

“MEGA lift” introductory seminar

By Kathleen Smith, Music Educator, Music Therapist, and Mother of 12

If you desire to be rich, you must first be poor.

Poor = an open vessel, ready to receive.

An open mind = thinking truth, “As a man thinketh, so is he.”

An open body = open heart, open arms, “He who receiveth all things with thankfulness shall be made glorious.”

An open spirit = believing all truth, “All things are possible to him who believes.”

You are an eternal being, clothed with flesh.

- a. The body obeys the instructions of the mind.
- b. If the mind believes that which is not true, illness is the result.
- c. To change what you believe, you must change your thoughts and emotions.
- d. To change your thoughts, you must change the words you hear and speak.
- e. To change your emotions, you must find the thought that generates them.

True thoughts generate positive emotion.

Untrue thoughts generate negative emotion.

We live in a cause and effect universe.

There is no effect without a cause and no cause with effect.

- * Some untrue thoughts and negative emotions are passed down genetically.
- * Some untrue thoughts and negative emotions are the result of our own ignorance.
- * Some untrue thoughts and negative emotions are the result of trauma inflicted by others.

Believing the truth is the antidote for all negative thoughts, emotions and results.

“Know the truth and the truth shall make you free,” said Jesus.

One can change one’s self alone. No one else is within your power to change.

The two vital realities of our existence:

“As a Man thinketh, so is he.”

“Whatsoever you ask in faith, believing that you shall receive, behold, it shall be done unto you.”

Formula for success in any venture:

1. Select
2. Project
3. Expect
4. Collect

If you feel that you cannot receive whatever it is you have asked for in this manner, then:

- a. Ask whether or not the emotion you feel is positive.
- b. If the emotion is painful, ask where it has come from.
- c. Remember: “He that asketh in the Spirit, receiveth in the Spirit.
- d. Discover what you believe that causes you to think and feel the pain.

1. Replace and repair the old thought and emotion with a positive affirmation:

I am God’s child and He loves me.
I am worthy of affection.
I am smart.
I am capable.
I am at peace with myself and with God.
I am safe now.
I am loved.
I am needed.
Life is good.
I have all that I need.
My life is abundant and full of joy.
The Lord is my shepherd, I shall not want.

2. Match oils to affirmations based on how each one feels and smells.

3. Trust your feelings. Choose freely and joyfully the oils that you are drawn to.

4. Place oils, or just breathe the fragrance. Touch your heart and feel gratitude or compassion.

5. Speak affirmations slowly, carefully and repeatedly. Feel the truth and beauty of the words.

6. Match music. Speak affirmations at the same time as the music and the oils.

7. Choose music that lifts the soul. Avoid dark, rock, or back-beat music. Use the Spirit to guide.

Two channels on Youtube that have vibrational healing frequencies with music:

Zen Life Relax

Power Thoughts Meditation Club

Remember:

The music (at the lower frequencies) and the Oils (at the higher frequencies) will help to balance the body, mind and spirit into one harmonious unit.

Blocks to your energy will always surface. **All is Vibration.**

You may feel it welling up in you.

Allow, trust, weep if necessary.

Make new agreements with yourself.

From now on I will only believe...

I choose to believe the truth about...

Things to do from now on:

1. Sing, move, and vibrate your body every day.
2. Exercise, speak freely, sing whenever you can, bounce, jump, run, and move at every opportunity and in every possible direction, i.e. up/down, in/out, back/forth, opened/closed.
3. Nourish your mind, body and spirit
 - D&C 59: 17-19 FEEL your gratitude.
 - Use oils. Breathe Deeply
 - Enjoy sunlight. Smile as an exercise.
 - Eat the best you know how. Take time for self-care. Love yourself.
4. Listen daily to uplifting media:
 - General Conference Talks
 - Live Firesides
 - Youtube channels:
 - You Universe
 - Leaders Basement
 - You are Creators
 - You are Creators2
 - Speakers on Youtube:
 - Les Brown Greg Braden
 - Louise Hay Jim Rohn
 - Wayne Dyer
 - Zig Zigler
 - Tony Robbins

When any of your ancestors has a traumatic experience, it can change the DNA of his descendants to reflect the trauma and create a natural tendency and automatic response, similar to that of the one who first experienced it.

Temple work helps us to discover and heal that which is broken within our genetic line.

Scriptures to find, read, learn, and believe:

D&C 84: 33-34

33 For whoso is faithful unto the obtaining these two priesthoods of which I have spoken, and the magnifying their calling, are sanctified by the Spirit unto the renewing of their bodies.

34 They become the sons of Moses and of Aaron and the seed of Abraham, and the church and kingdom, and the elect of God.

D&C 84: 64-72

64 Therefore, as I said unto mine apostles I say unto you again, that every soul who believeth on your words, and is baptized by water for the remission of sins, shall receive the Holy Ghost.

65 And these signs shall follow them that believe—

66 In my name they shall do many wonderful works;

67 In my name they shall cast out devils;

68 In my name they shall heal the sick;

69 In my name they shall open the eyes of the blind, and unstop the ears of the deaf;

70 And the tongue of the dumb shall speak;

71 And if any man shall administer poison unto them it shall not hurt them;

72 And the poison of a serpent shall not have power to harm them.

D&C 76: 7, 10

7 And to them will I reveal all mysteries, yea, all the hidden mysteries of my kingdom from days of old, and for ages to come, will I make known unto them the good pleasure of my will concerning all things pertaining to my kingdom.

10 For by my Spirit will I enlighten them, and by my power will I make known unto them the secrets of my will—yea, even those things which eye has not seen, nor ear heard, nor yet entered into the heart of man.

D&C 42: 48-51, 61,

48 And again, it shall come to pass that he that hath faith in me to be healed, and is not appointed unto death, shall be healed.

49 He who hath faith to see shall see.

50 He who hath faith to hear shall hear.

51 The lame who hath faith to leap shall leap.

61 If thou shalt ask, thou shalt receive revelation upon revelation, knowledge upon knowledge, that thou mayest know the mysteries and peaceable things—that which bringeth joy, that which bringeth life eternal.

Moses 6:61

Therefore it is given to abide in you; the record of heaven; the Comforter; the peaceable things of immortal glory; the truth of all things; that which quickeneth all things, which maketh alive all things; that which knoweth all things...

Mosiah 4:30

But this much I can tell you that if ye do not watch yourselves and your thoughts, and your words, and your deeds, and observe the commandments of God, and continue in the faith of what ye have heard concerning the coming of our Lord, even unto the end of your lives, ye must perish. And now, O man, remember, and perish not.

If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours.

Henry David Thoreau

Music that Heals

Solfeggio Frequencies

Composer List

Bach
Mozart
Monteverdi
Vivaldi
Puccini
Handel
Hayden
Beethoven
Schubert
Mendelssohn
Chopin
Pachelbel

Albums

Celtic Minstrel, *James Galway*
Facing Future, *Israel Kamakawiwo'ole*
Blowin' in the Wind, *Peter, Paul and Mary*

My Best Music List

The Swan, by Camille Saint-Saens

Bolero, by Maurice Ravel

Adagio for Strings, by Samuel Barber

Piano Concerto No. 3 in D minor
and
Rhapsody on a Theme from Paganini

by Sergei Rachmaninoff

Enigma Variations, by Edward Elgar

Canon in D by Johann Pachelbel

The Nutcracker Suite, by Tchaikovsky

When I Survey the Wondrous Cross, Mormon
Tabernacle Choir

The Ninety and Nine,
Youtube Channel: Gaither VEVO

When The Man Comes Around
by Johnny Cash

Granny's Garden
by Carolina Road

So It Goes (Nitty Gritty Dirt Band)
by John Denver

Pie Jesu, by Gabrielle Faure

Movies with Great Music List

The Sound of Music
Deanna Durbin Movies
Rogers and Hammerstein Musicals
Seven Brides for Seven Brothers
Kung Fu Panda
How to Train Your Dragon
The Man From Snowy River
Australia
Lagaan
Celtic Woman
Les Choristes
Mighty Joe Young
Sense and Sensibility, (Emma Thompson)
Prince of Egypt
Amadeus
Somewhere in Time
Molly and Me