

Slide 1: Soul2Soul Educare presents: Heal Yourself from Illness and Live Dis-ease Free

Healing – the very word itself is an affirmation, a mobilizing creative word that prompts the brain to initiate transformation.

Slide 2: Modern medicine, or allopathic medicine, concerns itself with sickness and with overcoming sickness through managing the body and external forces. The allopathic approach is incomplete because it does not concern itself with a patient's entire life situation, but rather only with the particular illness at that time. In the spiritual sense, allopathic medicine is not concerned so much with healing, but with healthcare management.

To truly heal, the healer must take into account all relevant activities in the person's life. The healer must get to the bottom of the mysteries surrounding the patient's particular unhealthy condition.

There are many factors in the equation of health, which is what makes it so complicated. When you analyze the major ones and purify the lifestyles and mentality involved, healing takes place.

Slide 3: In today's workshop we will cover a few factors to help raise awareness to promote healing. These are mind & emotion control, astrology, environment, food, numerology, colors and gems/crystals.

Slide 4: We will begin with first point mind and emotion control.

From the spiritual perspective, all illness and injury begins with the mind. In Vedanta, the entire universe is known as chitta or mind stuff. The entire universe is but a reflection of the mind of the person.

Slide 5: So in life, if a boy is walking along and a dog runs up and bites him, he would naturally assume that the cause of the injury was an external force. The spiritual healer would ask, what have you been thinking about lately. Has there been some preoccupation in the mind with feeling a need for punishment? A type of guilt that many people unconsciously harbor? Any type of illness or injury begins with a mind manifestation, whether it is cancer, diabetes, broken leg, a headache, or stubbing he toe. In that sense, it's no wonder that many people are cured of cancer, only to have it manifest again and again, because of long-standing unconscious deep resentment.

Slide 6: What is the role of the mind? The mind serves 4 purposes.

1. it enables us to interface with and perceive the physical world through sense objects.
2. it stores sensory input in the form of mental impressions.
3. it carries out tasks that it is trained to perform in a robotic, almost autonomic way. Some of these tasks are use of language, walking, driving, organizing, and also manipulating the external world. The observer within us observes things that are happening and mistakenly believes that the activity is conscious. However, after you've been on the spiritual path for some time, you begin to understand that almost all human activities are happening completely unconsciously. Once a person has learned to speak a language fluently, almost all interaction happens on the robotic level of stimulus response. **Click:** Driving happens the same way. A car swerves and the mind takes over, automatically doing what it can to avoid the accident. **Click:** When a proficient musician changes to the next note in the song, the hands, arms and fingers move to the right place automatically with little or no input from the intellect. Usually, only when people are training themselves to perform a task is the intellect perhaps only partially engaged. And so this is the mind – an automatic stimulus response engine holding mental impressions which guide it and enabling us to interface with the world.
4. there is one more function as it relates to health. The mind selects, from all of the possible quantum events in the universe, the one experience that we the observer perceive, like a movie. Another way of looking at it is that the mind manifests our experience. So when it comes to sickness, the healer must understand the mind and the forces that play into it to help take appropriate action to facilitate the healing process.

Slide 7: Needless to say, mastering the mind can take some time. Here are a few tips that can help with assisting your mind to be your friend in healing. 1. Meditative or Visualization techniques – to reprogram the mind.

2. Deciding that you are going to be healthy and will take the steps necessary to get there. This is the most important because this intellectual decision will overshadow all other behaviors and enable the healer to be committed to the healing process.

Slide 8: Before we continue, I'd like to bring in Scientific evidence to show you that the mind does really make us ill.

Ellen Langer A psychology professor and research scientist at Harvard University has conducted several studies to prove this. In fact, there is a film in the making starring Jennifer Aniston called Counterclockwise who will play Ellen Langer which will portray how Dr Langer's work has helped many people on the road to recovery just through mind control.

Slide 9: In one of her studies, published in Psychology Science in April 2010, Dr Langer showed that one can improve one's eyesight just by changing one's mindset.

Slide 10: Click: When people were primed to believe they had excellent eyesight, their vision improved. **Click:** Likewise, when participants were told their eyesight would improve with practice, it did. **Click:** The same occurred when people adopted a "try and you will succeed" mindset -- they tried, and their vision successfully improved.

Slide 11: *The researchers said*

"Because letters get progressively smaller on successive lines, people expect that they will be able to read the first few lines only. When participants viewed a reversed chart and a shifted chart, they were able to see letters they could not see before. Thus, mind-set manipulation can counteract physiological limits imposed on vision."

Dr Ellen Langer from Harvard also said that a healthy mind creates healthy body. She said that Every thought of effort in your mind, of whatever sort, transmits a motor impulse to your eye, and every such impulse causes a deviation from the normal in the shape of your eyeball and lessens your foveal sensitivity.

If you want to have ideal vision, therefore, you must minimize stress in your mind. Mental strain of any kind always produces conscious or unconscious eyestrain and if the strain takes the form of an effort to see, an error of refraction is always produced.

What you have here is an awesome example of what can occur when you believe it can, and shows once again that the placebo effect is actually very real.

So the mind having an effect on our body health has now been scientifically proven.

Slide 12: We will now go through several common illnesses and explain what the connected emotional stresses are. After that we will give you suggested affirmations that you can use to correct those emotional stresses in your mind. There is a handout of this, so you can have a reference when you get home. Of course we cannot go through all the illnesses, but we have tried to cover the most common ones.

Slide 13: Most of this information came from the book Heal Your Body by Louise Hay and if you are interested you can purchase this book from our website. Plus I have also included Linda Goodman's findings plus some of our own findings. See handout.

Slide 14: If you do daily practices, you can prevent yourself from becoming ill in the first place. Techniques for healing:

Click: To open yourself to healing, you first have to train your mind.

1. Every day affirm to yourself "I am not this, I am that". Slowly your mind will be programmed to accept this. Especially right before you go to sleep every night, and as soon as your eyes open in the morning (these are the times when the mind is most receptive for training), say this phrase "I am not this, I am that". What does this mean? It means you are not this body, you are not illness, you are absolute Divine Truth and Bliss. You are That; in the Vedas it is stated "Tat Twam Asi" which is Sanskrit for "That Thou Art". You are That Absolute Reality.

Click: 2. Another practice is a simple morning meditation exercise called "Smiling into your body" which keeps all your organs running smoothly and efficiently.

We will practice this now.

Click: 3. Aside from weeding out negative emotions and thought processes, and doing affirmations, there is another technique that we will teach now to help heal yourself of illness. This technique can actually facilitate dealing with the process of weeding out negative thoughts

This is called the So Hum Breathing Technique.

The words So Hum are Sanskrit words that carry the contemplative meaning: "That I am" (So = "That" and Hum = "I am"). Firstly it helps the mind with focus and concentration and trains it to attain equanimity. You don't have to sit cross-legged with your eyes closed to practice this meditation. In fact, you can even practice it with your eyes open as you go about doing your daily duties. Aside from healing, this technique can be also be used when you become frustrated with the daily struggles of life. For example, if you ever become impatient with people around you or tired of waiting in long lines, just take a few moments to practice the So Hum breathing technique. You will experience less stress, less fatigue and will notice that the people around you become more patient and cooperative as well. You may be surprised at how quickly your mind will return to serenity.

I always use this method to activate my healing energy which not only relieves my bodily pain, but also works on the emotional and mental life situation distresses that are often directly related to the bodily.

How does this technique work? I learned this from the Garuda Purana which explains how sending pranic (qi or chi) energy (vital force energy) to parts of the body needing healing relieves the body of illness. All diseases are said to originate from the reduction of the vital energy (prana or qi/chi) in those particular parts of the body which become ill. When the vital energy is reduced, the natural healing mechanism of that particular organ is curtailed. The vital energy can be regulated by breath controlling exercises. When you practice this breathing technique, you are able to supply the vital energy to a diseased body part and aid in the self-healing process of your own body.

Hence the So Hum meditation technique allows us to send healing energy to alleviate bodily distress. The healing takes place at two levels – pain relief of bodily distress and mind relief to allow our internal body to facilitate its own healing.

You can even use this technique to send healing energy to the polluted planet, to countries at war, to individuals in conflict and to other events that you think may require healing energy. So Hum meditation can be practiced alone or in a group.

When you first start practicing this method to heal an illness, you may have to perform it for at least 30 to 40 minutes to attain results. As you become more adept at it, you may only need to do it for a few minutes to obtain results. Also when you first start this technique, you may actually have to find a quiet corner, sit or lie down to practice it. As you become more proficient, you can carry out this practice while walking around, doing your chores, etc.

(Story: Mahabaleshwar – diarrhea incident).

Click: 4. Using the Astral World to heal yourself. This method that we teach is called the Healing Room.

In this visualization, we will build a healing room in the mind. This will be a place where you can visit anytime you require healing or help with a problem or even if you require advice in a dilemma. Our thoughts are very powerful, and when given enough energy they take form in the astral plane. Hence when you build a healing room in your own mind, and mentally put enough detail and energy into it, it will take form.

We will practice this technique now.

Click 5. A Healing Session at Telos

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There is a fifth dimensional city called Telos located within Mt. Shasta, a dormant volcano in northern California, and one of the earth's major energy vortexes. You can go there at night to attend Spiritual classes. You can also go there to receive healing. Just before you are about to fall asleep at night, ask your Guardian Angel to take you to Telos, and say that you want to go there to receive a healing on whatever ailment you need working on. When you wake up in the morning, depending on your emotional mindset, either your symptoms will have lessened or you will be completely healed.

Slide 15: A Healing Song

I first learnt this song when I was studying in the Convent as a little girl. I always enjoyed this hymn, but didn't know at the time, the "healing power" that it called forth. Later on in my life, I realized that whenever I'd sing it, a healing would take place. When anyone in the family got ill, we use it always works. In my workshops, I've asked members of the audience to let me know if there is an illness that they would like healed, and it's worked for them too. I pray that you too can benefit from this lifting hymn, which goes like this:
Anyone in the audience would like anything healed?

Slide 16: Removing the Negative Thought Forms (Evil Eye)

Sometimes you may fall ill because your body has been subjected to attack by negative thought forms. In some Ancient cultures like Asian & Egyptian this is called "the Evil Eye". Let me give you an example. A woman goes to a wedding reception. She is dressed in her finest and looks gorgeous. Every other person that meets her says, "Wow you look beautiful tonight!" Some of the other women look at her and are jealous of her beauty – especially if their husbands are ogling her (negative thought forms). At the end of the event, when she comes home, she has a sore throat, and starts to feel sick. All those eyes on her, and the myriad of negative thought forms, may have created this type of illness.

Here's an easy way to remove these types of negative thought forms. This is an Ancient Vedic ceremonial ritual. Ask someone (a family member or a friend) to grab a handful of salt from a salt container (they mustn't look at how much salt they are getting). Then they should stand in front of you, with their hand full of salt and eyes closed, they move the salt in front of you in a clockwise motion three times, and then in an anti-clockwise motion three times. Without looking at the salt, they either wash it down the drain or flush it down the toilet. After this you will realize that you will feel much better.

Slide 17: Chakra cleansing & balancing technique using sound.

The last technique is a chakra cleansing and balancing technique using sound.

In our body we have nadis. These are channels through which prana or vital energies flow. They are not nerves, arteries or veins. Rather they are subtle and belong to the astral, or mental body, and therefore cannot be seen with the physical eye. They can only be perceived through our finer senses. As you practice Yoga, you will begin to sense the movement of prana or vital energies flowing along the nadis. We have close to 72,000 nadis along which prana flows, and these nadis pervade the entire mental body, which, in turn fills the entire physical body.

Click: The 3 primary nadis are called the Ida, Pingala and Sushumna. Ida is located at the left of the spinal column, Pingala is located on the right of the spinal column and Sushumna is in the center of the spinal column flowing towards the Sahasrara or crown chakra. When the prana flows with great energy through the sushumna nadi and flows to the crown chakra, this is when many people experience kundalini awakening. It is important to keep these 3 primal nadis unblocked for proper prana flow.

In most people some of the nadis may be blocked like windows in a room of a house that may not have been opened in a long time because that room has not been visited. As soon as you open the windows, the cool zephyr blows in and the musty smell and bacteria all disappear. Similarly, when we purify our nadis, and open these internal blocked windows, the zephyr of prana is able to pass through, to cleanse and purify and help us have optimum health.

One method of purifying the nadis, is the use of pranayama, or yogic breath exercises. This involves breathing exercises, repetition of bij-aksharas or root letters and visualizing the colors of each corresponding chakra or energy center. These root letters came from the Vedas, when the Ancient Sages obtained these root letters from the Source to create powerful physical and psychic vibrations in the body, mind and intellect. These

vibratory sounds were designed so that they can form a harmonic resonance with the center of the Sushumna nadi along the center of the spine. For example, the root letter rum with its R sound is related to the manipura chakra, the chakra that is located just behind your navel. Try it now, keep repeating the word rum, rum, rum, you will notice a slight pulsating in your navel area. This sound even when repeated silently by the mind, creates a vibration that unblocks the nadis associated with this chakra, and allows prana to flow through them. During the chakra cleansing exercise, we also use the correct tones in the musical scale so that each chakra will vibrate at its own musical frequency.

The following meditation exercise will allow you through music and words, to unblock your nadis and cleanse and balance your chakras so that you can improve your health and mind through daily practice. **Do Chakra cleansing:**

Slide 18: Health can also be affected by environmental concerns **Click:** In the east, feng shui and vastu are two systems of thought regarding how energy moves according to many factors affecting the environment which in turn affects our health and well-being. Although these systems are too vast to go into any great detail here. But I can assure you we have seen cases of very healthy vibrant individuals whose health has deteriorated from moving into homes with inauspicious Feng Shui (talk about Nick's case). In August we conducted a seminar on Feng Shui – you can find the audio files on our website if you would like to learn more.

Click: How we interpret knowledge is also impacted by environmental cultural influences. For example, let's say Mr. X grew up in a culture that slaughters certain types of gentle dolphins as a rite to manhood ritual. Imagine explaining to Mr. X that one can learn spiritual lessons just from being in the vicinity of dolphins. He may reject the knowledge because it doesn't correlate with his particular culture. In his case, cultural influences prevent Mr. X from making himself available to learn important spiritual lessons. In a deeper sense, however, in yoga we say that Mr. X is still too entertained by the world process to desire to take the steps necessary to awaken.

Slide 19: Now we will briefly cover how food affects your health. The food taken into your body is what gradually forms thought patterns. Your thoughts, conscious or subconscious are in absolute control of your body's health or lack of it.

In general, unhealthy lifestyles adversely affect the body which, in turn affects how we think due to the integral body-mind connection. For example, imagine Mr. X calmly explaining a moral lesson to his small child, Z. When Z has finished drinking a soda full of sugar, or a pre-fab meal packed with preservatives, artificial colors and flavors, how well will Z be able to assimilate what Mr. X has to say? Or take another example – imagine that Z just had his immunization shots at 5 years old. Mr. X doesn't understand why Z is in tears and is completely unreasonable later that day until he reads the fine print on the immunization flier... which explains how his child may experience severe mood swings. In a nutshell, what we put into our body, either through food or medicine or media, affects how we feel and how we think.

Slide 20: how food affects mind.

Greed - is fueled by Leftover or overripe food

Attachment – Meat, eggs, dairy, pickles or very pungent foods

Anger – Chillies and spicy food

Lust – fish, seafood, garlic & onions, dairy products, fried foods, sweets, eggplants, caffeine, betel leaves & tobacco

Pride – Meat especially pork, wine, tobacco

Jealousy – stale, leftover food, garlic, onions,

The food we eat contains vibration at the quantum level. When we consume the food, the food merges its vibration with the body. The mind and body are integrally connected, and so the body alters the vibration of the mind. On another note, the knowledge that we take in through the media affects how we intellectually make decisions, such as what kind of food we eat which includes not just physical food, but mental food as

well found in movies, music and forces in the person's environment. Ultimately all of these factors influence the mind and in turn our health.

Slide 21: Dr Max Gerson wrote a book in the 40's A Cancer Therapy – 50 cases about how cancer could be completely healed just through diet. His method was to eliminate from the cancer patient's diet all liquids and foods except those heavy in fiber content; certain cereals, fresh raw fruit and vegetables. Along with a substantial intake of several vitamins C & E for a period of time 90 days to 6 months. No meat, no dairy, only a vegan diet rich in fiber plus lots of water, sunlight, rest & sleep. Together with large dose of confidence and optimism. Most of his patients were cured within the 90 day period. The terminally ill ones took a little longer, but the disease was reversed, and they were completely cured. Dr Gerson cured Dr. Albert Schweitzer's wife of Tuberculosis after several other doctors had failed to do so.

It is important that if you want to achieve peak health to try and be vegan or vegetarian at least. If you would like to know more about vegetarianism, we have the audio files of our workshop "Why I should be vegetarian" on our website.

Slide 22: Now let's look at astrology and what part it plays in our health. All doctors in the United States, before entering into practice are required to take the Hippocratic oath. Hippocrates himself once stated concerning doctors **Click:** "He who practices medicine without the benefit of the movement of the stars and planets is a fool"

Hippocrates further stated firmly this warning **click:** "Touch not with iron that part of the body ruled by the sign the moon is transiting." This means that one should not perform a surgical procedure with a knife (iron) upon a part of the patient's body which is ruled by (associated with) the astrological sign through which the moon is moving at the time.

Slide 23: The moon remains in one sign approximately 2½ days and the information can be easily obtained from an Ephemeris calculated by astronomers which you can find online or a farmer's al/man/ac (which you can buy at Home Depot or Lowes).

Slide 24: According to the Hippocrates and proven repeatedly in surgery disobeying this law will result in one of 3 failures of any surgery performed at the wrong time:

1. Complications, including infection
2. Unusually slow and painful healing and recuperation (give example of my C-section – moon in Sagittarius – ruler of sacral region, and I had a painful recovery from my incision.
3. Death. Every year a small percentage of patients die from minor surgeries. And so there is the common medical phrase, "the operation was a success but the patient died".

Slide 25: Sun Sign Rulerships of the Body

Aries	head, face (except nose), the cerebral hemispheres of the brain
Taurus	neck, throat, larynx, tonsils, carotid arteries (arteries that supply oxygen to the neck and face), and jugular vein
Gemini	shoulders, arms, fingers, lungs, thymus, and upper ribs
Cancer	stomach, diaphragm, breasts and thoracic duct (- largest lymphatic vessel - It usually starts from the level of the second lumbar vertebra and extends to the root of the neck), lymph system heart, aorta, the back and the spinal cord
Virgo	large and small intestines and the pancreas
Libra	kidneys, equilibrium and balance (vertigo), and skin
Scorpio	nose, genitals, descending colon, rectum, the blood, urethra, and back
Sagittarius	hips, thighs, liver, veins, femur bone, and sacral region
Capricorn	teeth, bones, the kneecaps and skin
Aquarius	lower legs and ankles, varicose veins, and circulatory system
Pisces	the feet and toes, the lungs and intestines, and the entire body system related to leaks and draining of fluids.

So let me give you a few examples: when the moon is in Taurus, which rules the neck and throat, one should not perform a tonsillectomy. When the moon is passing through Scorpio, ruler of the reproductive organs, a prostate operation or a hysterectomy should not be performed. When the moon is in Capricorn (ruler of bones & teeth) or Aries (ruler of the head), no dental surgery or other surgery related to the bones or any part of the head should be performed.

Slide 26: Jeff Chandler, a film star of the 50's entered the hospital to undergo spinal surgery for a slipped disc. It was a common and simple surgical procedure. He died on the operating table from unknown causes. That day the moon was transiting the sign of Leo, ruler of the heart, back and spinal column.

Click: Bertha Todd, wife of the producer of Around the world in 80 days, cut her finger on a broken glass. She went to the hospital to have a few stitches on her cut. She was afraid the stitches might be painful so asked for an anesthetic. She was given one, it didn't work, so she was given another, and that didn't seem to work, so they gave her a third. She died within minutes. That day the Moon was transiting the sign of Gemini, ruler of the shoulders, arms, hands and fingers. In both Jeff Chandler & Bertha Todd's cases the operation was a success but the patient died.

I'll give you my own example. I didn't know about this great truth at that time, but when I had Bharat, the moon was in Sagittarius, after the surgery I was shivering for over 2 hours and I had a very painful recovery from my surgery. So next time you have any kind of surgery or even minor procedure, check the ephemeris and schedule your surgery or procedure when the moon is not transiting the sign that rules that part of the body.

Slide 27: The reason for this is that surgery interrupts the tidal flows in the body by the unnatural process of opening up the body and allowing air to enter. Consequently, those parts of the body which are ruled by whatever astrological sign the moon is transiting at the time are especially sensitive and vulnerable. Astrology not only affects when surgeries should be performed, but also affects to a large degree the mind in terms of how we think and how we approach life. Did you know for instance that the full moon affects your mind?

It is a scientific fact that man is essentially made of the same elements as the surface of the earth and in the same proportion. Since man is composed of more than 80% water same as the surface of the earth, the gravitational pull of the moon on human beings is at its highest on full moon day just as the gravitational pull of the moon is at its highest on the ocean, thus causing high tides. This gravitational pull of the moon on human beings affects the composition of the body elements. This leads to emotional imbalances in human beings making them tense, irritable and violent. Hence the term lunatic, which is derived from the word luna, meaning moon in Latin. If you go into the data records of the Police Dept, you will find that criminal activity is high on the night of the full moon.

Your individual birth chart, indicates the weak links in your body. Eg. If it is known that a baby's birth chart indicates a strong inclination to diabetes, the parents can control the diet of this child from an early age so as to prevent the child from developing diabetes.

Slide 28: Your birth chart shows which diseases or accidents to which parts of your body you are inclined to suffer. If you take the proper preventive measures, these astrological birth warnings will have accomplished their purpose and you need not become ill in the manner indicated by your horoscope.

As a general rule, the problem areas will center in the parts of the body ruled by your sun sign. Not always but usually.

Slide 29: If you are a fire sign, which is Aries, Leo, Sagittarius You are more likely to suffer from fevers, maladies which strike suddenly in the parts of the body ruled by these signs. You generally recuperate swiftly. Rarely do fire signs experience chronic or long lasting illnesses.

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Slide 30: If you are an earth sign, Taurus, Virgo, Capricorn:

You are likely to suffer from deep rooted physical ailments taking years to develop, and often becoming chronic for periods of time. You also suffer from emotional depression. The recuperative abilities of earth signs are powerful but slow.

Slide 31: If you are an Air sign, Gemini, Libra or Aquarius:

Air signs tend to suffer from mental stress and psychological disturbances eg nervous breakdowns, breathing difficulties, and circulatory problems. Recuperative powers are unpredictable. Controlling your thoughts is paramount otherwise you can go into severe depression.

Slide 32: If you are a Water sign, Cancer, Scorpio or Pisces:

You are prone to peculiar illnesses, difficult to diagnose and lingering in nature. Also severe melancholy. The recuperative abilities are completely self-controlled. Controlling your thoughts is paramount otherwise you can turn into a hypochondriac.

Slide 33: For a complete health analysis though you'll need to consult your own horoscope.

<http://astro.cafeastrology.com/>

Zodiac in degrees 0.00			Placidus Orb:0		
Sun	Capricorn	4.15	Ascendant	Cancer	14.51
Moon	Sagittarius	8.23	II	Leo	8.55
Mercury	Capricorn	9.16 R	III	Virgo	5.45
Venus	Scorpio	20.27	IV	Libra	6.49
Mars	Scorpio	12.32	V	Scorpio	10.47
Jupiter	Scorpio	26.31	VI	Sagittarius	14.06
Saturn	Taurus	16.09 R	VII	Capricorn	14.51
Uranus	Libra	13.19	VIII	Aquarius	8.55
Neptune	Sagittarius	1.49	IX	Pisces	5.45
Pluto	Virgo	29.42	Midheaven	Aries	6.49
Lilith	Virgo	12.41	XI	Taurus	10.47
Asc node	Aquarius	24.47	XII	Gemini	14.06

Slide 34: 1. Look at the sign right opposite your sun sign. The opposite sign is like the other end of a lever or seesaw, and your health is balanced along the entire axis. In my case is Cancer. It rules the stomach, diaphragm, breasts, and lymph system. So I should be taking precautions to keep these healthy. As a little child I always suffered stomach aches and heartburn.

2. Next look at the ascendant sign - in my case again this again is Cancer - which means I must doubly take care of my stomach, breasts and lymph system, by eating a diet in low carbs and exercise. My mother had breast cancer, so I must take care of my lifestyle.

Slide 35: 3. Find the planet Saturn in your chart. In astrology, Saturn is the planet of responsibility and self-control, where we must overcome obstacles. My Saturn is in Taurus. Taurus rules the neck throat, larynx, tonsils, etc. As a child and until I learnt the technique of So hum, I always suffered from sore throats and my tonsils flaring up. I would eat a piece of chocolate and immediately get a sore throat. I also used to get laryngitis from nervousness. So I pushed myself at an early age to do public speaking, and the laryngitis left.

4. Look at the cusp of Sixth house that is the line that divides your Fifth and Sixth houses and the cusp of your twelfth house the line that divides your Eleventh and Twelfth houses. In astrological charts, the Sixth is the house

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of health, while the Twelfth is the House of the unconscious. In the Twelfth House we meet up with the results of everything we've done in our lives and how we dealt with it, both consciously and unconsciously. The Sixth and Twelfth houses are very related, because much of what causes illness is based on what we have already done (albeit unconsciously)

Sagittarius is on my Sixth House cusp. It rules the hips, thighs, liver, and veins. Sure enough, I have always carried extra weight on my hips and thighs. Even if I don't eat too much, I will always carry excess weight in these areas. The key for me is to always exercise. Also for me is a heads up otherwise I could develop varicose veins.

Gemini is on the cusp of my Twelfth House. Gemini rules the shoulders, arms, fingers, lungs, thymus and upper ribs. This is the result of me always feeling sore in my shoulders, arms, fingers - especially when my diet is high in sodium. Ever since we've changed the way we eat, I don't get that sore anymore. Plus I used to always get coughs in the winter time since Gemini rules the lungs; again with the power of correct eating, getting rid of emotional disturbances that cause illness, so hum meditation, no more coughs.

I have given you a very brief summary of how to interpret your chart for possible illnesses. This is for your information so that if you have certain planetary tendencies, you can rid yourself of having ill health by the preventive measures.

Slide 36: Summary of how to read your health horoscope

Slide 37: Combining your sun sign and element indications with your numerological and color health analysis will be most helpful and reliable guide for taking care of your health.

First you have to calculate your number which is just the number in your birth date so if you were born on the 1st, 10th, 19th or 28th, you are a number 1

I will now go through numbers 1-9 to explain how your health is affected and how you can help improve it through colors and Gems & Crystals.

Slide 38: Number 1

1 people can suffer from:

- a. Heart problems in some form, such as palpitation and irregular circulation.
- b. Lower back pain
- c. Spinal injury
- d. High blood pressure
- e. Astigmatism
- f. Sexual disorders – frigidity in women or impotence in men

Slide 39: Physical weaknesses will be intensified by negative emotions especially sense of pride and ego. Physical weaknesses can be diluted or negated by:

- a. Positive emotions.
- b. Forgiveness
- c. Cheerful attitude
- d. Being more tolerant and flexible.

Slide 40: Months to be more vigilant where most ill-health symptoms (mental or physical) can occur: October, November & December.

During these times or at least 1 month before these months approach practice being serene and engage in some kind of meditation practice.

Foods to be eaten frequently to keep peak health:

1. raisins, barley, oranges, lemons & dates

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Herbs to be eaten to achieve permanent good health:

Saffron, chamomile, St. John's wort, cloves, nutmeg, lavender, bay leaves, thyme, myrrh.

These can be taken in food or as a liquid or vitamin supplement.

Slide 41: Colors that you should wear: all shades of sunny or golden yellow, bright orange and royal purple.
Gems & Crystals: Topaz or amber next to your skin.

(Hidden)Slide 42: Number 2

2 people can suffer from:

- a. Stomach problems and digestive disorders
- b. Prone to food poisoning – careful in foreign countries with the food and water
- c. Gastric trouble and internal growths (usually benign)
- d. Breasts and Chest are vulnerable to problems

(Hidden)Slide 43: Physical weaknesses will be lingering and chronic caused by holding on to stress.

Physical weaknesses can be diluted or negated by:

- a. letting go of anxiety

(Hidden)Slide 44: Months to be more vigilant where most ill-health symptoms (mental or physical) can occur:

January, February & July

During these times or at least 1 month before these months approach practice being serene and engage in some kind of meditation practice.

Foods to be eaten frequently to keep peak health:

Lettuce, cabbage, turnips, cucumber, melon

Herbs to be eaten to achieve permanent good health:

Chicory, linseed, rapeseed, endive.

These can be taken in food or as a liquid or vitamin supplement.

Slide 45: Colors that you should wear: light green, pale yellow, silver, violet and lavender

Gems & Crystals: emeralds, pearls or moonstones next to your skin.

(Hidden)Slide 46: Number 3

3 people can suffer from:

- a. Overstrain of the nervous system.
- b. Sciatica and Neuritis
- c. Skin troubles
- d. Susceptible to accidents to the hips. Aches in the thigh or hip area.
- e. Liver problems

(Hidden)Slide 47: Physical weaknesses will be caused by overwork and lack of sleep.

Physical weaknesses can be diluted or negated by:

- a. Learning to relax
- b. Letting go
- c. Getting a good night's rest

(Hidden)Slide 48: Months to be more vigilant where most ill-health symptoms (mental or physical) can occur:

December, February, June & September

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During these times or at least 1 month before these months approach practice being serene and engage in some kind of meditation practice.

Foods to be eaten frequently to keep peak health:

Beets, bilberries, asparagus, cherries, strawberries, apples, peaches, olives, rhubarb, gooseberries, pomegranates, endive, pineapples, grapes, almonds, figs, hazelnuts and wheat.

Herbs to be eaten to achieve permanent good health:

Dandelion, borage, sage, mint, saffron, nutmeg, cloves, sweet marjoram and St. John's wort.

These can be taken in food or as a liquid or vitamin supplement.

Slide 49: Colors that you should wear: all autumn colors, such as yellow, burnt orange, rust, turquoise and sky blue & purple

Gems & Crystals: turquoise next to your skin.

(Hidden)Slide 50: Number 4

4 people can suffer from

- a. Mysterious ailments difficult to diagnose
- b. Mental disorders
- c. Melancholy
- d. Anemia
- e. Poor circulation
- f. Pain in the head and back
- g. Accidents from electricity or lightening
- h. Injuries to the lower legs
- i. Problems with reproductive organs eg frigidity in women and impotence in men

(Hidden)Slide 51: Physical weaknesses can be caused by negative emotions.

Physical weaknesses can be diluted or negated by:

- a. Calm spirit
- b. Patience
- c. Avoiding all drugs including prescription medication
- d. Avoiding highly seasoned foods
- e. Avoiding meat especially red meat (4's especially an become chronically ill from meat consumption).

(Hidden)Slide 52: Months to be more vigilant where most ill-health symptoms (mental or physical) can occur:

January, February, July, August & September

During these times or at least 1 month before these months approach practice being serene and engage in some kind of meditation practice.

Foods to be eaten frequently to keep peak health:

Spinach.

Herbs to be eaten to achieve permanent good health:

Sage, pilwort, wintergreen, Solomon's seal

These can be taken in food or as a liquid or vitamin supplement.

Slide 53: Colors that you should wear: electric blue and cobalt blue, silver gray and ocean green.

Gems & Crystals: Sapphire, quartz or a stone containing azurite and malachite next to your skin.

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(Hidden)Slide 54: Number 5

5 people can suffer from

1. Energy depletion from thinking too much which may lead to nervous breakdowns
2. Insomnia
3. Twitching in the face or eyes
4. Phantom pains in the shoulders, arms and hands
5. Irritability and nervousness

(Hidden)Slide 55: Physical weaknesses can be caused by thinking too much.

Physical weaknesses can be diluted or negated by:

1. Remaining calm and patient even when events around are stressful
2. Get lots of sleep
3. Rest a lot
4. Go out in nature with quiet surroundings

(Hidden)Slide 56: Months to be more vigilant where most ill-health symptoms (mental or physical) can occur: June, September & December.

During these times or at least 1 month before these months approach practice being serene and engage in some kind of meditation practice.

Foods to be eaten frequently to keep peak health:

Carrots, parsnips, kale, oatmeal, oatmeal breads, parsley and nuts of all kinds esp hazelnuts and walnuts.

Herbs to be eaten to achieve permanent good health:

Sweet marjoram, caraway seeds and thyme

These can be taken in food or as a liquid or vitamin supplement.

Slide 57: Colors that you should wear: pearl gray, light green, and silver. They should avoid dark colors.

Gems & Crystals: Aquamarine, platinum, or silver

(Hidden)Slide 58: Number 6

6 people can suffer from

1. Infections of the throat, nose, and upper part of the lungs
2. Infections of the chest and breast area eg women influenced by 6 are prone to breast problems and sometimes milk fever and mastitis during childbirth.
3. Mild heart complaints leading to irregular circulation of the blood
4. Bladder and kidney problems

(Hidden)Slide 59: Physical weaknesses can be caused by

1. Eating too much sugar
2. Lack of fresh air and exercise

Physical weaknesses can be diluted or negated by:

1. Avoiding food with sugar
2. Going out in nature esp. if a 6 person lives in the city.

(Hidden)Slide 60: Months to be more vigilant where most ill-health symptoms (mental or physical) can occur: May, October & November

During these times or at least 1 month before these months approach practice being serene and engage in some kind of meditation practice.

Foods to be eaten frequently to keep peak health:

All kinds of beans, parsnips, spinach, melons, pomegranates, apples, peaches, apricots, figs, walnuts and especially almonds.

Herbs to be eaten to achieve permanent good health:

Mint, daffodils, thyme, musk, violets, rose leaves

These can be taken in food or as a liquid or vitamin supplement.

Slide 61: Colors that you should wear: pastel shades of every color, especially pink and blue – sometimes earth tones, such as chocolate brown and deep green, but these are secondary to pastels .

Gems & Crystals: Opals and copper

(Hidden)Slide 62: Number 7

7 people can suffer from

1. Anxiety – these people are easily affected by worry, annoyance and frustration.
2. Depression & Melancholy - As long as their personal and business affairs are running smoothly, they're capable of producing amazing amounts of work, at home or in the office, but when they become worried by circumstances around them or the behavior of others around them, they're inclined to imagine that things are worse than they are thus making them fall into depression.
3. Depression leads physical fatigue.
4. Soaking up negative situations and attitudes like a sponge
5. Delicate skin – sensitive to the sun and friction.
6. Skin allergies due to indigestion, resulting in boils, pimples and rashes.

(Hidden)Slide 63: Physical weaknesses can be caused by

1. Taking on more than they can handle
2. Worrying too much

Physical weaknesses can be diluted or negated by:

1. Avoiding negative people
2. Avoiding too much sun
3. Avoiding worrying while eating
4. Surrounding themselves with water lilies and lotus blossoms.

(Hidden)Slide 64: Months to be more vigilant where most ill-health symptoms (mental or physical) can occur: January, February, July & August

During these times or at least 1 month before these months approach practice being serene and engage in some kind of meditation practice.

Foods to be eaten frequently to keep peak health:

Lettuce, cabbage, endive, cucumbers, apples, cranberries, and juices of all fruits.

Herbs to be eaten to achieve permanent good health:

Chicory, linseed, colewort, and sorrel

These can be taken in food or as a liquid or vitamin supplement.

Slide 65: Colors that you should wear: sea green, light yellow, aqua, pink and white. Avoid black or dark colors.

Gems & Crystals: Amethyst or emerald next to the skin.

(Hidden)Slide 66: Number 8

8 people can suffer from

1. Troubles of the liver, bile, intestines and excretory part of the system.
2. Migraine headaches
3. Diseases of the blood
4. Rheumatism
5. Autopoisoning

(Hidden)Slide 67: Physical weaknesses can be caused by

1. Eating meat since 8's are allergic to animal food

Physical weaknesses can be diluted or negated by:

1. Detoxing the body
2. Avoiding meat eating
3. Avoiding preservatives and additives

(Hidden)Slide 68: Months to be more vigilant where most ill-health symptoms (mental or physical) can occur:

January, February, July & December

During these times or at least 1 month before these months approach practice being serene and engage in some kind of meditation practice.

Foods to be eaten frequently to keep peak health:

Spinach, carrots, broccoli, & celery

Herbs to be eaten to achieve permanent good health:

Wintergreen, angelica, sage, ragwort, Solomon's seal, vervain, elder flowers, gravel root and mandrake root

These can be taken in food or as a liquid or vitamin supplement.

Slide 69: Colors that you should wear: indigo, all shades of brown, dark green and navy blue

Gems & Crystals: Diamond or onyx close to the skin.

(Hidden)Slide 70: Number 9

9 people can suffer from

1. Headaches
2. Extremely high fevers,
3. Illnesses that strike suddenly, get serious, and usually disappear as fast as they appeared (9 people rarely develop an illness that lingers or is chronic). 9's recuperative powers are vital and swift.
4. 9's are often the people that get chicken pox, measles etc.
5. Accidents to the head, cuts and burns – should be careful not to take chances during sports or other such activities

(Hidden)Slide 71: Physical weaknesses can be caused by

1. Participating in dangerous sports and extreme adventures.
2. Exposing themselves to contagious diseases

Physical weaknesses can be diluted or negated by:

1. Avoiding eating rich foods
2. Avoid alcohol

(Hidden)Slide 72: Months to be more vigilant where most ill-health symptoms (mental or physical) can occur:

February, April, May, October & November

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During these times or at least 1 month before these months approach practice being serene and engage in some kind of meditation practice.

Foods to be eaten frequently to keep peak health:

Onions, garlic, rhubarb, horseradish and tomatoes

Herbs to be eaten to achieve permanent good health:

Mustard seeds, spearwort, ginger, pepper, juice of nettles, danewort

These can be taken in food or as a liquid or vitamin supplement.

Slide 73: Colors that you should wear: crimson or ruby red (with no orange tones), true blue and pure white.

Gems & Crystals: Ruby close to the skin.

Slide 74: In addition to the color & gems I mentioned earlier, here are some other Colors & Gems based on your astrological sign that you should combine with your numerology number gems & colors to help you achieve emotional tranquility necessary as a foundation for good health.

Sun Sign	Planet	Color	Gem
Aries	Mars	Ruby/Crimson Red, True Blue & White	Ruby
Taurus	Venus	Rose pink, all shades of blue, brown & deep green	Sapphire
Gemini	Mercury	Pearl grey, light green & silver	Aquamarine
Cancer	Moon	Light green, pale yellow, silver, violet & Lavender	Moonstone & Pearls
Leo	Sun	Sunny yellow, orange & sometimes purple	Topaz
Virgo	Mercury	Pearl grey & silver, forest green & white	Green or White Jade
Libra	Venus	Rose pink, Pastel shades of every color esp. Light blue	Opal
Scorpio	Pluto	Black, blood red, burgundy, wine & Maroon	Bloodstone
Sagittarius	Jupiter	Autumn colors, eg yellow, bring orange	Turquoise

		& rust, turquoise, & purple	
Capricorn	Saturn	Indigo, navy blue, all shades of brown, & dark green	Diamond & Onyx
Aquarius	Uranus	Electric blue & Cobalt blue, Silver gray & ocean green	Mixed Azurite/Malachite
Pisces	Neptune	Emerald green, light yellow, pink & white	Emerald & Amethyst

So you see you need not be sick, need not suffer. All diseases, ailments, aches and pains are but in our mind, and if we use the techniques taught today, you can overcome anything.

Slide 75: Thank you.