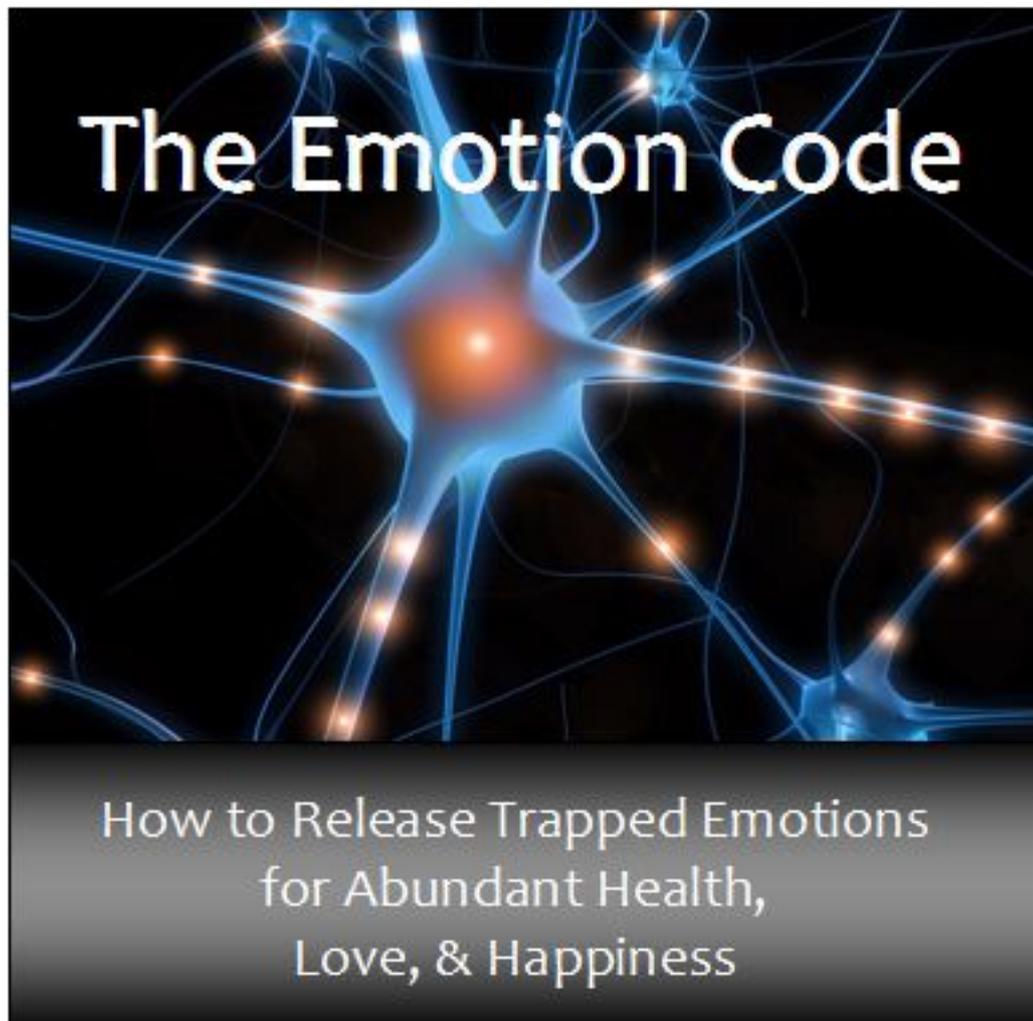


PASCAS CARE

Emotion Code

Circuitry Vol II



“Peace And Spirit Creating Alternative Solutions”

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Queensland, Australia

Pascas Foundation is a not for profit organisation

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PASCAS INTRODUCTION:

Documents assembled by Pascas are provided for your individual assessment and exploration. The contents are sourced from a variety of avenues and publications. Every endeavour is made to determine that the contents are of the highest level of truth and veracity. At all times we ask that you go within yourself, to ascertain for yourself, how the contents resonate with you.

Pascas provides these notes and observations to assist us all in the development and growth of our own pathways and consciousness. Pascas does not hold these contents as dogma. Pascas is about looking within oneself. Much of what we are observing is new to us readers and thus, we consider that you will take on board that which resonates with you, investigate further those items of interest, and discard that which does not feel appropriate to you.

Kinesiological muscle testing, as developed by Dr David R Hawkins and quantified by his Map of Consciousness (MOC) table, has been used to ascertain the possible level of truth of documents. Such tested calibration levels appear within the document. We ask that you consider testing same for yourself. The technique and process is outlined within Pascas documents, such as Pascas Care – Energy Level of Food. From each persons perspective, results may vary somewhat. The calibration is offered as a guide only and just another tool to assist in considering the possibilities. As a contrast, consider using this technique to test the level of truth of your local daily newspaper.

Contents are not to be interpreted as an independent guide to self-healing. The information sourced herein is not from a doctor or doctors, and any information provided in this document should not be in lieu of consultation with your physician, doctor, or other health care professional. Pascas, nor anyone associated with this document, does not assume any responsibility whatsoever for the results of any application or use of any process, technique, compound or potion as described within this document.

The sources of contents are noted throughout the document. In doing so, we acknowledge the importance of these sources and encourage our readers to consider further these sources. Should we have infringed upon a copyright pertaining to content, graphics and or pictures, we apologise. In such cases, we will endeavour to make the appropriate notations within the documents that we have assembled as a service via our not for profit arm, to our interested community.

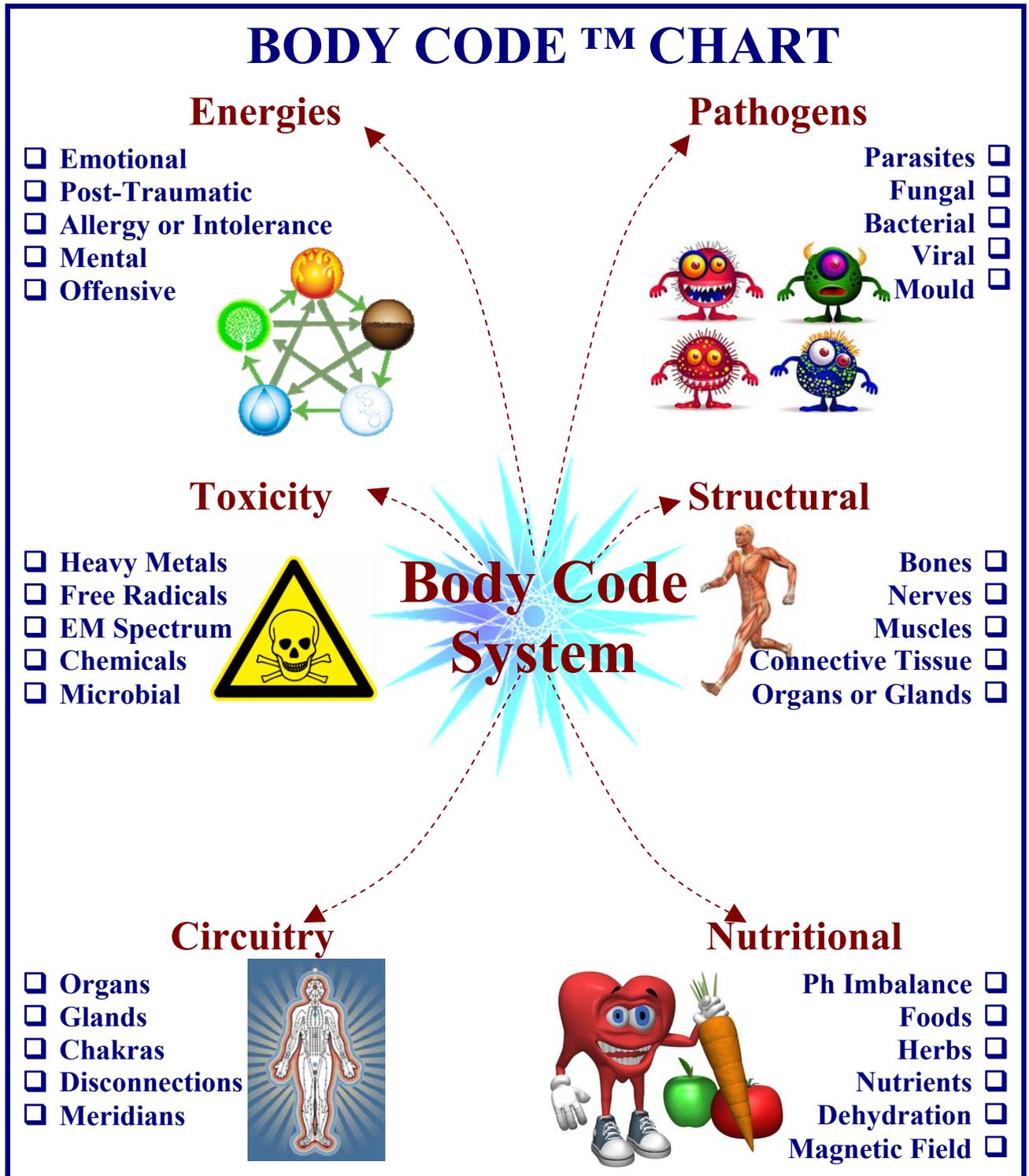
We offer all contents in love and with the fullness of grace, which is intended to flow to readers who join us upon this fascinating journey throughout this incredible changing era we are all experiencing.

Living Feelings First, *John.*

“Never can one man do more for another man than by making it known of the availability of and the Feeling Healing process and Divine Love.” JD

<p>Treatment Session = Management of energy flow within in our bodies = Release of Negative Emotions.</p>
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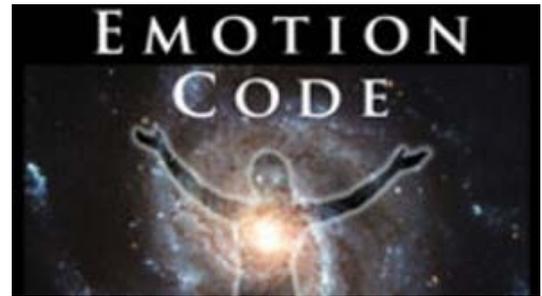




BODY CODE – CIRCUITRY – Vol II of II:

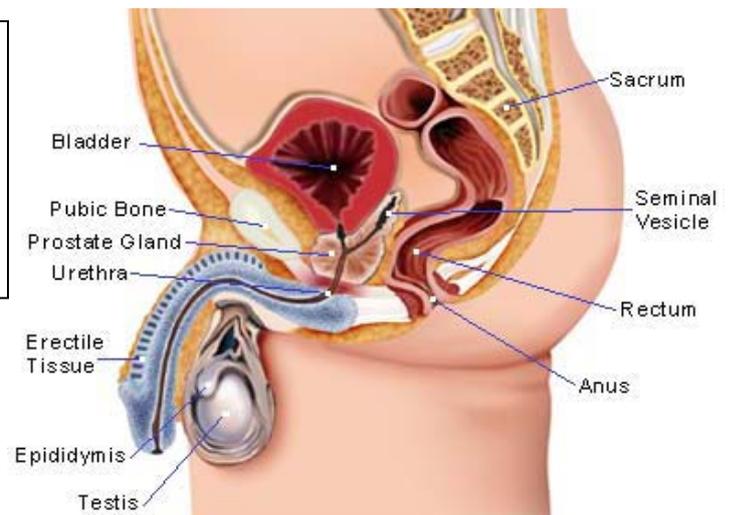
The PROSTATE GLAND:

The prostate gland is analogous to the uterus in the female, and as a result the emotions produced and the muscles that are energetically connected are the same. The prostate is a small muscular organ about the size of a chestnut located just below the bladder.



PURPOSE of the PROSTATE GLAND

- **To produce a thin, zinc-containing opaque secretion (Prostatic Fluid) that helps to nourish sperm cells.**
- **Muscular contractions help to propel ejaculate fluid.**

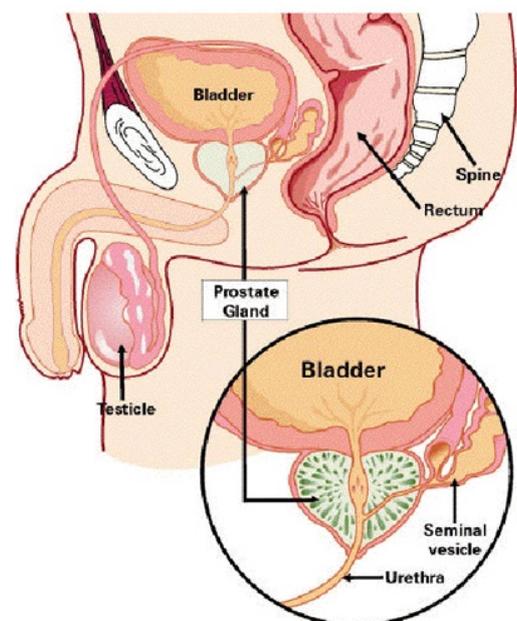


Purpose of the Prostate

The purpose of it is to produce a thin zinc-containing opaque secretion known as *Prostatic Fluid*, which helps to nourish the sperm cells. It's also a muscular gland, and the contractions of the prostate help to propel the ejaculate fluid.

Prostate Gland Malfunction

Symptoms of prostate gland malfunction may include infertility, pain in the low back, pain in the left hip, and decreased urine flow. As men get past age 50 they often begin to suffer from *Benign Prostatic Hypertrophy* of BPH, which tends to reduce the flow of urine. It's one of the reasons why when men get older, they will often report that they have to get up a number of times every night to go to the bathroom, and their urine flow is reduced. I believe one of the reasons for this is a zinc deficiency because every time a man ejaculates, he actually loses a good deal of zinc from his body, as zinc is a constituent of prostatic fluid. Trapped emotions may also lodge in the prostate gland, and releasing them can have a very beneficial effect on this organ, as you might imagine.



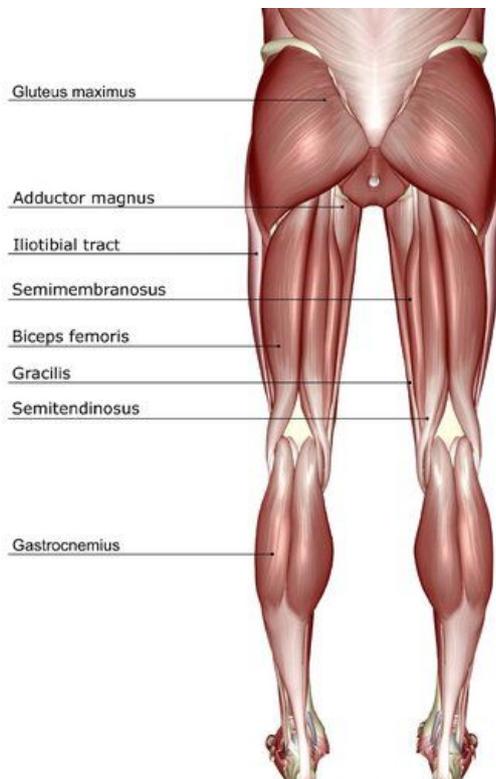
PROSTATE GLAND MALFUNCTION

- **Infertility**
- **Pain in low back**
- **Pain in left hip**
- **Decreased urine flow.**



Emotions Produced by the Prostate Gland

The emotions produced by the prostate gland are the same as the emotions produced by the uterus: *Humiliation, Jealousy, Longing, Lust, Overwhelm, Pride, Shame, Shock, Unworthy and Worthless.*



PROSTATE GLAND EMOTIONS

- | | |
|----------------------|--------------------|
| • Humiliation | • Pride |
| • Jealousy | • Shame |
| • Longing | • Shock |
| • Lust | • Unworthy |
| • Overwhelm | • Worthless |

Prostate Gland Muscle Connections

The muscles connections are also the same as the uterus: the *Gluteal* muscles and the *Adductor* muscles of the thighs.

Prostate Test Point

The test point for the prostate gland is exactly the same as for the uterus. It's half way between the umbilical and the pubic bone.



Common Symptoms of Prostate Imbalance

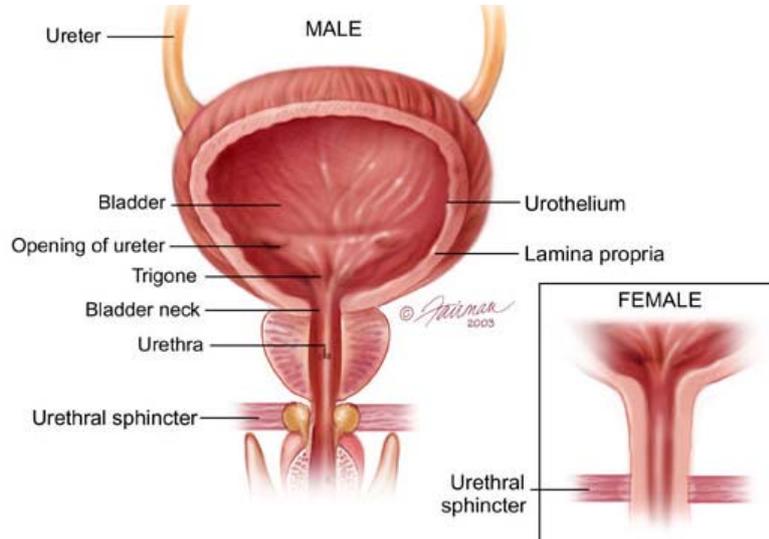
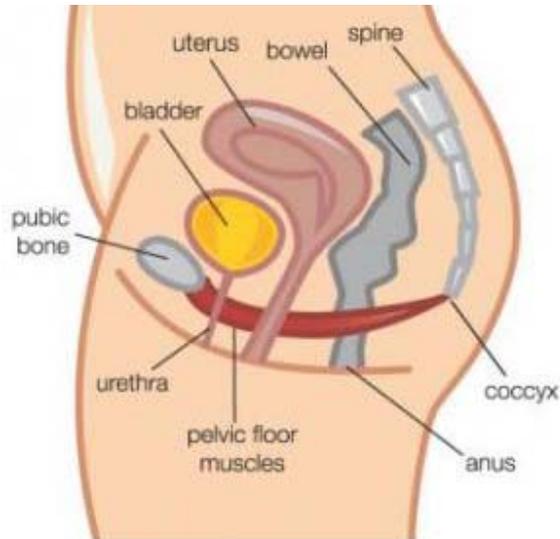
The most common symptoms of prostate imbalance are discomfort in the low back, discomfort in the left hip, and interrupted sleep due to frequent urination.

Prostate Gland Most Common Symptom(s)

- **Discomfort in the low back.**
- **Discomfort in the left hip.**
- **Interrupted sleep due to urination.**

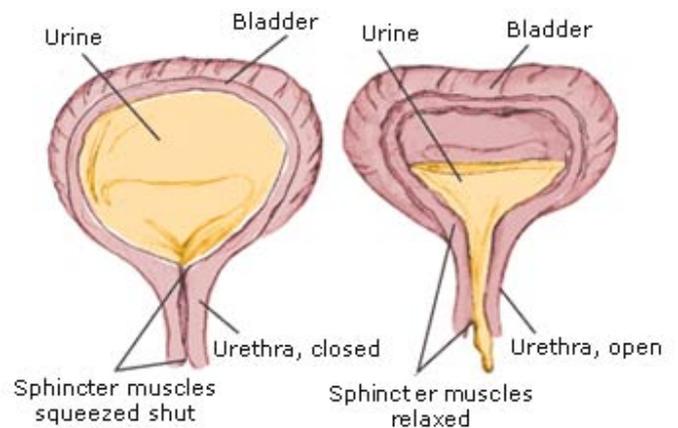
The BLADDER:

Here's a picture of the bladder as seen in a cross-section of the body. It's a very muscular and elastic hollow organ.



PURPOSE of the BLADDER

- **A muscular, elastic organ that contains urine from the kidneys.**

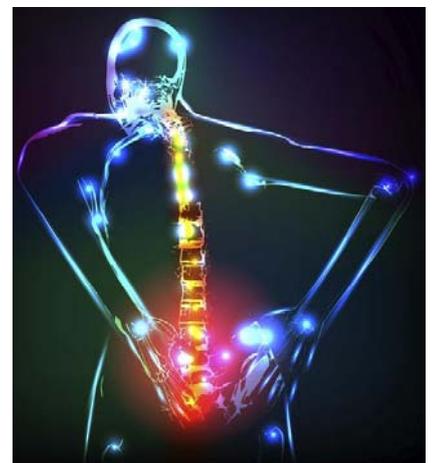


Purpose of the Bladder

The Bladder contains urine that is produced by the kidneys and holds that urine until urination.

BLADDER MALFUNCTION

- **Incontinence.**
- **Urgency, frequent urination or nocturia.**
- **Infection.**
- **Bedwetting.**
- **Bleeding (#1 sign of bladder cancer).**



Bladder Malfunction

With bladder malfunction you might see incontinence, urgency, frequent urination, or *nocturia*. Nocturia is the name given to describe the dilemma of having to get up to urinate in the night a lot. Bed-wetting and bleeding are some other possible results of bladder malfunction. If you're passing blood in your urine that is the number one sign of bladder cancer.

Emotions Produced by the Bladder

Bladder emotions are *Blaming, Dread, Fear, Horror, Peeved, Conflict, Creative Insecurity, Terror, Unsupported, and Wishy Washy*. You may notice that these are the same emotions that are produced by the kidneys. *Peeved* is a polite way of saying *pissed off*, (excuse the expression). You'll most likely be able to remember this emotion more easily than any other because it has to do with the bladder and the kidney, which have to do with producing and eliminating urine. There's often a little grain of truth in these old sayings, it seems!

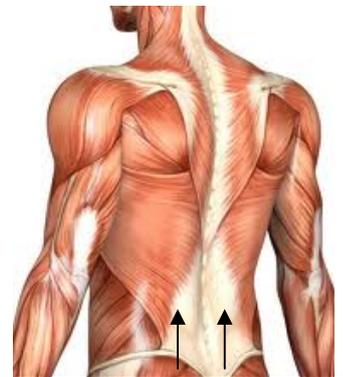
KIDNEY EMOTIONS

- | | |
|------------------|------------------------------|
| • Blaming | • Conflict |
| • Dread | • Creative Insecurity |
| • Fear | • Terror |
| • Horror | • Unsupported |
| • Peeved | • Wishy Washy |

Bladder Muscle Connections

The *Para spinal* muscles that lie along the spine on both sides along its entire length, from the base of the skull all the way down to the very bottom of the lumbar spine.

The other muscles connected energetically with the bladder are the *Tibialis Anterior* muscles, the muscles that are involved when you suffer from shin-splints, and the *Peroneus Longus* and *Brevis* muscles as you can see pictured here.



Para spinal Muscles

Bladder Test Point

The bladder test point again is right at the top of the pubic bone and of course, this is definitely one that you do not want to touch on somebody else without their permission. Better still, you can simply have them touch this point with one hand, then test their other arm.



Common Symptoms of Bladder Imbalance

The most common symptoms of bladder imbalance are discomfort in the low back, discomfort in the knee, ankle, or foot, and interrupted sleep due to frequent urination.



The TESTICLES:

Let's take a look now at the testicles. The testicles are suspended below the body where it's a little bit cooler, as sperm thrive better in cooler temperatures.

PURPOSE of the TESTICLES

- **Production of Sperm.**
- **Produce male hormones, especially testosterone.**

Purpose of the testicles

The testicles produce sperm and also some male hormones, especially testosterone, the most significant of the male hormones.

Emotions produced by the Testicles

The emotions produced by testicles include *Humiliation, Jealousy, Longing, Lust, Overwhelm, Pride, Shame, Shock, Unworthy* and *Worthless*.

Testicle Muscle Connections

There are no known muscle connections at this time between the testicles and the muscles of the body.

- **No known muscle connections.**

Testicle Test Points

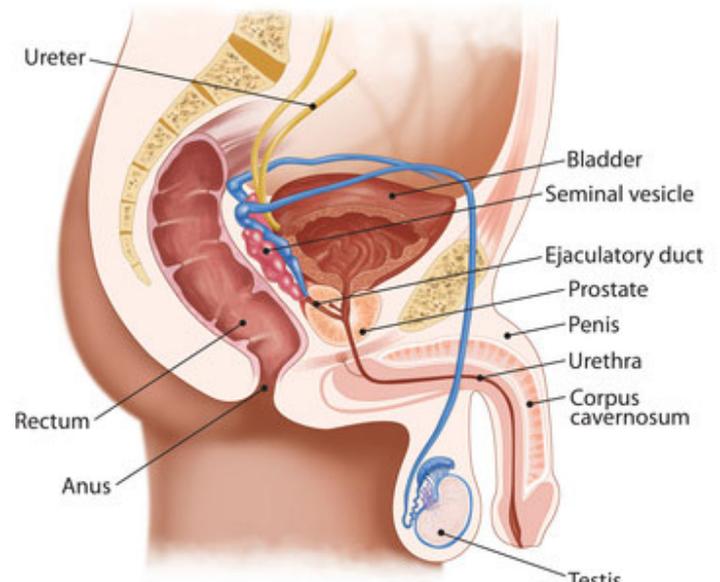
The test points are four finger widths at a 45° angle downward on either side from the umbilicus as shown here.

Most Common Symptoms of Testicle Imbalance

The most common symptoms of testicle imbalance are infertility, lowered sex drive, and lowered initiative (due to the reduction in testosterone).

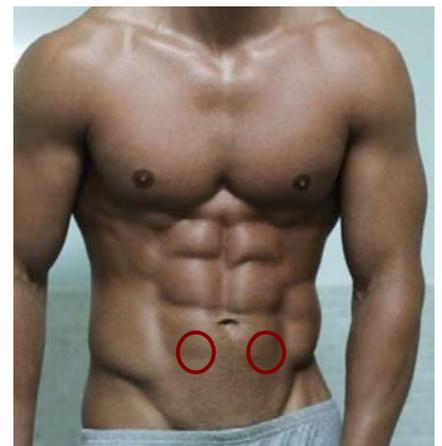
Testicles Most Common Symptom(s)

- **Infertility**
- **Lowered sex drive**
- **Lowered initiative.**



TESTICLE EMOTIONS

- | | |
|----------------------|--------------------|
| • Humiliation | • Pride |
| • Jealousy | • Shame |
| • Longing | • Shock |
| • Lust | • Unworthy |
| • Overwhelm | • Worthless |

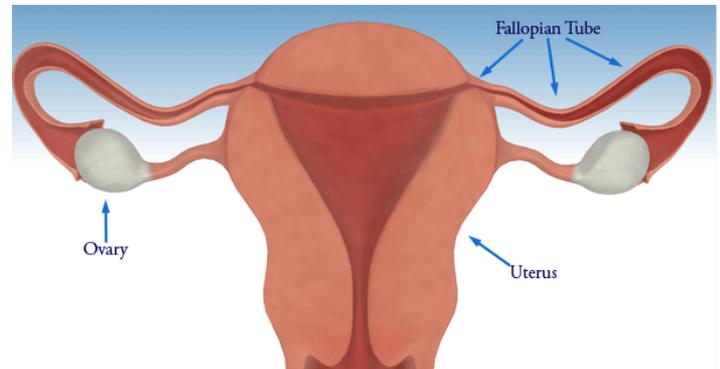


The OVARIES:

The ovaries in the female are analogous to the testicles in the male. There are two ovaries, left and right. In this image you can see the ovaries on the left and right side of the uterus, at the upper ends of the fallopian tubes.

PURPOSE of the OVARIES

- **Produce ova or eggs.**
- **Secrete oestrogen and progesterone, female hormones.**



Purpose of the Ovaries

The ovaries produce ova or eggs. They also secrete oestrogen and progesterone, which of course are the primary female hormones.

Emotions produced by the Ovaries

The emotions produced by the ovaries are the same as for the testicles, and include *Humiliation, Jealousy, Longing, Lust, Overwhelm, Pride, Shame, Shock, Unworthy* and *Worthless*.

OVARY EMOTIONS

- **Humiliation**
- **Jealousy**
- **Longing**
- **Lust**
- **Overwhelm**
- **Pride**
- **Shame**
- **Shock**
- **Unworthy**
- **Worthless**

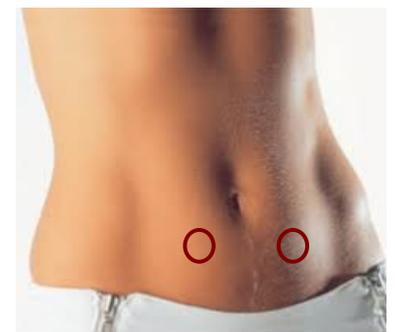
Ovaries Muscle Connections

There are no known muscle connections at this time between the ovaries and the muscles of the body.

- **No known muscle connections.**

Ovaries Test Points

The test points are exactly the same as the test points for the testicles and are located four finger widths at a 45° angle downward on either side from the umbilicus as shown here.



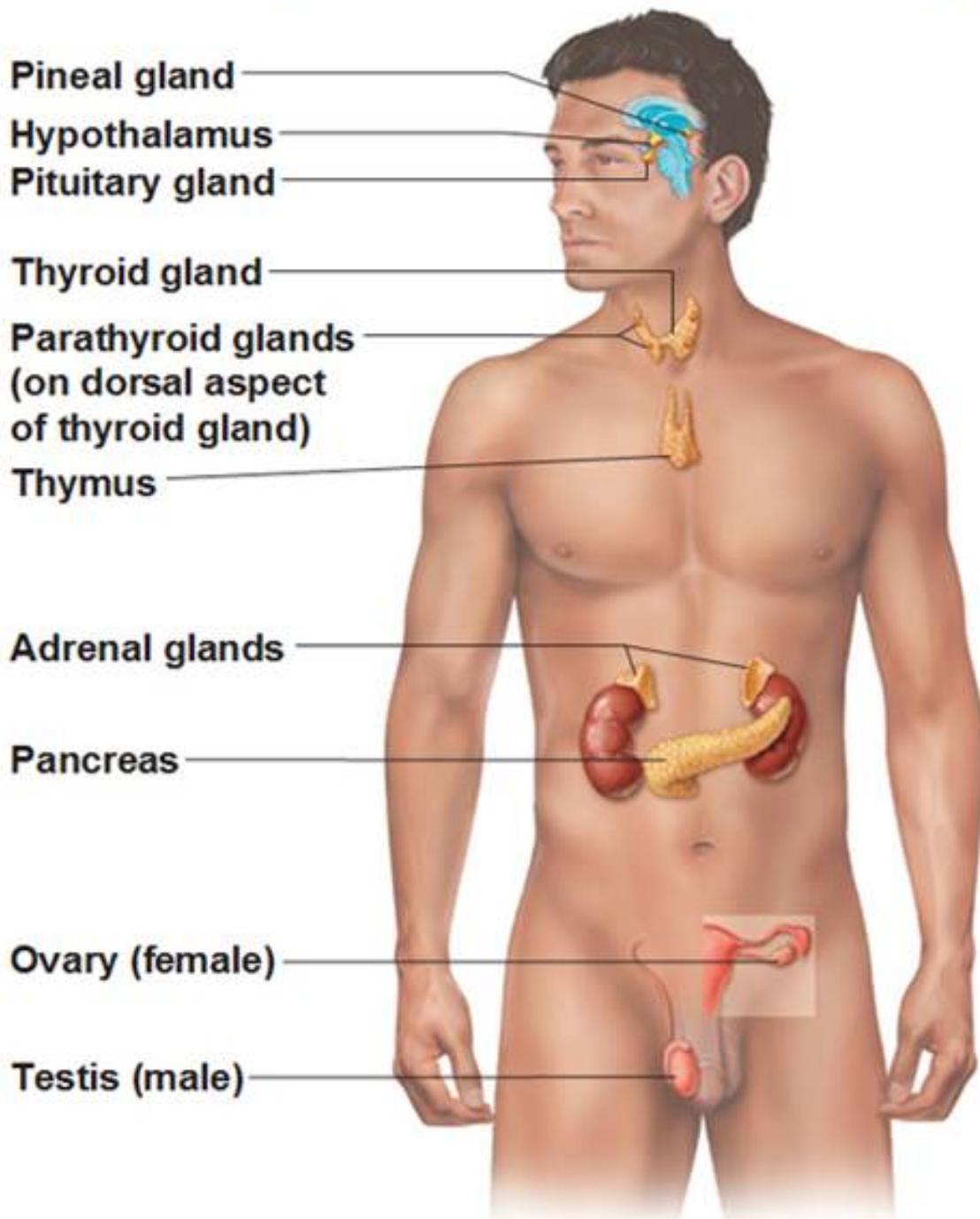
Most Common Symptoms of Ovary Imbalance

The most common symptoms of ovary imbalance are infertility, difficult menses due to hormonal fluctuations, hormonal imbalances, lowered sex drive, and lowered initiative.

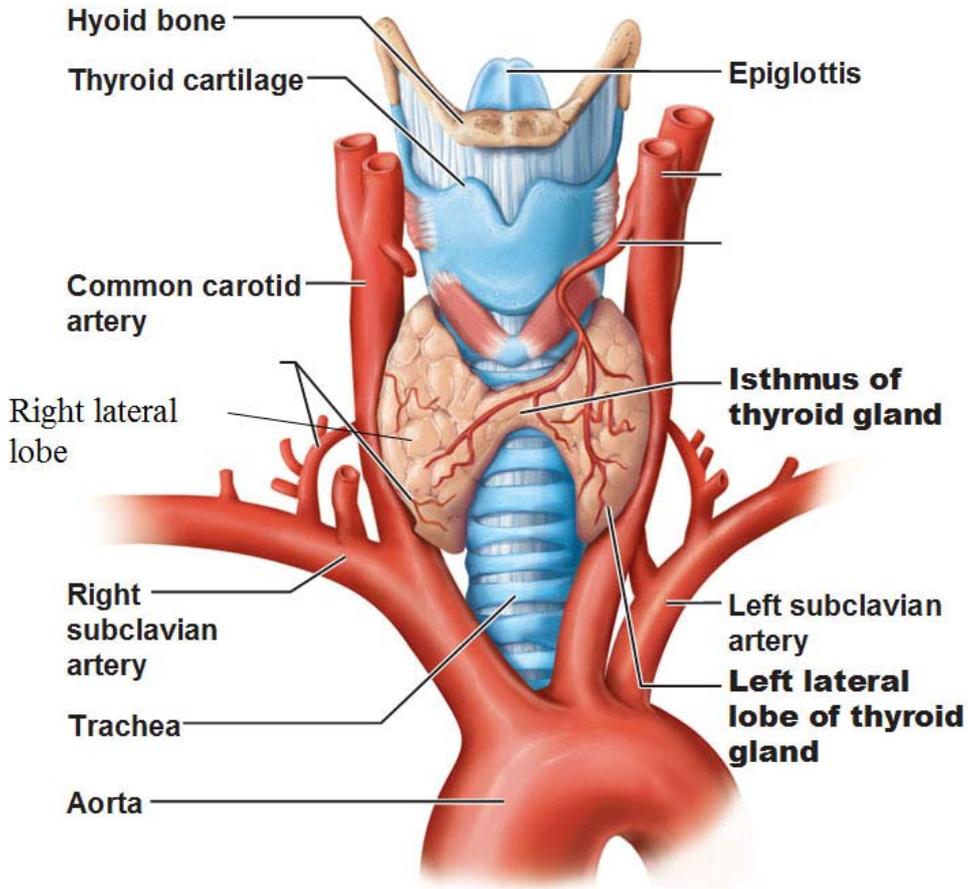
Most Common Symptom(s)

- **Infertility**
- **Difficult menses**
- **Hormonal imbalance**
- **Lowered sex drive**
- **Lowered initiative.**

The Major Endocrine Organs

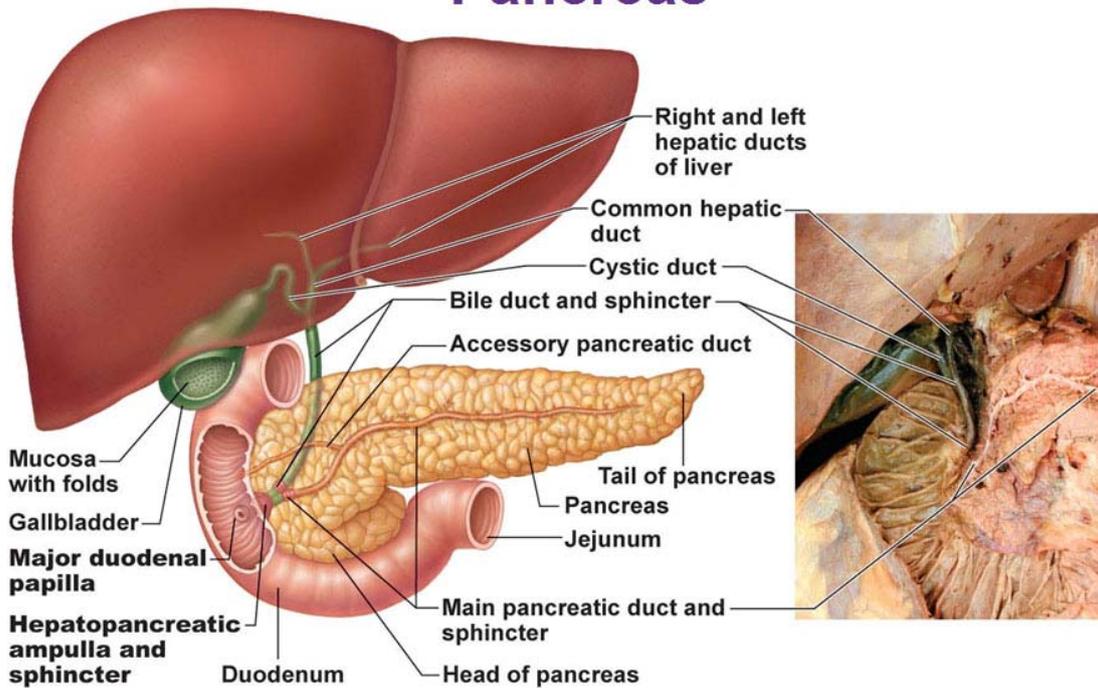


The Thyroid Gland

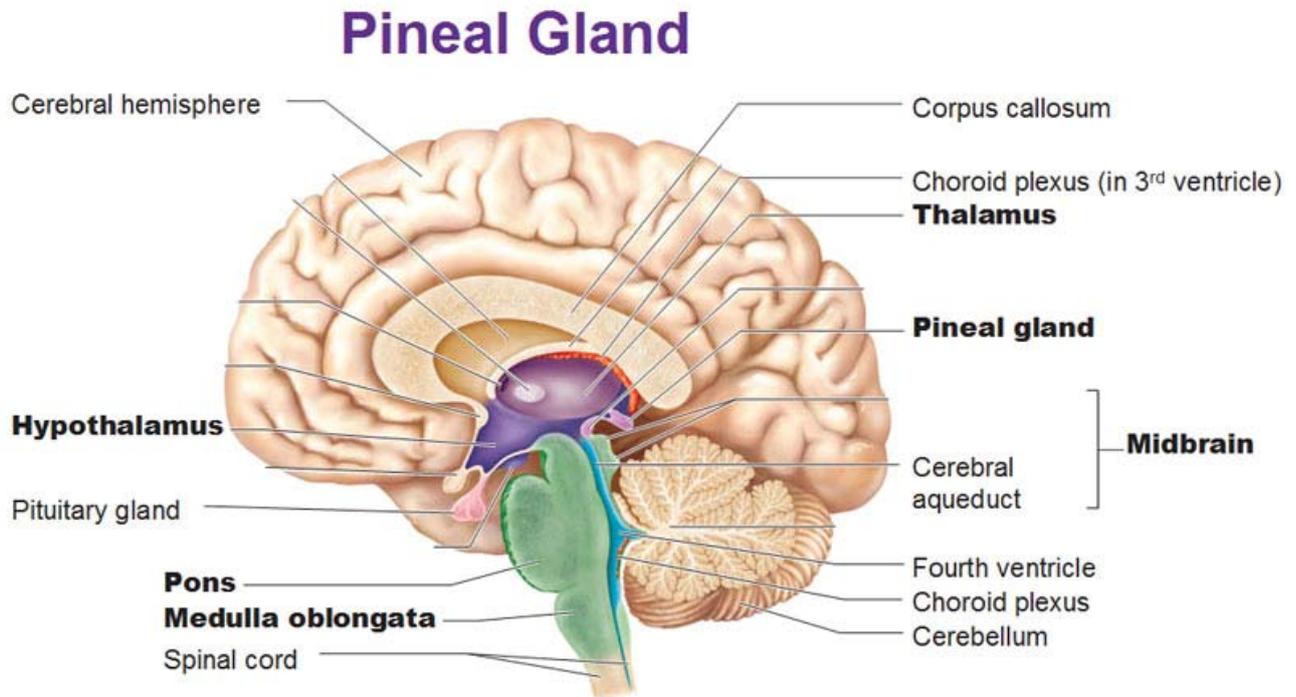


Gross anatomy of the thyroid gland, anterior view

Pancreas



The PINEAL GLAND:



Let's take a look now at the pineal gland. As you can see here, the pineal gland is located right in the centre of this image, near the centre of the brain.

Purpose of the Pineal Gland

Its purpose is to produce *melatonin*, which many people take as a supplement to help them sleep.

Emotions Produced by the Pineal Gland

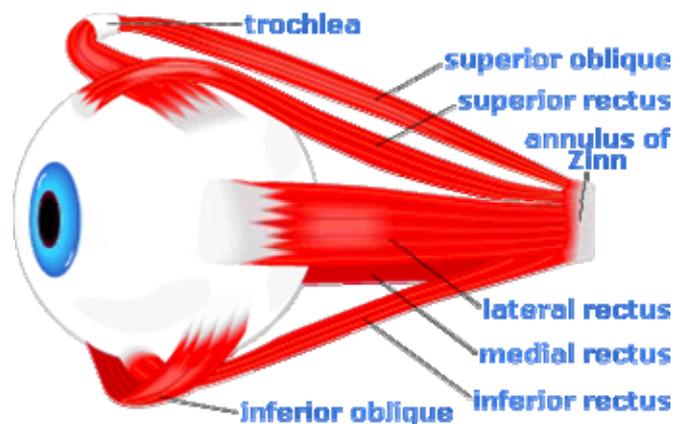
There are no known emotions that are produced by the pineal gland.

Pineal Gland Muscle Connections

The muscles of eye movement are connected energetically with the pineal gland, as you can see here. An imbalance in the pineal gland then will tend to imbalance these muscles. The pineal gland is also energetically connected to the brow or third eye chakra.

PURPOSE of the PINEAL GLAND

- **Produces melatonin (sleep aid).**
- **No known emotions are produced by the Pineal Gland.**



Pineal Gland Test Point

The test point is at the edge of the forehead, in between the eyes.

Most Common Symptom of Pineal Gland Imbalance

The most common symptom of pineal gland imbalance is insomnia. The pineal gland is very much affected by the amount of sunlight we receive, and people who live in the high Northern or Southern latitudes sometimes suffer from S.A.D., or Seasonal Affective Disorder, which is caused by long dark winters and not enough sunlight. This can be helped by getting more sunlight, and even by directing the beam of a flashlight at the pineal gland test point!



Feelings first

LIVE FEELINGS FIRST

“Never can one man do more for another man than by making it known of the availability of the Feeling Healing process and Divine Love.” JD

**Feeling
Healing with
Divine Love is
the key!**



The HYPOTHALAMUS:

The hypothalamus is another important gland in the brain, which you can see here, in between the left and right thalamus.

Purpose of the Hypothalamus Gland

The purpose of the hypothalamus gland is varied. The hypothalamus secretes hormones that regulate body temperature, hunger, thirst, fatigue, and circadian rhythm. *Circadian rhythm* is the sleeping and waking rhythms of the body. As you can see, the hypothalamus is a very important gland.

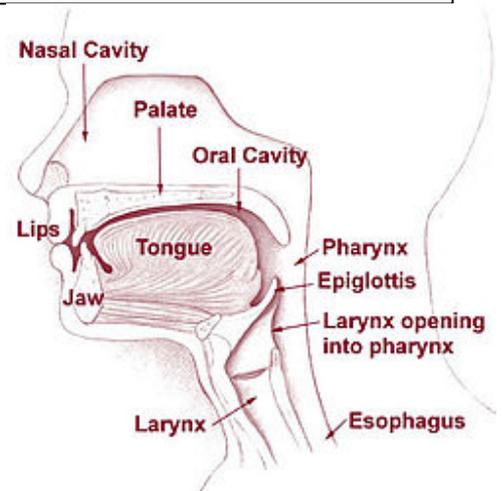
Emotions Produced by the Hypothalamus Gland

There are no known emotions that are produced by the hypothalamus gland.

- **No known emotions are produced by the Hypothalamus Gland.**

Hypothalamus Gland Muscle Connections

The hypothalamus is connected energetically with the muscles of the pharynx. Those are the swallowing muscles, as you can see here.

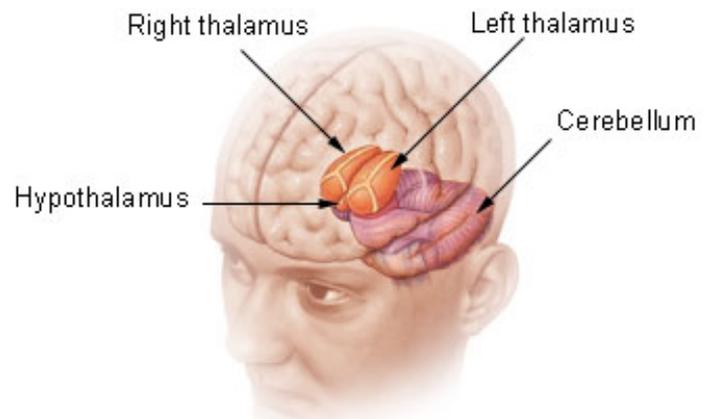


Hypothalamus Test Point

The hypothalamus test point is two finger widths above the point that is used for the pineal point. As you can see here, it's right about the middle of the forehead. Remember that your intention is very important when touching these points; in other words, when touching a certain point to test an organ or gland, you must also have in your mind what specific organ or gland you are trying to test, so that the subconscious mind of the person you are testing is clear about what answer to give you. Also note that these test points on the forehead are much closer together than most test points on the rest of the body, and although the points will enlarge when imbalances occurs, they will not overlap.



Diencephalon



Most Common Symptoms

The most common symptoms of a hypothalamus imbalance are insomnia, chilling, or inability to stay cool or warm, disruption of the thirst mechanism, or never feeling thirsty.

Hypothalamus Most Common Symptom(s)

- **Insomnia**
- **Chilling**
- **Disruption of thirst mechanism (never feeling thirsty).**

**PASCAS
PAPERS**

Release one's pain through expressing one's feelings.

in conjunction with

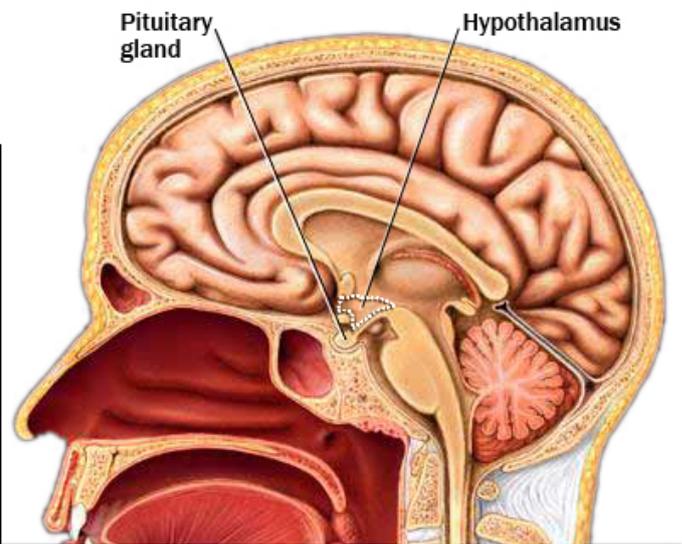
Longing for the Truth when also longing for Divine Love.

The PITUITARY:

Let's take a look now at the pituitary gland. You can see the pituitary is located here on the lower aspect of the front half of the brain.

PURPOSE of the PITUITARY GLAND

- **Secretes hormones that regulate body balance or 'homeostasis'.**
- **Secretes hormones that influence other glands.**
- **Blood pressure.**
- **Aspects of childbirth and pregnancy**
- **Production of breast milk.**
- **Sex organ function in both sexes.**
- **Thyroid gland function.**
- **Metabolism.**
- **Water and hydration regulation.**
- **Water absorption by kidneys.**
- **Temperature regulation.**



Purpose of the Pituitary Gland

The purpose of the pituitary gland is to secrete hormones that regulate the body balance, or what we call *homeostasis*.

It secretes hormones that influence other glands that control blood pressure, aspects of childbirth and pregnancy, the production of breast milk, sex organ function in both sexes, thyroid gland function, metabolism, water and hydration regulation, water absorption by the kidneys, and temperature regulation. As you can see, the pituitary gland is very important and it does a lot.

Emotions Produced by the Pituitary Gland

There are no known emotions that are produced by the pituitary gland.

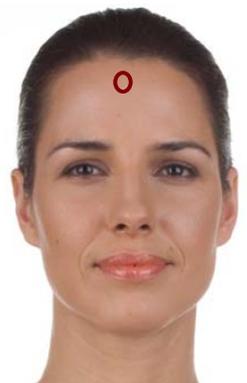
- **No known emotions are produced by the Pituitary Gland.**

The Muscle Connections

There are also no known muscle connections

Test Point

The test point for the pituitary gland is four finger widths, straight up from the pin right at the edge of the hairline on the forehead.



Most Common Symptoms

The most common symptoms of pituitary gland imbalance are hormonal imbalances, dehydration, fatigue, high blood pressure, and weight gain (remember that the pituitary controls the thyroid gland, and thyroid slow-down will result in weight gain).

The “Usual Suspects”

Over the years I (Dr Bradley Nelson) have learned that the most common organ and gland imbalances that create discomfort can be arranged into a table like that shown here. This can be useful in knowing which organs or glands to check if you are attempting to address a specific problem. For example, let’s say your friend is suffering from low back discomfort. You might begin by checking the balance of the kidneys, both left and right. If they are testing okay, you might check the IleoCeacal valve, then the uterus and the adrenals. You can test these organs and glands in any order you want, but the organs and glands are arranged here by frequency or likelihood of your finding them to be part of the problem. In other words, kidney imbalance is the most common cause of low back trouble, followed by ileocecal valve, followed by uterus, followed by adrenals. Remember that this is not cast in stone, this order simply reflects my own experience, and I share it here simply to save you time. This list is not all-inclusive, but it gives you a great place to start.

“The Usual Suspects”	
Low Back Pain	Kidney – IleoCeacal Valve – Uterus – Adrenals
Knee Pain	Adrenals (left knee) Gall Bladder (right knee)
Mid-Back Pain	Liver – Spleen – Gall Bladder
Wrist / Elbow	Stomach / Spleen / Pancreas
Shoulder	Thyroid / Gall Bladder / Heart
TMJ	Kidney (Temporomandibular joint disorder)

TESTING for CONTENTEDNESS:

An even better way to determine imbalance in organs and glands is what I like to call *Testing for Contentedness*. Testing the individual organ and gland points to find ‘blown fuses’ is a very valuable technique, and you should know how to do it. But testing for contentedness is an even more precise way to find out how individual organs and glands are doing. To understand how this works, you need to understand the nature of things, at least as I see it. I think this may make sense to you too.

The Nature of Things...

**All things were created
spiritually before they
were created physically.**

The Nature of Things

I (Dr Bradley Nelson) believe that all things were created spiritually *before* they were created physically. I believe that all things are designed for *Joy*, and I believe that joy is the purpose of our existence and the *purpose of all things*.

All things are designed for joy...

**Joy is the purpose of our
existence and the purpose of all
things... to grow in love.**



Happy Organs

The ancient physicians looked upon the organs and glands as separate ‘officials’ in the ‘kingdom’ of the body. Some organs and glands were subservient to others and some were dominant over others, and there were intricate relationships between them all, and each organ and gland was viewed as a separate *intelligence*. If you simply ask an organ or gland or any part of the body if it is ‘contented’ or ‘happy’, the body will tell you. This can reveal imbalances that otherwise may not show up for a long, long time, because an organ may be ‘unhappy’ or ‘discontented’ for years before it finally ‘blows a fuse!’

Testing for Happy Organs

You can simply ask, “Is your (or is my) (organ or gland name) happy?” If you’re testing someone else, you could ask, “Is your heart happy?” Or “Is your small intestine happy?” “Is your spleen happy?”

Say you're working on a person and you check all these individual body points and they all test perfectly fine. What you're testing for are blown fuses or blown circuits, and that's fine. But if you want to take it to the next level, if you want to dig deeper and discern things that you might otherwise miss, try asking if the same organs or glands are 'happy' or 'contented' and you may be surprised to see what you uncover

HAPPY ORGANS

- **Anciently, the organs and glands were seen as separate officials in the kingdom of the body.**

For example, a person may have a liver circuit that might test okay when you touch the liver test point and do a muscle test, but still the liver might be not quite content. It might be unhappy because perhaps there's a trapped emotion there, or an infection and so on. If you test the circuit by touching the test point, the circuit may actually be okay, no blown fuse being detected, the arm staying strong when you touch the test point; and that might make you think that the organ is perfectly fine. But to take it another level, an even deeper level, you can simply ask, "Is the name of organ happy?" If the answer is *No*, ask, "Is this because of a trapped emotion?"



The most common reason for organ imbalance, or for organs or glands to be unhappy is because of trapped emotions.

This is similar to asking a friend how they are doing. Their automatic response may be, "Fine". But if you look them in the eye and ask, "No, really. How are you?" they may open up to you and tell you all about their current situation. When you ask the body if an organ or gland is 'happy' or 'content', you are really asking that organ or gland, "No, really. How are you? Are you really happy right now?" and when you ask in this way, you will find things that you otherwise may not find!

HAPPY ORGANS

- **If you simply ask, the body will tell you if an organ or gland (or any body part) is "happy" or not.**
- **This can reveal imbalances that otherwise may not show up for a long time.**



If an organ or gland shows up as being 'unhappy', you might ask "Is this because of an imbalance on the right side of the chart?" If it's not, ask, "Is it on the left side of the chart?" Asking questions in this way will lead you to the reason for the imbalance. When I say chart, I'm talking about the Body Code chart

of all the imbalances. Whenever you find an organ that's imbalanced, there is always a reason for it and all of the possible reasons are listed on the chart.

It may be a pathogen. It could be some kind of nutritional deficiency. It could be a structural imbalance. It could be a trapped emotion. It could be a trauma. It could be some kind of toxicity.

You don't know what it is, but if an organ is unhappy, I guarantee you that you will be able to find the reason why in short order if you use the chart. So this is another way you can find imbalances that otherwise might not show up for many, many years.

FOR EXAMPLE...

- **Just ask "Is your (my) (name of body part) happy?"**
- **If no, ask, "Is this because of a trapped emotion?" OR**
- **Ask, is this because of an imbalance on the right / left side of the Body Code chart, etc. Asking questions in this way will lead you to the reason for the imbalance.**

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

**Firstly, consider discovering the truth of your emotional pain through Feeling Healing.
Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing.
Primary and most important readings are the writings of James Moncrief.
Then consider the Padgett Messages, and then The Urantia Book.**

The CHAKRAS:

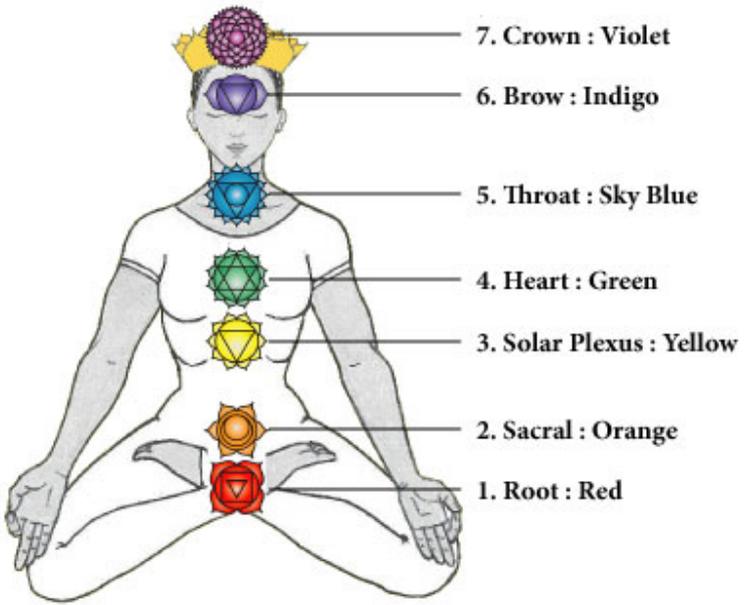
Let’s take a look now at the Chakras. The purpose of this module is to help you understand what the Chakras are, how to detect the imbalances that can occur in the Chakras, and also understand what to do and how to correct them.

- **Understand the Chakra.**
- **Understand how to detect imbalances.**
- **Understand how to correct imbalances.**

Chakras are the Body’s Energy Centres

You’ll notice in this picture that there are seven Chakras. We’re going to take a look at each of these in turn, starting from the top. First of all, *Chakra* is an Indian word that literally means wheel or disc. These seven energy centres emanate from the spine, except for the Crown Chakra, which emanates from the top of the head. I like to think of the Chakras as being the power sources or ‘force centres’ of the body’s energy field. Each Chakra is believed to have an influence over the organs or glands in its vicinity. Western medicine does not generally acknowledge the existence of the Chakras, because they are not to be found in an autopsy, but they do exist, and they may become imbalanced. As you might imagine, the most common reason for Chakra imbalance is trapped emotions lodged in their vicinity.

- The CHAKRAS**
- **Chakra “Wheel or Disk”.**
 - **Emanate from spine.**
 - **Centres of energy.**
 - **Often imbalanced by trapped emotions.**



- CROWN CHAKRA “Sahasrara”**
- **“Lotus of 1,000 petals”.**
 - **Pure consciousness.**
 - **Colour violet**
 - **Inner wisdom**
 - **Connection to universal intelligence.**



The Crown Chakra

First, let's take a look at the Crown Chakra. The Indian name for this one is *Sahasrara*. It's often symbolised by the image of a lotus with a thousand petals, as you see here. The Crown Chakra is associated with the concept of pure consciousness.

Crown Chakra Colours and Associations

Every Chakra has a colour associated. The colours that are associated are also associated with crystal healing. For example, to open up the Crown Chakra you might use a crystal that has the colour violet. The Crown Chakra is associated with inner wisdom and our connection to universal intelligence. The location of the Crown Chakra is right at the top of the head, or the soft spot in the head of a newborn. It is that energy coming out of the Crown Chakra that connects you up to the energy of the universe, or in other words, the energy of the universe enters your body through the Crown Chakra, or so it is thought.

Crown Chakra Connections

Physically, the Crown Chakra is connected with meditation. Emotionally, it's associated with beingness or that particular feeling that you have, that sensation of actually being who you are. Mentally, it's connected with unity of not only of yourself with other people but also of yourself with the universe. And of course spiritually, it is associated with our connection to the divine.

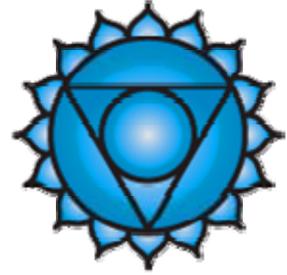
CROWN CHAKRA

- **Location:** Crown of the head.
- **Physically:** meditation.
- **Emotionally:** beingness.
- **Mentally:** unity.
- **Spiritually:** connection to divine.



THROAT CHAKRA “Vishuddha”

- “Lotus with sixteen petals”
- Linked to the Thyroid Gland.
- Colour light or pale blue or turquoise.
- Communication.
- Speaking your truth.



The Throat Chakra

The Throat Chakra is known as *Vishuddha*. It is likened to a lotus with 16 petals as you can see here. Physically it's connected with and influences the thyroid gland.

Throat Chakra Colours and Associations

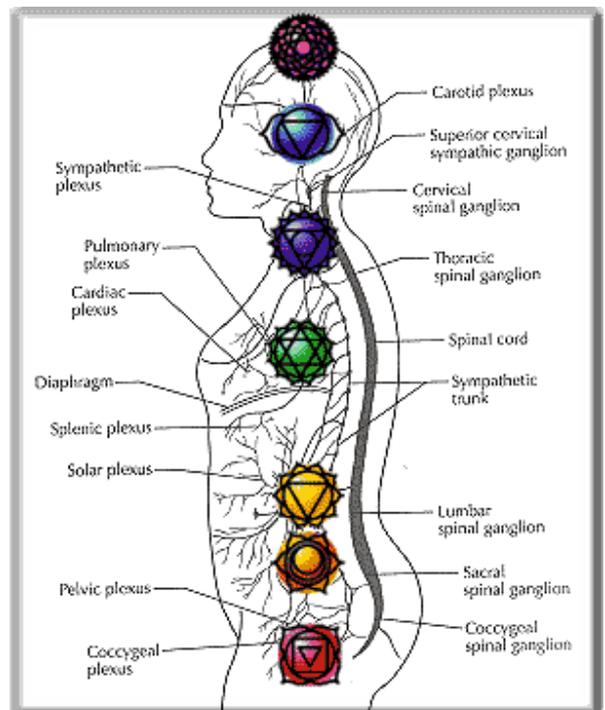
The colour is light or pale blue or turquoise. It's associated with communication or speaking your truth. Oftentimes, when we have not spoken our truth, or when we have not been willing to speak up about something, the Throat Chakra will become imbalanced. Trapped emotions that lodge in the throat will also short circuit or imbalance the throat chakra. Again, remember that the most common cause of chakra imbalances, in my experience, is trapped emotions. The Throat Chakra, of course is located at the throat.

Throat Chakra Connections

Physically, it's connected with the idea of communication, emotionally the idea of independence, mentally with fluent thought, and spiritually it's connected with the sense of security, which I think is connected with speaking your truth.

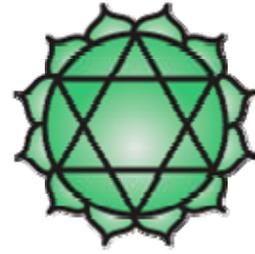
THROAT CHAKRA

- **Location: Throat.**
- **Physically: communication.**
- **Emotionally: independence.**
- **Mentally: fluent thought.**
- **Spiritually: sense of security.**



HEART CHAKRA “Anahata”

- “Lotus with twelve petals”
- Linked to the Thymus Gland.
- Colour green or pink.
- Unconditional love.
- Compassion.
- Well-being.



The Heart Chakra

The Heart Chakra is known as *Anahata*, symbolized by the image of a lotus blossom with 12 petals as you can see here. Physiologically, it is associated with the thymus gland. The thymus gland sits right on top of the heart and is responsible for autoimmunity and with the maturation of t-cells, white blood cells that are very important for immune defence. The ‘t’ in t-cell stands for thymus gland, where t-cells mature.

Heart Chakra Colours and Associations

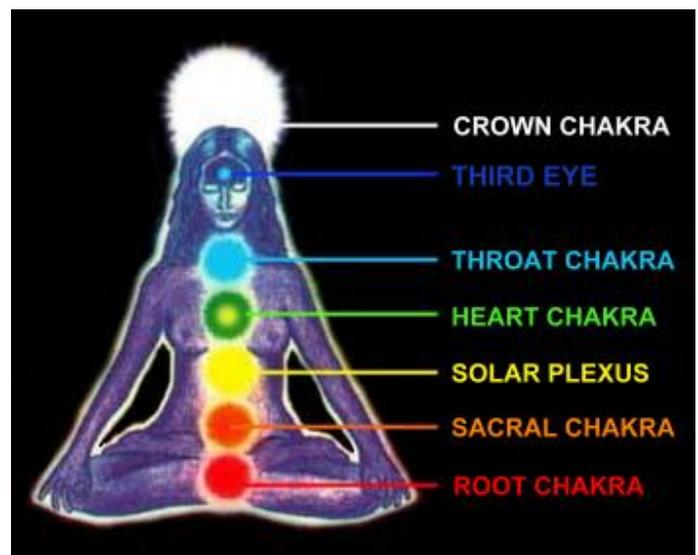
The colours are green.. Some of the things that are connected with the Heart Chakra are unconditional love, compassion and a feeling of well-being. The Heart Chakra is located right at the centre of the sternum.

Heart Chakra Connections

Physically, the heart chakra is associated with circulation. Emotionally, it’s connected with unconditional love. Mentally, it’s connected with passion. Spiritually, it’s connected with devotion, and not only devotion to, for example, your partner, but also devotion to the higher power.

HEART CHAKRA

- **Location:** Centre of sternum.
- **Physically:** circulation.
- **Emotionally:** unconditional love.
- **Mentally:** passion.
- **Spiritually:** devotion.



SOLAR PLEXUS CHAKRA “Manipura”

- “Lotus with ten petals”
- **Linked to the Pancreas.**
- **Colour yellow.**
- **Personal power.**
- **Introversion.**
- **Growth of self.**



The Solar Plexus Chakra

The solar plexus chakra, known as *Manipura*, is symbolised by a lotus with 10 petals. It’s linked to the pancreas and specifically to the eyelet cells in the pancreas. The eyelet cells are the cells that produce insulin and that enables us to metabolise sugar. When the eyelet cells cease functioning the diagnosis is diabetes, and insulin must be supplied artificially.

Solar Plexus Chakra Colour and Associations

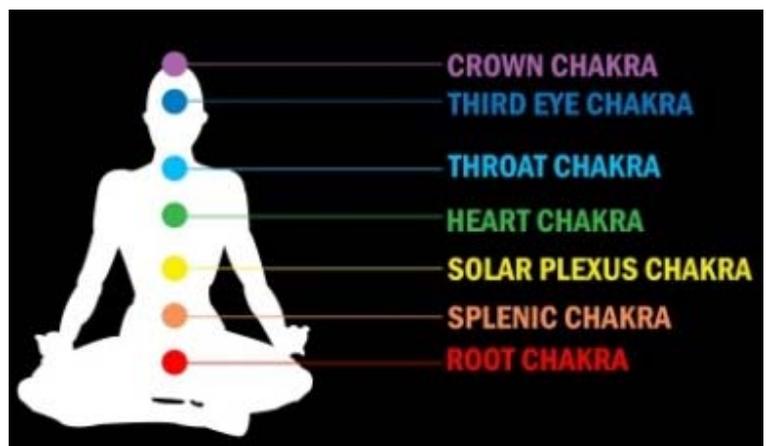
The colour linked with the plexus chakra is yellow. It’s associated with personal power, with introversion, and also with growth of self. The Solar Plexus Chakra is located in the solar plexus just below the bottom of the sternum

Solar Plexus Chakra Connections

Physically, it’s connected with digestion. Emotionally, it’s associated with the idea of expansiveness or growth. Mentally, it’s associated with personal growth. Spiritually, it’s associated with growth in all aspects.

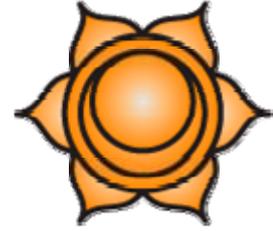
SOLAR PLEXUS CHAKRA

- **Location: Solar Plexus.**
- **Physically: digestion.**
- **Emotionally: expansiveness.**
- **Mentally: personal power.**
- **Spiritually: growth.**



SACRAL CHAKRA “Svadisthana”

- “Lotus with six petals”
- **Linked to the testes or ovaries.**
- **Colour orange.**
- **Relationships.**
- **Emotional needs.**
- **Pleasure.**



The Sacral Chakra

Let's take a look now at the Sacral Chakra, in Indian language known as *Scadisthana*. This is the lotus with 6 petals.

Sacral Chakra Colour and Associations

It's linked to the testes or the ovaries and the colour is orange. It's all about relationships and emotional needs and pleasure. The location of the Sacral Chakra is between the umbilicus and the public bone.

Sacral Chakra Connections

Physically, it's connected with reproduction, emotionally with joy, mentally with creativity, spiritually with enthusiasm.

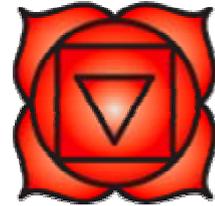
SACRAL CHAKRA

- **Location: between umbilicus and pubic bone.**
- **Physically: reproduction.**
- **Emotionally: joy.**
- **Mentally: creativity.**
- **Spiritually: enthusiasm.**



ROOT CHAKRA “Muladhara”

- “Lotus with four petals”
- Linked to the prostate or uterus.
- Colour red.
- Instinct.
- Survival.
- Potentiality.



The Root Chakra

That brings us to the last chakra, which is known as the Root Chakra, known as *Muladhara*. It's the lotus with 4 petals as you can see here. It's linked to the prostate or uterus.

Root Chakra Colour and Association

The colour is red. It's all about instinct, survival, and potentiality. The Root Chakra also connects you to the energy of the earth and is important for grounding you. The Root Chakra is also very often involved in low back pain. It's often imbalanced if there is low back pain, in my experience. The Root Chakra is located in the perineum, between the sex organs and the tailbone.

Root Chakra Connections

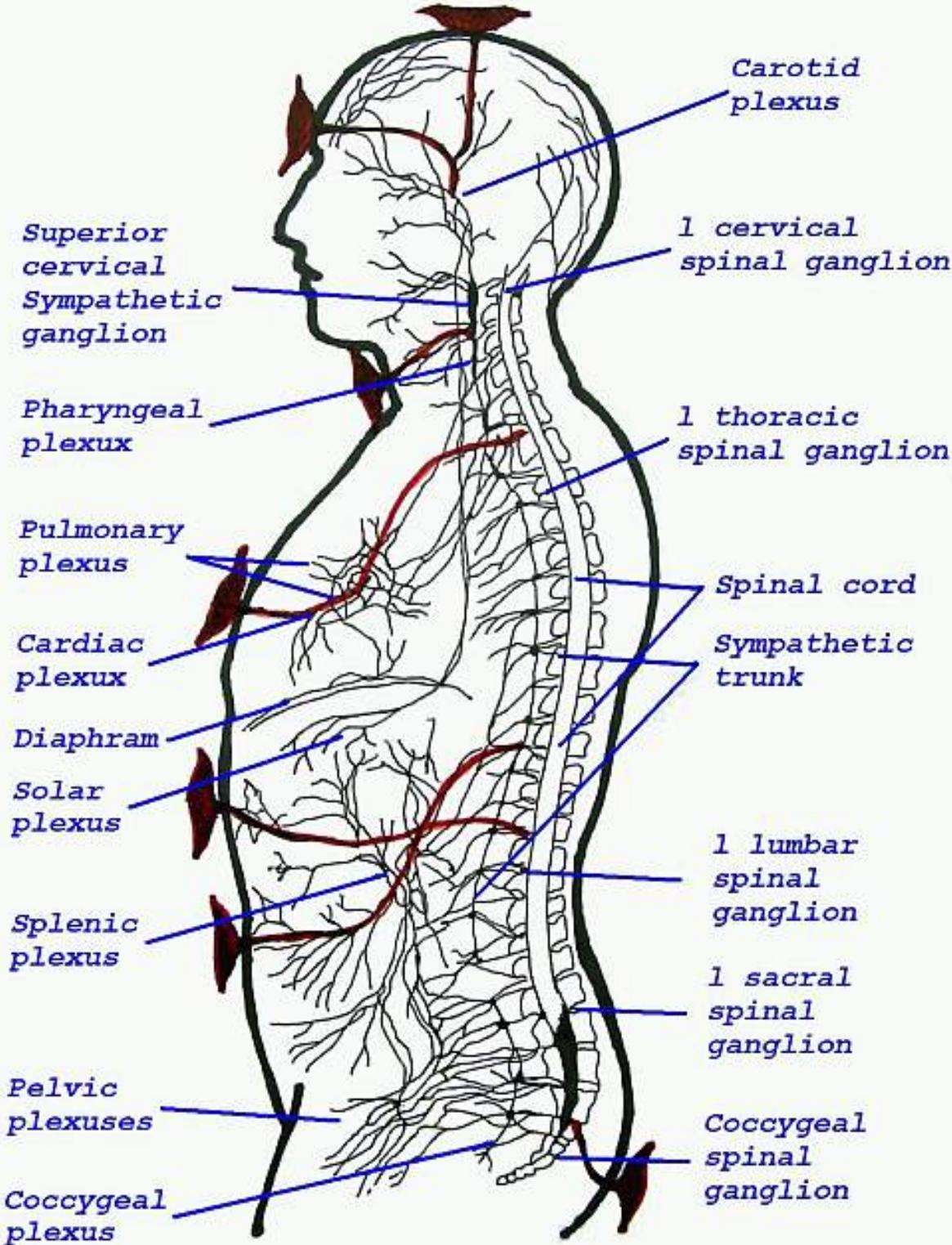
Physically, it's associated with sexuality, emotionally with sensuality, mentally with stability, and spiritually with the sense of security.

ROOT CHAKRA

- **Location:** perineum.
- **Physically:** sexuality.
- **Emotionally:** sensuality.
- **Mentally:** stability.
- **Spiritually:** sense of security.



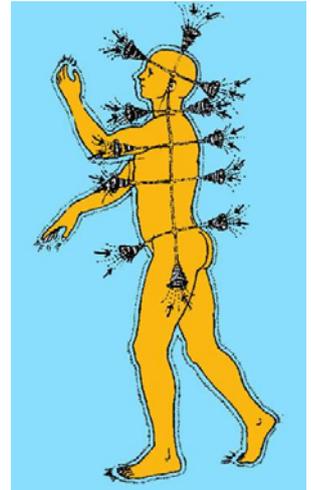
THE CHAKRAS AND THE NERVOUS SYSTEM



Detecting and Correcting Chakra Imbalances

DETECTING & CORRECTING CHAKRA IMBALANCES

- **Chakra imbalances will often be detected when scanning the Body Code chart.**
- **Most often cause of imbalance: Trapped Emotions.**
- **Psychic Trauma is second most common cause.**
- **Sometimes no imbalance will be detected, and the chakra will simply need to be ‘reset’ which can be done with three rolls of magnet down the Governing Meridian.**



Chakra imbalances will often be detected when you're scanning the body code chart. Once you determine which chakra is imbalanced, you might ask; "Is there a trapped emotion that is imbalancing this chakra?" The most common cause of imbalance is a trapped emotion, so clearing whatever trapped emotion that shows up will usually correct the chakra imbalance. If not, there may be more than one trapped emotion, or there may be something else imbalancing the chakra.

The second most common cause of chakra imbalance is *psychic trauma*. And sometimes no external imbalance will be detected. In other words, sometimes the chakra itself will just need to be reset. Sometimes you'll detect that a chakra is imbalanced and you'll ask if there's a trapped emotion or a psychic trauma, or a physical trauma, or something else that's imbalancing it, and the body will say no, no, no, there's nothing really imbalancing it.

Resetting a Chakra

In that case, you can just simply reset the chakra by running a magnet down the governing meridian three times, with the intention to correct the chakra imbalance.

It is important to correct chakra imbalances because they have a lot to do with how we function in our lives. For example, if the heart chakra is imbalanced, it's going to make it harder for you to feel joy. By the way, if you have a heart wall, that will, of course, imbalance the heart chakra. So getting rid of the heart wall is the first step for you to really try to balance out the heart chakra, in most cases. If the throat chakra is imbalanced, that will usually be because you've been unwilling to speak out about something, unwilling to communicate about something for some reason. Balancing the throat chakra will tend to make you more willing to speak out, to make yourself heard. Balancing the brow chakra will free your third eye so that you will be more intuitive. The crown chakra is probably the most important one, except for the heart chakra, because it connects you with the energy of the universe, Creator, and so on.

Be open, because if you find a chakra imbalance and it's not a trapped emotion, it's not a psychic trauma, and it's not a physical trauma, then there may be something else going on. So, be open to that possibility and you will be very successful at finding and clearing chakra imbalances.

The MANSION WORLDS and EARTH:

James Moncrief

7 April 2017

Earth, also has seven planes around it, all of which use earth's geography, and unless someone has Second Sight, they won't be able to see into them, however we can (as can the mansion world spirits), communicate with spirits, nature spirits and angels and other universal spirits, even Mary and Jesus, should they want to come and 'be with us' in these planes.

The lower two earth planes are reserved for all the 'lost' spirits from earth (They wake up in the first mansion world as we all do, then are taken or move back to the lower earth planes). People go into them if they don't know they are dead, that is, if they are not fully conscious and able to take their place in the first or lowest mansion world. And if they need to work off more compensation, they can use these lower planes as 'hells' (the planes of Disharmony). Also there are sectors and sub-sectors and so on in the first mansion world commonly called the Hells.

And most people who have astral trips or OBE's (out of body experience) usually move into one of these earth planes 'awake' in their spirit bodies, hence most of these trips the person is 'flying' over the geography of earth. People might be scared of 'flying' through power lines they come across, when in fact there are no such power lines in the actual plane, only it seems like it is because the plane is based on earth. Occasionally people might astral or OBE into the first or higher mansion worlds.

The third earth plane is strictly for the nature spirits. They live on this plane which is based on the geography of earth. So when we meet with at the lake not far from my house, in their plane they come to the same lake. So I stand at the physical lake, and they are also at the lake in their earth plane. So I will be standing on the shore, however they might be standing on what seems like the surface of the lake. And so it's the same for the higher spirits, Celestials, and angels that might come to talk with me at the lake. They will be in their relevant planes. The Celestials and mansion world spirits being in the two earth planes, the nature spirits in their plane, the angels in theirs, the higher universals spirits in there's and so on.

The fourth earth plane is for Angels; the fifth is for higher universal spirits, meaning, spirits that don't incarnate and so aren't mortal spirits, such as the Melchizedeks; the sixth is for the high Daughters and Sons, so where Mary and Jesus would come should they wish to come 'back to earth', the seventh being reserved for the Mother and Father and specific things to do with Them.

Tuesday, 5 September 2017

Nanna Beth: And John will like it too, for as I said, he'll then feel more at home.

And John, what you said this afternoon to James on the phone is correct concerning what you feel whilst you sleep. What happens is this. Most nights, for it's relatively easy for you now in your advanced years, you spend time with one of us in the astral realms. Which means, we make contact with you in your spirit body, sometimes at a real location in the earth planes, at other times just in sort of a dream-like state, a sort of dream-location, which can be the same or vary. So for example, you might feel like you've been in a room in which you were undergoing instruction about something or other, which you were, the room being contrived by us, where we 'meet' you in your mind whilst you're in a certain stage of sleep. And we can impart information to you on various levels, so on the surface, or much deeper, so you can wake up in the morning feeling like you've been speaking with us, or just 'imbibing'

information or understanding somehow, which can immediately come into your mind, a knowing or understanding, an idea, thoughts, feelings even, or they can be triggered through the day, or even in future.

And this sort of thing happens to a lot of people, however far less now the mind spirits are out of the picture, but that is how a lot of information is conveyed to people from us spirits – through their dream state.

And as you get older, it will get even easier and clearer for you to pick up on what you've been through during the night, even with clearer memories of it happening, with your Indwelling Spirit and angels also participating, which will help you deal with what happens through the day, some of which you'll have as that déjà vu sort of sense, other times even feeling bored in a way because you've already covered what's being talked about through the night, and you'll want to get on with other things. And all this is natural, and you should express all you feel about it, particularly to James, as he will understand and even expect it to be part of your relationship together, feeling it wouldn't be right if you weren't feeling those things.

Thursday, 7 September 2017

[Does my spirit body actually leave my physical body in these events? If so, how is the connection maintained to the physical body?](#)

Nanna Beth: Yes, you go off in it when we arrange to meet in one of the earth planes that are conducive to such meetings. There are many permanent sectors, and many that can be created for the occasion, in the two earth planes specifically for people from Earth to come into during their sleep, or conscious astral trip, to meet with spirits or do whatever it is they are to do during these 'outings'. They don't happen for you John every night – the actual leaving of your physical body and travelling in your spirit body to one of these earth plane sectors, and mostly you are not aware of having done such a thing, but if you pay attention to how you feel in the morning, now you are more interested, we can impress the feelings on you as to what you were doing during the night.

As part of the 'healing sleep' everyone has, when you go into the deeper levels of sleep, naturally your spirit body, everyone's spirit body, 'detaches' – if I can put it like that, from the physical, but mostly only marginally, like a few millimetres to a centimetre or two, so the Indwelling Spirit and angels can work on whatever level they need do, including the physical. These are sort of light, running repairs, fine tuning; or making even major deeper will level adjustments which can take years to work through one's system, all sorts of goings on. And it's why you feel 'integrated' when you wake up having had a good nights sleep, having 'processed' the preceding days events, and received into your spirit, emotional and mental systems, what you might need for that day. Much of what happens for you through the day, particularly if you are doing a lot of intensive spiritual work and are actively growing in truth, such as for people doing their Healing, is 'seeded' through these 'out times' – out of your physical body times, then to unfold through the coming day or days, weeks, months, years. Really John, you'd be astounded if you knew how much time and energy was spent on the average person whilst they slept just to help keep them going through the next day. It is incredible how we are never alone, we are like well-tended plants in a much loved garden. And even those who are the drossiest, the most full of hatred and bitterness, all are just as lovingly attended to, even if it is to help them carry out the most despicable and evil practices the next day.

There is what is commonly called a ‘cord’ that connects the spirit and physical bodies. It’s there all the time, and only upon death, when the ‘angel of death’ severs it, does it cease to exist. So without this light-cord connection from the spirit body to the physical body, the physical can’t exist. And I don’t understand how it works, however the cord can ‘stretch’ for a very long way, so even should you astral travel to the Celestials levels – say you were somehow allowed to do that, although highly irregular and unlikely, the cord would stretch all the way. Apparently you can reach every part of the seven mansion worlds still ‘attached’. **The attachment is in the small of your back area, however it is also connected to each of your primary chakras, and with ‘light-threads’ connecting every chakra, even the smallest, so right down to the microscopic cellular level, each cell having its own chakra,** so when the death-angel pulls the plug on the physical, literally it’s lights-out on all physical levels, even each individual cell.

[Where are the astral realms? How do I relate to these different bodies and states?](#)

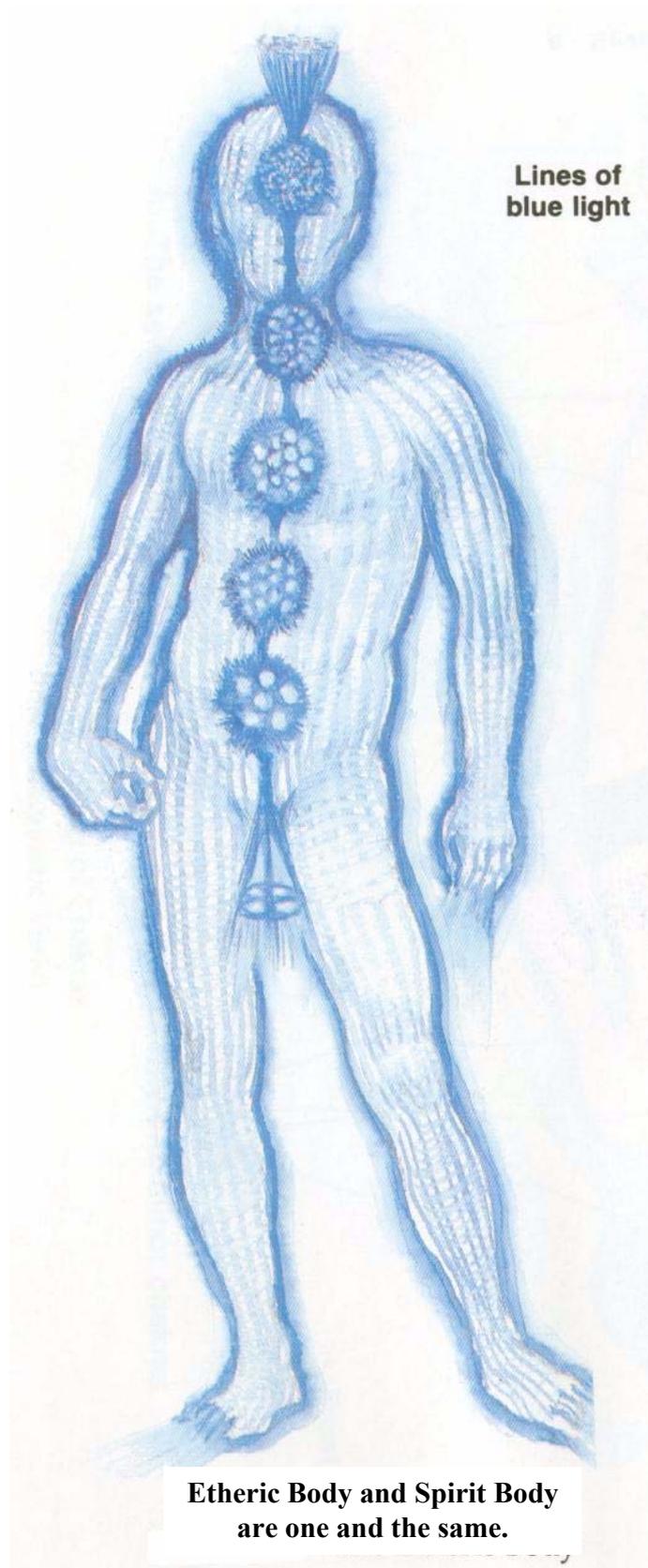
Nanna Beth: Really there is no such thing as the ‘astral realms’, it’s just a commonly accepted term which means anywhere in spirit that you on Earth might venture into before you die and become a fully fledged spirit living its spirit life.

So I say it meaning the earth planes in this context with you. Some people travel further in the night to the first mansion world, very rarely higher, but sometimes that happens too. It all depends on what you need. However the sectors of the earth planes put aside for such visits from people during their sleep are more than adequate to deal with the number of such visitors and what such people need to experience. And relatively speaking, such ‘astral trips’ are rare, and only happen to those people usually undergoing some intense spiritual adjustment or for information to be conveyed in this way.

As I said, we can just as easily set it all up in your mind whilst you are asleep, this too happening during certain sleep phases and not requiring you to travel into the earth plane sectors, this being what more often happens with people who receive direct spirit help during such times.

What happens is you, John, will go through a season that contains more of the trips and then you won’t have any for a time, then more, and so on. Sometimes you might feel like you’ve been out and about a lot. It all varies depending on what you’re going through.

Mostly people who have astral travelling experiences, either as a waking dream or who can consciously will themselves out of their physical body, or just find they are out of it, have these experiences in the earth sectors. And most such people believe they are having some sort of major spiritual experience being able to ‘leave their body’ and ‘fly around the world’, but really it’s all low level stuff with nothing really spiritual about it. You are just out of your body and in your spirit body visiting places, more like how we do it in spirit. And this sort of basic experience is nothing like say what Samantha has when she might come over and receive intense work all to help her understand what she’s going through or help drive up more repressed feelings the next day or days to come. And for people like yourself and herself with her Healing, there are special or specific sectors put aside, so we Celestials can come without disturbing the lower spirits, and likewise, the lower spirits and any would-be astral travellers, can’t disturb us. So we can be far more creative in how we might set up such a ‘meeting’ with you, as you need far more intensive attention.

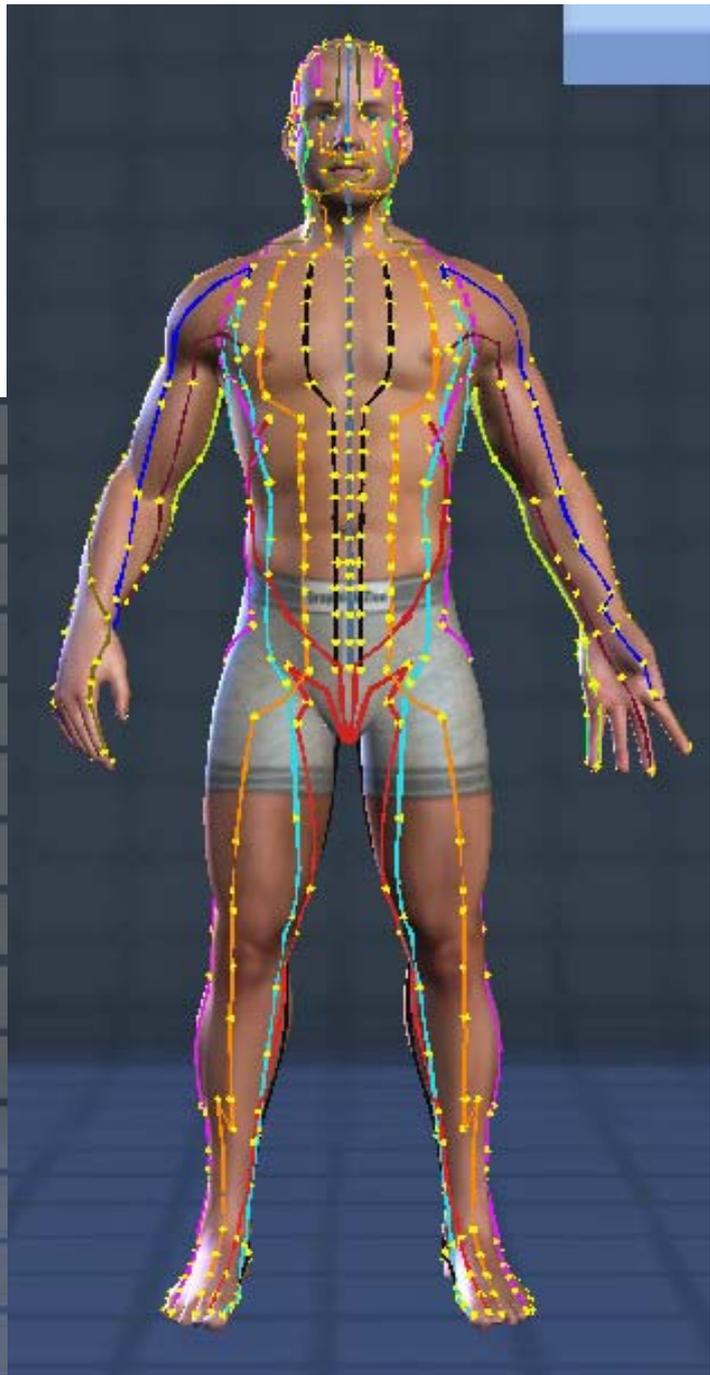


Lines of
blue light

**Ethereic Body and Spirit Body
are one and the same.**

The MERIDIANS:

Blue	Lung
Olive	Large Intestine
Orange	Stomach
Cyan	Spleen
Light Green	Heart
Bright Green	Small Intestine
Dark Olive	Bladder
Black	Kidney
Dark Red	Pericardium
Purple	Triple Burner
Pink	Gall Bladder
Red	Liver
Light Blue	Governing Vessel (Du Mai)
Dark Blue	Conception Vessel (Ren Mai)



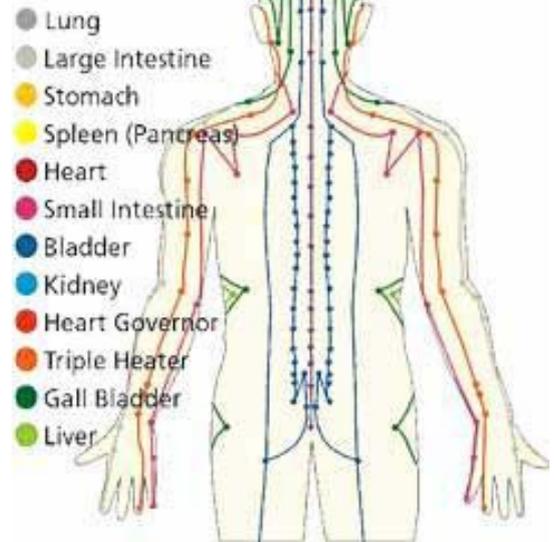
Here we have an acupuncture model that shows the various meridians. The meridians were first discovered around 5,000 years ago and have been mapped out using radioactive isotopes and tracers. Acupuncture is a very sophisticated method of balancing the energy in these meridians, but usually involves the use of needles, but by using the Body Code you will be able to find and correct imbalances in these meridians on your own.

The acupuncture meridians can be thought of as being like rivers of energy that run just under the skin. Acupuncture *points* are simply locations on these meridians. The meridians supply chi or energy to all the tissues in the body.

WHAT are the MERIDIANS?

- Like rivers of energy under the skin.
- Connect and supply 'chi' / energy to all organs and tissues.
- Life-force pathway for body.
- May become imbalanced.
- Acupuncture meridians were known to the Maya, and the points match.
- Meridians were known to Inca medicine people as "rios de luz", rivers of light that flow within the luminous body.

The 12 Meridians



Rivers of Light

The life force flows along these meridians, and acupuncture seeks to restore balance to them. The acupuncture meridians were known to the ancient people in the Americas and also to the Chinese. In fact, the meridians were known to the ancient Mayan people in the Americas, and the points that they used matched the Chinese points. In fact, the meridians were also known to the Inca medicine people as *steles*, or *rivers of light* that flow within the luminous body.

The Five Element Theory

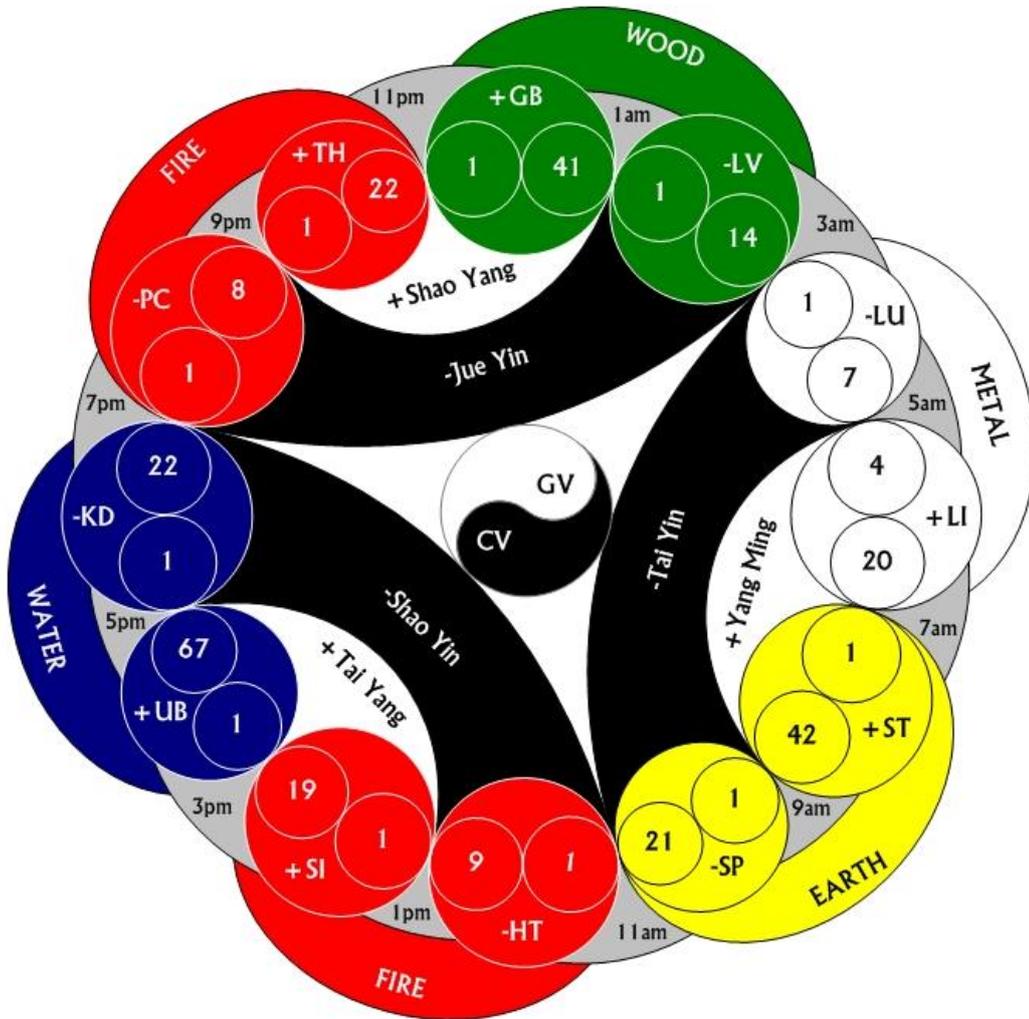
Before we look at the individual meridians, let's take a quick look at the Five Element Theory and the Diurnal cycle. In traditional Chinese medicine, the Five Element Theory states that everything that exists is made of a combination of one or more of these five elements, being wood, metal, earth, fire and water.

The Diurnal Cycle

This is a rather complex looking chart and may seem daunting at first, but if you start at the centre, you will instantly recognise something familiar, the yin-yang symbol. You'll also notice that there are times on this chart. If you'll look at the very, very top up between the wood and fire, you'll see 11 pm, and to the right, 1 am, and 3 am, 5 am, 7 am, and so on. All the hours of the day are represented on this chart. What this means is that during certain hours of the day, each of the five elements and all the organs listed on the chart will come into prominence in turn. Having a chart like this to refer to on occasion may be useful for you as it has been for me (Dr Bradley Nelson). Say for example that your husband continually wakes up in the middle of the night with discomfort. Perhaps he doesn't seem to have this problem except in the middle of the night. You realise upon reflection that these symptoms seem to wake him between 3 am and 4 am. Looking at this chart, you realise that the liver (LV) or the lungs

(LU) are the organs that are coming into or fading from prominence at that hour. You might then ask if those organs are happy, and correct any imbalances that show up.

DIURNAL CYCLE



Every one of the meridians that we are going to be looking at will begin and end at a certain point on the foot or the hand, and as you can tell by studying the Diurnal Cycle map above, each meridian or channel has a correspond 5 element characteristic, which I will also be listing. Don't feel that you need to know or even understand all of this, but it is interesting and may give you a starting point for further study.

How to Find Meridian Imbalance

My purpose in giving you this information is not to make an acupuncturist out of you, but to simply expose you to some of these fascinating concepts. As you use the Body Code chart, you will find imbalances in the acupuncture meridians on occasion. If you find an imbalance in a particular meridian, you can go back to the Body Code chart and simply ask what's creating this imbalance. "Is it something on the right side of the chart or the left side of the chart?"

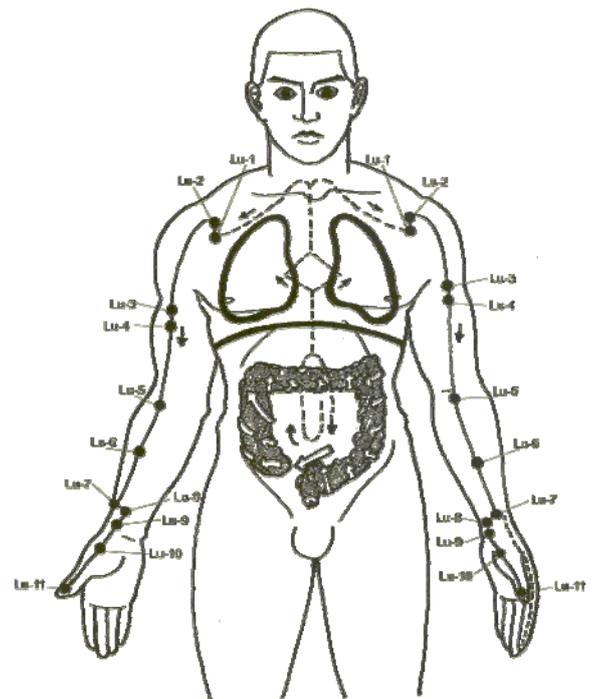
Very often you'll find that trapped emotions create imbalances in these channels, as well as psychic and physical traumas. So I don't want you to be worried about all the Chinese characters here. These acupuncture channels are simply one more classification of items that can become imbalanced and cause illness and dis-ease. Remember that the more knowledge you are exposed to, the more likely it is that imbalances show up that would otherwise be undetected by you.

Taiyin Lung Channel of the Hand

The Taiyin Lung channel of the hand is a Taiyin channel, which is a greater yin channel. Remember that the yin and the yang are the energies of the body. Yang energy is male energy and yin energy is female energy, and the five elements connection here is metal.

Taiyin LUNG Channel of Hand

- Yin / Yang – Taiyin (greater yin)
- Hand
- 5 Elements – metal
- Lung.



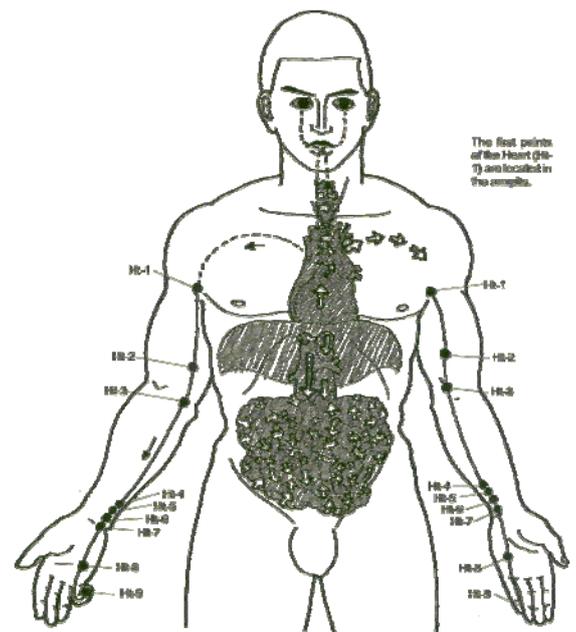
The Internal and External Qi Flow of the Lung (Lu) Channels

Shaoyin Heart Channel of the Hand

The Shaoyin Heart channel of the hand is Shaoyin channel, which means lesser yin. In the Five Element Theory, it is associated with fire and, of course, connects with the heart. Remember that the Body Code Mind Map CD contains the full chart, only a portion of which is shown here.

Shaoyin HEART Channel of Hand

- Yin / Yang – Shaoyin (lesser yin)
- Hand
- 5 Elements – fire
- Heart.

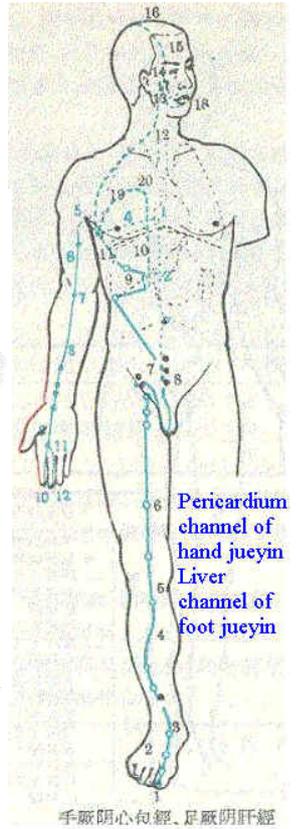
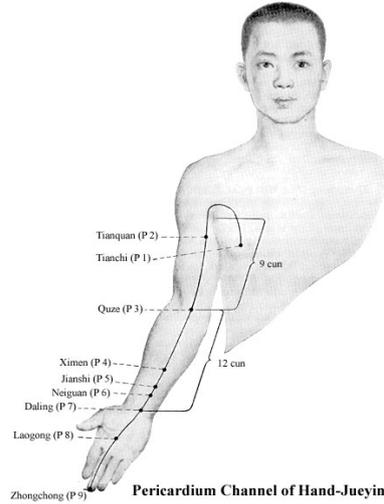


The Internal and External Qi Flow of the Heart (He) Channels

Jueyin Pericardium Channel of the Hand

The Jueyin Pericardium channel of the hand is an absolute yin channel, this is what Jueyin means. It's hand channel and the five elements association is fire. Of course, it is involved with the Pericardium or fascial lining around the heart.

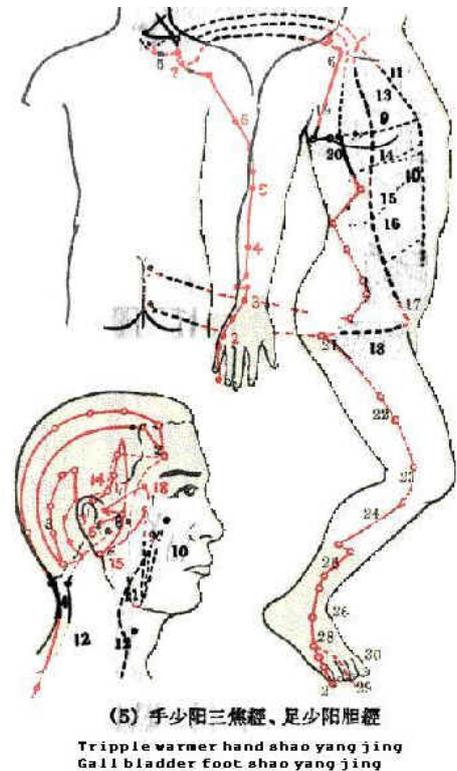
- Jueyin PERICARDIUM Channel of Hand**
- Yin / Yang – Jueyin (absolute yin)
 - Hand
 - 5 Elements – fire
 - Pericardium.



Shaoyang Sanjiao Channel of the Hand

The Shaoyang Sanjiao channel of the hand. Shaoyang means lesser yang. The five elements association is fire. This particular meridian is also known as the ‘triple heater’ or ‘triple warmer’, which is an acupuncture theory that divides the human body into three areas of ‘burning’ or metabolism, namely (1) the chest cavity; (2) the upper abdomen, and (3) the lower abdomen.

- Shaoyang Sanjiao Channel of Hand**
- Yin / Yang – Shaoyang (lesser yang)
 - Hand
 - 5 Elements – fire
 - Triple Heater.

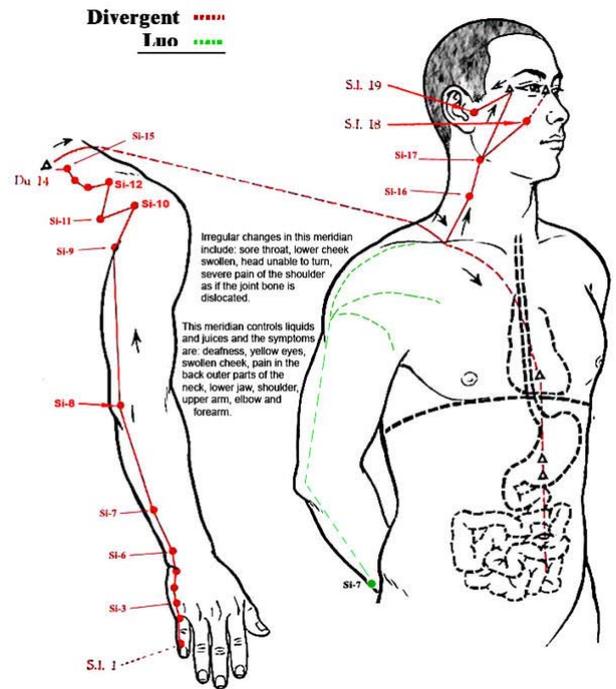


Taiyang Small Intestine Channel of the Hand

The Taiyang small intestine channel of the hand is a Taiyang channel, which means greater yang. So in other words, this particular meridian is a yang meridian. The five element correlation is fire.

Taiyang Small Intestine Channel of Hand

- Yin / Yang – Taiyang (greater yang)
- Hand
- 5 Element – fire
- Small intestine.

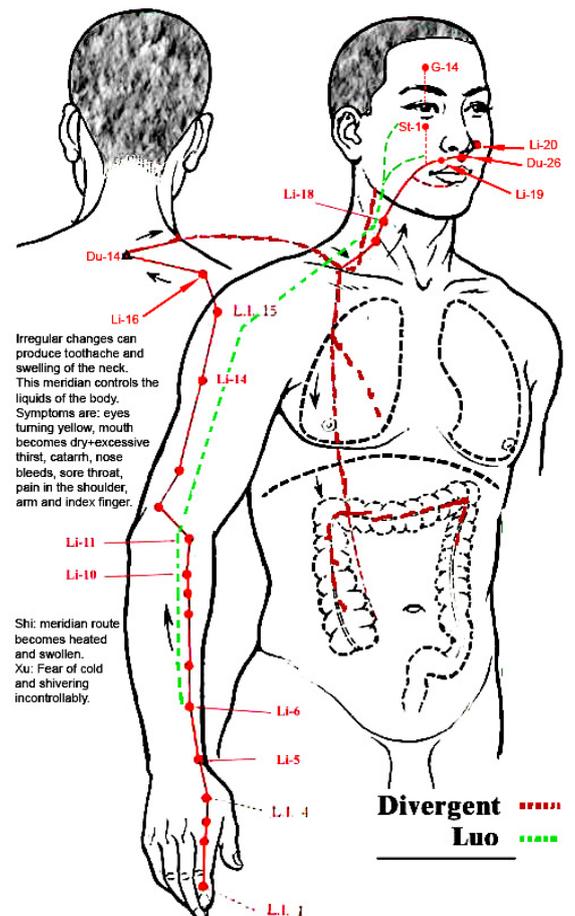


Yangming Large Intestine Channel of the Hand

The Yangming large intestine channel of the hand. Yangming actually means yang brightness or warmth. There's an awful lot to traditional Chinese medicine and it's quite fascinating. Of course, it's been around for thousands of years and works very well. So if you are interested in it, I would highly recommend that you pursue it and get more information. The Five Element Theory aspect of the yangming large intestine channel of the hand is metal.

Yangming Large Intestine Channel of Hand

- Yin / Yang – Yangming (yang brightness)
- Hand
- 5 Elements – metal
- Large intestine.

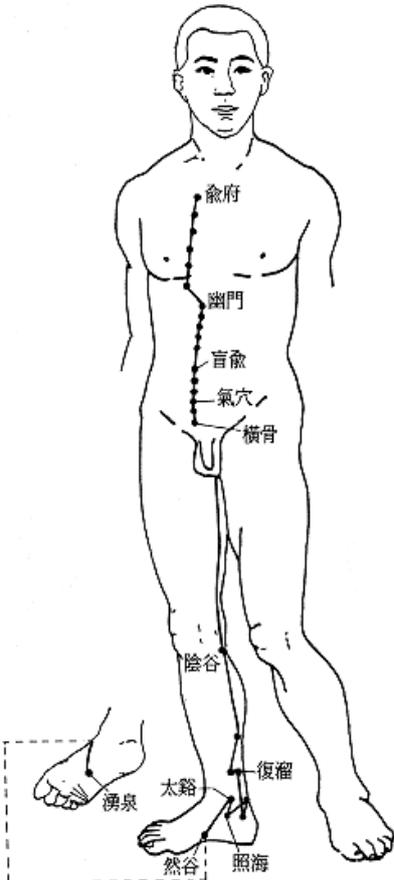
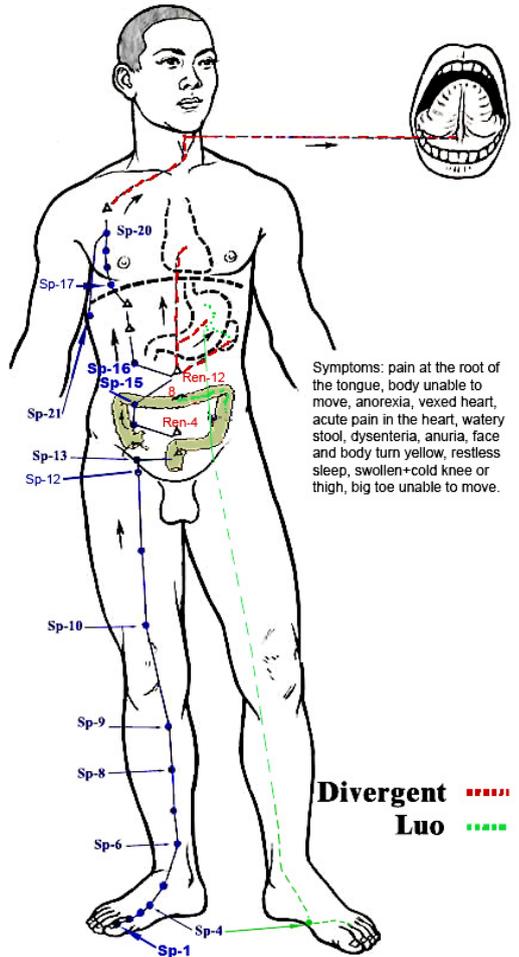


Taiyin Spleen Channel of the Foot

The Taiyin spleen channel of the foot's Five Element connection is earth and it is connected of course to the spleen and nourishes the spleen. All of these channels nourish the individual organs that are listed.

- Taiyin Spleen Channel of Foot**

 - Yin / Yang – Taiyin (greater yin)
 - Foot
 - 5 Elements – earth
 - Spleen.



Shaoyin Kidney Channel of the Foot

Shaoyin means lesser yin and the Five Element Theory association here is water. It connects with and nourishes the kidney.

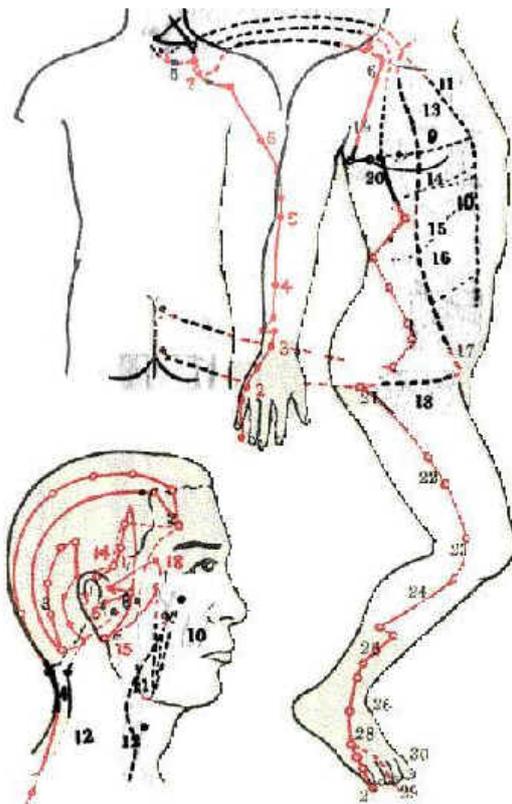
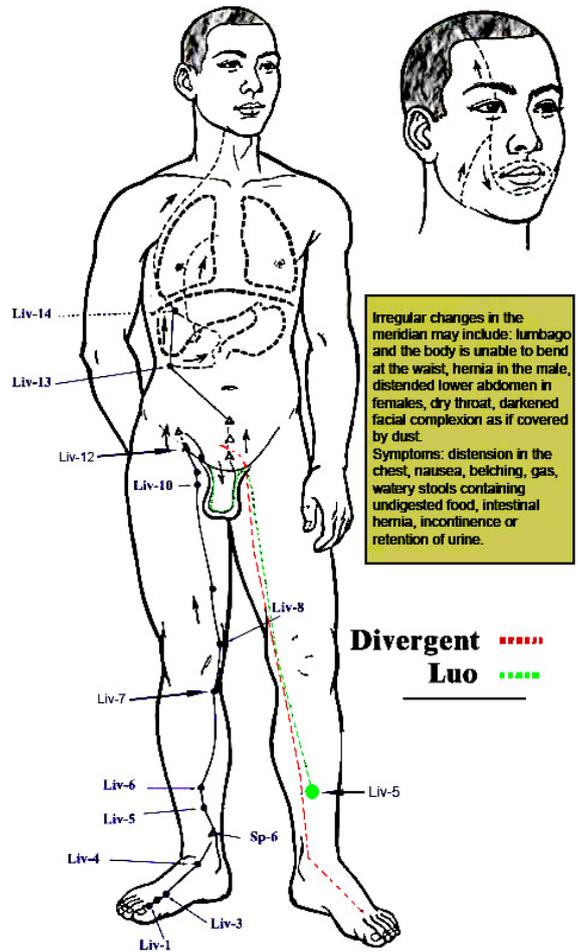
- Shaoyin Kidney Channel of Foot**

 - Yin / Yang – Shaoyin (lesser yin)
 - Foot
 - 5 Elements – water
 - Kidney.

Jueyin Liver Channel of the Foot

The Jueyin liver channel of the foot is shown here, Jueyin meaning absolute yin. The Five Element Theory is wood, and it connects with and nourishes the liver, of course. Remember that if you find an imbalance in any of these meridians that you cannot correct, you can always call your local acupuncturist.

- Jueyin Liver Channel of Foot**
- Yin / Yang – Jueyin (absolute yin)
 - Foot
 - 5 Elements – wood
 - Liver.



(5) 手少阳三焦经、足少阳胆经
Tripple warmer hand shao yang jing
Gall bladder foot shao yang jing

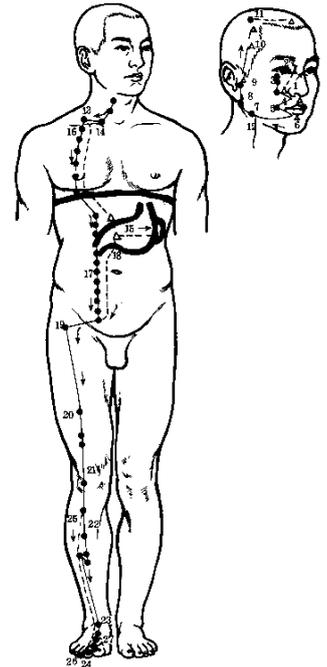
Shaoyang Gallbladder Channel of the Foot

The Shaoyang gallbladder channel of the foot is shown here. Again, Shaoyang means lesser yang and the Five Element connection is wood.

- Shaoyang Gallbladder Channel of Foot**
- Yin / Yang – Shaoyang (lesser yin)
 - Foot
 - 5 Elements – wood
 - Gall Bladder.

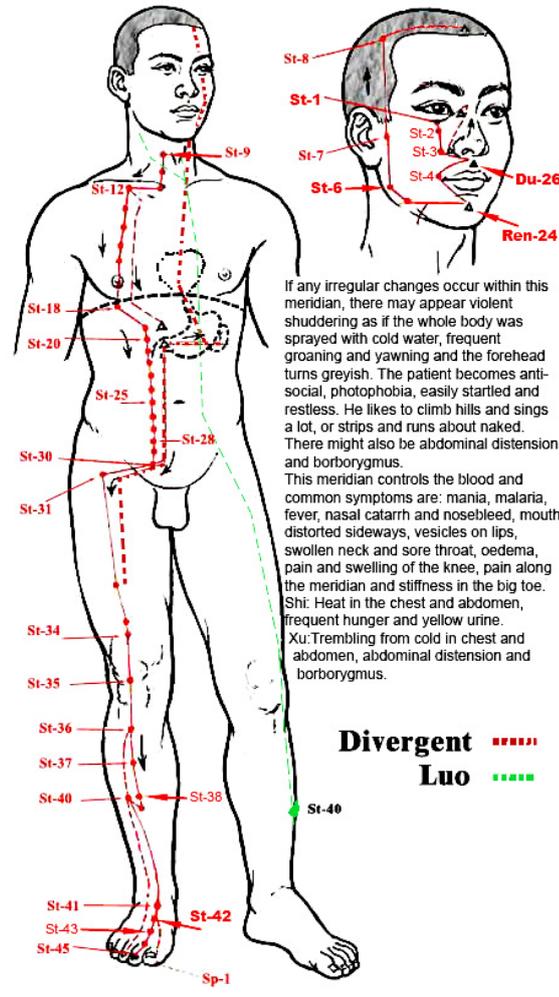
Taiyang Bladder Channel of the Foot

Now the Taiyang bladder channel of the foot is greater yang. The Five Element connection is water, and of course this channel nourishes the urinary bladder.



Taiyang Bladder Channel of Foot

- Yin / Yang – Taiyang (greater yang)
- Foot
- 5 Elements – water
- Urinary bladder.



If any irregular changes occur within this meridian, there may appear violent shuddering as if the whole body was sprayed with cold water, frequent groaning and yawning and the forehead turns greyish. The patient becomes anti-social, photophobia, easily startled and restless. He likes to climb hills and sings a lot, or strips and runs about naked. There might also be abdominal distension and borborygmus.

This meridian controls the blood and common symptoms are: mania, malaria, fever, nasal catarrh and nosebleed, mouth distorted sideways, vesicles on lips, swollen neck and sore throat, oedema, pain and swelling of the knee, pain along the meridian and stiffness in the big toe.

Shi: Heat in the chest and abdomen, frequent hunger and yellow urine.

Xu: Trembling from cold in chest and abdomen, abdominal distension and borborygmus.

Yangming Stomach Channel of the Foot

The Yangming channel of the foot is shown here. Of course, again Yangming means yang brightness or warmth and the Five Element connection here is earth.

Yangming Stomach Channel of Foot

- Yin / Yang – Yangming (yang brightness)
- Foot
- 5 Elements – earth
- Stomach.

Finding the Cause of Imbalance

Rather than inserting needles into any of the acupuncture points along these channels, you can most often clear any imbalances that are found by asking what the real underlying imbalance is, and more often than not, it will be some kind of a trapped emotion, perhaps a psychic trauma, perhaps a physical trauma, etc. Very often some kind of energy that has gotten into that meridian that has imbalanced it.

MORNING SICKNESS:

Morning sickness affects millions of women worldwide. The cures or supposed cures for morning sickness don't really work. As far as the world knows, there really is no cure for morning sickness. There are medications that you can take but those are potentially harmful to the foetus, or the mother or both because all medications are toxic.

When my wife, Jean was pregnant with Elizabeth about ten years ago now, she was suffering very badly from morning sickness. She begged me to help her, and I immediately started thinking of all the things that I knew that were supposed remedies; things that I had tried before with her or with other patients that had never really worked, but that might take the edge off the morning sickness, like ginger, wrist bands, etc.



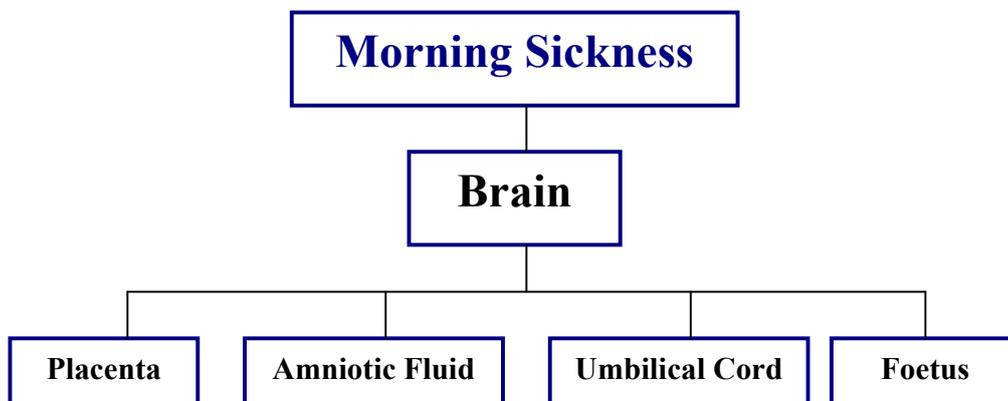
MORNING SICKNESS

- **Affects millions of women worldwide.**
- **“Cures” don’t really work.**
- **Medications can harm foetus or mother.**

Disconnection

There's a long list of things that you can try and some of those things do help a little, but none of them really fix the problem. Without any real viable options that I knew of, I decided to turn to the higher power and ask for some help, which I did. The answer that came to me was that morning sickness is caused by a *disconnection* between the brain of the mother and her growing foetus.

What I found was the brain is sometimes not initially connected with this new life that is growing within. Essentially, the brain has to be connected *energetically* with the *foetus*, with the *umbilical cord*, with the *amniotic fluid*, (the fluid that the baby floats in), and the *placenta*, (the lining of the uterus that connects the baby to the mother). Until the brain is connected with these four different parts, there will be morning sickness. The moment that the connection is made between these parts and the brain, the morning sickness disappears, usually instantly.



Testing for Disconnection

Here's the process. Simply ask the following questions: "Is your brain connected to the foetus?" If the answer is yes, then you go to the next question. "Is your brain connected to the umbilical cord?" If that's a yes, go to the next question. "Is your brain connected to amniotic fluid?" And if that's a yes, you'd ask, "Is your brain connected to the placenta?" If any of these questions test weak, you reconnect the brain to that particular component by rolling *down* the governing meridian 3 times.

Reconnecting

When I say *roll down the governing meridian*, what I mean is if you were standing behind someone and you were doing this, it would be just like you're releasing a trapped emotion. You would roll from the back of the neck area all the way down to the low back 3 times.

Then you would retest asking these same questions again, correcting any imbalances until they all test strong.

MORNING SICKNESS

The process. Ask the following questions:

- "Is your brain connected to the Foetus?"
- "Is your brain connected to the Umbilical Cord?"
- "Is your brain connected to the Amniotic Fluid?"
- "Is your brain connected to the Placenta?"

If any of these test weak, reconnect by rolling DOWN the Governing Meridian 3 times, then retest.

Verifying Reconnection

I (Dr Bradley Nelson) found that this communication is a two-way process. In other words, the communication flows from the brain down to these parts, and from these parts up to the brain. So once you have corrected any imbalances from the brain down to these parts, and then you need to *reverse* the process and ask the following, starting with: "Is the foetus connected to your brain?" If that tests strong, got to the next one. "Is the umbilical cord connected to your brain? Is the amniotic fluid connected to your brain? Is the placenta connected to your brain?" If any of these questions test weak, reconnect by rolling *up* the governing meridian 3 times and then retest. In other words, if you ask, "Is the foetus connected to your brain?" and you get a weak muscle test or you sway backwards, then the answer is no and you'd roll up the governing meridian.

Let me clarify here. When you roll up the governing meridian, you start on the low back and roll up from the low back area towards the head 3 times. If you were doing this on yourself, to roll up the governing meridian you would start at the back of the neck and go over the top of the head to the forehead 3 times.

MORNING SICKNESS

Reverse the process. Ask the following:

- “Is the Foetus connected to your Brain?”
- “Is the Umbilical Cord connected to your Brain?”
- “Is the Amniotic Fluid connected to your Brain?”
- “Is the Placenta connected to your Brain?”

If any of these test weak, reconnect by rolling UP the Governing Meridian 3 times, then retest.

The Effect is Often Immediate

I’ve seen a good number of morning-sick women over the years since I was led to this knowledge and I haven’t had anyone yet that this has not helped. Often the effect is immediate and quite dramatic.

As soon as you make those connections, typically the morning sickness will be gone instantly. Typically what women say is, “I feel better, I’m going to go and eat something.” They’re hungry because they haven’t been able to eat due to the morning sickness. I think that you’ll enjoy this one. This can really come in handy and it’s something that you won’t find anywhere else but the Body Code.

“The information contained in this material is intended for personal use and not for the practice of any healing art, except where permitted by law. No representation contained in these materials is intended as medical advice and should not be used for diagnosis or medical treatment.”

**PASCAS
HEALTH**



**Feeling
Healing with
Divine Love is
the key!**



SPIRIT / PHYSICAL DISCONNECTION:

The purpose of this module is to help you understand what physical / spiritual disconnection is, how to correct it, and how to detect it.

- **Understand Spirit / Physical disconnection.**
- **Understand how to detect and correct it.**

Our Dual Nature

To understand this phenomenon of spirit / physical disconnection, you have to understand a little bit about our nature. I (Dr Bradley Nelson) personally believe that each of us have *always* existed as separate and distinct intelligences, without beginning. I believe that we have always existed and that we will always exist. I also believe that ages ago, God, our Heavenly Father organised our intelligences into souls for us and he gave us our agency, or our freedom to choose. This earth was created to provide a place for us to be able to individualise, and our physical bodies are in the express perfect image of our spirit bodies (within which is our soul). In other words, if you could take the spirit body out of your physical / material body right now and put it right next to you, I believe that it would look exactly like you, in the most minute detail.



OUR NATURE

- **This earth was created for us, to provide a place for us to individualise and progress.**
- **Our physical bodies are the image of our spirit bodies.**
- **Having a physical body is a critical part of our progression.**



The Spirit Body Template

This is the template that our physical body grows into, I believe. I also believe that having a physical body is a critical part of our progression in this world and in the worlds to come.

Your spirit body fills your physical body and animates it as well. To illustrate, if you put your hand into a glove and move your fingers the glove will suddenly appear to be animated, but there is no life really in the glove itself. The life is coming from the hand inside the glove. In that same way, our spirit bodies animate our physical bodies. If you're ever been to a funeral and you look at the person that's lying there in the casket, it's obvious that something has gone out of their body, and I believe that is simply their animating spirit that has left them, just as the hand is removed from the glove.

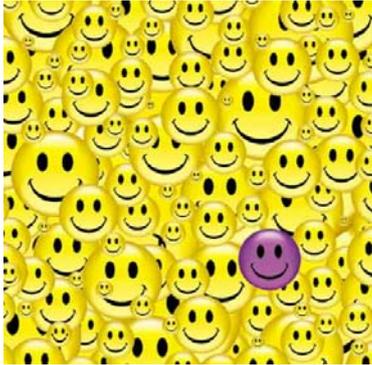
<p>OUR NATURE</p> <p>Your spirit body:</p> <ul style="list-style-type: none"> • Fills your physical body. • Animates your physical body. • Provides the template for your physical body.
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The Interface

The question that I had for many years was; "How does it work?" What is the connection? How does the spirit actually act as the hand inside the glove? How does it work? What is the interface? What is the connection? How does the physical body connect with the spirit body and vice versa, and is it possible that this interface itself is susceptible to imbalance? Although we still do not understand the interface fully, it can indeed break down.

<p>The INTERFACE</p> <ul style="list-style-type: none"> • How does the physical body interface with the spirit body? • Is this interface itself susceptible to imbalance.
--



Disconnections

Any part of the physical body can become disconnected from the spirit body. Now, of course if your spirit disconnects from your physical body completely, we call that death, and they're going to be planning your funeral. But it is possible for the spirit and physical body to be disconnected to a quite large degree sometimes, and you will still be alive. However, you may not be feeling very well if this happens, as the physical body definitely needs the intelligence of the spirit to operate efficiently.

When I discovered this, one of the first patients that I saw was a woman who, on a 0 to 10 scale, was at about nine and a half. She had pain from the base of her skull all the way down her neck, and all the way down her chest, in the back all the way down to her low back. When I checked her, her entire physical body, her head and her neck, her chest and her abdomen were all completely disconnected from the spirit.

By simply reconnecting the spirit to the physical body, she was able to go from a nine and a half in pain to about a two within about three or four minutes. So this is a real thing and I've seen it many, many times, and it can definitely cause trouble.

DISCONNECTIONS

- **Any part of the physical body can become disconnected from the spirit body.**
- **The result:**
 - **Misalignment**
 - **Lowered immunity**
 - **Organ / gland malfunction**
 - **Cancer?**

The Result of Disconnection

The result of disconnection between the spirit body and the physical body is misalignment of bones, lowered immunity, organ and gland malfunction, and I believe it can be a contributing factor in cancer as well. I believe one of the reasons why we get cancer is because of disconnection between the spirit and the physical body. Think about it this way: the spirit is the intelligence (from your soul through your spirit body) within you, the physical body is really just the hardware; it's the walking, talking computer system, if you will, and if there is a disconnection that occurs so that the physical body and the spirit are no longer communicating, then it can create a situation where cancer may arise.

Testing for Disconnection

So, to check for this problem you might ask some thing like this: "Is your spirit fully communicating with your body?" If the answer is no, to dig deeper you might ask; "Is your spirit fully communicating with your head or your neck? Is your spirit fully communicating with your thorax? Is your spirit fully communicating with your abdomen? Or the right arm? The left arm? The left leg? The right leg?"

These seem to be the regions that the spirit and body use as far as communication. It's broken down into these areas. Head, neck, thorax, abdomen, right arm, left arm, left leg, and right leg.

Reconnecting the Spirit to the Physical Body

I remember when I had a patient once who came to see me who had pain in her right foot. She walked in with quite a limp. We tested to see what was wrong and she had a misaligned bone in her foot. But she also had a disconnection between the spirit and the body, and it just so happened that it was that

entire leg that was disconnected. We reconnected it by simply rolling down the back, down the governing meridian 3 times, and immediately she was able to walk with no limp. When she'd walked in, she had a limp, and it just took a matter of seconds to make this reconnection, and she was able to get up and walk without any limp at all. After taking a few steps she whirled around and exclaimed, "How did you do that? What did you do?" All I had done was roll a magnet down her back three times, but the result was an instant reconnection of her spirit with her physical leg, resulting in immediate self-correction of the misalignment in her foot!

You see, when the spirit and the physical body become disconnected, it allows misalignments to continue and to remain uncorrected. If the brain really wanted to, couldn't it reconnect or realign bones that are out of alignment? Why doesn't it do it? I believe that one of the big reasons why it doesn't do it is because of this phenomenon of disconnection.

RECONNECTING

- **To check for this problem, you might ask:**
- **"Is your spirit fully communicating with your body?" If the answer is no, you might ask:**
- **"Is your spirit fully communicating with your neck?"**
- **"Is your spirit fully communicating with your Thorax?"**
- **"Is your spirit fully communicating with your Abdomen? Right arm? Left arm? Left leg? Right leg?"**
- **To check for communication problems in the other direction, you might simply ask these questions in reverse:**
- **"Is your body fully communicating with your spirit?" If the answer is no, you might ask:**
- **"Is your head fully communicating with your spirit?"**
- **"Is your neck / thorax / abdomen, etc. fully communicating with your spirit?"**

Testing for Communication

To check for communication problems in the other direction, you might simply ask these questions in reverse. Is your body fully communicating with your spirit? In other words, this is a two-way communication. Your spirit has to communicate to your physical body and your physical body has to communicate to your spirit.

Reconnecting the Spirit to the Physical Body

As we saw with morning sickness, you may need to correct this sort of communication breakdown in two directions. In other words, if you find imbalances between the spirit and the physical body, if it's the spirit that is disconnected from the physical, then you'll correct by rolling *down* the governing meridian 3 times. If it's the physical that is disconnected from the spirit, it's corrected by going *up* the governing meridian.

Just think of the spirit as being a higher vibration (much more subtle or finer energy). So to connect spirit to body you are going from a higher vibration (spirit) to a lower vibration (physical body) and so you roll *down* the governing meridian. And by the same token, if some part of the body is not communicating with the spirit then you'd roll *up* from the physical body to the spirit.

So if you ask the question, "Is your body fully communicating with your spirit?" And if the answer is No, you might ask, "Is your head fully communicating with your spirit? Is your spirit fully communicating with your head? Is your thorax fully communicating with your spirit?" and so on. You could also ask, of course, about the left and right arm and the left and right leg.

DISCONNECTION

- **Remember that spirit / physical disconnection is corrected by rolling DOWN the governing meridian.**
- **While physical / spirit disconnection is corrected by rolling UP the governing meridian.**

RECONNECTING

- **Sometimes an entire area will contain a smaller region of tissue, for example, a muscle, an organ or a bone that will be disconnected.**
- **If disconnection shows up while scanning the body, but no specific region seems to be the problem, ask:**
- **Is this a disconnection of something *within* the abdomen, etc? This will lead to specific tissue that is disconnected (see anatomy book).**

Finding Specific Disconnections

Sometimes a region of the body will contain a smaller area of tissue that is disconnected. For example, a specific muscle, or a specific organ, or a specific bone may be disconnected. If disconnections shows up while scanning the body but no specific region seems to be the problem, you might ask, "Is this a disconnection of something within the head or within the neck or within the abdomen or the chest?" and so on (one item at a time). And this will lead to this specific tissue that is disconnected.

For example, if you're working with someone who has a low back problem you might ask, "Is there a disconnection between spirit and abdomen or between the spirit and your low back?" Or, "Is there a disconnection between this region of the body and the spirit?" And if you get an answer that is affirmative to that question, then you'd simply either roll up or roll down depending on if you're trying to reconnect that part of the body to the spirit or the spirit to that part of the body.

REMEMBER:

- **Full-duplex connection.**
- **Always check both ways:**
 - **Spirit ---> Physical connection (roll down 3x)**
 - **Spirit <--- Physical connection (roll up 3x)**

Full-Duplex Communication

Most often, you will find disconnections like this when you are using the Body Code Mind Map.

Remember that this is a full-duplex communication. What does that mean? Walkie-talkies, for example, are not a full duplex communication because only one person can talk at a time. A telephone, on the other hand, is a full-duplex communication device, meaning two people can talk at the same time. This needs to be checked both ways. You need to check for spirit communication to the physical and then if that one is blown or imbalanced, you would roll down the governing meridian three times to correct it (you direct intent is always necessary – you intent needs to be focused upon each of these objectives when the release process of rolling magnets is applied). You also need to check for physical connection to spirit. You roll up the governing meridian 3 times, and again, if you're doing this on yourself and you need to roll down the governing meridian, you'd simply go from the forehead in the direction. Go from the forehead towards the back of the neck, just like releasing a trapped emotion three times, and if you're going the opposite direction, you just start at the back of the neck and go over the head to the forehead.

“Never can one man do more for another man than by making it known of the availability of the Feeling Healing process and Divine Love.” JD

Feelings first

LIVE FEELINGS FIRST

SPIRIT OUT of BODY:

The next thing we're going to talk about is how the spirit can sometimes actually leave the body to some degree. Of course, death is the complete separation of the spirit and the body, but what about partial separation of spirit and body? This is different from a disconnection in that in this case, the spirit actually comes *out* of the body or is *displaced* out of the body to some degree.

DEATH:

Complete separation of spirit from physical body.

The spirit may actually become dislodged from the physical body due to some kind of a physical trauma such as fall, a car accident or some other kind of injury, or from some intense emotional stress, such as combat or torture and extremes of the sort.



BUT:

What about partial separation of spirit body from the physical body?



Spirit / Body Separation

If a portion of the spirit is outside of the physical body, the result will be similar to a disconnection of spirit and body. The distinction involves the location of the spirit. In simple disconnection, the spirit body is where it should be, but it's not communicating to the physical body for some reason. But if the spirit is actually displaced out of the physical body to some degree, communication difficulties will be apparent in that case as well.

Spirit may actually become dislodged from physical body due to:

- **Physical trauma such as a fall, car accident or other injury.**
- **Intense emotional stress, combat, torture, etc.**

Testing for Spirit / Body Separation

You can simply ask, “Is 100% of your spirit within your physical body?” If not, ask how much of the spirit is within the physical body, and determine a percentage. To correct it, simply roll down the governing meridian while you’re saying, “I now bring your spirit back 100% into your physical body where it belongs.” Then retest.

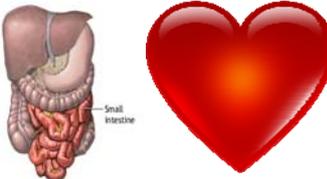
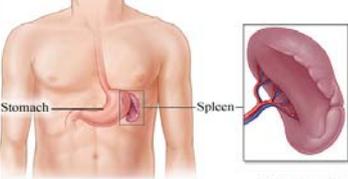
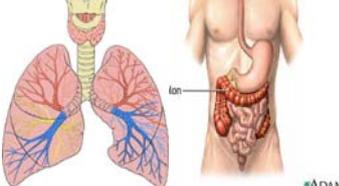
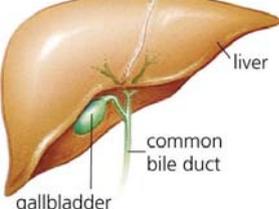
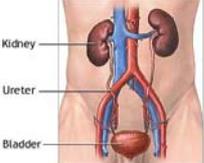
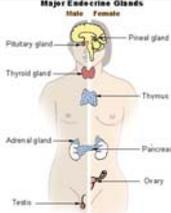
SPIRIT OUT of BODY

- **If a portion of the Spirit is outside of the Physical Body, the result will be similar to disconnection of Spirit and Body.**
- **The distinction involves the location of the Spirit;**
- **In simple disconnection, the Spirit Body is where it should be, but is not communicating to the physical body for some reason.**
- **If Spirit is out of physical body, communication difficulties will be apparent.**
- **Ask: Is 100% of your Spirit within your physical body?**
- **If not, ask how much of spirit IS within physical body.**
- **While rolling magnet down governing meridian, say “I now bring your spirit back 100% into your physical body, where it belongs.”**
- **Retest.**

<http://www.pascashealth.com/index.php/library.html>

Library Downloads – Pascas Papers

All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address.

Organs	EMOTION CODE™ CHART	
	Column A	Column B
	Row 1 Heart or Small Intestine	Abandonment Betrayal Forlorn Lost Love Un-received Effort Un-received Heartache Insecurity Over joy Vulnerability
	Row 2 Spleen or Stomach	Anxiety Despair Disgust Nervousness Worry Failure Helplessness Hopelessness Lack of Control Low Self-Esteem
	Row 3 Lung or Colon	Crying Discouragement Rejection Sadness Sorrow Confusion Defensiveness Grief Self-Abuse Stubbornness
	Row 4 Liver or Gall Bladder	Anger Bitterness Guilt Hatred Resentment Depression Frustration Indecisiveness Panic Taken for Granted
	Row 5 Kidneys or Bladder	Blaming Dread Fear Horror Peeved Conflict Creative Insecurity Terror Unsupported Wishy Washy
	Row 6 Glands & Sexual Organs	Humiliation Jealousy Longing Lust Overwhelm Pride Shame Shock Unworthy Worthless