

the images could liberate my mind and body to be free, just like the wind and the water wherein rhythm and harmony are likewise found. Nature moves rhythmically to and fro from a core point, and the same thing happens to our bodies. All cells and muscles behave like a pendulum moving back and forth between the two extremes of positive and negative, emerging from the core point in the body.

In my experience with MS, the pendulum got stuck on the negative side, but the desire to push it to the positive side was still available, although sleeping. Once I learned how to exploit that sleeping desire, through images, I could make the pendulum move in the direction I wanted. I began the building of a new body that is now experiencing real quality of life. Follow the steps for the Pendulums Image so you can do it for yourself and make good things happen to you.

First, to get to know the Pendulum, do this little experiment. Tie a weight on a string, or invent some other similar device, and let it swing slowly in front of your eyes. You might even use a key chain, if it is long enough to allow for a clear swing. Let your body feel the swing back and forth. (Don't be afraid; you will not hypnotize yourself!) Stand up on the floor, imagine this swing, and experience the same movement in your body.

PENDULUMS

1. Imagine the pendulum swinging in front of you. Make it move to and fro.
2. As you are standing, experience the pendulum in various parts of your body.
3. Push the pendulums in the direction you wish.
4. Cleverly steal the power.
5. There is more than one pendulum.
6. They are all integrated around the central body,