



System Guide

by Marisa Russo

Session 1

NOTE: The following course uses only stages 1,2 and 6 of the full, 6 stage protocol. The stages 1,2 and 6 in the Start Up course contain only some of the steps of each of the stages. The full steps for each stage are contained in the full protocol. The most advanced protocol is learned in the 5th module of the Forensic Healing System called 'Spirit'. The full course contains over 90 healing pathways and many other steps, healing words of power and scan lists that advance your healing session.



Forensic Healing™ System

Guide: START UP

The Forensic Healing System will activate the most powerful healer in YOU

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Marisa's Journey

Marisa's Story

My life began with physical and emotional pain, including all forms of abuse in my childhood. This pain radiated through every part of my cells. I grew up hating my father for beating me with the thick green army belt that hung on the back of the kitchen door.

Every swipe of the belt stung my tiny, innocent body that still bears the scars today. I felt shame from the sexual abuse he inflicted on me to satisfy his unrelenting need to dominate.

I disconnected from my body to survive the horrors of my life. I grew up wishing I could dig a hole and die and put an end to the misery that lay deep within me.

In my 20's, I endured three whiplash injuries and suffered chronic pain. I had developed self-destructive and addictive behaviours which added to the ever-increasing chronic pain. I would spend most of my day counting down the minutes to my next therapy treatment to get some relief. I would try to stretch out my treatments (chiropractic, osteopathic, naturopathic, massage, etc.) according to my budget at the time. My treatments were often 2-3 times a week.

The turning point

Some years after, I was attending an Anthony Robbins seminar in Brisbane, Australia. I was experiencing acute pain. Someone suggested I visit his kinesiologist who was 'weird and different'. It was music to my ears! I thought it sounded great, as the 'norm' just wasn't working for me. After the first treatment, I felt the energy start to reconnect parts of me that had been blocked for years. I knew I had begun to find answers to decades of struggle. This led me on a healing journey for many years, researching, releasing, and detoxing. I cleared karma and past life baggage which was weird at first. I had been exposed to philosophies that didn't support reincarnation. Past life releasing changed my life dramatically. During the years of research, studies and treatments, I was fortunate to meet and be mentored by some of the best practitioners and healers in the world. They have helped me experience life-changing shifts.

The time I began to feel energy

Along the way I received a powerful inner child treatment which changed my healing forever. Following the healing, I sensed energy continually flowing through my body. My body physically responded to energy, even people's thoughts. Over time, I have attuned this energy. With years of experience working with energy, a gift has developed to assist me to 'read' a client's body (energy field) with great accuracy and direct healing to the areas needed.

In the beginning, my only intention was to study and research alternative therapies until I completely healed myself. I spent thousands of dollars trying to get well and find the answers. I never had the intention or self worth to become a great healer or teach healing as a career. I was too focussed on coping with everyday life and trying to survive.

During this time I had begun my own healing practice, treating clients on a regular basis. This is when I discovered healing secrets that would achieve spontaneous healing in people. People then began seeking me out to do my courses as I toured around the world demonstrating and teaching these unique methods.

The creation of Forensic Healing

In this period, I created the Forensic Healing System which gives therapists a structure to work with and learn the techniques which often produced these miraculous results that I had been achieving on my travels. There have been so many great experiences of people standing up straight after being bent over for years. There were some healings of people not needing to use their walking sticks, a lady that no longer needed to use her wheel chair, cancer and tumours disappearing, decades of pain being removed, significant weight loss and relationships repaired after their healings that often took only minutes. To this day I am still excited, nervous and astounded by the results. As I look back, I can see the universe orchestrating this path that has lead me to be a pioneer in my field of work and offer these methods to those who seek a similar path or are searching for solutions to their own life problems.

Your message today

I feel that 2012 and 2013 is a time to elevate our energies, work more harmoniously and heal each other so we can heal the planet and change the karma. The planet has gone through massive changes and has been shaken up through the environmental events and disasters. It has felt like being in a washing machine, tumbled around, rinsed and spun dry. There has also been radical shifts in the way we interact with one another. We have experienced the collapse of corrupt financial systems and exposure of those who lack integrity in their dealings with others and the planet. There is an obvious awakening that we need to release the old programming and manipulations and live in our integrity and become our full potential. Most of us are becoming aware that we are the creator of our lives through the emotions and vibrations we emit. It is also evident that universal laws are more powerful than ever - what you send out, will come back to you.

The concept, that we are creators, gives us a power and freedom that we never thought possible. I am highly skilled at detecting the traits, behaviours and character of someone who can manifest their desires and those who don't. It still amazes me that so many people say they understand laws of attraction or karma however their actions prove otherwise. Life today demands that we are honest with ourselves, our thoughts, and our actions with the ability to change ourselves for the better. If we live in denial then we end up in the washing machine until it hurts so much we are willing to do anything to get out.

My mission

The past 25 years of research and healing experience has now led me to focus on freeing wounded women. There are so many commonalities with women who have been abused and degraded by men. I am one of them and 90% of my clientèle are females who all had similar issues of low self worth, abuse, disempowerment, suffering and sacrifice at the hands of others.

My research shows that many cultures favour males over females. Females are considered of lesser worth and are aborted as fetuses in some countries. Some cultures allow men to have many wives and women are condemned for affairs. Women's roles are often subservient and demeaning. Women are suppressed with rules, religion, clothing to cover their beauty, and told they are unclean and sinful in their nature. Horrific maiming of women still continues today that deeply scars them, physically, emotionally and spiritually.

Freeing Wounded Women Movement

Eleanor Currie and I have created the Freeing Wounded Women's Movement and healing activation that returns your birthright to be valued, loved and powerful as a woman. This process came to me as we attempted to release the blocks to the Forensic Healing system when we were guided to create the system for women only.

After looking further to find where the blocks occurred we realised there was a consciousness that women are deemed to be unworthy and evil. I found the source originated from the Bible beginning in the first chapter of Genesis where it says that Adam will have dominion over all things including Eve and that Eve is to be cursed because she succumbed to sinning by partaking of the fruit.

Growing up with religion, I was taught not to question the things of God. I now question everything. When I read someone's energy field I need to find the source of their condition. Most conditions and circumstances come from emotions of guilt, hurt, anger and lack of worth. The majority of my clients are women so I have seen many patterns of abuse and women who give their life to serving others to their own detriment. Most of these women are born with low self worth, they have seen their mothers suppress their abilities and endured dominating and controlling relationships. These beliefs are in the DNA, genetics and consciousness. It seems to be accepted by most women as their lot in life. This consciousness or mindset permeates some people's thinking that women are inferior and it is their right to dominate, abuse and control them.

There are many obvious and subtle manipulation methods of suppressing women. Over the years there have been rules, programming, manipulations and conditioning to suppress their power and influence. The witch hunts the churches once conducted were an obvious method of suppression of women's healing gifts, power, self-worth and rights. Women were burned, drowned and tortured as they were condemned to be evil. The reasons for classifying a woman as a witch could have been as little as her inability to bear children. The church's methods were the most unjust of any court system and the most unquestioned as the churches stated they were acting in the name "of God".

The bible was one of the very first books published and is still the most widely read book today. You don't have to be religious to be affected by these beliefs in religion, cultures and society. Most women have experienced the struggle to be respected, equal and free to be powerful.

The Freeing Wounded Women activation returns your rights as a woman and shifts consciousness so there is a new level of appreciation and freedom.

We have a goal for one million women worldwide to receive the 'Freeing Wounded Women's Activation' and certificate for free by July 2013. The certificate will allocate your activation number and you can personally sign your declaration and frame it. This process will reverse the vows, rituals, debts and beliefs to sacrifice and suffer as a woman. It will change your energy field as though you have removed lifetimes of bondage and allow you to become free to be the great woman you were born to be. The forensic healers now have this opportunity to be part of this global mission to assist these women change their circumstances and set them free. When the women are healed this in turn will heal mother earth and our children.

I hope you enjoy this course and choose to join us for the five module Forensic Healing System course curriculum. My goal is to inspire you to want to be more of who you really are; to bring out the very best of the essence that is you. You will come to know that we were meant to meet. We all have much to share. I love you and want you to progress.

We will meet up online and at our workshops. I look forward to sharing stories of success and about all of our healing efforts touching many lives.

Sending you blessings and love.

Marisa xx



1. Welcome

You are about to be taken on a journey; connecting yourself with powerful energies for healing and self evolution.

Welcome to the Forensic Healing System and to the world of energy healing. The decision to create powerful changes within yourself and others represents a pivotal turning point in your life. I am excited for you, as I know how much you will learn and evolve in this process. You will grow through this process of learning about yourself and learning how to access higher sources for healing others.

Part of this course will teach you the many different aspects of healing; Energetic, Physical, Emotional and Spiritual Systems which are all integrated to obtain the most powerful outcomes. Learning to access healing vibrations from many different sources helps to convert negative conditions into positive experiences and successes in healing. The five module Forensic Healing System will teach you invaluable life skills and secrets to solve your own and other life problems in a faster, simpler and deeper method than you have ever experienced

As you get more experience in healing, you will view your own life with a very different perspective. You will understand that you can choose to be empowered and learn skills to create those things you seek, just as you seek to empower others.

My life has been personally blessed by many powerful and gifted healers. I would not be where I am today if it was not for them. I am blessed to have known them and I am more than grateful that they followed a path of healing. My life has been dragged from a very deep hole of despair to a wonderfully enriched and fulfilling life.

This work that you do is very precious and blesses many lives. I wish you many blessings and successes along the way.

Best wishes, Marisa



"A dream is a manifestation. Just like what you live is a manifestation, but a dream is quicker and easier to achieve, and not so troublesome if there's something you don't want" (Abraham Hicks)

Introduction

Forensic Healing is based on the premise that when you fully identify the root cause/s of a condition in the body's energy field, it will be released from the body.

"The Truth will set you Free." (Author, The Bible)

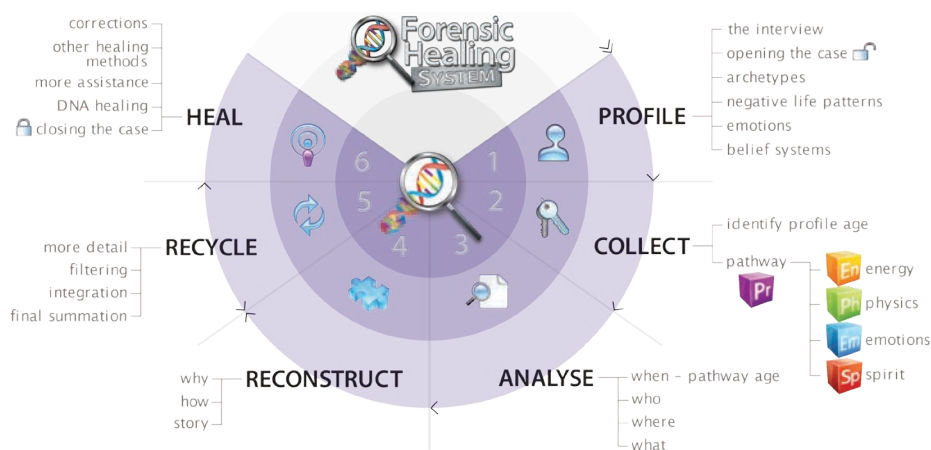
Forensic Healing involves profiling patterns, collecting evidence about a condition, analysing the evidence and reconstructing the whole story to determine the cause, beliefs, thought and behaviour that has damaged the intelligence of DNA - the blueprint that exists in every living cell. Identifying the cause of damaged DNA allows specific healing vibrations to be targeted for reconnecting and realigning the DNA.

Applying new and advanced holistic healing methods, including kinesiology will assist with empowerment, healing, and releasing the conditions. This unravelling of one's life makes way for removing unwanted burdens that have been hidden or intricately woven into the complexities of life.

SNAPSHOT: Six Major Stages of the Forensic Healing Protocol

[In this Start Up Course we will learn Stage 1, 2 & 6]

forensichealing Flow Chart



Part of this course will teach you the skillful use of astute observation, intuition, development of analytical and research skills, applying deductive reasoning, understanding physical, emotional and spiritual conditions as well as the use of your life experience's to achieve maximum results for healing and wellbeing.

Forensic Healing Defined

It is insightful to expand the meaning of Forensic Healing by defining the individual terms. Using a combination of language references and definitions we get to these meanings:

Forensic

- Application of methods to answer questions of interest
- Logic and/or reasoning
- Investigation, establishment of facts and evidence

Healing

- To make sound or whole
- To restore to health
- To restore to a sound state
- To restore to original purity or integrity

When we combine the two terms 'Forensic' and 'Healing' the definition becomes:

FORENSIC HEALING combines...
the investigation and establishment of facts and evidence
about a person's condition with a new holistic healing
system to restore purity, integrity, health and wholeness.



Forensic Healing System Origins

A little history for you...

Years ago when I (Marisa) completed my tertiary studies, I realised the most enjoyable and easiest subject for me was law. It was the subject I received the highest marks in. I loved working out the how's and whys and finding solutions.

I looked 'outside' the box for solutions and the answers always came when I took a moment to consider it. The earliest recollection was when I was

around 7 years of age. I was in my grandfather's work shed. He had spent nearly two hours trying to find a solution to assemble the go-cart that was in pieces on the work shed floor. I recall looking at the go-cart and offered him a solution that worked and he answered, "By crickey you are good at solving problems." Something inside me says, "There is always a solution, you just need to find it!" My mind gets out of the problem very quickly and starts searching for the solution and the universal source supplies it to me.

The greatest lessons I have learned have come from my own personal life experiences which makes me think I was some sort of basket case! On a regular basis, my life felt out of control, and on a continual roller coaster ride. Joining the Mormon Church at age 26 improved my spirituality greatly.

I am grateful that I had the opportunity to be a Mormon as it literally stopped me from killing myself through drinking, smoking, bad diet negative thought patterns and other self destructive behaviour's. I was a Mormon for 20 years before leaving.

Today I have never felt freer, more centered and more connected across all aspects of my life. To make these changes I have had to dig really deep. I was open to try just about anything to find what really works to create a healthy and peaceful life.

My journey in healing became a similar type of learning - trying to find the answers to solve my own life problems. The problems I had, affected every area of my life including relationships, career, finances, health, and spirituality. That just about covers every aspect of a person's life!

In hindsight, having major challenges in my life had its advantages as it kept me searching for the answers so I would become a better healer. I did not give up as my life felt too painful to keep living the way I had been living. I often wanted to end my life as the emotional and physical pain was often too difficult to bear. I started learning natural techniques to heal myself as I knew the answers were in these methods and modalities.

I decided to learn kinesiology as that way it kept me immersed in the healing. I did experience relief and progress with my conditions; however I never intended to become a 'healer'. I enjoyed treating others with the techniques I learned and as I progressed, I enjoyed it more and more.

When I was learning, I found it difficult to remember what was being taught in the classes as during them I suffered memory loss, headaches, neck pain and chronic fatigue symptoms. It took me many years to peel away the layers of stress on my body and to regain total health. When I look back, I was not particularly confident with giving healings. I was just determined to continue on this path which is now obvious to me. It was the direction I needed to go. I enjoyed the many classes and friendships that developed from associations with healers.

I did not find permanent relief to my pain so I continued to learn different health and healing methods like kinesiology, energy healing, massage, naturopathy... you name it. Ultimately, I began working part-time as a Kinesiologist. I created some business cards on my computer and started

offering healing treatments to anyone who agreed. I attended many mind, body and spirit events where I worked on clients continually for days on end which improved my skills and confidence very quickly.

"Bottom line... the more treatments I gave, the more I learned."

My intention was to get 10/10 results for my clients so I was forever thinking about their healing or searching and learning for ways to improve my skills.

I learned that it is important to look at a person's life from every angle - spiritually, emotionally, physically, nutritionally, etc. so the true nature of the cause can be found. I now know that clients' healing results are far superior when I find the exact details of the cause/s. I share all of this knowledge in the Forensic Healing System, 5 module course.

Key Introductory Terms

Here is an explanation of some common terms that are mentioned in the course.

Forensic Healer

A person who is certified to use the Forensic Healing System is called a Forensic Healer. Refer to the website for details on certification for Diploma Level.

Forensic Healing System

The Forensic Healing System is the complete system incorporating all five modules.

Energy Shift **ES**

In healing work we are looking for the body to answer questions for us. An energy shift confirms/indicates the answers to the questions we ask. We obtain an energy shift using various biofeedback methods. Eg: muscle testing, heart rate, dowsing, blood pressure etc. Some of these methods are explained in an upcoming chapter.

Test

A test uses a form of biofeedback to ascertain an energy shift (**ES**) in the body.

Client

This is the person receiving healing.

Condition

Imbalance, stress or physical ailment in the body.

About Healing

We all have an innate ability to heal ourselves and others. We heal ourselves and others everyday when we show compassion, kindness or send good thoughts or intentions. Mothers do it every day when they 'kiss the hurt better' or gently stroke the pain away for their children. Every aspects of the mother's thought's, her physical, mental, emotional and spiritual energy is concentrated on helping her child to overcome his/her pain. We apply healing to ourselves when we spontaneously hold an area of pain with our hands or make statements saying that we choose to free of the condition we have.

Accessing these natural abilities can open up a power that resides in each and everyone one of us which blossoms into a whole new world of 'energy healing'.

"You cannot get poor enough to help poor people thrive or sick enough to help sick people get well. You only ever uplift from your position of strength and clarity and alignment." (Abraham Hicks)

What Is Energy Healing

A component of Forensic Healing is based on an ancient form of energy healing which is built into all of our bodies. It is everyone's right to be well and have a healthy life. Often there are programs running in our subconscious minds that tell us otherwise. As everything is made up of energy including our bodies, it is a logical and natural option to heal our bodies with energy.

Energy healing is the practice of balancing the energy field that is within and surrounds the human body. This energy is commonly referred to as the Aura and Chakras.

This healing energy is often called 'chi', 'prana', or 'vital force'. 'Universal Energy' is referenced in many cultural traditions and is central to several alternative healing techniques.

Energy healing techniques help the body realign and balance itself naturally. When the energy field is aligned and balanced, this then helps to align and balance the physical body.

We are naturally attuned to this energy as you will often feel more connected and more aligned when you are close to the sea, lakes, forests, mountains or basically nature.

Some people are more connected to this energy than others. If you have an energetic awareness, you can 'feel' someone else's energy field when you meet them. You get an immediate sense of whether you resonate with them. You can sense their vitality and level of health. You can also sense their emotional state very quickly.

Forensic Healing uses a combination of ancient and contemporary natural healing techniques to assist with facilitating healing and the evolution of the human body. DNA is the 'blueprint' of the creative forces of life. Forensic Healing assists with reprogramming the DNA in cells. This healing process brings about transformation and liberation so that you may become so much more.

Universal Healing Energy

Universal Healing Energy is an ancient healing art similar to that taught by most Spiritual Masters in human history. Universal Energy Healing is based on the concept that our bodies can be attuned to channel and use a specific energy for healing. The Indians call this energy 'Prana' and the Chinese call it 'Chi'.

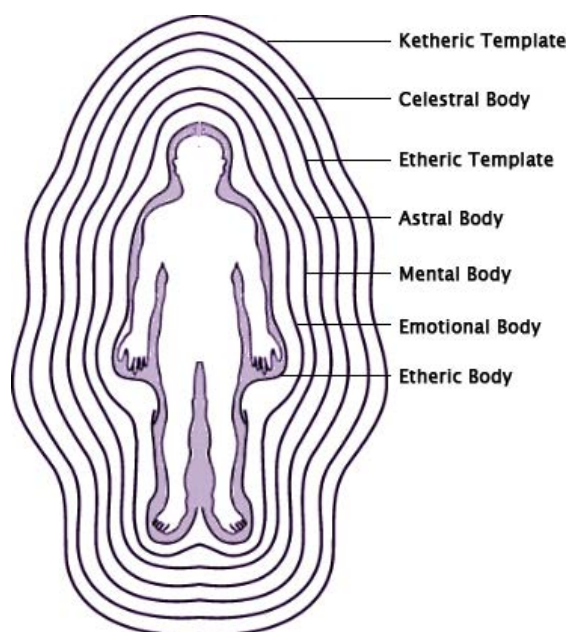
This energy is accessible to everyone and it is free. The more you attune yourself to it, the more balanced and centered you become, the more freely it flows through you.

The Forensic healer learns to become a powerful channel and conduit for this energy source so that it may be directed into a person's body.

Targeted application will enhance the body's natural healing system. Some people are born 'gifted' to be a channel. It is accessible to all of us. You can learn and practice to attract the energy for it to flow through you. During the learning process, you will discover that you have the power within you to trigger healing and use it to align others. It is a spiritual journey and one that is extremely rewarding and enlightening.

Often when you send energy to specific areas of the body, you will feel your hands become very warm and sometimes very hot. It is an indication that the energy is flowing. Sometimes the energy may feel 'cool'. This just means that the vibration of the energy has adjusted to suit the specific condition being treated.

The Forensic Healing System teaches various methods of accessing this universal energy to enhance the healing for the client. When you become a conduit for this energy, it can also have a positive healing effect on you. Many of the practitioners tell me how they feel energised after a healing or energised after watching me complete a healing on someone else. It is designed so that when you are healing it will uplift you, not drag you down or deplete your energy. Forensic Healing uses more than one method of directing this universal energy; it is accessed when using hands on healing, chakra and aura healing, verbally requesting, visualisations, setting



intentions and requesting enlightened beings for assistance. The powerful holographic structure of this energy is covered later in this chapter.

1



The Aura

The human aura consists of seven main layers of an invisible energy field that surrounds the physical body. It holds all the information of the person it surrounds. Individually, it makes an elliptical or egg shape around the body. These layers of energy vibrate at different rates: the closest level to the physical body is the Etheric Body. It has the densest vibration. The levels overlap and exist in the same space sharing the same chakras. The chakras transmit energy between the light body layers. The aura can sometimes be seen by psychics, clairvoyants or healers, who may see different colours, shapes, or densities within the levels.

The Etheric Body

The first energy layer that is closest to the body is the etheric body. It extends approximately 12cm from the body and it vibrates the slowest of the seven layers.

This layer is considered to be the blue print of the physical body, and it holds the information of your physical body. For example, if you had an arm amputated, and you still felt pain, the imprint is held in this level. The Etheric body also includes the information for your senses - touch, taste, smell, hearing and sight.

The Emotional Body

The second energy layer is connected with your emotions about yourself, your potential and motivation. It is affected by your emotional states such as suppressing feelings, like anger etc.

The Mental Body

The third energy layer is associated with your mental, rational or logical mind. When this level is balanced the rational and intuitive mind works together in harmony, you experience clarity and a balanced perspective

of life. When it is out of balance, your mind feels cluttered, and thoughts become negative.

The Astral Body

The fourth energy layer conveys the connections and the relationships you have with others. It contains your interactions with other people, animals, plants, inanimate objects, and life. Good relationships enable this level to be balanced and clear. When the Astral body is not balanced it can cause over sensitivity, relationship addiction and other life problems.

The Etheric Template

The fifth energy layer is related to the throat chakra through expression. It contains the blueprint of the physical body and of all other life. This template is alive, pulsating and constantly unfolding. It has a powerful almost inexorable feeling of will and purpose. When this template is not balanced you may feel disconnected to all things that are around you, not knowing your purpose in the Universal Plan

Celestral Body

The sixth energy layer is related to the brow chakra and works with intuition, spirit, and divine love. It interprets the universal laws and learned ethical sense and conscience. When there are imbalances in this level, spiritual connection feels blocked, there is a lack of trust and it will not be possible to experience full joy. Meditation assists with balancing this level and connects you with higher spiritual realisation.

Ketheric Template

The seventh layer is the highest vibration within your energy field. It is made up of an extremely strong golden energy, which forms into an egg shape that surrounds and protects everything within it. The outer edges of this level are thick and strong. It regulates a proper flow of energy out from the aura, as well as restricts penetration by unhealthy energies from outside. The seventh level holds the entire field together. When it lacks balance, you may experience feelings of disempowerment and feeling like life is random and has no order to it.

Chakras

Chakra is a Sanskrit word meaning wheel, or vortex. It refers to each of the seven major energy centres composing your energy system. These chakras, or energy centres, function as pumps or valves, controlling the flow of energy or chi through your energy system. The functioning of the chakras is dependent upon your spiritual, emotional and physical states.

Forensic Healing accesses the crown, brow, throat, heart, solar plexus, central and base chakra. These chakras stimulate the endocrine and nervous systems, in which emotions and belief systems are stored.



Forensic Healing uses Chakra Balancing for a healing correction in 'Heal' - Stage 6 of the healing protocol. It is an important part of balancing the life force in the body for reconnecting damaged DNA in the cells. The following lists are the descriptions of each chakra.

1. Root Chakra is located at the base of the spine or coccyx. This Chakra is related to survival, and your identity as an individual. It includes your health, constitution and security such as material wealth. Colour: **Red**

When the chakra is open and balanced you easily feel love and tenderness for your sexual partner, and you are able to give and receive physical, emotional, mental, and spiritual pleasure. When is it overactive, you can feel egotistical towards the opposite sex. When it is malfunctioning, you may have an unbalanced or aggressive attitude towards sex. When the chakra is closed, females may suffer from frigidity and males may be prone to premature ejaculation or impotence.

2. Central Chakra is located in the lower abdomen. This Chakra is associated with emotions and feelings, states of desire and imagination. Colour: **Orange**

When the chakra is open and balanced there is a lot of sexual energy and sexual power, and you are comfortable with sexuality. You can express your power easily; you have a lot of physical energy, a strong sex drive, a lot of healing energy, and a joy of life.

3. Solar Plexus Chakra is located above the navel. This Chakra is a focus point for force of will and a sense of transformation. It accesses power and authority, as well as self-control and discipline of the ego. Colour: **Yellow**

When the chakra is open and balanced you have a deeply fulfilling emotional life. You take an expansive, outgoing, and sociable attitude to the world. You are able to feel happiness, and a sense of belonging and at one with the universe. You feel confident and you are willing and able to take risks. This chakra is associated with leaders, explorers, and the charismatic extrovert.

When it is overactive, you may be ruled by ambition, pride, fear, love of fame, desires and passions. When it is malfunctioning you are easily overwhelmed by emotions or caught up by astral forces and you may suffer from delusions and schizophrenia. When it is closed, you tend to conceal your emotions, or feel only superficial emotions, or you may feel negative emotions such as anxiety, panic, or worry. You may be closed to spiritual energies and unable to experience happiness and joy in life. You have a fear of change and are incapable of opening to greater things.

4. Heart Chakra is located at the centre of the chest and is the focus for love and understanding. Feelings that stem from this include love, forgiveness, compassion, balance and harmony. Colour: **Green**

When the chakra is open and balanced, you are very compassionate, understanding, and generous. The emotions of love, joy, happiness, honesty, and respect are valued. You are able to feel love for all beings around you. You can see the Divine, or God in all beings. You are connected to Universal consciousness.

When it is overactive, you are dominated by your emotions and feelings, such as love, joy, and sorrow. You are desperate to please others, and too overly concerned with others, sacrificing yourself by putting their needs before your own. This personality type is usually a woman who may be involved with a self-centered or immature partner, taking all their abuse, always forgiving.

This is how 'co-dependency' arises. When it is malfunctioning, you are full of negative emotions such as hatred, guilt, selfishness, paranoia, impatience, and self-pity and feel like a victim. When it is closed, you are a hard-hearted, unsympathetic, self-centered person. You are afraid to love others, and unable to love yourself.

5. Throat Chakra is located in the throat area. This Chakra related to communication. When this chakra is open and functioning, it is easy to express yourself, speech is clear and smooth. Colour: **Blue**

When the chakra is open and balanced, you are able to accept things as they are and organise ways of working out situations. You have the power to make changes and take responsibility for your own personal needs.

When it is overactive, you are always trying to take control of things, especially other people's lives. When it is closed or weak, you have an inability to accept situations or circumstances and hold back your opinion and suppress your true feelings.

6. Brow Chakra is located in the forehead, right above our eyes. This is also known as the region of the 'Third Eye'. This Chakra is related to perception beyond the physical realm including intuition, insight, imagination and clairvoyance. Colour: **Indigo**

When the chakra is open and balanced, you are imaginative, intuitive, and creative, and have a very large view of life. You have an understanding of universal truths and ideals. You may be a musician, artist, philosopher, scientist, mystic, occultist or esoterist.

When it is overactive you are excessively preoccupied with altruistic values. If this chakra is more developed than the other centres, you may have difficulty relating to the mundane world and you may be 'off with the fairies'. When it is malfunctioning you get caught up in illusion and glamour or addicted to consciousness-altering drugs i.e. Marijuana or Heroin. When it is closed, you may have a limited, unimaginative consciousness; very self-centered and lacking in vision and will tend to live life narrow-minded. This attracts literalists or fundamentalists.

7. Crown Chakra is located at the very top of the head. It is associated directly with dealings of the mind and spirit such as oneness with the universe, will, inspiration and divine wisdom. It is all the things that deal with the Higher Self. Colour: **White**

When the chakra is open and balanced, you are drawn to mystical or occult teachings. Spirituality is spontaneous and is defined through unique individual experience, an inner knowing, rather than external dogma or religion. You may see auras, receive guidance from higher forces, have a visionary or creative imagination and an understanding of universal truths and a sense of purpose and meaning in life.

When it is closed, all sense of the spiritual and the creative is blocked. You may have a limited consciousness. You may be an absolute materialist, or belong to some fundamentalist religion or ideology.

Do you feel you have a broken heart? Heart chakra

Do you feel choked up? Throat chakra

Do you feel disconnected? Crown chakra

Do you feel overpowered? Solar plexus chakra

Do you feel spiritually blocked? Brow chakra



Practical Exercise

SIGNS OF
IMBALANCE
IN THE
CHAKRAS

Practice energising each of your own chakras by placing your hand flat and facing your body approximately 20cm above each chakra for 30–60 seconds. Begin with the crown chakra and work down to the root chakra.

Thought And Emotion

Emotions or feelings are like vibrations inside your body that can make you feel positive or negative. They often occur from reactions to events and people that trigger thoughts and memories. They create a physical reaction in your body and influence the DNA in your cells.

Just as computers store information in files, the brain also records all your emotional experiences and files them under emotions or feelings in your subconscious mind. When these emotions are experienced, the brain opens the same file, and stores the experience.

This exposes the past experiences and links the same emotion. This is why some situations become overwhelming for some people - it triggers more than one stress. For example, if your father yelled at you when you were a child, the same memories are triggered as an adult when someone is angry or yells at you.

When these negative emotions are released from your body and the DNA altered, your body can rebalance and heal itself. You will also feel and respond differently to future emotional issues or situations.

"Your emotions affect every cell in your body. Mind and body, mental and physical, are intertwined." (Dr Thomas Tutko)

The fundamental links with physical conditions to emotional, spiritual and energetic realms are covered in much more depth in the Forensic Healing **Energy**, **Physics**, **Emotions** and **Spirit** courses.

Note: Forensic Healing System: Emotions covers this large topic in detail to give you extremely powerful ways to help clients with stresses, trauma, etc.

Our Holographic Universe

We live in a 'Holographic Universe'. This is a new paradigm shift for viewing life and the Universe. It has scientific roots, based primarily on revelations from quantum physics.

Science has revealed parts of the equation that tell us that the Universe is a hologram. A hologram or holograph is a photographic image created by splitting a laser beam and recording interference patterns between the two beams after one has been reflected off the subject to be photographed. This will cause the image to appear three dimensional. This type of hologram is depicted in the movie Star Wars when a beam of light shoots out of the robot Artoo Detoo and projects a miniature three dimensional image of Princess Leia.

It appears that the universe is a kind of giant hologram, an amazingly detailed illusion, as real as the image of Princess Leia that initiates Luke Skywalker's adventure.

Gregg Braden's book 'The Divine Matrix' states that "when something is holographic, it exists wholly within every fragment of itself, no matter how many pieces it's divided into. This illustration helps convey the idea that no matter how finely we divide the universe – each segment mirrors the whole universe, only a smaller scale".

The same principle is conveyed in Michael Talbot's book 'The Holographic Universe' (Bradley Bartholemew) which provides supporting evidence of how our existence and experience can be viewed through a holographic model.

This idea of the 'whole' contained in each piece is the basis of the Holographic principle.

The holographic universe concept therefore suggests that the physical world we believe is real is in fact an illusion. Energy fields are decoded by our brains into a 3D picture to give the illusion of a physical world.

There's no coincidence that one DNA strand contains all that is needed to create the whole body. The study of reflexology, iridology, numerology, and haematology etc, all have a connection to the physiology throughout your body – patterns within patterns.

Taking these principles into account, changing patterns and thoughts, and changing your DNA will affect what you are creating, and attracting. Keeping these principles in mind, the Forensic Healer's position with their client should be of the same view. Empower and enlighten clients of their patterns, power and choices in life.

DNA – The Blueprint of Life

The general description and beliefs of DNA (Deoxyribonucleic acid) is described as being a very important molecule found in all living cells. It contains information used in everyday metabolism and growth and influences most of your characteristics.

DNA is often described as the blueprint of an organism. It may be said that DNA not only carries the code of what you look like and how your body develops, it also carries everything, including the process of all your chakras, energy bodies, akashic records (history of the cosmos), past lives, etc. It carries the programming for your life and your karma.

Reprogramming and reconnecting the DNA assists in releasing conditions and healing on all levels.

DNA is the 'Blueprint' of each cell. If the DNA is damaged then it produces a negative consequence. Emotions and feelings play a huge role in maintaining good DNA health.

It is also recognised that your DNA coding creates the experiences in the world you live in. Hence why two people can be in the same place and time and have very different experiences.

Soluntra King gives her understanding of DNA.

"The standard medical belief is that we have two strands of DNA, ... these two strands with all their complex amino acids and with the RNA hold the codings and genetic material that makes us who we are. Or so we thought; only having two strands is actually very limiting and keeps us trapped in the third dimension and the illusion of separation.

Believing all we are is our body, believing God is out there somewhere, and that we are worker ants, or slaves that have to work hard just to survive on this planet. Locked into death, decay and being hooked up to survival, being controlled by and slaves to time. Cut off from the unlimited abundance of all there is, and with the DNA only partially activated. Our multi-dimensional selves have been trapped in a prison of experience that repeats itself over and over again, as though the entire planet was playing a stuck record.

Humanity has been famous for their inability to learn from their own adventures; tyrants and wars have come and gone, and none seemed the wiser for it until now. This is where it all lightens up; as we wake up we start to empower ourselves, awakening our Divinity, Light Body and Multi- dimensional Self".

So the essence of her message is that your DNA is awakening, and you are awakening to something different and better. A Russian quantum biologist Vladimir Poponin conducted some experiments in the early 1990's called 'The DNA Phantom Effect'. The studies suggest that human DNA can and does directly affect the physical world. The experiments began as patterns of light (or energy) in a vacuum where they were measured in a controlled environment. All of the air was removed and the light particles (or photons) followed a random distribution. Dr. Poponin then introduced a physical chain of human DNA. In the presence of the human DNA the photons changed positions from a random distribution to a pattern of a wave that aligned with the DNA.

This proved that DNA clearly affected the energy of the photons. When the DNA was removed from the chamber, they expected the photons to return to a random distribution. The photons however, stayed in the wave position created from the introduction of the DNA.

As they continued this study, it showed that as long as the vacuum was not disturbed, the photons stayed in the wave position for up to a month after the DNA was removed. The human DNA affected the energy even when it was no longer present.

It could then be concluded that the emotions and feelings you experience, affect your DNA. Restoring your DNA will then affect your health and wellbeing and again improve what you are experiencing or attracting outside of yourself. It puts you in a position of being a creator of your life.

Gregg Braden mentions in his books that your emotions and feelings in your body change the DNA, biology and chemistry. Therefore this will affect your health and life.

Being A Healer

Your focus is on creating the environment to allow healing to take place.

"It may be that you are not yourself luminous, but you are a conductor of light. Some people without possessing genius have a remarkable power of stimulating it." (Abraham Hicks)

Becoming a professional healer involves motivation to evolve personally. You will find uncanny things happen such as attracting clients with the same unresolved issues that you may have yourself. You will attract fewer of these clients when you solve your own issues personally. Your mission is to evolve just as your clients aspire to.

When you are on an upward path in your personal life, you become a more influential healer. You develop a belief system that chronic conditions can be solved and healing is possible for anyone who seeks assistance.

Focus on the positive things that happen in healings with your clients. Do not dwell on the healings that you felt did not work. When you focus on the treatments that received good results, you will attract more of the same. I always have the intention of attracting the clients that I can help. When a client comes to me and says that they felt drawn to see me, then I know that they are a match and ready for

transformation. The healing experience is always what they were expecting and sometimes even more.

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Forensic Healer Tenets

I offer the following information as concepts for you to ponder, to assist you in creating your own standards as a healer:

Understanding and Action

By understanding the deep principles of life you can develop yourself, act powerfully and use your free will to become fully conscious of who you truly are and know your life purpose.

Develop Personal Empowerment

Each person is endowed with abilities, aspirations, and a life purpose that is unique. Advance inner qualities, talents, health, and happiness to create an empowered environment so you may radiate this life force within you.

Increase Spiritual Knowledge

Without practical application, spiritual knowledge is merely information. Apply spiritual knowledge in practical disciplines, methods, and exercises to move your life forward. Our personal lives are constantly changing and everything is possible.

Embrace Ancient Intelligence

All wise people say that many problems of modern people have appeared because of lost contact with our own roots. Connecting to higher sources will reconnect this ancient wisdom within you and with consciousness.

Be Responsible

You are responsible for your own development. Using will, wisdom, and a deep desire to improve your life, you will generate profound changes for yourself as you apply universal principles to govern your own life.

Remain Open Minded

Remain open to new ideas, insights, techniques, and discoveries that are available.

Be Spiritual, Not Religious

Accept all religions, beliefs and customs without becoming fixed in doctrine and services. Observe that which you know works for you and helps you to feel more joy.

Connect to Consciousness

Become part of the creation of consciousness for a better and brighter future. Consciousness is DNA, it is Intelligence, it is all that is.

Allowing Healing

Recognise that you create the environment to allow the healing to take place in your client's body.



Practical Exercise

Ponder and/meditate around these tenets to understand where you are in relation to them today. Consider ways to embrace them. Adapt your own set of tenets and have them in view each day.

Intention

In Forensic Healing, intention plays an important part by deliberately directing 'energy' into what you are trying to achieve. It is an intentional force or energy to create a desired outcome.

Intention alone can assist with healing and growth. When it is used in conjunction with the Forensic Healing system protocol, it enhances the healing at all levels.

Using intention at every stage of the Forensic Healing protocol will invite healing to take place within the client's body. It will also train you to direct your energies more powerfully in a constructive manner. If you express your intentions so the client is aware of what they are, they can also use their intention and visualisations to direct their energy on the same outcomes. This is a powerful combination.

Be mindful of directing your client's thoughts and energy on the positive aspects and away from the negative.

Example:

DON'T SAY: "See yourself without arthritis, tightness and pain."

DO SAY: "See yourself feeling light, flexible, free, and relaxed."

"The essence of that which is like unto itself, is drawn."
(Abraham Hicks)



Practical Exercise

Begin expressing the things you want and use your intention to put energy on them. Watch for a shift of achieving more of those things. Practice this daily. Help it become part of you.

Intuition

Improving your intuition can make you a much more effective decision maker and give you more insights to know what is needed for the client in the Forensic Healing protocol. Using your intuition will assist with your confidence and ability to provide more information that is needed.

The simplest way to make sense of how intuition works is to think of it as an advanced pattern recognition device. Your subconscious mind finds links between your client's information and various patterns of your own past experiences. You may not even recall the details of those past experiences, however, your subconscious mind still remembers the information. It can rapidly overlay your client's situation onto the past patterns and send you a message of wisdom. That message comes as your inner voice, feelings, visions and insightful moments.

No Doubt

Doubt obstructs intuition. Know that when you remove doubt, you become a more powerful healer. Trust that you can help with any condition your client presents with. Your intuition will guide you.

If your doubt is nagging at you, try this;

- Close your eyes
- Take three deep breaths
- Know that you are not alone. There are many enlightened beings all around you wanting to help people to heal. Feel connected to them. Picture them assisting and guiding you to help others to heal.
- Open your eyes and now choose to trust, surrender and allow.



Practical Exercise

Think of times when you have pondered situations looking for answers and they have come to you or information has presented itself. Practice using your intuition throughout your day. Start to rely on your intuition to problem solve in your daily life.

Treating Clients

First impressions are important. Professional attire will gain you more respect. Smart, clean and professional looking clothes convey to the client

you have respect for yourself and them. When you first meet your client, spend 5-10 minutes to get to know them on what they want to achieve from the session.

Alleviate any of your clients concerns and pay attention to how they would feel most comfortable with your method of relating to them. For some people, holistic healing is foreign, so it is important not to confront them with too much unfamiliar information. Ask them about other natural treatments they have experienced.

Ascertain what they are familiar with. For example, some people with traditional religious background do not believe in reincarnation. If this was the case, you could refer to past life information as 'genetics' as this would not offend them. Relate to your client with their terminology.

Bio Feedback

Anyone can learn how to 'read' the body. With practice, your sensitivity with energy will be heightened and you will 'read' with accuracy.

Wikipedia Definition:

"Biofeedback is the process of becoming aware of various physiological functions using instruments that provide information on the activity of those same systems, with a goal of being able to manipulate them at will. Processes that can be controlled include brainwaves, muscle tone, skin conductance, heart rate and pain perception. Biofeedback may be used to improve health or performance, and the physiological changes often occur in conjunction with changes to thoughts, emotions, and behaviour. Eventually, these changes can be maintained without the use of extra equipment."

Biofeedback is a treatment technique in which trained practitioners can read signals from a person's body to improve their health. Some physical therapists such as chiropractors may use muscle testing to pin point i.e. which vertebrae they need to adjust along the spine.

Psychologists use it to help tense and anxious clients to relax. Specialists in many different fields use biofeedback to help their patients cope with pain.

You most probably have used biofeedback systems on yourself. When you have taken your temperature with a thermometer or weighed yourself on a scale. The thermometer indicates if you have a fever and the scales indicate your fluctuation in body weight. Both systems are 'feed-back' information about your body's condition. This information can assist you to improve your condition. If you have a fever, you can rest and drink plenty of fluids. If you have gained weight, you resolve to eat more healthily and exercise.

Some practitioners rely on complicated biofeedback machines in similar ways. The Vega or Avatar Machines rely on feedback from pressure points

on the body. Doctors use blood pressure and heart rate information, Iridologist read patterns and textures in the eyes and Linguists may read body language to give them information or feedback from the person.

In the Start-Up Course you will learn some of the biofeedback systems so you can 'read' the body yourself. You will use a biofeedback method to ascertain relevant information needed for the treatment.

Learning to be accurate using biofeedback systems is like learning to be a good goal shooter in a basketball game. The more you practice, the more accurate and confident you become. That's why we suggest practicing with as many clients as possible. The most accurate biofeedback system you will learn is kinesiology, via muscle testing.

I suggest you learn all the biofeedback methods in this course and choose the methods that suit you best. I recommend that you become proficient in one muscle testing technique plus one self-testing technique.

Self Testing Techniques

The following techniques will allow you to self-test for answers. You do not need a second person to learn the following four testing techniques. These methods take time and practice to master. Be patient and use them as often as you can so you can know which method feels most comfortable to you.

As I mentioned, I recommend that you master the muscle testing technique and one of the self-testing techniques. The following self-testing techniques allow you to test for yourself or your client without having them present. It is one of the methods I can use to perform distance healings or to test for information for clients when they are not present.

Technique 1: Body Movement

Stand with your feet placed slightly apart, knees relaxed. Close your eyes and set the intention that your body is a conduit for universal energy to flow through you.

As you stand upright, centered and still, ask for a 'confirmation' or an 'energy shift' (**ES**) in your body to occur.

You should feel a movement in your body in a direction or a shift of some description. This movement or shift is one method for you to receive answers and confirmation to your questions.

These energy shifts occur in our everyday lives, we just don't realise that it is happening. If you think of something that you love, or something that interests or attracts you, your body moves forward and you feel drawn to it. If you think of something you dislike or something that repels you, your body literally moves backwards, turning away. Either way, there is an energy shift occurring. These 'energy shifts' are what you need to detect in your testing techniques.

Practicing this testing technique prepares you for the hands on muscle testing techniques.



Practical Exercise

Practice this technique with foods such as white sugar. Hold some white sugar around your navel area and ask the question.

"Confirm this sugar has a negative impact on my body?"

Practice feeling the 'energy shift' (**ES**) to get a confirmation.

Technique 2: Finger Pads



Practical Exercise

Place your thumb and pointer or index finger together and rotate them slowly and lightly on the pads of your fingers. The texture of the finger pads should feel smooth and even.

As you continue to rotate your fingers think of a stress and the texture of the pads should change to a sticky and an uneven feel. The sticky feel is the confirmation (**ES**) to the questions you ask. I.e. "Confirm white sugar has a negative impact on my body." The response should show the sticky or uneven feel to confirm the statement is correct.

Technique 3: Finger Chain



Practical Exercise

Touch your thumb and middle finger on one hand together, making a circle. Do the same with the thumb and middle finger of the other hand, inserting them inside the circle so they look like two links in a chain.

To test, hold your thumbs and fingers tightly together while you pull as if you're trying to pull the two links apart. A confirmation, an **ES**, will allow the thumb and finger of one of the circles to separate and open, allowing the chain to be broken. Test the following, "confirm white sugar has a negative impact on my body." The response should break the finger chain to confirm the statement is correct.

Technique 4: Muscle Testing – Locked To Unlocked

To practice the following four muscle testing technique you need another person or volunteer client to practice on. You also need a massage table or something similar for the volunteer client to lie on as you learn these techniques.

Once you have a client to work on, stand at the side of the table while the client lies down on the table. The client places their elbow on the table with their forearm at a 45 degree angle to the table. You place a couple of fingers or your hand over the client's wrist area for the testing position.

Request the client to keep their arm in this position (45 degree angle) by repeating 'maintain your arm'. Remind them also they need to breathe as you test. You then place a small amount of pressure over the wrist area. To begin the test, ask the client the question 'have you ever experienced

stress?' You should then detect their arm move down slightly or feel a shift in energy **ES**. The answer should be affirmative. So far I have not met anyone who has not experienced stress in this lifetime!! This arm movement technique is called testing from a locked muscle to an unlocked muscle. This means the muscle starts strong and when the answer is confirmed it changes to weak or 'unlocked'.

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Practical Exercise

Test the following on your client:

- Do you have a current stress? If you get an energy shift **ES** or a change then it confirms there is a stress present.
- Do you have a current stress with a female? If you get an **ES** that confirms it is a stress with a female.
- If there is no **ES** for 'female' then ask if it is with a 'male'.
- Be specific with the questions and drill down. You can continue along this line of questioning. Practice feeling the 'energy shift' to get a confirmation.