavior that is leading to anger.

Your life, like everyone else's, consists of living out your patterns of behavior. The purpose for these patterns of behavior is to validate that you are who you think you should be. Every pattern flows in a cycle, as does everything in the universe. This statement is based on a Universal Teaching stated in Ecclesiastes 3:15: "That which hath been is now; and that which is to be hath already been . . ." (KJV). This clearly expresses a pattern of behavior at work and the flow of its cycle.

The only way you can stop your patterns of behavior, your personal history, from continually repeating is by identifying the pattern and understanding the concept that supports that pattern of behavior; then, by reading the symbols, you gain control. Knowing where you are in the flow of the pattern gives you an opportunity to change a thought, an attitude. When you change an attitude, you change an outcome.

Every time you feel anger beginning to manifest, ask yourself, "Why?" You may need a few pages to write out your answer. For example, I get upset when I am driving in the left lane on a freeway with a speed

limit of 70 mph, and the cars in front of me are doing 69 or 70. I'm in a hurry. I have somewhere to be. I have something to do. I want to drive 85 mph. So I want people to get out of my way, and when they don't, I get angry. Why? Well, my mom taught me how to drive, and her right foot is made of lead. I know that is part of it. Why the rush? It might be because I feel that I have things to do. Then I have to ask myself, "Where does that come from?"

That is the process. You have to keep questioning until you find the fundamental concept that tells you why you are doing what you are doing. Once you have that concept in hand, you have a better opportunity to gain control. That is the secret to the mastery of life: gaining control over your emotional responses.

Resentments

In your book, you are going to need a section for resentments. What are the things, the people, and the situations you resent? Explore them all, and write down as much as you possibly can. What you will end up doing, from a different point of view, is having an internal dialogue. You will be talking to yourself. "Why do I resent that? What is that about? Where did that start? Why is it that whenever I see that particular person, I know I'm going to be upset? Why does he do that to me? Why does he make me resentful?"

How do you react when you realize you are in a resentful situation? How do you respond when confronted with a person you resent? Do you pretend that all is well and internalize your feelings? How deep do these feelings go, and how long do they last? This is not a good thing to do, because those feelings will eat at you. You may even take the resentment out on someone else, which could damage that relationship.

Another way that some people deal with their resentment is to demonstrate it. Some do it subtly, while others make a display of their displeasure. What do you do, and, just as important, what is the seen result of your actions? How does that make you feel? Justified? Vindicated? Pleased?

The real question here is WHY are you resentful of this person? Is there a particular thing that the person does to trigger these feelings or thoughts, that leads to resentment and possibly anger?

I have seen that some people are resentful of others' looks or their wealth or the fact that life seems too easy for them. In truth, all of these attributes may not be a blessing to the person who possesses them. Another area that stimulates resentment, especially in relationships, is when one person overly dominates his or her partner or, conversely, is a submissive "door mat."

Remember, we see what we see based on our own personal belief system. It is through those eyes that we are making judgments. This is why you must understand your belief system. Here is the Universal Teaching that relates to this: "And why beholdest thou the mote that is in thy brother's eye, but considered not the beam that is in thine own eye?" Matthew.

Resentment occurs not only toward people; it could be triggered by issues, too. Remember that everything is energy, which is why reading symbols is vital to understanding the energies at work at any given moment. Symbols give you a glimpse of what is taking place. A symbol is an immediate snapshot and your mind's way of saying, "This is what is going on, so take a look." Let's say you just stubbed your toe. Where were you going? What were you thinking about? Where were you coming from? Most people would not think twice about stubbing their toe, yet it is the mind's way of communicating with you to help you stay on your path.

Frustration

What is it? What does it mean to be frustrated? Here is what I found in the dictionary: feeling or expressing distress and annoyance, especially because of an inability to change or achieve something: unable to follow or be successful in a particular career: prevented from progressing, succeeding, or being fulfilled: unfulfilled sexually. These definitions certainly spell out multiple areas to be examined.

What the definitions do not cover is WHEN. When do you get frustrated? How do you react or respond when you find yourself in these types of situations?

Some people eat themselves into compliance or indifference. Of course, this is the outward manifestation, while internally they may be suppressing this energy of being frustrated. If they suppress their feelings,

it will lead to a condition that will show itself as an accident, an illness, a fight, or an argument, leading to rejection.

Another factor is that when food is sought as comfort, it usually is not of the healthy variety, and this furthers the corruption of cells, increasing the likelihood of the early onset of a condition.

What are the things, the people, or situations that frustrate you? You have to write them down in your book, because the exercise will help you uncover items that you are barely mindful of, yet they stimulate and influence your feelings of being frustrated. Write down every issue you are dealing with.

Guilt

Guilt is the feeling you get when you have done something you shouldn't have or when you get *caught* doing something you shouldn't have. Guilt is what you feel and experience when you commit a sin. As you can see, many different things can stimulate feelings of guilt. The feelings of guilt can send an immediate electro-biochemical surge through your entire body. This biochemical alteration, even though it is temporary at the moment, can have lasting effects by damaging cells.

Since I mentioned sin as one stimulating factor, I want to clarify my definition of sin, so that you understand my perspective. Sin is something a person does that is judged by another as wrong. Of course, the "wrong" thing is based on man's laws, family, culture, traditions, and religious doctrines or mores.

Everything a person does is aimed at fulfilling a subconscious need. In doing this, people may commit a transaction that others deem sinful. However, if these individuals understood the subconscious concepts that motivated them, they would be in control and would not have to fulfill the need. Therefore, no sin would be committed. In truth, everyone is seeking to be fulfilled, regardless of what others may think or say.

Guilt is a concept taught by man to keep man under control and bound by certain laws and codes. Unfortunately, guilt stimulates the greatest amount of negative feelings about the Self.

When you feel guilty about having done something, what do you do? How do you act? Do you get angry with yourself? Or with others? Do you

beat yourself up? These are the types of questions you need to ask yourself to gain clarity about why you do and say the things you do.

Some people will do things to cause an authoritative person in their life or the legal authorities to punish them. When the need to be punished is strong, the person will set things in motion that will create a justification for punishment. We call this “setting oneself up.”

To get to the roots of guilt, as with anger, resentment, and frustration, you need to write down whatever makes you feel guilty. And, of course, the most important aspect will be the column that highlights the why’s. This is where peace resides, once we understand the concepts supporting those feelings. Guilt, like anger, is a devastating emotional feeling. It can destroy you on more levels than you would think, way before cancer or death sets in.

Arthritis

Arthritis as a disease is very simple to identify. Generally, it affects the joints of the body. The joints provide flexibility and easy movement. From the symbolic point of view, arthritis represents inflexible thinking.

Wherever arthritis affects the body is symbolic of the area of emotional conflict. The conflict exists between what is expected of the person and what he or she desires. Another source of inflexible thinking is when someone follows the family’s tradition, culture, thought processes, and, especially, diet.

The area affected is the starting place for understanding specifics. The hands, the lower back, the legs, and the ankles are some of the common areas where arthritis manifests. Why in those places? Each of those areas has its own symbolic meanings. Here are a couple of examples. There are many more in the book *Disease Symbology Handbook* by this author.

Fingers. The joints of the fingers give you a great degree of flexibility in being able to grasp and hold on firmly to material objects. From another point of view, they provide you with the ability to manipulate and control events.

Shoulders. If you have arthritis in the shoulders, it limits your ability to move your arms up or maybe down and sideways as well. In all instances,

you are unable to maintain control over the various levels of situations in your life.

From a different point of view, what is interesting is that rheumatoid arthritis is considered to be an autoimmune disease. I do not believe in autoimmune diseases.

I believe that if you have a condition that medically is classified as an autoimmune disease, it indicates that your immune system is doing exactly what it is supposed to do. It is seeking to eliminate from the body the cells that the body considers to be non-self. What that means is, those cells are so damaged that the immune system is trying to get rid of them because they do not belong in the body. They are now viewed as an invading life form, as non-self. If left to propagate, they might over take the regular cells in that area, speed up the aging process, and lay the foundation for disease. In the case of arthritis, those cells will render the affected areas immobile.

The body wants to protect itself, so the immune system seeks to rid the body of all of those non-self cells to prevent problems. Unfortunately, the health of your immune system will determine how effective it is in controlling the situation. From my experience in working with people, as a mind-body consultant, and considering the American diet, almost everyone's immune system is compromised to some degree and is nowhere near as healthy as it needs to be.

The problem is that inasmuch as your immune system is helping you, it may not be able to complete its task because it does not have enough of the nutrients it requires for strength and vitality to nullify the conditions it is confronting by ridding the body of the non-self cells. With arthritis, these cells will multiply anywhere, which indicates a problem and inflexible thinking in those areas.

All conditions and situations, including accidents, begin in the mind. Every transaction you are involved in is emotionally stimulated. Emotions have the potential to harm people beyond what they think. Stress is caused by emotions; in this case, the person feels overwhelmed and not able to cope or handle the situation.

Stress is extremely detrimental to your health. It depletes nutrients, such as the B vitamins and certain minerals, like calcium, magnesium, and zinc. It elevates blood pressure and weakens the immune system, and

because stress affects the adrenal glands, you lose the ability to regulate blood sugar levels.

Your mind is constantly talking to you through the Living Language of Symbols, which is one of the reasons Jesus said that you need to have eyes to see and ears to hear. As we have read in Matthew 13:16, "Blessed are your eyes, for they see; and your ears, for they hear."

You have to see the energy behind everything, even that which motivates you at a subconscious level.

Arthritis Precursor

Gout is one condition that is a precursor to arthritis. It is the result of too much uric acid in the bloodstream. The uric acid is a by-product of protein metabolism. It is referred to by many practitioners of the healing arts as an "acid ash." The acidity in the bloodstream eats away at the synovial membrane of the joints. This causes the lubricating fluid to leak out, thus making the joints rub together, causing great pain.

The quick approach to reducing acidity in the bloodstream is with black cherry concentrate mixed in water, preferably distilled. Diet is another adjustment that should take place. I refrain from saying *must*; however, that is what I think, and here's why. Meat, fish, fowl, dairy, and some grains and nuts leave acid ash after being metabolized. Ideally, eliminating them from your diet or at least reducing them greatly will go a long way toward preventing damage to the joints. Another thing to consider is the reduction or elimination of "night shade" vegetables, such as tomatoes, bell peppers, potatoes, and berries.

Inflexible Thinking

I stated that arthritis is the result of inflexible thinking. Here are a few questions to ask yourself if you are dealing with arthritis: "Where does the inflexible thinking come from? Who in my immediate family was an inflexible thinker? Who believed that there was only this way or that way to do things? Where is arthritis dominant in my body? What is the symbology of that part of the body?"

To understand the symbology, you must ask, "What is its function?" If it is your legs, they represent support. If it is your hands, they represent

the way you handle things. If it is your neck, it represents balance between your head, which is symbolic of your spiritual self (where you do all of your thinking), and your trunk, which symbolizes your material self (where you do all of your consuming and you feed your body).

Are you so rigid that you can only be one way or the other and not in balance? Are you so rigid that you can only turn your entire body to look at something? Do you not have the flexibility in your neck to look around? You have to question where the disease or the condition is affecting you and, most important, why.

By understanding the symbology of the disease and the area of the body affected, you will gain great insight. This insight will lead, through questioning, to understanding. It will help you seek and find new, fresh ways of doing things.

Diabetes

Diabetes is a metabolic disease affecting how the body uses glucose, or sugar, in the blood.

One indication of diabetes is that the person suffers from a constant need to drink fluids, often with no other symptoms. In type 2 diabetes, the main cause is a defect in the parts of receptor cells that accept insulin. The disease tends to run in families but may be triggered by outside factors, such as physical stress, obesity, and the ingestion of too many refined carbohydrates.

When the adrenal glands sense too much sugar/ glucose in the bloodstream, they signal the pancreas to release insulin. Insulin promotes the transport and entry of sugar into the cells and other tissues, while lowering the amount of sugar in the bloodstream.

When the pancreas does not produce enough insulin, the symptoms of diabetes mellitus (type 2) develop, which include weight loss, tiredness, and lethargy. With diabetes insipidus (type 1), the symptoms include frequent urination and increased thirst, but these are often accompanied by weight loss and increased appetite.

Sugar levels in the blood and the urine will be high; in addition, the eyes, the kidneys, the nervous system, and the skin may be affected. Infections are common, and hardening of the arteries often develops.

Problems arising from poor circulation and infections are also a concern for those with diabetes. A related skin disorder, xanthoma, which produces yellow bumps on the skin in uncontrolled diabetes mellitus, disappears when the disease is brought under control.

When diabetes is present, the body cannot process all of the starches and the refined sugars coming into the system from our diet. The pancreas, which has the sole responsibility for producing insulin for the body, becomes overloaded.

Diabetes is another condition that symbolically is easy to interpret. It represents not accepting the sweets that life has to offer. It is ironic, because diabetes means an overload of sugar in the blood.

Everything a person consumes is used as building material and fuel. Whatever the body does not use as construction material, the liver converts into glycogen to store for future use as a fuel. When the cells need fuel, the glycogen is converted into glucose, the "sugar" in the bloodstream.

The liver also creates fat as a depository for toxins that it removes from the bloodstream. Toxins that are stored in the fat cannot be rendered harmless and excreted from the body. Sometimes the toxins are woven into cellular division and become part of the construction process.

Many foods are loaded with both toxins and questionable forms of fuel, such as white sugar, corn syrup solids, and high fructose corn syrup, to name a few sweeteners in high usage today. Here is the symbology of these forms of sweeteners and sugar: they are an empty promise of satisfaction.

These items give you nothing in the way of nutrition. They are nutritionally poor. They taste good and provide quick energy; however, because generally too much sugar is coming into the body, there is a sugar overload. When that occurs, the body's reaction is to dump more insulin into the bloodstream, and that creates "the crash," which makes you feel as if you have lost all of your energy. Sometimes it can lead to headaches and depression. These are symptoms of hypoglycemia, the potential first step toward hyperglycemia, diabetes.

From the symbolic point of view, diabetes, as was stated earlier, is a non-acceptance of the sweets that life has to offer. Now the question is, why not accept them? Why the denial? Some people may feel that they are not allowed to enjoy themselves, are not entitled to be happy or have nice things. They may feel that their lives are about sacrifice, that they are here

to serve others. This is nonsense, but it is a concept deep within the subconscious mind. With diabetes, you may not think you have the authority to enjoy sweets. You may not think you are smart enough for the accolades and the sweet things that life can bring.

Everything you do is based on concepts that you have in your subconscious mind. If you do not know what they are, then you are at their mercy. They dictate how your life will be.

Stress

As stated previously, stress depletes the B vitamins and compromises minerals, such as calcium, magnesium, and zinc. All of the minerals are important because of the many roles they play in the normal functioning of the body. Zinc, however, is the key component that is vital to manufacturing insulin in the body. You can see that stress is a detriment to health on multiple levels because of the nutrients it compromises. When zinc is compromised, there is a chance that the hormone insulin may not be fully formed; therefore, the cells become insulin resistant. Another issue is that based on the dietary intake, there may not be enough zinc to manufacture the amount of insulin required.

When people are feeling down and want to feel better, they generally go to their favorite snacks, also known as “comfort food.” If not that, they sometimes eat something sweet, just to make themselves feel better. Usually, sweets are associated with rewards. When people overindulge in sweets, they have a sugar crash and go into depression. What do they do then? They eat more sugar to boost themselves back up. As you can see, this is a vicious cycle that taxes the pancreas and insulin production.

Self-Denial

Another aspect of diabetes is the concept of self-denial. Some people may think it is not spiritual if they have a lot of material things. They may think that they should not have material possessions because they want to be spiritual beings, and the only way they can accomplish this is if they deny the material. That is nonsense.

The reality is that God wants everyone to have everything. It is that simple. You have a mind that allows you to create any reality you want.

Remember, you have dominion over everything. Remember Genesis 1:26: And God said, "Let us make man in our image, after our likeness; and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth . . ."

When I talk about denial, I'm talking about four aspects of the Self that are affected.

The Four Selves

The Self is divided into four different aspects:

1. **Spiritual Self** – This is the part of you that is connected to God, the Creative Continuum, the All, the Divine, the Great Spirit, the Great Essence, the Great Within, or whatever terminology you are comfortable with. Your Spiritual Self is constantly receiving guidance and directives from the Divine, so that you can manifest the love, light, and power of who you truly are. Mankind is taught that the Kingdom of God is within, and it is your Spiritual Self. "Neither shall they say, 'Lo here!' Or 'Lo there!' For, behold, the Kingdom of God is within you" (Luke 17:21).

2. **Emotional Self** – This is the self that is represented by your ego. This is the self that converts all of the spiritual directives and motivations you receive from the Great Within. Your Emotional Self has a different agenda than your Spiritual Self. It seeks to maintain "the acceptance of Mom," regardless of how that acceptance manifests. I say that because for some people, rejection is their form of acceptance.

All directives and influences stem from your Spiritual Self. Then, when you want to apply and manifest them in physical reality, they go through your Emotional Self. Here is where the corruption takes place. Your Emotional Self is the part of you that is seeking to prove that you are who you think you should be. This is based on concepts you maintain in your subconscious mind. The concepts you maintain are designed to guarantee your acceptance from your mother, the doorway into the material plane. All of us are trying to validate who we think we should be. Therein lies the root of all problems.

3. **Material Self** – This self has two aspects to its manifestation. One is your material life, and the other is your physical being. When people are in denial, it affects the situations they create. For example, they may squander their money. This is why people who win jackpots end up broke a year or more in the future. It is all about denial. They feel as if they are not allowed or not entitled or they should not have it. Ill health is another reflection of denial at work.

4. **Social Self** – This is the self you show to the world. When you are in a group of three or four people, that persona is the dominant expression.

With diabetes, when you deny yourself, you deny the sweets of a social life, a material life, a spiritual life, and an emotional life.

Non-Acceptance

On the physical level, diabetes is the result of a few different factors. In type 1 diabetes, it is a lack of beta cells in the pancreas. The beta cells produce insulin, the hormone that carries glucose into the cells for use as fuel. The more common form of diabetes is type 2. This is most often the result of a sugar-laden diet. In addition, there may be a diet rich in empty carbohydrates and excess protein. All of this leads to excess weight gain, which can also cause cardiovascular issues, such as hypertension.

Cardiovascular diseases are symbolic of emotional issues. The heart is symbolic of emotions, and the circulatory system is symbolic of spirit because it carries oxygen and sustenance to the cells of the body. Oxygen is symbolic of spirit because God, the Great Spirit or whatever terminology one uses to identify the Great Essence that dwells within, lives in the “heavens.” Heaven is a “place” above us, somewhere in the sky. The sky is also the source of the air we breathe, which supplies us with the oxygen we need to exist.

From a diabetic point of view, you have to ask yourself, “Why aren’t I allowed to enjoy the sweets of life? Why do I stop myself from enjoying these?” You would not think that you stop yourself; however, you do.

What are the sweets you would like to have in your life? What do you think is lacking in your reality? To begin to resolve these issues, you

need to understand the concepts in your subconscious mind that prevent you from having them.

Here's how to begin: on a blank sheet of paper, in the left-hand column, write down all of the "sweet" things you would like to have in your life. In the right-hand column, list why you think they are not part of your reality. This exercise will help you focus inwardly to see the concepts at work. Once they are understood, you will have the ability to change your attitude and acquire that which you desire.

Weight Issues

Weight issues are a different area of concern. Some people have glandular problems. Even in situations like that, I will say that subconscious concepts are at work, affecting the functions of the glands. Consider the fact that your mind influences the brain, and your brain operates your body. If your mind wants to create a situation within out of a need, then it will command your brain to send the approximate electro-biochemical signals to adjust the chemistry within your body to create the appropriate situation. It is going to lead you to eat certain foods, it may block the uptake of certain nutrients, and it may enhance the uptake of certain toxins to accomplish its goals. Remember, your mind is a goal-seeking device. For more insights into the many roles the mind plays, read my ebook *Mind Matters*.

Protection

With weight, one of the causative factors is the concept of needing protection. People may think that as long as they are padded, no one can hurt them, no one can touch their center; there is no way anyone can do damage to them.

The question is "Why would anyone feel the need for protection? What happened to the person to create this need?" When I was doing nutritional consulting in the Rio Grande Valley, in Texas, I had many clients with psoriasis. I always told them to think back three to six months before the psoriasis appeared. I believed that the condition was brought about because they had an experience that was a psychic trauma.

What they needed to understand was that it was not their doing, on one level. Yet the truth of life is that we all co-create our reality. This is based on the Universal Teaching "Ask and you shall receive." Another aspect of this teaching is the Doctrine of Personal Responsibility. The hard part for all of them was accepting that they had a responsible role in such a transaction.

When I brought up the concept and referred to a trauma, about 80 percent of the women started crying, and around 60 percent of the men did as well. From my consultations, I know that there is a lot of sexual abuse in the Rio Grande Valley. Yet as a practitioner, I do not need to know any of the particulars, because it is none of my business. I *do* need to know what a client is dealing with symptomatically, however, so that I know how to help, but I don't need to know the nature of the cause. They, like you, need to understand the cause of anything that is going on in their lives. All events happen as opportunities for people to learn something about themselves.

Authority

Another concept at work is the need to exercise authority. Some people like to throw their weight around. I had a client who was the principal of an elementary school, and she had tried losing weight without ever reaching her intended goal. This is why she came to consult with me.

If you have ever tried to lose weight and have gone on a diet, you know that there is a particular place, what I call the "magic line," where you get to a certain weight and you don't seem to be able to lose any more pounds.

Here's an example, based on my client: her goal was to weigh 135 pounds, and she weighed 150 pounds. On her diet-and-exercise program, she did drop to 139 pounds but could not get past that number. She tried everything; she fasted and even then she could not go below 139 pounds. That was her magic line.

Every time she reached that point, she began to gain back the weight she had lost. My question to her was, "When was the last time you weighed 135 pounds?" Her answer was, "When I was a third-grade teacher." Well, now she was the principal, so I asked her, "Do you need to give up the authority of being the principal to reach your goal weight?" It

was as if a light went on in her head, and she realized that she did not have to give up that authority in order to reach her goal.

Here is one of the things I suggested for her to do. Whenever you get to that magic line, squeeze ten organic lemons into two quarts of distilled water. Drink that during the next two days and try not to eat, or eat only salads, and you will break that magic line and lose weight. The benefit of the lemon water is that it will stimulate your liver and help alkalize your body. It worked for her; she dropped to 135 and was able to maintain it.

Part of maintaining that weight was due to the reduction of wheat and dairy products in her diet – and, of course, no diet sodas.

In order to truly gain control over your emotions, you need to understand why you do and say the things you do, not only to others, but to yourself as well. Most people do not listen to their own self-talk. They dismiss it. Yet sometimes that self-talk can undermine them. Instead of doing positive affirmations to tell themselves how wonderful they are and how much they can accomplish, people have a tendency to go the other way. So, question everything.

A Need to Be Unappealing

Another concept that affects weight gain through water retention and fat production is the need to make oneself look unappealing. This, too, is along the lines of protecting oneself, but from a different angle. Making oneself unappealing is tied into a pattern of rejection. This means that as long as people are overweight, unsightly, or unkempt, no one will get near them, everyone will reject them, and they will have reasons to be angry about everything. In reality, it is the individual who is setting up those situations. Again, the question is, why? The answer resides in the subconscious mind. People cannot let go of the weight until they understand why they are holding onto it. A question that needs to be asked is “Why do you seek to be unappealing and why do you seek rejection?”

Seeking

As you go through the questioning and seeking process to understand the why's and the wherefore's, see if you can discover your patterns of behavior. See if you can find repeating forms of behavior within

your actions in life. These would be instances of your personal history that repeat themselves. Finding those patterns will give you insight into what you go through on a continual basis. Life is built on subconscious concepts that use patterns of behavior. You create these patterns to validate your subconscious beliefs about yourself.

It is extremely difficult to get rid of a pattern of behavior, no matter what anyone tells you or promises. It takes continuous, conscientious awareness because you have to know that whatever you are saying or doing, you are stimulating something in yourself or others.

In a conversation with your mate, a friend, or a co-worker, you may say something that will cause a reaction in that person; this may make him or her answer in a particular way, which will trigger a pattern of yours.

At some point, you will reach a level of understanding where disharmony does not exist, where you are no longer vulnerable to attack, a place where doubt and fear cannot manifest in your life. That is why understanding, as well as getting to the root concepts, is vital. Once you understand the concepts and the patterns of behavior you have created to validate the concepts, you will begin to become free of them. You will begin to evolve in a new and powerful way.

Spiritual Beings

We know we are spiritual beings in a material body. So the question is, how did we/you end up in the material plane? How did you get here? Through one doorway: the birth canal. Now you want to go home. We know that this world is insanity, and we all want to go home to a place of peace and tranquility.

Freud promoted the thought that every child wants to have sex with its mother. What he did not understand is that every child wants the security of the womb, because the womb is symbolic of the spiritual plane, that place of peace and security. It is your basic internal drive to go home.

Subconsciously, all human beings on this planet are guided and motivated by the same concerns. They want to go home; therefore, they will be what their mothers expect them to be. That way, they will not be cut off from the doorway back to the spiritual domain. People believe on a subconscious level that the return is guaranteed, as long as they have their mothers' acceptance, be it through approval or rejection.

Acceptance through Approval and Rejection

Every child wants its mother's acceptance on a deep subconscious level. Because of that need, women are either very much like their mothers or the opposite, if rejection is their form of acceptance. Men are very much like their fathers or the opposite. In some instances, the child is a blend of the two; however, there is a tendency to be more like one than the other.

If you think about the people you know and think about yourself and your own relationships, you will see that you are coming from one of the two approaches. Either you are like your mom, in which case approval is your form of acceptance to get back to the doorway home, or you are the opposite, and then rejection is the form of acceptance you have adopted to get back to the doorway home.

One way you can see rejection working is by looking at your brilliant, creative, artistic friends who cannot seem to get their act together. You may have spoken with someone last week who was going to be promoted to manager of a company, but then you find out that he or she quit. Why? It wasn't in keeping with the person's image of himself or herself. The quitting also represents the pattern of rejection – in this case, the new position.

You need to understand which form of acceptance you are using. Are you coming from approval or rejection? You are seeking your mother's acceptance, period. That is where all of the concepts come from. If you want to know what a relationship looks like, look at your parents. That is how your relationship is, was, and will be, unless you are using rejection as your form of acceptance.

Depending on whom you favor, that will determine the nature of the relationship. That is how life works, and that is how the human mind works. That is why it creates patterns of behavior to validate the concepts that will guarantee you access to the door. It is all about the doorway home.

The people who use rejection as a form of acceptance may find the roots of this in one of many various causes. In some instances, their mom may not have wanted to be pregnant at the time but, because of her morals or values, did not want an abortion and went through with the pregnancy.

That may provoke the energy of resentment toward that child, a form of subtle rejection.

Another cause is that the mother may have had a difficult pregnancy and was in misery the entire time – another form of resentment. Or perhaps her husband turned away from her because of the changes in her body, which made her angry toward the child.

It could have been a horrible delivery with thirty-seven hours of labor and then a C-section. The baby could have been sick. All or any one of these situations could create a rejection-type personality. Now the child believes that rejection is the primary form of acceptance. That is the child's method for receiving love and acceptance.

You may know people who are on the offensive, day in and day out, and will always find something to attack you about or will create a situation in which you want to attack them. If you can begin to see where people are coming from, it helps your conversations and energy in dealing with them, so that you don't have to get caught up in the patterns of people who consider rejection a form of acceptance.

Getting rid of the emotional causes of disease is based on understanding. The more you understand yourself, the easier it will be to understand others.

Whatever is going on in your life is your creation. If you are involved with another human being and something happens to that person, he or she is 100 percent responsible, and so are you. In addition to the Doctrine of Personal Responsibility at work, there is also the Discipline of Unity.

If you are in a relationship and something goes wrong, you have to question how you participated and how you are at fault. What did you do? What did you say? Remember the old cliché "It takes two to tango." When you take some responsibility in the situation, it goes a long way toward re-establishing harmony.

Relationships

Relationships can be the hardest things to let go of, because deep emotional bonds are created between individuals. Many people will say, "I have let go because I hate that so and so." The truth is, if that feeling is there, the person is still holding on from a different perspective.

Relationships are difficult because of the potential power of unity. (“Again I say unto you, that if two of you agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in Heaven . . .,” Matthew 18:19.) Because there is such great potential to create incredible harmony and a highly productive expression, forces of darkness always seek to create dis-unity, thus preventing two from becoming one. (“Therefore shall a man leave his father and his mother, and shall cleave unto his wife; and they shall be one flesh,” Genesis 2:24.)

It is the subtleties that often destroy a relationship, and they are far less pronounced than major fights. Some examples of things that begin to create problems are acts men are prone to do, such as leaving the toilet seat up after use. Women may leave their nylons hanging over the shower rod. One person could be a “neat freak,” and that could cause the other to become angry without ever saying anything about it. It is those types of subtleties that undermine relationships. The more difficult issues that occur can often bring a couple together. However, it is the little annoyances and the subtle rejections that ultimately end up eating away at the foundation of unity.

There are many types of relationships, and they exist on many levels. Relationships begin at the very first meeting. For some people, the exchange of energy and “vibe” is instant. These types of relationships have the potential to grow into something with a very strong bond. On a conscious level, you may not acknowledge all that you sense; however, on a subconscious level, much is said and received that will be made manifest in the future. In these situations, wants, needs, and desires are communicated on a subconscious level and in time may or may not germinate into a deep relationship.

Another type of exchange that occurs on a first meeting falls into the “indifferent” category, and the meeting goes no further. This happens more in the business environment than in the social one. However, in social settings, you may meet friends of friends, and sometimes it just doesn’t work. The chemistry of each person is opposed to the other’s. These are the easiest relationships to let go of because they are casual encounters. These people could be friends of friends, so a real attachment is never solidified; thus, letting go is easy.

Along the same lines are relationships in which you become indifferent toward the person, for one reason or another. This type is also easy to let go of, because there was never a deep connection.

Business relationships are rather unique because of individuals' proximity to each other. On one hand, you can't ignore your employer, your manager, or the co-worker alongside you. At the same time, you can keep your distance and just create a "working" relationship that has no connections or attachments. These, too, are easy to let go of, once there is a change in the situation.

The hardest of all relationships are those that are built on love that turns sour, for one reason or another. As I stated earlier, love can turn to hate very easily. This situation is hard to let go of, until you realize why you are still holding onto it. To let go, you must ask yourself a slew of questions, in order to come to a place of understanding. Understanding provides you with strength and courage to let go and not look back. When you look back, you get hung up on the things that were good, and when you begin to miss those, you set yourself up for greater disappointment and resentment, which can lead to anger and eventually cancer.

Holding On

You may be among the many who have heard or been told to just "let go and let God." To me, that is the worst advice you will ever get. Here's why. When you let go from that point of view, you are really letting your concepts and their patterns of behavior work unimpeded. This is how your personal "history repeats itself" comes into play – not to mention that God requires active participation, not passive acceptance.

Whenever I hear "Don't look back" or "Forget the past," two things immediately come to mind: that it's bad advice, and that the person saying it does not know what he or she is talking about. These statements imply a complete lack of understanding of how the mind really works.

Your mind always looks back to see how to deal with a current situation, based on past actions. You may think you are in a different situation than ever before; however, you are not. Here's the Universal Teaching about that principle, which is found in Ecclesiastics 3:15: "That which hath been is now; and that which is to be hath already been; and God requires the past."

When the energy of the situation is similar to a past event, even though it looks different, however you dealt with it in the past will be how your mind will choose to deal with it now. There is another Universal Teaching that refers to this transaction: "Look back in order to see ahead."

Our tendency is to hold onto what we know. By doing so, we have a sense of security, a feeling of continuity and comfort. What you are really holding onto are your ideals, standards, and values about everything, and these are based on your subconscious concepts, which seek acceptance.

When you hold onto the past, it is comparable to being constipated. Constipation is symbolically the inability to let go of the past. When this occurs, you are not eliminating the waste generated by the body through its metabolic processes. Nor are you completely eliminating the chemical toxins found in foods and the air or water.

Fecal elimination is one avenue the body uses to eliminate toxins. Breathing, perspiration, and urination are the others. When you do not eliminate fecal matter on a daily basis, it stays in the colon. When this occurs, your body will reabsorb the toxins suspended in the liquid contained within that matter, and you become intoxicated, but not in a good way. In truth, you are being poisoned.

It is the same with holding onto old ideas and ways of doing and being. You will become intoxicated by the concepts that should be released from your mind. This is what true growth is about: letting go of that which no longer serves you.

Another aspect of holding on is the generation of muscular tension, which can lead to hypertension, aka high blood pressure. This can cause strokes and heart attacks. I also talked about the dangers of comfort foods and overeating, which can result in diabetes. Holding on is detrimental to your emotional well-being and your health on multiple levels.

Arthritis is another condition that can be tied to holding on. In this scenario, you are holding onto the old, set way of doing things, thus creating an environment of inflexible thinking.

This brings up the question "How does holding on serve you?" What does holding on do for you? Does it allow you to say and do things to get even, to attack someone? Does it allow you to feel justified in a position or a stance that you take? Do you feel vindicated when you attack someone who has hurt you in the past?

What benefits do you derive from holding on? What feelings do you experience, and why do you want to feel that way? These are the types of questions you must ask yourself if you want to let go of the past, the hurt feelings, the disappointments, and the anger.

Here's how to let go:

Step 1. Understand why you are holding onto the particular concept that supports your feelings and thoughts.

On a blank sheet of paper, list in the left-hand column all of the things you can think of that you are currently holding onto. In the right-hand column, list WHY.

Step 2. Read your symbols. You know that you are acting out patterns of behaviors and that they flow in cycles, so by reading your symbols you will discover where you are in the cycle.

Create a book of personal symbols. One way to get a head start on this is to use my book *Dream Symbolology Dictionary*. In this work, I list hundreds of symbols you would normally see, feel, or experience, all from a Universal Teachings perspective.

Step 3. Change your attitude. Knowing where you are in the flow of the cycle will give you an opportunity to change an attitude or a thought, and that will change the outcome of the pattern.

Step 4. Leap. Leap forward, even if you are not sure what the new outcome will be. If you look back on your pattern, you will certainly know what the result will be. Develop and use your working faith to leap forward.

The Benefits

The very first benefit of letting go is the peace you will experience when that emotional turmoil is gone. Your defenses will be lowered at the same time, and this will open up possibilities of a far different future than you have experienced in the past, after all of the disharmonious energy is gone.

Another immediate effect is that your Spiritual Self will begin to manifest more fully in everything you do. There are twelve gifts that reside within the Spiritual Self that you are already using in your daily life. As

you experience the process of letting go, these abilities will grow in depth and strength.

Here are your spiritual gifts:

Understanding

Knowledge

Expression

Imagination

Will

Perseverance

Faith

Strength

Objectivity

Honesty

Healing

Love

Understanding

You know and understand some things, yet not others. When it comes to the Self, you may know or understand only a limited amount of information as to the whys and the wherefores of how and what you think.

Even within the concept of understanding, very distinct levels exist. For instance, there are the basic understandings that affect life, such as the understanding that you require food, water, and air to live.

Understanding is essential to successful living on an emotional, a social, a physical/material, and, especially, a spiritual level. Developing the depth of your own understanding and discovering new levels of

understanding will give you mastery of your life to a greater degree than you are experiencing now.

A fundamental understanding is that the brain is an electromagnetic generator; in fact, there is a patent for a device that measures electromagnetic waves from the brain and the heart. Most people are unaware of this attribute of the mind/brain combination. This is an incredible piece of information to help you develop a better understanding of how you are co-creating your reality and how the teaching of "*ask and you shall receive*" works. The catch is that you must be in control of your subconscious desires and what you subconsciously ask for.

As an electromagnetic generator operated by your mind, your brain is either sending out positive, attracting energy waves (electromagnetic waves) or repulsing electromagnetic waves. Just like a magnet, it repels and attracts. When you understand the makings of the material world and the electromagnetic generating potential of the mind/brain and utilize that knowledge, you can create the reality you desire. Your current personal reality consists of electromagnetically drawing to yourself energy whose atoms and molecules manifest as a person, a place, and/or an event. On the same note, you may be repelling energetic combinations that manifest as a person or a thing, such as success or money. Ask yourself these questions: "*What am I attracting?*" and "*What am I keeping away from me?*"

I choose the words *keeping away*, because they imply more than repelling. There are some energy manifestations that you want in your life, yet do not have. One such example may be having a companion. Due to particular socially unacceptable habits you may have developed as a safety mechanism, you may repel people from getting close. Through the process of understanding, you can attract or keep away specific energies.

When you understand the influences (energies) behind the motivations that propel you to take certain actions, you can exercise control over those emotional directives and their responses. Control is one of the main tools in the mastery of Self. It is by understanding the concepts that operate in your subconscious and exercising emotional influence over your patterns of behavior that you are able to significantly change your life.

The goal is to understand and master the Self and cleanse man-made concepts from our minds. As you gain insights that lead to understanding, you will have a greater degree of self-acceptance, allowing more of the God

Energy within you to manifest. You can allow Divine Grace as the channel for Divine Love to manifest in everything that you do.

By understanding why you hold on, why you are attracted to the people you are attracted to, why you act the way that you do, and why you are afraid to act differently, you can attain a great base of power.

You may be in a relationship and a union that has lasted many years, and one day you realize that the two of you are on different tracks, have different needs and desires, and that your path of enlightenment has taken you one place and your partner's path is directed elsewhere. *Who is right and who is wrong? Are there a right and a wrong?* It all comes down to understanding yourself, your needs, and your quest to fulfill your needs, based on Universal Truths.

During one of the various study group meetings that I present, a participant asked, *"Based on what you said about different paths, if you understand yourself, you won't find yourself in a relationship where your path of enlightenment is separate from the other person's. So is it possible to be in a relationship where both are not on the same track, with the same needs, desires, and paths of enlightenment?"*

I answered, *"I know there is an expression that opposites attract; however, that applies to magnetism and is not necessarily true for people. We are driven by our subconscious concepts. When it comes to a partner, there are many things that come into consideration, especially spiritual beliefs. There must be enough commonality between the two individuals for it to work. A Teaching reflecting this is, 'A divided house cannot stand.'"*

Can different relationships with different individuals at different times be stepping-stones to enlightenment? It sure seems that way. As we go through life, we meet those who can teach, guide, and inspire us. When we get to a certain age and think we know it all, that is when the trouble begins.

Another aspect to the answer lies in the concept of true unity. At some point, there would be mental telepathy, because there would no longer be any defenses at work, an accomplishment that takes decades, if not lifetimes, to achieve. Going through relationship after relationship is an indicator of a misconception at work. It also indicates holding onto concepts that work against you, preventing a lasting unity.

Knowledge

Knowledge and understanding are synonymous with each other. Understanding is your stable foundation, based on the knowledge you accumulate through education and life experiences. Knowledge is more fluid than understanding and can be employed in many ways. Knowledge is also an ability to sense things, people, situations, and events, to name a few applications.

A good example is when you walk into a room and you immediately sense the energy. Similarly, you can have an instant attraction to someone, based on energetic exchanges at a "knowing or sensing" level. Another example is thinking a certain person is going to call, and moments later the phone rings and it's the very person you had in mind.

Knowledge is a foundation stone of understanding. The more you know about something, the more apt you are to grow and gain a deeper understanding of the matter, and the more you desire to know and understand something, the greater the rewards of that effort. Knowledge of the Self is a key to letting go.

How do you gain knowledge? Of course, the easy answer is through schooling, but this is a way of learning and thinking that is not necessarily in a person's best interest.

In the acquisition of knowledge, do not confuse it with intellect; many people understand something intellectually, yet cannot apply it. You see this in religions and areas of faith, complete with rituals. If you cannot apply the information and improve your life, then it doesn't work. With no fundamental essence other than acceptance, you are indulging in blind faith, as opposed to a working faith. Be clear about the difference between true self-knowledge and intellectual knowledge, between man-made understanding and the understanding that comes from Universal Teachings. For instance, from a man-made point of view, the male is the dominant partner, the provider and protector. However, in Genesis, a Universal Teaching addresses the roles of the sexes: male and female are equal.

Eve's being created out of the rib of Adam is a symbolic metaphor, indicating that the female aspect of the Self is part of the protection system, the ribcage, and it protects your innards. The female aspect is a source of inner strength, because it's made from bone, your support system and your inner strength.

The intellect can trick us. Look around, and you can see that it has, in our technological age. We have a wonderful life, while at the same time, technology is poisoning us with many chemicals in the environment that corrupt cells and contribute greatly to the aging process and to diseases such as cancer. We are paying for our modern technological life with our health.

Another intellectual pursuit is marketing, which is conditioning you to follow a particular diet or to buy a particular food.

Education, conversely, is more valuable because the knowledge that it supplies comes from so many different sources. The most important knowledge that is essential for a balanced and prosperous life is that of the Self, your Self.

One important method for gaining self-knowledge is to listen to what you say. Listen to how you speak, the tone, the veracity, the velocity, and the essential energy behind it. Once you can hear yourself, you will also have an insight into how others hear you. Listen to your choices of words. Are they inspiring or debilitating?

If and when you find yourself negatively thinking, speaking, or reacting, ask yourself, "Why does this bother me? What is behind these feelings?"

Expression

Like understanding and knowledge, expression seems to be a common, everyday thing, something that everyone uses, to some degree. You would not think of such an everyday quality as a spiritual gift, yet it is, along with others that you will discover as you continue to go through this process of examination.

Expression is a vehicle that takes you places. On one level, you say automatically, "Of course, I express myself. I talk to people every day. I interact with people, and I am a social being. I have a special type of job. That, too, is a form of expression."

Yes, that is all true, and there are other forms of expression. You may be someone who enjoys the arts. You may even paint, write, play music, or sculpt. All of these are different forms of expression, each with its own unique nuances, as well as the discipline to create the final form. Other

forms of expression may be engineering, mechanics, or sales. Expression is one way that a person can influence others and present himself or herself to the world.

In encounters, you display one or more of the four aspects of Self, (spiritual, emotional, social, and physical/material), depending on whom you are interacting with and the associated concepts that are triggered. The stimuli and the symbols that are presented will determine the stance from which you will respond.

The Emotional Self is the most fruitful ground to explore to enhance your expression, because it directly relates to your subconscious concepts and belief system. All reactions evolve out of the Emotional Self foundation and influence your actions in the social, the spiritual, and, of course, the physical/material Self. I always say physical/material because I would have you think about your physical body as the physical aspect of Self and your material reality as a manifestation of your entire essence. If you are a billionaire or a “dollaraire” or anywhere in between, all of that is in keeping with concepts, patterns of behavior, and expectations, which is how your material reality is created. This is a reflection of the Universal Teaching “What is within will manifest without.”

Question your expression and how you use it in each arena of your life. By understanding how you express yourself, you will be able to appreciate, from a different point of view, how others express themselves. Seek to understand how some forms of expression trigger you in a positive or a negative way. I really do not like to use the terms *positive* and *negative*, yet when you can become aware of something that stimulates your patterns or triggers a concept, you will see a symbolic manifestation of this. That is why it is in your best interest to develop a symbol dictionary.

Expression is an extension of Self and a developed sense of feeling and of being. By understanding expression, you will be able to intuitively assess the energy of a situation.

Imagination

Imagination is a wonderful thing, and it is unfortunate when someone is taught: “*Imagination is spending your time in daydreaming, imagining, or wishful thinking.*”

The imagination is a direct link to tomorrow, to the future. Many of today's technical marvels had their beginnings in science fiction stories and movies from decades past.

Maybe you have had this experience: you get an idea, yet you do not have the resources to pursue it on your own. You may present a good idea to your company, with no takers, and then a short time later your idea manifests in another company. Sometimes the ideas that emanate from your imagination end up being capitalized on by others.

I often describe how imagination is used to create a new idea by comparing it with going fishing. Ideas are like fish in a stream, and fish are symbolic of thoughts. The Creative Continuum's Supreme Consciousness is an ocean of God. As soon as you have an idea and pull it out of the stream of consciousness, that ocean of ideas, once you bring it out and you start thinking about it, toying with it, and discussing it, it is now available to others, a concept that is similar to the "hundred monkeys" theory. The story is that a monkey found a sweet potato that was very sandy, so she went down to the water to wash it off. She did that every day until a couple of other monkeys saw her do this, and they started doing it. When one hundred monkeys were seen washing their food before eating it, all of the monkeys of the tribe did it, and monkeys on neighboring islands also did it. Eventually, monkeys around the world began washing their food.

At a certain level or vibration, an idea becomes public domain, to be available to all who think and seek.

Your imagination can take you to wonderful places. Developing it takes practice. Pick a topic, an area, an endeavor, a dream, or pick a vacation spot. The more you can imagine yourself there, the more real you will make it, and this will cause the energy necessary to create that reality to ultimately manifest because you are "asking" and you are doing it consciously.

Inasmuch as you bring an idea into the material plane, so can somebody else, and you may be picking up on the idea that this person did not manifest. Once you come upon an idea, run with it; do not hesitate, whether it's yours or theirs, because the first one to market is the winner.

Look at the science fiction novels and the comic books of years past. Gadgets today are almost up to Dick Tracy's wristwatch videophone — today we have the desktop, the laptop, iPods, and smartphones. Someone's imagination many decades ago pulled that idea out of the ocean, and it

entered the material plane. The gadget was presented as an idea, and that idea bore fruit. That cartoonist saw the future--look at Star Trek and paperless technology. Maybe the iPad is what Captain Kirk used. So, develop your imagination and see where it can take you. Use your mind in a new, inventive way. Stretch it to look at something and alter it or create a new way of using it.

One of the things you can use your imagination for is healing, through relaxation and meditation. When you are in those states, visualize the part of your body that is in disease and see it healed. Your imagination tells your brain, your bio-computer, to fix your physical situation to reflect the one that you are now projecting in your mind's eye, your imagination. Enhance the process by imagining the area bathed in red, drawing blood, or imagine a laser light eliminating the damaged tissue; the laser can be a scalpel or a suture. Finally, use your imagination to bathe the entire area in green, the color of healing.

Master Your World with Will Power

Will power can make you master of the universe – well, at least the master of your own reality. Every day you use will power, the incredible gift and tool that most people never think twice about. It focuses your mental strength to manifest your intentions in everything you do, and your patterns are no exceptions. Your will drives you to fulfill your subconscious expectations of yourself.

Try this exercise: divide a blank piece of paper in two parts vertically, and on the left-hand side, write what you believe your personality traits are and how others might see you. On the right-hand side, write why that might be and why you may be that type of personality. See where that takes you. Understand that you are using your will to fulfill expectations and the traits that help you maintain the image you have built around who you think you should be. The concepts that produce expectations are buried deep within, and discovering them helps you gain greater control over your will, so that you manifest what you, the aware one, want.

Your mind is like a bio-computer, with certain programs that need to be erased, others fixed, and new ones added. With these improvements, your mind will run smoother and faster in manifesting your desires.

Your Spiritual Self is seeking to manifest the Will of God in everything you do, to attain love, beauty, harmony, balance, and appropriateness in your life. As spiritual energy is trying to manifest, your Emotional Self influences it and, to some degree, is altered. Your ability to achieve a particular end is hindered because of the Emotional Self's determination to remain the same. Remember, your Emotional Self does not want to change or to give itself up. In order for your Spiritual Self to manifest its powers more fully, you must understand the Emotional Self, which is a process. It all begins with identifying patterns of behavior and seeing the cycles as they have unfolded in the past. Seek to understand the concepts supporting your patterns and how they seek validation in a cyclical fashion; your patterns create expectations that are designed to validate your concepts. Once you understand them, you can exercise your will in such a way as to control the manifestations of those patterns, and you can direct the outcome.

Perseverance

Every gift, like the mind itself, should be considered a muscle; if you are not using your gifts, they will become flaccid, and when they lose their tone internally, the body/mind does not function nearly as well as it could. Perseverance is a gift that needs to be strengthened and utilized.

While understanding is something you develop, knowledge is something you acquire, and expression is something you do; perseverance is something you draw on.

Expression, through perseverance, demonstrates your understanding and knowledge, and when you channel it through the gift of Love and/or Healing, things work in harmony within and with everyone you come in contact with. To get through the man-made concepts so that you can reach the deep internal spiritual pool of the All, take care to persevere through the internal questioning of Self, just as you persevere through difficult situations. When people give up on perseverance, they can be smashed down by life, but when they persevere with a good attitude, they have more opportunities for growth, advancement, and success. The best way to have a good attitude is by knowing and understanding who you are and

having clarity about everything that is going on around you, what you are involved in, and what your expression might be.

Faith

Rather than a spiritual gift, faith is a natural part of life. Faith is the acceptance of Self and of God, our Father/Mother, and faith accomplishes what you set your mind to do.

For many, faith is an external thing. Most people would say, “*I have faith in God*” or in something else. Another type of faith is internal, a faith in your Self to handle any situation. Your working faith is productive because it is built on understanding, and confidence is the outward manifestation. Understanding who you are and what you are capable of provides a solid foundation.

Every time you are confronted with a situation, your mind looks back to see how to handle it through using a working faith, because your mind wants to see the origin of the energy. This is where the Universal Teaching of “look back in order to see ahead” comes into play.

Ask yourself: *What type of faith do I have? Where is my faith strong and where is it weak?* Are there some areas in which you have a lot of confidence in yourself--your working faith in action--when you know you can do the job and there is no question in your mind whatsoever?

There may be other situations that you shy away from, either consciously or subconsciously, because you do not have faith in yourself and your ability to deal with them from a position of strength. Doubt and fear are at work, undermining your faith in Self. The solutions lie within you, if you will pursue them and ask questions that prompt needed insights to improve your understanding. As a result, the gifts you do have can help you eventually, in cycle after cycle, become free of the material plane. It is a journey that is taking place in life cycle after life cycle.

When you have faith in yourself, you can get through the darkest of times because you know that you are part of the Creative Continuum called God, the Father/Mother. You know that you are never placed in a situation you cannot handle, and you know that you are never alone. Regardless of how isolated you may be or feel, God is with you deep within. So, draw on that and let that be an aspect and a foundation of your working faith. This process will help you develop skills, methods,

techniques, and understanding that enable you to become the master of your Self through the expression of faith and strength.

Strength

How do you gauge your strength? I often say, *"Deal with a situation from a position of strength."* Strength means being extremely confident in yourself, which is achieved when you know and understand what is going on and what energies are at work. Strength is also knowing that you have the wherewithal to move forward on a particular path; for instance, you may be strong in math and weak in biology. Seek to identify your personal strengths.

I am working with a gentleman who is quite a perfectionist and a skilled craftsman, yet he denigrates his own work and denies any compliments. If you say something nice to him, he will say, as many people do, *"Oh no, no, no, not me. Anybody could do that."* When you do that, it is a way of depleting your strength, because by not acknowledging it, you negate it.

There is a Universal Teaching: *"Use what you have and more will be given; do not use what you have and it shall be taken from you."* Read the story of the "Talents of Gold."

Strength is like a muscle; the more you exercise and build on it, the stronger you become. Here is one exercise: pick a project that you're working on. Let's say that you are in the process of producing a complicated report with many components. On a piece of paper, note the weaknesses and the strengths of the report. These are things you need to keep in mind and understand, because, depending on the concepts at work at the time, your mind is going to choose one concept. Your mind will look back and see what is in keeping with the current situation. Which quality will you draw upon, strength or weakness?

Allow your mind to draw on positive experiences versus unsuccessful ones, and become comfortable and familiar with your strengths, regardless of the varying degrees. Once you begin to read symbols, you can project into the future to have a feel for what will unfold. If you have some alternative thoughts, you will also have alternative plans of action, so that you are prepared to deal with what does unfold.

Another type of strength will be developed as your understanding and knowledge base grow. As the power of your expression unfolds, you will manifest "quiet strength," the strength of knowing in action, which allows for having a non-defensive response to anything that is said to you. This strength provides inner calm and peace when things are difficult, allowing you to see with clarity when others cannot. It also exudes an energy that helps others feel at peace and makes them wonder what your secret is.

Objectivity

The more personal and emotional the event or the situation, the more difficult it is to attain objectivity. More often than not, you may feel involved because an emotional connection alters your perception. With emotional involvement, you see things through your shaded belief system. Similar to opening your eyes underwater, you have no clarity, only distorted perception.

The degree of objectivity you attain will be based on different foundations.

One could be a non-emotional involvement, with no connection whatsoever, so that the outcome is immaterial to you and has no bearing on your life. The more detached you are, the more objective you can become. Jesus said, "Be a passer by" (see *The Gospel According to Thomas*, no. 42).

When you project yourself above the situation to look at it from as many different angles as possible, for clarity, your understanding of any situation will grow immensely.

Right now, there are many things about which you have feelings and attitudes. *What are they? Why are they important?* Write your questions and answers on a sheet of paper, so that you can ponder these and the many other questions that will arise as you objectively explore your Inner Self. Write down your thoughts and concerns, and place them in the conscious realm. Once you explore them consciously, you are working with your intent: "I wrote this out. I'm going to do it. I intend to get this done."

You may be the kind of person who would benefit immensely from writing down your goals and creating a plan of action to help you achieve

your goals, step by step. By being objective and looking at these goals unemotionally, completely detached and above it all, you can see the pros and cons and do the 4 P's (plan, prepare, project, and then provide), which I describe in the next section.

It is hard to be objective when people trigger your subconscious concepts through physical gestures, stances, and positions. If you are not reading your symbols and maintaining a high degree of awareness, then your patterns will be triggered and your perception and understanding will be affected. Your objectivity may be compromised to the degree of emotional stimulation and involvement in any given situation.

Once, while working with and counseling a woman, I helped her through a certain situation. She runs a company and has two subordinates, both men with whom she had issues. When we looked at the situation objectively, we discovered her concepts about men and how she shaded her perceptions by her concepts and emotions. We began to see her patterns and the men's patterns at work, how both of the men had issues with authority and with "moms" and parents in general. When you have these types of interactions going on, the best thing to do is detach yourself emotionally and become a passerby; avoid looking at things with an emotional perspective. Always seek to maintain your objectivity.

Learning to look at things symbolically can be helpful, because everything has an energetic thought behind it. See the object/event/person for what they may mean to you. *What is your association with them?* You will discover, if you look with an objective viewpoint, that there is a connection.

Honesty

One of the most difficult things in spiritual growth is being honest with yourself. The more honest you can be with yourself, the more you are open to receive. Honesty is the result of internal questioning.

In the Gospel according to Thomas, Jesus said, *"Seek and ye shall find. When you find you will be troubled. After you have troubled you will marvel and reign over the All."*

Briefly, this simply means that if you look within yourself, you are going to think all kinds of negative things about yourself that you have been taught. However, they are not true, and that will be the marvel.

Conversely, some of us, in our journey through life and while operating through unconscious patterns, have done things to hurt other people on various levels and in different ways, more out of habit than intent. Remember that patterns of behavior exist and function to enable us to reach a conclusion, to fulfill an expectation, and, by fulfilling the expectation, to validate the concept.

Perhaps you have done horrible things to people out of seeking to fulfill a concept. Accept what you have done, examine it, and learn from it, so that you can move forward without guilt, while understanding that what you did was based on your concepts.

Once you begin to realize that life is different from what you were taught, it opens up a whole new panorama that will help you grow and develop your ability to understand, to know, and to express.

Honesty is something that is built slowly. You already have, to some degree, a second cornerstone on which to build a new foundation and to enhance your spiritual and material expression. As events happen, look for symbols and think about why something is occurring and what is going on.

Be open and honest with everyone you meet, even if that makes you feel vulnerable, which it will. The more you know about yourself, the more you come from a position of strength. Nothing anybody can say or do from the past can hurt you, embarrass you, or humiliate you. When you have an understanding of Self, you will be able to control your emotional responses.

Healing

The enlightened ones of the past knew that the body is the healer of itself. In today's world, drugs are used to alleviate discomfort, and, of course, there are antibiotics that supposedly kill germs. Yet when we talk about diseases such as arthritis, diabetes, edema, or obesity, all of these are self-correctable conditions, unless there is a severe glandular malfunction from a genetic or damaged point of view. However, if the condition is simply caused by a gland being malnourished, so that it cannot produce the enzymes or the hormones necessary for the proper functioning of the body, that is a nutrition issue.

The body will heal itself, if given what it needs. People think of healing as going to the doctor, a naturopath, a homeopath, or an herbalist. While each of those may serve a purpose from time to time, you would benefit more if you were to nurture yourself back to health, rather than taking an artificial approach. Healing is an act performed by your physical body and your spiritual, emotional, material, and social selves. Healing does not necessarily imply that there is disease or sickness; it is an ongoing process, because your body is in a constant state of rebuilding itself, and your life is in a constant state of unfolding.

Every disease begins within the subconscious mind, in keeping with expectations, and it can also be the result of conflict. Because of the way life flows in cycles, and because of patterns of behavior that utilize those cycles, you have both forward movement and then standstill or backward movement.

Look at each aspect of the Self and see where more nutrients or nurturing are necessary. *What are the nutrients?* In a physical/material sense, it is about diet, exercise, vitamins, minerals, herbs, amino acids, water, air, and sunlight – the things that nurture you on a physical level.

On an emotional level, it may be an ongoing self-conversation, positive affirmations, deep meditation and prayer, connecting with God or the Creative Continuum within, and communicating your wants, needs, and desires. These are tools to help you on your path and enable you to learn to use visions. Visions are the result of using your imagination to see the areas of your body or your life that require healing. See the aspects in your social life and/or spiritual life that would benefit from being nurtured in another way and on another level.

Look within and see which areas you feel would benefit from a healing session or from deep meditation and deep relaxation. Go within the Self and find your inner physician, then see which areas need to be nurtured.

As you continue to support the healing process within yourself, you may be able to heal others with a touch, a word, or a thought. Speaking to someone in a conversational, uplifting, inspiring way is helping him or her to heal because you are nurturing. Any time you can be gracious and speak in positive terms and reaffirm and support someone's hopes and dreams, you are participating in that person's healing. You become a healer by being an inspirational example to others.

Love

Everyone has different perceptions, definitions, feelings, and thoughts regarding love, and the object of this love may be a sport, a game, art, music, life, or another person. This is where holding on is very sticky. Each of these loves has a different energy and a different basis on which it is built. To the different types of love we experience, we attach an emotional component. The love we seek to attain spiritually is Divine Love, which is total acceptance of the Self and others. You can only truly love another when you love your Self, not in an egotistical way, but from a place of understanding, knowing that you are a part of the Creative Continuum called God. Through the emotions, mankind is tied to the material plane, and it is through the emotions that the dark forces, the negative energies, and patterns of behavior manifest.

Conclusion

Holding onto a past relationship or concept hinders your true ability to move forward and enjoy the spiritual gifts that dwell within.

To gain more insights and knowledge about your Self and symbols and to employ the Universal Teachings to a greater degree in your life, you may want to check out my other books.

The titles are:

Disease Symbolology Handbook, which presents the emotional causes behind particular ailments, along with symbolic interpretations of them.

In addition, there are nutritional suggestions for each condition and an explanation of the symbolic significance of the nutrients.

Dream Symbol Dictionary, which presents as many items as I could think of that are found in life and dreams. Each item has an interpretation, based on the Universal Teachings, and suggestions for understanding the item from a personal emotional association to gain better clarity and insight into the energies at work.

The Universal Teachings Handbook examines the teachings presented to mankind, along with interpretations and suggestions for their application.

There is a section that is broken down into the four aspects of a person: spiritual, emotional, physical/material, and social/intellectual. In this section are common questions often presented to clergy, therapists, and counselors, along with answers based on the Universal Teachings.

Naturopathic Healing Handbook is straight nutritional approach to healing, using vitamins, minerals, and herbs.

I also have ebooks:

Mind Matters, which discusses the many different roles the mind plays in a person's life.

Life's Beginnings, Fetal Symbology. In this work, I did an interpretation of fetal development by time and correlated it to the numerology of the Universal Teachings.

Life's Building Blocks, Amino Acid Symbology, which looks at the role amino acids play, along with a symbolic interpretation.

You are always welcome to attend any of my free lectures or write to me with any questions you may have.

My email address is symbolreader@wildblue.net.

Michael