

# Handling Serious Health Problems

## **Cancer and other Serious Diseases, Preparation for Surgery, and Preventing Rejection of Organ Transplants.**

***John Living, Retired Professional Engineer***

This is an Addendum to 'Tap your Troubles Away' and to 'More Tapping' - which should be studied first so that you have a good understanding of the procedures.

See the Holistic Intuition Society's web page: <http://www.in2it.ca> to download the 'Tap your Troubles Away' and 'More Tapping' .pdf files.

### **Introduction**

'Tap your Troubles Away' explains the basics of Emotional Freedom Techniques (EFT) and 'More Tapping' suggests how we can improve how we communicate with our Heart, our sub-conscious, and the 'Wisdom of our Being' to change the programs that operate in our total Being, and how we have the power to Bless the energies that surround us so that become beneficial to us.

This Blessing of energies is very important in preventing cancer - and many other serious diseases.

In most of us our Heart, Mind, Brain, ego, and sub-conscious (and our organs and cells) fail to operate as a good team; we can improve our health by working with them to help them to operate as a good team, guided by our Heart and 'Wisdom of our Being'.

When we do this, we can prepare ourselves (including all in our body) for the traumatic experiences of hospitalization and surgery - so that the traumas do not affect us as much, and increase the rate of our recovery to good health.

If we can communicate with all the cells in our body, then we can take action to explain about any organ transplant, get the cells in the 'new' organ to align with the rest of our cells, and to welcome the newcomer to our Being. This will greatly reduce (or eliminate) the chances of rejection - and perhaps allow transplants of organs from people of different DNA and blood groups !

I hope that you find this paper useful to you in your Healing work. The procedures listed are guidelines - amend them as needed !

*Namaste, John*



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## **Overview**

### Medical Aspects

Many accomplished Healers know that our bodies are made of energy - and that we can work with the energies involved for improving health. They are successful in their work because they find the cause of problem and overcome its actions, unlike many medical professionals who just treat the symptoms.

Most medical people start out with the intent of healing, but when they attend medical training they are taught to ignore metaphysical aspects and just prescribe drugs - since the pharmaceutical companies maintain a strong influence on medical practice. Most of these drugs have unwanted side effects - so the pharmaceutical companies sell more drugs to overcome them; it may be good business, but it is not good for health !

It is useless to ask medical people if the system described here is good - they are not able to make such a judgment. But be re-assured - unlike drugs, these methods are fail-safe, and have no unwanted side-effects !

Cancer is BIG BUSINESS ! There is an immense amount of money spent on research - to find cures which can be patented ! Many herbal cures are not tested by clinical trials because money cannot be made from them by pharmaceutical companies. Just think of the enormous loss of employment that would occur if a cure for cancer was found !

### Noxious Energies

It seems that cancer occurs when the cells multiply 'out of control' - and instead of trying to kill the cells, it may be far better (and more easy !) to re-establish control of these cells.

In Europe it has been found that most cancer occurs when people sleep or work in places having strong energies coming from the earth; these act like a tornado in spoiling the communication links of the cells within the body which are subjected to this disruptive action of strong energy fields.

Cases occurred where cancer was overcome in hospital only to re-occur when the patient returned home again to sleep in a bed affected by noxious earth energies. Similar effects often occur due to X-rays and electro-magnetic fields.

Such fields may also be the cause underlying 'Sudden Death Syndrome' in infants - if a child is usually in a peculiar position when sleeping, it is probable that it is trying to escape such a field. If you determine that you (or your family members) are sleeping in such fields, move the bed.

Another way is to Bless the energies in these fields and send them 'True Holy Love, Namaste' (the strongest form of Love, which is implied in all 'Love' mentioned in this paper) so that they stop being noxious and become beneficial - seems unlikely, but it works ! See our booklet 'Sleep Well, Be Healthy' for more details of these energies, and how to take corrective action.

You may find that this talk about noxious energies is difficult to accept; this is because so many of us have never been taught about metaphysical matters - but they do exist, and do have a great impact on our health and well-being.

These noxious energies can cause many other problems as well as cancer - so check out the energies in and around where you sleep, where you work, and any place that you sit for an extended time. Better to be safe than sorry !

Emotional Freedom Techniques

Gary Craig of 'Emotional Freedom Techniques' [EFT] fame has shown that by tapping on meridian spots on our body we communicate with the underlying intelligence that controls our body - see 'Tap your Troubles Away' on our website for an overview of EFT and how you can use it for the health of yourself, family, and friends.

This routine is geared for cancer, but you can expect improvement of all serious diseases when you apply a similar method of working with them.

It is suggested that if you suspect such a disease, or are informed that you may have one, then use this system to at least reduce the impact on the sufferer. If you are already being treated by drugs, then you may find that you need less of them.

Tapping Points and Sequence

A simplified system is to tap the underside of your hand between the little finger and wrist (the 'Karate Chop Point' - KC, while making a 'set-up' statement; then tap the following meridian points while making suggestions to your sub-conscious:

TH - Top of Head - the area where your hair 'swirls' - not shown.

EB - Eyebrow - your skull bone above your nose where your eyebrow ends.

SE - Side of Eye - on the bone at the outside of your eye.

UE - Under Eye - on the facial bone just below the centre of your eye.

UN - Under Nose - at centre, between nose and upper lip.

Ch - Chin - at centre, between lower lip and chin bone.

CB - Collar Bone - at the side of the 'VEE' where a man ties his tie.

UA - Under Arm - about a hands width below your armpit.

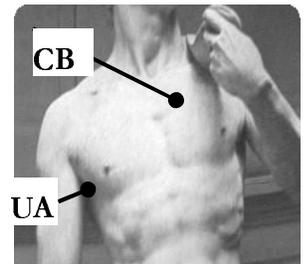
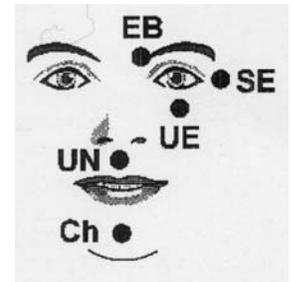
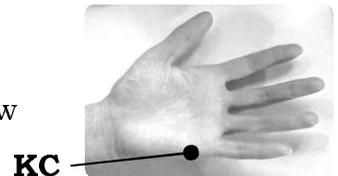
Wr - Wrist - on the palm side just above your hand - see below.

Note that these start at the top and work downwards - so it is easy to remember their order ! You can tap either side of your face/body - or both sides. The tapping should be gentle, and aim for 5 to 7 taps on each spot while making suggestions to your sub-conscious.

At the end [Wr] take a deep breath, and release it while tapping on your wrist (or even better, while tapping both wrists together !) and saying 'Peace Love Harmony'. Intent is to release all that are causing you problems, and to replace them with 'Peace, Love, and Harmony'.

A key aspect in this work is to magnify your feelings and emotions as much as possible while doing this tapping - this helps your sub-conscious to focus on the problems involved. And if thoughts 'pop up' then pay attention to them - and do extra tapping to help them be Healed - they may be involved in the cancer or other illness that is causing you health problems.

Do not expect a 'one minute cure' - although this could happen ! Whatever is causing your health problems has been around for some time - and time may be needed for any cure to become effective. Keep doing the tapping - and have faith that it will help you in the long run. You will find that you can use tapping for many purposes - and have a far better life in the future.



## **Suggested Rounds of Tapping**

### PRELIMINARY SETUP: (Once at start of session)

What I have perceived may be the truth of others  
My beliefs may be based on false perceptions  
I deeply and completely Love and accept my Total Being  
I let my Heart be in complete command of my Total Being  
My ego has a good job - to serve my Heart  
I deeply and completely Love and accept my Total Being  
My sub-conscious works with my Heart for improvement  
The Wisdom of my Being assists my Heart in all ways  
I deeply and completely Love and accept my Total Being  
All in and associated with me work together as a good team  
Operating in peace, harmony, and True Holy Love, Namaste, at all times.  
I deeply and completely Love and accept my Total Being  
Everything can change for the best  
Miracles happen in all 'Nows'.  
I deeply and completely Love and accept my Total Being

### TAPPING:

TH: I Release false perceptions and incorrect beliefs  
EB: My Heart commands  
SE: Ego serves Heart  
UE: Sub-conscious works with Heart  
UN: All working together as a good team  
Ch: Peace, Harmony, Love  
CB: Change for the Best  
UA: Miracles happen NOW  
Wr: Peace, Love, and Harmony to All

### SETUP

Even though I understand that I may still have some cancer  
I deeply and completely Love and accept my Total Being.  
Even though some of my cells are spiraling the wrong way  
I deeply and completely Love and accept you all.  
Even though some of my cells have lost communication with the Wisdom of my Being  
I deeply and completely Love and accept you all.  
All my cells and all that is in them listen to and obey the Wisdom of my Being  
I deeply and completely Love and accept you all.  
We all work together in Love, Peace, and Harmony for the best of our team  
I deeply and completely Love and accept all in our team.

### TAPPING:

TH: All cells spiral clockwise  
EB: All cells listen to the Wisdom of my Being  
SE: All cells obey the Wisdom of my Being  
UE: All cells spiral clockwise, listen to and obey the Wisdom of my Being  
UN: All cells spiral clockwise, listen to and obey the Wisdom of my Being  
Ch: All cells spiral clockwise, listen to and obey the Wisdom of my Being  
CB: All cells spiral clockwise, listen to and obey the Wisdom of my Being  
UA: All cells spiral clockwise, listen to and obey the Wisdom of my Being  
Wr: Peace, Love, and Harmony to All

**Procedure for Noxious Energies**SETUP

Even though some energies may have noxious effects on my Being  
I deeply and completely Love and accept them and my Total Being.  
I send Blessings and all that Heals Good to these energies  
I deeply and completely Love and accept you all.  
I ask my Total Being to send Blessings and all that Heals Good to these energies  
I deeply and completely Love and accept you all.  
We all work together in Love, Peace, and Harmony for the best of all  
I deeply and completely Love and accept you all.

TAPPING:

TH: Blessing all energies that affect me  
EB: Healing all energies that affect me  
SE: Sending Love to all energies that affect me  
UE: Blessing, Healing, and Sending Love to all energies that affect me  
UN: Blessing all energies that affect my family and friends  
Ch: Healing all energies that affect my family and friends  
CB: Sending Love to all energies that affect my family and friends  
UA: Blessing, Healing, and Sending Love to all energies that affect us  
Wr: Peace, Love, and Harmony to All

**Procedure for Serious Diseases**

First of all, go to <http://www.quantumk.co.uk> and watch the 'Healing Experience'. This is a marvelous program that helps you to release toxins and gain access to nutrients that may be missing - often the cause of serious health problems. It takes about 30 minutes to watch - I try to watch it at least 3 times each week !

I recommend very strongly that you tap your tapping points while watching this 'Healing Experience' - it will help install the programs in your sub-conscious.

Many of our physical problems are caused by emotional problems that upset the correct balance of our body. Even though you may think with your logical mind that you are exempt, your sub-conscious may be so affected ! It is your sub-conscious that tries to make you aware of such problems by sending 'messages' to you in the way it knows best - by illness !

So check out possible emotional problems - Resistance, Limiting Beliefs, Fear, Anger, Anxiety, Hate, Greed, Beliefs about Aging, Resentments, Hurts from others, etc - and discover what stray thoughts arise to guide you to their causes.

Picture in your Mind's Eye the memory that arose, the episode with complete details:

- Identify Feelings that arise such as: heaviness, depression, cloudiness, pain in body.
- Magnify these for intense awareness - to help to focus on the cause.
- Quantify the strength of the feeling - grade 1 (low) to 10 (high)
- Define in your mind the shape, colour, texture, even name (as best as possible).
- Always treat with respect - antagonism will make it hide.
- You need to converse as equals so that you can Heal effectively.
- For each case, give it an identity and ask if any messages, reason for pain, etc  
Tap with intent: "Thanks for giving the message and getting attention.  
Circumstances have now changed, I now release you to be Healed."
- Follow if location moves; grade 1 to 10 - it may be a new aspect or new case.
- Pictures in Mind's Eye as observer: Especially 'movies' of past happenings
- Colour may fade, picture move away to distance, or you may not be able to recall it !

SETUP (3 rounds) (adjust for 'still have', 'some', etc. in further rounds)

Even though (occurrence) happened and I had (emotion)  
(add explanation of occurrence, correction to be made)  
you can vary these for each round to cover different aspects  
pay attention to the thoughts that arise and include them !

I completely and sincerely Love and accept my Total Being

TAPPING (3 rounds - recheck intensity at end of each round)

- TH: I apologize to all that were hurt
- EB: I forgive myself and all involved
- SE: I release all emotional triggers
- UE: I/We all go back in time
- UN: Complete forgiveness
- Ch: Peace, Harmony, Love
- CB: Change for the best
- UA: Miracles happen NOW
- Wr: Peace, Love, and Harmony to All

REPEAT AS NEEDED, changing the occurrence and emotion as these change in your thoughts - which is due to your sub-conscious and Heart pointing to what they consider to be the next step.

### **Procedure to prepare for Hospitalization and Surgery**

The intent is to prepare your Being for the traumatic experiences that are expected so that you are better able to handle them - and speed your recovery to good health.

SETUP (3 rounds) (adjust for 'still have', 'some', etc. in further rounds)

Even though (describe problem) happened and I have (fear or other emotions)  
and am going to hospital (for surgery) to get medical help  
which may involve drugs and traumatic experiences  
(you can vary these for each round to cover different aspects  
pay attention to the thoughts that arise and include them !)

I completely and sincerely Love and accept my Total Being

TAPPING (3 rounds - recheck intensity at end of each round)

- TH: Going to hospital (for surgery)
- EB: I fear pain and traumas
- SE: Releasing all fear and traumas
- UE: There could be side effects
- UN: Releasing all side effects
- Ch: Recovery could be slow
- CB: Speed up my recovery
- UA: Miracles happen NOW
- Wr: Peace, Love, and Harmony to All

You can do similar tapping on yourself while in hospital and afterwards, to speed up your rate of recovery to good health. If you cannot actually tap, do the tapping in your mind - imagination works very well !

**Procedure to Prevent Rejection of Organ Transplants**

We explain about any organ transplant, get the cells in the 'new' organ to align with the rest of our cells, and to welcome the newcomer to our Being.

The sense of some of the following is in the future, for use prior to a transplant. After the actual transplant, change the context to be in the present tense.

SETUP

Even though I am losing my (organ) and getting a replacement

I deeply and completely Love and accept my Total Being.

Even though the cells of my new (organ) may not be aligned with my master cell

I deeply and completely Love and accept you all.

Even though the cells of my new (organ) may not yet communicate  
with the Wisdom of my Being

I deeply and completely Love and accept you all.

Even though all in my new (organ) may be foreign to my Total Being

I welcome them as new members of my Total Being

All my cells and all that is in them listen to and obey the Wisdom of my Being

I deeply and completely Love and accept you all.

We all work together in Love, Peace, and Harmony for the best of our team

I deeply and completely Love and accept all in our team.

TAPPING:

TH: I welcome all in my new (organ) to my Being

EB: All in my new (organ) align with my master cell

SE: All in my new (organ) listen to the Wisdom of my Being

UE: All in my new (organ) obey the Wisdom of my Being

UN: All in my Total Being accept all in my new (organ)

Ch: All in my new (organ) is part of my Total Being

CB: We are all one Total Being

UA: All cells spiral clockwise, listen to and obey the Wisdom of my Being

Wr: Peace, Love, and Harmony to All

**Other Resources**

This is only a short abstract - see our website <http://www.in2it.ca> for more:

- 'Tap Your Troubles Away' - a more detailed introduction to tapping with EFT.
- 'Forgiveness' - so important in Healing, but often overlooked.
- 'Life Review' - do it now (when you can make corrections) - do not wait until death !
- 'Books' - 'Your Pendulum', 'Sleep Well, Be Healthy', 'Intuition On Demand' etc.
- 'Scenar DENAS Healing' - Electronic Healing Device developed to keep Russian astronauts healthy - now available for home use.
- 'Dowsing & Healing Tools':
  - 'Love Living' bracelets increase the radiance of your blood - viruses, etc. do not like this radiant environment, so you stay healthy !
  - 'Neck Ring' similar to the bracelet, very effective in stopping headache and migraine, can alleviate other head problems (Parkinson's, MS, etc.)

The EFT Training Library has been prepared by Gary Craig <http://www.emofree.com> and the complete set cost us US\$250. We are authorized to give away a limited number of copies, and so have loaded the complete library (22 DVDs) onto a 250GB USB Hard Drive together with a lot of other 'Goodies' - this Hard Drive is now available for US\$125 from the Holistic Intuition Society by special order - email [Sales@in2it.ca](mailto:Sales@in2it.ca)