

"THE COMPLETE DICTIONARY OF AILMENTS AND DISEASES"

EXTRACT

I can use the information contained in this book to effect changes at the level of my emotions. By doing the following exercise, I can activate my emotional memory to make it possible, from my head to my heart ©, for some part of my emotions to be healed in love.

It is a matter of taking the text dealing with an ailment or a disease and reading it syllable by syllable, taking at least one second per syllable. For example, let us take the following disease: *Arthritis*. The following text:

ARTHRITIS (in general)

Arthritis is defined as the inflammation of a joint. It can affect each of the parts of the human locomotor system: this includes the bones, the ligaments, the tendons and the muscles. It is characterized by inflammation, muscular stiffness and pain, which correspond, on the metaphysical level, to an experience of closing off, criticism, sorrow, sadness or anger.

Then becomes:

AR-THRI-TIS (in ge-ne-ral)

Ar-thri-tis is de-fined as the in-flam-ma-tion of a joint. It can af-fect each of the parts of the hu-man lo-co-mo-tor sys-tem: this in-cludes the bones, the li-ga-ments, the ten-dons and the mus-cles. It is cha-rac-te-rized by in-flam-ma-tion, mus-cu-lar stiff-ness and pain, which cor-res-pond, on the me-ta-phy-si-cal le-vel, to an ex-pe-ri-ence of clo-sing off, cri-ti-ci-sm, sor-row, sad-ness or an-ger.

And I continue my reading until I have covered the complete textI am reading in the book. It is very important to proceed very slowly, one syllable per second at the most or even more slowly. It is not important that I be concerned about whether or not my intellect understands the words or the sentences I am pronouncing. It is possible that emotions of sorrow or sadness may manifest themselves during the exercise; it is a matter of putting love into the situation. I can take the text of a disease I currently have or of a disease I previously had, or of a disease I may fear contracting. If I experience any

emotions during the exercise, I can do it over again later in the day, or on another day, until I no longer experience any emotions and I feel comfortable with the text.

I can do this exercise, if I wish, after a meditation, after listening to relaxing music or after a guided relaxation session.