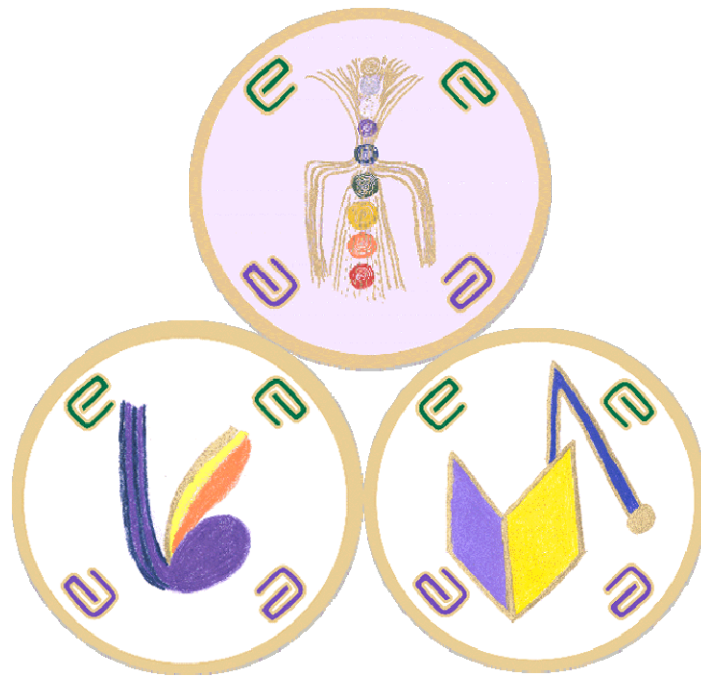


One-Minute Energy Tune-Up

Krystalya Marie'

***Power Symbols
for a
Healthy Immune System ©***

One-Minute Energy Tune-up



Power Symbols for a Healthy Immune System

~~ Krystalya Marie'

Power Symbols for a Healthy Immune System

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Power Symbols for a Healthy Immune System

Our number one defense system against anything entering our body that is foreign to us is our immune system. There are many ways to build your immune system to keep it strong and healthy so that it is able to fight the foreign things that enter it as we go throughout our busy days. The following is a set of symbols that I recommend that you use everyday to keep your immune system strong and healthy.

Introduction

I typically fly more than 50,000 air miles per year. In addition I attend a lot of public functions. It is important to me to be able to maintain peak performing energy when I travel and it is especially important that I am able to remain healthy.

The worst part of travel was that I always seemed to pick up a cold or other virus. Although I focused positive thoughts on being totally and completely healthy, it was still a struggle, even though the effects were less than before I corrected my thinking and focus.

As I began to receive the various healing symbols I decided to ask for symbols to be used for the purposes of keeping me healthy all of the time. The set of symbols in this package include several of the symbols that I use on a daily basis to keep me healthy. In addition when my friend Misa Hopkins was shown the Biochemical Virus spirit told her that our DNA would not recognize the virus. At that point my guides guided me to the DNA re-patterning symbol to help our DNA recognize and work to fight the virus.

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This report explains when and how to use the various symbols so that you stay healthy at all times and so that your immune system is able to fight off viruses and bacterial infections. It also includes information for identifying your non-supportive beliefs that may be causing specific health problems. Some examples of these beliefs might be 1) I get a cold every winter, 2) I always get sick during the holidays, 3) When I travel I always pick up a bug, 4) I know I'm going to get the flu, because everyone I'm around has it.

Although the symbols and affirmations work on their own, by using the 'Straight Path to Core Beliefs process and the Belief Transformation process included in this report you will achieve more permanent change in any area of you life that you work on.

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Using Symbols to Invoke Healing

The symbols are energy medicine and when they are in your energy field they invoke healing. There are several recommended ways to use them, and many others way that people find them useful. I recommend that you try the ideas suggested below and any other method that you are intuitively drawn to do.

1. Look at the symbol long enough to connect to the image and have a clear idea of what the image looks like.
2. Place the symbol in your non-dominant hand with the image of the symbol facing your palm (or place the palm of your hand on the symbol), close your eyes, and take a deep breath. If possible, visualize the symbol as you do so. Continue to hold the symbol until you sense that you are “complete.”
3. Visualize the symbol until you feel complete.
4. Place the symbol with the image against your skin anywhere on your body that feels appropriate. Some people put the symbols on top of their head under a hat, or tape them to their body.
5. Carry the symbols in your pocket.
6. Place the symbols under your pillow or inside of your pillow case, while you sleep.
7. Energize your water with the images by taping the symbol on your water bottle with the image facing inward toward the water.

Power Symbols for a Healthy Immune System

Using Affirmations with the Symbols

To create a quicker more lasting effect repeat several affirmations that relate to the effect you desire to achieve with the symbol (see suggested affirmations included with each symbol). Be sure to reword the affirmations into your own words, making sure that they are strong positive statements.

You will notice that the list of affirmations start at I desire and build from there. This is done because it is almost impossible for your subconscious to shift to the end result immediately. By using statements like:

1) I desire to love myself totally and completely; 2) I deserve to love myself totally and completely; 3) I am able to love myself totally and completely; before going to the final affirmation of I love myself totally and completely, your subconscious is guided down a path of small steps making it far more likely to believe the final affirmation.

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Chakra Opening & Balancing Symbol©

For a general energy tune-up, use the Chakra Opening and Balancing symbol provided below as follows:

Our bodies have seven main energy centers each of which represent a different aspect of our emotional and physical health as well as how we relate to the world. For example the throat energy center represents our ability to speak up. If a person has a fear about speaking up for themselves or speaking in front of a group of people they would shut that energy center down.



The chakra opening and balancing symbol automatically reopens all of the seven main energy centers as well as the minor centers. To put this in lay terms I like to use the analogy that if you attempted to run your car with only 4 of the 6 sparks plugs the car would not run very well, yet most of us go through life with one or more of our energy centers shut-down.

By regularly using this symbol to keep your energy centers opened and balanced you may find that things that were difficult to do or that you had a fear about become easier. These changes may be very subtle or very dramatic since the experience is different for each person. I recommend that you use the Chakra Opening and Balancing symbol before using any other symbol so that your energy system is opened and balanced. Having your energy system opened and balanced helps to facilitate the healing process and the process of absorbing other symbol energy.

Power Symbols for a Healthy Immune System

Suggested Affirmations:

1. I desire to remove all blocks from my energy field.
2. I deserve to remove all blocks from my energy field.
3. I am able to remove all blocks from my energy field.
4. I easily remove all blocks from my energy field.
5. All blocks from my energy field have been removed.
6. (Your Name) your energy field is clear
7. (Your Name) my energy field is clear
8. I desire to open and balance my energy field.
9. I deserve to open and balance my energy field.
10. I am able to easily open and balance my energy field.
11. I love having my energy field open and balanced.
12. I love how great I feel when my energy field is opened and balanced.
13. (Your Name) I love having my energy field opened and balanced.
14. (Your Name) you love having your energy field opened and balanced.
15. I desire to have my energy field protected from negative energy.
16. I deserve to have my energy field protected from negative energy.
17. My energy field is protected from negative energy.
18. (Your Name) my energy field is protected from negative energy.
19. (Your Name) your energy field is protected from negative energy.
20. I desire to have my energy field open to positive loving energy.
21. I deserve to have my energy field open to positive loving energy.
22. My energy field is open to positive loving energy.
23. (Your Name) my energy field is open to positive loving energy.
24. (Your Name) your energy field is open to positive loving energy.

Power Symbols for a Healthy Immune System

Love & Trust Symbol©

The 'Love & Trust Symbol©' is very special to me since it was the first symbol that was given to me. I find it comforting whenever I begin to have any doubts about what I am supposed to do next or the information that I am receiving from a higher source or God.



happening.

From the beginning, this symbol has represented my need to trust that the symbols given to me are a gift from God or Universal Intelligence. Also, because I began having various ailments in my body to test the work, it was important for me to remind myself that God loves me and that I could trust the process that was

I suggest that whenever you are having doubts about life in any way, this symbol will help you to overcome those doubts. It is even more effective when you first open your chakras by using the Chakra Opening & Balancing Symbol. Then just sit quietly for a few minutes with this symbol in your non-dominant hand until the doubts dissipate.

One example of the effectiveness of this symbol was when a friend called me and asked for help when a family member's young son darted beneath the wheel of the car she was driving, and died. I began a process, from a distance, of soul recovery for each person that had been involved to help him or her through the horrible experience.

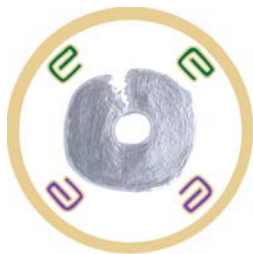
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I was then guided to give the parents a copy of this symbol. Since time was of the essence and I didn't have a way to get it to them quickly, I had my friend's husband, who is an artist, draw the image and give it to the parents.

I was told that they found that the symbol had helped them a great deal to get through this experience. A year and a half later, the parents gave birth to another child.

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Straight Path to Core Beliefs©



The 'Straight Path to Core Beliefs'© symbol is utilized for two purposes:

- ♥ To identify core beliefs that are not supporting you in the best possible way
- ♥ To remove those non-supportive beliefs from your current belief system.

For example, if you always get the flu or a cold when you are in crowded public places, or around children that are sick, or after being chilled from being in a cold rain, you may have one or more of the following beliefs:

- ♥ | always get sick when doing holiday shopping.
- ♥ | hate holiday shopping – | always get sick.
- ♥ | hate being in large crowds.
- ♥ | am always getting sick when | am around sick children.
- ♥ Whenever | get caught in a cold rain, | end up getting sick.
- ♥ | always pick up a bug when |'m in a crowd.
- ♥ The air on an airplane is so dirty, | always get sick after flying

Identifying Your Core Beliefs

Before beginning to use this symbol, make sure you have a minimum of a half an hour of quiet time in which you will not be interrupted. Once you are prepared, shut off the telephone and sit quietly with a pad of paper and a pen.

1. To utilize this symbol, it is important that you quiet your mind and have your chakras open by utilizing the Chakra Opening and Balancing symbol.

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2. While holding the Straight Path to Core Beliefs symbol in your non-dominant hand, say to yourself:
 - a. “(God, Higher Self, Great Spirit, or Guides – use the word most appropriate to your belief system) thank you for providing me with the guidance and insights necessary to identify those beliefs that are not supporting me (in the area you are working on) in the highest possible way so that I may begin this healing process for my highest good and the highest good of everyone involved.”
3. Write down each non-supportive belief as you identify it. It is important that you stop and write each one down so that you don't forget any of them.
 - a. If you identify a positive supportive belief during this time, it is important that you write it down as well.
4. Once you have completely identified all of the non-supportive beliefs surrounding the specific issue you are working on, say to yourself: “Thank you (God, Higher Self, Great Spirit, or Guides) for guiding me in this process.”
5. Go to the “Transforming Your Beliefs” section to understand how to create new positive beliefs and transform your non-supportive beliefs into positive ones.

Once you have identified the new beliefs that you will be affirming, you will utilize this symbol to remove the non-supportive belief(s) before transforming your beliefs into the new more positive beliefs.

Note: This removal process must not be done until you are ready to install new beliefs.

You may need an hour or more to fully explore and identify what you want your new beliefs to be. I recommend that you take some time to list them out and review them, making sure that you are transforming your beliefs to create your highest potential.

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Frequently, I sit with new beliefs for one or two days before I replace my old beliefs with the new transforming beliefs.

If you do not have time to complete all of the processes of identifying new beliefs, removing the non-supportive beliefs, and transforming the beliefs, this is a good point in which to take a break or start identifying your new beliefs. Be sure to come back to this within the next one to two days at the most.

Removing Non-Supportive Beliefs

This process must never be done until you are ready to install new beliefs with the belief transformation process. This process removes your current beliefs; therefore, it is important to replace what you remove with new beliefs.

Once you are prepared to begin removing your old beliefs and replacing them with new ones, shut off the telephone and sit quietly with your list of non-supportive beliefs and your list of new beliefs. Again, make sure you have a minimum of a half an hour of quiet time when you will not be interrupted.

If you are continuing this process and have not taken a break or had any interruptions, go directly to step 2 below; otherwise, begin at step 1.

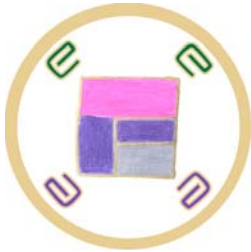
1. Use the Chakra Opening and Balancing symbol to open your chakras, as described in the section "Using Symbols to Invoke Healing."
2. Use the Straight Path to Core Beliefs symbol by holding the symbol in your non-dominant hand with the image against your skin.
3. Look at your list of non-supportive beliefs and read the first one on the list to yourself.

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4. Visualize the non-supportive belief being uprooted and leaving a gap in your belief system similar to the opening in the symbol. Surround the belief in a bubble of loving pink light and watch the bubble float away. Say to the belief as it is leaving, "Thank you for providing me with all that I have learned by having you as one of my beliefs. I am now ready to move forward with a new more positive belief."
5. See the gap within your belief system becoming larger as each non-supportive belief is being uprooted.
6. Read the next non-supportive belief on your list to yourself.
7. Repeat steps 4 through 6 until you have uprooted all of your non-supportive beliefs.
8. Go immediately to the section "Transforming Your Beliefs" in the "Belief Transformation" section and follow the defined steps for transforming your beliefs into new positive supportive beliefs.

Power Symbols for a Healthy Immune System

Belief Transformation©



Our beliefs and our thoughts affect us every moment of our lives. What we think and speak is what we create. If we believe we are always healthy, we are always healthy. We must be vigilant with our thoughts and be sure to allow only positive thoughts into our consciousness.

It is equally important to understand that all positive statements must always have only positive words. It is said that our sub-conscious mind recognizes only the positive words and that it does not recognize negative words such as not, none, un, non, etc. So when a person says, “I am never sick,” the subconscious hears “I am sick.” Therefore, “I am Healthy” is what you want to be thinking and saying. I found this concept a real challenge when I first heard it. Yet, I know from personal experience that it works.

I am continuously vigilant at looking at my own wording, yet about a year ago I was surrounded by many people with colds and the flu. Several of them refused to hug me because they didn't want to cause me to get sick. I bravely said, “Oh don't worry, I never get sick.” Three days later, I was in bed with a cold and the flu. In reflecting back, I realized what I had kept saying as each person came near me. I told them they could come closer, that they deserved a hug, and that “I never get sick.” In so doing, my subconscious heard “I get sick.”

The next time I came in contact with a group of sick people, I remembered to say, “Don't worry, you deserve a hug, I always stay healthy,” and so I stayed healthy.

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As this work has come to me I have had many spontaneous healings of my own in addition to witnessing the spontaneous healing of others with the use of this work. Yet I can tell you that positive thinking, positive beliefs, and a knowing that is as strong as the knowing you have that your body will keep breathing and your heart will keep beating without having to think about it, are the primary catalyst for these spontaneous results.

While meditating in 1998, I was guided to share with the world that we need to change our statements that “God loves us unconditionally” and that “We should love each other unconditionally.” The concept of unconditional love from a conscious viewpoint seems to be exactly what we want, yet the subconscious hears those statements as “God loves us conditionally,” and that “We should love each other conditionally.”

Have you ever wondered why it is that if “God loves us unconditionally,” we believe that God decides who will go to heaven and who will go to hell? That sounds pretty conditional to me. The reason we don’t question it is because our subconscious minds hear, “God loves us conditionally.”

For years, I had used a positive affirmation of “I love myself unconditionally.” Yet I found myself judging everything I did. I frequently called myself stupid when I made an error and beat myself up for all of my perceived imperfections. I now affirm, “I love myself totally and completely,” and although occasionally I catch myself being judgmental and critical of myself or others, I notice it much more quickly and choose instead to look at each event as a way to learn.

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Since I've become more aware of each word coming from my mouth and each thought I think, I find my life becoming more joyful, loving, gentler, and peaceful. I find more periods of bliss. In general, I find my life goes more smoothly and easily.

I know that the God within me loves me totally and completely; that God (Great Spirit, Higher Self, Universal Intelligence or Guides) sees me and everyone else as a perfect likeness of him or herself. I know that whatever we do, God will always love us totally and completely, since God is within each of us.

Formatting Your New Beliefs

Now that we understand the importance of positive affirmations, we need to look at two important concepts for transforming our beliefs.

The first is to get the new belief to become part of our total energy body. Positive affirmations are great, but for them to truly work they must become part of our conscious minds. Then, as we move through our day to day life, we take notice when we act differently than what we have affirmed. As we notice this, we become more consciously aware of our actions and we make subtle corrections each time we catch ourselves. Eventually - assuming we don't give up and say these affirmations don't work - we make a change that becomes part of our whole so that all of our actions support the positive beliefs. Making this shift toward positive supportive beliefs that become a part of us can sometimes take years.

There are two reasons why this happens. The first is that we are doing the positive affirmations at a conscious level, which affects the mind rather than our whole energy body as well as our sub-conscious mind. Most of our thoughts and actions begin at an automatic, sub-conscious level. Rarely do our thoughts or actions begin at a conscious level. So, if our sub-conscious and our energy body haven't gotten the

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message then we continue to act the same way that we always have. Furthermore, as we continue to do the same things and get the same results, we instead affirm our negative beliefs.

Secondly, when we use positive affirmation, we usually jump straight to the new belief we want to incorporate into our life rather than building up to the end result.

Let me give you an example. As a child, I was told it was wrong and selfish to love myself and that God disapproved of self love that self love meant being selfish. I was taught that I was supposed to love others and that others would give me love in return. I kept getting into abusive relationships as I got older, and the more I loved these people, the more they seemed to abuse me.

I finally sought out a professional therapist who pointed out that we are to “love others as ourselves.” He also taught me that others cannot love us if we don’t love ourselves. I learned very slowly to love myself. I did positive affirmations about loving myself and although I improved, after 25 years my body and subconscious still didn’t totally believe that I loved myself.

Looking back at where I started, I needed to first change the belief about loving myself. I believed it was wrong to love myself, so what I needed to do was build a bridge of affirming positive beliefs from where I started to where I wanted to be. The following is an example of the beliefs I would use:

1. It is God’s desire that I love myself.
2. God approves for me to love myself.
3. God approves of self love.

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4. I desire to love myself.
5. I deserve to love myself.
6. I deserve total and complete love.
7. I am able to love myself
8. I love myself.
9. I love myself totally and completely.

So, the second part of transforming a belief is to stage the belief so that you build up to the desired end results. This may seem time consuming, especially if you think that it takes a long time to change a belief, yet you will see that all of it can be done very simply and quickly.

I find that it usually only takes one session to transform my beliefs into new positive beliefs and for my actions to prove it to be so. If at anytime I find myself acting on my old beliefs or beliefs that do not support me in a positive way, I re-look at the belief and re-do the belief transformation process to create positive, supportive, new beliefs.

Note: If you have a strong belief that it takes some specific amount of time to create a new belief and make it your permanent new belief, you may want to consider transforming that belief before beginning this work. For example, many practices teach that it will take 21 days, or 63 days, or writing the new affirmation seven times per day for seventy days, etc. to change a belief. Whatever your belief is, I suggest that you change that belief in order to get the quickest and best results from this work.

For a process to change your core beliefs about the length of time it takes to change a belief, visit my website at

<http://www.EmpoweredSpirit.com>

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There you will find a downloadable PDF file that contains a list of suggested new beliefs and an explanation on how to transform those beliefs.

I also use applied kinesiology for checking my beliefs and for deciding where to start with my new beliefs. For details on how to do 'applied kinesiology' you can download a special report on Self Administered Applied Kinesiology by going to:

<http://www.OneMinuteEnergyTuneUp.com>

If you are unfamiliar with applied kinesiology (muscle checking) or are unsure whether it works, there are two great books that I suggest you read on the subject: *Your Body Doesn't Lie* by John Diamond, M.D., and *Power vs. Force* by David R. Hawkins, M.D.

If I am in doubt at all, I start at the least supportive place and build from there. It is just as important to build a strong foundation for your beliefs as it is to build a strong foundation for your home.

Think of it this way: You didn't learn to run before you learned to walk, and you didn't learn to walk before you learned to stand...

Remember that your non-supportive beliefs are deeply rooted and have a strong foundation. You must uproot those beliefs as well as their foundation before you can install a new one in its place. Utilize the Straight Path to Core Beliefs symbol to identify your core non-supportive beliefs and to uproot them before moving into transforming your beliefs.

Note: I cannot stress enough how important it is to get to the core belief and remove it before doing the belief transformation process with your new belief.

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If any of the old belief is still around, you will continue to repeat old patterns indefinitely until you finally identify the deepest non-supportive belief around the issue.

Make sure that you are looking at your sub-conscious belief - not just your conscious beliefs. For example: On a conscious and logical level I was sure I loved and approved of myself, yet my actions certainly indicated something totally different. I was an alcoholic and I used illegal drugs. I was a workaholic as well. I constantly beat myself up for lack of achieving one thing or another, and no matter what someone asked, no matter how impossible the task might have been, I would do everything humanly possible to achieve their request. I never took time for myself and if I slept "late"- maybe six hours instead of the usual four or five - I would berate myself and say I was lazy.

The problem was that I never removed the negative core belief that it was wrong to love myself, nor did I transform that belief into a new, positive belief at the core level. Yet on a conscious level, I knew it was right to love myself and that God would support me in loving myself. I didn't know it at the deep, real, knowing level and certainly my whole energy body didn't know it, either.

The use of applied kinesiology is the best way I know of for easily determining what your real beliefs are. It is also a great way to determine whether your body believes the new transformational belief. I typically check myself on new beliefs about 10 days and 30 days after I have done a belief transformation process. If any of them do not hold strong for me, I repeat the process of 1) identifying non-supportive core beliefs, 2) removing the old beliefs, and 3) transforming the old beliefs into new positive/supportive beliefs. I find it very rare that I need to repeat the process, though.

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Defining Your New Beliefs

After identifying your core beliefs, look at each non-supportive belief and write out one or more new beliefs that you want to install. Be sure to start at the root belief and move up to what you want the new positive belief to be.

Use applied kinesiology to determine what you currently believe and to decide where to start your new beliefs. I find, quite frequently, that I will install five to ten new positive beliefs in the place that I removed one old, non-supportive belief. Using the 'Self Love Belief' I spoke of earlier, I used the following new beliefs to replace the belief that "It is wrong to love myself."

1. It is God's desire that I love myself.
2. God desires for me to love myself.
3. God approves for me to love myself.
4. God approves of self love.
5. I desire to love myself.
6. I deserve to love myself.
7. I deserve total and complete love.
8. I deserve to love myself totally & completely.
9. I am able to love myself.
10. I love myself.
11. I love myself totally and completely.
12. [Your Name], I love you totally & completely.
13. [Your Name], you love yourself totally & completely.

It is important to put your name in the affirmation as well. This makes the affirmation more personal so that it hits home. I always do these as though I am speaking to myself and as though someone is speaking to me.

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Transforming Your Beliefs

Once you are prepared to begin using this symbol, it is best to shut off the telephone if possible and sit quietly. As before, make sure that you have a minimum of a half an hour of quiet time where you will not be interrupted.

Begin by removing the non-supportive beliefs (see the section 'Removing Your Non-Supportive Beliefs' in the section called 'Straight Path to Core Beliefs' for these steps. Once you have completed the process of removing the non-supportive beliefs, you will complete the following steps for belief transformation.

1. Look at the Belief Transformation symbol.
2. Close your eyes, place the symbol in your non-dominant hand with the image of the symbol facing your palm (or place the palm of your hand on the symbol), take a deep breath, and visualize the symbol as you do so.
3. Read your first new belief to yourself and/or out loud if desired.
4. Close your eyes and visualize yourself looking into the pupil of your left eye in a mirror.¹ See your eyes connecting with the left pupil.² Also visualize the Belief Transformation symbol. If you can't seem to actually see this, then just pretend that you can see it and set the intention that you are visualizing both.
5. Repeat the new belief several times until you feel that it is truly your new belief. You may say it silently to yourself or you may want to say the new belief aloud. By saying it aloud, you invoke your sense of hearing in the process as well. See the gap where you removed the non-supportive belief being filled.
6. Open your eyes and repeat steps 4 and 5 with each of the remaining statements until you have transformed all of your beliefs into new more positive ones. Once

¹ If you do not know what it looks or feels like to look with both eyes into the pupil of your left eye in a mirror, you may want to try it once before proceeding.

² The reason for using the left eye is that the left eye interprets things linearly while the right eye interprets things holographically.

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you have completed all of the statements, visualize the gap where you removed the non-supportive beliefs becoming completely filled with positive supportive beliefs.

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Releasing Fears Symbol©

The 'Releasing Fears Symbol©' will help you to overcome any fear quickly and easily. It is important to discover any fears you may have around an issue. It is said that fear and love are the only things that exist. Fear can be eradicated with Love. Knowing that God is always within each of us and is always there to love & support us through anything we do, will allow you to release any fears and move into Love.

It is primarily our fears and our beliefs that keep us from moving forward. If we look closely at the beliefs we have most of them are based on a deeper fear. Fear can be



so overwhelming at times that it will immobilize us, hence becoming frozen in fear. Yet fear, although it may seem logical and real, is nothing more than False Evidence Appearing Real.

When I was in my early 20's I discovered I had such a fear of being hit by lightening that I couldn't drive my car during a storm. One day while driving home from work a bolt of lightning came down some distance away although visible to me. I jumped in panic and swerved my car into another lane of traffic. Fortunately for me and those around me I didn't hit anyone. When you consider that the chance of being hit by lightning is so slim and even less likely while you are driving a car it became obvious to me that this was a fear that was controlling me. Using self hypnosis I released the fear and now I actually enjoy watching lightening storms and can easily drive my car during a storm without risking my life or the lives of others on the road.

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It is easy to see though how some fears can create real problems for yourself and others, and if released can help you to live a happier and less stressful life.

Identifying Your Fears

Once you are prepared to begin using this symbol sit quietly making sure you have approximately ½ hour of quiet time where you will not be interrupted. Have a pad of paper and a pen available, shut off the telephone.

To utilize this symbol it is important that you quiet your mind and have your chakras open and that you go into a meditative state. To open your chakras use the Chakra Opening & Balancing Symbol© provided in an earlier chapter. Once you have gotten into a Meditative State you will move into the process of identifying your fears as follows:

1. Look at the Symbol.
2. Close your eyes, place the symbol in your non-dominant hand with the image of the symbol facing your palm (or place the palm of your hand on the symbol), take a deep breath, and visualize the symbol as you do so.
3. Say to yourself, 'I easily identify all of my fears related to (issue you are dealing with) for my further development and growth.'
4. Write down what you fear.
5. Ask yourself "What would happen if (the fear) occurred?"
6. You will get one or more answers as shown in the example below, write all of them down.
7. Continue to ask the same question about each of the answers and each of the answers to those questions, continuing to write down each answer, until you eventually find that the real fear is death or something as serious as death.

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Example 1: You have a fear of flying and you asked the question:

“What would happen if I go for a plane ride?” You might get several answers such as:

1. It will crash.
2. It will be hijacked.
3. I will get motion sickness.

Then if you ask what will happen if the plane crashes you might say:

1. I will die.
2. I will be crippled for life.

If you then ask what happens if you are crippled for life. You would probably say that

1. You would die.
2. You would want to die.

Go back then and ask; What will happen if the plane is hijacked? Drill down to the end on that possibility and then do the same thing for the possibility of getting motion sickness.

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Example 2: You have a fear getting the flu or a cold and you asked the question:

“What would happen if I get the flu or get a cold?” You might get several answers such as:

1. I'll miss work.
2. I won't be able to take care of my family.
3. I could get pneumonia; my lungs are weak from having it before.

Then if you ask what will happen if I miss work you might say:

1. I won't have enough money to pay my bills.
2. I'll lose my job; it's easy for them to replace me with someone healthy.

If you then ask what happens if I don't have enough money to pay my bills. You might say that

1. I'll lose my car.
2. I'll lose my house.
3. The bill collectors won't leave me alone.
4. I'll have to file bankruptcy.
5. I'll become homeless.
6. I'll be looked at as a failure.
7. I'll want to die.

Go back then and ask; What will happen if I'm not able to take care of my family? Drill down to the end on that possibility and then do the same thing for the possibility of I could get pneumonia, my lungs are weak from having it before.

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When you have completed the process you will have boiled the list of fears down to the true core fears that you have. When you begin the releasing fears process you will want to release all of the various fears you identified starting at the beginning and work until you have released the real core fear.

Fears keep us from moving forward and achieving our dreams. What we fear, because we put our attention on the fear, is what we create in our lives. It is important to release the fear and see ourselves easily moving beyond each and every fear.

It is first very important to understand the depth and breadth of your fear. If you are dealing with an illness look to see what the emotional component is and ask yourself whether you have any fears around that emotional component. Also, if you are dealing with a hereditary illness ask yourself if you have fears of getting the same thing as your other family member had.

Ask yourself if you have any fears about not fitting in if you don't get the disease or illness. For many of us we decide at a young age that we want to be like a parent to the point that we create every ache and pain the parent had to imitate the parent. Our fear is that we won't be as good as they are, as successful as they are, as compassionate as they are, etc.

Between the ages of 40-50 I continually had a rash on the front of my legs between my knees and ankles. The rash itched so badly that I couldn't stop scratching it. Frequently I scratched it until it bleed. I tried everything to get rid of the rash. One

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doctor told me that I was allergic to fabric softener sheets, another doctor told me I was allergic to my laundry detergent, another said I was allergic to my shaving cream.

Each time I eliminated one of these things the rash would clear up for a brief period of time. Yet I had not cleared up the emotional issue so the rash would eventually return.

I looked at the probable cause from Louise Hay's book *Heal Your Body* and still couldn't resolve the problem until I realized that the 'Babyish Way of Getting Attention' was my attempt to be like my mother. Yes, my mother had the same rash on her legs in exactly the same area on her legs for as long as I could remember. Once I looked at the fear of not being like my mother and addressed the probable cause of wanting to get attention, I then released my fear of not being like my mother and the fear that I was getting any attention and transformed my beliefs into new beliefs and the rash disappeared shortly afterward and has not returned since.

How to Release Fears

Once you have identified the fear along with all of the underlying fears it is time to release them. In addition you will also want to look at your beliefs and Install New Beliefs once you release the fear as described below. See the sections on *Straight Path to Core Beliefs* and *Belief Transformation* to heal the complete issue, by *Removing Old Beliefs* and *Installing New Beliefs* in their place.

If you are continuing this process and have not taken a break you can go directly to step 1 below, otherwise you will want to do the following first.

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To do this process it is important that you quiet your mind and have your chakras open, by using the Chakra Opening and Balancing Symbol© as described in the previous chapter about opening your chakras, and that you go into a meditative state.

Once you have gotten into a Meditative State you will move into the process of releasing fears as follows:

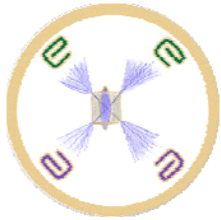
1. Look at the Symbol.
2. Close your eyes, place the symbol in your non-dominant hand with the image of the symbol facing your palm (or place the palm of your hand on the symbol), take a deep breath, and visualize the symbol as you do so.
3. Visualize yourself placing one of the fears that you have identified into the center of the heart portion of the symbol.
4. Say to yourself, 'I release and remove all fears related to (issue you are dealing with) for my further development and growth.
5. Visualize the fear leaving the heart through the jagged lines in the upper left part of the heart.
6. As it leaves the jagged lines in the upper left see the fear being surrounded by a bubble of love energy and thank it for being an important part of your life.
7. See the fear floating away. Tell it that you are glad that it was there when you needed it and that it has fulfilled its' purpose in your life.
8. Visualize the fear being broken into little particles, seeing it gradually disintegrate into thin air.
9. Tell it that you are ready to move forward in love and light and that you are letting it go forever.
10. See yourself doing whatever it was that you feared. See yourself having fun and being safe while doing whatever it was that you feared.

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- a. If your fear is a fear of death, see yourself dying and being held in God's arms and see that your death is only physical and that you still live on. Tell yourself that when it is time to leave your physical body that you now know that you live on eternally. Then tell yourself that you choose physical life at this time.
 - b. If you fear an illness see yourself healthy and disease free. See the illness being broken into particles and released into the universe. Know that you are worthy of being totally and completely healthy and see yourself totally and completely healthy.
11. Continue to release each fear along with the underlying fears until they have all been destroyed and released, by repeating steps 3-10.
 12. Thank yourself for having the courage to move forward and to release these fears.
 13. Thank God/Spirit for the guidance and insights you received during the process.
 14. See yourself totally free of all fears and moving forward with courage, faith and trust.
 15. Tell yourself that you choose to live your life free of fear.

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Thymus Symbol©



The Thymus Gland is important because of its relationship to our desire to stay healthy and our will to live.

When a person's Thymus Gland is shutdown they will be weak when making any of the following statements. You can check the strength of these statements with self administered applied kinesiology:

- ♥ I desire to live a long life
- ♥ I desire to be healthy
- ♥ I am totally and completely healthy
- ♥ My body is totally and completely healthy
- ♥ Life is worth living
- ♥ I love my life

For details on how to do 'applied kinesiology' you can download a special report on Self Administered Applied Kinesiology by going to: <http://www.OneMinuteEnergyTuneUp.com>

I am not speaking here about a conscious belief that you have a strong will to live or not, what I am speaking of is your subconscious belief, which is governed by your mind chatter and thoughts.

Using the Thymus Symbol provided will make your will to live and be healthy stronger, keeping your entire body much healthier.

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Suggested Affirmations

1. I desire to live a long and healthy life.
2. I deserve to live a long and healthy life.
3. I am able to live a long and healthy life.
4. I am living a long & healthy life.
5. I love living a long & healthy life.
6. (Your Name) you are living a long & healthy life.
7. (Your Name) I am living a long & healthy life.
8. I am happy to be alive.
9. My life is filled with joy and happiness.
10. I am healthy.
11. I am totally and completely healthy.
12. I love being totally and completely healthy.
13. (Your Name) you are totally and completely healthy.
14. (Your Name) I am totally and completely healthy
15. Life is worth living.
16. (Your Name) my life is worth living.
17. (Your Name) your life is worth living.
18. Life is wonderful.
19. My life is wonderful.
20. (Your Name) your life is wonderful.
21. (Your Name) my life is wonderful.
22. My life is filled with love.
23. (Your Name) your life is filled with love.
24. (Your Name) my life is filled with love.
25. My life is filled with joy.
26. (Your Name) your life is filled with joy.
27. (Your Name) my life is filled with joy.
28. I love life.

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29. I love my life.
30. (Your Name) I love life.
31. (Your Name) you love life.
32. (Your Name) I love my life.
33. (Your Name) you love your life.

Power Symbols for a Healthy Immune System

DNA Repatterning Symbol©



DNA Repatterning helps the body to work with and fight against anything foreign that enters the body such as biochemical viruses and bacteria. Since a biochemical virus is entirely foreign to our body the current pattern of our DNA is unable to recognize these viruses and does not know how to begin fighting it. The repatterning works with and supports the immune system by helping to teach the body to adjust and fight against the energy of the foreign virus or bacteria.

Suggested Affirmations

1. I desire to repattern my DNA to support my immune system to fight against biochemical viruses.
2. I deserve to repattern my DNA to support my immune system to fight against biochemical viruses.
3. My body easily repatterns my DNA to support my immune system to fight against biochemical viruses.
4. I love how easily my DNA is repatterned to support my immune system to fight against biochemical viruses.
5. My DNA easily repatterned to support my immune system to fight against biochemical viruses.
6. My DNA is repatterned to support my immune system to fight against biochemical viruses.
7. (Your Name) my DNA is repatterned to support my immune system to fight against biochemical viruses.
8. (Your Name) your DNA is repatterned to support your immune system to fight against biochemical viruses.
9. My body easily recognizes and fights off foreign viruses and bacteria.

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10. (Your Name) my body easily recognizes and fights off foreign viruses and bacteria.
11. (Your Name) your body easily recognizes and fights off foreign viruses and bacteria.
12. My body easily recognizes and fights off biochemical viruses.
13. (Your Name) my body easily recognizes and fights off biochemical viruses.
14. (Your Name) your body easily recognizes and fights off biochemical viruses.
15. I love how easily my immune system recognizes and fights off biochemical viruses.
16. (Your Name) I love how easily my immune system recognizes and fights off biochemical viruses.
17. (Your Name) you love how easily your immune system recognizes and fights off biochemical viruses.
18. My body easily recognizes and fights off genetically engineered viruses.
19. (Your Name) my body easily recognizes and fights off genetically engineered viruses.
20. (Your Name) your body easily recognizes and fights off genetically engineered viruses.
21. I love how easily my immune system recognizes and fights off genetically engineered viruses.
22. (Your Name) I love how easily my immune system recognizes and fights off genetically engineered viruses.
23. (Your Name) you love how easily your immune system recognizes and fights off genetically engineered viruses.
24. My body easily recognizes and fights off manmade viruses.
25. (Your Name) my body easily recognizes and fights off manmade viruses.
26. (Your Name) your body easily recognizes and fights off manmade viruses.
27. I love how easily my immune system recognizes and fights off manmade viruses.
28. (Your Name) I love how easily my immune system recognizes and fights off manmade viruses.

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29. (Your Name) you love how easily your immune system recognizes and fights off manmade viruses.

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Immune System Booster Symbol©



Since the Immune System is our number one defense against anything foreign that enters the body, it is extremely important to keep your immune system, alert, and strong so that it can easily begin the fight immediately when anything foreign enters your body.

There are many things we need to do to keep our immune system strong and healthy. They include but are not limited to eating healthy, getting plenty of rest and can include taking supplements to build our immune system. Even with all of this our immune system without additional assistance will most likely be unable to fight against a biochemical virus.

This symbol can be used in several ways as listed below:

1. Hold the symbol in your non-dominant hand with the image against your skin and repeat the suggested affirmations below
2. Place the symbol onto your water bottle and each time you drink the water your immune system will be getting an additional boost.
3. To enhance the effects for boosting your immune system place the intention that your immune system is stronger and stronger every day.

You can also hold the container of water and speak the following affirmations directly into the water. See Dr. Emoto's work on how water is affected by thoughts and words. With our body being 70-80% water the energy of the water we drink has a huge impact on it. To visit Dr. Emoto's site you can go to: <http://www.hado.net/>

Power Symbols for a Healthy Immune System

Suggested Affirmations

1. I desire to have a strong immune system.
2. I deserve to have a strong immune system.
3. My immune system is strong.
4. I love and enjoy having a strong immune system.
5. (Your Name) I enjoy having a strong immune system.
6. (Your Name) you enjoy having a strong immune system.
7. (Your Name) my immune system is strong.
8. (Your Name) your immune system is strong.
9. I desire to have a healthy immune system.
10. I deserve to have a healthy immune system.
11. My immune system is healthy.
12. I love and enjoy having a healthy immune system.
13. (Your Name) I enjoy having a healthy immune system.
14. (Your Name) you enjoy having a healthy immune system.
15. (Your Name) my immune system is healthy.
16. (Your Name) your immune system is healthy.
17. I desire to have an immune system that easily fights any potentially harmful virus that enters my body.
18. I deserve to have an immune system that easily fights any potentially harmful virus that enters my body.
19. My immune system easily fights any potentially harmful viruses that enter my body.
20. I love how easily my immune system fights any potentially harmful viruses that enter my body.
21. (Your Name) I enjoy having an immune system that easily fights any potentially harmful viruses that enter my body
22. (Your Name) you enjoy having an immune system that easily fights any potentially harmful viruses that enter your body.

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23. (Your Name) my immune system easily fights any potentially harmful viruses that enter my body.
24. (Your Name) your immune system easily fights any potentially harmful viruses that enter your body.
25. I desire to have an immune system that easily fights any potentially harmful bacteria that enters my body.
26. I deserve to have an immune system that easily fights any potentially harmful bacteria that enters my body.
27. My immune system easily fights any potentially harmful bacteria that enter my body.
28. I love how easily my immune system fights any potentially harmful bacteria that enter my body.
29. (Your Name) I enjoy having an immune system that easily fights any potentially harmful bacteria that enter my body.
30. (Your Name) you enjoy having an immune system that easily fights any potentially harmful bacteria that enter your body.
31. (Your Name) my immune system easily fights any potentially harmful bacteria that enter my body.
32. (Your Name) your immune system easily fights any potentially harmful bacteria that enter your body.
33. I desire to have an immune system that easily fights anything potentially harmful which enters my body.
34. I deserve to have an immune system that easily fights anything potentially harmful which enters my body.
35. My immune system easily fights anything potentially harmful which enters my body.
36. I love how easily my immune system fights anything potentially harmful that enter my body.
37. (Your Name) I enjoy having an immune system that easily fights anything potentially harmful which enters my body.

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38. (Your Name) you enjoy having an immune system that easily fights anything potentially harmful which enters your body.
39. (Your Name) my immune system easily fights anything potentially harmful which enters my body.
40. (Your Name) your immune system easily fights anything potentially harmful which enters your body.
41. I desire to be totally & completely healthy.
42. I deserve to be totally & completely healthy.
43. I am totally & completely healthy.
44. I love being totally and completely healthy.
45. I enjoy being totally and completely healthy.
46. (Your Name) you are totally & completely healthy.
47. (Your Name) I am totally and completely healthy.
48. (Your Name) your body is totally and completely healthy.
49. (Your Name) my body is totally and completely healthy.
50. (Your Name) I love that my body is totally and completely healthy.

Power Symbols for a Healthy Immune System

Water Purification Symbol©



The 'Water Purification Symbol©' is used for the purpose of purifying your drinking water or any water that may enter into your body. I recommend that you use this symbol in all of the following ways:

1. Place this image on any container, with the image facing inward toward the water. Although the symbol will begin working immediately, I recommend that you wait about 20 minutes before drinking the water. I use the symbol on a gallon container and fill my glasses from that container.
2. Place the symbol (image against the metal) on the pipe in your shower or tub spout and set the intention that all water coming through that pipe is purified instantly. This will help in making sure that if you get some water into your mouth, nose or ears while showering or bathing that it has been purified. Also, note that our skin absorbs the water into our system so having the water purified gives you one more way to keep the toxins, which may be found in water, out of your system.
3. Open and balance your chakras, then place the symbol in your non-dominant hand or anywhere on your body to purify the water that is already in your body. Remember our body is 70% - 80% water.
4. Wash your fruits, vegetables and other foods with purified water. I also recommend cooking with purified water.
5. Place the symbol on bags of lettuce or other fresh fruits and vegetables that may have been washed or sprayed with municipal water, placing the intention that the water is purified and that the fruit or vegetable is purified from any toxins that may have been in the water sprayed on it.

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Suggested Affirmations:

1. I desire to drink pure water.
2. I deserve to drink pure water.
3. My body deserves pure drinking water.
4. My drinking water is pure and clean.
5. My body easily purifies the water that enters it.
6. I love how my body purifies the water that enters it.
7. (Your Name) I love how my body purifies the water that enters it.
8. (Your Name) you love how your body purifies the water that enters it.

Following is a list of sources that includes information about your body's need for water, how our thoughts affect water, products for your water and information about water that you may find helpful.

Your Bodies Many Cries for Water by F. Batmanghelidj, M.D.

<http://www.watercure.com/default2.htm>

Dr. Masaru Emoto ~ study on the effects on water of our thoughts and words. <http://www.hado.net/>

Messages for your water ~ products for sending messages to your water.

<http://www.messagesforyourwater.com/>

Aquaessence Resource ~ Devoted to assisting the convergence of scientific, educational and spiritual communities through the recognition of the true nature of water.

<http://www.aquaessenceresource.org>

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I feel compelled to reiterate, this work is experimental in nature and is not meant to be used for the purposes of diagnosis or as a cure/healing, nor as an alternative to seeking medical attention. Stay healthy and happy, by using this product in conjunction with your medical doctors' advice.

Sending you an abundance of...

Love, Light & Laughter,

Krystalya Marie'

For further information you may contact Krystalya as follows:

Email: Krystalya@EmpoweredSpirit.com

Website: <http://www.OneMinuteEnergyTuneUp.com>

Phone Numbers: 1-877-Symbols (877)796-2658

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