

LunaQueen

The Journey From
Lunatic To LunaQueen

By

Myeka

LunaQueen: The Journey From Lunatic To LunaQueen

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DEDICATION

To all the females and their sons who have suffered under the weight of ignorance throughout the Planetary Night. A night fraught with violence to self and self-kind. May the dawning of the day bring an end to all suffering henceforth and forevermore.

May the Queen of the Night shine bright in her full glory and reclaim her lost children, struggling in the darkness that they may be awakened by an inner light that shines eternally to birth the knowledge of the Soul. That knowledge that imparts the true essence of Mankind on earth.

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MOONWISE

Throughout history, conscious females have sought to uncover the mysteries of the unconscious. Journeying deep into the self through meditation, visioning and silence, they have uncovered hidden treasures that have been the foundation for great and lasting civilizations that fostered the sciences, wisdom, knowledge, peace and prosperity. The Dark Age has been a time when the unconscious remained unknown, and females dwelled in ignorance of self and surroundings. This ignorance like the proverbial Land of Nod, that Adam and Eve were casted into contained pain, suffering, confusion, hunger, violence, sexual perversions, destruction of the eco-system, murder and war. During these dark times females engaged in some of the most heinous crimes against themselves and others. They became enslaved to the flesh and physicality. They sought pleasure above principle and lust over love. They sold their bodies, killed their children, hated their sisters, blamed males for their horrid conditions and destroyed their bodies with self-hatred, pain, disease and stress.

The Dawning of the Day has brought forth the awakening of

SHE

the Spirit of Light and Love, and with this great awakening the

LunaQueen System

for reclaiming the hidden recesses of the soul, to make the hidden known and to redeem fallen humankind.

May the light and love of SHE adorn you.

INTRODUCTION

Females have not been self-definers for the last 12,000 years. As a whole females have operated solely under the definitions established by males, who received them from their mothers (who were non-definers). The definitions prescribed to females have not taken into account the feminine essence. Males having been born and raised by mothers who had and have a low estimate of themselves could never adequately define a female.. Therefore the definitions inherently limited and restricted females to function as males and the low consciousness of the mothers who raised them. It is not incorrect for males to define themselves and anything else that accepts their definitions, it is however incorrect for females to believe and act as if these definitions are sufficient and meet their needs.

Defining the self means charting a new frontier, going where no female has gone before in feeling and thought. It means trusting your intuition and risking being wrong with the knowledge that you can correct any wrong. Defining yourself does not mean being antagonistic or combative with males, it means, accepting the truth of your being and having the courage to stand alone while maintaining principle, until another can accept, acknowledge and understand your stance. It means giving up the old taboos surrounding things like menstruation which has caused females to feel dirty and soiled, which has created low self-esteem and an unhealthy self-image. It means healing the traumas of our past.

As we approach the new dispensation, females must free themselves to know, control, love, respect, honor, and protect themselves and each other, and in order to do this tools must be forged to assist in this endeavor.

The LunaQueen System is specifically designed to meet these needs individually for every woman in the world. Every person alive is a complicated system of inter-related body clocks, ebbs and flows, timetables, patterns, cycles, energy levels, constitutions, intensities, body levels and consciousness. Females have the inborn ability to be consciously aware of the depths of these differences and teach it to their sons. Never before has there been a more complete recording device as that provided by the LunaQueen System, which has space to record a woman's rhythmic changes, functions and growth at the spiritual, mental, emotional and biological levels.

As the old taboos and fears are lifted and done away with, females will finally take responsibility for themselves and their actions. Their self-image will improve and they will define themselves with honor, dignity and self-respect, and teach their children to do likewise. Females will take a more active and positive role in seeing to it that all females are properly educated so that they can; naturally and consciously plan or postpone pregnancy at will; prevent and eliminate disease by early detection and biological knowledge; and learn the science of motherhood.

With the LunaQueen System, it is easy to know when ovulation (the time of conception) takes place ahead of time, and the symptoms of developing diseases can be noted and accurately reported to healthcare practitioners for early detection and preventative care. The knowledge of self will cause a female to see herself with value and cause her to engage in meaningful, loving, community supported relationships.

Whole life awareness, fertility literacy and pre-conception choice education are of major significance to the

health and wellbeing of each of us, and we must begin now to take responsibility for this. We can not afford to allow another year to go by without knowing ourselves and defining ourselves, thus regaining the power that is inherently ours when we operate from a position of love and truth.

Utilizing the LunaQueen System is a life time adventure of self-discovery. It will allow you to deal with the cause of your problems so you can eliminate the effects, instead of complaining about the effects with no power to change anything. LunaQueen will also deliver you from the exploitative forces that feed on your ignorance. It's time for a change, don't you agree?

"Woman knows what true love is; let her not be tempted from her knowledge by the false idols that man has created for her to worship. Woman must stand firm and be true to her own inner nature; to yield to the prevailing false conception of love, of unloving love, is to abdicate her great evolutionary mission to keep human beings true to themselves, to keep them from doing violence to their inner nature, to help them to realize their potentialities for being loving and cooperative. Were women to fail in this task, all hope for the future of humanity would depart from the world."

THE LUNAQUEEN SYSTEM

The LunaQueen System is a system of education developed for females that lifts motherhood as the key to peaceful, loving co-existence on the planet, when self-knowledge is attained.

Void of self-knowledge, mothers are filled with wayward, toxic emotions based on fear. Proper orientation to the external world begins with orientation to the self. So within, so without.

When females do not know, control, love or value themselves, they create a decadent society (21st century early America) that denigrates the institution of motherhood and the sanctity of life. It is the collective female unconsciousness that is responsible for creating a society that denigrates the institution of motherhood and the sanctity of life, in that mothers are the first teachers.

When females know, control, love and value themselves, their collective consciousness creates a society that reveres, honors, and values the institution of motherhood, the sanctity of life and the protection of children.

Mothers are the purveyors of culture so when mothers lack self-knowledge they engender a culture of fear. As an unknown factor (the human estate), this triggers the automatic fight or flight lower brain function that leads to aggression, war, murder, conflict, chaos, exploitation, slavery, scarcity, physical, mental, emotional and spiritual abuse, decadence, disease, and death.

Mothers are the most influential components in a child's life and both males and females are influenced by her. A mother's ignorance becomes her child's ignorance, as do her lies, hates, fears, superstitions and depression. The mother model determines the failure and success of a person or a people. Our present mother model is weak, silly, ignorant, fearful, and passively violent. From this mother model evolves all the problems inherent in our present society.

Whereas, females like to pass the buck and blame males for war and violence, the truth is that females foster this in their sons. Her fearfulness makes her son seek to protect her. Her silliness makes her son not take her and other females seriously. Her weakness makes her sons abusive to females. Her ignorance makes her sons egotistical, because she has no wisdom to impart to them and they thus must fill the void. Her passive aggressiveness makes her son overtly violent. These traits are passed on unconsciously in the womb and early childhood. Neither the mother nor the son are aware of this because it has become the norm for her to act silly, weak, ignorant and passively aggressive. If she knew better, she would do better. She however does not know herself and thus does not know better.

Females have sought to know everything outside of themselves, their neighbors business, the latest gossip, the slickest fad, the current slang, the latest movie, the most provocative fashion and the best way to sell herself as a prostitute to the highest bidder. Yet she lacks self-knowledge.

When females are not orientated to know themselves as biological, emotional, mental and spiritual cosmic beings, they have nothing to measure the physical reality (space, energy, elements and motion) with. Without self-knowledge she does not know how to open her heart, and when the heart is closed, she is incapable of loving herself, thus others. So the unknown self, creates fear of self. Not knowing the self causes a person to be incapable of knowing anything else whether a person, experience, the environment, cycles, purpose for being, function or Source. Thus only approximations, superstitions, hearsay and prejudices are possible.

What results is injury and illness. The illness takes many divergent forms in that the natural energetic system of the person is now stressed. This creates all manner of dis-eases like cancer, diabetes, depression, etc., because the stress causes the immune/defense system to weaken.

Over a period of 12,000 years of living and producing children under the ignorance of self, others and the environment, mankind has developed a system of relationship based on imitating animal relationships, primarily by studying wolves and dogs. This is referred to as "the pecking order." Whereas the pecking order

works for creatures that are instinctual by nature as all animals are, it does not work for human being who must rise above the animal nature in order to achieve divine capacity and create institutions that are harmonious with nature.

There are four distinct kingdoms on earth, the mineral, plant, animal and the kingdom of man. Mankind cannot achieve its highest potential when orientated to live as animals. Thus the pecking order becomes a violent system of relationship that further adds to the illness of mankind.

Man (female/male) is mind. Each individual has the capacity to feel, think, communicate, plan and produce from within outward. This capacity, is a reflection of GOD/Source/Creator. As such females having lost this understanding of themselves, fell into a lethargic state of slumber (the land of Nod), and have reproduced this in their offspring.

In order to reverse or eradicate this process, self-healing must be initiated that is designed to eradicate the fear, guilt, shame and regret that all mothers have perpetuated for 12,000 years as a result of no self-knowledge. This is the lunatic state of being. A state characterized by ignorance and illness, the two enemies of mankind.

The LunaQueen System is a system of complete education that provides self-therapy and self-charting. Self-therapy is a process of eliminating toxic emotions that limit the ability to know the self. Self-charting is a process of scientifically observing and making notations about ones physical, emotional, mental and spiritual being, so that self-knowledge can be ascertained.

For some reason departments of education have not deemed this knowledge a priority and women themselves have not taken the initiative to obtain it and make it available to all women. Everything but providing this basic knowledge has been done to eliminate unwanted pregnancies from performing abortions, court cases, burning down abortion clinics, killings physicians who perform abortions, providing free contraceptives to teenagers, creating every kind of pill and device imaginable for preventing pregnancy, arguing about pro choice and pro life, and yet the world abortion rate continues to escalate and unwanted children abound, because all of these deal with the effects and not the cause.

Why is this phenomenon so? This is so because women are not free, and they're not free because they have not decided to be free. It takes courage, commitment, responsibility and dedication to be free. Instead of deciding to be free, women have decided to label themselves free and imitate men, assuming that men have always been free, and what men have they need. How could a male be free who is born and raised by a mother who is a slave and all the females he interacts with are slaves? The cowardice, fear and shame of his mother would naturally be transferred to him in the womb and early childhood, when he has no filtering system. A male can only be free and reach his full stature by engaging in a loving, respectful, supportive and nurturing relationship with a female who knows herself, assumes responsibility and gives free reign to her femininity. It is in this relationship that he is freed from the bondage he was taught to impose on her.

Let's paint a picture. You're holding me down on the ground restricting my movement. Your movement is also restricted as long as you hold me down. So you can't be and do all that as yours to be and do. So both males and females gain when women take responsibility for themselves, because a free people cannot be born of irresponsible mothers and no female can declare herself free who does not own and control her body. No female can call herself free until she has the scientific knowledge of how her body works so that she can consciously choose whether she will or will not have a child. In order to be free, one must first be aware of and know themselves. This knowledge allows a female to define and defend herself, know real and essential needs and develop a means for fulfilling those needs without violating herself or any one else.

Self-knowledge attained allows a person to love themselves and open their heart. From this self-control becomes possible, as the same controller that regulates the heart, the breath, and so many other bodily functions without conscious intervention from a person begins to regulate ones life so that purpose for being can be achieved.

PRE-SUPPOSITIONS OF THE LUNAQUEEN SYSTEM

The pre-suppositions of the LunaQueen System are its guiding principles, those ideas or beliefs that are pre-supposed, that is, taken for granted and acted upon.

1. Control can only be exerted over a known entity.
2. Knowledge of self (physical, mental, emotional, and spiritual) is essential and foundational knowledge.
3. Females, the moon, emotions and fertility are essential elements that must be understood.
4. Fertility literacy gives one the ability to plan or avoid conception.
5. Soul's deserve to be planned, wanted, and welcomed into the world in a spirit of love.
6. The first choice of every female is whether to achieve or avoid conception.
7. Sexual healing allows people to raise their sexual standards from perversions and recreation to planned procreation and creation.
8. Females will always make the best choice they have been given in their understanding of themselves. The choice may be self-defeating, dis-empowering, bizarre, or evil, but for them it seems the best way forward. Given better choices, they will take it. Even better give them a system with more choices.
9. Acting without thought, planning and due diligence when engaging in sexual activity will lead to regret.

“If you see your path laid out in front of you -- Step one, Step two, Step three -- you only know one thing... it is not your path. Your path is created in the moment of action. If you can see it laid out in front of you, you can be sure it is someone else's path. That is why you see it so clearly.”

— Joseph Campbell

LunaQueen Basic Premises

1. Females have existed in a state of slumber for the last 12,000 years, as we have traversed through the Planetary Night (Land of Nod). During this time the spiritual gifts of females have been stored up until the coming of the Planetary Day (2012) and beyond.
2. Void of spiritual gifts, females have allowed themselves to be oppressed, enslaved, abused, and mis-used by the sons they birthed.
3. Void of active spiritual gifts females have existed in a state of fear as they became enslaved to physicality.
4. With passage of the Civil Rights Act of 1964, females neglected to heal themselves of the trauma of the past 12,000 years and to reprogram their DNA and cellular memory. This has caused females to be grafted onto and to reinforce the very system that has acclimated them to enslavement to physicality for 12,000 years. As a result they have made males their role models and engaged in a process of imitation, blaming, comparison, competition and envy, driving themselves further away from discovery of self and their spiritual gifts.
5. Females engaged in imitating, blaming, comparing, competing and envying males have left a huge void in the lives of their children, who have had to grow-up with a fearful, weak, silly, ignorant, irresponsible, indolent, and lunatic mother model.
6. Females engaged in imitating, blaming, comparing, competing and envying males has created a portal by which dark principalities can populate the earth and spread disease, destruction, enslavement and fear. (“We fight not against flesh and blood, but against powers and principalities, spiritual wickedness in high place.” Holy Bible)
7. Females need to wake-up, get-up, purify, heal and seek self-knowledge (from within) now.
8. Mothers are the purveyors of culture and the foundation of a civilization. The present mother model engenders a culture of fear and a civilization void of civility.
9. When individual females take their healing seriously, they will come together and create institutions that foster their health, fulfill their needs, protect their rights and facilitate their interest in a manner that is harmonious with nature and in alignment with their true purpose for being.
10. The Planetary Night is still upon us, however we are about to reach the 6 am point on the cosmic clock. When time ends according to the Mayan Calendar, then the dayspring begins and a new dispensation will usher in the vibrations of love, truth, freedom, peace, justice, joy, abundance, wisdom, prosperity and all that is based on violence will fade away.
11. Preparation for this momentous event begins now, with the reading of these words. Wash yourself, make yourself clean, renew your spirit, put on the whole armor of God and open to the creation of a new heart.
12. The LunaQueen System provides a process by which females can identify the lunatic that has developed for 12,000 years and a process for becoming a LunaQueen. It provides calendars, charts, writings, exercises, self healing therapies and questionnaires for understanding where we have been and where we are now. The LunaQueen System provides a roadmap to the Promised Land. “We as a people will get to the promised Land.” M.L. King, Jr.
13. Females continue to follow males who are the by-product of their mothers enslavement, as a cultural

conditioning, thus perpetuating their enslavement. They invest their time, energy and resources in programs, projects and promotions of males who assert their ego and do or will denigrate the LunaQueen System, in order to avoid humbling themselves and awakening the Divine Feminine aspect in themselves, thus uprooting the traits, tendencies, conditioning and programming of their mothers and then assisting females to rid themselves of the lunatic to become LunaQueen's. Suffice it is to say, males cannot free us from the lunatic. We opened the door to fear and enslavement and we must close the door in conjunction with our sisters. It is the self-hatred in females that causes them to overlook their health, interest, rights and needs. The desire to be wanted, liked, protected and provided for by males, eclipses their ability to see what is in their best interest. It was this very act of fear that opened the door to slavery as the spiritual gifts of females were laid to rest at the onset of the Planetary Night, and males with their physical strength, pioneering nature and aggressive temperament were needed to provide and protect females from the fearful aberrations of the Planetary Night. With the arrival of the Planetary Day females must awaken and equip themselves with their spiritual gifts in order to give rise to a new way of living. One that is nonviolent in nature and whose hallmark is true freedom and liberation built on a foundation of responsibility and self-knowledge.

14. Motherhood is the key to creating a thriving, healthy, prosperous civilization, because mothers produce both male and female children and are the first teachers of all mankind.

“Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.”

- Steve Jobs, Co-founder of Apple

THE IMPORTANCE OF KNOWING YOURSELF

A lack of self-knowledge puts us at a disadvantage. When we don't know yourself, it is impossible to know anyone or anything else. Self-knowledge is the foundation of all knowledge. Once obtained it becomes a gauge or measurement by which we can determine the truth, authenticity, benefit or purpose of others and all learning.

When deprived of self-knowledge, we become susceptible to manipulation, exploitation, abuse and the control of others. This can be avoided by education directed towards knowing the self. Self-knowledge insulates us from addictions, crime, exploitation, disease and schemes.

Self-knowledge means knowing ones self as a spirit, mind, emotion and body. It means knowing these aspects in the context of space, energy, elements and motion. It is this knowing that empowers individuals and allows them to develop the esteem so vital to unite in meaningful work, relationships, programs and volunteer projects with others.

The Delphic Oracle has given to mankind two words that modern society has chosen to ignore. "Know Thyself." Why is this so important? It is important because: 1. You can't control what you don't know. 2 Without self -knowledge we have nothing to evaluate or validate subsequent learning with. 3. Without self-knowledge we are always seeking someone else to validate our existence and thus we open ourselves up to manipulation, exploitation, misuse and abuse.

True liberation entails responsibility and responsibility is obtained when we are able to control self and define for ourselves. Self-control is incumbent upon self-knowledge, because we can't control what we don't know. To often in the past females have equated liberation with a struggle against males. Liberation meant being able to compete with males in the work place leading to the abandonment of the traditional feminine arts of motherhood, homemaking, wifehood and early childhood education.

There are presently females who know how to run large corporations and conglomerations and yet they are completely devoid of self-knowledge and thus miserable. It is difficult to translate the external into the internal. We can only translate the internal into external knowledge, which creates wisdom.

The most basic form of self-knowledge is how each of us got here and how to get other's here, or the science of human reproduction. Oh this is simple and everyone knows it, you may be saying. Well if everyone knows this, then why are female doctors, nurses, lawyers, etc. having abortions? Something is missing. Wouldn't you agree? All truth carries proof. The fact of unwanted pregnancy is proof that this information is not known. The body known and understood becomes a faithful servant to spirit. The emotions directed by the intellect (mind), becomes a powerful force for good and creation.

During the Dark Ages (The Planetary Night), female's emotions have run wild as they were allowed to drive the intellect. As a result of operating from false judgments, inaccurate measurements and false conclusions people were killed, wars were fought, families were destroyed and nature was ravaged. Females passed their irrationality, low self-esteem and fears onto their children who were haphazardly conceived and seldom

planned. The fears of females caused males to erect a societal structure where brute force was the supreme. Males being physically stronger began to dominate females as they feared nature, their neighbor and themselves. Women began to use their bodies as tools for sexual conquest to capture men as husbands who could provide, and protect them. Women set themselves up to be no more than goods that performed a service and males filled with the lust they inherited from their mothers in utero (before birth) were susceptible to this, given they could exploit women for sex and whatever else they could imagine.

The Dark Ages has been a time of cosmic darkness and gross ignorance. Seeking light from any place it could be attained, women adopted a solar (sun) calendar to lead them in the darkness. They raised their sons and daughters to do likewise. Knowing that they had to relinquish their powers to males who were better able to navigate through the cosmic night, females withdrew into themselves to await the coming of the cosmic day. As males grew in power, females shrunk in power. An imbalance ensued. Before the wise ones died off, they stored up the ancient knowledge and wisdom in myths, allegories, stone structures, and pyramids. They knew that remnants of the ancient ways would still be spread to different cultures, and they forecasted the death and destruction of those who would continue to practice the Light rituals. They knew what time it was and they were content in the realization that they had done what had to be done. They knew that the ancient art and wisdom would one day reawaken from its sleep and prepare the world for the coming of the Cosmic Day when the **Divine Feminine** would express itself once again on earth and bring about peace, prosperity and goodwill to all.

The best way to be spectacular is to be yourself.

—Alex Noble

LunaQueen

Definitions:

LunaQueen—Female-man and sons who are attuned to self, via self-knowing and activating the spirit from within, thus expressing harmony with the moon and non-resistance to change. Heart based. Love is primary expression. Operates from lunar/solar frequency.

Lunatic—Female and sons who operate from solar frequency. Programmed intellect and mechanical actions activated by toxic emotions. Resists change. Fear base.

Woman—Womb of man evolving.

Man—Species comprised of males and females. Man referring to males.

Female—Used to refer to all feminine aspects of Man, regardless of age.

Moontime—The passage of the endometrial lining as blood from the vagina. Referred to as menstruation.

Moonarche—First moontime, usually around puberty (age 12-13) but does occur at age 8 and up. Referred to as menarche.

Moonpause—Cessation of moontime, leading to infertile stage. Referred to as menopause.

Fertility—The state of being capable of conception.

Infertility—The state of not being capable of conception.

Toxic Emotions—Emotions that are laden with toxins and uiresolved issues. Fear, hate, guilt, lust, shame, jealousy, envy.....

LUNATIC WORLD

This book is not about worshipping the moon. The moon however, is a grand backdrop by which we as females can study ourselves, since we have so much in common. The moon is a vast heavenly body that has no water and no light of its own. Having no water it affects the water bodies of the earth of which we are comprised of 80%. Thus the moon exerts an external influence on us, just as the light from the sun influences it. Awareness of the influence of the moon on our emotions, hormones, sexuality, attitudes, dispositions, language, feelings, thoughts, actions and judgments is needed so that we can gain control of ourselves.

To often the model of the world that females operate from is antiquated, toxic, ignorant, superstitious, fearful and harmful. As we look at our world, we see that which we as mothers have created by filling our children with our lack of self-awareness and self-knowledge. When we allow external influences to govern us, we deny the essence of who we truly are. In addition to the above influences we can see how the media (radio, TV, the internet and newspapers, has helped to mold us into who we are. We are thus influenced by everything external and are completely out of touch with our interior self and the governance of our heart.

Self-healing, self-awareness, self-exploration, self-renewal and self-confidence are needed if we are to recreate a world that is harmonious with life's ebb and flow. As the foundation of the family and the first teachers of both our male and female offspring we have immense power at our disposal that we allow to be manipulated and controlled by others at the expense of our own personal lives, the demise of the family, nation and world. Our power waywardly used is destructive, and now is the time to assess who we are as individuals in order to change the course of the world, which is now headed towards the extinction of mankind.

No one can control what they are unaware of and don't know. We don't know how our bodies work, so we get pregnant haphazardly and then argue about our right to make a choice to leave the scene of the accident, suffer the consequences or let others share in our burden. We don't know how our emotions work so we speak with vile tongues to denigrate, curse, malign, abuse and lie on others. We don't know how our minds work so we scheme, plot, manipulate and set elaborate traps to destroy, capture or injure others. We don't know how our spirit works so we open ourselves to possession by demonic forces, deceased entities, and all manner of elementals by our wanton actions when filled with drugs, alcohol, lust and lies. We are unaware of the consequences of our actions and our language and we continue to reduplicate the ways of our ignorant but good intentioned mothers. This lunacy makes us lunatics that are governed by the moon with her shifting phases leading us into regret, shame, guilt and self-abasement.

When we become aware of the external influences on our lives, we will then be able to uncover the love for self that is hidden as a precious gem within and gain control of the I. At this point the LunaQueen can be born, she who is in control of herself and who uses the forces of the moon for noble, healthy and beneficial purposes that reflect the light of one's true sun essence. We are each beams of sunlight and we must let our light shine so the darkness of this earth can be subdued; then peace, joy, prosperity and health can reign supreme as the birthright of our progeny for generations to come.

Join the peaceful LunaQueen Revolution by partaking of the bountiful goodness in the pages of this book. Learn to know yourself and then be yourself. Then join with others who have done likewise to create new

institutions built on a foundation of nonviolence that fosters your interest, protects your rights, fulfills your needs and maintains your health.

“In order to create confusion and fear around this potential frequency of attainment, in modern times it was decreed that sexuality should be practiced only to bring about life. It was also decreed, to put a greater fear surrounding sexuality for many, that the human had no control over how and when they could conceive a child. That is not true. You simply bought it believed it and began to perform in that way. Women were, let us say, controlled.

Thousands of years ago, when society had more of a matriarchal bent in certain areas of the planet, the Goddess energy was coming ... The female understood her power. She understood her connection and the desire to create life. She also understood that she never had to conceive a child if it was not within her intention to do so.

In order for a patriarchal society to come full circle to prepare the Earth for this shift in consciousness, the female needed to take a back seat. So the female's power, and the female's energy, and the females understanding of sexuality was suppressed. And in modern times -- as we said, in the past 2,000 years it came down upon the planet that there was no control over when one could have a child that sexuality was bad and disgusting, and that it was only to be performed within the rights of marriages, etcetera, etcetera -- all of which was a marketing program.”

THE PLEIADIANS channeled lecture by Barbara J. Marciniak Friday, November 15, 1990 7:30 PM - Terman Auditorium, Stanford, California

FROM LUNATIC TO LUNAQUEEN

For 12,000 years females have engaged in the creation of a Lunatic World. Our present day world order is the culmination of this creation on the brink of nuclear destruction. Feted as a male dominated world, the lunatic world is in disguise. Females and their sons would rather pretend that males can dominate females (sons can dominate their mothers), thus never getting at the real source of the problem.

For the last 12,000 years females have operated void of lunar consciousness. The absence of lunar consciousness has caused females to become lunatics, i.e. to be motivated and controlled by unstable, toxic emotions and external forces. The moon governs emotions, and a lack of lunar consciousness leaves one unconscious of the effect of emotions on their life. Just as the moon governs large bodies of water, so it is with the human body, which is comprised of 80% water. The lunacy that occurs in females makes them irrational, unstable, fearful, indecisive, wishy-washy, judgmental, insecure and passively violent. All of these tendencies are then passed on to their children, and has created the society that we now live in.

Males are not exempt from these tendencies. In fact males are greatly affected by them. Whereas, the mother is the first teacher and role model, she unconsciously passes her lunatic personality to her sons in utero, after birth and throughout early childhood. Once a male child internalizes his mother's lunacy, he takes it to an aggressive level. Whereas most females are passively aggressive and violent (using words to put-down, slander and criticize and emotional manipulation, to control), they give birth to males who are overtly violent and engage in murder as a way of life with their war games. Males are a direct reflection of their mothers. If the mother is fearful, then her son becomes her protector. If she is needy then he becomes her provider. With lunacy this is taken to extremes. So he is not just her protector, he sets up elaborate military schemes to protect her. He is not just her provider; he sets up elaborate exploitative schemes to provide for her.

Growing up with mother's who are ignorant of the feminine principle, has forced males to look to nature for their identity. Out of sync with the masculine principle, males looked to animals for a definition and function of manhood. They began to imitate male animals (primarily wolves) "pecking order." From a human perspective taking on an animalistic nature created a violent social structure, which is the means by which males have been able to express violence against each other, females and nature. Males have reveled in their "pecking order" and continue to operate from the lower reptilian brain (fight or flight) as a means of addressing problems and supposedly establishing order. It must be understood that Man (male/female) is not an animal, and must rise above the animal nature if true peace and justice are to be established. Man is a Spirit Being having a human experience in a physical (vehicle) body, and only as spirit can true equality between the sexes be achieved, and an end to all war.

In that males fear the toxic emotions of females and dismiss emotions as unimportant, they are ignorant of the power inherent in emotions and are therefore susceptible to emotional manipulation, blackmail and programming. They are also incapable of controlling the rage, anger, hate and violence that unaddressed emotions cause.

The heart rules emotions and when ignored the emotion of fear takes dominance, throwing people into the lower brain "flight or fight" syndrome. This overtaxing of the heart causes heart disease to be the #1 killer. The

heart naturally operates from the emotion of Love and is capable of integrating any eventuality. Emotions cannot be ignored; they must be understood, purified and mastered, if one is to attain a state of peace of mind.

When toxic emotions are allowed to drive the body, a state of lunacy exists. Thus if a person finds themselves feeling jealous towards another, if they don't have a strategy for eliminating jealousy they will eventually do something to injure the other person whether by word, action or deed. We can see the same dynamic when a person is stuck in anger without any control mechanism for eliminating it. Grief is similar as a person can grieve for years. The same is true of all emotions except love, for love and its derivatives (joy, peace, etc.) finds a way to be constructive.

The moon represents the unconscious, the dark side of ones personality. It is hidden and has to be consciously explored with the light of the sun, the personality. Unexplored this shadow self wrecks havoc in the lives of people. Within every female is a shadow male, and within every male is a shadow female. The shadow male in females is that part of her that gives power to a submerged ego and passive violence. This ego is acted out in the world via her sons and the men in her life in overt violence. The males shadow is the female and she is usually disempowered. She is the unconscious aspect of him that becomes emotional and uncontrollable. He gives no power to the female aspect of self, so she constantly seeks recognition through manipulation, control, trickery and emotional displays. These two aspects are formed in childhood.

When mothers are not conscious of themselves they feed their children both her male and female, their fears, lies, hates and negativity. She gives privileges and rewards to her son, in order to gain favor with the father and the male societal structure and ignores her daughters. In some societies even today, female babies are not valued and thus killed, as only males are acceptable. The female automatically demonizes males as evil, due to her inability to see her shadow self and recognize her contribution to its creation. Males do likewise and go around with a dreaded fear of females. Carl Jung writes, "Projecting the shadow onto some other 'strengthens the opponent's position in the most effective way, because the projection carries the fear which we involuntarily and secretly feel for our own evil over to the other side and considerably increases the formidableness of his threat.'" Paul Levy elaborates on this by saying, "The nature of this world is such that if we project out our own darkness, the world will shape-shift and provide convincing evidence that the evil really does exist out there, which simply confirms to us our delusion in a never-ending, self-generating feedback loop."

William Sloane Coffin in *Letters to a Young Doubter* (Westminster John Knox, 2005), states, "Self-righteousness blocks our capacity for self-criticism, destroys humility and undermines the sense of oneness that should bind us all, thus coming to understand that our smug certainty that our way is the right and only way and others are just evil, feeds our disconnectedness." As Carl Jung has said, "Whatever is wrong with the world is in us."

Of recent with the rise of single family homes ruled by mothers, a new aberration has taken form. For the first time females have gained dominance over male children in the home, void of any male interaction. This extends from the home, to the day care to the first five years of early education. Female dominance has thus created a feminine type male who is overly emotional and imbalanced. He suffers from an identity crisis, and is filled with rage, anger and hostility as a result of his upbringing. These males become fodder for the penal

institution, because they unconsciously seek male bonding, and the prisons provide this. In fact the first male with power, force and the ability to punish these young males is usually the police. Up until their first encounter with the police they are strictly under the dominance of females. When they have this encounter with the police, it resonates with them and there is a symbiotic bond created that unconsciously provides them with the first discipline from a male, causing them to continue to break the law to reenact this needed male interaction. Then with repeated offences, jail and prison are the consequences and in this, male bonding becomes a welcome experience, causing repeat offences and a life of recidivism. This bonding can further be seen in the mannerisms of males who are not confined in the penal system as the prison sub-culture dominates their dress (low hanging pants), language, music and interactions with others.

Females by and large have been a slave class and have never asserted individual and collective free will and first class decision making ability. There have been some females who have done this like Victoria Woodhull, who was the first female to run for president of the United States. She said, "While other of my sex devoted themselves to a crusade against the laws that shackle the woman of our country, I asserted my individual independence". Others have asserted their right as females to personhood, however the masses have chosen to continue to play the game of male dominance. Game because no son can ever enslave or exploit his mother, except she gives him permission and a means by which to do so.

Today's rap musicians, like to refer to females in their music as bit_hes and whores. In this they are including their mothers and all females. What they call bit_hes and whores as a societal colloquialism, we scientifically refer to as lunatics. They are attempting to portray the madness and insanity in females and the only words within the common language system are derogatory. Lunacy however is an illness that can be cured. To address any problem, the cause ascertained can aide in creating a cure. As developing humans our aim should be to find our way back to original wholeness thus oneness. The influence of mass media with its images designed to exploit, manipulate and control has pretty much created ideals to which we seek to emulate. These must be discarded if we are to obtain our goal.

For a long time males have fed and developed their physical prowess, strength and intellectual ability, at the same time they have ignored, suppressed and discouraged the development of the emotional and intuitive nature, which is usually referred to as a feminine nature.

Females have not developed there emotional stability or intuitive abilities, because these have not been acceptable in the "male dominant society." Nor have they developed their intellectual capacity, prowess or strength, although an attempt has been made to develop the latter in order to compete with males in the market place, thus for the wrong reason. Females have basically been developing emotional instability, and their ability to manipulate, whine, complain, act offended, point fingers at others and shirk responsibility. The effect of this is a deterioration of humanity as a whole. Individuals thus exist in a state of illness and imbalance. In addition disharmony is engendered between the sexes creating a burden of guilt and inadequacy. This plays out in the society in the technical advancement and overemphasis on science and intellect in the world, with a corresponding neglect of emotional stability and soul quality. War, revolution, exploitation, destruction of the environment and dysfunctional families are the obvious results. Both sides of the human personality have to be equally developed, balanced and understood, in order to establish peace and justice on this earth plane.

Lunatics have taken over the world as they have fully imbued this illness in males and females alike. It has become the gauge of normalcy. Now males act like lunatic bit_hes, complaining, manipulating, whining, shirking responsibility and basically being imbalanced.

Likewise, the first and primary choice of every female is whether to achieve or avoid conception when having sex. This is a choice born of self-knowledge and is both responsible and liberating. This is the choice of primary thinkers. Females being mis-educated and relegated to a position of second class status, habitually react at a secondary level to life happening, as part of their unhealed programming, conditioning and toxic emotions. So it is with the choice of procreation. Females would rather squabble about choice after conception and waste time, energy and resources, rather than take the time to learn how their bodies work in order to make a primary choice. Females need to heal themselves and become equipped to make their first choice and then secondary choices automatically become obsolete. Pre-Conception Choice Education and Fertility Literacy guarantee this.

The LunaQueen System is designed to teach both males and females how the reproductive system and the emotions work and can be used as an empowerment tool. Through this system societies will be able to end the wars of the sexes, religion and nations. Through this process the heart can be opened and take its rightful place as ruler and generator of pure emotions. This system is designed to impact females in such away that they are able to transmit the highest attributes to their children by planning them with a conscious mate, maintaining the highest thoughts during conception and pregnancy and raising children in a stable, healthy environment with all the love, nurturing and protection that they need. We propose that the end result will be a civilized society and a world that is based on the principles of civility. Thus lunatics will become LunaQueen's and create peace on earth, goodwill towards all mankind.

—Myeka
sheawakening@yahoo.com

Unintended pregnancy is one of the most perplexing diagnostic and therapeutic challenges health care and social service providers face both in the United States (US) and around the globe. This serious public health problem is extremely costly, both in human and financial terms. The Global Health Council estimates that complications related to unintended childbearing account for approximately 20% of maternal deaths worldwide. In the US, the annual medical expenditures for unintended pregnancies total billions of dollars. It is also generally agreed that there is an association, albeit weak, between unintended childbearing and a wide array of adverse maternal behaviors and child physical and mental health problems. For example, women with unwanted pregnancies are less likely than women with mistimed and intended pregnancies to obtain appropriate prenatal care, take vitamins, and discontinue tobacco, alcohol, and illicit substances.

Similarly, infants who are mistimed by more than 2 years, and those who are unwanted by both parents, are more likely to be small at birth and to die than infants who are less seriously mistimed, or unwanted by only one parent.

Reasons for Ineffective Contraceptive Use Antedating Adolescent Pregnancies: Part 2: A Proxy for Childbearing Intentions Jeanelle Sheeder,
Kristina Tocce, Catherine Stevens-Simon

PROOF OF LUNACY

"The only way power is ever lost is by giving up responsibility for one's reality."

Author Unknown

SINCE 1973

- The overwhelming majority of all abortions, (95%), are done as a means of birth control.
 - 1,656,000,000 reported abortions in the world. (46 million per year)
 - An estimated 50 million babies have been aborted since 1973.
 - 40% of young women become pregnant before age 20
- Fifty percent of U.S. women obtaining abortions are younger than 25: Women aged 20–24 obtain 33% of all abortions, and teenagers obtain 17%. Approximately 24% of all U.S. pregnancies end in abortion.
 - 85% of teen pregnancies were unplanned and unwanted.
 - 75% of all pregnancies are unplanned and unwanted.
- In 1997, more souls/fetus were aborted than people who died in the Revolutionary War, the Civil War, World War I and II, the Korean, Vietnam and Gulf Wars combined.
 - Average cost per abortion \$416, a \$400 million a year industry.
 - 41% of women having abortions are white, 32% are black, and 20% are Hispanic.
 - Out of the average 4,400 babies dying daily that are reported abortions, an estimated 1,300 are African American. They account for 32% of women having abortions yearly, yet make up only 13% of the American population. African American women are 3 times as likely to have an abortion than other women.
- The reasons women give for having an abortion underscore their understanding of the responsibilities of parenthood and family life. Three-fourths of women cite concern for or responsibility to other individuals; three-fourths say they cannot afford a child; three-fourths say that having a baby would interfere with work, school or the ability to care for dependents; and half say they do not want to be a single parent or are having problems with their husband or partner.
- Forty-six percent of women who have abortions had not used a contraceptive method during the month they became pregnant. Of these women, 33% had perceived themselves to be at low risk for pregnancy, 32% had had concerns about contraceptive methods, 26% had had unexpected sex and 1% were forced to have sex.

CONCLUSION

Ignorance is the leading cause of unplanned conceptions.

TEENAGE PREGNANCY

- About one million teenage girls -- 11% of all girls aged 15-19 (112 per 1,000) and 20% of those who have had sexual intercourse (204 per 1,000) -- become pregnant each year.
- Eighty-five percent of teenage pregnancies are unplanned, accounting for one-quarter of all unplanned pregnancies each year.
- Fifty-four percent of teenage pregnancies each year (960,000 in 1992) end in birth (most of which are unplanned); about one-third end in abortion (32%) and the rest in miscarriage (14%).
- Among sexually experienced teenagers, about 16% of 14-year-old, 17% of 15 - 17-year-old and 23% of 18 - 19-year-old become pregnant each year.
- Teenage pregnancy rates are higher in the United States than in many other developed countries -- twice as high as in England and Wales, France and Canada; and 9 times as high as in the Netherlands or Japan.
- Of all births to U.S. women, 13% are to teenagers.
- Twenty percent of U.S. abortions each year are to teenagers.
- A majority of teens (55%) say when teens have unplanned pregnancies, it's "often" a result of having sex when drunk or on drugs. Forty-six percent say it's "often" because teens have sex when they don't have birth control with them.

Source: The National Center for Health Statistic

Nothing splendid was ever achieved except by those who dared believe that something inside of them was superior to circumstances.

—Bruce Barton

- About half of all pregnancies in the United States are unplanned and account for about 1.2 million births.
- About half of all unplanned pregnancies occurred among women who were not using any method of contraceptive. The remaining pregnancies occurred among women whose method of contraception failed, which may suggest that they used it incorrectly.
- About 8 in 10 pregnancies occurring in young women (under 18) are unplanned and account for the highest proportion of unplanned pregnancies in any age group.
- About 75% of pregnancies that occurred among women ages 18 and 19 are unplanned.
- About 59 % of pregnancies that occurred among women ages 20 to 24 are unplanned.
- Between 41 % and 51 5 of pregnancies that occurred among women between the ages of 35 and menopause are unplanned.
- Many women who have completed their families undergo surgical sterilization because they're not aware of contraceptive options, according to the Centers for Disease Control. It's the most common form of birth control in the United States -- chosen by nearly 28 % of women of reproductive age.
- Many women who choose surgical sterilization come to regret their decision. In fact, 18 % of women who have had a tubal ligation expressed a desire for reversal and an additional 6 % of these women had spouses who expressed a desire for reversal.

WHAT THE STATISTICS REVEAL

Abortion statistics tell a story of female irresponsibility. It is the evidence of the mis-education of females. For 12,000 years females have failed to initiate, develop, maintain or administrate a system of education that provides them with first knowledge, which is self-knowledge.

Females have become everything from astronauts to world class executives of huge conglomerations, yet they have never laid a root system that will allow them to flourish and inspire future generations to be responsible.

Getting caught up in secondary arguments of what to do after they get pregnant unexpectedly, female energy is wasted on the trivial, leaving no energy to focus on the essential. Competing with males rather than discovering self has been the occupation of females since the passage of the Civil Rights Act of 1964.

Females opted to be grafted onto the stem of the very system that imposed darkness, slavery, denial of value and limitation on their freedom of being. Afraid to charter a new path, females allowed vindictiveness, revenge and competition with males to propel them into the new opportunities.

For to long, females have opted to play the role of oppressed, weak, silly, ignorant, helpless, needy and wanting. It is time for females to come of age in the 21st Century and recognize and claim there true power which is inherent in **Pre-Conception Choice and Fertility Literacy**, thus giving up the pitiful, manipulative stances of the Dark Ages.

Pre-Conception Choice and Fertility Literacy, requires a female to heal her past, so that she can be educated in the ways of self-knowledge. Thus all subsequent learning has a root system and foundation upon which to be anchored in her reality, so as to empower her and allow her best to come forth.

Pre-Conception Choice and Fertility Literacy, is the only viable choice for females to make.

Pre-Conception Choice allows a female to become a primary, first class person, as she exercises her first choice of whether to achieve or avoid conception before sex takes place.

Pre-Conception Choice is revolutionary because it offers females the opportunity to know themselves as essential, valuable, worthwhile contributors to humanity.

Pre-Conception Choice and Fertility Literacy, rekindles from within a spark of the power and majesty of a distant past when matri-local civilizations flourished and benefited all of humanity, as a result of females taking responsibility for self and others.

Pre-Conception Choice allows females to create a world where children are conceived in love and based on a plan. A world where institutions are created to prosper the health, foster the interest, protect the rights and fulfill the needs of generations ad infinitum.

Pre-Conception Choice is the only right and true path offered to females who want to come of age and operate as responsible self-liberated females who do not need to seek or receive the approval of anyone.

Pre-Conception Choice and Fertility Literacy, involves having a knowledge base upon which to make a decision. By knowing and understanding the science of fertility awareness and human reproduction, females

and males gain a means by which to make a conscious choice based on reason and anchored in responsibility.

Consider the archaic means of the past. A female and male have a sexual urge and have intercourse, not knowing whether this will lead to conception. Conception occurs. Now a choice has to be made as to whether to have an unwanted child, put the child up for adoption or use abortion as birth control.

Consider the present. A female and her male counterpart know ahead of time when conception is possible and make a decision as to whether they are ready to conceive a soul. If conception is desired a plan that enhances the soul is developed. Not choosing to conceive, and knowing fertility awareness signs, the female and male are able to completely relax and fully enjoy sex, using the chosen method of contraceptive during fertile times.

This is a new day and as with anything new, it means change. Change of attitude, change of posture, change of position, change of lifestyle, change of direction, change of outlook and change of action. If we continue to bring unwanted, unloved children into the world, then the world will continue to deteriorate under the weight of this mass of ignorance. Unwanted, unloved children oftentimes grow up to be terrorist, revengeful, empty, violent, self seeking destructive adults who are void of mental, emotional, or physical health and spiritual awareness. People who value substance above character, physicality above spirit and hate above love.

Pre-Conception Choice and Fertility Literacy, are for the truly liberated female and constitutes an authentic movement for female self-liberation

If your choice is not **Pre-Conception Choice and Fertility Literacy**, then you are really not choosing, only reacting to circumstances that you have no control over, and this is the position of a weak, silly female ever learning but never coming to the knowledge of truth.

VOICES OF WISDOM ON ABORTION

Myeka, *Creator of The LunaQueen System*

“Without self-knowledge, all other knowledge amounts to just a bunch of information, facts and figures that are inharmonious with the rhythm of life, and void of the wisdom of the self. Therefore, choice born of ignorance is not choice, but a product of the illness that ignorance gives birth to. Having had an abortion, I can testify that it was my lack of self-knowledge (ignorance as a result of mis-education) that led me to murder my unborn child.”

“**Pre-Conception Choice Education**, upholds the sanctity and God given right of free will. Because of this I am neither pro-choice or pro-life in that both start after conception takes place, and real choice takes place before the sex act.”

“When women stop playing with their sex organs, they will learn to honor the sanctity of their bodies and the life that flows there from.”

“Whereas women have greatly benefitted from the Nonviolent Movement of the 60’s, we have yet to join the movement. We continue to this day to do violence to souls yet unborn and refuse to engage in Conscious Conception which is simply a process of learning to know our self, which is the hallmark of freedom.”

“Women who haphazardly get pregnant don’t know basic biology. Likewise females who argue that abortion does not destroy life don’t know biology. In both cases we are dealing with mis-education.”

Mother Theresa, *Founder the Missionaries of Charity in Kolkata (Calcutta), India in 1950. For over 45 years she ministered to the poor, sick, orphaned, and dying, while guiding the Missionaries of Charity's expansion, first throughout India and then in other countries.*

“The greatest destroyer of peace is abortion because if a mother can kill her own child, what is left for me to kill you and you to kill me? There is nothing between.”

Margaret Sanger, *Founder of the American Birth Control League (which eventually became Planned Parenthood).*

"The basic freedom of the world is woman’s freedom. A free race cannot be born of slave mothers. A woman enchained cannot choose but give a measure of that bondage to her sons and daughters. No woman can call herself free who does not own and control her body. No woman can call herself free until she can choose consciously whether she will or will not be a mother.”

Susan B. Anthony, *Prominent American civil rights leader, in her publication The Revolution:*

"Guilty? Yes. No matter what the motive, love of ease, or a desire to save from suffering the unborn innocent, the woman is awfully guilty who commits the deed. It will burden her conscience in life, it will burden her soul in death; But oh, thrice guilty is he who drove her to the desperation which impelled her to the crime!"

"We want prevention, not merely punishment. We must reach the root of the evil...It is practiced by those whose inmost souls revolt from the dreadful deed."

We are volcanoes. When we women offer our experience as our truth, as human truth, all the maps change. There are new mountains.

—Ursula K. LeGuin

Alice Paul, *The author of the original Equal Rights Amendment (1923)*

"Abortion is the ultimate exploitation of women."

Elizabeth Cady Stanton, *An American social activist abolitionist.*

"When we consider that women are treated as property, it is degrading to women that we should treat our children as property to be disposed of as we see fit." Letter to Julia Ward Howe, October 16, 1873, recorded in Howe's diary at Harvard University Library

"There must be a remedy even for such a crying evil as this. But where shall it be found, at least where begin, if not in the complete enfranchisement and elevation of women?" *The Revolution*, 1(10):146-7 March 12, 1868

Mattie Brinkerhoff, *Suffragist*

"When a woman destroys the life of her unborn child, it is an evidence that either by education or circumstances she has been greatly wronged." *The Revolution*, September 2, 1869

Victoria Woodhull, *The first female presidential candidate.*

"The rights of children as individuals begin while yet they remain the fetus."

"Every woman knows that if she were free, she would never bear an unwished-for child, nor think of murdering one before its birth."

Emma Goldman, *A writer and a lecturer on anarchist philosophy, and women's rights.*

"The custom of procuring abortions has reached such appalling proportions in America as to be beyond belief...So great is the misery of the working classes that seventeen abortions are committed in every one hundred pregnancies."

Sarah Norton, *The first woman to successfully argue for admission at Cornell University.*

"Child murderers practice their profession without let or hindrance, and open infant butcheries unquestioned...Is there no remedy for all this ante-natal child murder?...Perhaps there will come a time when...an unmarried mother will not be despised because of her motherhood...and when the right of the unborn to be born will not be denied or interfered with."

Mary Wollstonecraft, *An eighteenth-century British writer, philosopher, and feminist.*

As early as 1792, Mary Wollstonecraft wrote "A Vindication of the Rights of Women," which Susan B. Anthony admired enough to serialize in *The Revolution*. After decrying, in scathing 18th century terms, the sexual exploitation of women, she said:

"Women becoming, consequently, weaker...than they ought to be...have not sufficient strength to discharge the first duty of a mother; and sacrificing to lasciviousness the parental affection...either destroy the embryo in the womb, or cast it off when born. Nature in every thing demands respect, and those who violate her laws seldom violate them with impunity."

Matilda Gage, *A suffragist, a Native American activist.*

"Abortion lies deeper down in woman's wrongs than any other...I hesitate not to assert that most of [the responsibility for] this crime lies at the door of the male sex."

Ruth Bader Ginsberg, *U.S. educator, Supreme Court Justice*

"The emphasis must be not on the right to abortion but on the right to reproductive control."

The Epistle of Barnabas, second century

"You shall love your neighbor more than your own life. You shall not slay a child by abortion. You shall not kill that which has already been generated."

Mary Calderone, *Former Planned Parenthood Medical Director*,

"Abortion is the taking of a life."

Patricia Heaton, *Emmy-winning actress, Washington Times, (April 14, 2005)*

The early feminists found abortion to be the ultimate exploitation of women. [Women had to] become men to compete. We bought into that. We're smarter today. It's more empowering to go through with your pregnancy.

American Convention on Human Rights, Article 4, 1969, ratified by 25 member-states of the Organization of American States

Every person has the right to have his life respected. This right shall be protected by law and, in general, from the moment of conception. No one shall be arbitrarily deprived of his life.

Kathy Ireland, *Supermodel on ABC-TV's weeknight show, "Politically Incorrect," May 1, 1998*

"I was once pro-choice. And the thing that changed my mind was, I read my husband's biology books, medical books and what I learned is simply what it states -- this isn't even morally -- this is pure biology. At the moment of conception, a life starts. And this life has its own unique set of DNA, which contains a blueprint for the whole genetic being. The sex is determined. Now people ask the question, well, is it a human being? We know there's a life because it's growing and changing."

Naomi Judd, *Country singer on the Sally Jesse Raphael show, March 6, 1998*

Abortion was "not an option for me." Having "worked as a labor and delivery nurse ... I've seen ultrasounds ... you know that those babies are real."

Benazir Bhutto, *Former Prime Minister of Pakistan*

"I dream of a world , where we can commit our social resources to the development of human life and not to its destruction.

Dolores O'Riordan, *lead vocalist, The Cranberries (source: You! June/July 1996)*

"I am in no position to judge other women, you know. But I mean, why did she get pregnant? It's not good for women to go through the procedure [abortion] and have something living sucked out of their bodies. It belittles women. Even though some women say, 'Oh, I don't mind to have one,' every time a woman has an abortion, it just crushes *her self-esteem smaller and smaller and smaller.*"

Mary Meehan, *Columnist*

The unborn child is the most helpless form of humanity, even more in need of protection than the poor tenant farmer or the mental patient."

Mary McAleese, *President of the Republic of Ireland*

"There is a day coming when we will hear the voice from within the womb, when its own authentic pain will be undeniable, when we will know with certainty that it is saying "I want to live. I have a right to live. I do not need your permission to live."

Elizabeth Fox-Genovese, *American historian*

"We haven't really come that far in our fight for equality if we celebrate a mother's destruction of her child as an affirmation of human freedom and dignity"

Mona Charen

"To use a human being, even a newly conceived one, as a commodity is never morally acceptable. Each person must be treated as an end in himself, not as a means to improve someone else's life."

Serrin Foster, *President of Feminists for Life*

"If women were fighting for the right not to be considered property, what gives them the right to consider their baby property?"

Planned Parenthood 'Plan Your Children' pamphlet 1963

"An abortion kills the life of a baby after it has begun. It is dangerous to your life and health."

MY CONFESSION AND RECOMPENSE

It was ignorance that led me to have an abortion, as I am sure it is for every female who has ever had one. There was so much I didn't know about myself at age nineteen. There was much that my mother nor the public schools taught me, that I have since learned. Ignorance perpetuated itself from one generation to the next, and it still continues to this day with worldwide implications. There have been 58,000,000 + abortions in the United States since Roe v Wade, and 1,333,959,499+ worldwide in the same amount of time. So the ignorance to which I speak still exists. Our nation is even split with pro-choice and pro-life on this issue, when proper education about human reproduction would provide females with the ability to naturally choose whether to achieve or avoid pregnancy. Choice is what God gave us (free will), and life is self-perpetuating and abortion is ignorance of how to be responsible.

The fear of what my father would think about me being pregnant without being married drove me to have an abortion. Abortion had not been legalized by the state in 1970, so I had to find someone who would perform an abortion at the risk of imprisonment. I found her and paid her \$250. All she did was puncture my womb and sent me home to recover or die. I bled for months, with big clots of blood constantly coming out. I weakened had cramps, chills, fever, and was very sick. My mother was very skilled at caring for the sick and she gave me her best care, but it was not enough to stop the bleeding. Oh the bleeding, always bleeding.

I felt like I should get stock in the sanitary napkin company because I used so many. I eventually went to a medical doctor, I told him what had happened and he told me that he could not touch me. Remember abortion was illegal and for him to do anything would be paramount to assisting in an abortion. I even went to the Cook County Hospital and they told me to just go home and the bleeding would stop. So the medical system sentenced me to die.

Then it happened one day, I died (had a near death experience). It was in the bathroom while I sat on the toilet passing some huge blood clots after two months of bleeding. I remember meeting a Divine Being who informed me that I had lost my life because I had foolishly used it and committed murder. In addition I had let my fear of what another person (my father) would think drive me to this act, thus putting someone else ahead of God. I was asked, "What did God say?" I responded, "That I was not to commit murder." I immediately acknowledged my error and asked for forgiveness. I promised that if I got my life back, I would never ever consider having an abortion again (and I didn't), and that I would work in the interest of children for the rest of my life and work to create a world where women did not have to consider abortion as an alternative. Then I came back into this life.

I was given a life to live with self-respect, dignity and honor realizing that I now had a purpose. The next day a friend who knew of my suffering called and told me that he had met a woman who was an herbalist, and suggested that maybe she could help me. He gave me her phone number. I called her immediately and told her what had happened. She told me to get some Shepherd's Purse from the health food store, and make a tea, and drink it. After taking the tea my bleeding immediately stopped. I had no more cramps, no more fever, no more chills, and I have had no female complications since. I have since given birth to four daughters and two sons who were all prayed for, wanted, planned and loved. My sexuality changed also in that I would not have sex

with any male who I would not want to be the father of my child, so that eliminated the free sex that was going on at the time. In 1970, I decided to have my first child and then I became celibate and did not have sex again until I met my first husband and we decided to have five more children.

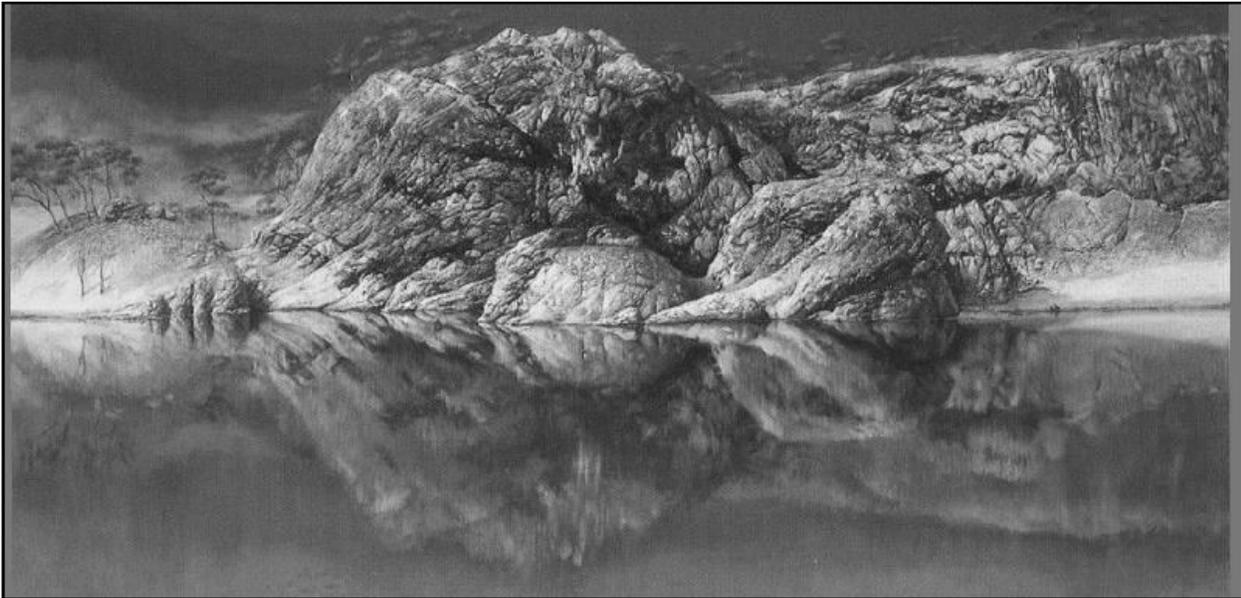
One day in 1997 while I was working on a money raising project, a Spirit spoke to me and asked, “Do you wonder why nothing that you do seems to prosper you, and that your life seems to be going nowhere?” I said, “Yes I was concerned about that.” I was told since I had not kept my promise to help create an abortion free world, I could not succeed in anything else until that was completed. I immediately agreed to be about that.

One month later the first fertility education calendar was born. I had thirty copies printed and passed them out to my female acquaintances. Some used it, and some didn't because they didn't want to take the time to read the instructions. Many asked me to put on a seminar, which I have developed. Those who used it reported that they were learning so much about their bodies that they didn't know.

I thank God for this opportunity to be of service and to help usher in a new day, and a new millennium with females educated properly on how their bodies function, so that they can be responsible and not have to consider abortion as an alternative to giving life. It is my prayer that you will use this calendar and gain the knowledge that you need so that you will no longer be a victim of the exploitative forces setup to take advantage of your ignorance. “Know the truth and the truth will set you free.” Consider how ignorant we have been about something as simple and basic as how our bodies work to produce life, and consider how much else we may be ignorant of. God has a built in method for females to not get pregnant and all we have to do is use it, and avoid the external commercial fill-ins. God did give us freedom of choice and that freedom begins with self-knowledge. We have a lot of work to do in this new millennium. Let's be about the business of life from our wombs and stop making them tombs. The day of the intelligent and responsible female has arrived and we must claim the power that is inherently ours so that we can reinvent a world where love, truth, freedom, justice, peace, order, kindness, prosperity and joy reign supreme. Remember knowledge applied is power and ignorance leads to doom. Deliver me from evil is simply, deliver me from ignorance. Remember, “you can't control what you don't know.”

The LunaQueen System, is the result of my effort to help females and males make their first choice of whether to achieve or not achieve conception. This choice exercised is the most responsible choice and eliminates the consideration of abortion, raising an unwanted child or putting a child up for adoption.

The LunaQueen System is also a by-product of my personal journey to heal the ignorance that led to an abortion, the molestation of my daughters and my own physical abuse. It is my prayer that you will benefit from this book and learn to manage yourself with self-knowledge. It is also a means by which females do not have to make the same mistakes that I have because of ignorance.



Gnostic Christianity has never been structured, unlike the established church thus the threat to the church was that their followers would leave and join other sects or “take” others that could potentially be the church’s followers thus in 1484 the Pope Innocent VIII launched the Inquisition which was a power war imposing orthodox beliefs on others. Two years later in 1486 the Dominicans Kramer and Sprenger published *Maleus Malificarum*, which literally translates in English to the “Witches’ Hammer,” it laid the basis for a terror directed primarily at women and this was to last until the middle of the 18th century! About nine million so called heretics were executed, 80 percent of whom were women, young girls, even children were believed to have inherited the “evil” from their mother.

ROE VS WADE BLESSING OR CURSE?

It is ironic that the most significant issue for women in the last 35 years has been the Supreme Court decision of Roe vs. Wade. No other strides or precedence have been made by women to advance the freedom and liberation of females. When it comes to the rights of people, we were all given free will (which is synonymous with free choice). Free will was given to us by our God/Source/Creator. Somewhere along the human pathway an ego-maniac decided that the Creator made a mistake, so there needed to be laws to curtail the free will of people. So now we feel empowered when we are able to get the law to side with us on an issue like abortion rights. In reality, if we really look at this supposed victory, we will see that it is merely a token, and that which is real and essential has been grossly overlooked. Having overshadowed and taken precedence over all women's issues one would assume that the abortion rights issue is of primary importance to women's freedom and rights. Wrong! In fact the right to choose to have or not have an abortion is secondary to what is really important. Women tend to remain at a level that upholds their second class status and the abortion rights issue does it like nothing ever will. Wow, we can have sex whenever, with whomever, get pregnant and get an abortion. So we don't have to be responsible for the soul we have called down to the earth plane and provide it with a body. How convenient. We can just have recreational sex like men do and not have to suffer any consequences. So that equates with freedom in the minds of ignorant women. No this is not freedom, it is irresponsibility whether done by females or males. In order to be responsible, a person can't be ignorant, they have to be educated. Freedom is a by product of education because freedom entails responsibility, and the ability to respond properly comes from being educated to know one's primary health, interest, rights, and needs.

A primary choice for a female would be to plan to have a child, and prepare oneself physically, mentally, emotionally and spiritually for this event. A secondary choice would be what do I do now that I am pregnant? Fortunately, this illustration can be clearly seen in the woman's abortion rights movement. Here you have a huge amount of time, energy and resources directed at defending a woman's right to make a secondary choice. In other words, women are fighting to reinforce and maintain second class status, while verbally asking for equality.

Equality is not something that can be handed to someone by another. Equality is something that one earns. How can females be truly liberated when they are irresponsibly choosing to remain ignorant about how their body works to produce life? Liberation entails responsibility, and when we peruse the history of abortion in America and the world since Row vs. Wade, we can deduce that females have surely not been responsible. So women are able to go to the best schools, once denied them and get high paying jobs just like males making them educated and economically independent. Must women always equate the best with what males have and do? Are males the standard by which we should measure our progress and success in life? Did males reach the pinnacle of civilization prior to the Civil Rights Act of 1964? If so, who were the free, liberated and educated mothers who raised them as children to be primary decision makers, and to respect and honor all people regardless of race, creed, gender or color? In other words where did men receive a well-grounded foundation of principles to build their world on? This is a primary ingredient in the construction of any civilization, is it not?

Or better yet, how could males obtain the pinnacle of success as it relates to personal and inter-personal relationships, community development, government administration, health and human services, home development and quality education without a female counterpart that was equally working with them on such accomplishments. Is such an attainment possible without a balanced yin/ yang relationship? So if males did not obtain the pinnacle of success and achievement, why should women look to them as a standard bearer, to be

followed, imitated and the measure by which we equate freedom?

Why do we model our life after males who developed a society based on prostitution, murder, war, disenfranchisement, capitalism, and injustice? Is this the legacy we want to leave our children, a divided corrupt society?

The difference between a free and liberated female and a slave, dependent female is simple. Free people make primary choices, slaves react and make secondary choices. Just as first class citizens make primary choices and second class citizens make secondary choices. Is it possible to be responsible? Yes! It has to do with ones priorities and commitment to being whole. Responsibly choosing whether to achieve or avoid pregnancy is possible. This possibility however, can only exist in the context of authentic education. A person would have to have a complete understanding of how the human reproductive system works scientifically in order to be responsible and capable of choosing to achieve or avoid pregnancy. Unfortunately, the present system of education does not have this science built into its foundation. In addition, females would have to go through a process to activate whole brain thinking. For thousands of years females were not required to think and so they didn't. As a result the brain atrophied and must therapeutically be revived.

So we can conclude that people are mis-educated as it relates to the most basic knowledge that any human being should have. Are we talking about a few people being mis-educated? No, doctors, nurses, lawyers, first ladies, aristocrats, politicians, scientist and many more are void of the knowledge of the basic science of human reproduction, and have thus experienced unwanted pregnancy. This antiquated system of education has failed everyone. It has outlived its usefulness. Every species of life knows how to achieve a high level of reproduction except mankind. In fact, today as of this writing, pregnancy is looked upon as a curse, an unfortunate occurrence resulting from the sex act, and in some circles it is classified as a disease. This system of education was never designed to create free people. It's purpose from inception was and still is to create masters and slaves. It is built on the tenets of violence. More over this system at inception did not include or anticipate the health, interest, rights and needs of females, for females were little more than objects of pleasure and ownership. Since the Civil Right Act of 1964 was signed, females opted to just rock the boat for acceptance in the male dominant society on which this system of education was designed to create. So females assimilated into the system and protested for cursory changes, rather that create fundamental and foundational change.

Languishing in a fantasy of one day over powering males (being the masters), females continue to nurse a hopeless, illusion of dominance, while sacrificing their children to a system that is demoralizing, antiquated and de-humanizing. Liberation can be achieved, but not at the expense of revenge against males. Liberation achieved comes from establishing a system of education whose foundation teaches the basic science of human reproduction and soul evolution. When every human being on the planet knows this, then we will be on the road to de-facto liberation, and everything else will fall into its rightful place.

We must acknowledge that we have been building on an archaic past with a foundation that is corrupt, and begin to heal ourselves and envision a new way of living that is harmonious with nature. The most natural means for harmonizing with nature is to first be educated to know oneself as a biological being and master the science of human reproduction. This science known allows us to move from the space of making secondary choices. We can make a primary choice based on knowledge of self and human nature (**Pre-Conception Choice**). This is synonymous with the Delphic Oracle saying: Know Thyself!

FEMALE LIBERATION

What is it that females need to be liberated from? Females more than anything else need to be liberated from ignorance, illness and the curse (And in pain and sorrow you shall bring forth children. And your desire shall be for your husband and he shall rule over you. Genesis 3:16) To often in the past females have equated liberation with a struggle with males. Liberation meant being able to compete with males in the work place of the abandonment of traditional female roles as mothers, homemakers and housewives,

Liberation entails responsibility and responsibility is obtained when we are able to control our destiny. The control of one's destiny is incumbent upon self-knowledge. Knowledge of self provides us with a measurement tool by which everything outside of us can be known. In that every thing outside of us, is within us the ancient adage of "Above all else to thine own self be true" and know thyself" make perfect sense.

There are presently females who know how to run large corporations and conglomerations who are completely devoid of self-knowledge and thus miserable. It is impossible to translate the external into the internal. You can only translate the internal into external knowledge, which creates wisdom.

The most basic knowledge is self-knowledge which includes how each of us got here and how to get others here, or the science of human reproduction. Oh this is simple and everyone knows this. Well if everyone knows this, then why are female doctors, nurses, lawyers, etc. having abortions? Something is missing. Wouldn't you agree? All truth carries proof. The fact of unwanted pregnancy is proof that this information is not known.

The Dark Age has been a time of planetary and cosmic darkness (ignorance). Seeking light from any place it could be attained, women adopted a solar calendar to lead them in the darkness. They raised their sons and daughters to do likewise. Knowing that they had to relinquish their powers to males who were better able to navigate through the cosmic night, females withdrew into themselves to await the coming of the cosmic day.

As males grew in power, females shrunk in power. An imbalance ensued. As the wise architects of this change died off, they first stored up the ancient knowledge and wisdom in myths, allegories, stone structures, pyramids and the moon. They knew that remnants of the ancient ways would still be spread to different cultures, and they forecasted the death and destruction of those who would continue to practice the light rituals. They knew what they had set in motion and they were content in the realization that they had done what had to be done. They knew that the ancient art and wisdom would one day re-awaken from its slumber and prepare the world for the coming of the cosmic day when female power would rise and be balanced once again by male power.

With this discovery by Myeka and the creation of a unique system with calendars that are in harmony with the lunar cycle of which females need to recalibrate too, females can learn to observe, record, analyze and understand their bodies, and their emotions so that they can gain control over both as they put them in their rightful place in life.

The body known and understood becomes a faithful servant to spirit. The emotions directed by the mind

(heart), becomes a powerful force for good and creation.

During the Dark Ages (The Planetary Night), female's emotions ran wild as they were allowed to drive the body. As a result of making false judgments, false conclusions and inaccurate measurements, people were killed, wars were fought, families were destroyed and nature was ravaged. Females passed their irrationality, low self-esteem and fears onto their children who were haphazardly conceived and seldom planned.

The fears of females made them erect a societal structure where brute force was the point of power. Males thus being physically stronger began to dominate females as they feared nature, their neighbor and themselves.

Women began to use their bodies through sex to capture men who could provide, and protect them. They set themselves up to be no more than goods that performed a service and males filled with the lust they inherited from their mothers in utero (before birth) were susceptible to this, given they could exploit women for sex and whatever else they could imagine.

Violence became the order of the Planetary Night as fear loomed large. Present day early 21st century is the final outcome of this violent upsurge. As we are now in the Nuclear Age, mankind must end the violence to self, others and the environment or face a certain future, of extinction. In a nuclear age violence is an unacceptable means for achieving anything. Violence must end and a nonviolent way of living must ensue. As Dr. Martin Luther King, Jr. said, "It's either nonviolence or nonexistence." Which side are you on?

FEMALES OUT OF THE CLOSET FOREVER

We are in the midst of a sexual revolution whereby females are desperately seeking to know themselves as sexual beings. No religious edit or condemnation can stem the tide of this revolution. Rather than applying the tenets, edits, dictates or values of old, females have and are breaking free and are seeking to know and define sexually themselves, free of judgments, criticism, blame and fear.

Having just broken the chains of repressive, violent sexuality in the 1960's just 40 years prior to now, females are still attempting to evolve to a state where sex is no longer an obligation and a means for producing offspring. Females are seeking to experience the heights of sexual enjoyment and fulfillment in whatever context they can, whether by themselves, with a male, or with each other. Females want to experience orgasms, multiple orgasms and sexual fulfillment first and foremost. Females want to end their lunacy, and move from that space where they are just a pleasure object for a male.

Females no longer want to accept sexual exploitation and sexual abuse as normal. Females are striving for something more, but oftentimes don't know what. As a result of this striving, which is an internally activated event, unwanted pregnancy, sexual diseases, adultery, divorce, and abortion all proliferate as the fall-out of the sexual revolution. Does this mean that this sexual revolution is wrong and should cease? Nothing can stop this movement, for it is a force of nature, like a tornado, earthquake or raging forest fire. Female sexuality is seeking a level of fulfillment and recognition that exceeds the past boundaries which they set, and which were held in place by males. We are coming out of the closet, into the open day, in the light with our sexuality and our real and essential needs. What is needed now are new institutions, tools and understandings that are forged and developed to assist us in having a safe, productive passage through this time of change and uncertainty.

These new institutions, tools and understandings must first include knowledge of self. Having never been educated about what is really important (self), females suffer as they seek to be free of the past, but continue to hold onto the fears, self-hatred and hatred of other females, which was forged in the past by slave mothers. This fear and hatred paralyzes and causes a short circuit to the electrical body that causes tumors, endometriosis, cancer and other debilitating conditions. This fear and hatred can be healed, as they are nothing more than stored emotional charges, of lies told and never released or acknowledged.

It is said that you become what you hate, and women hate males for what happened in the past and have not forgiven as it is stored in our DNA. As a result women try to become men and compete with males, which is detrimental for all involved (fathers, sons, husbands, brothers, etc.). Our sons can't become fully developed males because we have not given them fully developed mothers. The legacy from mother is a slave mentality, negative attitudes, and the lunatic.

Whereas males really believe in their heart that they are liberated and free and that it's just women who are slaves, the reality is that all males come from females, and their first and primary teacher is mother. Because this is true, males inherit their mother's slave tendencies and are themselves caught up in a system of limitation and fear based on lies. Thus males are no more free than females, it just appears to be so because it is the status quo. No male born and reared by a slave mother of the 20th or early 21st century can boast that he is all that he could possibly be, unless he has taken the time to observe, examine, pinpoint and disengage from the slave

tendencies put into him by his mother. Even when this is done, he must do the same thing for the system that was designed by women to uphold their enslavement by joining with free women who have healed and educated themselves to know themselves.

Whereas, women their fingers at males as the cause of their lack of freedom and equality, this is just a smoke screen to cover up their own self-enslavement and to avoid the work necessary to heal themselves. Women tend to complain and point fingers rather than dedicate themselves to healing and educating themselves. Women unconsciously destroy manhood rather than work to develop their true essence. Women's weakness cause them to give birth to and rear weak children of both genders. Daughters are raised to be second class people, always making secondary choices. An example of this is the fact that a primary choice for a female would be whether to get pregnant or not. A secondary choice would be what to do now that I am pregnant? Fortunately, this illustration is clearly seen in the woman's abortion rights movement. Here you have huge amounts of time, energy, money and resources directed at upholding a woman's right to make a secondary choice. In other words women are fighting to reinforce and maintain their right to second class status, while verbally asking for equality as primary persons. Equality is not something that can be handed to someone by another. Equality is something that must be earned.

Equality and liberation entail responsibility, and with the history of abortion being what it is, we can say definitively that women are along way from being either responsible or liberated. The sexual revolution is an energetic movement to be free and responsible. To be free of the archaic dictates of a past that did not value females as human beings with the right to life, liberty and the pursuit of happiness, and the violations are even reflected in our relationship to the earth, which is a feminine aspect. The first stages of any revolution are usually chaotic, blood stained and painful, however something beautiful can come from this.

Food comes from compost and the lotus from mud. Something beautiful will come from the sexual revolution as institutions (religious edifices, governments, businesses, clinics, homes and schools) change to meet the growing needs of a new generation. It actually takes a force as powerful as sexual energy to uproot these archaic violent institutional structures of a past built on prostitution, exploitation, murder, war, repression, slavery, and privilege. This energy is designed to shake the very foundation of these institutions until they crumble into inactivity. It is only right that institutions should change to meet the needs of humankind, in that they are created for us and not the other way around.

At the same time that this sexual revolution is taking place, a new energy of awareness, consciousness and love is emerging, which is the foundation for a new reality, a new way to live your life that is in harmony with the laws of nature which far exceeds the laws of mankind. Architects of a new presence are being awakened to discover truths that are the foundation of an authentic civilization built on the tenets of love, truth, justice, kindness, compassion, prosperity, equality and peace. In this new consciousness, two enemies emerge, and they are ignorance and illness. We realize how ignorant we are as a result of being trapped in a five sense world of darkness and we realize how ill we became as a result of our entrapment in ignorance. With this understanding we are able to stop blaming and judging ourselves and others, and seek the truth that is Light on our path, and the way out.

The universe and cosmos are so much bigger than our five senses can contain, so we endeavor to awaken laden

senses put to rest during the Dark Ages/The Land of Nod. We must begin to awaken from a deep sleep, shaking off the lethargy of the past. We must realize that we are so much more than our physical body. We must awaken to the reality that we are Spirit Immortal Beings, having a physical or lunar (animal man) experience.

God is A Spirit and those that worship, worship in Spirit and in Truth.

A Spiritual Revolution will eventually begin to over shadow the sexual revolution and we will begin to use our bodies wisely. We will forge new understandings of who and what we are and of what we need in this present day to be free of the past forever.

We will no longer be loyal to blood or family ties, as we seek our spiritual counterparts, those of like heart and mind, to join us in our quest to know and be ourselves, and understand and carryout our Divine Purpose for being. This knowledge attained will allow us to be ourselves and work on our true purpose, which will bring fulfillment and bliss into our lives and peace on earth and goodwill to all mankind.

Know Thyself

Man's main task in life is to give birth to himself.

—Erich Fromm

Rebellion against your handicaps gets you nowhere. Self-pity gets you nowhere. One must have the adventurous daring to accept oneself as a bundle of possibilities and undertake the most interesting game in the world-making the most of one's best.

—Harry Emerson Fosdick

Real apprenticeship is ultimately always to the self.

—Cynthia Ozick

The delights of self-discovery are always available.

—Gail Sheehy

You are the light within--not the lamp, but the flame.

—Osho

If people temporarily leave a morally controlled area and enter a more loose area they tend to indulge in all the things they usually can't do... There is a certain process that would happen. At first, if a safety valve is opened one would indulge in all the stuff that has previously been repressed and denied. After a while when one realizes that one can freely do that, then things balance out. And then one would more do what one really wants to do. The myth that people need to be controlled and repressed so their evil urges don't come out, is a dangerous one.

The exercise of that principle is exactly the trigger of a great many unfortunate things in the world. If you take a person and suppress and control her for years, stopping her from saying or doing what she wants and feels, and then suddenly you give her a gun. Well, then she might suddenly decide to give vent to all the stuff she never expressed and that might very well be in a violent way. The only way of really establishing a sane society would be to recognize the basic goodness in people and to allow them to express themselves. Aberration and violence come out of repression and artificial boundaries. If you suppress people thoroughly and then you give them just a little bit of freedom, that can indeed be dangerous. The only safe thing to do is to set people free completely. We can do that gradually. By prompting people to go beyond their usual behavior patterns and do actions that aren't based in their existing norms. Doing what their impulses and intuition tells them rather than what their morals and logic tell them. We can work through the different discomfort and restrictions that surface. We can do that in different areas of life. Eventually a person can become able to act freely without embarrassment and limitation.

-Fleming Funch

FEAR OF PREGNANCY

According to physiological law, all natural normal functions of the body are achieved without peril or pain. Birth is a natural normal physiological function for normal, healthy women and their healthy babies. It can therefore, be inferred that healthy women, carrying healthy babies, can safely birth without pain.

–Dr. Jonathon Dye, 1891

Fear is an emotion that paralyzes and freezes the heart, leaving it incapable of expressing the love it generates. Love flows naturally from the heart which is the first organ to form in the developing fetus. The heart thus gives leadership to other developing organs and systems of the body.

Love is set in motion at the moment of conception. The degree is determined by the nature of the conception. A child is conceived by loving parents will be able to generate an abundance of love that over flows into the lives of others.

Conception that derives from sexual predatory activity are accentuated by fear. The mother recoils in fear, leaving a faint spark of love to set the zygotes heart in motion. Fear can take many forms but the most pervasive is fear of pregnancy. Fear of pregnancy can have many causes. Lets explore some of them.

Vulnerability – Pregnancy makes females very needy and this leaves them vulnerable. A pregnant female is physically, emotional, mentally and spiritually vulnerable. When pregnant a female is wide open. She is a vortex of emotions. She needs support, nurturing, expressions of love, environmental stimulation, healthy food, comfortable surroundings, and caring love ones. Her vulnerability makes her easily susceptible to fear. Without supportive people and institutions, she easily flounders and expresses negativity to the growing fetus.

Fear of the Unknown – There are a lot of unknown factors after conception takes place. If a female is not educated and prepared for pregnancy it can be a very frightening journey. Also many females are filled with horror stories from others who were ignorant going into conception and birthing. Thus they suffered the pains from these. Females need a through understanding of conception, gestation, birth, lactation, and early childhood development in order to eliminate fear. This includes how conception takes place, nutrition, exercise, emotional well-being, biological realities, psychological stability, spiritual attunement, and harmful practices.

Sexual Exploitation – When a female is sexually exploited, or lives in a society that has not eradicated this illness, she is at the disposal of males (or females), be it her father, brother, uncle, husband, pastor, teacher, co-worker, etc. She feels helpless, weak and is thus incapable of protecting herself from the sexual advances of predatory males. Pregnancy is thus a possible consequence of the sex act, leading to regret, shame, guilt, fear, anger, hate, pain, suffering, lies, remorse and bitterness. All of these are thus transferred to the fetus and become a part of its inheritance.

Non-Committed Relationships – Females engaged sexually in non-committed relationships fear pregnancy because there is no support system in place. These relationships can range from new acquaintances to long term friends. They can take place as a result of feeling insecure, unloved, unappreciated, ugly, judged or put

down. Often females attempting to break-up a committed relationship have sex and then use pregnancy as a weapon to secure a position of power. The pregnancy resulting from this is based on a lie, and the resulting energy directed to the fetus is less than love.

Unhealthy Patterns of Deformed Children in the Family or Community – Often families and communities are inundated with a series of births that turn out children who are handicapped or deformed. This may be caused by a number of different factors from poor diet to genetics, to pollution of food or water by harmful petro-chemicals. The fear of pregnancy becomes real for sexually active females in these situations.

Fear of Religious Persecution—This fear comes about when a female is raised in a religion that sees sex outside of marriage and child birth void marriage as sin. This fear engenders guilt and shame in the female.

Economic Depravity – Females fear pregnancy when they lack sufficient economic resources to care for themselves. Thus pregnancy creates an economic burden, and it is not a welcome experience.

Lack of Community – The need for community is real. Pregnant females and mothers need community more than anyone else. They need community to support, educate, encourage, comfort, nurture, protect, provide and direct them. When there is no community or group of people that a pregnant female can count on she feels threatened and alone.

Sexual Recreation – When males and females engage in sex as recreation, they have no intention of bringing a child into the world. The only intent is to have a good time exchanging intimate and sexual energy. Often they will employ some form of birth prevention methods and sometimes not. The high number of abortions and sexually transmitted diseases is evidence that many do not use anything or it is highly ineffective. Sex for recreation takes place between males and females, males and males, and females and females, as well as groupings of any of the above. Many males and females choose to have sex with their own gender to remove the fear of pregnancy completely from their minds, so that they can relax and simply experience the pleasure they seek.

Struggle—If a female is struggling to maintain her life, a child could be seen as a complication and burden to her, thus this feeling is transferred to the child.

Excessive Children – Females based on religious edicts or plain ignorance find themselves having children year after year, not utilizing any form of birth prevention even fertility awareness methods like LunaQueen. These women may enjoy sex but the result is constantly more children. Children thus become a burden and source of dread.

Mistreatment – Many females fear that when they become pregnant they will be mistreated. Often males whether married or not only seek sexual release and become angry and resentful when the female gets pregnant. They make her pregnancy a living hell, by deriding her for getting pregnant. They abuse pregnant females mentally, emotionally and physically, hoping that she will abort or have a miscarriage. Then there are the men who cheat on their wives during pregnancy, causing her much frustration and grief. She has to contend with the possibility of contracting a disease as a result of this and there are times when the other women attack and abuse the pregnant wife.

Lack of Supportive Institutions – Pregnant females need specialized institutions that address their needs. These institutions would be the outgrowth of women coming together to create institutions that were lacking when they were pregnant. There is a need for birthing centers, lactation centers and early childhood education facilities. All of these institutions would advance the development of motherhood as an art and science. Without them females are left to struggle by themselves or with their spouse and this can create a greater weight than they both can carry, leading to arguments, fights and possible break-ups.

Non-loving Relationships – When a female does not experience love in her relationship she may consciously or unconsciously avoid and fear pregnancy. She senses that gestation, and birth will not be a shared event with her mate. Thus she may continue to have sex, and she may get pregnant, but she will not plan conception.

Abandonment – As human beings we all need people. Most of us fear being abandoned at some point, but for those with a fear of abandonment it is a major issue that causes the fear to control them and relationships. Fear of abandonment can drive people who do care away. The insecurity fueled by fear of abandonment spoils enjoyment and squeezes the health out of relationships. This fear left to grow transfers to the fetus and may cause them to develop unhealthy character formations.

Loss of Body Control – Many females fear losing control of their bodies during pregnancy. The growing fetus is a parasite on the mother, its needs are first. Poor nutrition means that vital nutrients will be stripped from the mother's body. As weight is gained, there are the awkward, limited movements, aches and pains. After birth mother's who choose to breast feed and give their babies the most nutritious food, find themselves having to surrender totally to the babies feeding schedule. Pregnancy and breast feeding takes commitment and when it is not there resentment takes its place.

Rape – Rape is a brutal crime against females (or males). The result of a rape can be conception. Females who are raped are torn. First they have been traumatized by the crime and then they are torn by the decision to either have the child (she may be desiring to have a child) or to abort the fetus. If the mother gives birth to the child then she may have to decide whether to raise it or give it up for adoption. In all of these situations the female is in a position of powerlessness. If she decides to rear the child, every time she looks at him or her she is reminded of the circumstances that led to conception and thus may express resentment and disgust during conception and upbringing. Females who are raped need to experience release from the toxic emotions associated with it so that they can make healthy decisions that empower them and safeguard their children.

Fear of Parental Disapproval— Parents who are judgmental, critical, holier than thou, and controlling can create a lot of fear in a sexually active female. Her fear of her parents will cause her to rebel at one level and be repressed at another, thus she will have no control over herself and can easily end up pregnant.

All of the above causes of fear of pregnancy can be eliminated when self-knowledge is attained. The elimination of these fears will fair well for future generations of yet unborn children. Mothers who conceive void of fear will attract souls that are capable of being and expressing love, and they won't even consider aborting. The world needs this as now we are over burdened with children who express fear and the karmic consequences of abortion. The role of motherhood is beyond measure as it relates to the quality of life on the planet. We must begin now to invest heavily in the development of future mothers worldwide to ensure that we as a species will not become extinct.

THE OPEN & HONEST TRUTH ABOUT FEMALES

Females are by nature designed to operate on a lunar/solar frequency. For the last 12,000 years females have adapted solely to the solar frequency, which is alien to them, to the detriment of themselves and their children.

This has caused a lunacy pathology (the absence of lunar consciousness and emotional denial) to exist which is characterized by toxic emotions (fear, anger, guilt, shame, greed, lust, hate, envy, selfishness, etc.), passed on from generation to generation. These cause all manner of dis-ease.

Women's liberation takes on a new meaning when it is applied to self and the eradication of the ignorance of the self. The liberation of woman means the creation of new tools and new institutions that foster self-knowledge and self-development. Women are far from being liberated when they don't have self-knowledge.

In fact a woman can be anything from a-z (astronaut, doctor, lawyer, wine taster, etc.), but if she does not know herself then she is a slave to hormones, wayward and toxic emotions and lies. She exists in a secondary illusionary, fantasy world.

There are four major events that shape the lives of people and the world in which they live. Those four events are: 1. The heart and mind of a female at the moment of conception. 2. The heart and mind of the female during nine months of gestation. 3. The heart and mind of the female at the moment of birth, and 4. The heart and mind of the mother during the first six years of life. As we can see by these four major events in the life of every male and female on the planet, the female has an enormous influence on the lives of people in general and the world at large.

Being equal to men in the workplace and in the bedroom is not the hallmark of women's liberation. Knowledge of self is. It is the self known that becomes a measuring tool for everything that exists in the 3D world. In order to know the macrocosm, one must first know the microcosm. Women comparing themselves to a man is paramount to comparing themselves to the ignorant mother who gave him birth and reared him. His mother was ignorant of self and could not but pass her ignorance to her sons and daughters alike. Ignorance has no respect of gender or personality. Ignorant women are of the mistaken belief that men are free and something to be emulated and reduplicated. This is far from the truth. Men are simply the external expression of women's internal ignorance, and this is the only difference. Women are passively ignorant and men are aggressively ignorant. Ignorance within, ignorance without. This is the law, "so within, so without." A male nor a nation can rise any higher than the consciousness of the mothers who seeded them.

The women's liberation movement of the 20th century is simply a group expression of the Oedipus complex applied to women. In other words women wanting to be men. It's hallmark is rooted in the Supreme Court ruling of Row vs. Wade, giving women the right to have an abortion. This is tantamount to women wanting to express irresponsibility in getting pregnant as men have for so long. It is ironic that the most significant issue for women in the last 40 years has been the Supreme Court decision of Roe vs. Wade. No other strides or precedence have been made by women other than this to advance the freedom and liberation of females.

Having overshadowed and taken precedence over all women's issues, the abortion rights issue must be of primary importance to women's freedom and rights. Wrong! In fact the right to choose to have or not have an abortion is secondary to what is really important. Women however have a responsibility to uphold their second class status and this does it like nothing else ever has. Wow, we can have sex whenever, with whomever, get pregnant and get an abortion. So we don't have to be responsible for the soul we have called down to the earth plane and provide it with a body. How convenient. We can just have a good sexual time like men do and not have to suffer any consequences. Now that's freedom.

When it comes to the rights of people, we were all given free will (which is synonymous with free choice). This was given by our Creator. Somewhere along the human pathway some egomaniac decided that the Creator made a mistake, so there needed to be laws to curtail the free will of people. So now we feel empowered when we are able to get the law to side with us on an issue like abortion rights. In reality, if we really look at this supposed victory, we will see that it is merely a token, and that which is real and essential has been grossly overlooked.

Now that is not freedom, that is irresponsibility whether done by females or males. In order to be responsible, a person can't be ignorant, they have to be educated. Freedom is a by product of education because freedom entails responsibility, and the ability to respond properly comes from being educated to know one's primary health, interest rights, and needs.

The ignorance of women is reflected in the constructs of the society. Mothers have raised their children with self-loathing, anger, fear, guilt, shame, envy, lust and scarcity thoughts. The evidence of women's enslavement are the prisons and jails which are populated by their sons and daughters. A mother cannot help but pass on a semblance of her enslavement to her children. The evidence of the fears of mothers is reflected in the many wars that her sons fight, to protect the motherland, bringing death and destruction to people, plants, animals and the planet. The evidence of the mothers lust is seen in the ever mounting sexual perversions, including pedophilia, pornography, rape, adultery, prostitution, homosexuality and the diseases there from. The evidence of the mothers scarcity thoughts can be witnessed in the homelessness, poverty, starvation and so-called incurable diseases. The anger of mothers can be evidenced in the music of the youth who denounce, curse and slander her as bit_hes, whores and sluts. This music is fraught with anger and rebellion, seeking free expression from the pain inherent in the ignorance of mothers.

Women have become everything from a career and professional standard, but have neglected the first lesson, "know thyself." What does it gain a female to gain the whole world and loose her soul? In order to be successful you must be able to count one, before you can count to two. The knowledge that women have accumulated is for naught without the wisdom inherent in knowing the self. Seeking to impress, compete, conquer and control males, females have negated to value and invest in being a conscious mother, making conscious conception a reality. Abortions have been sought by every profession of women from a to z and that includes astronauts, doctors, entrepreneurs, nurses, talk show hosts, therapist, and zoologist. Why? Simply because they did not take the time to truly know, love, respect and honor themselves.

So women are able to go to the best schools, once denied them, just like males, so we are educated, and get high paying jobs just like males so we are economically independent. Must women always equate the best with

what males have and do?

Are males the standard by which we should measure our progress and success in life? Did males reach the pinnacle of civilization prior to the Civil Rights Act of 1964? If so, who were the free, liberated and educated mothers who raised them as children to be primary decision makers, and to respect and honor all people regardless of race, creed, gender or color? In other words where did men receive a well-grounded foundation of principles to build their world on? This is a primary ingredient in the construction of any civilization, is it not? Or better yet, how could males obtain the pinnacle of success as it relates to personal and inter personal relationships, community development, government administration, health and human services, home development and quality education without a female counterpart that was equally working with them on such accomplishments. Is such an attainment possible without a balanced yin/yang relationship? So if males did not obtain the pinnacle of success and achievement, why should women look to them as a standard bearer, to be followed, imitated and the measure by which we equate freedom? Why should we model our life after males who developed a society based on prostitution, murder, war, disenfranchisement, capitalism, and injustice? Is this the legacy we want to leave our children, a divided corrupt society?

The seeds of ignorance have flourished like weeds out of control, and is evident in the children of today. These children will not inherit their mothers professions, careers and jobs. They will be too ignorant, drugged, sexed out, diseased and to insane to do so, because they were not planned with love and nurtured with love. They are the product of unplanned pregnancies (both in and out of wedlock), ignorant child raising practices that send children to strangers during the formative years while the mother worked outside of the house, so they became latchkey children void of a true home environment. Remember a house is not a home. They are truly a lost and wayward generation that will continue to fill the juvenile detention homes, homeless shelters, insane asylums and prisons of this country to overflowing.

In the sixties why did females opt to compete with males in the workplace rather than define the workplace as home and demand to be valued, respected and properly compensated as homemakers and mothers? By raising the standards of motherhood to a professional standard, women could have changed the world for the better and still have the capability to do so. Home is the most sacred institution of homo-sapiens, and yet homemaking is looked down upon as something undesirable. Motherhood is the most sacred profession known to man, and yet it is relegated to a part-time hobby. We are truly a backward, wayward, bizarre people out of step with nature and reality.

The hatred that women have for self and self-kind is abhorrent. The average female plays a role in society, as she is imbued with negative, hurtful feelings that she projects inwardly and outwardly. She hates her body, so she is diseased, overweight, undernourished, stressed and filled with negative attitudes and dispositions, and to add fire to fire, she does not care. As long as she can sneer at someone who appears to be less fortunate than her, and promote herself as someone who has arrived because she has kept up with the Jones and can show it outwardly by owning a house, car, clothes and things she has acquired or sporting a degree, then its okay. The average female is empty, feels self-loathing, guilt, fear, shame and contempt for herself, and all the make-up in the world and things she can purchase with the money she has acquired by selling her children into slavery by abandoning them to strangers for rearing will not erase this fact.

There is a another way. We can acknowledge that we have been building our future on an archaic past that's foundation is corrupt, and begin to heal ourselves and envision a new way of living that is harmonious with nature. The most natural means for harmonizing with nature is to be educated to know oneself as a biological being and master the science of human reproduction. This science known allows us to move from the space of making secondary choices as it relates to procreation and creation. Those secondary choices are: The choice to have and/or raise an unwanted child (Pro-Life), and the choice to use abortion as birth control (Pro-Choice). Both of these choices occur after conception takes place and are really the consequences of a failure to plan.

We can make a primary choice that allows us to know in advance when conception is possible and choose whether to achieve or avoid conception, which is a primary choice based on knowledge of self and human nature (Pre-conception Education). This is synonymous with the Delphic Oracle saying: Know Thyself.

Fortunately, in the hand of GOD (the Generator, Organizer and Director of Life), even a weed can be fruitful and beneficial to all. We need only reflect upon a former weed, the peanut. Thought to be useless and a nuisance, it was discovered by Dr. G.W. Carver, listening to and directed by GOD, to be of imminent value to the world. How can ignorance be of benefit we may ask? Ignorance is simply the absence of truth, as darkness is the absence of light. Even in the darkness their is a spark of light that in time will be able to consume that darkness and reveal the truth of self. True liberation begins with the exploration of self and the development of new tools to explore the depths of self, and the creation of new institutions that reflect the findings of such exploration.

FEMCalendar is the forerunner of the most dynamic female self-exploration tool ever created, "LunaQueen." Both are a part of the extensive LunaQueen System. These tools were designed by a female who took the time to discover self-knowledge at the expense of being looked down upon by family, friends and others because she did not seek to have a job or promote herself in competition to males. She has been vilified, scorned and rebuffed as she gave herself to pioneer a new way of living. These tools were created primarily for females. They were created to provide females with tools so that self-exploration to the depths of the spirit, mind, emotions and body could be made, taking into account the lunar and solar system in which we breath and have our existence. Over a thirteen moon (month) period of time in harmony with the cycles of the moon as it passes through a solar year, a female can gain much needed self-knowledge that is empowering. The moon demands more of the sun than 12 months (it demands 13 months) and women should demand more of themselves than to fit into a society that enslaves them to remain second class citizens, making second class choices like what to do after getting pregnant, rather than making the primary choice of whether to achieve or avoid conception, as a result of knowing the self and planning for the birth of a divine soul.

The greatest knowledge is self-knowledge. It leads to freedom which is the highest value, which unattained makes everything else futile and useless. Seek ye first the kingdom of GOD, is simply seek ye first the knowledge of self and all else will be added unto you, because you have a foundation on which everything can find its rightful place in your world order. This is the good news. Rejoice, rejoice for the light of the new day is upon us. Awaken and be glad.

THE THEOLOGY OF EQUAL RIGHTS

The Equal Rights Amendment precludes that women or females are not equal citizens under our constitution. The Bible informs us that God said, “Let us make Man (the species) in our own image, in our own likeness... in the image of GOD created He him; male and female created He them, and named them Man in the day He created them.” Genesis 5:1-2

These passages of scripture lay the groundwork for our constitution and lets us know that in the universal sense of the word Man, it entails male and female, and is thus the name of our species. If we look closely at the constitution it states in harmony with the Bible that “all Men are created equal.” This statement is also used in the universal sense to represent a species. This let’s us know that equality is a given, however, whether it be a person or a group, consciousness to act as an equal is something that is acquired. One acquires this consciousness through the assuming of responsibility. The consciousness that grows as a result of one assuming responsibility gives one the ability to uphold their rights.

It is true that males have and do set up economic schemes to exploit and deny females their rights, however, they suffer from these practices to a very large extent, just as we do. A vivid example of the suffering males incur that violates the rights of females can be found in the Book of Job in the Bible.

During his time, Job was considered the best of all men, because he kept all the laws of his society, however Job had a problem, and it took Satan working in his life to reveal it to him and thus cause him to repent and change his lifestyle. Job had seven sons and three daughters and at the family level, he did not consider his daughters sacred enough to include them in his economy or his prayers.

“And his sons went and feasted in their houses every one on his day (birthday) and sent and called for their three sisters to eat and to drink with them, And it was so, when the day of their feasting were gone about, that Job sent and sanctified them and rose up early in the morning, and offered burnt offerings according to the number of his sons; for Job said, It may be that my sons have sinned and cursed GOD in their hearts. Thus did Job continuously.” Job 1:4

Job’s daughters did not have their own houses, were not educated, could not vote, and at some point were probably buried alive if too many were born a the same time, (as is still done today in some countries) for this was the type of society that Job lived in, in his day.

Now Satan being who he is spotted a weakness and inconsistency in the Job culture and challenged God to let him expose this evil. (Job 1:6-12) Job had to suffer tremendously, because he was righteous in his own eyes. (Job 32:1) Whereas, Job gave his sons an inheritance, he did not educate all of his children to carry out their GOD given vocational purpose to be socially responsible. This error led from one catastrophe to another until Job lost all of his children, however, in that Job had kept all the religious duties set forth for a man of his culture, he was unable to see the cause and the nature of his suffering.

As the story unfolds, a young man entered the life of Job who assumed that wisdom comes from age, for that was the common assumption of that day and Job had that assumption, because old traditions were embedded in

both he and his culture. While listening to the rehashing of these old issues by Job and his associates, Elihu was able to see the error and recognize that the old did not necessarily represent wisdom. It was revealed to him that wisdom comes for the Almighty. And Elihu answered and said,

“I am young and you are very old; wherefore I was afraid, and I dare not share with you my opinion. I said, days should speak and multitude of years should teach wisdom. But there is a spirit in man, and the inspiration of the Almighty giveth them understanding. Great men are not always wise, neither do the aged understand judgment.” Job 32:6-9

At first Elihu was afraid to take responsibility and was obedient to old traditions, just like females today are afraid to take responsibility for themselves and give leadership, because they think that there is some wisdom in the way that males have been doing things all these years, and thus they settle for a piece of the action.

There is, however, no wisdom or virtue to be found in a society whose chief economic expenditures are directed to carry out militarism, welfare, lotteries and prisons. It is females wanting a piece of the old action (capitalism) that is defeating them. Females have not, however taken the time to identify their real and authentic needs and identify the problems that males are having that continue to block them from getting their needs fulfilled and then working on a solution that would leave both males and females whole and productive.

Males for the most part are insecure, because they have been trained and not educated. When a person is confident and about their purpose for being, it is because they have been educated properly. Any person male/female, black/white, etc., who is capable of and engaged in carrying out their purpose is well received, for that person knows instinctively that their purpose can not be carried out by anyone else but them, and so others do not constitute a threat, but a resource for further learning and development. It is only when a person is trained to carry out a function that they become threatened by others and thus attempt to demean and belittle others by developing racism, sexism, ageism, and classism as attributes. They know that to the degree that they were trained to carry out a function, that others can likewise be trained to carry out the same function and sometimes even better, thus they are expendable and others are threats.

This is why the issue of education is such a vital and relevant issue for us at this time. When we look out into the world, we see much work that needs to be done; however, almost everyone is looking for a job (something that can be lost, like the things that Job lost). Those who are educated have the capacity and the ability to put themselves to work and can solve problems, because they can think. Someone else must put a person trained, to work. These people can be manipulated, oppressed and enslaved. Again we must say, “all Men are created equal” and “all Men are equal to their task.” In that these statements are true then why does one person look to another person for a job? Why do females look to males to agree that they are equal? And why do females look to males to take care of them? As for males, we can conclude that they have not been educated, but trained and thus feel threatened and insecure in the midst of a capable well trained female and rightly so, and at sometime this female will feel the same way.

Elihu saw that Job and his associates were stuck in moral constructs of tradition and history (that separated them from thought), which dictated that females could not be and were not equal under the law; however it was this error carried on through countless generations that did not give the Job culture the insight into the need to educate all the children. Had those who pillaged Job’s fortunes and killed his children been properly

educated to carry out their GOD given vocation and purpose for being, the tragedy would never have occurred.

If and when a violation takes place, the whole system that allowed the violation in the first place must be examined to see wherein lies the cause, so that it can be uprooted and eliminated. An example of this is that females got the right to vote, just as African Americans, but no improvements were made in the public educational system to facilitate this change in policy, and the new awareness of the meaning and responsibility of Man (fe/male).

Nothing was changed, things went on as usual, the usual sexist, racist, materials were used to teach but the teachers and the students and consequently the schools continued to turn out its own brand of the Job society which leads to violence because the violations were never corrected. Is it a wonder that females nor African Americans, love one another and come together to create institutions that enhance their growth, freedom and development?

Elihu ascribed righteousness to GOD (Job 36:3) and as a result his knowledge was complete. Job however, as was stated before was righteous in his own eyes and full of conceit. (Job 32:1. 37:24) No person, nor society can leave GOD out and expect to prosper or be whole. The Job society obviously did this. Not only did they disrespect the GOD nature of females, (the feminine element signifies justice) for it did not educate its males to be creators and thinkers, just like present day society.

Females today go along with the conceit and arrogance of males for economic security and as a result end up playing with themselves and allowing themselves to be played with. Females are thus not responsible. One issue that vividly show the irresponsibility of females is that of abortion. Abortion comes about when a soul is conceived and is not planned, loved or wanted. We have to ask some question here. 1. Why are so many females getting pregnant and not wanting to be pregnant? 2. Why are females sexually engaged in relationships that are irresponsible? 3. Are females ignorant of the laws of interpersonal relationships and natural sexuality? 4. Are females ignorant of their bodies and their natural monthly cycles? 5. Are females immoral and thus do not believe in the marriage state, or are they ignorant of how to attain the state of Holy Matrimony?

Now a few abortions over a few years can be considered as a beginning of a problem, but an increasing number of abortions year after year, and a false economy (abortion clinics) built on abortions, tells us that something is wrong. Someone is not being responsible, and no matter how you look at it, know one is going to take an irresponsible person or group serious. Where are the females who are organized to push for an educational curriculum that will equip all females with the necessary knowledge to deliver them from these cruel practices? Such an education would teach females the sacredness of their bodies (as temples of the Living GOD) and how they function. Such an education would teach females to be prayer partners in the home with their husbands. Such an education would teach females to be productive, creative citizens. Education is lacking and education is needed. With an educated womankind, ERA nor abortion would be necessary.

When GOD finally did speak to Job, he asked, "Do you know the ordinances of heaven and can you establish there rule on earth?" (Job 38:33) Job found out that there was much that he did not know. He found out that he was not educated to be the steward of the earth, which is the work responsibility given to all mankind.

“And GOD said unto them, “Be fruitful and multiply, and replenish the earth, and subdue (learn the order of) and have dominion (stewardship) over it.” Genesis 1:28

Job was confronted with his ignorance, because he had been stuck in age old teachings and traditions which he used his mind to remember to carry out. His mind was not fluid like the universe or a child's. Job confessed,

“Therefore have I uttered that which I understood not, things too wonderful for me, which I knew not. I have heard of thee by the hearing of the ear, but now mine eyes seeth thee. Wherefore, I abhor myself and repent in dust and ashes.” Job 42:3-6

Job saw GOD and Yeshua/Jesus said,

“Blessed are the pure in heart for they shall see GOD.” Matthew 6

Job obtained a pure heart, for he also saw his error and he corrected it. He was given seven more sons and three more daughters.

“And in all the land were no women found so fair as the daughters of Job; and their father gave them inheritance among their brothers.” Job 42:12-15

Job changed his economy. Job came to realize that his daughters were as sacred and as valuable as his sons. It must be understood that Job lost his first ten children and that GOD gave him ten more which Job treated justly, for he extended to his daughters that which he had previously only extended to his sons, causing him to court disaster because he violated the rights of females. This action thus averted any further disasters.

If America is to get out of the deteriorating cycle she is presently in, then we must not agitate negatively about an effect, but we must be radical about uprooting the cause. Our present educational system extends privileges to a few, or technological education to a few. We must develop an educational system that educates all equally to be responsible. Any person not educated to know and do can not truly participate in a democratic process.

When one cannot truly participate in a democratic process, this leaves the door open for internal decay and external infiltration. One who is educated to participate in the body politics, and be economically productive with something to take to the market place has a vested interest in the democratic process working properly.

Those of you who expend your energy and resources fighting for things like ERA and abortion rights should make a change as Job did and effectively expend that energy and those resources fighting for human and community development education of which Pre-conception Education is the foundation. The ERA and abortion rights fight is equivalent to the NAACP and the Urban Leagues strategy of moving from the south to the north to gain political and economic freedom. The need was to correct the psychology of the people in the south and thus bring about a new relationship as did the nonviolent movement of the 60's led by SNCC (The Student Nonviolent Coordinating Committee) and SCLC (The Southern Christian Leadership Conference). Both females and African Americans gained as a result of the work of SNCC and SCLC, but both took the wrong turn.

White women got off on ERA and abortion rights and African Americans got off on busing and jobs. Neither of these issues went to the root of the constitution and thus obscured the real problem which has still not been addressed.

Unfortunately, our present female and African Americans leadership are struggling for privileges, within an exploitative, unjust social context fueled by capitalism the mother of racism. They are not engaged in giving bold new revolutionary leadership that would pull our nation and its people into a revolutionary new social order that guarantees justice, health, freedom and peace for all. Changing the old ways of doing things may cause a tremendous amount of suffering on the part of females and African Americans, as it did Job, for conceit must be overcome, and one must be able to accept the challenges for their worth and value, and not get bogged down in defending the self. Let us join together in the struggle to put government in the hands of the citizens (precinct council) and education (Human and Community Development Education) in the hearts and the minds of the children and Pre-Conception Education in the lives of all future and present mothers. This and only this will stem the tide of corruption, violence, and chaos that grips our nation.



THE STATUS OF WOMEN

Women have not achieved equality with men in any country.

- Of the world's 1.3 thousand million poor people, it is estimated that nearly 70 percent are women.
- Between 75 and 80 percent of the world's 27 million refugees are women and children.
- Women's life expectancy, educational attainment and income are highest in Sweden, Canada, Norway, the United States and Finland.
- The Fourth World Conference on Women, held in Beijing, China, in 1995, resulted in agreement by 189 delegations on a five-year plan to enhance the social, economic and political empowerment of women, improve their health, advance their education and promote their reproductive rights.
- Over 100 countries have announced new initiatives to further the advancement of women as a result of the Beijing Women's Conference.

Political Participation

- The first country to grant women the right to vote was New Zealand in 1893.
- Only 28 women were elected heads of state or government in the 20th century.
- Women hold 11.7 percent of the seats in the world's parliaments.
- In early 1995, Sweden formed the world's first cabinet to have equal numbers of men and women.
- The percentage of female cabinet ministers worldwide has risen from 3.4 in 1987 to 6.8 percent in 1996.

Women and Education

- Of the world's nearly one million illiterate adults, two-thirds are women.
- Two-thirds of the 130 million children worldwide who are not in school are girls.
- During the past two decades the combined primary and secondary enrollment ratio for girls in developing countries increased from 38 percent to 78 percent.

Women and Labor

- In most countries, women work approximately twice the unpaid time men do.
- Women make up 31 percent of the official labor force in developing countries and 46.7 percent worldwide.
- In 1993 the value of women's unpaid housework and community work was estimated at between 10-35 percent of GDP worldwide, amounting to \$11 million.

Women and Population

- Women outlive men in almost every country.
- There are slightly fewer women than men in the world -- 98.6 women for every 100 men.
- Out-of-marriage births have increased more than 50 percent in the last 20 years in developed countries.

- One in every four households in the world is now headed by a woman.
- The life expectancy of women has gone up. In 1992, the average woman lived to be 62.9 years in developing countries compared to 53.7 years in 1970. In industrialized countries, women's average life expectancy in 1992 was 79.4 years, up from 74.2 in 1970.
- By 2025, the proportion of women aged 60 or older will almost double in East and Southeast Asia, Latin America and the Caribbean and North Africa.

Women and Health

- Women are becoming increasingly affected by HIV -- as of 1997 about 42 percent of estimated cases were women.
- Approximately 585,000 women die every year, over 1,600 every day, from causes related to pregnancy and childbirth. In sub-Saharan Africa, 1 in 13 women will die from pregnancy or childbirth related causes, compared to 1 in 3,300 women in the United States.

Women and Violence

- Each year an estimated two million girls suffer the practice of female genital mutilation.
- Worldwide, 20 to 50 percent of women experience some degree of domestic violence during marriage.
- The primary victims of today's wars are civilian women and their children, not soldiers.
- The use of rape as a weapon of war has become more prevalent. For example, in Rwanda from April 1994 to April 1995, estimates of the number of women and girls raped ranged from 15,700 to over 250,000.

*From: The United Nations Department of Public Information
 Statistics culled from a variety of sources and valid as of May 1997.
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 Washington File*

WOMEN: THE MOTHER OF ALL LIES AND LIARS

As we struggle to break free of the Curse of Eve, we are confronted with many truths. The most profound of these truths is the fact that women are the architects of this present society of lies and liars. At the root of the destruction of the earth is woman. Denying herself, she denies her Source.

Women are a group of liars, and cowards who refuse to be whole and walk in the light of truth. We women would rather perpetuate a myth of male dominance, superiority, and oppression than to rise to our rightful place of power, stature and grandeur. Women would rather produce slaves and terrorist, rather than freedom loving and peaceful people. We are a world created by the ignorance, self-oppression and self-hatred of women (ourselves and our mothers) who perpetuate this sickness from generation to generation., and it still lives in us as of early 21st Century, 2011. It is a pathology that can be healed. To this end this movement is created.

THE MYTH OF AN OPPRESSIVE PATRIARCHAL SOCIETY

As a result of over 12,000 years of female suppression, women have developed a distorted view of the world that has been passed on to her male and female children alike in her role as first teacher. From a suppressed state women view the world through fear, ulterior motives, negative attitudes, false dispositions, hostility, disempowering beliefs, anger, hurt feelings, oppressive thoughts, revengeful plots, insecurity, low self-esteem, lack of self-worth, laziness, materialism, scarcity, sexual repression, lies, back biting and inferior feelings. As a result the present societal structure that permeates the earth was created and perpetuated through successive generations, as these views were passed on from mother to daughter, mother to son and upheld in the institutions that derived there from.

These views form the bedrock of present day institutions and relationships. Different cultures assimilating these views have shaped their society in accordance with them. As a result all present day societies with the exception of a few have fostered the belief in the weakness, ineptness and low stature of women or the sick patriarchal myth. Whereas, true patriarchy recognizes the true worth, value and oftentimes rulership of females, this state has yet to be obtained.

The truth is that women created the sick patriarchal myth and help maintain it for their own supposed benefit. You may ask, what benefit do women get from this myth being perpetuated? There are no real benefits to be obtained from this myth. In fact women and all of society suffer from this myth. It is the genesis of this myth that has left a cloud or mist over males and females that make them believe that there are benefits to be obtained. To understand this we must go to the beginning.

There are four major events that shape the lives of every individual, and the world in which they live. These four events are: 1. The heart and mind of a female at the moment of conception. 2. The heart and mind of the female during nine months of gestation. 3. The heart and mind of the female at the moment of birth, and 4. The heart and mind of the mother during the first six years of life. No person can escape the first three influences.

last influence of their mother (the first six years of life) are still under the influence of the world created by the mother. As we can see by these four major events in the life of every male and female on the planet, the female has a dominant and enormous influence on the lives of people in general and the world at large. So much so that if she has a pathology it becomes the norm and no one questions it and she is then able to project the blame for pain and suffering onto males in that they appear to be in charge of the world as a result of the decisions they make.

Whereas, the mother is the first teacher and role model, she unconsciously passes her lunatic personality to her sons in utero, after birth and throughout early childhood. Once a male child internalizes his mother's lunacy, he takes it to an aggressive level. Whereas most females are passively aggressive and violent (using words to blame, slander and criticize and emotional manipulation, schemes and seduction to control), they give birth to males who are overtly violent and engage in murder as a way of life with their war games. Males are a direct reflection of their mothers. If the mother is fearful, then her son becomes her protector. If she is needy then he becomes her provider. With lunacy this is taken to extremes. So he is not just her protector, he sets up elaborate military schemes to protect her. He is not just her provider; he sets up elaborate exploitative schemes to provide for her.

When mothers are not conscious of themselves they feed their children both male and female, their fears, lies, hates and negativity. Today's rap musicians, like to refer to females in their music as bit_hes and whores. In this they are including their mothers and all females. What they call bit_hes and whores as a societal colloquialism, we scientifically refer to as lunatics. They are attempting to portray the madness and insanity in females and the only words within the common language system are derogatory. Lunacy however is an illness that can be cured. To address any problem, the cause ascertained can aide in creating a cure. As developing humans our aim should be to find our way back to original wholeness thus oneness.

Lunatics have taken over the world as they have fully imbued this illness in males and females alike. It has become the gauge of normalcy. Now males act like lunatic bit_hes, complaining, manipulating, whining, shirking responsibility and basically being imbalanced.

The solution entails healing and education. Females must create a system of education that teaches them to fully know themselves as spirit, mind, emotion and body. They must eliminate the anger, fear, hurt and traumas of the past and forgive others and themselves for having created a world that fosters the weak, silly woman complex. Once this is done females and their male counterparts will begin to prepare and plan their conceptions and usher in a time when all life is divinely brought into the world in love for the purpose of creating peace within and without. This is called a new day.



MOTHERHOOD THE KEY TO CIVILIZATION

Motherhood is the fertile ground in which souls are planted into the world. As seedlings planted at the moment of conception, the soul begins its life on earth. The soul of the mother is believed to hover around her body until the moment of first breath when it enters the body. Prior to birth, the new soul learns to live in the environment of its parents, as the body it will inherit at birth gestates within the mother. The soul learns the language, the religion, the limitations, fears and expressions of its newfound family. The soul learns about the family and their characteristics and molds itself to be acceptable upon birth. The influence the mother plays in the molding of the new soul is inestimable. The new soul molds itself to her emotionally, accepting her loves, fears, lusts, beliefs and her basic way of living life.

Mothers are the purveyors of culture, and when they lack self-knowledge they engender a culture of fear and lack. You can not love what you don't know. So the unknown creates fear of self, and not knowing the self, causes a person to be incapable of knowing anything else whether another person, experience, environment, cycle, purpose, function or Source. As an unknown factor (the self), the external world becomes a threat and the heart closes, causing the brain to kick in as the secondary ruler that is only capable of reacting from a fear based fight and flight ancient programming. This leads to aggression, war, murder, conflict, chaos, exploitation, slavery, scarcity, physical, mental, emotional and spiritual abuse, decadence, disease and death. In addition only approximations, superstitions, false religions and prejudices are possible. Without self-knowledge a female does not know how to open her heart.

Both males and females are influenced by their mothers. The mother model determines the failure or success of a person, family or a nation. Our present mother model reflects a weak, silly, ignorant, fearful and passively violent female. From this model evolves all the problems inherent in our present society. Whereas females often blame males for war and violence, the truth is that females foster this in their sons. Her fear makes him seek to protect her. Her silliness makes him not take her or other females serious. Her weakness makes him abusive to her and other women. Her ignorance makes him egotistical, because of the lack of wisdom. Her passive aggressiveness makes him overtly violent. These traits are passed on unconsciously in the womb and early childhood. Neither the mother nor the son are aware of this because it has become the norm for her to act fearful, silly, weak, ignorant and passively aggressive.

Mothers cannot escape the responsibility they have. As mothers we are supremely responsible for the character development of their offspring. We shape and mold them beginning at conception and in the womb. Our loves become their love, our fear, our truths, our lies become theirs. Our children are like clay that we mold.

We must heal ourselves and forgive ourselves. Healing is primary because we have endured 12,000 years of violence and playing small. We have been traumatized into thinking that we are powerless, have no intrinsic value except as sex objects and that we must hate each other, be jealous and competitive with each other and somehow conquer males, and ruin our children by making them like ourselves. In this we have lost our basic humanity, become incapable of authentic sisterhood, engaged in a war with males and perverted the Divine Purpose of our children.

We must start by purging our emotional toxicity that take the form of fear, hate, greed, lust, jealousy, envy, covetousness, guilt, shame, lies, etc. Once we heal we will learn to know ourselves, begin to open our hearts, let love flow and then align ourselves with self-kind (other females) to initiate, develop, maintain and administrate institutions that provide healing, support, education and the preparation of future mothers. Finally, we will be able to end the war of the sexes and establish a peaceful co-existence here on earth.

Motherhood, is such a vital and viable state. Its relevance is beyond measure, it is truly incalculable. The most important investment any nation can make is in the development of future mother. The most important work any female can ever do is to prepare for and engage in the art and science of mothering. The most important work any male can do is to honor and uplift motherhood. Mothering is the oldest profession and the most revered among civilized societies. All civilized people realize the value of the mothering aspect of life and invest heavily in the conscious development of females, for in this the nation becomes strong.

Those who know don't talk. Those who talk don't know. Close your mouth, block off your senses, blunt your sharpness, untie your knots, soften your glare, settle your dust. This is the primal identity. Be like the Tao. It can't be approached or withdrawn from, benefited or harmed, honored or brought into disgrace. It gives itself up continually. That is why it endures.

—Chapter 56, Tao Te Ching



Lunatic—LunaQueen

Following you will find delineations of the lunatic and the LunaQueen. You will more than likely find that many of the lunatic aspects apply to yourself. Use the chart below to record your lunatic qualities and make a commitment to change into a LunaQueen. The world is waiting for you to make a change that is liberating, responsible and empowering. Do it today.

Do everything with a mind that lets go. Don't accept praise or gain or anything else. If you let go a little you will have a little peace; if you let go a lot you will have a lot of peace; if you let go completely you will have complete peace.

—Ajahn Chah

The real richness is in be-ness. People can take all that you have, all that you collected. People can stop your labor, or an accident can stop you. When you are, you never lose what you are.

—Torkom Saraydarian

I don't need anyone to rectify my existence. The most profound relationship we will ever have is the one with ourselves.

—Shirley MacLaine

We carry our homes within us which enables us to fly.

—John Cage

Let me listen to myself and not to them.

—Gertrude Stein

If you will discipline yourself to make your mind self-sufficient you will thereby be least vulnerable to injury from the outside.

—Critias of Athens

If the only tool you have is a hammer, you tend to see every problem as a nail.

—Abraham Maslow

There is nothing more unequal than the equal treatment of unequal people.

Thomas Jefferson

The best way to be spectacular is to be yourself.

—Alex Noble

FROM LUNATIC TO LUNAQUEEN SCALE

Lunatic	5	4	3	2	1	0	1	2	3	4	5	LunaQueen
Attempts to fit into an alien solar frequency.												Understands and operates from the lunar/solar frequency (Lunar calendar).
Unconscious of lunar frequency.												Conscious of lunar frequency.
Expresses toxic emotions (fear, spite, guilt, hate, lust, envy, greed, jealousy, covetousness, irrationality, etc).												Express healthy emotions (love, truth, peace, justice, compassion, understanding, joy, helpfulness).
Believes that males are superior to females and subjugates themselves to them. The Curse: "And your desire shall be for your husband and he shall rule over you." Genesis 3:16												Recognizes that males are birthed from females who are their first teachers, and thus can never be superior to a female only equal to.
Supports and promotes the pecking order of bullying (the alpha male/female, based on imitating animal relationships), causing them to operate for the lower reptilian brain.												Recognizes that MAN (female/male) are not animals, but humans with the capacity to govern the self as sovereign being, respecting the Divinity of all and living in peaceful co-existence with others and in harmony with nature.
Sees people as sex objects to be manipulated, exploited, tricked and violated.												Sees people as brothers and sisters, prayer mates, potential mates, friends, co-workers.
Uses sex for a recreational purpose.												Uses sex for procreation, healing, creation and spiritual upliftment.
Sees people as enemies and invests in war games and prisons.												Sees enemies as ignorance and illness and invests in healing (clinics) and real education (schools).
Lacks self-knowledge.												Seeks and attains self-knowledge.
Resists change, thus lives with pain.												Recognizes that change is constant and the only true reality and welcomes it.
Haphazardly gets pregnant.												Engages in conscious conception.
Prostitutes self and body for food, clothing, shelter, etc. Lacks the ability to interact with nature to achieve the above.												Knows purpose for being and develops ministry, career and institutions to fulfill it, and engages with nature in a process of creation and service.
Lacks communication skills. Speaks in terms of ought-to, should-have, could-have, didn't (dead language of past).												Recognizes the value of communication and engages in learning and improving their ability. Communicates to achieve clarity, understanding and agreements. Speaks in terms of what is and what can be done. (present tense language).
Those who escape the												
Puts others down to feel adequate.												Encourages other to excel.
Fault Finder												Seeks the good in every situation and experiences.
Low self-esteem.												High self-esteem
Judges people by physical markers (skin color, age, material possessions, educational achievements, gender, fame.												Judges people by the content of their character.
Finds solace in physical things, and worships the created thing rather than the Creator or Creative Principle.												Realizes Spiritual Being-ness and use of material things. Worships the Creator of the physical reality, not the physical things.
Gives birth to and raise pimps, murderers, rapist, liars, slaves, thieves, sexual perverts, haters, terrorists, prison inmates and prison fodder.												Gives birth to and raises people who are peace makers, just, creative, loving, truthful, service oriented, healthy and harmonious with nature.
Hates, competes and seeks to conquer males/females.												Cooperates with others.

FROM LUNATIC TO LUNAQUEEN SCALE 2

Lunatic	5	4	3	2	1	0	1	2	3	4	5	LunaQueen
Seeks to control others.												Focuses energy on knowing and controlling self.
Ignores or excuses mistakes of self and people you like.												Has self-discipline and self-control. Works to become a law unto themselves.
Devalues the institution of home. Lacks home making skills.												Values and invests in home development.
Seeks to survive.												Seeks to live life abundantly.
Invests in derogatory music, art and one-side media.												Invests in healthy music, art and unbiased media.
Beats and hollers at children in a re-enactment of slavery.												Learns nonviolent child development and heals toxic emotions, in order to rationally relate to children.
Gives credence to males with low self-esteem having multiple wives for egotistical, self-gratifying causes, rather than for the purpose of family and community welfare.												Realizes that a person has to create a (one) successful relationship before they can even contemplate two or more.
Fertility illiterate. Abhors the mention of the word fertility.												Fertility literate. Honors, respects, studies and masters fertility.
Rejects and fears new information.												Integrates the unknown and change in a healthy manner.
Ruled by dark principalities (hate, lies, fear, etc). (For we fight not against flesh and blood but against powers and principalities in high places. Ephesians												Ruled by principles (love, truth, peace, freedom, justice, etc.). (Therefore put on the whole armor of God. Ephesians
Ingests and addicted to man compounded petro-chemicals (drugs) in an attempt to eradicate dis-ease. <i>"Petro-chemicals are a known to cause of weak immune systems."</i>												Heals emotional wounds to balance the mind and body and uses herbs and God made substances to heal. www.emofree.com
Engages in unhealthy practices. (drug legal & illegal & alcohol addiction, cigarette smoking, drinking large amounts of coffee).												Practices healthy living and consumption.
Believes survival is the first law of nature.												Believes the first law of nature is to stand alone. "To thine own self be true."
Focuses attention and resources on secondary choices like what to do after conception takes place.												Moves on primary choices, like whether to achieve or avoid pregnancy.
Spends money on secondary pleasure (hair, nails, show off items, etc.) to attract males, and ignores real needs.												Spends money to fulfill need, protect rights, maintain health, and foster interests. Lets nature do the attracting so that it is the proper mate.
Accepts antiquated and dysfunctional institutions for self and children. <i>"Man was not made for institutions, institutions were made by man, for man and thus must change to meet new needs."</i> Myeka												Invests in and helps create institutions (childcare coops, food coops, food production coops, lactation centers, birthing centers, gestation centers, etc.) that are healthy and nonviolent based.
Lives in and accepts housing structures that do not take into account or meet the need of growing families with children.												Demands that houses and apartments be built to meet the natural and healthy growth & development of children and the needs of the family. "Function follows form."
Develops unscientific romantic, toxic relationships, filled with violence, non-communication, lies, fornication and adultery, distrust and unhealthy sexual practices.												Develops relationships based on the I-Thou principle, that are balanced, healthy and fulfilling. Practices the laws of communication and right living.

FROM LUNATIC TO LUNAQUEEN SCALE 3

Lunatic	5	4	3	2	1	0	1	2	3	4	5	LunaQueen
Does not value other females. Her energies are primarily directed towards males, and she will slight, deny and ignore a females need to supply a males wants and irrational requests.												She values females, as she does herself. She allocates time for female interactions and is responsive to real need.
Easily offended and uses the words, "I'm offended" to make others appear to be in violation of them.												Violations are seen as those things that violate her health, rights, needs or physical being.
Biased and comes to conclusions based on personality. If she doesn't like someone, anything they say or do is wrong, insignificant or ignored.												Comes to conclusions based on facts and the truth of. Conclusions and decisions can thus be applied across the board regardless of who it relates to.
Constantly feels that what she says and does is incorrect, thus questioning herself and others all the time.												Confidently goes through life not questioning herself, and is not afraid to respond to the questions of others.
Easily bored, because she is boring.												Finds just living life exciting and can find something interesting no matter where she is or what she is doing.
Refuses to get therapy when she is traumatized or stressed. Continues to play the victim and gets pleasure from this.												Seeks therapy to heal trauma and stress so that she can function at her highest capacity to meet life head on.
An emotional wreck who can't communicate with others without going on a tangent. Will ask questions, but will not listen to the answer, or projects what she wants to hear as the only thing acceptable.												Works to master her emotions and studies the laws of communication. Thus she can listen to others without projecting herself into conversations or judging.
Giving is always seen as a means of controlling others. Expects things back or seeks to control what is given to others with expectations.												Gives based on need and an open heart. Gives with no strings attached.
Is committed to the death culture. She smokes cigarettes, drinks alcohol, uses drugs, drinks soda pop, eats things that are proven to be unhealthy and doesn't care if these things affect others in her vicinity.												Has preferences and not attached to any particular outcome. Feels capable of dealing with any eventuality she is faced with in life.
Attached to outcomes. If things do not go the way she wants then she determines that they are wrong.												Has preferences and not attached to any particular outcome. Feels capable of dealing with any eventuality she is faced with in life.
Pops chewing gum in the public to get attention. Unaware and doesn't care how the sounds she makes affects others.												She gives herself all the attention she needs, so she does not have to make sounds or do foolish things to get others to look at her. She is courteous and aware of what sounds she makes and
Carries on private conversations on the cell phone in the public.												Waits until she is in a private setting to carry on private conversations that may be disturbing to others.
Hears and acknowledges good advise but will not apply it to her life.												Works to make the necessary changes that will improve her character, health, life and career. Responds positively to life and supports meaningful change with action.
Curses and talks loud in the public when with her associates. Has no respect for the elderly, children or herself.												Carries herself in a manner that is responsible and respectful in the public.
Sees violence as the only way to think, act, talk and be.												Recognizes the value and importance of nonviolence and works to change her thoughts, language and actions to reflect nonviolence. She recognizes that in a nuclear age, she can't afford to embrace violence.

FROM LUNATIC TO LUNAQUEEN SCALE 4

Lunatic	5	4	3	2	1	0	1	2	3	4	5	LunaQueen
Wears clothes designed to attract males and stir up their lust. Another attention getting action.												Wears clothes that are designed to enhance her femininity that are modest, comfortable and self-respecting.
Lets strange males feel on her breast and buttocks. Lets male associates feel on her in the public.												Carries herself in such a way that males can respect her and at the first sign of dis-respect she alerts them and those around that a violation is taking place.
Makes foolish decisions that dis-empower her and never seeks to learn how to make empowering decisions.												Seeks knowledge on how to better herself. Examines her decisions to see if she can improve on her decision making skills. Works to make decisions that empower her.
Hates males but attempts to act like males in the way she dresses and carries herself. Thus she becomes what she hates.												Desires to only be herself. Has no need to imitate others. If she experiences a trauma related to males or females she gets the necessary therapy to heal herself.
Closed heart. Ruler ship transfers to reptilian brain (medulla oblongata). The brain stem is the oldest and smallest region in the evolving human brain. It evolved hundreds of millions of years ago. It's similar to the brain possessed by the hardy reptiles that preceded mammals, roughly 200 million years ago. It's 'pre-verbal', but controls life functions such as autonomic brain, breathing, heart rate and the fight or flight mechanism. Lacking language, its impulses are instinctual and ritualistic. Most people have no idea of the reptilian heritage of the human body and its influence on our behavior. Scientists say that the reptilian brain represents a core of the nervous system. It's concerned with fundamental needs such as survival, physical maintenance, hoarding, dominance, preening and mating. When we are out of control with rage, it is our reptilian brain overriding our rational brain components. The following human behaviors originate in the reptilian brain, obsessive compulsive behavior, personal day to day rituals and superstitious acts, slavish conformance to old ways of doing things, ceremonial re-enactments, obeisance to precedent, (legal, religious, cultural, and other matters), all manner of deceptions, "territoriality" (this is mine, keep out), obsession with hierarchical structures of rule and control, aggression, and the idea that might is right, and winner takes all.												Open Heart. The fertile heart is connected to Source, within and without. It is here one finds the eternal, unchanging spirit that is the essence of the human being. It is in the heart that you behold the Divine Self. Love is the current that connects us to each other as one, reaching the furthest corners of the kingdom of the body/mind/spirit with each heartbeat. The open heart is the true ruler and when dethroned the brain takes over, which is the case with modern man, who has made heart disease the #1 killer. The result of not following our heart's role as leader. The heart is the first complex structure to function in the developing embryo. Research shows that the heart has a central role in emotional perception and experience and in fact can learn, remember, and make decisions independently of cortical function. Neuroscientists have discovered that there are over 40,000 nerve cells (neurons) in the heart, indicating that the heart has its own independent nervous system. In addition, the heart has an electromagnetic energy field 5,000 times greater than that of the brain and this field can be measured up to 10' beyond the physical body. The heart is where consciousness is born that embodies the self-conscious spirit.

THE JOURNEY BEGINS

Lunatic

Attempts to fit into an alien solar frequency. (Gregorian calendar).

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes

Therapy: Even though I have attempted to fit into an alien solar frequency, I still love and totally accept myself.

Your thoughts about this.

LunaQueen

Understands and operates from the lunar/solar frequency (Lunar calendar).

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes

Your thoughts about this.

Lunatic

Unconscious of lunar frequency.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes

Therapy: Even though I have been unconscious of lunar frequency, I still love and totally accept myself.

Your thoughts about this.

LunaQueen

Conscious of lunar frequency.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes

Your thoughts about this.

Lunatic

Expresses toxic emotions (fear, spite, guilt, hate, lust, envy, greed, jealousy, covetousness, irrationality, etc).

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Therapy: Even though I express (fear, spite, guilt, hate, lust, envy, greed, jealousy, covetousness, irrationality, etc). Do each one separately.

Your thoughts about this.

LunaQueen

Express healthy emotions (love, truth, peace, justice, compassion, understanding, joy, helpfulness).

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Believes that males are superior to females and subjugates themselves to them.
The Curse: “And your desire shall be for your husband and he shall rule over you.” Genesis 3:16

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I believe that males are superior to females, I still love and totally accept myself.

Notes _____

LunaQueen

Recognizes that males are birthed from females who are their first teachers, and thus can never be superior to a female only equal to.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Supports and promotes the pecking order of bullying (the alpha male/female, based on imitating animal relationships), causing them to operate for the lower reptilian brain.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I unconsciously support and promote the pecking order or bullying, I still love and totally accept myself.

Notes _____

LunaQueen

Recognizes that MAN (female/male) are not animals, but humans with the capacity to govern the self as sovereign being, respecting the Divinity of all and living in peaceful co-existence with others and in harmony with nature.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Sees people as sex objects to be manipulated, exploited, tricked and violated.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I see people as sex objects to be manipulated, exploited, tricked and violated, I still love and totally accept myself.

Notes _____

LunaQueen

Sees people as brothers and sisters, prayer mates, potential mates, co-workers, friends.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Uses sex for a recreational purpose.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I use sex as a recreation, I still love and totally accept myself.

Notes _____

LunaQueen

Uses sex for procreation, healing, creation and spiritual upliftment (Tantra and Taoist Sexual practices).

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Sees people as enemies and invests in war games and prisons.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I see people as enemies and invest in war games and prisons, I still love and totally accept myself.

Notes _____

LunaQueen

Sees enemies as ignorance and illness and invests in healing (clinics) and real education (schools).

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Lacks self-knowledge.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I lack self-knowledge, I still love and totally accept myself.

Notes _____

LunaQueen

Seeks and attains self-knowledge.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Resists change, thus lives with pain.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I resist change, I still love and totally accept myself.

Notes

LunaQueen

Recognizes that change is constant and the only true reality, and welcomes it.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes

Your thoughts about this.

Lunatic

Haphazardly gets pregnant.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I haphazardly get pregnant, I still love and totally accept myself.

Notes _____

LunaQueen

Engages in conscious conception.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Prostitutes self and body for food, clothing, shelter, etc. Lacks the ability to interact with nature to achieve the above.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I prostitute myself, I still love and totally accept myself.

Notes _____

LunaQueen

Knows purpose for being and develops ministry, career and institutions to fulfill it, and engages with nature in a process of creation and exchange.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Lacks communication skills. Speaks in terms of ought-to, should-have, could-have, didn't (dead language of past). Incapacity to listen.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I lack communication skills, I still love and totally accept myself.

Notes _____

LunaQueen

Recognizes the value of communication and engages in learning and improving their ability. Communicates to achieve clarity, understanding and agreements. Speaks in terms of what is and what can be done. (present tense language).

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Puts others down to feel adequate.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I put others down to feel adequate, I still love and totally accept myself.

Notes

LunaQueen

Encourages other to excel.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes

Your thoughts about this.

Lunatic

Fault finder.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I am a fault finder, I still love and totally accept myself.

Notes

LunaQueen

Seeks the good in every situation and experiences.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes

Your thoughts about this.

Lunatic

Low self-esteem.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I have low self-esteem, I still love and totally accept myself.

Notes _____

LunaQueen

High self-esteem.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Judges people by physical markers (skin color, age, material possessions, educational achievements, gender, fame, etc.).

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I judge people based on physicality, I still love and totally accept myself.

Notes

LunaQueen

Judges people by the content of their character. *“I want to live in a world where people are not judged by the color of their skin but by the content of their character.”* M. L. King, Jr.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes

Your thoughts about this.

Lunatic

Finds solace in physical things, and worships the created thing rather than the Creator or Creative Principle.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I find solace in physical things, I still love and totally accept myself.

Notes

LunaQueen

Realizes Spiritual Being ness and use of material things. Worships the Creator of the physical reality, not the physical things.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes

Your thoughts about this.

Lunatic

Gives birth to and raise pimps, murderers, rapist, liars, slaves, thieves, sexual perverts, haters, terrorists, prison inmates...

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I have given birth to _____, I still love and totally accept myself.

Notes _____

LunaQueen

Gives birth to and raises people who are peace makers, just, creative, loving, truthful, service oriented, healthy and harmonious with nature.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Hates, competes and seeks to conquer males/females.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I hate people, I still love and totally accept myself.

Notes

LunaQueen

Cooperates with others.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes

Your thoughts about this.

Lunatic

Seeks to control others.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I seek to control others, I still love and totally accept myself.

Notes

LunaQueen

Focuses energy on knowing and controlling self.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes

Your thoughts about this.

Lunatic

Ignores or excuses mistakes of self and people you like.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I ignore and excuse my errors, I still love and totally accept myself.

Notes

LunaQueen

Acknowledges and corrects errors and encourages others to do likewise.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes

Your thoughts about this.

Lunatic

Lacks self-control and discipline and thus must be controlled by others.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I lack self-control, I still love and totally accept myself.

Notes

LunaQueen

Has self-discipline and self-control. Works to become a law unto themselves.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes

Your thoughts about this.

Lunatic

Devalues the institution of home. Lacks home making skills.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I have devalued the home institution and lack home making skills, I still love and totally accept myself.

Notes

LunaQueen

Values and invests in home development.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes

Your thoughts about this.

Lunatic

Seeks to survive.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I seek to survive at the expense of living life, I still love and totally accept myself.

Notes

LunaQueen

Seeks to live life abundantly.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes

Your thoughts about this.

Lunatic

Invests in derogatory music, art and one-side media.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I invest in derogatory music, art, and one sided media, I still love and totally accept myself.

Notes

LunaQueen

Invests in healthy music, art and unbiased media.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes

Your thoughts about this.

Lunatic

Beats and hollers at children in a re-enactment of slavery.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I beat and holler at my children, I still love, forgive and totally accept myself.

Notes

LunaQueen

Learns nonviolent child development and heals toxic emotions, in order to rationally relate to children.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes

Your thoughts about this.

Lunatic

Gives credence to males with low self-esteem having multiple wives for egotistical, self-gratifying causes, rather than for the purpose of family and community welfare.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I males irrationality as sane, I still love, forgive and totally accept myself.

Notes _____

LunaQueen

Realizes that a person has to create a (one) successful relationship before they can even contemplate two or more.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Fertility illiterate. Abhors the mention of the word fertility.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I illiterate of my fertility, I still love, forgive and totally accept myself.

Notes _____

LunaQueen

Fertility literate. Honors, respects, studies and masters fertility.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Rejects and fears new information.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I reject and fear new information, I still love, forgive and totally accept myself.

Notes

LunaQueen

Integrates the unknown and change in a healthy manner.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes

Your thoughts about this.

Lunatic

Ruled by dark principalities (hate, lies, fear, etc). (For we fight not against flesh and blood but against powers and principalities in high places. Ephesians

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I am ruled by dark principalities, I still love, forgive and totally accept myself.

Notes

LunaQueen

Ruled by principles (love, truth, peace, freedom, justice, etc.). (Therefore put on the whole armor of God. Ephesians

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes

Your thoughts about this.

Lunatic

Ingests and addicted to man compounded petro-chemicals (drugs) in an attempt to eradicate dis-ease. *“Petro-chemicals are a known to cause of weak immune systems.”*

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I am addicted to man-made chemicals that harm my body, I still love, forgive and totally accept myself.

Notes

LunaQueen

Heals emotional wounds to balance the mind and body and uses herbs and God made substances to heal. www.emofree.com

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes

Your thoughts about this.

Lunatic

Engages in unhealthy practices. (drug legal & illegal & alcohol addiction, cigarette smoking, drinking large amounts of coffee).

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I engage in _____, I still love, forgive and totally accept myself.

Notes _____

LunaQueen

Practices healthy living and consumption.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Believes survival is the first law of nature.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I believe survival is the first law of nature., I still love, forgive and totally accept myself.

Notes

LunaQueen

Believes the first law of nature is to stand alone. "To thine own self be true."

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes

Your thoughts about this.

Lunatic

Focuses attention and resources on secondary choices like what to do after conception takes place.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I engage in _____, I still love, forgive and totally accept myself.

Notes _____

LunaQueen

Moves on primary choices, like whether to achieve or avoid pregnancy.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Spends money on secondary pleasure (hair, nails, show off items, etc.) to attract males, and ignores real needs.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I engage in _____, I still love, forgive and totally accept myself.

Notes _____

LunaQueen

Spends money to fulfill need, protect rights, maintain health, and foster interests.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Accepts antiquated and dysfunctional institutions for self and children. *“Man was not made for institutions, institutions were made by man, for man and thus must change to meet new needs.”* Myeka

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I engage in _____, I still love, forgive and totally accept myself.

Notes _____

LunaQueen

Invests in and helps create institutions (childcare coops, food coops, food production coops, lactation centers, birthing centers, gestation centers, etc.) that are healthy and nonviolent based.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Lives in and accepts housing structures that do not take into account or meet the need of growing families with children.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I engage in _____, I still love, forgive and totally accept myself.

Notes _____

LunaQueen

Demands that houses and apartments be built to meet the natural and healthy growth & development of children and the needs of the family. “Function follows form.”

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Develops unscientific romantic, toxic relationships, filled with violence, non-communication, lies, fornication and adultery, distrust and unhealthy sexual practices.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I engage in _____, I still love, forgive and totally accept myself.

Notes _____

LunaQueen

Develops relationships based on the I-Thou principle, that are balanced, healthy and fulfilling. Practices the laws of communication and right living.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Does not value other females. Her energies are primarily directed towards males, and she will slight, deny and ignore a females need to supply a males wants or irrational requests.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I engage in _____, I still love, forgive and totally accept myself.

Notes _____

LunaQueen

She values females, as she does herself. She allocates time for female interactions and is responsive to real need.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Easily offended and uses the words, "I'm offended" to make others appear to be in violation of them.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I engage in _____, I still love, forgive and totally accept myself.

Notes _____

LunaQueen

Violations are seen as those things that violate her health, rights, needs or physical being.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Biased and comes to conclusions based on personality. If she doesn't like someone anything they say or do is wrong, insignificant or ignored.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I engage in _____, I still love, forgive and totally accept myself.

Notes _____

LunaQueen

Comes to conclusions based on facts and the truth of. Conclusions and decisions can thus be applied across the board regardless of who it relates to.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Constantly feels that what she says and does is incorrect, thus questioning herself and others all the time.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I engage in _____, I still love, forgive and totally accept myself.

Notes _____

LunaQueen

Confidently goes through life not questioning herself, and is not afraid to respond to the questions of others.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Easily bored, because she is boring.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I engage in _____, I still love, forgive and totally accept myself.

Notes _____

LunaQueen

Finds just living life exciting and can find something interesting no matter where she is or what she is doing.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Refuses to get therapy when she is traumatized or stressed. Continues to play the victim and gets pleasure from this.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I engage in _____, I still love, forgive and totally accept myself.

Notes _____

LunaQueen

Seeks therapy to heal trauma and stress so that she can function at her highest capacity to meet life head on.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

An emotional wreck who can't communicate with others without going on a tangent. Will ask questions, but will not listen to the answer, or projects what she wants to hear as the only thing acceptable.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I engage in _____, I still love, forgive and totally accept myself.

Notes _____

LunaQueen

Works to master her emotions and studies the laws of communication. Thus she can listen to others without projecting herself into conversations or judging.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Giving is always seen as a means of controlling others. Expects things back or seeks to control what is given to others with expectations.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I engage in _____, I still love, forgive and totally accept myself.

Notes _____

LunaQueen

Gives based on need and an open heart. Gives with no strings attached.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Is committed to the death culture. She smokes cigarettes, drinks alcohol, uses drugs, drinks soda pop, eats things that are proven to be unhealthy and doesn't care if these things affect others in her vicinity.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I engage in _____, I still love, forgive and totally accept myself.

Notes _____

LunaQueen

Invests in healthy living. She studies what is good for her body, mind and emotions and invest in only those things.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Attached to outcomes. If things do not go the way she wants then she determines that they are wrong.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I engage in _____, I still love, forgive and totally accept myself.

Notes _____

LunaQueen

Has preferences and not attached to any particular outcome. Feels capable of dealing with any eventuality she is faced with in life.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Pops chewing gum in the public to get attention. Unaware and doesn't care how the sounds she makes affects others.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I engage in _____, I still love, forgive and totally accept myself.

Notes _____

LunaQueen

She gives herself all the attention she needs, so she does not have to make sounds or do foolish things to get others to look at her. She is courteous and aware of what sounds she makes and how they may be affecting others.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Carries on private conversations on the cell phone in the public.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I engage in _____, I still love, forgive and totally accept myself.

Notes _____

LunaQueen

Waits until she is in a private setting to carry on private conversations that may be disturbing to others.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Hears and acknowledges good advise but will not apply it to her life.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I engage in _____, I still love, forgive and totally accept myself.

Notes _____

LunaQueen

Works to make the necessary changes that will improve her character, health, life and career. Responds positively to life and supports meaningful change with action.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Curses and talks loud in the public when with her associates. Has no respect for the elderly, children or herself.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I engage in _____, I still love, forgive and totally accept myself.

Notes _____

LunaQueen

Carries herself in a manner that is responsible and respectful in the public.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Sees violence as the only way to think, act, talk and be.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though see violence as a viable solution_____, I still love, forgive and totally accept myself.

Notes _____

LunaQueen

Recognizes the value and importance of nonviolence and works to change her thoughts, language and actions to reflect nonviolence. She recognizes that in a nuclear age, she can't afford to embrace violence.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Wears clothes designed to attract males and stir up their lust. Another attention getting action.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I engage in _____, I still love, forgive and totally accept myself.

Notes _____

LunaQueen

Wears clothes that are designed to enhance her femininity that are modest, comfortable and self-respecting.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Lets strange males feel on her breast and buttocks. Lets male associates feel on her in the public.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I engage in _____, I still love, forgive and totally accept myself.

Notes _____

LunaQueen

Carries herself in such a way that males can respect her and at the first sign of dis-respect she alerts them and those around that a violation is taking place.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Makes foolish decisions that dis-empower her and never seeks to learn how to make empowering decisions.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I engage in _____, I still love, forgive and totally accept myself.

Notes _____

LunaQueen

Seeks knowledge on how to better herself. Examines her decisions to see if she can improve on her decision making skills. Works to make decisions that empower her.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Hates males but attempts to act like males in the way she dresses and carries herself. Thus she becomes what she hates.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I engage in _____, I still love, forgive and totally accept myself.

Notes _____

LunaQueen

Desires to only be herself. Has no need to imitate others. If she experiences a trauma related to males or females she gets the necessary therapy to heal herself.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Will deny an infant water and feed it instead Coca Cola.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though I engage in _____, I still love, forgive and totally accept myself.

Notes _____

LunaQueen

Study's nutrition and food preparation and engages in feeding her children the highest food souces known to man.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes _____

Your thoughts about this.

Lunatic

Closed heart. Ruler ship transfers to reptilian brain (medulla oblongata). The brain stem is the oldest and smallest region in the evolving human brain. It evolved hundreds of millions of years ago. It's similar to the brain possessed by the hardy reptiles that preceded mammals, roughly 200 million years ago. It's 'pre-verbal', but controls life functions such as autonomic brain, breathing, heart rate and the fight or flight mechanism. Lacking language, its impulses are instinctual and ritualistic. Most people have no idea of the reptilian heritage of the human body and its influence on our behavior. Scientists say that the reptilian brain represents a core of the nervous system. It's concerned with fundamental needs such as survival, physical maintenance, hoarding, dominance, preening and mating. When we are out of control with rage, it is our reptilian brain overriding our rational brain components. The following human behaviors originate in the reptilian brain, obsessive compulsive behavior, personal day to day rituals and superstitious acts, slavish conformance to old ways of doing things, ceremonial re-enactments, obeisance to precedent, (legal, religious, cultural, and other matters), all manner of deceptions, "territoriality" (this is mine, keep out), obsession with hierarchical structures of rule and control, aggression, and the idea that might is right, and winner takes all.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Your thoughts about this.

Therapy: Even though my heart is closed _____, I still love, forgive and totally accept myself.

Notes _____

LunaQueen

Open Heart. The fertile heart is connected to Source, within and without. It is here one finds the eternal, unchanging spirit that is the essence of the human being. It is in the heart that you behold the Divine Self. Love is the current that connects us to each other as one, reaching the furthest corners of the kingdom of the body/mind/spirit with each heartbeat. The open heart is the true ruler and when dethroned the brain takes over, which is the case with modern man, who has made heart disease the #1 killer. The result of not following our heart's role as leader. The heart is the first complex structure to function in the developing embryo. Research shows that the heart has a central role in emotional perception and experience and in fact can learn, remember, and make decisions independently of cortical function. Neuroscientists have discovered that there are over 40,000 nerve cells (neurons) in the heart, indicating that the heart has its own independent nervous system. In addition, the heart has an electromagnetic energy field 5,000 times greater than that of the brain and this field can be measured up to 10' beyond the physical body. The heart is where consciousness is born that embodies the self-conscious spirit. Feelings are the most primal mode of its expression.

Do you possess this quality? Yes No If no, when and how did you rid yourself of it?

Notes

Your thoughts about this.

Your thoughts about this.

EDUCATION FOR CHANGE

When the present educational system was set into motion, females were not a part of the framing or decision making process. As a result our health, interest, rights and needs were not considered in creating policies or curriculum. In fact this system was set up in order to give males an advantage over female and to perpetuate their enslavement and exploitation. For twelve thousand years, females have been kept ignorant of themselves and subservient to the sons that they birth and served as first teachers too. As a result knowledge pertinent to female health, growth, development, and freedom has been unavailable, and a way of life that is contrary to nature has evolved. Therefore, females seeking true liberation must begin to construct a system of education that fosters their health, includes their interest, protects their rights and fulfills their needs. We cannot continue to mimic and imitate males who are the products of their mother's ignorance and achieve true liberation. The first and primary choice of any female is to be able to choose whether to achieve or avoid conception, before having sex. This is a choice born of self-knowledge and is both responsible and liberating. This is the choice of primary thinkers. Squabbling about choice after conception is a waste of time, energy and resources, when it is possible to make a primary choice. Education is the key. Join the movement for Fertility Literacy.”

WHY VIOLENCE?

Violence is a symptom reflective of mental and emotional disorder. This disorder comes about when a person cannot translate inner feelings and promptings (life energy) into thoughts, then translate thoughts into emotions that create a meaningful language (communication) that fosters and develops a plan that is then translated into the acquisition of work skills and tools that creates a meaningful work process that allows a person to initiate, develop, maintain and administrate institutions that enhances life, and fulfills real human needs.

The only true experience a human being has is in the now, as time, space, elements and motion happen, Even though we have the mental power to recall the past and project into the future, our ability to experience the present tense through the human body is dependent upon the activation of all the senses. We can only interpret reality based on what is now known. The senses that allow for this experience are those of feeling, sound and thought. Most people, however are only aware of the senses of sight, hearing, smell, taste and touch, while the other three senses are not brought to consciousness and used in the process of living. When the awareness is focused on eight senses, it is at this point that we become aware of our potential for self development, creativity and purposeful living. We thus, conclude that violence is the result of eight sense people operating on only five (or less) senses. This causes us to be incapable of fully directing our life energy, thus creating a blockage or back-up that becomes explosive as our thoughts are turned inward and create toxic emotions.

The purpose of a nonviolent clinical process, is to help people become consciously aware of their eight senses and how to effectively and meaningfully use them to solve problems of violence in themselves, their families, their communities, the nation and the world. Until an adult person is actively caring for his/herself, and aiding in a process of human and community development, the person cannot be considered well, because they are engaged in secondary activities that do not enhance the process of conscious human and community development.

The human being is both the subject and object of life happening and each person must get to know themselves in this manner. Man as subject and object, must have the ability to completely act with enough verbs and adverbs to describe the action and enough adjectives to use as tools in times of trouble.

The acquisition of language skills is thus primary to the process of human development and health. Language is mathematical in that it is logical when spoken in truth with love. Native Americans had a saying about the melanin deficient race, “they speak with forky tongue, and have a hard heart.” The “forky tongue” signifies a person who says one thing and does another or a liar, and the “hard heart” means one who is incapable of feeling, that is one who is out of touch with their inner being and their own creative powers. A person in such a condition is driven to survive at the expense of others. As a result these people tell and live lies. They seek to subdue creative, free flowing people who are capable of creating things which have allow them to live happy, fruitful, abundant, harmonious lives. The “forky tongued-hard hearted” person in their inability to create, must thus steal, murder, pillage, rape and destroy, for they are incapable of creating that with brings peace and the fulfillment of real needs.

The ability to speak a language (create sounds) is dependent upon a persons ability to tune into self and speak from the heart, and not from memorizing words and their meanings. The word language comes from “land—

gauge” which is the ability to accurately ascertain what one needs in terms of that which is provided by our land (food, clothing, shelter, transportation, energy, communication and tools), in order to carry on a work process. Language is thus logical, reasonable, truthful and loving and without a language, it is impossible to review and discuss the past, plan for the future, or discuss the present in a meaningful way except in very toxic emotional terms.

Music another sound produced by man has the quality of rhythm, which is also a quality inherent in nature. The body harmonizes with music through dance or motion. Those people who are incapable of maintaining harmony and rhythm with music are usually the same people who are incapable of speaking a truthful language. They are also incapable of harmonizing with the rhythm of nature. Thus they create pollution of the air and water, soil erosion, ozone layer depletion, endangered species, destruction of the rain forest and diseases and epidemics of various proportions. The present society has been incapable of harmonizing with nature or people of other cultures. As a result the plans, actions and outcomes of this society lead to the social problems plaguing the world.

Violence is the result of not having the ability to translate feelings into thoughts, thus secondary thoughts are created that are ill-motivated, the emotions are toxic, the language is distorted, the plans are incomplete, and then schemes are developed that violate the health, interest, rights and needs of self, others and the environment.

We conclude, that the social behavioral disorders in us and in our environment are the result of not having the necessary emotional healing techniques, conflict resolution skills and the self and community development skills that are needed to create meaningful work processes. We, therefore discover ourselves living in a reality with beliefs and desires but without the insight and ability to fulfill basic and real needs without being violated but only reacting to violation and in turn violating.

—*Reverend James L Bevel and Helen Bevel*

"A human being is a part of the whole, called by us Universe, a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest—a kind of optical delusion of his consciousness. This delusion is a kind of prison, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free from this prison by widening our circle of compassion to embrace all living creatures and the whole nature in its beauty."

—*Albert Einstein*

HEALING OR PUNISHMENT?

The dark ages, colonialism, childish dependency, slavery in the Americas, racism, sexism, and other violent expressions, has left all of us psychologically and emotionally scarred. As females/mothers have lived and operated from ignorance and illness (for over 12,000 years of self-oppression), they have left scars on generations of their descendants. Our present generation has yet to address healing. Slave mothers can only leave slave tendencies on their offspring (the new slave is a prison inmate). Instead of healing we continue to prescribe to the archaic ways of punishment. Instead of seeking the cause of error, which inevitably leads to ignorance and illness, we have chosen to erect prisons, insane asylums, use ostracism, embarrassment, shame and guilt as weapons against each other when we act out the ills we have inherited.

The nonviolent revolution has taken place, and we have yet to attune ourselves to this new vibration. The doors of opportunity have swung open through the use of nonviolence, and they have been slowly closing because we have neglected to take the time to acknowledge our illnesses and our ignorance, the only two viable enemies of mankind.

Present day healing practices have done little more than turned us over to the drug industry with its prescription drugs, which acclimate us to take drugs of all types. We have been offered little more than talk therapy that never gets to the cause of the many problems which are inevitably emotionally based. We have followed every manner of guru, charismatic leader, religious leader and teacher, hoping to free ourselves from the guilt and shame of our thoughts, deeds and actions, to little avail, only to realize that they too are plagued. We are inundated with sexual perversions that do not allow us to create fulfilling relationships, as our demons haunt us day and night.

Slavery was a time of rampant sexual abuses (rape, pedophilia, castration, sadism, masochism, etc.) and the abusers nor the abused have ever received any type of therapy. Today we are told that sexual predators are incapable of healing. They have become the scourge of our society. If this is so, then our nation is doomed to repeat the Abu Garib prison torture, and our prisons will continue to turn out sexual deviants and predators.

Our closets are filled with untold hidden lies and schemes that are aimed at controlling, manipulating and conquering others, in hopes of escaping from our own emptiness and feelings of worthlessness. We have sought to meet all the prescriptions of the society from finishing high school, to getting a college degree, a good paying job and a respectable position in society. The hippies have become yuppies, women have left the home and children have become latchkeys. Yet we can't escape the ignorance and illness of our mothers. Having made our mothers sacred cows, we are afraid to look at her teachings, examples, toxic emotions and erratic thoughts as the source of our disconnectedness from nature and the life stream. We have inherited our mothers fears, hatred, anger, lusts and lies and now we are challenged to confront them in our self.

Yeshua ben Joseph (Jesus) once said, "Physician heal thyself." We are all called to be self-healers. This means taking responsibility for our thoughts, words and actions. With low self-esteem we want to hide and be in denial that something is wrong, but we must develop the courage to fight the enemy within, and stop looking for enemies outside of ourselves. The greatest war is the one we wage on our own ignorance. The time is slowly fading for the people of planet earth to correct their ills. Destruction draws near. Take personal

responsibility for change.

To believe there are no solutions for the problems that plague us is to embrace a dead-end philosophy. We can heal ourselves and we must. True liberation demands that we give up any and all structures that deny us the flexibility to explore and discover the source of our complete restoration.

With our heart as our guide and a willingness to forgive ourselves and others for violations, we can overcome. We present in the following pages revolutionary new self-healing techniques that you can learn to apply to yourself to eliminate fear-based emotions.



“I call on the moon to help heal my wounded female.”
http://www.nmessences.com/healing/cockle_h.html

THE ENERME

Deep within me there is a wench, a lunatic.
She is a vial creature of destruction.
She does not know love.
She only knows lust, lies, pain, suffering, hate and jealousy.
Where did she take root?
What is her origin?
I must discover her beginning in the dark recesses of my being.
She is a heinous formation.
She is death. She is destruction.
She is the murderer of Christ, for she makes right wrong and wrong right.
She knows no justice. She knows no truth.
And out of her belly she brings forth sons and daughters like unto herself.
She is the epitome of evil.
Oh this journey to discover her. This journey into the depths of my mind
To find and uproot this very essence of evil, the devil herself.
I saw her in every woman I ever met.
And so I sought to discover her in myself.
For so without, so within.
I had been witness to a cruelty, injustice, non-love
and witchyness in others that had no comparison.
I experienced the hatred, lies and cowardice directed
towards to me often without conscious provocation.
When questioned or addressed they would quickly
turn the tables, lie, change the subject, get an attitude
and sometimes stop talking to me forever.
I experienced the plots, schemes, slander, gossip and
mean spiritedness directed towards anyone, for no reason.
I observed the devastation to children, stripped from their fathers
and grandparents because of vicious hateful, revengeful actions.
How could I be witness to this evil and not have
a correspondent to identify within myself?
My mind is a vast territory, not just the physical brain.
My mind is the sum total of me, and somewhere within she lives.
Where are you old wretched one? Show yourself, I demanded.
I have come to know you, to understand you
and finally to send you to the Light,
so that you can be transformed into the Star of Love.
Come out, come out, wherever you are. And she hid.

I realized that my journey might be a long and arduous one,
but the goal is oh so noble.
Am I afraid? Most definitely. I don't know what to expect.

I don't know the depths that I will have to tread.
I don't know what I will do upon discovery.
Like a pioneer I have to transverse unknown topography.
I have to discover her at any cost, even if I lose my life in my attempt
to find, eliminate and transform her.
The journey continues as everyday I find aspects of her and apply self-therapy to heal her.
Maybe one day I will be free of her completely and the
Divine Feminine will show herself fully in me.
Until that day my work continues.

*An ever vigilant lunatic detective,
Myeka*

**The precept, "Know yourself," was not solely intended to obviate the pride of mankind;
but likewise that we might understand our own worth.**

—Cicero



There is only one success, to be able to spend your life your own way.

—Christopher Morley

**Nothing splendid was ever achieved except by those who dared
believe that something inside of them was superior to circumstances.**

—Bruce Barton

FUNCTIONAL SELF THERAPY

Post-traumatic stress syndrome is a growing concern, as tension from everyday living builds-up with no release insight. On the following pages you are presented with self-applicable therapies, to address stress, trauma, depression, fear and other toxic emotions. These are tools that can be used without a therapist. If your symptoms are so severe that medical intervention is necessary, please consult your doctor. These therapies can be used as an adjunct to medical care. You must take personal responsibility when using the following techniques. If one does not work, maybe another will. Of course they are not quick fixes. It will take focused, committed and dedicated usage to get the best out of these techniques. If you are not willing to take personal responsibility, then ignore these therapies and continue as you have in the past.

Therapies Presented

EFT (Emotional Freedom Technique)

Acu-POWER™

EF&H Releasing Traumatic Stress

MATT (Miracle Acupressure Tapping Technique)

RET (Rapid Eye Therapy)

RITT (Rapidly Integrated Transformation Technique)

Tapas

And More

For more information about any of these therapies please do a Google search on the internet.

I am,
indeed,
a king/queen
because I know how
to rule myself.

~Pietro Aretino, 10 May 1537

SELF-AWARENESS STUDY

The following chart lists common characteristics. You can use this chart to identify traits you received from your parents. Just put a M for mother or F for father on the line next to the trait. Get a friend to rate you and compare the traits you noted for your parents. It is important to be conscious of what you receive for others. This way you can make a choice as to whether you are being empowered or otherwise.

- | | | | |
|--|--|---|--|
| <input type="checkbox"/> Abandoned you | <input type="checkbox"/> Clinging | <input type="checkbox"/> Diseased | <input type="checkbox"/> Gave double messages |
| <input type="checkbox"/> Abrupt | <input type="checkbox"/> Clumsy | <input type="checkbox"/> Disorganized | <input type="checkbox"/> Gave then withdrew love |
| <input type="checkbox"/> Abusive | <input type="checkbox"/> Coke addict | <input type="checkbox"/> Disrespectful | <input type="checkbox"/> Generalized |
| <input type="checkbox"/> Accused | <input type="checkbox"/> Cold | <input type="checkbox"/> Distant | <input type="checkbox"/> Generous |
| <input type="checkbox"/> Addicted to gurus | <input type="checkbox"/> Communicative | <input type="checkbox"/> Distrusted | <input type="checkbox"/> Glutton |
| <input type="checkbox"/> Addicted to psychics | <input type="checkbox"/> Complained | <input type="checkbox"/> Divisive | <input type="checkbox"/> Good cook |
| <input type="checkbox"/> Addicted to therapies | <input type="checkbox"/> Compulsive achiever | <input type="checkbox"/> Dogmatic | <input type="checkbox"/> Gossipy |
| <input type="checkbox"/> Adventurous | <input type="checkbox"/> Compulsive clean | <input type="checkbox"/> Dominated | <input type="checkbox"/> Great with children |
| <input type="checkbox"/> Afraid to speak in groups | <input type="checkbox"/> Compulsive emotional exhibitionist | <input type="checkbox"/> Dominating | <input type="checkbox"/> Greedy |
| <input type="checkbox"/> Aggressive | <input type="checkbox"/> Compulsive monogamy | <input type="checkbox"/> Dominates conversation | <input type="checkbox"/> Grudging |
| <input type="checkbox"/> Always in hurry | <input type="checkbox"/> Computer addict | <input type="checkbox"/> Dramatic | <input type="checkbox"/> Grumpy |
| <input type="checkbox"/> Always questioned | <input type="checkbox"/> Conceited | <input type="checkbox"/> Drug abuse (prescription) | <input type="checkbox"/> Guilty |
| <input type="checkbox"/> Amateur | <input type="checkbox"/> Concerned | <input type="checkbox"/> Drug abuser _____ | <input type="checkbox"/> Guilty about _____ |
| <input type="checkbox"/> Ambitious | <input type="checkbox"/> Confident | <input type="checkbox"/> Drunk | <input type="checkbox"/> Gullible |
| <input type="checkbox"/> Ambivalent | <input type="checkbox"/> Confused | <input type="checkbox"/> Eccentric | <input type="checkbox"/> Had to earn everything |
| <input type="checkbox"/> Analytical | <input type="checkbox"/> Conventional | <input type="checkbox"/> Economical | <input type="checkbox"/> Hardworking |
| <input type="checkbox"/> Angry | <input type="checkbox"/> Cop-out | <input type="checkbox"/> Egotistical | <input type="checkbox"/> Harsh |
| <input type="checkbox"/> Animal lover | <input type="checkbox"/> Couldn't concentrate | <input type="checkbox"/> Elegant | <input type="checkbox"/> Hated being hugged |
| <input type="checkbox"/> Annoying habits | <input type="checkbox"/> Courteous | <input type="checkbox"/> Energy drain | <input type="checkbox"/> Hated body |
| <input type="checkbox"/> Anti-social | <input type="checkbox"/> Coward | <input type="checkbox"/> Escaped in sleep | <input type="checkbox"/> Hated self |
| <input type="checkbox"/> Anxious | <input type="checkbox"/> Cowardliness hidden by a mask of wisdom | <input type="checkbox"/> Exhibitionist | <input type="checkbox"/> Helpful |
| <input type="checkbox"/> Argumentative | <input type="checkbox"/> Crazy | <input type="checkbox"/> Explained and excused self or others | <input type="checkbox"/> Hermit |
| <input type="checkbox"/> Artistic | <input type="checkbox"/> Creative | <input type="checkbox"/> Explosive temper | <input type="checkbox"/> Heroin addict |
| <input type="checkbox"/> Assumed others guilt | <input type="checkbox"/> Critical | <input type="checkbox"/> Extreme | <input type="checkbox"/> Hero-worshiper |
| <input type="checkbox"/> Assumed values shared by others | <input type="checkbox"/> Cruel | <input type="checkbox"/> Extrovert | <input type="checkbox"/> Hid behind humor |
| <input type="checkbox"/> Attention addict | <input type="checkbox"/> Cunning | <input type="checkbox"/> Faithful | <input type="checkbox"/> Hid sexuality |
| <input type="checkbox"/> Automatic | <input type="checkbox"/> Cursed frequently | <input type="checkbox"/> False charm | <input type="checkbox"/> High self-esteem |
| <input type="checkbox"/> Avoided confrontation | <input type="checkbox"/> Cynical | <input type="checkbox"/> Fanatic | <input type="checkbox"/> Honest |
| <input type="checkbox"/> Avoided risk | <input type="checkbox"/> Daring | <input type="checkbox"/> Farted | <input type="checkbox"/> Humorous |
| <input type="checkbox"/> Bad memory | <input type="checkbox"/> Defiant | <input type="checkbox"/> Fat | <input type="checkbox"/> Hurt animals |
| <input type="checkbox"/> Batterer | <input type="checkbox"/> Demanded attention | <input type="checkbox"/> Fault finder | <input type="checkbox"/> Hypersensitive to criticism |
| <input type="checkbox"/> Beautiful | <input type="checkbox"/> Demanded love all the time | <input type="checkbox"/> Feared bugs | <input type="checkbox"/> Hypocrite |
| <input type="checkbox"/> Bit nails | <input type="checkbox"/> Demonic possession | <input type="checkbox"/> Feared height | <input type="checkbox"/> Impartial |
| <input type="checkbox"/> Bitter | <input type="checkbox"/> Dependent | <input type="checkbox"/> Feared others judgments | <input type="checkbox"/> Impatient |
| <input type="checkbox"/> Blamed others | <input type="checkbox"/> Depressed | <input type="checkbox"/> Feared others religions | <input type="checkbox"/> Impotent |
| <input type="checkbox"/> Bored | <input type="checkbox"/> Despaired | <input type="checkbox"/> Feared rejection | <input type="checkbox"/> Inarticulate |
| <input type="checkbox"/> Boring | <input type="checkbox"/> Destructive | <input type="checkbox"/> Feared solitude | <input type="checkbox"/> Inattentive |
| <input type="checkbox"/> Bossy | <input type="checkbox"/> Detached emotionally | <input type="checkbox"/> Fearful | <input type="checkbox"/> Incompetent |
| <input type="checkbox"/> Braggart | <input type="checkbox"/> Determined | <input type="checkbox"/> Felt inferior | <input type="checkbox"/> Indecisive |
| <input type="checkbox"/> Brave/fearless | <input type="checkbox"/> Did sex as duty | <input type="checkbox"/> Freedom loving | <input type="checkbox"/> independent |
| <input type="checkbox"/> Bullied | <input type="checkbox"/> Didn't apologize | <input type="checkbox"/> Free spoken | <input type="checkbox"/> Indifferent |
| <input type="checkbox"/> Careless | <input type="checkbox"/> Didn't enjoy sex | <input type="checkbox"/> Fickle minded | <input type="checkbox"/> Indignant |
| <input type="checkbox"/> Castrated | <input type="checkbox"/> Diligent | <input type="checkbox"/> Flirtatious | <input type="checkbox"/> Indiscriminate |
| <input type="checkbox"/> Catty | <input type="checkbox"/> Diplomatic | <input type="checkbox"/> Foolish | <input type="checkbox"/> Industrious |
| <input type="checkbox"/> Challenging | <input type="checkbox"/> Dirty | <input type="checkbox"/> Food faddist | <input type="checkbox"/> Inflexible |
| <input type="checkbox"/> Charming | <input type="checkbox"/> Discreet | <input type="checkbox"/> Forceful | <input type="checkbox"/> Insecure |
| <input type="checkbox"/> Championed silly or hopeless causes | <input type="checkbox"/> Disappointed in kids | <input type="checkbox"/> Forgetful | <input type="checkbox"/> Insensitive |
| <input type="checkbox"/> Chattered | <input type="checkbox"/> Disappointed in mate | <input type="checkbox"/> Friendly | <input type="checkbox"/> Insomniac |
| <input type="checkbox"/> Cheated | <input type="checkbox"/> Disciplined | <input type="checkbox"/> Frigid | <input type="checkbox"/> Intelligent |
| <input type="checkbox"/> Child like | <input type="checkbox"/> Discouraged | <input type="checkbox"/> Frustrated sexually | <input type="checkbox"/> Interfering |
| <input type="checkbox"/> Claustrophobic | <input type="checkbox"/> Disdainful | <input type="checkbox"/> Funny | <input type="checkbox"/> Intense |
| <input type="checkbox"/> Clean | | <input type="checkbox"/> Fussy | <input type="checkbox"/> Introvert |
| | | | <input type="checkbox"/> Intuitive |

- Invalidated others
- Irrational
- Irritable
- Jealous
- Jovial
- Joyless
- Judged me for _____
- Judgmental
- Judicious
- Killed spontaneity
- Lacked humor
- Lazy
- Lied
- Lived fantasy
- Lived for afterlife
- Lived through others
- Loner
- Logical
- Love of freedom
- Loving
- Low self-esteem
- Loyal
- Lust-dominated
- Machine-like
- Made points citing allies
- Magnetic
- Manipulator
- Marijuana Smoker
- Martyr
- Masochistic
- Matchmaker
- Materialist
- Meek
- Messy
- Meticulous
- Mild mannered
- Miserly
- Mocked
- Mood swinger
- Moralistic
- Musical
- Nagged
- Narcissistic
- Nasty to others
- Need to be right
- Negative
- Neglectful
- Nervous
- Never satisfied
- Non apologetic
- Non-supportive
- Nosey
- Not affectionate
- Not assertive
- Not good at many things
- Not smart
- Nutrition wise
- Obsequious
- Obsessed with duty
- Obsessed with fashion
- Obsessive animal lover
- Odd
- Offensive
- One-of-a-kind
- Only child
- Outgoing
- Over dramatic
- Over emotional
- Overprotected
- Over reactive
- Pacified
- Paranoid
- Patient
- Peaceful
- Perfectionist
- Petty
- Philosophical
- Phony
- Pig-headed
- Planned obsessively
- Plastic
- Played favorites
- Polygamous
- Pompous
- Poor cook
- Possessive
- Practical
- Preached
- Prejudiced
- Pretends everything okay
- Prissy
- Procrastinated
- Project feelings on others
- Promiscuous, swinger
- Proselytized
- Possessive
- Protective
- Provoked violence
- Power hungry
- Prude
- Pseudo-intellectual
- Punitive
- Puritanical
- Pushed
- Put children down
- Put self down
- Put up a front
- Quarrelsome
- Racist
- Rage
- Rational
- Rationalizes
- Rebel
- Receptive
- Reformist
- Refused help
- Rehearsed
- Rejected
- Rejects people and ideas for being different
- Reliable
- Religious
- Repressed sex
- Resents motherhood
- Resentful
- Retreated
- Revolutionary
- Reward/punish with sex
- Rigid
- Romantic
- Sadistic
- Said yes when meant no
- Sanctimonious
- Sarcastic
- Saw sex as exploitation
- Scared of bugs
- Scared of dogs
- Scared of people
- Scared of snakes
- Scared you
- Secretive
- Security loving
- Self-centered
- Selfish
- Sensuous
- Sex offender
- Sexist
- Sexy
- Sexual or body shame
- Sexually conceited
- Sexually healthy
- Shamed others
- Short-tempered
- Shrewd
- Shrieked, yelled
- Silent
- Sloppy
- Smelly
- Smiled to hide hurt
- Smothered anger under smile
- Snob
- Sought approval
- Spoiled
- Spooky
- Sputtered
- Stiff
- Stingy
- Stopped joy
- Straightforward
- Strict
- Strong sense of family
- Stubborn
- Stuttered
- Subservient
- Suggestible
- Superficial
- Superstitious
- Suppressed anger
- Suspicious
- Sympathetic
- Tactless
- Tactful
- Tattled
- Teased
- Thought for others
- Thought sex vulgar
- Threatened
- Threatening
- Timid
- Too ambitious
- Too competitive
- Too helpful
- Too intellectual
- Too loud
- Too permissive
- Too proud
- Too quiet
- Too sexually aggressive
- Too skinny
- Treacherous
- Tried to make things alright
- Trustworthy
- TV addict
- Two-faced
- Ugly _____
- Unable to discuss sex
- Unable to empathize
- Unable to take action
- Uncaring
- Unclear
- Uncomfortable being a man
- Uncomfortable being a woman
- Undermined
- Undermining
- Understanding
- Unemotional
- Unique
- Unloving
- Unrealistic
- Unreliable
- Untouchable
- Vacillated
- Vague
- Vain
- Vengeful
- Vulgar
- Warmhearted
- Weird
- Whined
- Witchy
- Wise
- Withdrawn
- Withheld encouragement
- Witty
- Womanizer
- Workaholic
- Work ethic
- Worried
- Wouldn't ask help
- Youthful

EMOTIONAL MASTERY

Neither the 2,670 page Cecil Textbook of Medicine nor the 4500 page Oxford Textbook of Medicine list the word ‘emotion’ in their extensive indexes despite the clearly recognized influence our emotions have on our physical and mental health.

What are emotions? According to Mayer, there is evidence that emotions are a motor activity as well. Emotions, then, bridge thought, feeling, and action – they operate in every part of a person, they affect many aspects of the person, and the person affects many aspects of the emotions. Candace Pert, PhD (a research professor at the Georgetown University Medical Center) says, “Emotions are the glue that holds the cells of the organism together in the material world, and in the spiritual world they're the glue that holds the classrooms and the society together. That's why they are so interesting, because they're on a material level – the molecules of emotion as I've studied them as a scientist – and they're in the spiritual realm as well. Richard R. Pavek (*founder of SHEN*) says, “Emotion appears to be a metaphysical (non-biological) experience paralleled by biological or physical responses and by mental or psychological processes. Individual emotions appear to changes in frequency in the biofield that permeates and affects the entire human body including the brain and radiate outward to affect others.” Wilhelm Reich, says, “the word emotion means Energy in MOTION.” Myeka says, “Emotions are psycho-chemical codes that allow homo-sapiens to experience their environment, express thoughts, create language and engage in actions designed to fulfill need.”

Emotions are ruled by the moon as the are fluidic in nature. Emotions like water can take the form of a solid (stuck emotion), liquid (free flowing emotions like love and joy), or gas (emotional release of toxic emotions which are often expressed as a yawn, burp, fart, deep breath or laughter). Because of the watery nature of emotions they can exist on all planes (past, present and future). The moon governs water as can be seen in its influence on the tides of the oceans, the moon cycle of females, the planting cycle of crops, and emotional fluctuations of emotionally disturbed people.

Emotions can either drive the intellect or be drive the body. When toxic emotions (lust, greed, fear, etc.) drive the body it leads to irrational, ill-motivated and harmful activities. When the heart generated emotion of love drives the intellect it leads to integration of all eventualities and acceptance of life happening. When the emotions are driven by the body it leads to mechanical, robotic functioning that is heartless and devoid of caring.

Emotions ignored (present society model) leaves one vulnerable and subject to exploitation, manipulation and abuse. Emotions must be understood and mastered if a person is to live a life of valor and purpose. The mastering of emotions means gaining a strategy for eliminating toxic emotions and fostering and enhancing positive emotions. The strategy must be self-applicable as the individual must gain control over self. Once the strategy is known, ones emotions need never be stuck in the past, and language and actions will be productive

“The emotions are titanic forces which sway the lives of men, driving them to good and evil. They are the most powerful of all human agencies, and have been well described as giants fighting for the bodies and souls of mankind.”

Frontispiece: *The Anatomy of Emotion*, Edward William Lazell, 1929

and life enhancing. These are a few strategies that have been made available in the last fifteen years. Some of them are EFT: Emotional Freedom Technique, RET (Rapid Eye Therapy), TAT: Tapas Acupressure Technique, SHEN Therapy, and Self-hypnosis. By learning, utilizing or connecting with a practitioner of one or more of these techniques, a person can gain self-mastery of their emotions and learn to live in the present.

A single event can awaken within us a stranger totally unknown to us.

—Antoine de Saint-Exupery

The most terrifying thing is to accept oneself completely.

—Albert Einstein

To know oneself, one should assert oneself.

—Albert Camus

**Without conscious apprehension, even if a thing exists,
it is as if it did not exist.**

—Anonymous

EFT: MASTERING YOUR EMOTIONS

DISCLAIMER: EFT is a gentle and easy to use technique, and has to date yielded remarkable results for relieving psychological, emotional and physical distress. While there have been no distressing side effects reported to date, this does not mean that you will not discover side effects for yourself. IF YOU INTEND TO USE THESE TECHNIQUES, YOU MUST AGREE TO TAKE FULL RESPONSIBILITY FOR YOURSELF AND OTHERS WHILE APPLYING THEM. You may wish to consult a trained EFT practitioner like myself. If you continue reading through this page and apply these techniques, you are agreeing to take full responsibility for yourself and others when applying the EFT technique, and shall neither hold Gary Craig, myself nor anyone else associated with EFT responsible for any adverse side effects or outcomes. If you agree to the above disclaimer, you may continue on...

1. Start by rubbing the sore spot, thinking of the situation and stating the setup phrase:

Even though I deeply and completely accept myself

or

Even though I choose to..... (do this 3 times)

2. Tap on each point, repeating the main part of the phrase:

3. Breathe deeply in and out at the end.

Repeat steps 2 and 3 until you feel your unwanted reaction to the setup phrase has reduced. If you feel you need to change the wording in the setup phrase then go back to step 1, otherwise continue with steps 2 and 3.

Sample: Even though I am afraid to love myself, I deeply and completely accept myself. or I choose to forgive myself and love and accept myself.

Eyebrow: on the end of the eyebrow (the end closest to the nose)

Side of eye: on the bone at the edge of the eye (the side closest to the ear and about level with the tear duct)

Under eye: on the centre of the bone under the eye (in line with the pupil)

Under nose: between the nose and upper lip

Chin: midway between the bottom lip and the point of the chin

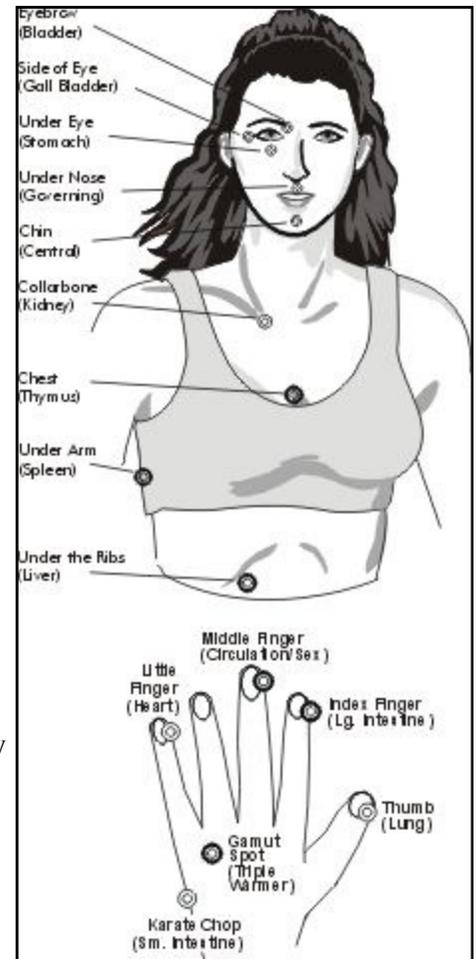
Collarbone: where the collarbone and breastbone meet, about an inch down from the end of the collarbone (closest to the middle of the chest)

Under arm: on the side of the body, about 4 inches below the armpit, in line with the nipple.

Below the nipple: Men: 1" below the nipple, Women: where skin meets chest wall (not shown on chart)

Thumb nail: level with the bottom of the nail on the side of the thumb (if the hand is spread out palm down it's on the edge furthest away from the fingers)

Index finger: on the side of the index finger, level with the bottom of the nail (if the hand is spread out palm down it's on the edge closest to the thumb)



Middle finger: level with the bottom of the nail on the side of the middle finger (if the hand is spread out palm down it's on the edge closest to the thumb)

Little finger: level with the bottom of the nail on the side of the little finger (if the hand is spread out palm down it's on the edge closest to the thumb)

Karate chop: on the fleshy part of the little finger side of the hand, where you would do a karate chop

Gamut: on the back of the hand, about half an inch behind the middle of the knuckles of the ring and little fingers

Repeat steps 2 and 3 until you feel your unwanted reaction to the setup phrase has reduced. If you feel you need to change the wording in the setup phrase then go back to step 1, otherwise continue with steps 2 and 3. The SHE Institute has qualified EFT (Emotional Freedom Technique) Technicians to assist you in learning this unique method. Just contact us for more information or to set up a seminar or private session. Sheawakening@yahoo.com Gary Craig offers a free beginners EFT manual at (www.emofree.com).

These points are on both sides of the body and it doesn't matter which side you use.

"One must never look to the things that ought to change. The main question is how we change ourselves. It is often tragic to see how blatantly a man bungles his own life and the lives of others yet remains totally incapable of seeing how much the whole tragedy originates in himself, and how he continually feeds it and keeps it going. It is a common illusion to believe that what we know today is all we ever can know. Nothing is more vulnerable than scientific theory, which is an ephemeral attempt to explain facts and not an everlasting truth in itself."

—Carl Jung

USING EFT FOR FORGIVENESS IN FOUR QUADRANTS

It's been said that holding on to negative emotions such as anger, sadness, disappointment, fear, jealousy, etc is like holding hot coals. The person holding them always gets burned! Here's a way to DROP THOSE COALS!

One of the presuppositions of NLP is that, "People always do the best they can with the resources they have available at that time." Accepting this presupposition makes it much easier to forgive people who have disappointed us.

Failure to forgive those who disappoint, harm, or otherwise "trespass" against us can lead to a multitude of negative results. They can include: increased stress, psychosomatic aches, pains, and ailments, weakened immune system, irrational reactions, and so many more. What happens if we fail to remove a small splinter and disinfect the area in a timely manner?...discomfort, infection, gangrene, amputation, and possibly even death.

"Forgiveness in Four Quadrants" describes forgiving the offender for harming us, and then forgiving them for the effects their act caused us. We then forgive ourselves for the harmful reaction to the event and finally forgive ourselves for allowing the negative reaction to have affected our lives.

It is not necessary to do each quadrant individually. Combining the first two quadrants is easy and logical. Quadrants three and four can also easily be combined. That allows the process to be accomplished with only two set-ups.

The following two case-study examples of how I have used "Forgiveness in Four Quadrants" with different presenting problems illustrate the process. For anonymity, I will call the clients, Jane, Tom, and Dick. Because I don't record my sessions, the set-up phrases and comments are not verbatim, but are as close as I can remember them.

"Forgiveness in Four Quadrants Bridge Phobia".

I was in the process of asking her, "If you were to imagine being out on a bridge, how uncomfortable would you be?" What are the feelings and emotions about the event and that led to tapping to forgive her father and herself. We tapped using the following set-up phrases that just came intuitively.

1 st quadrant: "Even though my Dad was really stupid when he threw me off the bridge, I forgive him...he was doing the best he could do."

2 nd quadrant: "Even though my Dad's stupidity caused me massive problems for 35+ years, that's okay, I forgive him."

At this point there was a significant reduction in her feelings toward her father, but other issues surfaced, and that led to what I now call quadrants three and four.

3 rd quadrant: "Even though I was really scared about being thrown off the bridge, that's okay, I was only reacting like most kids would. I forgive myself for not trusting my stupid Dad."

4 th quadrant: "I forgive myself for allowing this fear to interfere with my enjoyment of life for the last

35 years. I've been doing the best I could do.”

Forgiveness in Four Quadrants Eliminating Panic Attacks .

Tom confided that when he was eight years old, his fourteen-year-old cousin had assaulted him. He had never told anyone. In addition to the fear, guilt and shame from the event, he also felt guilty for not telling his parents when a couple of other kids reported the cousin.

We worked through quite a few issues and then finished with “Forgiveness in Four Quadrants”

1 st quadrant: “Even though my cousin was a perverted criminal who took advantage of me, just an innocent kid, that's okay, I forgive him.”

2 nd quadrant: “Even though his actions have caused me guilt, fear, shame, and all kinds of problems, I can still forgive him. In fact I deserve to forgive him so I can get on with my life, free from these past problems.”

3 rd quadrant: “I forgive myself for having kept this secret all to myself and not allowing loved ones to help me resolve the conflicts I felt. I was just a little kid and didn't know better.”

4 th quadrant: “ I forgive myself for allowing the guilt, shame, and fear from that violation of trust, violation of law, and violation of my innocence to have so negatively impacted my life, and I can let it go.

Fish cannot drown in water.

Birds cannot sink in air.

Gold cannot perish in the refiners fire.

This God has given to all creatures.

To foster and seek their own nature.

How then can I withstand mine?

—*Mechthild of Magdeburg*

EFT SHORTCUT

Dr. C. E. “Buzz” Johnson’s

Memorize the Basic Recipe. Aim it at any emotional or physical problem by customizing it with an appropriate Setup Statement and Reminder Phrase. Be persistent until all parts of the problem have vanished. Try it on anything and everything!! It either works or it does no harm.

BASIC RECIPE

Make a note (mental or written) of what specific problem is bothering you at this time. Rate how much it is affecting you on a scale from 0 to 10 with zero being no effect and ten the greatest effect imaginable.

The Setup: Repeat a similar statement 1 to 3 times:

“Even though I have this state specific problem, I deeply and completely accept myself and will be amazed at how quickly my negative feelings begin to decrease”, (or I choose to decrease my negative feelings now with tapping) while continuously tapping (or massaging) the Collarbone area.

The Sequence: With 2 or 3 fingers or the whole hand, tap 3 to 5 times (or massage an equal amount of time) on each of the following energy points while repeating a 2 to 3 word Reminder Phrase to keep you focused on your specific problem. Repeat 3 to 6 times and then recheck your 0 to 10 level. The ideal goal is to repeat until you are at zero.

UE, CB, UA, FS

The explanations for these points are listed below in the same order listed above. It is also the order in which they should be tapped or massaged:

UE = Under the Eye; CB = Beginning of either Collar Bone or using full hand cover beginning of both Collar Bones; UA = Four inches under the Armpit; FS = With hands intertwined rub edge of fingers and thumbs together.

Note: If subsequent rounds are needed “The Setup” statement and the “Reminder Phrase” are adjusted to reflect that you are addressing the remaining parts of the problem.

A nation can rise no higher than the consciousness of its mothers.

Acu-POWER™

Trauma Release Process

The following comes from the material in the book Freedom From Fear Forever Using Acu-POWER, by Dr. James V. Durlacher <http://www.freedomfromfearforever.com/>

Rate any of the following emotions on a scale of 1-10, 10 being unbearable and one being no feeling of discomfort at all. as you tap,keep a note of how the intensity is going down.

Before starting tap on the side of your hand (the karate chop area) while saying out loud, three times, " I deeply accept myself even though I have the feeling of _____ "

In each of the following, there are two places to tap. One or both will help. As you tap, you will know which is most effective because you will feel an immediate relaxation of you feelings.

If you have grief, sadness or anguish, tap on the front of your shoulders just below the outer extremity of your collar bone or at the outer part of the lower part of your nose.

If you have fear, or dread, tap just below the collar bone where it joins the breast bone or on the upper side of your nose at the level of the inside corner of your nose just below the eyebrows.

If you have a feeling of vulnerability, being lost, deserted or abandoned, tap on the side of your face just in front of the ear canal or just above your eyebrows, two thirds the way to the outside edge of them.

If you have a feeling of hopelessness or lack of control over events, tap on the side of your ribs five inches below your arm pits or on the bony part of you face just below the center of your eyes.

If you have anger or resentment tap on the ribs just below the nipple on a male or breast on a female or at bony part of the side of the face just at the outside corner of your eyes.

Be sure to concentrate on your emotion as you tap. If you get stuck an any level from 10 on your way down to 1, tap on the side of your hand (the karate chop area) as you did before you started, while saying out loud, three times, " I deeply accept myself even though I can't get lower than a ___ on my feeling of _____ "

While this will help most, if it does not release your emotions or bring them down to an acceptable level click go to the website for further info.

EF&H RELEASING TRAUMATIC STRESS

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The “EF&H Releasing Traumatic Stress” process can be used to relieve the trauma of recent events following 9/11, or it can also be used to release the emotional charge around ANY past traumatic experience.

This gentle, yet deep, process very quickly results in a shift in energy accompanied by a profound sense of peace and relaxation.

emotionalfreedom @richardross.com

505.828.3527 • <http://www.emotionalfreedom.com>

Here's the technique:

While you do this process, tune into the unwanted feeling, and/or memory, that is particularly stressful to you.

1. Locate a tender, or sensitive spot on left side of chest. For most of us it is beneath the collarbone and above the breast area on the left side. Find the spot on yourself by pressing, using one or two fingers, around this area until you find a spot that is more tender, or sensitive than the area around it. While rubbing that spot continuously in a small circle, repeat the following out loud:

“Even though there’s a part of me that feels angry and helpless about what happened, I deeply and completely love and accept myself.”

“Even though I think this has been a terrible thing, I choose to be at peace now.”

“Even though I don’t yet understand the meaning of what happened, I’m open to finding some good in all of this.”

2. Tap lightly on the inside end of either eyebrow, end near bridge of nose, with one finger tip, and repeat out loud "I release any programming from my past that caused me to react in this way."

Then, while your finger tip still is touching that point, take one deep slow breath in and out.

3. Tap lightly on outside side of either eye, on bone near temple and repeat out loud "I release all the anger I have about what happened".

Then, while your finger tip still is touching that point, take one deep slow breath in and out.

3. Tap lightly under either eye on bone, and repeat out loud "I release any fear I’m feeling because of what happened".

Then, while your finger tip is still touching that point, take one deep slow breath in and out.

4. Tap lightly under nose (above upper lip) and repeat out loud "I let go of any confusion or embarrassment I have around what happened".

Then, while your finger tip is still touching that point, take one deep slow breath in and out.

5. Tap lightly under bottom lip (in crease before chin begins) and repeat out loud "I release any shame I have because of what happened".

Then, while your finger tip is still touching that point, take one deep slow breath in and out.

6. Now take a moment to breathe deeply, reflect again on the traumatic event, and notice how much calmer you are. Give thanks for the healing that has happened.

I hope you find this exercise helpful. Please let me know how it worked for you, and if there is any further way that I can support you.

"The world in the past has been ruled by force and man has dominated over woman by reason of his more forceful and aggressive qualities both of body and mind. But the scales are already shifting, force is losing its weight, and mental alertness, intuition, and the spiritual qualities of love and service, in which woman is strong, are gaining ascendancy. Hence the new age will be an age less masculine and more permeated with the feminine ideals, or, to speak more exactly, will be an age in which the masculine and feminine elements will be more properly balanced."

MATT

(Miracle Acupressure Tapping Technique)

by Philip Friedman, Ph.D. (c) All rights reserved

<http://www.integrativehelp.com/> or 610-828-4674

(This approach consists of a series of modules. Usually it is best to do all of them, though sometimes you can leave out one module. Repeat as needed).

First give yourself a SUDs (subjective unit of distress) rating from 1 to 10 with 10 being the most distressed and 1 being the least distressed you have been on each problem you are working on. After each module give yourself another SUDs rating. Continue through the sequence until the SUDs rating becomes 1.

Module 1 The Psychological Uplifter.

"Even though I have this problem or negative emotion, (fill in the emotion e.g. fear, anxiety, hurt, anger, depression sadness, guilt, shame, grief, marital problems, family problems, relationship problems, _____ etc.) I accept myself deeply and profoundly and I am a good person".

This is repeated 3 times while rubbing on the sore point i.e the neurolymphatic point on the upper chest. (a

weak or vulnerable spot on the upper left side of the chest) Then say "I love myself unconditionally despite my problems and limitations" 3 times while rubbing on the sore point i.e the neurolymphatic point. Then say ³I am entitled to miracles 3 times while rubbing on the sore point i.e the neurolymphatic point.

Module 2 Tapping Sequence 1

CF (center of the forehead or third eye area);

EB (eyebrow), OE (outside eye), UE (under eye)

Tap continuously on these points (with 2 fingers of one hand on the CF point and with 2 fingers of both hands on the other points) while saying:

Releasing all the (negative emotion, e.g. fear, hurt, sadness, anger, guilt) I choose to be at peace and/or I am at peace. 2-3 times out loud.

Take 3 deep breaths, in through the nose and out through the mouth.

Module 3 Tapping Sequence 2

AL (above the lip); BL (below the lip); BN (back of the neck) and CB (collarbone).

Tap continuously on these points (with 2 fingers of both hands while saying)

Releasing all the (negative emotion, e.g. fear, hurt, sadness, anger, guilt) I choose to be at peace and/or I am at peace. 2-3 times out loud.

Take 3 deep breaths, in through the nose and out through the mouth.

Module 4 Forgiveness Module

First tap continuously 4 inches under the left arm (parallel to the nipples) while saying part 1 of the Forgiveness Affirmations.

Then tap continuously 4 inches under the right arm (parallel to the nipples) while saying part 2 of the Forgiveness Affirmations.

Finally tap continuously the TP (thymus point in the center of the chest) while saying part 3 of the Forgiveness Affirmations.

FORGIVENESS AFFIRMATIONS

I forgive myself for my contribution to the problem.

I forgive myself I am doing the best that I can.

I forgive myself, I release all judgments against myself.

I forgive myself I release all criticisms against myself.

I forgive myself I release all grievances against myself.

I forgive myself I release all attack thoughts against myself. Forgiveness is the key to happiness.

I forgive him/her (use the person's name) for her contribution to the problem.

I forgive him/her (use the person's name) he/she is doing the best that he/she can. I forgive him/her, I release

all judgments against him/her. I forgive him/her I release all criticisms against him/her. I forgive him/her I release all grievances against him/her. I forgive him/her, I release all attack thoughts against him/her. Forgiveness is the key to happiness.

Forgiveness is the key to happiness (2 times). There is forgiveness in my heart for myself and for him/her (2 times-usually use the person's name). There is love in my heart. (2 times) Deep down I am the Presence of Love (2 times) I am at peace (2 times); I am calm, relaxed and at peace (2 times) I thank God/the universe my problems have been solved and I am at peace (2 times). I thank God/the universe I am healed and I am at peace. (2 times)

RET QUICK RELEASE TECHNIQUE

www.rapideyetechnology.com

Here is a simple yet effective quick stress relief process you can do for yourself to get a sense for Rapid Eye Technology. Just follow the simple directions here. Please keep in mind this is a SIMPLE demo without a trained RET technician. Doing a session with a RET technician is the only real way to determine if RET will work for you.

Approach 1—Self-administered Control

1. Identify something that is stressing you. Keep it simple - maybe something recent. For more stressful material, or to do more than this simple process, seek a technician in your area to work with.
2. While thinking about what is stressing you, gauge how much you feel it on a scale of 0-10 with 0 means not at all and 10 means totally stressed out.
3. Cast your eyes back and forth in a zigzag pattern while moving the zigzag slowly up and then down and then up again and down again. Do this until you feel like you can't do it anymore or like you really want to blink.
4. Blink hard 3-4 times
5. Take three deep breaths, letting each out all at once in a sigh.
6. Gauge again how you feel on the same 0-10 scale and notice the difference in the way you feel.
7. Repeat the process to de-stress more or to process another issue.

To deal with more stressful material we suggest you contact a RET technician in your area.

<http://rapideyetechnology.com/selfcare.htm>

Approach 2 - Self-administered Detachment

Scramblers can be used to detach oneself from identifying with their symptoms. In this approach we utilize the power of identity to relieve symptoms. Remember that it will be important after this process to make sure you are completely back in your own body, reframed with positive affirmations, and considered a positive future.

1. Identify your symptoms and write them down. Start again with the highest, broadest level of the problem - then identify aspects of those highest level symptoms: "I feel a cold coming on." "The cold is made up of

feelings of aching bones, runny nose, and a slight headache.” “The aching bones feels like it’s in my back and my thighs...” “The headache is mostly in the back of my head...” etc.

2. While seated, cast your eyes downward and to the right or left of either knee keeping your head facing forward - it doesn’t matter which side you use for this process - repeat to yourself the entire scrambler script for each symptom:

I am I am [symptom]

I am I am not [symptom]

I am I am not not [symptom]

I am not I am [symptom]

I am not I am not [symptom]

I am not I am not not [symptom]

I am not not I am [symptom]

I am not not I am not [symptom]

I am not not I am not not [symptom]

3. Don’t concern yourself with whether or not you can say each statement - just do the best you can and continue with the next statement. Do the entire script for the same symptom all the way through: “I am I am a cold coming on.” “I am I am not a cold coming on.” “I am I am not not a cold coming on...” etc.

4. Do the zigzag eye movement described in the previous exercise.

5. Repeat steps 2 - 4 for each symptom you listed and those you elicit as you progress.

6. Use the temporal tap* and speak out loud your affirmations - “I am well and whole...” etc.

The temporal tap is done by tapping in a curve starting at the front of the ear and ending behind the ear along the ear lobe. Tap at a rate of about 3-4 taps per second while speaking your affirmation - one affirmation per tapping sequence around the ear lobe.

7. Complete by speaking out loud three times while tapping gently on the crown of the head:

I exist

I have a life

I have a future

"Humanity is like a bird with its two wings - the one is male, the other female. Unless both wings are strong and impelled by some common force, the bird cannot fly heavenward."

Baha'i Faith

CLEANING THE GENE POOL

Joseph Bennett

<http://powerstates.com/cleaning-the-gene-pool-an-imagery>

Relax yourself as though your body were a rag doll - floppy and limp. Allow your breathing to assist you to relax every muscle. Let every thought simply pass through you like a moving stream. (pause) In time, you find yourself wanting to follow the stream... (pause) ...gently down the hill... down... down... down... until... at last... you come to... the lowest point... at the bottom... of the stream...

Imagine you are sitting comfortably beside a large pool of water. As the image of it comes to you, please describe it... (Notice the description for use in the rest of this imagery)

Now notice a person walking up to you. As you look up, you realize that this person is the future adult growing within you now. This person has a smile on their face and thanks in their heart for the work you have done in their behalf. There is an immediate feeling of love and affection between you that feels like it has gone on forever.

Now the two of you are sitting together looking over the pool. You suddenly realize that the pool you are looking over is your own gene pool and it needs some serious cleaning! You notice, too, that your companion is superbly fit and strong, clean, and easily able and willing to assist you in cleaning the pool.

Magically, there appear the tools and implements for cleaning. Together, you begin to clean; scrubbing the pool and purifying the water; and as you do, you see the shapes of humans rising out of the water, sparkingly clean, to join you in cleaning; you realize that these are your family members, and ancestors.

Together you join to clean the pool. The more you clean, the more clean people rise up out of the water to assist you. The pool begins to get clean very fast. Soon, you realize that the pool is totally clean with beautiful, clean people seated around the pool.

Everyone is clean of all their wounds, all their hurtful beliefs and emotions, all their contributions to the gene pool are now washed clean. Now that the gene pool is clean and clear, you all have a desire to swim in the clear, clean water.

Feel the water cool your body and strengthen it as you swim out into the gene pool. Feel the clear, clean, sparkling energy massage, nurture, and vitalize all your bodies. You might notice how you all begin to merge together in the soft, sweet water, into a sense of generational oneness.

Because of this nurturing pool of support, your mind can float out ahead in time and imagine the distant future with generations of healthy and well-balanced families based on your clear and clean gene pool.

(pause)

Let yourself integrate all the clear and clean genetic information brought together for you during this experience into every cell of your being - reminding each cell of its genetic inheritance - a clear and clean gene pool.

Imagine yourself climbing up out of the water onto the land. Notice how strong and capable you now feel. Every cell in your body is now infused with a genetic purpose and will. Wellness and strength fill every layer and level of your being. Breathe the breath of life into every cell. (Deep breath)

As you come fully present, know that your mind and body are now aligned with your genetic creational blueprint - free and clear - like a shiny new coin. You carry with you that clear clean water you swam in just moments ago - it surrounds every cell.

You may now more fully appreciate the taste of clean water - and with every drink of clear water you take, your mind will flash back on this experience and remind every cell of its genetic purpose and will. Each time you see a body of water, your mind will refresh its memory of your clean gene pool and how good it feels to swim in it.

It's time now to come fully present. Take a deep breath and allow your consciousness to come fully present into the room with me now. Gently open your eyes when you are ready.

Steps to Reinforce Your Identity

Did you know that NLP has numerous tools to help you increase your self-esteem and reinforce your identity? Some people may not know who they are, some are aware they have a potential of becoming more and some are already on the path of realizing their potential and on the way to self-actualization. This is a NLP exercise that will help you reinforce your identity, increase your self-awareness and enter the path of self-actualization.

This NLP exercise has 5 steps. Follow these steps and you'll become more centered in your life.

1. Imagine a line on the floor, going from left to right. It represents your life. On the left or the right is your past and the future is on the opposite direction. In the middle is the present time. Now relax and ask yourself this question: "Who am I?" some possible answers are: man, woman, parent, 45 years old, generous, patient, kind, sad, depressed etc.
2. Find your center. Your center is somewhere in your stomach or maybe within you in the chest area. It is something that when you feel it, you feel grounded, you feel that you're here, in the present moment. You can also see your center if you can't feel it. Can you see or feel its density, location, color? Does it move? Is it like a sphere, spinning?
3. Move a little bit in the room, your hand on your stomach if your center is in the stomach area. As you're moving, feel your center, don't lose sight of it.
4. Now, you're going to walk on your time line. Step onto your time line, where you represented your present time. Walk toward your future, your hand still on the part of the body where you feel your center. Physically move on your time line toward your future.
5. Now that you have walked on your time line toward your future for the equivalent of 10 or 20 years, as you wish, walk backwards to the present time and feel how centered you become. And as you are finished and on the present, notice how changed you are because you feel more centered, more grounded.

You can create a sense of purpose that way, reinforce your identity, learn or re-learn how to be grounded and centered. By utilizing this NLP process, you can become unstoppable. This is a powerful exercise if you do it well.

RAPIDLY INTEGRATED TRANSFORMATION TECHNIQUE

(RITT)™ Energized For Life
<http://www.energizedforlife.com/>

Basic Directions: Think of an issue; note your level of discomfort (0=none, 10=intense). Or think of a craving (0=no urge, 10=intense urge).

Imagine you are a tree and will be clearing from the branches (the conscious mind) to the roots (the subconscious). As you lightly tap each point using two or three fingers, think about the issue and read aloud what is in quotation marks.

Karate Point—outside edge of hand “I release this challenge/issue to Higher Power (God/ Spirit) to transform it and my relationship to it, never to take it back or passively receive it back.”

Heart Point—sore spot above left breast, gently rub in a circle toward shoulder 3 times: “I love (accept) myself unconditionally even though I have this issue/challenge.”

Crown (top of head) “I bring in Higher Power (Spirit/God/ Light) into all the branches to the deepest roots of this issue and ask for healing for the highest good.”

Eyebrow (either eyebrow, tap where the eyebrow starts, near bridge of nose) “I release all the sadness in all the branches to the deepest roots around this issue.”

Under eye (on bone just under eye, centered) I release all the fear in all the branches to the deepest roots around this issue.” **Under nose** and chin (using sides of thumb and index finger, tap both spots at once—side of index finger will be under nose & side of thumb will be on chin).

“I release all the shame and embarrassment in all the branches to the deepest roots around this issue.”

Collarbone (make a fist and gently thump below collarbone, on breastbone) “I release all the hurt and all the grief in all the branches to the deepest roots around this issue.”

Under Arm (tender spot about 4 inches below armpit, in line with nipple) “I release all the guilt in all the branches to the deepest roots around this issue.”

Inside wrist (tap where watchband would fasten, palm side of wrist)

“I release all the pain in all the branches to the deepest roots around this issue.”

Little finger, side of nail (tap on the side of finger next to ring finger)

“I release all the anger in all the branches to the deepest roots around this issue.”

Third Eye (point between eyebrows) “I release all the trauma in all the branches to the deepest roots around this issue.”

Index Finger (side nearest thumb) [At least 3 of the following.] Breathe. Reassess your level of discomfort or level of urge. If above 0, repeat steps 1-12. When at a zero continue to step 13.

All spots (from # 4-11) “I bring in Higher Power (Spirit/God/Light) to replace the ____ (sadness, etc.) in all the branches to the deepest roots around this issue.”

THE STEPS OF TAPAS ACUPRESSURE TECHNIQUE

(TAT)

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Before starting each problem you want to clear, either ask the body if it's OK to work on this now via a muscle test or bio-energetic field test, or pray or make an intention that "If it's time for this to heal now, then let it be so" or whatever means that in your own words.

How to do the "TAT" pose:

With one hand, lightly touch the tip of the thumb to the area 1/8 inch above the inner corner of your eye.

With the fourth finger (ring finger) of the same hand, lightly touch the tip of the finger to the area 1/8 inch above the inner corner of the other eye.

Both finger tips are now on either side of the bridge of your nose.

Place the tip of the middle finger at the third eye, a point midway between, and about 1/2 inch above, eyebrow level.

You now have all three fingers lightly touching the three points.

Now place your other hand on the back of your head, with the palm touching the head so the thumb is resting at the base of the skull just above the hairline. The palm cradles the occipital bone.

Both hands should be resting gently. No pressure is necessary.

At each step stay in the pose up to 4 minutes, or until there is a shift in the energy, then go on to the next step.

The first thing to clear up is the following statement: "I deserve to live, and I accept love, help and healing." Do all the Steps of TAT about that. You only need to do it once ever.

Here are the instructions for each TAT Step given in the form of you working with another person. If you are not working with another person, you can briefly write and/or briefly reflect on "what happened" after doing each step.

To immediately gain relief from traumatic stress, identify the most stressful part of the trauma for you. This is what you will be focusing on in each of the following steps. You can repeat all the steps for the next most stressful part of the trauma the next time you do TAT until nothing remains that is still stressful for you.

Step 1—Put your attention on the most stressful part of the trauma and do the TAT pose. What happened?

Step 2—Put your attention on "It happened, it's over and I'm OK" and do the TAT pose. What happened?

Step 3—Put your attention on either: "All the origins of this trauma are healing now" or "God (or whatever name you use), thank You for healing all the origins of this trauma" and do the TAT pose. What happened?

Step 4—Put your attention on either: "All the places in my mind, body and life where this has been a problem/resonated/been held/been stuck (your choice) are healing now" or "God, thank You for healing all the places in my mind, body and life where this has been a problem/resonated/been held/been stuck" (your choice) and do the TAT pose. What happened?

Step 5

Put your attention on either:

"All the parts of me that got something out of having this problem are healing now" or "God, Thank You for healing all the parts of me that got something out of having this problem." What

happened?

Step 6

Put your attention on "I forgive everyone I blamed for this problem, including God and myself" and do the TAT pose. What happened?

Step 7

Put your attention on "I ask forgiveness of everyone I hurt because of this problem" and do the TAT pose. What happened?

Review

After you've completed the TAT Steps, put your attention on the most stressful part of the trauma (your Step 1 image). Check and see if there's anything about that part of the trauma that still bothers you. If there is, put your attention on that and do the TAT pose for a couple of minutes. Continue in this way until there is nothing about it that hurts you, troubles you or feels stuck. You will know you're done because when you think about that part of the trauma, you feel free and at peace.

Keep your TAT work to a maximum of 20 minutes per day actually in the TAT pose. Drink several glasses of water on the days you do TAT. When you are done with your work, I recommend that you give thanks.

I don't believe that TAT itself does the healing. I believe that it is God, Divine Love, or the natural energy of life that does the healing. TAT opens the gateway for the healing to occur. Tapas Fleming <http://www.tat-intl.com/>

THE BUTTERFLY HUG

By Ignacio Jarero, Ed.D., Ph.D., C.T.

The Butterfly Hug was originated and developed by Lucina Artigas, M.A. (Co-founder of our association), during our work performed with the survivors of Hurricane Paulina in Acapulco Mexico (1997).

The butterfly hug is a Dual Attention Stimulation (DAS) that consists on crossing your arms over your chest, so that with the tip of your fingers from each hand, you can touch the area that is located under the connection between the clavicle and the shoulder.

The eyes can be closed or partially closed looking toward the tip of the nose.

Next you alternate the movement of your hands, simulating the flapping wings of a butterfly.

You breathe slowly and deeply (abdominal breathing), while you observe what is going through your mind and body (cognitions, images, sounds, odors, affect and physical sensations) without changing, repressing or judging. You can pretend as though what you are observing is like clouds passing by.

This exercise should be done for as long as the person wishes to continue.

This method could be used in various contexts, for example:

As an anchor to install the "safe place" technique. To anchor positive affect, cognitions and physical sensations associated with images produced by the technique of "guided imagination".

During the EMDR standard protocol some clinicians have also used it with adults and children to facilitate primary processing of a fundamental traumatic memory or memories. It is thought that the control obtained by the patient/client over his/her contra lateral stimulation, may be an empowering factor that aids their retention of sense of safety while processing traumatic memories. ·

MOTHER HEALING SCRIPT

Use EFT or TAT with this script.

I heal and release any and all beliefs held by any parts of me that it is not safe or not in my best interest to heal all attachments and bonds with my mother that don't serve my highest good now. I heal and release any and all dispositions in any parts of me that have to act toward anyone like my mother used to act with me, *because I love and totally accept myself.*

I heal and release any and all limiting beliefs about myself, and what I can expect from life, that any parts of me took on from my mother, *because...*

I heal and safely release all fears, thoughts, emotions, behaviors, beliefs systems, and all energies I took on from my mother that are detrimental to my highest good now or that of anyone else in my close family, *because...*

I now heal and release all of the beliefs formed by any parts of me about my worth, and what I can expect from life, while I was in my mother's womb, *because...*

I now heal and safely release all of the trauma experienced by any parts of me while I was in my mother's womb, as well as during my birth, *because...*

I now let all of the parts of me know deeply and profoundly that it is completely safe to them to be in my life, *because...*

I now let all of these parts know deeply and profoundly that life is beautiful and that they deserve and ought to enjoy it fully and completely, *because...*

I now let all of these parts know deeply and profoundly that from now on I am their loving and nurturing parent and that I love and accept them all.

I now heal all of the sadness I have in relation to any of my choices in life, *because...*

I now heal all of the regrets I have in relation to any of my choices in life, *because...*

I now heal all of the shame I have in relation to any of my choices in life, *because...*

I now heal all of the anger I am holding against myself or anyone else in relation to any of my choices in life, *because...*

I now heal all of the reasons any parts of me would still feel left behind, abandoned and rejected, *because...*

I now heal all of the reasons any parts of me would still need to hold onto any upset and distress *because...*

I now heal and safely release all of the ways that any parts of me would still feel undeserving to live. I now heal and release myself from playing any roles in my life or anyone's life that does not serve our highest good now. I now safely heal and cut any and all attachments and bonds of any kind I have with my mother that do not serve my highest good now and that of anyone else in my close family, *because...*

I now safely heal any and all trauma, past life issues and inherited issues connected in any ways to all of this clearing, *because...*

I heal any and all un-forgiveness I am holding at any level of my being connected in any ways to all of this clearing, *because...*

I heal any mechanisms, vulnerability, belief systems, decisions and commitments that would allow any of the issues addressed in this clearing to continue or return. I release any and all fear, doubts, confusion and worries held by any parts of me about the effectiveness and permanence of this healing, *because...*

I heal all of the patterns, emotions, behaviors, habits and thoughts connected in any way with all of the issues addressed in this clearing, *because...*

The only reason we don't open our hearts and minds to other people is that they trigger confusion in us that we don't feel brave enough or sane enough to deal with. To the degree that we look clearly and compassionately at ourselves, we feel confident and fearless about looking into someone else's eyes.

—Pema Chodron

The first necessity for obtaining Self-knowledge is to become profoundly conscious of ignorance; to feel with every fibre of the heart that one is ceaselessly self-deceived. The second requisite is the still deeper conviction that such knowledge - such intuitive and certain knowledge - can be obtained by effort. The third and most important is an indomitable determination to obtain and face that knowledge. Self-knowledge of this kind is unattainable by what men usually call 'self-analysis.' It is not reached by reasoning or any brain process; for it is the awakening to consciousness of the Divine nature of man. To obtain this knowledge is a greater achievement than to command the elements or to know the future.

—H.P. Blavatsky

Rewind Technique

Identify your phobia and gauge your level of anxiety on a scale of 1 – 10.

Remember that you feel safe and comfortable before and after the event.

Imagine yourself seated in the middle of a cinema and up on the screen, you can see a small black and white snapshot of yourself in a situation just before you experience your fear of _____.

Now, I would like you to imagine that you float out of your body sitting in the cinema seat and back into the projection booth, so you can see yourself sitting in the middle of the cinema looking at the black and white snapshot of yourself on the screen.

Keeping the snapshot small, turn it into a black and white movie running all the way through that experience in which you used to have a phobic response. Let it run all the way to the end until the moment the event is over and you are feeling safe and comfortable, freeze it as a still image.

Float from the projection booth and float from your seat and into the screen and into your body at the end of the movie.

Turn the snapshot to color and looking through your own eyes run the film backwards at four times the normal speed, so all the action is moving backwards, all the sounds are played backwards, remember you are in the movie and experiencing it. Play it all the way back to the moment before the event when you felt safe and comfortable.

Repeat steps 4 to 7 a few times until you feel more comfortable. Increase the speed of playback in step 7 and add some comedy music if you like.

Now imagine your next visit to the dentist and really go into detail about the aspects you are most concerned about. Gauge your anxiety on a scale of 1 – 10. Repeat until you are at 0!

Self-Hypnosis For Stress Relief

Record the following on a tape. Get comfortable. Take a few belly (not chest) breaths. Tell yourself you give yourself permission to go into a relaxing state of mind. Take a few moments and let your mind drift to a safe, calm place. Then, when you are ready, repeat in your mind the following:

"5, I give myself permission to feel sensations of relaxation in my eyelid muscles now."

Then close your eyes for about 10 seconds (count 1-10) and then open them to read next sentence.

"4, Somehow, I am becoming aware of relaxation in my eye lid muscles."

Then close your eyes for about 10 seconds (count 1-10) and then open them to read next sentence.

"3, Somehow, the relaxation in my eyelid muscles is increasing and feels good."

Then close your eyes for about 10 seconds (count 1-10) and then open them to read next sentence.

Please notice any growing sensations of eyelid sleepiness.

"2, My eyelid muscles are almost as relaxed as they can be right now."

Then close your eyes for about 10 seconds (count 1-10) and then open them to read next sentence. Also, please notice more growing sensations of eyelid sleepiness.

"1, My eyelid muscles are feeling as relaxed as they can be in about 30 seconds."

Then close your eyes and open them noticing the relaxation and read next sentence.

Repeat the previous 5 steps a total of 3 times and then do the following:

(Tell yourself in your mind) "I now allow myself to enter a calm state of mind and body."

Close eyes letting them relax completely and imagine the door to your subconscious opening only to good influences as suggested below.

Self-Hypnosis Suggestions:

ONLY use one self-hypnosis suggestion per session.

Somehow, in some way, I am letting go of stress now.

2) I am learning to make better choices that make me happier and healthier.

3) With every breath, I am going deeper into healing trance.

4) In some healthy way, I am releasing pain from the past.

Progressive Muscle Relaxation

In this technique, the different parts of the body are put under tension keeping the rest of the body relaxed and then slowly relaxing the tensed part. The steps of how to relieve stress are

Lie down comfortably on your back

Take deep breaths

Make a tight fist of your hands

Keep the rest of the body relaxed

Maintain this for about 15 seconds and then relax it.

Do this in different parts of the body starting from face, shoulder, abdomen, back. legs and toes

This unique method releases the tension in different parts of the body and there is relief of all body aches and stress reduction.

Hydrotherapy

Hydrotherapy is an ancient method for treating many ailments. The different types of hydrotherapy which are used for treating various diseases are

Whole body bath

Sitz bath

Foot bath

Vapor bath

Of these four the whole body bath is used for relieving stress. In whole body bath the water should be shoulder deep and the temperature should be around 95 degrees Fahrenheit. The duration should be at least 30 minutes.

Whole body bath can be done with plain water or by mixing essential oils (as aromatherapy).

Some of the ailments which can be treated by hydrotherapy are stress, cramps, hemorrhoids, pelvic congestion, varicose veins and arthritis.

Hydrotherapy with warm water is ideal. It increases the blood flow which helps in muscle relaxation and relief of pain. It also has a sedative effect and relieves anxiety and tension.

Aromatherapy

Aromatherapy is being used as part of most stress management programs. Aroma means smell and therapy means treatment. In this form of therapy inhalation of certain substances are used for treating the disease. Essential oils which are concentrated plant extracts are used in aromatherapy for stress reduction. Some of the well known essential oils which do have a role to play in stress reduction are Chamomile, Lavender, Lemon, Benzoin, Clary Sage, Cedar wood, Sandalwood.

The limbic system is a part of the brain which is linked with emotions. The emotional aspects of stress like anger, depression and anxiety are all due to this limbic system. This area of the brain is also connected with the Olfactory nerve which carries the sense of smell. Stimulation of this nerve by pleasant smells activates the limbic system which in turn secretes endorphin and serotonin. These two substances are mood stabilizers and they counteract the effects of stress. Essential oils are being used on this principle.

These essential oils are used alone or as a mixture to get optimum results. Essential oils are inhaled for obtaining the desired results. Some of the modes of delivering the essential oils are direct inhalation, massage, room sprays, baths, perfumes, humidifiers.

Music Therapy

Music can be mentioned as one of the most commonly used methods for stress reduction. A mind soothing music definitely helps in relieving stress. Many researches have been done on the role of music in relieving stress and it has been found out that it is the rhythm or the beat of the music that relieves stress. While listening to music there is an increase in the depth of breathing, which provides more oxygen and therefore more energy to the body. Also there is secretion of serotonin in the brain which acts as a mood stabilizer.

Most of the stress reduction techniques have origin in the east. But because of their ability to reduce stress they are now practiced world wide as part of different stress management programs.

You can access a great music therapy program at: <http://www.time-alterations.org/>. There are also many healing frequencies that can be found on You Tube. Some of these are called Solfeggio Frequencies.

Laughter Therapy

by: Ronit Baras

Hold a pen with your teeth. Did you know that when you do that, your brain thinks you are smiling and starts pouring “happy” chemicals into your body? Faking laughter works just the same and is the focus of what is called “Laughter Therapy”.

Laughing has great benefits like:

It strengthens your immune system

It enhances your cardiovascular flexibility

It increases your motivation

It helps you think more clearly and increases your intellectual performance

It improves your information retention (memory)

It increases your creativity

It changes your emotional state to the positive

It releases and transforms your emotional pain

It develops your abdominal muscles

There are so many other benefits to laughter that it makes you wonder why we do not laugh more.

If you want to enjoy a wonderful personal growth.

Technique, start laughing. If it is something you do naturally, start your own laughter therapy course at home following these simple instructions:

You do not need a reason to laugh. Just do it. If you feel uncomfortable laughing around others, do it alone. Hang around people who appreciate laughter. Laughing in a group is easier to start, especially if you feel comfortable with the group (family, friends, work colleagues).

Aim for 5 minutes twice a day.

Start saying to yourself “Ha, ha, ha, ha” non stop or “Hee, hee, hee, hee”. At the beginning, it is going to be weird, but keep doing it. All of a sudden, you will start laughing and from that point onwards, there is no return. When it happens, you cannot stop it and everything anyone says or does will seem funny.

Keep practicing until you get the hang of it. It will get easier over time.

After a laughing session, notice your feeling. It is a happy, uplifting feeling. I hope it is going to encourage you to laugh at how easy it was.

Self- Kinesiology

Kinesiology purports to measure reactions via the strengthening or weakening of muscular contractions. It is simple, safe, and can be done by you.

Here is what I do:

1. Place yourself at a quiet rest -- no tv or radio, etc. And no thinking about musical tunes!
2. Set yourself up. Extend your non-dominant arm (the left arm for most right handed people,) sideways away from yourself with a clenched fist, bring it up under the edge of a kitchen cabinet. The fist is thumb side up, so that it may slide relatively easily, yet the upward pressure will tend to keep it from sliding. Put your feet together, and lean away from the cabinet, relying on the upward pressure of my extended arm to keep from falling. You can find a kind of precarious balance this way, using the initial degree of lean as a means of adjusting for the baseline strength of your arm. Do make sure that you won't fall over when the extended hand stops holding you. (I would just bump in to my refrigerator if it let go completely.)

You could also use a bottle or pail of water, or a scale to measure the resistance or force of your muscles. Fill the bottle or pail till you find it difficult to hold it at arms length. It's the idea of detecting weakness WITHOUT resorting to another person. People just are not objective, and may add their own "electrical resonance" or some other factor to the equation.

3. Do a "body scan". Using the dominant hand, pick up a container of whatever it is which you wish to test. Bring that hand to the center of your chest, near the thymus gland. Nothing? Next, try it against one of my temples. Then move it to the base of my skull in back of my head, and slowly bringing it up over my head and down my face, slowly down your front side, and then sideways and up a bit till it rests over to your non-dominant side kidney.

If, at any point, the item causes you to lose your strength, you will feel your fist sliding out from under the counter and you will be leaning into a fall. Stop this by moving your feet apart, etc., and catching yourself. If you have to do that, it probably means there could be something in the ingredients of the stuff in the container, that you might react to

4. If it's an edible, is to put a bit of it under my tongue. If your fist starts slipping...

If you do this often enough, you will come to the point where just picking up an object will give you a faint sense of whether it may be harmful to your. (A handy sense to have if someone ever tries to slip a potion into your drink...)

You can't avoid everything, you don't have that kind of energy. Learn what to avoid, don't waste your energy avoiding what you don't need to.

Sources of Inaccuracy

What are some of the causes of inaccuracies in my kind of kinesiology? Wet hands are the worst.

O-Ring

- Make an 'O' by touching the tips of the thumb and index finger of your non-dominant hand
- Insert the thumb and index finger of the opposite hand into the O like a pair of closed scissors
- Open the 'scissors', trying to force apart the fingers making the O.

- Calibrate this, by testing with yes, then no in order to determine whether the strong response is in the O fingers having the strength to remain closed.

IDEOMOTOR TEST. The term "ideomotor" suggests that an idea or thought connects with a motor response. An ideomotor energy test demonstrates exactly that, even if the idea/thought is subconscious rather than conscious. An easy, useful ideomotor test is the "SWAY TEST" using your whole standing body. Just as a tree leans to face the sun, the human body inclines naturally toward what agrees with it. That's why the Sway Test is a great guide for healthy supermarket shopping!

Think YES, with a strong positive feeling. Wait, and notice your body's subtle response to YES. It will naturally sway slightly forward. Repeat this a few times for practice. Now think NO, with a yucky negative feeling. Notice your body's response to NO. It will lean slightly back or to the side, and do so readily and reliably with practice. That's the ideomotor response.

Kinesiology to reduce stress

You can also apply kinesiology to reduce stress levels. How? If you feel you're in a stressful situation, try doing this: Put your 3 middle fingers of both hands on your forehead, with the middle finger in a vertical straight line with your eye. Stretch the skin of your eye upwards. Keeping those fingers steady, and still, try focusing on the situation that is making you stress. If your mind wanders, simply refocus.

Belly Button Correction

If, for any reason, flow in the body's energy system is disorganized or reversed, we don't function well and aren't likely to respond well to energy-work - or life! It's like having some or all of the batteries in the energy system put in backwards or not making clear contact with the next batteries in the sequence. Remedy: For confused or switched polarity, the "Belly Button Correction" (BBC) is the fast and effective remedy. This exercise really turns things around, polarity-wise. It turns the body's energies toward healing and positive functioning.

Press the fingers of one hand firmly on your navel and keep them there.

2. Rub under your nose with the index finger of the other hand for 6 to 8 seconds.
3. Rub under your lower lip for 6 to 8 seconds.
4. Extend fingers and thumb to massage both collarbone points for 6 to 8 seconds.
5. Massage your tailbone for 6 to 8 seconds.
6. Reverse hands and repeat the procedure (optional, but recommended!).

The Calming Breath

1. Become aware of your breathing...just noticing the air coming and going... gently in and out...in its own rhythm.
2. With each in-breath...allow your breath to flow inward...and downward...down into your lungs...just as deep as is comfortable.
3. And you will begin to notice...your breathing begins to slow and deepen...ever so naturally...it slows and

deepens...as you get into a deep easy rhythm...

4. You may even notice...your abdomen moves gently...forward and back...with each breath.
5. Now hold your in-breath...for two or three seconds...a perfect time...knowing life-giving oxygen...passing so naturally into your blood-stream...will go on to benefit ...all areas of body and brain.
6. And breathe out slowly...feeling your abdomen settle back...your chest wall relax...comfortably.
7. After just minutes...breathing in this rhythm...you'll notice a new sense of inner calm...and outer peace in your world.

Stimulates Energy Flow and Balance

In The Whole 14-channel Meridian System

Tapping or gently slapping three special acupressure points stimulates energy flow and balance in the whole 14-channel meridian system (M. Gandy, 1998). This quick three-point intervention works like a jump-start to the meridian system.

Crown of Head - Tap gently with the flat of your hand on the mid-line at the top of your head, about 1 ½ inches forward from the actual crown. Tapping this point stimulates all Yang meridians, distributing energy downward to lower parts of your body.

Inner Wrist - Slap sharply 3 fingers above your inner wrist crease on each forearm to stimulate all Upper Yin channels. The polarity of yin energy is opposite to yang. Yin meridians tend to distribute energy upwards. The Inner Wrist points send yin energy to the upper part of your body.

Inner Ankle - Slap sharply 4 fingers above the point of your ankle on the inside of each leg. From this point, you stimulate all Lower Yin meridians. Your Inner Ankle points send yin energy upward, thus serving all lower areas of your body. This finishes balancing yang and yin polarities.

Safe Sungazing Practice

Sungazing is a one-time practice of your lifetime usually for a period of 9 months. You can break up the practice in three phases. 0 to 3months, 3-6months and 6- 9months. You have to walk barefoot for 45 minutes for the rest of your life. Food makes us commit the maximum pain to others and exploit others. The practice entails looking at the rising or setting sun one time per day only during the safe hours. No harm will come to your eyes during the morning and evening safe hours. The safe hours are anytime within 1-hour window after sunrise or anytime within the 1-hr window before sunset. It is scientifically proven beyond a reasonable doubt that during these times, one is free from UV and IR rays exposure, which is harmful to your eyes. To determine the timings of sunrise or sunset, you can check the local newspaper, which also lists the UV Index as 0 during these times. Both times are good for practice - it depends on individual's convenience. Sun-gazing also has the added advantage of getting vitamin A and D during the 1-hour safe period window. Vitamin A is necessary for the health of the eye, the only vitamin that the eye requires. If you sun gaze, the spectacles and the associated power in the eye will go away and this will provide better eyesight without glasses.

For those who cannot initially sun-gaze during the safe periods, sunbathing is an effective method for receiving the sun energy at a slower pace until one is able to sun-gaze. Best times to take sunbath is when the UV index is lower 2 or below. This usually occurs within the 2-hour window after sunrise or before sunset. Sunbathing during the day is to be avoided, except for during the winter months, when the UV index usually remains at 2 all throughout which is safe for sunbathing. Check your local newspaper to see the published results for UV Index to be sure. Also do not use sun screen. When your body gets heated up you perspire and sweat is a waste product and needs to go out of the body. When you are painted or coated with lotions and creams -- they get degenerated and the chemicals enter your body. It is our malpractice -our wrong use- why we blame the sun for skin cancers.

The Bliss Exercise

There is an ancient wisdom many seek to experience. This wisdom is silent and lies in the space occurring when you stop the mind. When you stop your mind you no longer resist anything, you no longer desire anything, you are in a clear and empty space -- a blissful nothingness. This exercise will stop the mind in minutes.

First, ensure the best results possible by breathing deeply - in through your nose and out through your mouth. Breath S L O W exhalation, now connect this to the next inhalation and exhalation. Breathe deeply in this manner throughout the entire exercise to assist in quieting your mind.

1. Continue breathing deeply and slowly while you look around your environment. Observe the form or outline of each person or thing and in one second, pull the form into your heart. It only takes one second to place a form into your heart. But, if you stop to stare and analyze a form, you will be back in your head in a moment. Very quickly take the outline or form of objects, people, trees, flowers and even bugs, into your heart. If you want to experience BLISS continue this exercise for 15 minutes to 1/2 hour per day. The effects of this exercise are cumulative

.2. Following the instructions above in step 1, notice the form of each note you are listening to and take each note into your heart as quickly as possible, one by one. As a new note emerges, take it quickly into your heart and let go of the previous note. The notes in the past do not exist anymore, let them go and make space for the next new note and its form. This is a great exercise in letting go of the past and assists you in feeling inner peace by stopping the mind. You can try this exercise with any acoustic instrumental selection.

The Three Thumps

Donna Eden

<http://www.youtube.com/watch?v=Cgoj9loZ-nY>

This quick exercise is beneficial for all of us. Practice it in the morning and for a quick pick-me-up whenever you feel an energy "slump." It is especially important for anyone who has an autoimmune disease—the thymus plays a vital role in the body's immune system.

1) Thump K-27 Points

These are the end points of the kidney meridians, the pathways of energy that begin under the ball of each foot, travel up the inside of the leg, up the front of the body, and end at the collarbone. The K-27 points are just under the clavicle, or collarbone. To find them, place your fingertips on the U-shaped notch at the top of the breastbone, right about where a man knots his tie. Then move your fingers out to each side and down about an inch. Most people have small depressions there. Stimulating these points clears reversals, which is important before beginning any energy intervention. It gets the energy flowing in a forward direction and jump-starts the energy system so we feel more alert and energetic.

Crossing your hands while thumping on the K-27 points has the added benefit of emulating the body's energies crossing at the neck. Keep thumping the K-27 points while taking three deep breaths (in through the nose and out through the mouth).

2) Thump the Thymus Gland

According to Dr. John Diamond, author of *Life Energy*, the thymus gland controls the life energy of the body. The Greek word thymos actually means "life energy!" This gland lies just beneath the upper part of the breastbone in the middle of the chest, and it plays a vital role in the body's immune system. Think of all the energy Tarzan had after he thumped his chest!

Repeat the affirmation "My life energy is high. I am full of love," while thumping the thymus gland and taking three deep breaths.

3) Thump the Spleen Neurolymphatic Points

These points are part of the lymph system, which aids the immune system by removing toxins from the body.

The spleen neuro-lymphatic points are the depression between the 7th and 8th rib, just below the level of the breastbone (sternum). Find the points by moving your hand beneath your breasts, straight under the nipples, then move them down over the next rib. (These points are not under the ribcage, that's going down too far).

Thumping the Spleen Neuro-lymphatic Reflex Points removes toxins, fights infection, modulates blood chemistry and hormones, counters dizziness and stress, and helps metabolize food.

If these points are really sore, stimulate them by rubbing and the soreness should disappear in a few days. These points can be stimulates while taking three deep breaths, and even longer --- for two or three minutes at a time.

THE CROSS CRAWL

http://www.youtube.com/watch?v=iveP_cEKmWA

Spending a few moments each day doing the Cross Crawl exercise facilitates the natural crossover of energy between your brain's left and right hemispheres. You'll find your energy level, balance, coordination, and concentration improve when you Cross Crawl consistently each morning. It's also a great exercise whenever you feel lethargic and unmotivated, and after you carry a handbag, a suitcase, a child, etc.

Since this natural action of crawling helps integrate both sides of the brain, the Cross Crawl is a great exercise for children of all ages before they go to school or begin their homework. In fact, this exercise is taken from Educational Kinesiology. Children get creative with the Cross Crawl, and enjoy performing it to music or in slow motion.

- 1) Stand in place and perform the natural walking motion while lifting the OPPOSITE arm and leg together and breathing deeply. This normal motion involves lifting your right arm and left leg simultaneously. As you lower them, lift your left arm and right leg.
- 2) If you are not able to walk or stand, you can sit and move the opposite arm and leg together, reaching to touch the opposite knee or ankle with your hand or elbow. For infirmed people, this can be done while lying on a bed. You can even have someone else move your legs and arms for you.
- 3) As you repeat the motion, exaggerate the lift of your leg and the swing of your arm. Even more effective is tapping the opposite knee with your hand or elbow. The important motion is to cross the midline of your body.
- 4) Continue this exaggerated march for at least a minute, breathing deeply in through your nose and out through your mouth.

For best results, perform the Cross Crawl at least once daily. The positive effects include:

- Improved focus and concentration
- Boosted metabolism and overall energy
- Greater coordination and balance
- Enhanced breathing and stamina
- Better hearing and vision

Wayne Cook Posture

<http://www.youtube.com/watch?v=DTfOMTmnjjI>

Sit in chair with spine straight. Place right foot over left knee, wrap left hand around right ankle, right hand around ball of right foot, breathe in thru nose and let breath lift body, at same time pull leg toward you creating a stretch repeat 4-5 times then switch to other foot. Uncross legs and form a pyramid with hands, rest thumbs on third eye just above bridge of nose, breath slowly in mouth and out nose while thumbs separate and move across forehead pulling skin. Bring hands back to the third eye position slowly bring hands in front of you pulling them into a prayerful position while breathing deeply.

Smile Therapy

Here's a quick and easy imagery you can do to improve your self-esteem and perhaps your physical health.

You may wish to have someone read the following imagery to you or you may simply read it to your self and imagine someone else was reading it to you. The most important things to do with the imagery are to relax and enjoy it.

Close your eyes and begin to get a sense of yourself as a body. <short pause> Imagine you could step out of your body and float outside your body – like a spirit. Look back at your body and smile – that's all, just smile.

Now imagine you could shrink down to the size of a tiny speck. Imagine you could float above your body's head and look down and into the body from the head down. Imagine you could peer into the top of your own head and see your brain – then smile at it – smile at your own brain.

Imagine you could float down into your head – looking left, right, up, down, all around – smile at your brain from within your brain. Smile at all the structures, all the connections, all the fluids, vessels, and electrical conduits. Smile with approval. <pause> Look down your entire spine and smile. <pause>

Look at your own face from within. Smile at your eyes, your ears, your nose, your mouth, your cheeks, your chin, and your throat.

Floating down, smile at your esophagus, your larynx, your upper back, your shoulders. Float down each arm and smile at your arms, elbows, wrists, hands, and fingers. Smile your approval at them all. <pause>

Floating back to the top of your chest, smile at your lungs, your heart, all your vital organs in the trunk of your body. Smile at your blood vessels, your fat, your muscles – everything. Smile your approval. <pause>

Floating down further, smile at your sexual organs, your hips, your lower back, your hips. <pause>

Float down each leg – smile at your thighs, knees, calves, ankles, feet, and toes. Smile your approval at them all. <pause>

Exiting your toe, imagine floating once again out in front of your own body. See it there relaxed and calm as you smile at it. Imagine and pretend that your body is the little baby it once was when you were very young – after all, the oldest cell in your body is only a few years old. What a beautiful baby! Imagine it so! And smile your approval. You can do it.

Imagine you could take all the sweetest feelings and approval for this young body you see before you and gather them all together into a ball of light. Imagine you could gently roll this ball of light through the air and watch it enter the body through the navel – the belly button. Watch as your entire body shivers with delight as it accepts this gift of approving light.

It's time for you to regain possession of your body. Allow yourself to accept that your body is now filled with energetic approving light – ready for you to re-enter it with joy and excitement. Let the spiritual essence that is you float into your navel and once again take control of the body. Fill every space within it – and smile your approval to it all once again.

THIS is your society – you and your body. Let the job of approval be an inside job from now on, by touching some place on your body with your finger – make it a place that will help you remember this feeling of approval. Whenever you touch that spot on your body again, it will instantly cause your body and mind to recall

this imagery – and fill your body and mind with self-approval.

<pause until the touch has been established>

Now it is time to come fully conscious of your surroundings, fully cognizant of who you are in the present moment. When you “awaken” from this imagery you will feel energized and refreshed, happy to be in your own body in present time. 1-2-3-4-5 <clap of hands> awaken here in the present moment.

Adapted from an imagery by Ranae Johnson

How To Release Fear

<http://www.RevolutionScape.com>

Here is the exact way of doing that, step-by-step:

Step 1: Draw whatever you fear into the Here, Now.

For example, let us assume that you are worried about losing your job or your spouse. That is a future event. Now, pretend that it has happened already. That instantly eliminates your having to dodge it, to avoid it. It enables you to stop fighting to avoid it happening. So, close your eyes and completely pretend it has happened already. That which you fear is no longer in the future, but it has now happened already.

Step 2: Feel the feelings you would feel assuming it has happened.

Is it shame, anger, vulnerability, grief, embarrassment? What feelings would you feel if it happens? As you draw the future into the present and fully pretend it has happened allow yourself to feel absolutely everything that you imagine you would feel if that which you fear actually happened. Whatever it is you are avoiding feeling if that which you fear were to happen, feel it now.

Step 3: Accept it and yourself.

This is the key step. Now that it has happened, accept things as they are, and accept yourself as you are. Stop dodging, pretending or trying to change life. Just accept. Look inwards and say, "Jane (or whatever your name is), you are a worthy, good, acceptable person as you are, even as these things have happened, and I am proud to be you and happy to know you and spend my life with you. I accept you as you are, and I accept life as it is, and I accept these feelings as they are."

Step 4: Embrace the unknown.

One of the key features of fear is that you are afraid of what will happen if that which you fear comes to be. Solve this problem by simply embracing the unknown. Admit that life is larger than what you know, and that what you don't know isn't a dangerous thing necessarily, even though your fears may tell you it is. The unknown is your friend. Tell yourself that even if you don't know what lies in the unknown, and you will never know until you pass through it, you will be able to go through it OK, even if you don't know how. Life will just happen. Feel the fear but do it anyway.

If you follow this formula you will be amazed at its effectiveness. Just try it on the little fears at first and practice and practice and practice until you can easily apply it on any fear of any size at any time, automatically. Practice makes perfect. At first it may be hard but in time you will become fearless.

Seven Fundamental Choices

The choice of fear if you want to struggle and barely survive.

The choice of power if you want to compete and achieve.

The choice of inner reflection if you want peace.

The choice to know yourself if you want insight.

The choice to create if you want to discover the workings of nature.

The choice of love if you want to heal others and yourself.

The choice to be if you want to appreciate the infinite scope of God's creation.

—Deepak Chopra, *How to Know God*

Natural First Aid Remedies

These are my favorite remedies — the ones I consider indispensable for a travel first-aid kit. All of the remedies are available at any well-stocked health-food store and by mail-order. Be sure to buy pure essential oils, not fragrance oils. To prevent breakage, wrap glass bottles in small pieces of thick flannel.

- **Aloe vera gel:** Cooling and healing, aloe vera (*Aloe vera*) soothes the inflammation of sunburn and common kitchen scalds and burns.
- **Arnica gel or cream:** Arnica (*Arnica montana*) flowers have anti-inflammatory and circulation-stimulating properties; the gel or cream is excellent for sore muscles, sprains, strains and bruises. Do not apply arnica to broken skin.
- **Calendula-comfrey salve:** The bright yellow-orange blossoms of calendula (*Calendula officinalis*) have astringent, antibacterial, antifungal, anti-inflammatory and wound-healing properties. Comfrey (*Symphytum officinale*) contains allantoin, a compound that stimulates the growth of new tissue and helps heal wounds.
- **Chamomile tea bags:** With its delicious distinctive flavor, chamomile (*Matricaria recutita*) makes a tasty tea. Gentle enough for children, chamomile has mild sedative, antispasmodic, anti-inflammatory and antibacterial properties. It promotes relaxation, relieves indigestion and, when applied topically, soothes skin irritations.
- **Citronella-based insect repellent:** Most herbal repellents contain citronella, a pungent citrus-scented essential oil distilled from an aromatic grass that grows in southern Asia. Herbal insect repellents work well, as long as they're applied liberally and frequently (as often as every two hours).
- **Echinacea liquid extract:** Rich in immune-stimulating chemicals, echinacea (*Echinacea* spp.) can be used for any type of infection. Liquid extracts are the most versatile because they can be used both internally and externally.
- **Elderberry capsules or liquid extract:** Elderberry (*Sambucus nigra*) is essential for stopping a cold or flu from ruining your vacation. The berries contain compounds that prevent cold and flu viruses from invading and infecting cells. If you're flying or otherwise potentially exposed to viruses, taking elderberry is a good preventive. If you do come down with a cold or flu, taking elderberry can hasten your recovery time.

- **Eleuthero standardized extract:** An excellent adaptogen, eleuthero (*Eleutherococcus senticosus*) can help prevent jet lag; it was even used by Soviet cosmonauts to help them adjust to space travel. Standardized extracts guarantee that you're getting sufficient amounts of eleutherosides, which herbalists consider to be the herb's active compounds.
- **Eucalyptus essential oil:** A potent antibiotic and antiviral, eucalyptus (*Eucalyptus globulus*) is excellent for treating colds, flus and sinus infections when used as a steam inhalation. Dilute with oil or witch hazel extract before applying to the skin, and do not take internally.
- **Ginger capsules, tea bags and crystallized ginger:** The antispasmodic and gas-relieving properties of ginger (*Zingiber officinale*) soothe digestive upsets. Ginger also has been proven to relieve motion sickness better than Dramamine, the conventional drug treatment.
- **Goldenseal capsules or powder:** A powerful antimicrobial, goldenseal (*Hydrastis canadensis*) is effective against a variety of microorganisms that cause traveler's diarrhea. The powder has antiseptic properties and can be sprinkled onto cuts or wounds to stop bleeding. Do not take goldenseal internally during pregnancy.
- **Grindelia poison oak/ivy tincture or spray:** Grindelia (*Grindelia camporum*), also known as gumweed, contains resins and tannins that help to relieve the pain and itching of plant rashes. It's available as a tincture and also as a spray specifically for treating poison oak/poison ivy rashes.
- **Lavender essential oil:** Virtually an all-purpose remedy, lavender (*Lavandula angustifolia*) has sedative, anti-inflammatory and antiseptic properties. It's helpful for anxiety, insomnia, headaches, wounds and burns. For most people, lavender essential oil can be applied directly to the skin. Do not take more than 1 to 2 drops internally.
- **Laxative herbal tea bags:** Travel constipation is a common complaint. Most herbal laxative teas rely on senna (*Cassia senna*), which contains compounds called anthraquinones that stimulate intestinal activity. Because senna has a bitter, unpleasant flavor, it's often combined with tasty herbs such as cinnamon, fennel, licorice and ginger.
- **Peppermint essential oil and tea bags:** With its high concentration of menthol, peppermint (*Mentha x piperita*) soothes an upset stomach, clears sinuses and curbs itching from insect bites. If you have sensitive skin, dilute peppermint oil before applying. Taken internally, peppermint may aggravate heartburn.
- **Valerian tincture:** The sedative properties of valerian (*Valeriana officinalis*) make it useful for relieving anxiety, insomnia and tension; it's also a mild pain reliever.
- **Witch hazel extract:** Distilled witch hazel (*Hamamelis virginiana*) has mild astringent, antiseptic and anti-inflammatory properties, making it useful for insect bites and skin irritations. It's also an excellent base for diluting essential oils for a variety of simple, topical herbal first-aid remedies. Do not take it internally.

Additional First-Aid Essentials

- **Adhesive bandage strips:** Various sizes, including butterfly closure bandages.
- **Alcohol:** Small plastic bottle for removing poison oak/ivy oils from the skin.
- **Bandage materials:** Sterile gauze pads, a roll of gauze, adhesive bandage tape.

- **Cosmetic clay:** With drying and drawing properties, clay is useful for healing skin rashes and insect bites. Store in a small plastic container.
- **Elastic bandage:** For sprains or strains.
- **Electrolyte replacement:** Powdered drink packets such as Emergen-C.
- **Moleskin:** Blister treatment.
- **Scissors:** Small pair for cutting bandages, adhesive tape, moleskin.
- **Thermometer:** Instant-read type.
- **Tweezers:** For removing ticks and splinters.
- **Waterless hand sanitizer:** Travel-size bottle.

Quick Natural Remedies for Common Conditions

Anxiety:

- Drink chamomile tea, 3 cups a day.
- Take valerian tincture, 1/2 to 1 teaspoon up to 3 times daily.
- Take a bath with 10 drops of lavender essential oil or place a drop of lavender oil on a tissue and inhale as desired.

Blisters:

- To dry a blister, soak a gauze pad in witch hazel, lay it over the blister and cover with an adhesive bandage. After blister has broken, wash with a mixture of echinacea extract diluted with an equal part of water. Finally, apply calendula-comfrey salve and cover with an adhesive bandage.

Bruises:

- Immediately apply ice to relieve pain and swelling.
- Apply arnica cream or gel twice daily.

Burns:

- Immediately immerse the affected area in cold water until the burning sensation subsides. Then apply aloe vera gel mixed with lavender essential oil (5 drops of lavender oil mixed with 1 tablespoon of aloe vera gel).
- For sunburn, soak in a cool bath with 10 drops of lavender essential oil.

Colds and Flu:

- Take 1 dropperful of echinacea extract four times a day until symptoms subside.
- Take 1 dropperful of elderberry extract four times a day until symptoms subside.
- To relieve congestion and soothe a sore throat, drink hot ginger tea with honey.
- To ease congestion, add 2 drops each of eucalyptus and peppermint essential oils to hot water; inhale the steam vapors.
- Add 1 dropperful of echinacea extract to 1/2 cup of water as an antiseptic wash.
- To stop bleeding, sprinkle goldenseal powder directly into the wound and apply pressure with a clean cloth.
- Apply a salve made from calendula-comfrey — only after a scab has formed, to prevent trapping bacteria.

Diarrhea:

- Replenish lost fluids and soothe the digestive tract with chamomile or ginger tea.
- For diarrhea caused by infectious microorganisms, take 1 capsule of goldenseal three times daily for up to two weeks.
- To boost immunity and fight infection, take 1 dropperful of echinacea four times daily.

Headache:

- Drink chamomile tea as often as desired.
- For more severe headaches, take 1/2 to 1 teaspoon of valerian root extract; repeat every two hours until pain abates.
- Take a warm bath with 10 drops of lavender essential oil.
- Massage 2 drops of diluted peppermint essential oil onto temples, forehead and neck. Keep away from eyes.

Indigestion:

- Sip warm chamomile, peppermint or ginger tea.
- Chew on a piece of crystallized (candied) ginger.

Insect bites and stings:

- Cleanse the bite with echinacea extract.
- Apply a drop of undiluted peppermint or lavender oil to relieve itching and as an antiseptic.
- Mix clay with enough water to make a paste, and apply to the bites to relieve itching and draw out toxins.

Insomnia:

- Drink a cup of warm chamomile tea.
- For stronger sedative action, take up to 1 teaspoon of valerian tincture before bed.
- Take a warm bath with 10 drops of lavender essential oil.

Jet lag:

- Take eleuthero (100 mg of standardized extract) three times daily for one week or more before traveling and for one week or longer following the flight.

Nausea:

- Take 1 to 2 capsules of dried ginger every 15 minutes until symptoms abate.
- To prevent motion sickness, take 6 to 8 capsules of powdered ginger about 45 minutes before departing.
- To calm a queasy stomach, chew on a piece of crystallized ginger.

Poison oak/ivy:

- Immediately wash the affected area thoroughly with soap and cool water, or sponge with alcohol to remove the oily resin.
- If a rash occurs, spray with grindelia extract several times a day.

Strains and sprains:

- Immediately elevate and apply an ice pack to the affected area to reduce swelling and inflammation. After 24 hours, apply hot compresses to increase circulation and speed healing.
- Soak in a hot bath with 5 drops of eucalyptus essential oil.
- Apply arnica cream or gel to the affected area three times daily.

Self-Identification Technique

By Myeka
ChangeSelf Therapy

This technique is used to neutralize negative charges from other people. This is a very simple technique, so simple that you may ignore it at first, but the results are amazing.

When you find something to criticize in someone, clearly define for yourself what it is that you don't like. Next turn your attention to yourself and identify the same characteristic in yourself. Work on healing that aspect of self within and it will disappear outside of you as a negative charge.

“No one can be integrated, no one can function harmoniously, no one can think clearly and effectively about the deep issues of life who is oblivious to the internal signals, manifested as feelings and emotions, rising from within the self-organism. Most of us have been encouraged to deny and repress who we are, to disown our feelings, to disown important aspects of the self, almost from the day we were born. The road back to selfhood usually entails a good deal of struggle and courage.”

Nathaniel Braden, Ph.D.

THE OPEN HEART—FREEDOM

The 'King' of the organs is referred to as the heart. The Internal Medicine Classic states: 'The heart commands all of the organs and viscera, houses the spirit, and controls the emotions.' In Chinese, the word for heart' (hsin) is also used to denote 'mind'. When the heart is strong and steady, it controls the emotions; when it is weak and wavering, the emotions rebel and prey upon the heart-mind, which then loses its command over the body. Physiologically, the heart is in control of the circulation and distribution of blood, and therefore all the other organs depend upon it for sustenance. Thoughts and emotions influence the function of various organs via pulse and blood pressure, which are controlled by the heart, where emotions arise. Internally, the heart is functionally associated with the thymus gland, which is located in the same cavity and forms a mainstay of the immune system. Extreme emotions such as grief and anger have an immediate suppressive effect on the immune system by inhibiting thymus function, a phenomenon that has long been observed but little understood in Western medicine.

Long-term memory, thinking, emotions, intimacy, cognition, intelligence, and ideas are all dominated by the function of the Heart. The Heart is sometimes called The Emperor, or "supreme controller of all Yin and Yang organs". The Heart houses the body's spirit (Shen). The Heart dominates sleep; if the Heart is strong the patient will fall asleep easily and sleep soundly. If the Heart is weak, the patient's mind will "float," resulting in an inability to fall asleep, disturbed sleep, or excessive dreaming. The Heart's positive psycho-emotional attributes are love, joy, peace, contentment, propriety, insight, wisdom, orderliness, forgiveness, and courtesy. Its negative attributes are hate, guilt, shock, nervousness, excitement, longing, and craving.

Heart Freedom

Once my heart was imprisoned in a wall of fear, grief and pain.

I could only hear my heart beat, but feel only shame.

Once my heart stopped beating and knew not what to do.

My heart cried out but I wanted to play the fool.

My heart I abandoned to foolishness and tears.

My heart kept on beating inspite of my fears.

My heart sought freedom, to do as it was created to do.

I sought a way to release my heart and I failed not.

Now my heart is free to lead and guide my life.

Oh what joy complete, now that my heart is free to be.

I now live from my heart clock, no more external clock for me.

Free at last, free at last.

Thank God Almighty my heart is free at last.

The Seven Steps To Quieting Your Mind and Opening Your Heart To Inner Wisdom

By choosing to learn The Seven Steps To Quieting Your Mind you have made the choice to enhance your life and to allow more health, love and joy to flow through your Heart. The following steps will guide you in quieting your mind and listening to the wisdom of your Heart

Step One: Breathe Deeply

Begin by taking a nice deep cleansing breath in...
breathing in life, energy and abundance...
As you exhale release any stress, strain or tension from your body...
Release any thoughts, feelings...and just allow yourself to relax...

Step Two: Place your Awareness within your Heart

As you continue to breathe deeply, gently shift your focus from your head into your Heart and take a few moments to dwell here in this place of inner peace... Your place of Peace...

Step Three: Breathe Deeply Into This Place

Breathe as deeply as you can into this place of peace...Your Heart.
Feel your Heart expand... soften... and relax...
Feel your lungs expand, your entire body filling with life, every cell and in between every cell... feeling fully alive!
Feel the unconditional love that lives in your Heart...
Feel the trust of your open Heart

Step Four: Connect with the Wisdom that Lives in Your Heart

Gently place your right hand over your Heart...
Ask "What does my Heart want for me, now, in this moment?"
"What does my Heart long for?"
Listen for the answer... be open to whatever form of communication you may receive

Step Five: Trust

Trust the answer that you receive...
This is your inner wisdom speaking to you...Your higher self...
Your place of Truth
This Truth will never fail you!

Step Six: Follow Your Truth

Follow your Truth to the extent that it feels right for you...
Visualize yourself following your Truth...
Feel the feeling you have when you follow your Truth...
Breathe into this feeling and embrace it fully...

Step Seven: Let It Go

Surrender to a Higher Being...The Divine...
Know that you have done all you need to do
and the rest of the details will be handled...



The image above is a finger labyrinth. You can "walk" it on screen with your finger or mouse. Tracing the path in the labyrinth can be relaxing. It also can be balancing as you journey back and forth to the center. Repeat several times in succession to get the most benefit. Try it with your non-dominant hand for more of a challenge. It will help you to give up control and break out of your routine response pattern.

FREQUENTLY ASKED QUESTIONS

- 1. Is this the Rhythm Method?** No. This method takes into account the individual differences in females.
- 2. Can post-menopausal women use this calendar?** Yes., everyone operates within cycles, even males. Just start charting on the full or new moon, and make notations of signatures and symptoms. After charting about three months you will begin to recognize patterns that are predictable.
- 3. How long will it take me to master this method?** Six months to one year.
- 4. Why don't more females use this method?** Most females fear, loath and avoid dealing with their fertility rather than seeking to master it. This is programming from 12,000 years of effective enslavement to fear and lies.
- 5. Is this method 100% safe as birth control?** No. Even abstinence is subject to the "virgin birth." Nature's agenda is to multiply and we are subject to nature's laws. Self-knowledge gives us awareness and more control. Gravity is a law of nature, however you can walk, run and people like Michael Jordan fly, and yet you also fall. This method is the safest, most principled method, most practical and the most effective.
- 6. What is significant about the moon?** The moon rules bodies of water in that it has no water of its own. We are fluid beings and these fluids go through cycles that are governed by the moon. When you correlate what is happening in your body with the moon, you can learn to objectify and work within nature's cycles for greater control over yourself.
- 7. Can I plan my conception using this method?** Yes. Conscious Conception is one of the main goals of the LunaQueen System.
- 8. Will this method protect me from sexually transmitted diseases?** No. If you resonate with catching a venereal disease you will have to use condoms and other forms of protection. This method will provide protection when you use it principally and you increase your self-esteem. High self-esteem will cause you to value yourself. When you value yourself you seek relationships that are principled and you learn to resonate with health. We believe that ignorance is the greatest enemy and that it leads to illness and injury. As a result we fortify our self with knowledge and seek to use it wisely.
- 9. How long can a sperm live in a female body?** Sperm usually have a short life span, but can scientifically can live for six days in the alkalized fertile mucus of a female.
- 10. I heard that I should not sleep in the same bed with my husband when I am on my period, is this true?** Yes. It is best not to sleep with a male while you are on your period. Your energy is in a state of drawing, as you are cleansing it can drain a male of his energy. This can lead to emotional discord in the relationships.
- 11. Why should I have to keep notations on a calendar of the changes that my body goes through?** It is important to keep notations on a calendar because the female body is constantly going through changes, just like the moon. In order to recognize patterns, cycles and events, notations on a calendar is necessary. It's just like keeping score in a sport like bowling, tennis or basketball. Things are always changing so notations on a specifically designed chart are necessary. So it is with the female body.
- 12. Why is the female period referred to as Moontime?** Moontime is a Native American distinction that relates the female cycle to the moon. It is important for females to develop a correlation with the moon, as this becomes a means for regulating and predicting fertility.
- 13. Will I be able to predict my period months in advance?** Yes, once you have charted your cycle for six months or more, you will begin to recognize a pattern that is predictable. With practice you can become 100% accurate. This is similar to how the weatherman is able to predict changing weather patterns. He charts for years and then recognizes patterns from which he makes predictions.

14. What is so important about being able to predict my period months in advance? In the process of learning how to predict your period in advance, you will pick up some very important skills and knowledge, that is rudimentary to being able to predict fertility. **First** of all you will learn to use a female moon calendar. **Secondly**, you will learn how to use cycle days as a means of measurement. **Thirdly**, you will be able to gain confidence in yourself and your ability to know what will happen and when. **Fourthly**, you will be able to make plans about what you will be doing at various times during the month that may be affected by your period. For example you may want to go swimming on a certain date and your period starts. If you know in advance you can make preparation, rather than being surprised.

15. At what age can and should a female begin to learn this system? Young girls should begin to learn this system as early as seven years of age. There are girls who start their periods at eight years of age and they need to be prepared.

16. Can males learn this system, and is it advisable that they do? Yes. Males in relationship with a female can keep a chart of when her period begins and ends. It is also advisable for males to learn this system, because if they find themselves in the role of single parent to a daughter, they can give good counsel. In addition, males learning this system for the first time will have a choice of whether to achieve or avoid conception. Also males can use the calendar to chart themselves and determine what type of cycle he goes through.

17. Why does the author say that females are ignorant? This seems mean spirited. The truth oftentimes hurts and is a bitter pill to swallow. Females have been ignorant of how their bodies work and have gotten pregnant without planning, wanting or being prepared for conception and birth. This is both unkind and unloving. Knowledge of self would not allow this to happen. *“Souls coming into the world, deserve to be planned, wanted, and welcome in a Spirit of Love.”*

18. Is the author pro-choice or pro-life? The author is not limited to these two positions, and neither should you be. The author is “Pre-Conception Choice Education and Fertility Literacy”, which eliminates both of the above. In fact pro-choice and pro-life are not really choices, they are reactions to a failure to plan and occur after conception take place.

19. What can I do to help the movement for Fertility Literacy and Procreative Choice Education?

You can learn the system and give of your time, energy, resources and money to help it spread and grow. Send your tax deductible donations to: *SHE Ministry, 51 Alabama Avenue, Selma, AL 36701, <http://lunaqueen.angelfire.com>*

THE MIS-EDUCATION OF FEMALES IS THE MIS-EDUCATION OF A NATION

Injustice anywhere, is a threat to justice everywhere.

Martin Luther King, Jr.

Injustice begins when a person believes and operates from a position that there is something inherently better about them than another person, or group. As a result they deserve more props, resources or privileges. Our present day educational system was founded on such a belief. White Anglo-Saxon Protestant males believed that because of the color of their skin, ethnic origin and maleness, they should have an advantage over females and people of color, whom they believed to be inherently inferior to them. As a result they set-up a public education system, that only they could attend, and learned mathematics and science, so that they could become producers and masters over females and slave races who would be consumers and life long dependents. Based on the tenets of this system, there would always have to be the have's and the have not's, the producers and the consumers, the upper class and the lower class. It is a system based on sexism, racism, classism, ageism, and the exploitation of nature. It was set-up to perpetuate inequality, injustice, murder, war, rape, greed, sexual abuse and other untold abuses to people, animals, the land, the air, the water and all of life.

This same system of education, still exists today. Today however, people of all races, classes, ages and both sexes, are allowed to participate in this education system. As a result they inherently develop an unjust character structure and belief system, that defines them as better than someone else, and sanctions their exploitation and abuse of those they deem lesser than equals. This is perpetuated by the institutional racism that is embedded in the system. It is not visible, thus difficult to ascertain from a purely physical perspective, but it is there. The evidence is: Females today can be heard saying, "I would rather have a male boss than another female." African American people can be heard saying, "I would rather have a White boss than another Black." It is simply that the educational system fosters the abusive, better than thou, snub your nose at, seditious, egotistical attitudes which separate people from their true authentic self, their family and others. Other nations send their youth to be educated in this system and they go home greedy, exploitative, judgmental, and destructive to their society.

The White Anglo-Saxon Protestant male youth, whom this system was designed to give an advantage to, now feel trapped within it, in that he has to compete equally with females and other races in this unjust system. This has driven them to rebel against the system and destroy those who pose a threat to their imagined superiority. Their aim is to strike fear into their victims and hopefully drive them out of "their" schools, so that they can once again have an advantage and be the only masters. An example of this would be the Columbine High School tragedy.

You cannot solve a problem with the mind that created it!

Albert Einstein

This system of education is a testament to man's inhumanity to man. It is the educational system that sets the tone for the nation. It instills in citizens what is and is not acceptable and either prepares a person to be the best that they can be, or programs them to be what the society wants them to be. An unjust system creates egotistical, selfish, greedy, unhealthy, negative, violent, hateful, people. Whereas, a system of education founded on the principles of nonviolence and justice will produce creative, healthy, loving, serving, constructive, empathetic, just people.

You will know a tree, by the fruit it bears.

We uphold a system of education whose very foundation is unjust and violent, and we are taught to choose between the lesser of two evils. Either you will be a master (producer) or you will be a slave (consumer). Either you will violate or you will be violated.

Violence and civilization are antithetical concepts.

Martin Luther King, Jr.

The Civil Rights Act, brought the cry of liberation from the lips of females, but their actions are far from liberated. Being slaves, they sought to compete with males in an unjust system, hoping that one day they would be the masters and males would be the slaves (the Amazon concept). That day will never arrive, because in a system of violence and injustice, males will always be the masters, just as Whites will always be the masters over other races in a system of violence and injustice. Females operating as pseudo-liberated slaves, have given birth to a generation of pseudo-liberated youth, who attend a school system of injustice. These youth have perpetuated a new level of violence that has led to the growth of the present day prison industry.

Having shed the puritanical sexual viewpoint (of the Victorian Age), females now seek to discover their sexuality. Love not being the generative principle behind the sex act however, they created millions of youth, born of drugs, alcohol, and guilt. Here is a generation of youth whose parents were just fu_king with no intention of having a child, and one day the female says to some body “uh-oh, I’m pregnant.”

Today, 85% or more of all pregnancies are unplanned. This is a tragedy and an atrocity. What makes this fact even more appalling is that a female can only get pregnant for seven days out of her monthly cycle and this time can be accurately and naturally predicted. And yet females claim they are liberated while remaining ignorant.

Are the children of unplanned pregnancies likely to grow up to be great liberators, scientist, doctors, lawyers, etc., in a just social order? It’s not likely. Trained to be second class, third class and fourth class citizens, these people fall into the category of being compost for an unjust system. Void of a system of justice, which would include authentic healing, instead of punishment, these people will just die, never achieving the true purpose and status for which they were created by God.

In the Bible, Genesis 3:16, the curse on the woman is “In pain shall you bring forth children, and your desire shall be for your husband and he shall rule over you.” This could also read, “And in ignorance (which causes pain and suffering) shall you bring forth children, and rather than take personal responsibility for yourself, you will seek outside of yourself for someone (a male) to control you.” Until females awaken from this nightmare, they will continue to live under this curse, believing that it is the correct way to live. What is the nightmare? In Genesis 2:21-25, it is written that Adam was put to sleep. The rest of the Bible and life to this day, is the nightmare that Adam had. There is no where written that Adam was awakened from his sleep. The pain that females experience is a direct result of the ignorance and cowardice they possess and perpetuate. Not knowing themselves they have to look outside of themselves for someone to rule or control them. This someone, their husband, mate or just any male is the child of an ignorant, ill, abused female, and they are just carrying on the foolishness and ignorance she taught them.

Ignorance of course breeds fear, the fear of the unknown. This fear projected into the society causes untold pain and suffering. We presently live in a fear based society. This causes us to create huge military budgets and expenditures to protect ourselves from ourselves, because we don’t know ourselves.

Mary the Mother of Jesus, broke this cycle of ignorance by dedicating and preparing herself to give birth to a highly evolved soul, an Avatar. She gave an example to the world of an Immaculate Conception. Yeshua (Jesus) the Christ came to demonstrate life outside of the curse and the nightmare, and the power and rich rewards that await those who awaken to the Kingdom of God (The Garden of Eden). We however continue to perpetuate the Land of Nod and sleep, and not the Kingdom of God on earth.

How can a person awaken from the Land of Nod? Each individual must begin a process of self-healing and self-purification. This is a process of removing all judgment from the self and others. It is a process of

becoming aware of your ego and its abuses (selfishness, greed, lust, jealousy, violence, and the creation of misery in one's own and others life.) A process that includes many modalities of healing including but not limited to: Meditation, Hypnotherapy, EFT (Emotional Freedom Technique), Primal Therapy, Sound Therapy, (NLP) Neuro-linguistic Programming, SHEN and Polarity Therapy is needed.

Misery comes when a person refuses to accept the reality of NOW, by living in the past, and projecting into the future. This is a non-acceptance of what IS. One must learn to deal with what IS from a spirit of love, forgiveness and learning the lesson being taught.

There is another choice which has been available since the Civil Rights Act of 1964. It is to create a system of education that protects the rights, fosters the interest, maintains the health and provides for the needs of all people, regardless of sex, race, age, or class. A system that inherently teaches true stewardship of the earth, protecting the sacredness of the air, the water, the land, the trees and vegetation, and all creatures (four legged, winged and crawling).

Our constitution gives us the right to abolish the government, if it does not prosper its citizens. So how much more an educational system that allows people to fail and become fodder for a growing industrial prison system. What greater testament to failure can there be than this? Still people are rushing and preparing to send themselves and their children to a system that does not work, because this is all they know. There is a better way, but it takes true pioneers to bring it into being. It also means no more patch work on the present system, but the initiation, development, administration and maintenance of a new system of education. It is similar to building a new house, you wouldn't use an old foundation. You have to build a foundation that will support the demands of the new house. Education that puts the societies interest first, denies the sovereign right of the individual to know and execute their purpose in harmony with the laws of nature. Education that serves the individual, serves the society.

“Institutions were made for mankind, mankind was not made for institutions, thus institutions must change to meet the growing needs of mankind.”

Myeka

In 1964 with the signing of The Civil Rights Act, this system of education righteously should have been done away with, but males and females of that day were and still do operate under a slave mentality, and slaves can't perpetuate anything but slavery. Oh yes, a few brave souls inspired by God, fought to end injustice, but they were never healed of their slave tendencies, and thus reverted back to slave status, seeking to assimilate into the very system that enslaved them. Seeking privileges, fame, fortune and prestige in the eyes of other slaves, rather than continuing to apply nonviolence to their personal lives, once social victory was obtained. . These people need healing, just as all of us do. They in their secret, private lives possess the slave tendencies of lust, lying, pedophilia, stealing, and murder. Many however, are just not caught, and are able to maintain a public persona of righteousness. So slaves just agreed to be equal within a slave state and receive an equal slave education. So females and Blacks, gained the privilege to be educated to have an advantage over others who might be less fortunate than themselves.

As we progress into the new millennium, when we look at our society, we see that the biggest growth industry is prisons, and we must stop and ask the question, why is this so? This is so, because in an unjust society, somebody has to be a slave, an unfortunate, and a failure, to be taken advantage of and abused. So when the educational system fails us which it will inevitably do, (if it hasn't already) we become victims of the system, how convenient. We spend more money on housing a prisoner, than on educating a child, so that the child can fail and become a slave unable to do for self.

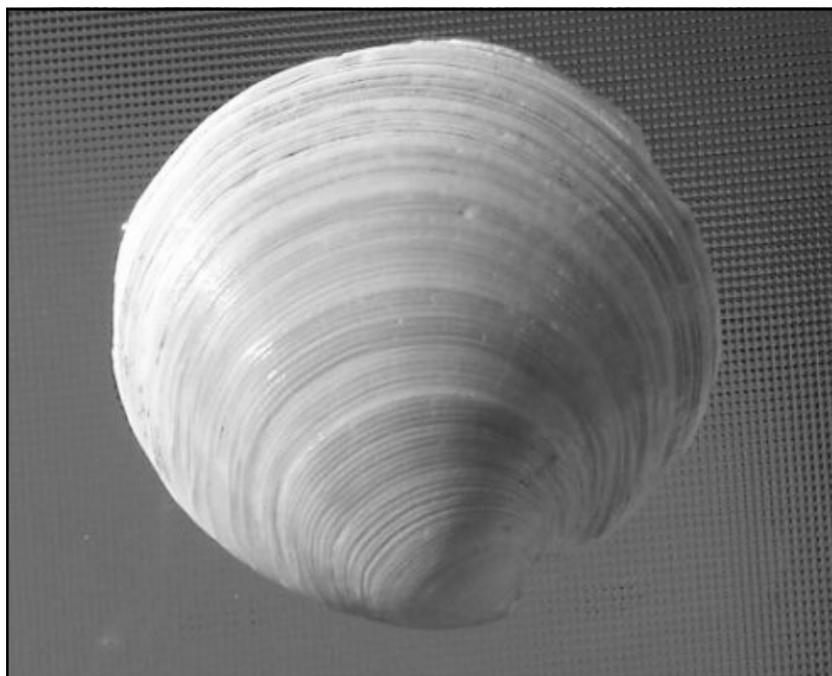
There is a mistaken notion that the master is not a slave, but the truth is, the master exists within the slave state of mind. In order to hold another down, you must also be down, without free mobility. The master is no more free than the slave. The masters children can just as well end up in prison or live in fear of being killed, stolen

from, raped, etc. So prisons are the new way for masters (this includes everyone now) to feel superior.

In an unjust society prisons are a necessary evil, because people are not properly educated to be the best that God created them to be and to bring forth the gifts they were sent here to deliver to the world.

It has been said, that a nation can rise no higher than its women, because women are the first educators of the youth. If a female operates from a fear based, slave mentality, she cannot avoid passing fear and slave mentality to both her male and female children? She creates the first instance of accepting injustice as she cringes under the dominant, abusive male, and creates a pecking order with her children receiving her dominant, passive, violent, abuse and toxic emotions.

Not one of us has escaped the scourge of slavery, and in our public or private lives, we have and are violating ourselves, others or both, or we have healed ourselves and stopped the violations. We have not been taught to love ourselves, love others and all of creation. We live in fear of a multitude of things that really can't harm us, but because we have been educated in an unjust system, and are ignorant to the ways of living life, (having been taught only how to survive), we can't help ourselves. A new mind-set is needed to recognize and undo the wrong. We must redesign our personal thought system, which has led to our pain, loss and confusion. Healing only starts with the renewal of the mind. Healing therapies are used so that we can bring into being a collective system of justice and then educate ourselves to our true state of natural goodness and divinity.



THE MAKING OF A LUNAQUEEN

Altered states of consciousness reveal that consciousness is not truly individual but that deep down it is collective and it is this collective consciousness that is female. All females are not necessarily feminine and all males are not necessarily masculine. The feminine consciousness is a mind that is mindless, one that is surrendered, who can be receptive like a womb, who can be open and passive. A feminine mind means receptivity. The feminine mind's action is non-action. Femininity implies that there is no hurry, there is no time. Femininity in essence is timelessness because there is no hurry, there is nowhere really to go, nowhere to reach thus striving is pointless. The feminine mind lives in the here and now. Femininity implies surrender, compassion, love, sympathy, nonviolence, union, acceptance, contentment, etc. while masculinity implies aggression, will, willpower, ego, self-esteem, independence, etc. Nowadays it is much more apparent that males are regressing from aggressiveness, letting go and embracing their inner feminine and it is this that is surrender, that is God. You can surrender to the statue, the temple, the rock, the tree, anything will do. If you surrender, you become vulnerable to existence. Then the whole existence takes you into its arms like a mother does with her child. Leave everything to existence, you cannot change a thing and in this helplessness surrender happens. We look like islands but all the islands deep down are connected to the earth. I am conscious, you are conscious but deep down my consciousness and your consciousness is one and the same. This pure consciousness, this heaven is without mind and without mind time ceases and only the eternal present is and it is this eternity that is the Cosmic Womb.



FEMININITY

When you embrace your femininity you will no longer do the following.

1. Follow the crowd.
2. Seek to belong to any group.
3. Seek an identity by comparing or competing with males.
 4. Seek the approval of others.
 5. Let others define you.
 6. Lie about your sexuality.
 7. Curse people out.
8. Blame others for any misfortune.
 9. Fear change.
 10. Judge self or others.
 11. Initiate conflict.
 12. Slander others.
 13. Sell your body.
14. Attempt to control others.
15. Mutilate your body.
16. Unconsciously get pregnant.
17. Wallow in toxic emotions.
18. Excuse your ignorance.
19. Ignore your illness.
20. Disrespect your elders.
21. Engage in lustful sexuality.
22. Shun homemaking, childbearing, and your creativity.
 23. See your period as a curse.
24. Seek escape through drugs and alcohol.
 25. Contemplate suicide.
26. Get attached to any outcome.
27. Shun, ignore or devalue other females.

As The Goddess Awakens In You, You Will

1. Gain a sense of well-being.
2. Attain peace of mind.
3. Gain knowledge of yourself as a physical, emotional, mental and spiritual being.
 4. Love yourself.
 5. Be grateful you were born a female.
 6. Dress in a feminine manner.
 7. Take responsibility for your actions.
 8. Express your creativity.
9. Join with other females in creating institutions that serve your health, foster your interest, protect your rights, and fulfill your needs.
10. Engage in principled relationships with males to establish institutions.
11. Help children to develop their full potential and fulfill their purpose for being.
 12. Serve the elders and honor the ancestors.
 13. Use a female calendar.

Altered states of consciousness reveal that consciousness is not truly individual but that deep down it is collective and it is this collective consciousness that is female. All females are not necessarily feminine and all males are not necessarily masculine. The feminine consciousness is a mind that is mindless, one who is

surrendered, who can be receptive like a womb, who can be open and passive. The feminine mind's action is non-action. Femininity implies that there is no hurry, there is no time. Femininity in essence is timelessness because there is no hurry, there is nowhere really to go, nowhere to reach thus striving is pointless. The feminine mind lives in the here and now while the masculine mind is constantly worrying about the future and striving for more instead of cherishing what is. Femininity implies surrender, compassion, love, sympathy, nonviolence, union, acceptance, contentment, etc. while masculinity implies aggression, will, willpower, ego, self-esteem, independence, etc. Nowadays it is much more apparent that males are regressing from aggressiveness, letting go and becoming more feminine and it is this very femininity that is surrender, that is God. You can surrender to the statue, the temple, the rock, the tree, anything will do. If you surrender, you become vulnerable to existence. Then the whole existence takes you into its arms like a mother does with her child. Leave everything to existence, you cannot change a thing and in this helplessness surrender happens. We look like islands but all the islands deep down are connected to the earth. I am conscious, you are conscious but deep down my consciousness and your consciousness is one and the same. This pure consciousness, this heaven is without mind and without mind time ceases and only the eternal present is and it is this eternity that is the Cosmic Womb.

I asked for Strength...

And Goddess gave me difficulties to make me strong.

I asked for Wisdom...

And Goddess gave me problems to solve.

I asked for Prosperity...

And Goddess gave me a brain and brawn to work.

I asked for Courage...

And Goddess gave me obstacles to overcome.

I asked for Love...

And Goddess gave me troubled people to help.

I asked for Favors...

And Goddess gave me opportunities.

I received nothing I wanted...

But I received everything I needed.

—Hazrat Inayat Khan

THE TWELVE LAWS OF NATURAL EDUCATION

**True education is designed to facilitate a structure
for the orderly fulfillment of these basic laws.**

INDEPENDENCE

1. To Be. To Know The Self. To Stand Alone.
Self-Knowledge
2. To Know Your Environment and its Resources
Self-Awareness
3. To Know The Laws, Limitations & Boundaries Of Your Environment
Self-Control
4. To Know Your Place In The Environment
Self-Acceptance
5. To Creatively Express Yourself In Your Environment
Self-Expression
6. To Be Of Service To Your Environment
Self-Responsibility

INTERDEPENDENCE

7. To Know Another/Others
Self-Love
8. To Join Resources, Gifts, Skills And Talents With Others
Self-Unification
9. To Create Laws of Exchange And Reciprocity With Others
Self-Liberation
10. To Create Institutions With Others
(*Worship Center, Government, Industry/Business, Clinic, Home, School*)
Self-Empowerment
11. To Creatively Express With Other Through Institutions
Self-Confidence
12. To Reap The Harvest, Truths, Fruits Of The Previous Cycle And
Prepare To Begin Again With Greater Wisdom And Understanding
Self-Regeneration

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PRE-CONCEPTION CHOICE EDUCATION

"Full freedom from all limitations means full responsibility for one's reality.

—Author Unknown

Pre-Conception Choice requires a female to heal her past, so that she can be educated in the ways of self-knowledge. Thus all subsequent learning has a root system and foundation upon which to be anchored in her reality, so as to empower her and allow her best to come forth.

Pre-Conception Choice allows a female to become a primary, first class person, as she exercises her first choice of whether to achieve or avoid conception.

Pre-Conception Choice is revolutionary because it offers females the opportunity to know themselves as essential, valuable, worthwhile contributors to humanity.

Pre-Conception Choice rekindles from within a spark of the power and majesty of a distant past when civilizations flourished and benefited all of humanity, as a result of females taking responsibility for self and others.

Pre-Conception Choice allows females to create a world where children are planned, wanted and conceived in A spirit of love. A world where institutions are created to prosper the health, foster the interest, protect the rights and fulfill the needs of generations to come, ad infinitum.

Pre-Conception Choice is the only right and true path offered to females who want to come of age and operate as responsible self-liberated females who do not need to seek or receive the approval of others.

Pre-Conception Choice involves having a knowledge base upon which to make a decision. By knowing and understanding the science of fertility awareness and human reproduction, females and males gain a means by which to make a conscious choice based on reason and anchored in responsibility.

Consider the archaic means of the past. A female and male have a sexual urge and have intercourse, not knowing whether this will lead to conception, but knowing that it is possible. Conception occurs. Now a choice has to be made as to whether to have an unwanted child, put the child up for adoption or have an abortion.

Consider the present. A female and her male counterpart know ahead of time when conception is possible and make a decision as to whether they are ready to conceive a soul. If conception is desired a plan that enhances the soul is developed. Not choosing to conceive, and knowing fertility awareness signs, the female and male are able to completely relax and fully enjoy sex.

This is a new day and as with anything new, it means change. Change of attitude, change of posture, change of position, change of lifestyle, change of direction, and change of outlook. If we continued to bring unwanted, unloved children into the world, then the world will continue to deteriorate under the weight of this mass of ignorance. Unwanted, unloved children grow up to be terrorist, revengeful, empty, violent, self seeking destructive adults who are void of mental, emotional, or physical health and spiritual awareness. People who value substance above character, physicality above spirit and hate above love.

Pre-Conception Choice is for the truly liberated female and is the authentic movement for female self-libera-

tion. If your choice is not **Pre-Conception Choice** , then you are really not choosing, only reacting to circumstances and this is the position of weak, silly females ever learning but never coming to the knowledge of truth. Join the movement and be truly free with **Pre-Conception Choice** .

**There is only one success, to be able to spend
your life your own way.**

—Christopher Morley

“Know Thyself”

-The Inscription at the Delphic Oracle

“What is happening in your innermost self is worthy of your entire love; somehow you must find a way to work at it, and not lose too much time...”

—Rainer Maria Rilke

“The first thing that helps us to remove old attitudes is to accept oneself. Self-remembering means acceptance of oneself, of others, of all that is.”

—Rodney Collin

“One may conquer in battle a thousand times a thousand men, yet he is the best conqueror who conquers himself.”

—Buddha

When I'm trusting and being myself... everything in my life reflects this by falling into place easily, often miraculously.

—Shakti Gawain

If I have lost confidence in myself, I have the universe against me.

—Ralph Waldo Emerson

The real richness is in be-ness. People can take all that you have, all that you collected. People can stop your labor, or an accident can stop you. When you are, you never lose what you are.

—Torkom Saraydarian

To thine own-self be true; And it must follow, as the night the day. Thou can't not then be false to any man.

—Hamlet. Act I. Sc.

"Observe all men; thy self most."

—Benjamin Franklin

I was brought up to believe that how I saw myself was more important than how others saw me.

—Anwar el-Sadat

One of the secrets of life is to be honestly who you are. Who others want you to be, who you used to be, and who you may some day become ... these are fantasies. To be honestly who you are is to give up your illusions and face today with courage.

—Bill Purdin

Reputation is what other people know about you. Honor is what you know about yourself.

—Lois McMaster Bujold

Know the enemy and know yourself, and you can fight a hundred battles with no danger of defeat.

—Sun-Tzu

I must first know myself, as the Delphian inscription says; to be curious about that which is not my concern, while I am still in ignorance of my own self would be ridiculous.

—Plato

“To study and learn how to know ourselves. This is the foundation of wisdom and the highway to whatever is good.”

—Pierre Charron

If you do not ask yourself what it is you know, you will go on listening to others and change will not come because you will not hear your own truth.

ABOUT THE AUTHOR

Myeka

I was born into a world where I was not taught to know, love and value myself above all else. Consequently, I fell into the trap of seeking acceptance, love and directions solely from others. I gained book knowledge and articulated through the social educational system that prepared me to fit into a job slot in the society.

My relationship with GOD was warped by the age of fifteen and replaced by religion that imposed un-natural moral restrictions on me.

I learned to romanticize relationship with the opposite sex, as a result of watching TV, listening to the radio and observing adults.

Empty and void of science, my ignorance caused me to err, stumble, fall, get up and run into the same brick walls. I endured injury, illness and misfortune, as all of societies structures failed to give me any type of fulfillment, just momentary pleasures that were as fleeting as the taste of sweetness on my tongue.

Having never learned to utilize my sex organs to do the right thing, the right way, for the right reason, I got the wrong result and I got pregnant at age nineteen and survived a botched abortion that led to a near death experience. Regaining my life by making a commitment to never even think about an abortion again, and to work to end abortion, I began anew, planned my conceptions (had six children), got married, suffered physical, mental and emotional abuse from my husband, and was incapable of protecting my daughters from sexual molestation.

A failed marriage, a dysfunctional family and a traumatized life led me once again at deaths door, as I cursed the darkness in which I was enmeshed.

I sought to heal myself and free myself from the darkness as I learned and applied EFT (Emotional Freedom Technique). I rejected societies markers for me and set out on my own like a pioneer (or the proverbial Tarot Fool) to charter a new path at the disgust and revulsion of family, friends and others.

As I turned inward, I started gaining a knowledge of myself that was both enlightening and fulfilling. Healing continues as layers like an onion have been peeled away, revealing more and more light to chase away the darkness of ignorance.

I awakened one morning and was directed to write and each successive morning, the same process ensued. I was directed to do research to prove what I had written and these writings became the LunaQueen System, a process by which I could further my self-knowledge and share it with others. It allowed me to avoid many of my former errors and to create a new way of living built on principals that govern life like freedom, love justice, equality, truth peace, joy...

These teachings have been rejected by my children who continue to cast blame for errors that I made as a lunatic, ignorant and well intentioned mother. They have chosen to embrace the path that led to my own failures as they have lost faith in my ability to give leadership and have sought to blaze their own trails without the knowledge I have learned from my errors.

In addition women whom this system is designed to impact, so that they do not make errors, have shown no interest as they are committed to business as usual and following behind men who are themselves the products of ignorant but well intentioned mothers.

The LunaQueen System will help point out the characteristics that keep us enslaved to things, ignorant of self and incapable of changing one cell in our bodies and thus nothing in the world. The books in the LunaQueen System are neither tame nor tactful as they are designed to address the illness as a bitter pill that brings relief. This is the very process I applied to myself as I experienced disgust and shame for what I had become and the errors that I have made.

Now free of the disgust and shame, I love myself without needing or requiring it from others. I stand alone with conviction, confidence, commitment and courage to face the coming days and the battles that may come as the darkness in the lives of my sisters is fiercely challenged by this system.

If you are seeking light to chase away your darkness then this is for you. If you are seeking someone to throw stones at, which is a common practice in the lunatic society, then hurl them. If you are seeking to know yourself then your prayers have been answered.

This book will put you on the path to knowing yourself. At some point you will have to turn yourself over to your Higher Self to be transformed into that which you came here to be. This is simply a first step.

A Pioneer On The Path To Enlightenment And Self-Actualization

*The first law of nature is to stand
alone. And in that aloneness find
completeness, silence,
solemnity and your
connection to all of life.*

—Myeka

THE DEVELOPMENT OF A CONSCIOUS SHE CULTURE

PHILOSOPHY: Females are designed by nature to operate on a lunar/solar frequency and males on a solar/lunar frequency. For thousands of years females (and males) have been conditioned and have adapted solely to the solar Gregorian calendar (with irregular monthly calendar lengths of 30, 31, 28, 29 days). This is coupled with the mechanical clock (which has no relation to any natural phenomenon). This has caused a lunatic or lunacy pathology to develop, that can only be eradicated when females learn to control the forces of the moon on their fluid, chemical body and gain sovereignty and mastery over their fertility which is a basic right. When this is done females will make primary choices and prepare and plan their children, who will be conceived in love, welcomed and blessed throughout life.

Principle Drive/THEOLOGY/Spiritual Cultivation: In the King James Version of the Bible, Eve (womankind) was cursed to have pain in childbirth and to desire her husband who would rule over her. *Genesis 3*. Curses are not forever for they only last until the cause of the curse is ascertained and the proper actions are taken to eliminate it. Pain comes from ignorance, so we must gain self-knowledge to eliminate it. For females to desire and be ruled over by a male, rather than seeking the Kingdom of God, (which constitutes self-knowledge), leads to enslavement, oppression, suppression, repression and subjugation, and the creation of an Eve-ill world. We must remember that all men were raised by mothers who were themselves born under the curse of ignorance and irresponsibility. The so-called superiority and dominance of males is nothing more than females abdicating self-responsibility and wallowing in ignorance. The enemy is thus ignorance, not males.

PATHOLOGY: We are drowning in a sea of lunacy passed on by generations of mothers who have remained disconnected from their Source, under the curse. Being ignorant of themselves they developed a multitude of illnesses, physical, emotional, mental and spiritual. Lunacy is the lack of lunar consciousness. Ignorance of the effects that the moon has on the body which is 75% water. As the moon affects the tides of the ocean it affects our body. This lunacy takes the form of the emotional plague or toxic emotions (fear, hate, lust, greed, avarice, selfishness, lying, jealousy, envy, etc.) and communications filled with negative attitudes and dispositions, charges and counter charges, blaming and judgment, all of which leads to stress the No. 1 killer. This is because an outside force (the moon) controls us, thus we fall into sin (control from an outside force). In order to be free we must govern ourselves and make all outside forces serve us.

Order Drive/SOCIOLOGY/Government: For over 5,000 years, females have been void of self-knowledge, which engenders fear of the unknown. Mothers as first teachers to both males and females are the purveyors of culture, however without self-knowledge there was nothing to convey but toxic fear based emotions, opinions and lies. So males not being able to get culture from females looked to the animals (wolves) that operated from a pecking order. They began to imitate this animalistic system of relationship and violence became the nature of the relations between humans and this still plagues us into the early part of the 21st century.

As females come to know themselves they will evolve a Conscious SHE Culture. No longer ruled by toxic emotions opinions and lies we will be able to come together as institutional developers. We will evolve nonviolent institutions that further our growth, development and that protect all females and children. For example: Nonviolent Birthing Centers, Lactation Schools, Nonviolent Child Development Co-ops and cities of peace. We will harmoniously unite with males and release the spirit of creativity, intimacy and Divine union.

Work Drive/ECOLOGY/Industry-Business: Void of self-knowledge females have been incapable of understanding the harmonic rhythm of nature and work within this to secure basic needs. As a result the soil is eroded, water is acidic, air is polluted with all kinds of chemicals, food is genetically modified causing all manner of disease, the rain forests are being destroyed and oil is wasted on our oceans and upon our seas and fish are full of mercury, causing us to live in an estrogen dominated ecology that is toxic and deadly to people, animals and plants.

The ecology will prosper as females reconnect with Source and each other on an agenda of work and embrace and protect Mother Earth as a sacred responsibility. Females will once again become responsible for food production. In this capacity food will be grown for health and nutrition and the profit motive (the curse on the male) that allowed for the destruction of the eco-system will no longer be applicable or allowed. We will recognize the danger of genetically modified food and the use of chemicals in an attempt to control nature's creatures and learn to control them through thought and consciousness.

Health Drive/PSYCHOLOGY/Clinic: Presently, there is no true healing system that uproots the violence from mankind on a massive, acceptable level. In that man (male/female) are by nature builders and creators, void of self-knowledge and purpose directed education, our primordial life force energy finds no natural outlet and thus backs up causing us to create violent expressions. (If a cap were put on the exhaust pipe of a car then an explosion (violence) would take place because its natural outlet is blocked.). As a result the society reacts rather than responds and reverts to punishment rather than healing (illness) and education (ignorance) and our jail and prisons are overflowing because of this. This is the evidence that females are purveying a slave culture to their offspring after having endured over 5,000 years of subjugation with no therapeutic process to regain the natural feminine expression of health and wholeness.

A culture of healing will evolve as females recognize that ignorance and illness are the only enemies as they will work to eliminate both by setting up clinics and purpose driven educational systems. Healing of the emotions and the mind will allow the physical aspects of man to avoid diseases of all types, in that they are the result of a weakened immune system. Once the stress of life is properly managed, this will be possible. In addition we will be able to eliminate all crime and all prisons as each person becomes a law unto themselves and engages in self-policing and self-government.

Life Drive/BIOLOGY/Home: During the 1960's home was relegated to a position of non-importance, by the women's movement. During this time females began to work outside the home and a generation of latch key children was created (as they had to raise themselves). In addition mothers sent their children to strangers during the formative years of their lives or sat them in front of TV and violent video games. Homelessness is now a growing phenomenon as the society begins to crumble from the effect of increasing violence at all levels.

As the home is valued as a primary and essential institution that houses the human body, mind, emotions and spirit, we will move beyond domiciles/cubby holes/pads/and houses into home (Haven Of Mankind Evolving) development that provide for all of our essential foundational and biological needs. As a result individuals will evolve their own home, form a couple unit home, grow families and build nonviolent communities that will be able to combine the specific aspects that fulfill each individual to create a meaningful existence. The healthy exchanges of energy within the home will overflow into all institutions as the feminine and masculine principals are balanced and engaged in institutional development for the good of all.

Knowledge Drive/ANTHROPOLOGY/School: As the pathology of mankind is eradicated, education will become purpose driven (answering the question for each individual: What is my purpose?) and provide people with a context for extracting their unique gifts, skills and talents, so that they can apply these to the evolution and development of mankind. No longer will students be imposed on by society to learn to fill job slots. Instead the society will thrive as students are equipped with basic self-knowledge and nature (which is proficient in evolving the ability to speak, which is the highest achievement of mankind without any formal schooling) continues on her path of brain and conscious development. Young people will learn to know themselves and extract their gifts, skills and natural talents for expression of their Source given vocation.

METHODOLOGY: FEMCal (*the beginning educational program of the LunaQueen System*), is a female charting calendar designed to introduce and teach the basics of how to record the various changes that take place in the female body as she goes through a lunar cycle (28 days). One must learn this unique charting system that operates like a score card for females, allowing them to master recording the four basic aspects of their Being (spirit, mind, emotion and body) in order to understand themselves, come to love the self and control the self. *Control cannot be exercised over an unknown aspect.* This charting system will allow a female to begin to recognize the individual patterns, phases and cycles generated by her body and thus allow her to begin to make future predictions, thus gaining control over herself and eventually her environment. She will become conscious of the beginning and ending of her moon time (menstrual) period, the monthly cycle, cycle days, lunar phases, and external stimulation of sexual feelings. Thus a foundation for all subsequent learning will be established within her and she will be able to convey and reinforce this in her offspring. It must be remembered that a lack of knowledge leads to fear with its fight, flight, freeze, fornicate, fold and faint mechanisms.

SCIENCE: All science begins with observation and FEMCal, is a scientific tool that allows females to observe themselves over a period of twelve months in order to ascertain patterns that affect their ability to live life in a meaningful and healthy manner when known or a painful manner when not known. The more ways and the more frequently you measure the more you improve performance. You can't improve if you don't have benchmarks and FEMCal establishes benchmarks. Science establishes truth (Know the truth and the truth will set you free.) and truth is a principle that brings things into being.

Void of science people sink into ignorance, superstition, false beliefs, opinions, heresay, and fear. From these states people are incapable of reasoning and nonviolent living which is stress free. By utilizing the simple scientific tool of FEMCal, females and males will be able to overcome age old traditions steeped in foolishness and violence.

Many will say that an app (computer) can be developed to do what FEMCal does. This is true, however FEMCal also promotes the need for people to write and engage in the art of expressing their creative penmanship and the tactile relationship that occurs when the hand engages a pen. This is a valuable expression that is being lost with the constant use of computers.

OUTCOME: Using a lunar calendar, will allow females to regain the missing lunar consciousness (females are lunar/solar and males are solar/lunar beings). Females will learn to be conscious of moon phases and the effect on them and how hormones trigger sexual feelings. Females will thus be free to plan all conceptions and give birth to free children who are capable of building a civilization that is based on the tenets of nonviolence, civility and principled living, as healthy people engage in healthy activities and solve problems. With health will come the instituting of new institutions that protect the health, interest, rights and needs of all people and create a surplus that can be shared with the world. How do we heal? Where do we begin?

We begin by first recognizing that a problem exists and has never been addressed. The traumas of 5,000+ years of subjugation and slavery is real and no therapeutic process has yet been employed to uproot the hate, anger, fear, guilt, sadness, grief, shame, unforgiveness and remove the mental shackles and the religious lies.

To eliminate the toxic emotions, we must diligently and courageously move from being simply physical beings as slavery delegated us to be, making skin color and gender the determination of worth and value. We must engage our emotions by tuning into them and seeking and utilizing healing modalities that address emotional healing, like EFT (Emotional Freedom Technique), Clinical Hypnotherapy, Access Consciousness, the Lifeline Technique, RET (Rapid Eye Therapy) and many others. Once we eliminate the toxic emotions that we carry, we can then reclaim our minds and begin to think holistic thoughts that include everyone. We can eliminate the toxins that cloud our thoughts and cause us to violate our definition and purpose and that of others. Once we have cleaned-up our emotions and our brain we can then address our bodies and begin to study ourselves and learn to control ourselves, because you can't control what you don't know. Once this is completed we will then have access to our Mind which is the governing force of the body, brain and emotions. Once this takes place we will be able to address our spiritual self. In fact when we acknowledge that we are operating as 1/4th (body centered) of a person and ask important questions like: What am I? Who am I? What is my purpose for being on this earth at this time and in this place? How do I fulfill my needs without violating self or others? What are my unique gifts, skills and talents and how do I use them to secure food, clothing, shelter, communication, energy, tools and transportation? Are there any non-physical, non-visual, non-touchable entities that can assist me to wake up and become all that I can possibly be, and if so HELP! This will ignite the spiritual aspect and free us from false religions crafted in slavery and designed to keep us oppressed with a goal of going to heaven when we die, rather than establishing heaven right here on earth (Thy kingdom come on earth). With your spirit, mind, emotion and body harmoniously activated you will then be able to interact with space, energy, elements and motion to extract from nature what you need and interact with other whole beings to create new nonviolent institutions to advance your health, interest, rights and needs in keeping with the laws that govern intelligent life on the planet. A person must learn to trust themselves and the innate abilities that give them true power here on earth as they interact with nature.

As we come to know ourselves, we will begin to be ourselves, we will begin to love ourselves, value ourselves and seek the very best for and from ourselves. We will gain high self-respect and we will recognize the power we have as sovereign beings to create and define our reality. It is at this point that we will be ready to join with others in initiating, developing, maintaining and administrating our nonviolent institutions, for we have no need to express violence as we discover that we are Light and Love.

*—Minister Helen L. Edmond
Excerpt from The Journey From Lunatic To LunaQueen*

KNOW YOURSELF WORKSHOP

THE WORKSHOP:

The Know Yourself Workshop, is designed to present and impact young people and adults so that they can understand the practice, purpose, history and benefits of Fertility Literacy and Pre-conception Choice Education. Providing knowledge that will allow them to love and respect themselves so that they can make life enhancing choices.

THE KNOW YOURSELF WORKSHOP, provides an in-depth understanding of how to use a lunar charting calendar from beginner to advanced, for achieving a state of self-knowledge.

This is an interactive workshop that includes lectures, group discussion and interactions, self-healing, exercise, question and answers, workbooks, slides and on-going internet activities. The workshop is presented in two formats: 1. A two and a half hour (2.5) workshop, presented to large groups of people or a small class. The cost is \$590. 2. A five hour workshop, presented to a maximum of 60 participants that can be given in one or two days, and costs \$2,800. The above also includes transportation, lodging and meal.

A One Hour Presentation, on the need, and benefit of gaining self-knowledge is available for a freewill offering and coverage of transportation, lodging and meals.

INSTRUCTOR TRAINING:

The Instructor Training Workshop, is a four day intensive, consisting of twenty-four (24) hours of education and training for future workshop leaders, ages 14 and up. It includes lectures, workbooks, group discussion, question and answer sessions, role playing, exercises and certification. The schedule consists of four days of six hours of training. The sponsoring school or organization is responsible for providing the following: workshop facility, cost of workshop, cost of workbooks, recruitment of participants, refreshments, equipment. The cost is \$5,500 for a maximum of fifty participants.

PAYMENT SCHEDULE:

Full payment for the workshop is due one week prior to the scheduled date, or a deposit of half due thirty days prior with the balance due prior to the beginning of the workshop

THE INSTRUCTOR:

Myeka, is a motivational speaker with a rare gift, as she is intuitive, soothing, inspiring, insightful, and encouraging in her delivery. She has the ability to enhance the self-esteem of her audience and give them greater meaning for

living and for attaining a richer, fuller life. She has a unique ability to extract from her audience secrets that when reveal heal and empower. Gifted, beautiful and intelligent, Myeka will thrill your audience, captivate their minds and hearts and leave them with something meaningful and attainable. She is the mother of four girls and two boys. She is a bio-organic farmer, author, social architect, historian and natural healer. She has a keen incite into the workings of the human mind as a Certified Clinical Hypnotherapist, which allows her to speak directly to the needs of her audience. She is a student and practitioner of nonviolence and a parliamentarian, who has served as proxy chair for politicians and organizational leaders in the past to remove roadblocks to the passage of important issues.

Myeka, is the creator of the **LunaQueen System**, a self-discovery tool for women to observe and record their various cycles, patterns, and phases so that they can consciously plan conception and avoid unwanted pregnancy, as well as detect early symptoms of ill-health. She says, "Choice born of responsibility leads to freedom, where as choice born of ignorance leads to enslavement."

Her presentation will be discussed for years to come and participants will begin the process of changing their lives for the better as they commit themselves to knowing themselves.

These presentations are recommended for female groups of all kinds and they can be tailored to meet the needs of any age.

Myeka is the author of the following books:

LunaQueen: The Divinely Feminine Art of Lunar Charting & Self-Care and **LunaQueen: The Journey From Lunatic To LunaQueen**

Myeka frequently hosts a radio broadcast on BlogTalk Radio.com entitled Myeka Live. Visit and listen to some her former shows.

SCHEDULING A WORKSHOP:

Send and email to myekamyeka@yahoo.com

THE LUNAQUEEN SYSTEM BOOK LIST

LunaQueen:

The Divinely Feminine Art of Using A Lunar Charting Calendar For Self-Care *The Key To Self-Knowledge, Self-Love, Self-Control and Personal Liberation*

For the last 12,000 years females have attempted to acclimate themselves solely to the solar (sun) frequency, when they are in fact lunar/solar frequency beings. This has caused lunacy to develop as females are out of touch with who they are. Now females can use a true lunar calendar to calibrate themselves to the frequency that empowers and liberates them from toxic emotions, mental confusion, physical enslavement and irresponsible choices, as they come to truly know and be themselves.



LunaQueen: The Journey From Lunatic To LunaQueen

This book provides a detailed means for observing, identifying and transforming the lunatic in you to the LunaQueen you were born to be. Putting you in touch with your inner knowing and providing self-therapy techniques that you can use to heal your pain, hurt and eliminate your stress, this book is an activist way for you to come of age in the 21st Century.

LunaQueen: The Divinely Feminine Art of Self-Healing

LunaQueen: The Divinely Feminine Art of Conscious Living

To live with purpose and conviction is the result of coming to awareness of self. In this book we explore what it means to be conscious and how to obtain it. Once obtained we delve into the feelings, thoughts, language actions and work of a conscious being.

LunaQueen: The Divinely Feminine Art of Homemaking and Nonviolent Institutional Development

Home is the institution in which we as homo-sapiens are anchored to the earth. This book delves into the institution of home and brings it to life in your consciousness. It provides you with insight, definition and purpose for establishing your home. It clearly delineates why a house is not a home. This book goes even further to introduce you to a process of nonviolent institutional development. In a nuclear age violence can not be allowed. It is through the development of nonviolent institutions that we will find a means for bringing peace on earth that is true and lasting.

“It’s either nonviolence or nonexistence.”

—Dr. Martin Luther King, Jr.

**All of these books are or will be available at <http://lulu.com>,
or you can write the author or publisher.**

