

**HUMAN,
HELP THYSELF!**

Natural Solutions
for
Stress of Body, Mind & Spirit

by

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I would like to express my sincerest appreciation to my students around the world. It is their constant curiosities and dedication to enlightenment and advancement that propels me forward with my own personal growth.

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AUTHOR'S MESSAGE

When I was first approached to write this book, my initial reaction was, “What can I write about that has not already been covered?” In my opinion, the topic of stress and its management has been in print over and over and over again by numerous authors; too many to count. Some of these books have become national best sellers, while others are just sitting on the shelf. But, never-the-less, they are out there and in print.

While in conversation with my students, I was reminded of the many times I had repeated the same thing until it had finally registered with them. We spoke about the fact that 99 people may be making a statement about the same matter, yet it takes the 100th person speaking about that matter before the subject catches their attention and is digested and perceived.

My students pointed out the many times I had stated that we all do not resonate with the same vibration and may reject from one what we accept from another; so, I agreed to write this book in hopes that I might be the 100th person for those of you who have experienced the 99 people before me.

What write about is not new. Then, the worlds of metaphysics and holistic practices are not new. They are as old as time. The New Age is the Old Age returning. Therefore, it stands to reason that there will be literature about these ancient realities in abundance. Yet, as old as they are and as widely covered in literature as these subjects may be, there is still a large populous of people who are only now discovering or beginning to accept and understand how to manage stress of body, mind and spirit with metaphysics, spiritual and holistic methods. Stress management of your body, mind and spirit has become a national topic. The newsstands and bookstores are filled with topics focusing on the subject. Even so, there are people who either do not understand the benefits or cannot comprehend the necessity for managing the

stress they are experiencing. It is with these people in mind that I have chosen to write this book. I have combined pragmatic information with metaphysical, spiritual and holistic information with the intention of providing you with enough of an informative foundation in all areas to afford you the opportunity for a well-balanced, stress-free existence.

There is a lot of valuable information packed in this little book. My suggestion is that you read it more than once and use it as a reference when needed. Each time you open this book you may discover or comprehend something that you may have overlooked during your previous reading. Often, we recognize and absorb only when it is needed or when we are ready to accept the information before us.

Stress

“Things in life are not good or bad, it is what you think they are.”

William Shakespeare

I focus on the topic of stress because I believe that it is at the core of most of your issues and diseases. If you can limit stress in your life through understanding, you will see a major reduction in other negatives. According to Webster’s Dictionary of the English Language, stress is “a state of bodily or mental tension, resulting from factors that tend to alter existent equilibrium.”

So, what determines that state? If you stand ten people in a room and have the walls fall around them, all ten are apt to give you a varied version of the same experience. Some will feel stressed and act frenzied, while others will be disturbed that it occurred and ponder on the reason it happened. Yet, others will look at those around them who are upset and frenzied and ask them, “What’s the big deal?”

Stress is the result of a person’s interpretation of a situation, be it their environmental surroundings, emotional reactions or the demands and changes in the body.

It is virtually impossible to eliminate exposure to every situation that has potential to cause you stress, but you can work on avoiding them to the best of your abilities. And, at those times when you cannot avoid it and you are exposed to stress, you can change how you respond to the situation, therefore minimizing or actually neutralizing the impact it may have had on your emotional, spiritual or physical wellbeing. Stress is an ongoing and never-ending part of your life, but it does not have to become your way of life! Just

think about it; if you clean up your environment and make it as stress-free as possible, while you shift your way of thinking toward those unavoidable stressors, you can enjoy a more happy and healthy lifestyle.

How unfortunate that so many people put the nurturing of their bodies, their minds and their spirits at the last of their list of priorities. Cleaning up the environment, be it a physical, emotional or mental clean up, is something many people just do not consider important. They are focused on the demands of day to day living, while ignoring the vital messages that their bodies are giving. A few years ago, I owned and operated a stress management center and I found the amount of people who would stand at the door and laugh, stating that they needed stress management, but do nothing about it to be staggering. We were constantly having to educate from square one. The point that they were missing was that stress puts a real demand on their bodies every day; and how they deal with this stress will determine how effectively they perform their daily tasks; be those tasks emotional, physical or spiritual. The effects that stress can have on your total being is not a joke to be laughed at and the sooner people recognize this, the sooner we will all enjoy a healthier and more stable lifestyle.

Something that creates stress is called a “stressor”. It can be of a mental-emotional nature, a physical-biochemical nature or an environmental-biological nature. Your exposure to some or all these stressors is common and sometimes unavoidable. Because of this, it is up to you, the individual, to interpret these stressors in a manner that will give you an opportunity to respond in a minimizing or neutralizing way. Thus, avoiding any negative impact they could potentially have on you.

You have an automatic biological response to stress that has been with mankind since his beginning. It is most commonly referred to as your fight or flight response. All creatures possess the fight or flight response and there has

always been a viable purpose for it through history. It has proven to be a lifesaver in more than one occasion.

Sometimes the responses your body had to stress by way of the flight or fight syndrome go unrecognized as such. The best-known responses are the shifting and changing of the normal functioning of your respiratory system, cardiovascular system, metabolic system and your hormone levels. You could also experience changes in your enzymes, GI functioning and urinary system. Although these shifts and changes were important back when man was fleeing from predators when fighting for survival, today these very same alterations in your body that are induced by stressors can hurt you instead of help.

It is unfortunate, but your body cannot differentiate between a harmful and a non-harmful stressor, therefore it is up to your mind to do the differentiating and then trigger the response of your body. This is where the problem appears. Too many people today are not recognizing a stressor and therefore do not direct their body in the proper response. This ignorance is causing them to unwittingly be destroyed by the very same bodily functions that were intended to save their life!

Although many stressors are real, there are just as many (if not more) that are perceived.

When your body senses a stressor (real or perceived) it will respond automatically by preparing and mobilizing for a physical conflict or a sudden retreat from that stressor or situation. Your hormones will surge, and your nervous system prepares for either the fight or the flight. Your heart rate increases and your breathing speeds up; which allows more oxygen into your body. Your muscles are made ready for action and your blood pressure surges as your blood rushes to them. When your body's metabolic rate shifts into high gear in this manner, you are experiencing Oxidative Stress.

When Oxidative Stress occurs, your digestion is temporarily placed on hold and your blood clotting mechanisms are activated to allow your body to focus on the task at hand. Now, in a real physical threat this would be wonderful! But what if the threat is not physical? What if the threat is something with an emotional base such as traffic jams or conflicts at work or arguments with your loved ones, etc.? It is important that you understand how life threatening a steady and constant exposure to this type of stress can be or, at the very least, the years it can take from your life.

Prolonged and repeated emotional-mental stress can produce the same physical responses as physical stress and can contribute to one or more of the following: cardiovascular disease, gastro-intestinal dysfunction, immune deficiency, reproductive difficulty, sleep and memory loss and premature aging. And this is just to name a few!

Here is the good news. You Are in Control.

By this I mean that you have the power to determine how stressed out you will allow yourself to be in any given situation. Let me repeat that. YOU have the power to determine how stress out you will allow yourself to be in any given situation.

When you take control and determine not to allow a stressor to affect you, your heart rate and breathing will slow down, your blood pressure will lower, your muscles will relax, and the metabolism of your body will normalize. So, why aren't people just taking it easy and de-stressing? That is a good question.

One of the main reasons, in my opinion, is that many people simply are not aware of the stressors in their lives or possibly are aware that they are there, but are not fully knowledgeable of the harmful effects these stressors can

potentially have. I have listed a few here. See how many you perceived as genuinely hazardous to your health.

- 1] Cigarette smoke, including secondhand smoke.
- 2] Excess fat intake
- 3] Excessive stress
- 4] Radiation and certain medications
- 5] Synthetic food additives
- 6] Asbestos and similar materials
- 7] Environmental pollutants in the air, food and water
- 8] Household cleansers
- 9] Pesticides
- 10] Charcoal smoke/barbecues
- 11] Plastics
- 12] Excessive exercise
- 13] Caffeine
- 14] Loud music
- 15] Telephones
- 16] Commuting to work

Stress is a common denominator in many illnesses; from something as simple as a headache to a more serious disease (dis-ease) such as heart disease. When we study the physiological changes that are created during a stressful situation, it is easy to see the link between your mind, stress and the illness.

Let's take a moment to look at your heart's response to various situation. It will pound when you experience anxiety, it will skip a beat when you are fearful, and it sinks when you are disappointed.

Everyone is aware, intuitively, of the relationship between the emotional stress of your body and the functioning of your heart. Although, from what I have learned, there is still some controversy amongst doctors as to the role mental stress plays on heart disease, I feel the evidence that your mind plays a role in the development of heart disease is growing. One possible reason for this deduction is that depressed, or overly stressed people seem to be more likely to engage in self-destructive behaviors such as smoking. (Did you know that smoking appears to be more prevalent with women?) Another reason is that depression or stress stimulates the sympathetic nerves, which in turn can increase your heart rate which causes your blood vessels to constrict and your blood pressure to elevate.

Your speech behavioral pattern is a strong indication of whether you are experiencing excessive stress and hostility. Below are a few questions for you to ask yourself to help you determine if you are displaying excessive stress through hostility.

Ask yourself these questions:

1. When you speak, is it in a loud, rapid and forceful manner?
2. Do you have a tendency to interrupt others when they are speaking so that you can give them input, or even change the subject matter?
3. When you do not agree with a person, are you forceful or argumentative?
4. Do you tend to make critical, cynical or rude remarks to or about people or things?

If you answered yes to any or all of these questions, then your behavior is risking your health with high levels of hostility.

Since hostility often goes unrecognized and untreated, I think we should look at it just a little more closely.

The following is a self-test. Circle yes or no to answer each question:

1. Do you check out the baskets ahead of you when you are standing in a supermarket express checkout line, counting their items to be certain they have not exceeded the line limit?]
2. If you discover the person in front of you has exceeded the checkout line limit, do you say something to them about it?
3. If a cashier gives you the wrong change, do you automatically get into a huff or assume it was done deliberately?
4. Do you dwell on things?
5. Do you get impatient waiting for elevators or press the buttons in them repeatedly with the intent of making the elevator move more quickly?
6. Do you allow life's little daily frustrations to stay with you, accumulate and blend with the bigger ones?
7. Do you take your work home with you?
8. When someone keeps you waiting, do you greet him or her with criticism or angry words?
9. When your hair or nails are not done the way you want them to be, do you fuss and fume about it right on into the following day or days? (Yes, men worry about those things too!)
10. Does your pulse quicken or your jaw clench when you disagree or argue with someone?
11. Do you experience road rage?
12. If someone pulls in front of you in a drive-in line (I.E. bank or fast food restaurant) do you shout at them or honk your horn in disapproval?
13. When someone mistreats you, do you plan methods of getting back at him or her simply for principal?

14. When you find yourself unhappy with someone else, do you recall and/or bring up old hurts that they have inflicted upon you?

If you answered yes to three or less, you are in pretty good shape. If you answered yes to four and up to eight, you are experiencing hostility that may lead to a serious illness. If you answered yes to nine or more, you are in what is referred to as the “hot zone”. This is a dangerous level of anger, cynicism and aggression that will increase the possibility of the destruction of your health and/or relationships. If you are at this level, then suggest that you take the necessary steps to get the help you need to correct this situation.

Allowing yourself to remain in a stressful situation for an extended period cannot only break down your physical body, but it also has an effect on your emotional body.

A panic attack is another symptom of some type of stress and can occur out of nowhere; sometimes lasting for several minutes before it subsides. If you don't know how to recognize a panic attack, the symptoms are: chest pains, heart palpitations, sweating, nausea, dizziness, sensations of choking or smothering, numbness or tingling and a sense of losing control and possibly a fear of dying. There is even a possibility of a temporary loss of consciousness. People who experience attacks of this nature tend to live in constant fear of the next one. What a horrendous cycle to be in!

The world is seeing more and more single parent households today. As a result, we are noticing increased stress on the child as well as the parent. This stress not only affects them on a personal level, but it trickles out to the work place and school environments. Over-crowded day care facilities and school classrooms, plus latch key situations, are prime contributions. Not only do these conditions cause stress in themselves on the children and the teachers, but they can bring on a sense of guilt for the parent; which is also a form of stress.

Speaking of children, it has been stated that one in six couples is either infertile or has extreme difficulty in conceiving; and the numbers are growing! In spite of the recent breakthrough in fertility treatment, I am told that about half of the couples who are seeking medical treatments still do not conceive. I

question if the cause could it be more emotionally

rooted than a physical situation? We know that infertility causes stress, depression and anxiety. But could it be possible that stress, depression, and anxiety could also inhibit conceiving? In my opinion, absolutely!

In my years as a spiritual medium, medical intuitive, holistic naturopathic healer, nutrition specialist, energy worker and hypnotherapist, I have come into contact and worked with several fertility cases that were solved primarily with the use of my services. In some cases, I worked mainly with past life regression and hypnotherapy to aid in the woman's ability to overcome deep rooted emotional/sub-conscious obstacles so that she could conceive and not abort after the conception and in other cases I simply did energy work on the woman who was experiencing a pregnancy that was considered high risk to aid in her maintaining a sense of balance. My belief is that family oriented, infertile women are far more likely to be depressed than fertile women are. This condition should not be taken lightly. I feel it should be viewed as seriously as cancer, heart disease and AIDS.

So far, I have been mentioning stress and its relationship to very serious diseases, but how about stress and the common cold? Had you put those two together? I recall reading an article in my travels about how British research has provided evidence that psychological stress can increase susceptibility to cold viruses. It stated that four-hundred men and women participated in a study after first undergoing a medical examination, blood testing and psychological questionnaires that contained questions such as the number of major stressful events in their lives over the past year (I.E. death in the family,

job pressures, etc.) and their current level of negative feelings (I.E. sadness, irritations, etc.); then, all of the subjects were given nose drops. Some contained one of five cold viruses. Their blood was tested for cold virus antibodies and they were monitored for signs such as sneezing and stuffy-runny noses, sore throats and coughs. The researchers found that those under stress were far more likely to become infected with the virus and develop the symptoms.

Studies also indicate that small, everyday hassles and positive experiences influence your immune system. This is a great argument for relieving stress from the work environment! Just think of the increased quality of production that could occur from a simple thing like the fact that the workforce is healthy and feeling good.

It is not just your heart and your respiratory system that can be affected by stress. Stress can also raise havoc on your GI (gastro-intestinal) system. Many adults have irritable colon, spastic colon, spastic colitis or another type of functional bowel disease. Do you have Irritable Bowel Syndrome and not know it? The symptoms of IBS (Irritable Bowel Syndrome) are: severe abdominal cramps, bloating, constipation alternating with diarrhea, pellet like stools and mucus in the stool or a sensation of incomplete emptying after a bowel movement. These symptoms may not be constant and may come and go. Although there are many factors that are believed to contribute to IBS, stress is a major consideration as was determined through several tests using psychotherapy and/or hypnosis. But it doesn't stop there. Other gastro-intestinal disorders including Esophageal Reflux and Peptic ulcers, as well as skin disorders such as Psoriasis and eczema have been associated with stress.

Disease equals dis-ease and it is around you all of the time. It is your immune system that determines whether to allow the dis-ease to enter your body, settle in, develop roots and then thrive. If your immune system is

healthy, you can wander through a contaminated area without being infected. Keeping the effects of stress on your body down to a minimum is one way to help boost your immune system and maintain a healthy lifestyle.

The Spiritual Side of Things

Now that you have a pretty good idea of the havoc stress can play in your life it is time to start learning to identify it and decide how to handle it. Since I am a spiritual and evangelistic minister and a medium as well as a holistic practitioner and hypnotherapist, my approach to handling stress and the well-being of a human is through traditional, spiritual, metaphysical and holistic means.

The term metaphysics refers to being out of the normally viewed scope or realm of things. (meta- [out of] –physics) In this book I will be focusing on thoughts, ideas and concepts that date back centuries, but have only just recently been reintroduced to society to the point of being accepted and considered as normal. I feel it is necessary to have a clear understanding and acceptance of metaphysics along with a sense of comfort with your spiritual side as well and good solid pragmatic information in order to keep your body-mind-spirit in a balanced and stress-less condition.

Therefore, I will be approaching all in this book. The next thing that I want to discuss with you is your own personal spirit guide. Your acceptance, recognition and labeling of such depends greatly on your spiritual, cultural and religious upbringing, for which I feel is a topic for an entire book all by itself and therefore will not broach it in this one except to state that the following is what I believe and know (through personal experience) to be true: Everyone has his or her own personal spirit guide(s). Along with your own guide there are other Master guides who assist as well. Urla-Ra is my own personal spirit guide and a Master teacher for the planet. I connected with him fully in 1983. Since that time, he has been my mentor and my friend.

In the early 1990's, I received the message while meditating to "Plant the seeds of light that they may grow into valleys of rays". (Light meaning

knowledge) It was at this time, trusting the guidance I was receiving, that I began to accumulate and record the information being given to me and sharing it with others. I have been sharing knowledge and working with Urla-Ra in assisting others with their own personal development ever since.

When you make the choice to study spirituality and metaphysics with me, either in person or by correspondence, you are also making the choice of studying under the guidance of Urla-Ra. I am a liaison for information to flow from him to you. The source of Urla-Ra's energy is called the "Council of 12". This is not a council of 12 spirits, but a council of the vibration of the number 12. The last incarnation that Urla-Ra spent on the planet earth was with Jesus the Christ. You will find the energy influence of my wonderful master teacher in the writing of this book. As a master teacher, Urla-Ra has earned the right not to have to incarnate but will do so if the necessity of mankind requires his presence physically. Until that time, I relish and enjoy my connection with Urla-Ra and his teachings and I encourage you to take the time to become more familiar with your own guides. Through the ages there have been recordings and lore about mystics and sages and their connection with the universal energies and Infinite Creator, the Creator. It has been the general belief that this great connection and these wonderful mysteries are available only to a select few. Most of the mainstream religions are very firm in their doctrines that only the pillars of their churches are privileged enough to have the connections that would afford them the ability to communicate with the Holy Realm, giving them the ability to manifest through prayer. It seems the consensus is that if you are not attached to a church and are not ranking high on their ladder of succession in this church but are in some way practicing or owning these powers, then you are sinning or going against Infinite Creator's laws. I can't tell you how many people who *Natural Solutions for Stress of Body, Mind & Spirit* have gotten to know me on a social level and enjoying my

company immensely, prior to knowing what I do, have hesitated at my doorstep in dismay after discovering my vocation. A product of the mainstream consensus, they genuinely liked me, but feared that they were entering a den of iniquity.

If you look up the meaning of the word religion in Webster's New Dictionary of the English Language, it reads as follows:

re-lig-ion 1.a. An organized system of beliefs and rituals centering on a supernatural being or beings. B. Adherence to such a system. 2. A belief upheld and pursued with zeal and devotion [<religio, bond between a human and the Infinite Creators].

In other words, a religion, whether it is a mainstream or some little church on the corner or a steady gathering in someone's living room, is an organized belief system that is based on the information and knowledge believed to be the truth by that particular group. This is why you find so many varieties of religions on this planet. Yet they all lead back to the one Creator.

It is my belief that the One Creator, Infinite Creator, did not reserve the holy privileges to just a few but has made these gifts available to all. Isn't it stated that we are all Infinite Creator's children? It is also my belief that the mainstream religions, at some point, lost sight of the original teachings, either due to a few who were trying to control the masses or due to someone misunderstanding the true meaning of the information or perhaps there was a flaw in translation from one language to another.

If you turn to the King James Version of the Holy Bible, you will find that there is evidence through the teaching of the Apostle Paul in Corinthians 1:12-13, about the fact that we all have abilities available to us. The readings state quite clearly that we are all, in some way, given gifts and have within our grasp the connection to the universal creative energies and manifestation. The key is

to discover which method of connection is best for you. For most, it is through the power of prayer.

Prayer is speaking to Infinite Creator (or stating your intent) and meditation is listening for the answer (or allowing the energies to flow and meld). Through prayer and meditation, you can control, ease, or eliminate the effects of stressors all in your life.

Through prayer and meditation, you are also able to manifest and create things for yourself and others. On this note, I feel it is important to point out that because we are living in a free will zone and your viewpoint of what is right and perfect for someone you love may not be equivalent to that person's viewpoint of what is right and perfect for him or her, it is important that you acquire his or her permission prior to your performing either prayer or manifestation for that person. You should be careful to respect the fact that others may not desire in their reality what you feel they should desire. There are times when people will appeal to the Higher Self of the ones they love rather than go to the person himself or herself; either because they are unreachable or blocked in some way. This is perfectly acceptable, providing that you can move past your own ego and be certain that you have contacted and received permission from that person's higher self and not made it up because it is what you desire.

Since we are all individuals, the necessity to honor someone's divine right to utilize free will is important. This means that life and spiritual beliefs may not be perceived in the same manner. Just look at the religious wars that are being fought and led by the many versions of scriptures, each proclaiming to hold the absolute "truth" and you will see what I mean. A spiritual person acknowledges his or her fellow man's right to free will and does not judge or condemn someone for thinking and believing differently. Just think how much less stressful it would be to not worry about whether you have been successful

with imposing your beliefs on someone and just allowing them to live and let live. I have seen, more than once, that an individual who leads by nonjudgmental example instead of by judgmental force will often reach the appeal of the persons he/she is seeking, and they will follow most willingly, by their own free will.

When you are praying, you are communing with the manifestation gifts of Infinite Creator. One of the hardest obstacles that many of the people I work with have with this is the concept that it is our divine right to receive. Infinite Creator did not create lack, we did! It is Infinite Creator's plan that every human has access to all of the wonderful abundance that is available in our vast universal existence. You are not being greedy. I repeat... There is abundance enough for everyone and partaking in the abundance does not make you greedy! It is yours by divine right. The great Master Jesus stated, "Ask and ye shall receive." Ask for it, remain open for it and expect it.

Keeping this factor in mind; it is not necessary to beg or plead for Infinite Creator to grant you something. This is the same as saying you are afraid that it won't happen. The fact is that it happened the instant that you requested it in Infinite Creator's plane, but it is up to you to allow it to manifest itself in the earth plane. This is where your free will comes into play. Are you open to receive it? Do you believe you are worthy of it or are you fearful that you are in some way non-deserving? Let's remember that fear is a negative emotion. First you must be comfortable and "know" that you are indeed deserving of all the good that Infinite Creator has placed in this bountiful universe. Remember that man created lack, not Infinite Creator.

Once you have come to grasp this truth, it may be necessary to retrain your subconscious, which is the computer of your mind and has stored in it all the truths and falsehoods ever whispered to your essence throughout the ages. To do this, start by stating the affirmation that it is so, or giving thanks to

Infinite Creator in advance for what you are about to receive into your reality, as well as for what you have already been blessed to have already received. Then continue as if it has already happened and is on its way. I equate it to ordering something from a catalog or the internet. You decide what you want, place your order, expend the energy of money and await its arrival with total faith that it is coming. If you put those same actions of faith into manifestation of other things (with desire energy replacing money energy) just imagine what you can achieve!

When you express affirmations and gratitude, you are expressing positive vibrations that will lead to the desired results. If, for some reason, you do not receive what you have prayed for, I suggest that you examine your inner being for negative thoughts and doubts that may have blocked it from coming to you.

There are times when your subconscious seems resistant to this reprogramming. This is probably due to such deep-rooted feelings and programming that it may be necessary to take some time to release them before you can continue. This can be done through hypnosis or simply by doing the following clearing:

I am sorry for any experiences that I may have had in this lifetime or in lifetimes past that have caused me to feel unworthy or angry with myself or ___(you fill in)___. I love myself for the special spiritual being that I am, just as I am. I forgive myself for any shortcomings that I may have or any wrong doings that I may have done in this lifetime and for any shortcomings or any wrong doings that I may have had in lifetimes past. I am truly sorry and ask that Infinite Creator forgives me also. I thank Infinite Creator for this precious gift of life and the ability to make the changes that are needed within myself in order to be a better vessel to receive your wondrous gifts.

I do this now.

If you find that you have only been positive and have exercised ultimate faith and have done the clearing either by hypnosis or the above method, yet still did not receive what you had prayed for, know that everything is in Divine Order and as it should be. This is a time for acceptance and re-evaluation of your desires. There are times when we do not see the whole picture and limit ourselves with our desires and this may have been such a time. Another explanation is Karma. You may be obligated to pay a certain debt in accordance to the laws of the universe and your desire that is being prayed for would alter that obligation. Again, trust that things are as they should be and ask for what is right and perfect for you to occur. Even paying back a karmic debt is, in essence, right and perfect since it frees you from that debt and lightens your karmic load, no matter how uncomfortable paying back the debt may be.