

NESHAMAH

Soul Harmonization

Center Sphere

Core, God, Myself, Identity, Absolute Truth – At the most basic level, you are a child of the most powerful being in our universe. Your potential is unlimited. KNOW who you are by learning to KNOW God. Study his words. Drink them in like refreshing water. Feast on them like you have been hungry all your life. NOURISH YOUR SOUL. It is ultimately the most important thing you can do. Read, study, ponder and pray over his words which come to you through scripture, modern revelation, and most importantly, from your own soul and its inherent privilege of speaking to God and receiving answers. THIS, above all.

#2 Sphere

(Upper) Navel, Core, (Your Ancestors), – Connect with, ancestors, and family. Use words, actions, feelings! Do Temple work and FEEL the people! Feel God's love for you! Love what you are doing! Read about family. Write about what you feel.

(Lower) Bowels, Organs, Emotions (Pondering) – Process life. Spend quiet time thinking about the WHY of things. Ask God and listen. Process all of your emotions. Finish them. When there is peace, they are finished. The truth of anything brings the peace. Find the truth of every situation. Love your food! Love it BEFORE you eat it! Love it while you eat it! Eat what you LOVE! Love what you eat! Eat only the best! Allow yourself to enjoy your food! Take your time eating to feel and love your food! Grow food to eat! Love it!

#3 Sphere

(Upper) Heart (Your Power) – Still the mind, slow the breath, touch the heart while speaking, or singing, and *feeling* gratitude, compassion, love, or appreciation. Plant your beautiful desires in your heart while it is open. Imagine them being fulfilled. Feel the joy of that fulfillment, as though it had already happened.

Believe with all your heart in the fulfillment of your every righteous desire. Trust that desires that find their way into your open heart are good. Feel love for the people in your life! Give thanks for ALL things. Fill your heart with gratitude, or compassion.

(Lower) Reproduction (Generation) Uterus, Prostate (Birth/Rebirth) – Create. Love what you have created. Share it! Spend time in unity with spouse. Make the time beautiful. Allow your life to flow out from you. Spend plenty of time in self care. Give yourself the space to rejuvenate. Allow complete healing. Relax, shower, rest, rejuvenate, read, pray, ponder, love, build dreams, and imagine every good thing you desire. Breathe deeply. Rebuild, care for and love your life, your dreams and the things you have created and have been given.

#4 Sphere

(Upper) Voice (Your Truth) – Sing, speak & vibrate with emotion. Refrain from fear like you refrain from alcohol or tobacco. Speak affirmations with love and feeling. Sing hymns. Love them. Believe them. Trust God. Speak, write, and sing your truth. Love your truth. Allow yourself to believe your truth. Always share your truth when prompted. Take responsibility for your own actions, obedience, and faithfulness. Allow others to take responsibility for themselves. A witness is responsible only to share that witness. The judge, and jury are responsible for everything else. After giving your witness of your truth, leave judgment with God and trust in his justice and mercy. Share your truth especially with your spouse. Repent of the belief that your spouse will not listen. Your job is merely to speak when prompted. Allow your spouse to be responsible for their actions once they have heard your truth. Truth is powerful and will do it's job, if you cease to withhold it. Withholding your truth leads to internal infection, doubt, despair, unbelief, hatred, worry, anger, fear, mistrust, and a host of physical and emotional ills connected with those emotions.

(Lower) Secretion, Bladder, Kidney (Repentance) – Cleanse your heart of unbelief, doubt, fear, worry, anger, hatred, and self-indulgence (or pleasure-seeking). Repent of any sin which has been committed BECAUSE of someone else's sin. Being the victim does not justify YOUR sin. Forsake ALL sin, especially those which come easily because we have been hurt. God has already forgiven you. Accept it. Believe it. Practice that belief. Love yourself. Give everyone else's mistakes to God for judgment. Give him your personal witness and

testimony of the events, both written and spoken in prayer, then hand it over to him in an ordinance that looks like a burnt offering. Offer those prayers and words up to God as per the Law of Nephi, D&C 98:23-48. In this way, you can release your enemies from you so that even the thought of them has no power over you. Make generous allowances for all body functions. Support yourself. Trust yourself. Change old, false beliefs. Repent of them, rewrite new ones. Do this daily, religiously. Nothing will bring you greater relief from the pains of ordinary environmental and genetic ills.

#5 Sphere

(Upper) Ears, Eyes, Thought, (Mind) Face, Elbows & Neck, Humility, Giving and Receiving The Law of the Harvest – “As a man thinketh in his heart, so is he.” As you give, you shall receive. As you think, you shall become. This is the source of your life. Your life will look exactly like your thoughts. You will receive according to how you give. This is speaking about what you are ‘giving’ to your life. If you are giving out seeds of doubt, despair, and thoughts of failure, ingratitude and lack, then your life will look exactly the way you think. Guard your mind. Look at every thought you are thinking. Far more important than Airport security, the door of the mind holds the power to direct and create your life. If you begin any of your thoughts with “I’m not..., or I’ll never..., or No one can..., or Why does this always...” then it may be time to take a good look at the thoughts you are producing in your mind. Thoughts are not accidental. We often turn them on auto pilot, but yours is the choice to take off the auto pilot and turn on the “I’m Responsible” button. This means that whatever thought you are thinking is going to be run through a truth filter. You will look at every thought and ask yourself, Is it true? Does it cause me to feel joy? Does it come from God? Is it something I like? Is this something I can stand behind with my whole heart?

With this approach, you can be the one who chooses not only what you think, but, as a result of screening your thoughts, you also become the director of the feelings that result from thoughts. It is the power to change and create your life in any way you see fit. To aid you in this endeavor, listen often to very good music, especially uplifting, emotional, and beautiful music. Feel it and love it. Resonate with it. Listen with the heart. In addition, listen carefully to your children and anyone who is speaking to you. Listen with your heart! Smile at life and the people in your life. Scrutinize even the sounds, words, thoughts, and music from your past. Ask the above questions about them. Pluck out any that do not serve you. Shower and rinse them down the drain. Love and listen to truth! Listen to Conference addresses, talks, motivational speakers, videos, etc. Listen for God speaking to you.

(Lower) Knees, (Prayer) – Love God while you pray. Feel His love in your heart. Let gratitude be FELT! Use music. Bend down, pray on your knees. Walk, run, and bounce with joy! Dance! Move the lymph system pumps in your calves, in your hips, in your shoulders. Bend everything! Bend your heart toward God! Ask yourself to trust Him. Give thanks for EVERYTHING. ALL things work together for our good when we LOVE GOD. So, love God, thank him for ALL things. Pray with your HEART and FEEL it. This is the most powerful vibration known to man. It is many times faster than the speed of light. It knows no physical boundary. It is not bound by time nor space, nor obstacles of any kind. This is the power that binds parents and children to each other, and God to ourselves. Keep this power pure, and free from any blockage. Free exercise of this power is the key to the best life possible for you.

#6 Sphere

(Upper) Soul, Automatic responses, (Subconscious) – The soul is the seat of the unity of body and spirit. “Therefore, care not for the body, neither the life of the body; but care for the soul, and for the life of the soul” (D&C 101:37). Spend time meditating and planting ideas in the subconscious mind. The subconscious mind, or soul, is doing all the heavy work of keeping our breathing, heartbeat, regeneration, synchronization and a million other tasks going on a moment by moment basis. It runs entirely on the programs held within our DNA. In order to access and even to change these programs and the soul’s responses to them, we are counseled to ponder, meditate, think, re-think, decide, learn, feel remorse, repent, covenant, and be healed. All of these things help to provide access to the hidden database upon which our life is governed. Reacting to the physical world in physical ways, i.e. caring for the life of the body, will actually get us nowhere in the short or long run. It may make us feel as though we were ‘getting things done’, but in reality, we are merely avoiding the real work of changing the programming. Like a computer, it is useless to say things ‘at’ the computer. It will never respond to our threats, frustrations, fears, anger, tantrums, or force of any kind. The ONLY thing it will respond to is a CHANGE in the PROGRAMMING. Our lives are built upon the same principle. In order to change your life, you must change the programming, which, by the way, can be either learned in childhood, or inherited through our ancestors. God has provided ways to reprogram both of them. In turning the hearts of the children to their fathers and fathers to their children, he set in motion the way by which the healing could come. Our job is to trust that process, use it, and give thanks for such a wonderful miracle. Temple work. Do it.

(Lower) Spine and Spinal Column & Fluid (Covenants) Bones, Marrow, Calves, Lymph System – Covenants are the strong means by which God delivers us from the grasp of Satan. A covenant is the only thing strong enough to overcome sin. Make and write new beliefs about your life. Repeat them with strong feelings. Promise God and yourself that you will move forward and refuse to look back to the old ways of thinking, believing, acting and living. Support and stand up for yourself! Be the ONE to stand up for what you believe in! Stand firm in your resolves, commitments and covenants! Stretch the body in every way and love it! Open and close the muscles and bones! Wake up the inner man, and the outer body. Unify them with movement. Move, live, try, be, change, grow, believe, love, trust, hope, understand, learn, weep, laugh, dance, tumble, shake, run, open, wrap, hug, twist, sigh, shout, and anything else that comes to mind. Bounce every day, as much as possible. Bouncing is how children clean up their bodies and their lives of the burdens that adults place upon them. As children, we used to live that way. Become as a child again. Life is movement. You cannot be one with God if you are in a state of darkness and stasis. He is living at the speed of light. In order to be unified with God, you must raise your vibration to the speed of light! Health is life. Life is movement. Movement is light. Light is God. Music is vibration, or movement. Use it to help you to move. Pressure and release is the law of life.

#7 Sphere

(Upper) Imagination (Spiritual Eye) – Imagine your life. Write down what you imagine. Believe in it. Make vision boards. Make daily inspired lists of what you are prompted to do in order to move forward toward your brightly imagined and wonderful future. Practice imagining your happy future. Be childlike in your faith. Learn to REALLY believe. Go outside in the sun, Daily. Read Truth, Daily. Look for beauty always, and love it! See the good in God's world. Ask yourself to look for and see only good!

(Lower) Feet, Hands & Hair (Work) – Your feet and hands do the work of living. Care for them, thank them, and thank God for them. Give them jobs to do that bring you joy. Let them feel useful. If your feet are tired, respect their messages and allow them to rest. Thank them for carrying you around for your entire life. Hands are the 'jumper cables of healing'. Use them to heal and to bless. If you or someone you know is hurt, put your hands on the spot and send your heart vibration to your hands. You may be surprised at the strength which can be directed

toward healing of any kind. Troubled souls can be calmed by placing your hand on their heart, or head. Restless children can be soothed by placing your hands on their feet, their back, or their heart. Let your hair reflect the joy of your life. Let it shine in its natural luster. If it is dull, grow it, nourish it, brush it, and love it. Your hair is an extension of your soul and has an intimate connection with the life around you. Trust these wonderful 'antennae' to give you information which you might obtain in no other way. Walk every day, with joy and a smile! Hug people whenever you can. Let your hands do what they love to do! Love nature while you walk! Walk to your beautiful future. Thank your feet and hands. Massage your feet at the end of the day with oils, while you review your beautiful and happy life! Do your work with a bounce and a flair! Love everything you do! Do it with God! Do it with Joy! Look for and find the JOY, every moment of every day! Follow the promptings. Always follow the promptings, promptly! Promptings always lead to joy. Sing while you work, walk, do and live! Sing with your heart!