

innerspeak

for Everyone



Clear Your Past and
Create the Life You Desire
by Jean Adrienne

Inner*Speak* Grid

<i>Surrender</i>	
Permission	
Source M/F Year Location	Set Up
Soul Reaction	
Clearing	
1 2 3 4 5 6 7 8 9	
Block 1	Block 2
Block 3	Block 4
Complete?	
Process Time? Days Weeks Months	
Blessing	
<i>Gratitude</i>	

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BACKGROUND

This book was developed to allow the widespread use of the InnerSpeak modality, to facilitate life-force clearing and amplify the Ascension process for humanity and our planet, easily, simply and harmoniously. InnerSpeak is based on Sacred Geometry and was developed after years of studying other large bodies of work in the area of kinesiology.

In 1952 Dr. Charles Goodhart, a chiropractor, discovered the relativity of a muscle's strength or weakness to pressure on specific areas. His diagnostic tool, Applied Kinesiology, became the basis for many other doctors and chiropractors to begin experimentation on how the body is able to confront its inner state and communicate with the "outer world."

Dr. Alan Beardall found that by testing this relative strength or weakness of a particular muscle – the upper deltoid muscle – he was able to "ask" the body how it "felt" about something or what it was willing to reveal about itself. His body of work is called Clinical Kinesiology.

One of Beardall's students, Dr. Solihin Thom, built upon his work, his file structures and hand modes or mudras to allow the body to confront not only physical conditions, but emotion and spiritual aspects as well. Dr. Thom's work was called Inner Natures Integration.

The next player was Peter Scupham. He expanded on prior work by developing the ReUnion Process. Peter codified the existing file structures into a more easily used and learned methodology and deepened the spiritual growth component of the work

Most recently, Jean Adrienne brought in InnerSpeak, a modality that moves Clinical Kinesiology to the simplest and highest level yet, making this tool affordable, fast and readily available to as many as

desire to use it to help both themselves and others. InnerSpeak is a gift from The Group, angels of the family of Michael who are dedicated to assist us in raising our consciousness to allow the creation of heaven on earth.

So much of what we read relative to personal and spiritual growth revolves around the theme of going within and listening to our Higher Self. But how many of us don't understand what we hear, or aren't even sure if, in fact, we hear anything at all. InnerSpeak allows that inner communication to take place more easily, without the interference of our "noisy" mind chatter or our ego. InnerSpeak uses a series of files based on Sacred Geometry to enable us to communicate with our "inner self" (or soul, Higher Self, etc), and lets the Inner tell a healing story. Our soul brings up information about the forces that keep us "stuck" in undesirable space or prevent us from achieving our pure potential. InnerSpeak enables us to find the source of a force and heal it there. Once this is done, the force is removed for all time.

INTRODUCTION

The main message that has been coming in to me for the last year is that fear is the only thing that stands between us and the creation of heaven on earth. Fear keeps us from remembering who we really are, the creators of our own reality. Fear blocks us from owning our power. As it says in *A Course in Miracles*, there is only love or fear, so it is up to us to remove everything that resembles fear from our lives and replace it with love. I developed a healing modality, InnerSpeak, several years ago. My work gets down into what is going on in a client's life to reach the source of blocks that are preventing the person from attaining perfection in any area of life. I've been teaching this modality to healers for quite a while, but lately it has become apparent that it's time for this capability to be moved into the mainstream and made available for everyone who wants to take control of their life and create the reality that they desire. Here are seven steps that allow us to recognize fear for what it is, let it go and move into a place of power:

1. Knowing that there is something more out there for you

Many of us have a sense of longing to know why we are here, to understand what our purpose is. We drift along in our day-to-day lives as if we are in a dream. We have the thought that things are not as good as they might be in one or more areas of our life, but we don't know how to create the shift that will improve our situation. We long for a better life, more money, love, or a healthier body. From this we create the never-ending cycle of lack. It looks like "I want...I never get", "I get...I really don't want." How many of you live on this treadmill?

Merely acknowledging that there is the possibility that you can have more and have it all is the first step to claiming the power that is yours by Divine Right. In fact, a common theme for my clients is

“I know I’m not in the right job or doing what I’m supposed to be doing, but I don’t know what it is. Can you help me figure out what I’m really here to do?”

2. Admitting that you do not know

When we are able to see that there is more to life, it becomes clearer that we have not yet figured out how to create the reality we want. Otherwise, we would already have all those things we think are missing from our life. We would be slim, fit, beautiful, healthy millionaires!

Step two is admitting that we just don’t know how to change our lives to fill the void with the abundance we desire. This space of “not knowing” is a very powerful space. When we admit we don’t know we become teachable. We open ourselves so that the Universe can begin the process of showing us how to live in concert with its laws. The Master Jesus said, “Unless you come as a little child, you can not enter the kingdom of heaven.” He was talking about this space. Little children are teachable – they want to learn!

The clients who return session after session with no apparent shift in their life are those that have not yet found this space. They either get frustrated and give up, or they move into the “child place” and allow God to begin to work in their lives.

3. Surrendering to Spirit and asking for help

The only answer we ever receive from Spirit is YES. If we ask for large sums of money, we get YES. If we then say, “Well, I know I really don’t deserve that much, maybe I just deserve \$10,” the answer is still YES, and all we manifest is the smaller amount.

The Universe wants us to have it all! We merely need to ask correctly. This means asking with assurance for what is ours according to Divine Plan and then knowing that it is already ours. To some extent, the mere act of asking assumes lack. A more appropriate method is to give thanks to Spirit that you already have the object of your desire. The Universal Law of Correspondence states that as soon as you are able to conceptualize your desire, its object is next to it in Divine Mind. It is coming to you unless you get in the way.

Jackie came for a session because she was ready to find her “right” job. She visualized what it might look like and gave that vision to Spirit, giving thanks that “this or something better comes to me now.” Within a week, she had an interview for a job similar to her vision and was hired on the spot!

4. Releasing judgment

Our third dimensional world has been one of duality – good/bad, black/white, wrong/right. As we move into fifth dimensional consciousness, we are moving into Unity and must release all judgment. Everything just is. It becomes easier to forgive and love when we realize that. Judging anything – especially ourselves – is in direct opposition to one of the Universal Laws, the Law of No Judgments.

So, what does this mean? It means that we have to be careful how we language comparisons. It is no longer appropriate to say, “That’s a good choice,” or “you are wrong, etc.” Everything in this life is about choice. Every moment we are making one choice or another and whatever choice we make is absolutely perfect at the time. When we can step away from a space of judgment, we can see this more clearly. Another of the Universal Laws, the Law of Order, says that “everything, if left to its own devices, happens in Divine order.” In fact, I actually believe that every thing we intend is even a manifestation of the intent of the Universal Consciousness, and we are merely responding to the plan!

A third Universal Law (Cause and Effect) teaches that what we send out returns to us. Therefore, when we judge something or someone, we set in motion for ourselves to be also judged. Sound familiar? Seems like I read this one before – “Judge not lest ye be so judged?” Many times this judgment returns to us as self-judgment. We are actually harder on ourselves than we are on others, believe it or not! When we get caught on that wheel of negative self judgment, we begin to broadcast subliminal messages to the Universe that negate our intention.

And where does the majority of this judgment take place? It happens in our heads – negative self-talk that goes on constantly unless one is judicious about monitoring it!

5. Clearing the wounds from this life and healing past life contracts

In order to operate in full empowerment, we must heal all the pain we carry. This means that we have to find all old wounds and forgive everyone involved. The hardest part of this clearing is forgiving ourselves. We tend to be harder on ourselves than anyone else, but as we learn to live in a world without judging anything or anyone, we can heal this pain.

Much of what holds us back; however, is not the trauma from this life, but pain from other lifetimes. Every time we incarnate and cause hurt to another, or block someone else on his or her path, we set up a karmic contract, a debt that must be repaid. Over and over, we come in to heal and release these, but because we are human, we repeatedly fail and have to return to try again.

Recess is over. The consciousness of our planet is such that we can heal all our contracts in this life, through Grace, if we choose. Recently, the Master Jesus came to me and reminded me that 2000 years ago, He tried to show us how to clear all our contracts at one time. He did this when He gave us the Lord's Prayer. The words "forgive us our debts as we forgive our debtors" and "forgive us our trespasses as we forgive those that trespass against us" were not about monetary debts or releasing anger about the guy that cut you off in traffic yesterday. He meant literally asking that all karma be cleared and at the same time releasing all resentment and forgiving all others. First, we must accept forgiveness for ourselves, because we can only give to others to the extent that we are able to receive for ourselves. It sounds so simple. So, why then have we not been able to figure it out? Perhaps simplicity is the "gotcha." Over the years, we seem to have fallen into the trap that if we don't have to work hard and struggle, we can't be doing it "right." How many times have you heard "no pain, no gain?"

In fact, if you study the Universal Laws, you see that quite the opposite is true. Following the Law of Economy of Force, which says that "all is adjusted to the best advantage with the least expenditure of force for the spiritual and material evolution of the Cosmos," you can see that what it really is saying is, "If it's easy for me, it's right for me."

6. Letting go of all attachments

One of the greatest sources for disappointment and disillusion is our attachment to a particular outcome. We set an expectation and when it doesn't get met, for whatever reason, we feel like we have failed. The next step in claiming your power is to have no expectations. Live in the knowledge that the Universe is supporting you according to its plan.

The second part to this step is to let go of attachment to "things" and to people. When we are attached to something, we give our power away to it. For example, if we are attached to money or material things, these things become major motivators of our lives. They then have the power to make us happy or sad, upset, angry, depressed. So often when a person falls in love they do the same thing. They give their lover the power to make them nervous, upset or ecstatic! No difference! When we allow anything outside ourselves to make us happy or sad, we have given away our power.

When power is lost, fear steps in.

7. Claiming your true identity

Once self-judgment is gone and the past is cleared, it becomes easy to remember who you really are, that Spark of the Divine. You see yourself as the creator of your reality and everything is now within your grasp! You find that you always had the power to do this, and now become aware of all the times you gave that power away.

Your authentic self holds within the key to **EVERYTHING!**

FORCES AND THEIR SOURCES

The primary cause of unhappiness/illness/disease is the belief that one is separate – from God and/or mankind. This belief is what generates a force. Forces are really just external pressures that prevent us from being who we really are, beings of light created in the image of God. The goal of InnerSpeak is to remove anything that causes one to feel separate. Forces are created on the physical plane and must be cleared on the physical plane. So, whether a particular force was set up in a crisis during a person's present lifetime or during a past life, someone that's on the physical plane – generally the InnerSpeak client - must deal it with. In order to do this, you have to get to the source, and InnerSpeak provides a method to do just that. InnerSpeak will clear these forces efficiently and easily.

When the force is cleared – it's removed from the whole lineage of the client. Since quantum physics has shown that time is non linear, it happens in an instant, during the session, and the hold that the force has created is ended.

SIGNALS

Signals are displays from our Inner that something needs to be looked at and then cleared in some way. Since the Inner is the very blueprint of the soul's existence, then all our pains, our health, our dreams, our appearance, our feelings, the events and circumstances we go through, our hopes and our fears - all are signals, displaying our Inner's condition. These signals can include, but are not limited to:

- Physical problems
- Unwanted, inappropriate or uncontrollable feelings
- Destructive actions and impulses
- Inappropriate beliefs

- Unwanted identities we have taken on as our own
- Spiritual disconnection and loss of faith

InnerSpeak uses these signals to find out what the Inner wants to talk about and release.

SHAPES

Many, if not all, forces and aspects of forces actually have “shapes” either in the body or in the field. These shapes are the energetic debris of unresolved problems. Most of the shapes are stored from emotions and problems of this lifetime, but this is not always the case. They can be past life residue as well. Either way, they are actually encoded in both our cellular structure and our energetic field, and facets of them will appear as a shape of some sort in the body or field. Most of the time these shapes will appear to be geometric in nature, such as platonic solids, pyramids, spheres, cubes, etc., but sometimes they will look like ordinary objects. Part of the process you will be doing is removal of these shapes, allowing Spirit to transmute them into the Light for permanent release. With this, we not only clear the force, but remove its residue as well.

CLIENT STORIES

Over the last several years, many people have come to me for healing work. While I never make any promises, because I have no attachment to the outcome of a session, I can honestly say that I've never done a session where some shift of energy has not occurred. Many times the shift is subtle; some times it's as subtle as a sledge hammer. Generally the client feels some change almost immediately, even though the session might indicate that they will be processing for several days.

The major difference between InnerSpeak and the other kinesiology modalities such as Clinical Kinesiology, Inner Natures Integration, or ReUnion is that this work is very gentle. The processing of the energetic shift is usually not painful in the least. The tears that occur happen while the client is in session and are brief in duration. Rarely is there ongoing sadness or drama following the conclusion of the work. It is for this reason that I feel comfortable making InnerSpeak available to the masses, without the need for formal training. If the work is done in surrender, it will only help and only bring up issues for clearing that the conscious mind is ready to deal with.

Betty's Story

Betty was tired of being alone and wanted to remove the obstacles that were keeping her from finding her spiritual partner in this life. The session began with her Inner saying that the block was due to her own fear of commitment that stemmed from a past life when she was a woman in South Dakota in 1923. She was married, but her husband was in love with someone else. He came from a powerful family that used their clout to obtain his divorce and take her child away from her. The trauma from that life damaged her soul in a way that has cursed her positive intentions in this lifetime and

set up this fear of commitment. She has been broadcasting her fear at a subconscious level to everyone she's met, and they have honored it by running away from her! A month after the session, Betty met a great guy and has entered into a balanced relationship with him.

Amanda's Story

Amanda arrived in the midst of a panic attack, depression, dehydration and perilously low blood sugar. She had not eaten for several days. She frightened me almost more than she was frightened herself. Her eyes were as big as saucers, with the look of a deer caught in headlights. Part of me wanted to send her straight to the emergency room, but part of me knew I needed to honor her request for a session. Before we could begin, I gave her a glass of orange juice and a plate of scrambled eggs to begin the process of restoring balance in her physical body. Altogether we did three sessions to lift the force she was running.

The first session found the source to be a past life in Canada in 1795. She was married and she sabotaged the relationship through jealousy, bitterness and accusations. The soul of her husband in that life is reincarnated now in her new fiancé. These fears began to surface when they got engaged and started planning their wedding. In the past life, her jealousy was out of control, and while she knew this was not right, she couldn't stop her actions. Finally, her man left her for another woman and her heart was broken. The impact on her soul was that she shut down her inner guidance and eventually left that life with a belief that she could not have the things she desired, a fear of abundance. This session calmed her down and left her feeling somewhat better.

The next day she called again, requesting another session. This day, she was physically healthier, but filled with anger at her fiancé. Remember, there are only two true emotions, love and fear, so this is a good example of two faces of fear. One face looks like fear and one appears to be rage. This session uncovered another force from the same life, just a little later on. She took revenge on the woman that she felt had "stolen" her husband. By this time, this woman was carrying his child. Amanda's jealous past life persona pushed the pregnant lover down on ice and caused her to lose the baby. In order to facilitate the clearing in this session, she had to do quite a

bit of forgiveness work. This session signaled a mandatory continuation after a processing period of one week. When she returned a week later, we worked on her past life aspect that was the bitter old woman, alone and unhappy, who continued to sabotage her happiness for the rest of her life. Since that clearing, Amanda has been doing great. Her relationship has never been happier, and she is eagerly anticipating her wedding this fall.

Maria's Story

This session was done remotely on a child I had never met. A friend had heard about this child and had received a plea from the mother via an internet bulletin board. My friend sent me the email and asked if I was interested in doing some pro bono work. When I read the email, it pulled at my heartstrings. How could I refuse? "Maria has gone 6 days with seizures. They are grand mal. No longer every hour, the seizures occur like clockwork within 5 minutes of her falling asleep. Then she is able to sleep for half an hour to a few hours. She is so strong and is trying so hard to get through the day. Her speech (which is minimal at her best, maybe 2 words per sentence) is almost gone. Do you have any ideas on how to stop the seizures during sleep?"

I drew a stick figure, and with my intention I declared it to be Maria. This is the same as invoking the Universal Law of Similarities. The child's energy was so strong, that even though I had never met her, I immediately "knew" her. The session said that the source of the seizures was an overwhelming authority figure. It showed that relationship issues were being handled instinctively, rather than with full conscious inspection. This child was holding onto a belief (however inappropriate) that if she was helpless and sick, her family would love her enough and everything would be ok. The "set ups" for the force were abuse of power and denied infidelity. In order to facilitate clearing the force behind the seizures I became a surrogate for her and did acupuncture on myself to remove the old belief, as well as acupuncture on a meridian point that has to do with not being able to stop doing something that is harmful to oneself or others.

I wasn't quite sure how to deal with the information I had received. Obviously, this was not the sort of report that one would

post on a bulletin board! I called my friend and asked her how well she knew the family. She really didn't, other than through rare email correspondence. I decided to tell my friend and let her share this information with the mother, as it would probably be better received from her than from a total stranger.

The next day I received an email from the mother. She said, "I want to thank you personally for proving insight into my daughter's seizures. You are not the first to tell us that the seizures are related to her father. He struggles mightily with having three children with autistic-like symptoms, all girls. He struggles that he won't ever have a son. He travels extensively for business, over 100 trips just last year, and he plays golf 2-4 times per week. He got us live-in help to assist me, which is great, but he thinks it exempts him from responsibility. I often feel lonely, angry, frustrated, and bitter. Clearly the kids pick up on my anger, especially when it boils over onto THEM (which, I'm embarrassed to say, it does.)"

"I can not seem to get through to my husband about my loneliness and bitterness. Last summer I came right out and told him I was lonely, to no avail. I harbor thoughts of my old "love" constantly, not because I want him back, but because it is a memory of affection and closeness. Maybe Maria interprets this as infidelity to her Dad, whom she adores."

"I must find a way to clean up our "act!" I have devoted my life to helping my family. I'm skinny, tired, cranky, uptight, snappish, and yet everyone around me thinks I'm superwoman. I guess I enjoy that label. It makes me special, right? I wish my husband thought I was special."

She has since told me that the seizures are now gone, and she is ready to begin the process of healing herself. As she heals, the family will heal, and the child will be free to become the happy, healthy child she deserves to be!

UNIVERSAL LAWS

When we ignore or reject one of the Universal Laws, we set in motion a force or karmic debt that must be cleared at some point in the path of the Soul. Here are some of the more powerful laws with an interpretation of each. Some of these are automatic laws (A), they happen whether we choose them or not. The others we must choose to work with. Here are some of the more important Universal Laws and their definitions:

Law of Action action is required to bring thought, feeling or knowledge to life

Law of Identity (A) all experiences and things in our lives are seeking to teach us who we really are

Law of Attraction (A) basic law of manifestation, where the attention is, that is what will be created, whatever the mind believes intensely will come to pass

Law of Balance (A) the Universe will immediately counterbalance any impact so that life can be maintained and supported lovingly (as one door closes another opens...)

Law of Cycles the world of nature exists within a larger pattern of cycles. All things happen in good time.

Law of Right To Decree we are co-creators with the Divine, and this law allows the ascended realms to intervene in our behalf in creation.

Always add “under the law of Grace” to your decree. Repeat 3 times, the sacred number of creation, adding “It is done. It is done. It is done. I thank you” and let it go trusting it is in higher hands

Law of Divine Flow when we live in the moment, centered in love, all flows well

Law of Economy of Force ..adjusts all to the best advantage with the least expenditure of force/energy for the material and spiritual evolution of the Cosmos (if it's easy...)

Law of Correspondence (A) as soon as the thought is created, the object is next to it. Every desire or question has its answer right next to it. As soon as there is an energy surge in Divine Mind, the totality of the experience is right there.

Law of the Vacuum (A) nature abhors a vacuum. When a space is cleared, it WILL be filled with the same energy unless programmed differently. Clear a space – like energy returns

Law of Flexibility accept everything, serenity follows

Law of Forgiveness seeing all with love, good follows. This is marking a real, or imagined, debt PAID.

Law of Free Will we have the right, authority, and power to choose our direction

Law of Grace can waive the Law of Karma in that a person can receive more than one deserves if it is for the good of all

Law of Group Endeavor ..when 2 or 3 or more are gathered together in my name, etc. Also called the Law of Collective Energy

Law of Honesty only when we are honest with self can we be honest with another

- Law of Intention** energy must follow intention for manifestation to occur. Energy ALWAYS follows intent, and results in creation
- Law of Karma** the principle of cause and effect. Karma is a stored memory with a judgment attached to it. Everything happens according to law and every action has an equal and opposite reaction.
- Law of Love** love limits itself by desire. Aim is to transmute desire to spiritual love, love without attachment
- Law of No Judgments** Universal Spirit does not judge us. Our judgments attract judgments in equal measure
- Law of Non-Attachment** attachment to the self creates karma. Non attachment dissolves karma. Through spiritual practice man can free self from existence determined by Cause and Effect.
- Law of Non-Intervention** ..it's not our job to intervene or correct what we see as harmful behavior. We are to work in our own reality only, for that is the only thing we can really change or control. Remember Non-Intervention also runs hand in hand with Karma (Cause and Effect.)
- Law of Order (A)** Everything, if left to its own devices will always be in Divine order
- Law of Patterns** any habit or pattern tends to reassert itself over time unless we break the pattern by doing something different
- Law of the Present Moment** time does not exist; the here and now is all we have

Law of Prophecy the only true future that exists is what is in the mind of God, unfolding in the now. Just by hearing prediction we change the outcome to some degree

Law of Rhythm (A) everything flows – in and out, ebb and flow, the pendulum swing manifests in everything. Only in the ebb can energy be redefined to express in a new and higher way, creating a new flow.

Law of Giving and Receiving (A) as we give, so will energy return to us (give freely, receive freely; give cautiously, receive cautiously)

Law of Sound every living thing in existence has a sound. Sound has the power to restore people to their harmonic balance. “Om mani padme hum” is the most powerful

Law of Synthesis the WILL aspect; all things exist as one. All things come from and blend back into the One.

Law of Unconditional Love loving ourselves and others AS THEY ARE is honoring our own and the path of all other’s souls. It is loving and accepting people and events without judgment or reservation

Law of Vibration the basis of manifestation, nothing rests, everything moves

ACKNOWLEDGEMENT

Acknowledgement is vital to the intimacy and clarity of the our relationship with the Inner. Have you ever been involved in a conversation where you were sure that the person you were talking to wasn’t paying attention? Chances are they were not acknowledging what you were saying. Most times, a simple “uh-huh”

is sufficient to maintain the conversation as relationship, but if that, or something similar is not received, the person talking soon begins to feel alienated and uncomfortable.

The same goes for our Inners. The Inner is constantly communicating with us – telling us when something we are thinking or doing is, or is not, for our highest and best good. We rarely hear it, because we just don't know the language, and this feels to the Inner as a lack of acknowledgement.

With InnerSpeak, the Inner will cease to respond if it is not consistently acknowledged for what it is telling you. To accomplish this acknowledgement, we use a process called Tapping In.

Tapping In is the same as telling the Inner, "Thank you, I heard what you said." It is done by tapping on the forehead three times in the area of the "third eye." Every time you get a piece of information from the Inner, you should Tap In. You just can't tap in too much. Tapping In has the effect of pacing your speed to the speed of the Inner. If you forget to tap in your session may begin to not make any sense, causing you to feel lost. Another symptom could be that your muscle testing just quits working. If at any time you begin to feel like you are lost, stop what you are doing, take a step back and a deep breath, and surrender to God and ask for help. Then Tap In and return to where you were when you felt lost.

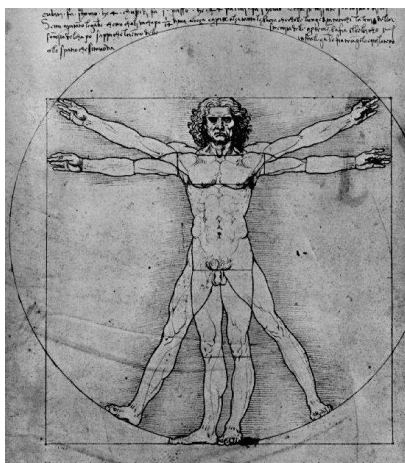
FILE NUMBERING SYSTEM

InnerSpeak consists of a collection of information in a filing system, to make it fast and easy to access. Each file contains a list of "issues." These issues appear in our lives when the force associated with the file is active. These lists are the language that enables the inner to communicate what is out of balance within the client.

Within the scope of Sacred Geometry, it has been shown that the human body is the key to the universe. As our vibration grows higher, our bodies are changing and the ways that we communicate are being enhanced as well. Third dimensional consciousness, where we have dwelled for so long, is mathematically based on the number 2 squared, the human existence. We are rapidly moving to the Christ

Consciousness, the fifth dimension, which is mathematically based on 3 squared. Hence, the numbering system that InnerSpeak is based upon is 3 squared. There are a total of 144 files in the complete InnerSpeak process. For the purpose of this book, you will be working with five of these files containing 36 issues each.

These files will enable you to perform very basic sessions on yourself and clear many issues, without having to take extensive and expensive training seminars. If this introduction to InnerSpeak peaks your interest, more in depth classes are available. Go to www.inner-speak.com for more information.



The files are:

- **Source** — where did the force come from
- **Set Up** — what trauma set the force up
- **Soul Reaction** — what impact did this trauma have on the soul
- **Clearing** — facilitations to replace the removed forces with positive intention
- **Blessing** — gifts from Spirit for doing the work of healing the past

SURRENDER

We come into each life to accomplish an individual Mission, and ultimately discover how our mission connects to the planetary mission. We step out upon the game board of the Game of Life, though, without our Rulebooks. It seems we have left them at Home. We appear to have two choices on how to navigate through this game called life – “our” way or “God’s” way.

If we could learn to assign our will to Spirit and walk in surrender all day, every day, we would have no forces, no pain. We would be blessed with all the abundance, health, happiness and love that we deserve and that are ours by Divine right. Unfortunately, we are human and we have our “mortal moments.” We must learn to

discern when we are operating from our earthly self rather than our higher self, so that we can plan our actions accordingly, and rise above our earthly self.

When we are operating from surrender, working our plan from our higher self, everything flows. Not only does life feel good for us, but also those around us receive the light that we emanate and they benefit as well. When our choices are in harmony with the choices of our higher self and God's, they work. Stress does not exist within our higher selves.

When we operate from our earthly self, our energies are scattered. It becomes difficult to find our way. Struggle enters into the equation and our external "forces" come up. Most of the time, we run on auto-pilot and don't recognize that we have slipped into one of these "mortal moments." We just think that we are bummed out, feeling yucky, having a run of bad luck, etc. It's times like this when we are glad that we have good friends, because our good friends are usually the ones able to point this condition out to us.

So, a priority for each of us needs to be discernment – the ability to recognize when we are operating in surrender and when we are not. The second priority is that when we find we are working from our earthly self, we should **MAKE NO DECISIONS!** This is an imperative that will prevent us from making those mistakes that are harmful for both ourselves and others around us. We don't violate Universal Laws when we are in a state of surrender.

Some tools that you should consider to assist in your walk are meditation, prayer, spiritual counseling, and energy work – anything along these lines. Your answers all lie within you, and the quickest way to find them is to say or think, "Thy will, not my will, be done" or just by "letting go and letting God."

In Surrender, you become entirely present with the joy and confidence of your Creator. You open yourself up to the possibility of change. The highest possible state to work from is that of "I know nothing. I am in the flow completely as an observer only."

All InnerSpeak sessions occur in a state of Surrender. They both begin and end this way and many times, one must stop, take a breath and re-surrender along the way. This is all about

acknowledging that it is Spirit that does the work, not us, and staying in a state of complete trust in the Power that is greater than our own.

MUSCLE TESTING - KINESIOLOGY

InnerSpeak uses a biofeedback tool called kinesiology to communicate between the inner and outer worlds of our biology. Our Inner, or Soul, constantly tries to communicate with us, but we are unprepared to listen because we have forgotten how. This tool is a bridge that we can use until our intuition develops strongly enough to allow us to “hear” the Inner without it. It allows our body to communicate with its own intelligence, bringing into consciousness things that we have placed in our subconscious. It is the combination of kinesiology and the files of information that make any one of us able to do this work – whether we operate primarily from our left brain or our right brain. This tool turns this work into a logical progression of steps that when done in surrender allows this communication to take place effortlessly and honestly.

In previous kinesiology work, the upper deltoid muscle was used and testing was accomplished by “pulling on the arm.” Because this requires two people, it isn’t appropriate for the type of sessions you will be doing on yourself. InnerSpeak utilizes self-testing, which can be accomplished in several ways.

The first method is done by making a “donut” with the thumb and index finger of one of your hands, preferably your non-dominant hand.



So if you are right-handed, use your left hand to make the donut. Place the index finger of the dominant hand inside the donut you've made with your non-dominant hand as shown



Now, use your index finger as a lever to push open the ring formed by the non-dominant hand. This is a subtle move. Don't hold the ring together with great force or you will make your fingers sore. Just hold with enough resistance to allow yourself to see the difference between strength and weakness as you push your index finger out between your thumb and forefinger. Sometimes you will

be able to break the ring and move your index finger out and sometimes you won't. Now, ask your body to show you which of these mean yes and which means no. This is done by asking out loud with your hands in position



“Show me YES” and push with index finger, then “Show me NO” and push.



There should be a noticeable difference in strength between the two. One way should allow your index finger to break through the ring and one way you can't. Try this several times until you are comfortable in which is which.

We use this tool in InnerSpeak to question. Questioning is just what it says – “Is xxx for this my highest and best good?” “Does this come from a past life?” “Is xxx correct?” – expecting a yes or no answer. The body will not lie! Language is used in conjunction with muscle testing, so it is important that we language our questions clearly. In order to keep the ego from becoming involved, it helps to use a third person or “observer” point of reference, although depending on the question, this may not always be possible. The question must always be one that can be answered by yes or no.

The success of your muscle testing is completely a function of your trust. Trust is not something that can be taught in a manual! When you muscle test, do it quickly and ASSUME that the response you are getting is the correct one. Don’t second guess yourself. If you ask the same question over and over, you Inner will recognize that you are not trusting and will begin to support you in that lack of trust by providing random answers. Remember, the Universe’s answer is always YES!

EXERCISE

1. Surrender and ask Spirit for help
2. Determine yes/no
3. “Is today Tuesday?”
4. “Does this person have a pet?”
5. “Is there mail in my mailbox?”
6. “Does this body need to take any vitamins?” If so, determine which.
7. “Does this body need to eat anything now?”
8. Does this body need to drink water now?”

Continue to practice and make up your own yes/no questions now.

CONDUCTING A SESSION

Once you have confidence with muscle testing, you are ready to try a session. First, you need to decide what you want to work on. Are there any areas in your life that are “signaling” for you? What aspects of your life are not exactly the way you would like them to be? Are you having difficulties at work? Can’t find the right job? Can’t find fulfilling relationships? Need more money? Pick one.

In order to help you move through the session easily, I have devised the InnerSpeak Grid (Inside Front Cover). Use this grid in conjunction with yes/no questioning and muscle testing to guide you. Start at the top and move down the boxes as if you were playing a game of hopscotch. After you get clear on the process, we will look at each file in depth.

The first block is SURRENDER. Remember, you must work in surrender or your results will be unpredictable. So, take a moment and lift your issue up to Spirit and ask for help in looking at what you need to look at for your highest and best good in order for you to shift the energy and create the result you desire. Then touch the SURRENDER block and ask, “Am I in surrender?” Test. If the answer is yes, TAP IN, and proceed to the next block. If the answer is no, take a breath and give surrendering another try.

The next block is PERMISSION. It is possible for you to successfully surrender your issue to Spirit and have a conscious desire to clear your block, but lack the subconscious permission of your Inner to proceed. Touch the PERMISSION block and ask, “Do I have permission to look at this force?” Test. In most circumstances, your Inner will honor your request by giving permission immediately. TAP IN. If it does not, take a breath and consciously give yourself permission to examine the force that is blocking you, and then test again. If you still don’t have permission, stop here. You might just need to be with your decision for a while before actually dealing with it. Always honor PERMISSION.

Once you are in surrender and have permission, you are ready to locate where and when your blockage was set up. Go to the third block, SOURCE. Using yes/no questioning, ask if it's appropriate to locate the source. If it is, then ask, "At the time this force was set up, was I a man?" "At the time this force was set up was I a woman?" to determine gender. Then go to the file called Source (Fig. 5). This is a page containing blocks of numbers. Use yes/no questioning to enable you to find the block that contains the year the force was set up. You can go this in large clumps, gradually narrowing the search down to a row, then an individual cell. For example, "Is the source BC?" "Is the source prior to 1200AD?" "Is the source contained on the row beginning with 1500AD?" Finally, go to the map (Fig. 6). Ask which continent and country the force was created in using yes and no questioning. Now you know when and where the set up occurred as well as what gender you were. Obviously, if the timeframe is during your present lifetime, this is a current life force, not a past life. TAP IN after each answer you receive.

The next step is to find out what happened that caused your soul to store memories with judgments attached to them, setting up the contract that is keeping you blocked. Move to the cell called SET UP. Question to see if it is appropriate to determine the set up now. If yes, TAP IN and go to the file SET UP on page 32.

Now you will begin to utilize the blocks and the numbers, 1 – 9. The SET UP file is one that has thirty six entries in it. These entries are divided into four blocks containing nine entries each. (Sacred geometry, 3 squared) In order to determine which entries are appropriate to your story, we will muscle test and ask. Touch Block 1 and muscle test yes/no. Repeat for each block until you get the correct one. TAP IN.

Now move to the block of numbers and question to see which one is the correct one. TAP IN. Then look on the SET UP page and read the correct block and number. Write it down.

Go back to the SET UP cell and question to see if there is another item that needs to be examined. If so, you need to repeat the last process. If not, move to the SOUL REACTION cell.

Ask if it is appropriate to look at an item in SOUL REACTION with yes/no questioning. If yes, then find the correct block and

number. TAP IN. Look it up in the file SOUL REACTION, read and write it down. Then ask if you need to look at an additional SOUL REACTION. If so, then repeat this process and TAP IN. Now go to the block CLEARING. Question to see if it's appropriate to do a clearing facilitation. If so, locate the block and number. TAP IN. Find the correct line in the file CLEARING. Do the facilitation and TAP IN when complete. Repeat this process until you get a "no" when you question to see if there is another clearing.

Touch the block COMPLETE? And question yes/no to determine if the force is cleared. Next, touch PROCESS TIME and question to see how long you will be processing. If the answer is no processing time, you can assume that you will only process over night. Next touch BLESSING and question yes/no. If yes, find the block and number. TAP IN. Check to see if there is another and repeat the process if so.

Finally, always end the session in gratitude. Surrender and thank all your angels, teachers, guides and of course, God, for helping you to clear your past. It is gratitude that owns the healing!

SOURCE (Fig. 5)

BEFORE 5000 BC

BC

5000	4900	4800	4700	4600	4500	4400	4300	4200	4100
4000	3900	3800	3700	3600	3500	3400	3300	3200	3100
3000	2900	2800	2700	2600	2500	2400	2300	2200	2100
2000	1900	1800	1700	1600	1500	1400	1300	1200	1100
1000	900	800	700	600	500	400	300	200	100

AD

0	10	20	30	40	50	60	70	80	90
100	110	120	130	140	150	160	170	180	190
200	210	220	230	240	250	260	270	280	290
300	310	320	330	340	350	360	370	380	390
400	410	420	430	440	450	460	470	480	490
500	510	520	530	540	550	560	570	580	590
600	610	620	630	640	650	660	670	680	690
700	710	720	730	740	750	760	770	780	790
800	810	820	830	840	850	860	870	880	890
900	910	920	930	940	950	960	970	980	990
1000	1010	1020	1030	1040	1050	1060	1070	1080	1090
1100	1110	1120	1130	1140	1150	1160	1170	1180	1190
1200	1210	1220	1230	1240	1250	1260	1270	1280	1290
1300	1310	1320	1330	1340	1350	1360	1370	1380	1390
1400	1410	1420	1430	1440	1450	1460	1470	1480	1490
1500	1510	1520	1530	1540	1550	1560	1570	1580	1590
1600	1610	1620	1630	1640	1650	1660	1670	1680	1690
1700	1710	1720	1730	1740	1750	1760	1770	1780	1790
1800	1810	1820	1830	1840	1850	1860	1870	1880	1890
1900	1910	1920	1930	1940	1950	1960	1970	1980	1990
2000	2010	2020	2030	2040	2050	2060	2070	2080	2090

SET UP

A crisis that has caused the Inner to reorganize itself in a negative way, due to the memories of these wounds. Locate the set ups and then go to Soul Reaction to see exactly how this affected the Inner. With each Set Up you can muscle test to determine which parts of the item are applicable to you.

- 1:1 Broken heart
 - 1:2 Bigamy or adultery
 - 1:3 Deformed (physically or inwardly), physical maiming or illness
 - 1:4 Expulsion, pushed out, ostracized, abandonment
 - 1:5 Suppression of financial, sexual or creative abundance
 - 1:6 Forced into or out of a partnership (usually by family or cultural pressure)
 - 1:7 Abortion, fetus or seed idea not allowed to reach viability, rejected child or rejection of something one wanted, miscarriage, lost child
 - 1:8 Birth death – check mother or child
 - 1:9 Amputation, cutting the umbilical cord, physical or emotional disconnection
-
- 2:1 Financial or sexual cruelty
 - 2:2 Loss of heart, shame, or bitterness from being excluded from family or group
 - 2:3 “Sin”
 - 2:4 Arranged or no love marriage
 - 2:5 Sexual enslavement, jealousy
 - 2:6 Servitude, powerless before the will of others
 - 2:7 Sudden betrayal

2:8 Punishment for another's misdeeds

2:9 Concealment of homosexuality or of a homosexual act

3:1 Deception – others don't know who or what one really is or what one is really doing

3:2 Impotence or frigidity, not wanting sex, financial failure

3:3 Incest, molestation, forced sodomy or rape

3:4 Renouncing faith in God

3:5 Loss of faith in self or others

3:6 Deep suppression of inner expression (self or other)

3:7 Early childhood abuse

3:8 Failure, ruin, impoverishment

3:9 Suicide or attempted suicide

4:1 Torture (physically or emotionally overwhelmed)

4:2 Unable to provide for loved ones, or perceived endangerment of family

4:3 Child or other loved one taken away

4:4 Natural disaster or accident that results in death

4:5 Abuse of power by self or others – causes self or another to be hurt

4:6 Stuck walking a path that one knows is not right for oneself

4:7 Revenge or illness as revenge

4:8 Denied infidelity by self or partner

4:9 Betrayal, treachery, being lied to or lying

SOUL REACTION

The inner reorganization that results from an external traumatic event. If not already found, check Set Up.

- 1:1 Trauma has wounded one's instincts and sense of self worth
 - 1:2 Set Up has fragmented one's Inner
 - 1:3 One's needs have been cut off
 - 1:4 Set Up has stolen one's inner clarity
 - 1:5 The Inner has attempted to wall off the scars from the trauma by taking on an addiction
 - 1:6 A crisis has allowed one's inner to be invaded by a force, identity or entity
 - 1:7 Mistreatment or self abuse has come from the Set Up
 - 1:8 Trauma has prevented one from being able to assign one's will to God's direction
 - 1:9 Shame and humiliation results from a traumatic event
-
- 2:1 Set Up has caused one to block off inner information
 - 2:2 Set Up has caused one to shut down an inner resource
 - 2:3 Set Up has stained one's charisma and caused disrepair
 - 2:4 Trauma has led to loss of faith in self, God or other(s)
 - 2:5 Set Up has created an idea that circulates through one's system like an obsession
 - 2:6 Inner is tangled in a maze of forces that result from the Set Up
 - 2:7 One's ability to be in relationship with another or others has been disrupted by the Set Up
 - 2:8 Trauma has instilled a belief that one is stuck or can't change
 - 2:9 The inner suffers from alienation due to the Set Up

- 3:1 Trauma has caused a loss of desire or ability to unite in intimacy with another or others
 - 3:2 Some inner part has been wounded or lost due to the Set Up
 - 3:3 Trauma has hidden its wound deep within
 - 3:4 Set Up has closed down the heart
 - 3:5 Trauma has shut down or overloaded a chakra. Find which.
 - 3:6 Burn out, exhaustion or weariness results from the trauma
 - 3:7 Trauma of rejection makes one feel lonely or outcast
 - 3:8 Set Up has cursed positive intentions in the inner in some way
 - 3:9 Set Up has caused one to deviate from one's Mission
-
- 4:1 One's inner pain resonates with that of an ancestor or other life being
 - 4:2 One's ability to survive has been damaged by the Set Up
 - 4:3 Inner values or abilities have been closed off by the trauma
 - 4:4 The trauma has caused one to shut down inner guidance
 - 4:5 Trying to suppress the pain of the Set Up has created illness or toxicity within
 - 4:6 One holds a belief that makes self right and others wrong (or vice versa) as an excuse for one's behavior
 - 4:7 Set Up and its trauma have forced one to shut down inflow
 - 4:8 Trauma has created an imbalance of one's masculine or feminine aspect
 - 4:9 Set Up has been trying to resolve itself, but lack of forgiveness keeps jamming the process.
-

CLEARING

*Facilitations to replace the removed forces
with positive intentions.*

- 1:1 Each of us has tools that can assist in clearing forces: aromatherapy oils, flower remedies, inspirational cards, candles, crystals, etc. Muscle test for the tool to use from your personal set of tools
 - 1:2 Call in an Angel and ask for counsel and blessing for self/being/ancestor. (test to see who)
 - 1:3 Kneel and surrender in gratitude until you feel yourself moved or flung to the earth.
 - 1:4 Question to see where on your body the force sits. Ask God to remove the creature or monster in this spot
 - 1:5 Open self fully to the Grace of God & ask that peace be restored in your life.
 - 1:6 Ask God to remove the transparent “egg” or shell that surrounds your field.
 - 1:7 Kneel and ask God to clean you totally.
 - 1:8 Find past life being & support them in confronting the force
 - 1:9 Ask Archangel Michael to present you with the appropriate “cord cutting” tool and assist in the removal of all cords that connect you to others, in love.
-
- 2:1 Pull out the belief stored in your body by pulling hand-over-hand, like a rope
 - 2:2 Allow past life being to vent their rage or fear until it's all gone.
 - 2:3 Allow your Divine Right of abundance to be received, trusted and integrated
 - 2:4 Fill your vessel with positive light and allow it to be seen by the world

- 2:5 In your imagination, allow self to be covered with a white sheet of paper. Feel a presence write on it. Take it off and read what it says.
- 2:6 Ask that the chakra(s) be opened and balanced. Question to find which one.
- 2:7 Rock the past life being in your arms and listen to what they want to tell.
- 2:8 Create a bottle in your imagination. Invite the force or past life being into it. Cork it and give it to God.
- 2:9 Remove the energy of the person/being/attacker/ancestor (test to see who) from every cell of your body, replace with God's perfect light.
-

- 3:1 Bless/sanctify water and sprinkle each chakra to cleanse and release all pain and trauma that's been stored in each one.
- 3:2 Move the emotion/feeling from your body to your heart and let it be changed to love energy and light. Open the door of the heart and beam this Divine Light out into the world.
- 3:3 Ask God to remove the "pain patches" in the body and field.
- 3:4 Go to the other life scenario & collect the gifts/tools that were left. Reintegrate them inside your solar plexus chakra.
- 3:5 Muscle test for 2 points to hold to reconnect Qi that has been segmented.
- 3:6 Connect to Source above through your crown chakra. Connect to Source below through your root chakra. Allow love to pour in from Source and gather in your heart.
- 3:7 Muscle test for 2 points to hold to allow unfolding past an old inner wound.
- 3:8 Confront the "source" in love & command it to remove its energy from you now & forever. The contract is complete. This is an aspect of your soul that no longer serves you. Allow the Archangel Michael to take it into the light.
- 3:9 Ask to receive a "Light Shower" to rain light down on you and increase your light quotient by 10%

- 4:1 Ask God to remove the shapes that look like “mouths” from the field/body.
- 4:2 Ask God to remove the “wet black ropes or worms” in the field/body.
- 4:3 Ask God to remove the “mirrors” in the field/body.
- 4:4 Walk hand-in-hand with the past life being into the fire of transformation
- 4:5 Ask the Archangel Metatron to show you the Akashic Records of the lifetime in question like a video
- 4:6 Ask that the frequency of your body be raised to 2200 hz.
- 4:7 Ask that all old contracts from every lifetime be cleared – release all that’s bound.
- 4:8 Forgive all concerned.
- 4:9 In your imagination visualize a beautiful star. Wrap your DNA strands around the star & pull the star’s energy into yourself through your DNA

BLESSINGS

Gifts from Spirit for the work done in the session.

- 1:1 Creating your positive reality, creative self expression
- 1:2 Psychic abilities returned, enhanced
- 1:3 Inventiveness – creativity from the unknown
- 1:4 Nurturing, ability to give and receive love and emotional support
- 1:5 Opening to miracles
- 1:6 Heightened sensitivity
- 1:7 Renewed faith in self and courage to receive the truth without defensiveness

1:8 Courage to operate from own inner vision, releasing the need for approval from others, autonomy, independence

1:9 Courage to face things and transform, or say “no”

2:1 Confidence in own abilities and knowledge, no more second guessing

2:2 Synchronistic flow, good fortune

2:3 Healing from awakened inner

2:4 Will to accomplish, drive, dynamism

2:5 Mastery and restored sense of one’ purpose / Mission

2:6 Inner guidance, ability to follow the will of Spirit

2:7 Union – acceptance of love from self, God, partner, family

2:8 Luck, opening to the flow of God’s abundance

2:9 Relaxed control, taking responsibility, no projecting blame or resentment at others

3:1 Lightening Up – sense of humor, clarity, trust in inner guidance

3:2 Connectedness to Beauty – self, others, God

3:3 Return of one’s authority and power, confidence. Courage to stand up and take charge

3:4 Inner and outer worlds back in synch

3:5 Freed from being a “sinner”

3:6 Fearlessness – courage to express inner truth openly

3:7 Flexibility – undisturbed by change

3:8 Intimacy, sensitivity with other(s) and God

3:9 Centeredness and calmness that enables one to see and accomplish purpose

- 4:1 Ability to stay in present moment, mental clarity
 - 4:2 Becoming a warrior, standing up for oneself
 - 4:3 Freedom from stress and self consciousness
 - 4:4 Trust in God and in self, allowing change and manifestation of intention
 - 4:5 Opening to others, not withholding feelings or knowledge
 - 4:6 Release from overwhelm
 - 4:7 Independence of identity – be whatever you want to be!
 - 4:8 Restored ability to see consequences and the “big picture”
 - 4:9 Courage to follow your heart’s command
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EXAMPLE SESSION

For this example session I want to work on what is standing in the way on my losing weight. So I touch the first block on the InnerSpeak Grid, SURRENDER, and I say to myself, “Father/Mother God, I surrender to you and I ask for help in looking at what needs to be looked at for my highest and best good today to help me to find the blocks that are preventing me from losing weight. I ask that I be allowed to go to the source of this force and clear it there and backwards and forwards through time. I ask that this be easy, peaceful and harmonious. Thy will, not my will be done.” Then I touch the SURRENDER block and ask, “Am I in surrender?” The answer is “yes”, so I TAP IN, and proceed to the next block.

The next block is PERMISSION. I touch the PERMISSION block and ask, “Do I have permission to look at this force?” The answer is “yes” so I TAP IN. I go to the third block, SOURCE and ask if it’s appropriate to locate the source. It is, so ask, “At the time this force was set up, was I a man?” “At the time this force was set up was I a woman?” to determine gender. I get that I was a woman. On the Source Page, I muscle test down through the numbers and find that the time where the force was set up was 1772. By muscle testing on my map, I find that I lived in London England in that lifetime.

Next I checked the cell, SET-UP to see if it was appropriate to find what happened in that life to cause me to hold weight in this one. There were several set-up’s that needed to be acknowledged, so I kept checking that file until my muscle testing said that there were no more items there that needed to be looked at. In that life, I was married and lost a child in a late term miscarriage. I felt like a failure. Incidentally, the weight I’m carrying is in my abdomen – not unlike a pregnancy. I tapped all this in.

Next I checked the file SOUL REACTION to see what impact this crisis had on my soul. It said that I was left holding onto a belief that I was wrong and a failure and others were right as an excuse for over eating and not exercising. This was tapped in also.

Now it was time to do CLEARING. The first one was to forgive all concerned. I forgave my husband, because he blamed me. I forgave myself for losing the child. This was tapped in. I was told to raise my frequency to 2200 hertz. Finally I had to create an imaginary bottle and put my excess weight into it, cork it and give it to God. This was tapped in, too. When I touched the block COMPLETE? and questioned yes/no to determine if the force is cleared I got “yes”. PROCESS TIME told me that it would take two weeks for this session to fully integrate in my life. The blessing I received for clearing this lifetime is “trust in God and in myself, allowing change and manifestation of intention.”

Finally, I ended the session in gratitude, by surrendering and thanking all my angels, teachers, guides and of course, God, for helping me to clear this barrier. It is gratitude that owns the healing!

