

**The**



**Harmonizing**  
**Statements**

Your unique life



**REVEALED**

Allen David Ritter

## ABOUT THIS BOOK

This book teaches you a technique, which enables you to understand how everything in your reality is a reflection of a resonance within you.

\*\*\*\*\*

Resonances within you can be changed, by you, actually altering your reality.

\*\*\*\*\*

The Harmonizing Statement Process is designed to be both revelatory and healing. Through continued use of this technique, you will see direct changes in your reality, resulting in truly remarkable personal healing. You will remove inner conflict, come to new understandings about yourself and enhance your evolutionary process.

\*\*\*\*\*

This versatile process of reality transformation is simple and elegant, allowing for personal healing in a graceful and efficient way.

\*\*\*\*\*

This technique teaches you the greatest truth necessary for real empowerment:

**You are not a victim.**

\*\*\*\*\*

Read through the entire program before working with the Statements, as the basics are needed for effective use. Skipping ahead will accomplish nothing.

# Foreword

As a healer, it is very difficult to truly show people how they create the reality they interact with each day. I became obsessed with finding a way to show people, not tell people, but show people how the energy from within creates the reality they see and experience. Through the course of developing the technique, I found that we can actually heal ourselves of a great many things by knowing we are indeed the creators of our reality.

I have structured this book in a certain way to convey the basic information needed to start using the technique. The technique itself is the point of the exercise, not what I say leading up to it. I have taught this to many people over the years and what I have done here, is try to recreate the session sequences through the layout of the book. The information provided is meant to lay the groundwork for the healing and awareness work that can be done with the technique itself.

You must do the techniques to fully understand what is happening in your reality. The technique is simple, costs nothing to do and will help you change a great many things. It will also help you gain insight into a countless aspects of your life, if you use it to self-reflect on what you are creating everyday. I have personally changed a great deal in my Earth experience and have seen others come to some remarkable revelations about their experience.

I hope you will add the Harmonizing Statements tools to your healing kit.

## Personal Healing

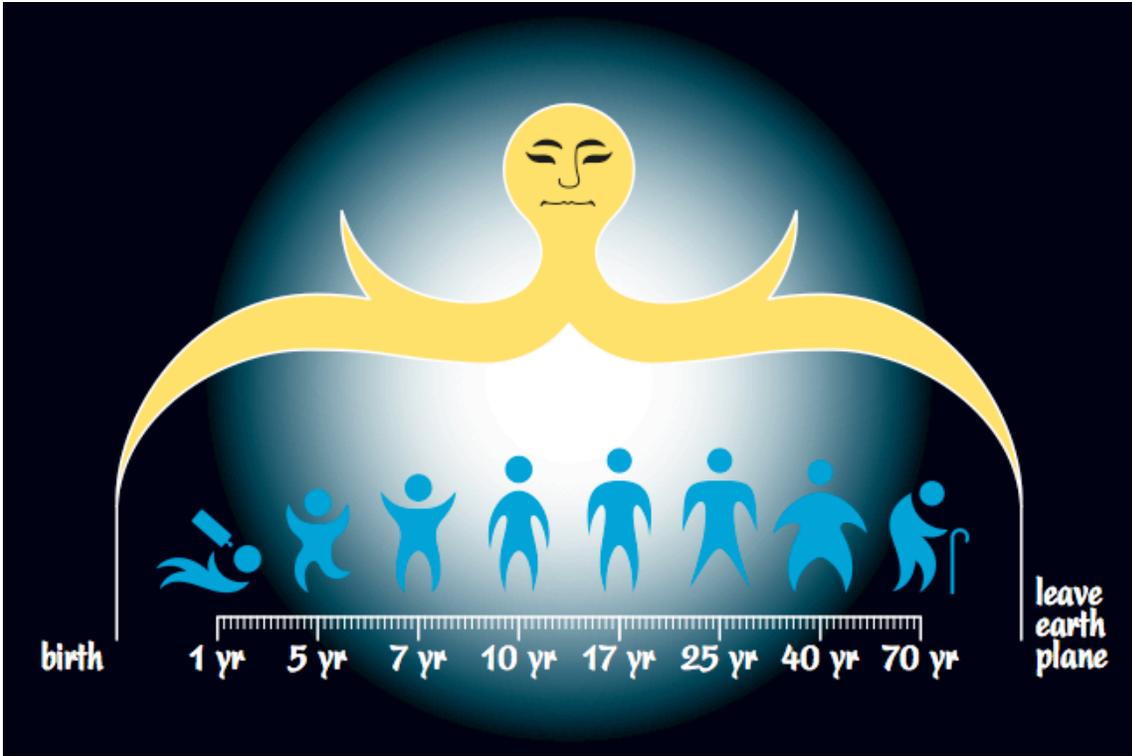
### **Your Purpose**

In order to put the concept of personal healing into perspective, I am first going to illuminate one's life purpose. From day one, people have uttered the phrase, "why I am here?". The answer to this question is actually easy. You are here to have experiences, experiences that will lead to awareness. The awareness will lead you to understanding, which will, in-turn, lead to the Knowingness that All Is One. While the basic tenet is simple, the process of accomplishing this is as complex as complex can get. Each Soul undertakes a process of inserting an aspect of itself, your Personality, into a realm for a given experience—your life. That adventure will hopefully give you clues about the true nature of reality when added to the totality of Soul's experience. You, your Personality, is responsible for your part of the process. This process is guided by Soul/you, and is governed by the only constant in consciousness—Freewill.

## Higher-Self

### **Personality**

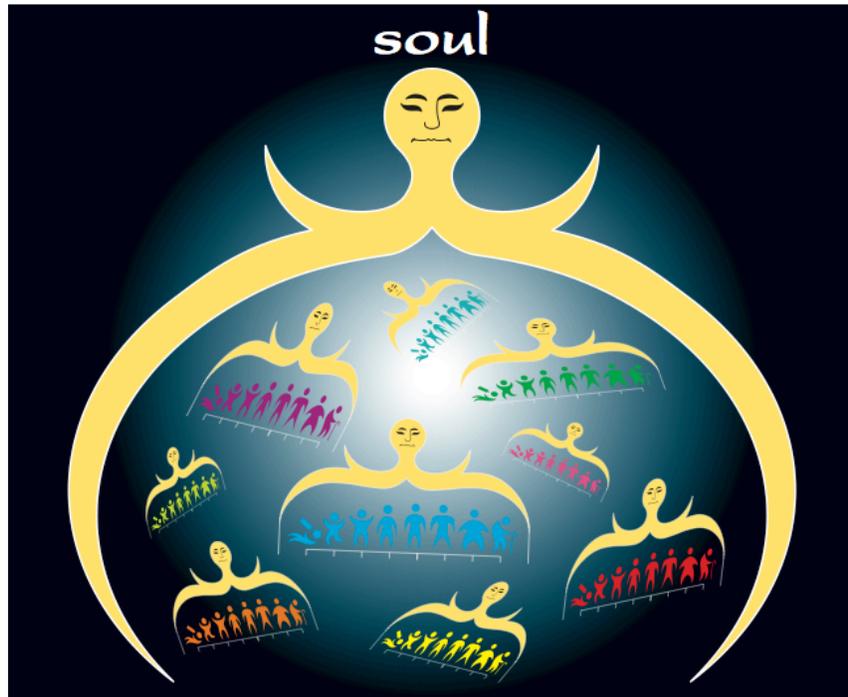
Self, you, is a complex system of expression. Below we see "Mary" as a serene calm overseer of her various aspects. Mary is a "Personality" aspect of her Higher-Self or Soul. Each aspect of Mary exists, in its entirety, within Mary's Personality-self, and then again within Mary's Soul-self. The infant-self exists, the teenage-self exists, the mother-self exists—all are aspects contained within. At forty years old, Mary's focus of attention has shifted from her infant self to her forty-year-old self, but the various parts of her are still there. Mary can shift her consciousness to any aspect at anytime. Forty-year-old Mary may experience a conflict that brings out her infant self, resulting in screaming and crying in a classic infant way, and while her body may not reflect a return to infant-self, her screaming and crying will surely show another that she has reached into her aspect field and accessed something very young. Anything can trigger a return to a younger-self. For example, listening to music you listened to in high school will access the high schooler in you, activating the resonances acquired at that time. A visit to mommy and daddy's house for dinner can activate an infant-self. When this happens, the resonances attached to that aspect are activated and they might need some balancing. The presence of younger aspects can show us where we need balancing if we take the opportunity to self-reflect; we'll cover the ways to address balancing later. The image below shows that all parts of you exist, aspects do not die simply because your body gets older.



*All aspects of self exist with the matrix of Personality.*

## Soul

Soul, you, is the container of many Personality you's. Each one exists, in its entirety, within Soul's matrix. They are all you, the Personalities are different, the incarnational experiences are different, but they are all you. Each incarnation is unique: man, woman, banker, doctor, thief, homeless, rich, etc. Each Personality you, and each aspect of that Personality, exists within the greater Soul matrix. A complex system of separation keeps each incarnated personality having their own purity of experience, whether in a body or not, as each Personality exists as an individual expression of Soul.

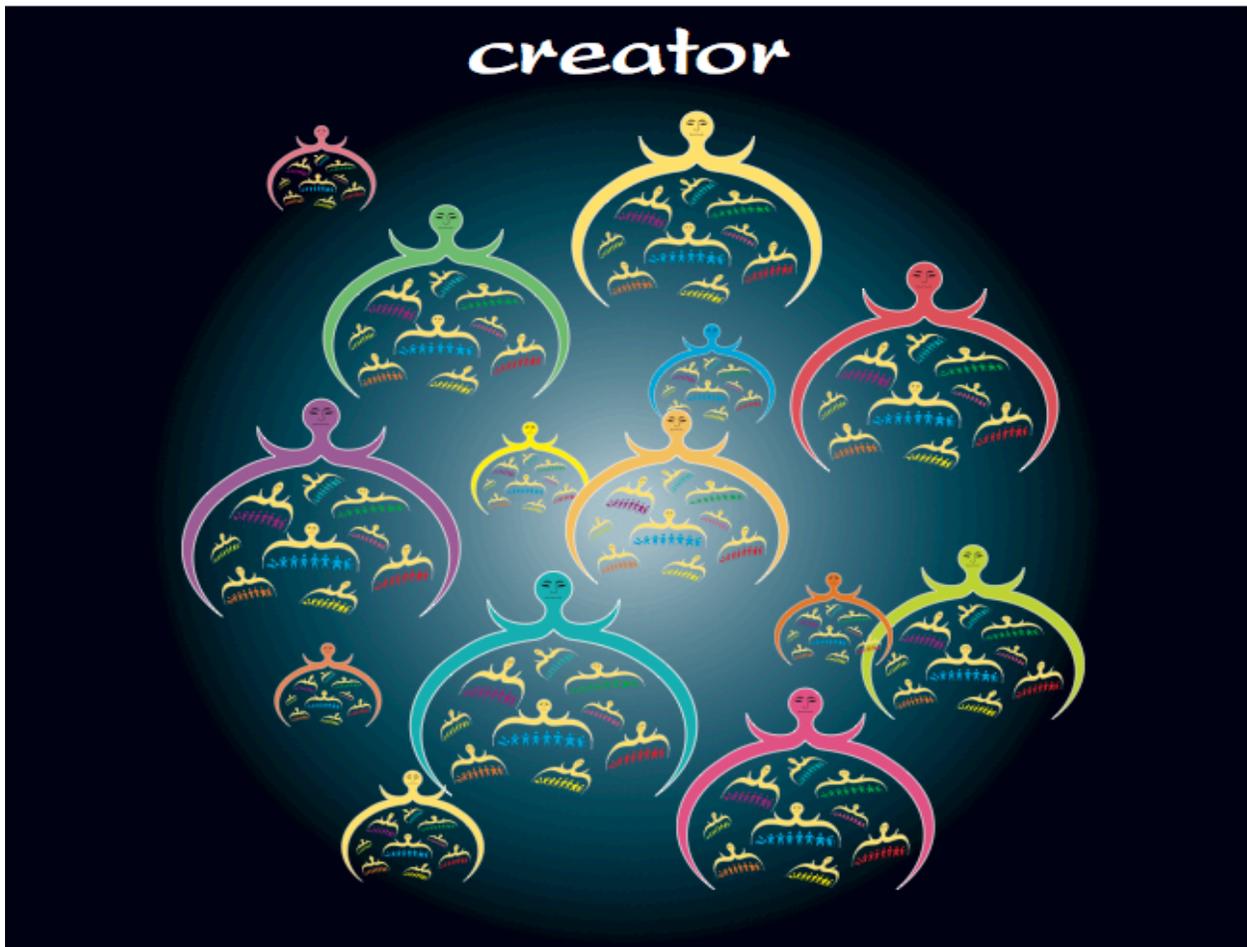


*All incarnations exist within the matrix of Soul.*

We can see in our Soul image that each Personality aspect exists without full knowingness about the other incarnational experiences or the unified Soul container they are all housed in. The Personalities are all looking to come to the Knowingness within their network: All Is One = Soul.

The Soul is doing the same thing. Within the Creator matrix, the Soul exists in separation; not knowing that it is part of the All/Creator. Soul is looking to come to Know that it is part of the All by having experiences through its various Personalities, experiences that will teach the entirety of Soul that: All is One = Creator. The equation looks something like this: Personalities look to Know Soul, Soul looks to Know Creator.

It is helpful here to understand that Knowing is not “thinking”, or “desiring”, or “believing”, but actually Knowing, at all levels, that All is One. Belief is not the same as Knowingness, “I believe I am one with the Creator” is not the same thing as “Knowing” it. Any given being’s process goes from basic separation through a process of ever increasing self-awareness until a complete Knowing that All Is One. This process is: experience leads to awareness, awareness leads to understanding, understanding leads to Knowingness. This equation can be seen at the micro level: I gained some experience of the piano through playing it, my awareness of its full capability grew as I continued to explore it, eventually I understood the nature of the instrument, and finally came to a comfort level that can only be described as a Knowingness—this taught me something deep about myself. The equation also works on the macro level through the Soul-based process; life experience leads to awareness and understanding about aspects of existence (learning to enslave others or be enslaved by others), and this in turn adds to the totality of the Soul’s experience which then leads to Knowingness that All is One. We can pull back even further in our image sequence and see that the Creator is a larger Soul, housing an infinite number of Souls, and Personality aspects within the totality of the All.



*The Creator is All: You, me, the other folks on the planet, the animals, the trees, the stars, the known and the unknown—All That Is. The holographic nature of the Creator means: if one, then all. Each Soul is the Creator, and the Creator is each Soul. You are the All.*

## Balancing

You are *choosing* everything you experience; where you are in your life is the culmination of all of the choices you have made. The troubling cry often heard is, “I wouldn’t have chosen this...” but you did. If it is in your reality, you have a resonance for it, therefore you projected it, ergo you chose what you projected.

Everything you do is a part of this process of experience-awareness-understanding-Knowingness. One can get distracted, off course, lost and overwhelmed by the process. Personal healing is about balancing things that may conflict with the process of your personal evolution. Personal healing is about empowerment, not power. Power is control over others; empowerment is control over your reactions and responses to the reality *you* create. In order to control your reactions and responses, you must understand yourself better.

The Harmonizing Statements Technique helps you understand yourself better. The Harmonizing Statements process is predicated on one truth: either you are in charge of everything in your reality, or you are in charge of nothing. You can’t be in charge of some things and not others—this is victimhood and there are no victims. Since you are in charge, you can make changes to actually alter the reality you interact with if you know what issues need changing. Harmonizing Statements help you figure out the issues, as well as heal yourself.

There are a few things to keep in mind when undertaking a personal healing process, as opposed to an assisted one. From day one, we are trained to run to others to get “help.” At first we need our parents (we crawl or run to them for everything). Then we run to teachers, friends, policemen, politicians, doctors, and even God. The world is full of “helpers” and personal healing is not taught. Sadly many of us may experience great revelations or personal healing experiences but will dismiss them if others, professionals or intimates, do not verify those revelations. The Harmonizing Statements process is about trusting your insight.

It can be a real challenge to change the beliefs that conflict with personal healing. The Harmonizing Statement process is personally based. Only you will fully understand the changes, the insights and the ramifications of your work with the technique. This is important, as to get the most out of the process, you must learn to trust the inner voice that is you. You should avoid looking to others to verify your insights, as the insights are there for you to learn to trust yourself. This does not mean you cannot consult with others, just avoid the need for reassurance from an external source.

When making strides in your healing process, changes may come too fast, understandings may reveal things about you, you didn’t want to see. This is okay, as growth is designed to break down barriers and reveal the hidden— you must be patient and seek inner grace. When one shifts the energy resonances within, via any healing process, the changes can be uncomfortable. Symptoms of flu, depression, frustration, rage, and helplessness are all part of the shifting process. Again, the inner voice is key here. Listen to your inner voice as it will guide you to what

needs further attention and that which is part of the post-shifting integration process. It requires nothing more than patience.

Sometimes things won't change fast enough. When one comes to a great revelation, you often want the change to take place on the spot. See the "reality shifting" page on this topic for more understanding in this area. Be patient with your process, rushing things only creates desperation resonance, which is not very helpful. There is only process and everything you do is part of that process.

While working with this process, one needs to fully understand: ***there are no mistakes, only choices that lead to more choices.*** This technique helps expose the choices you have made, and reveal the choices you have.

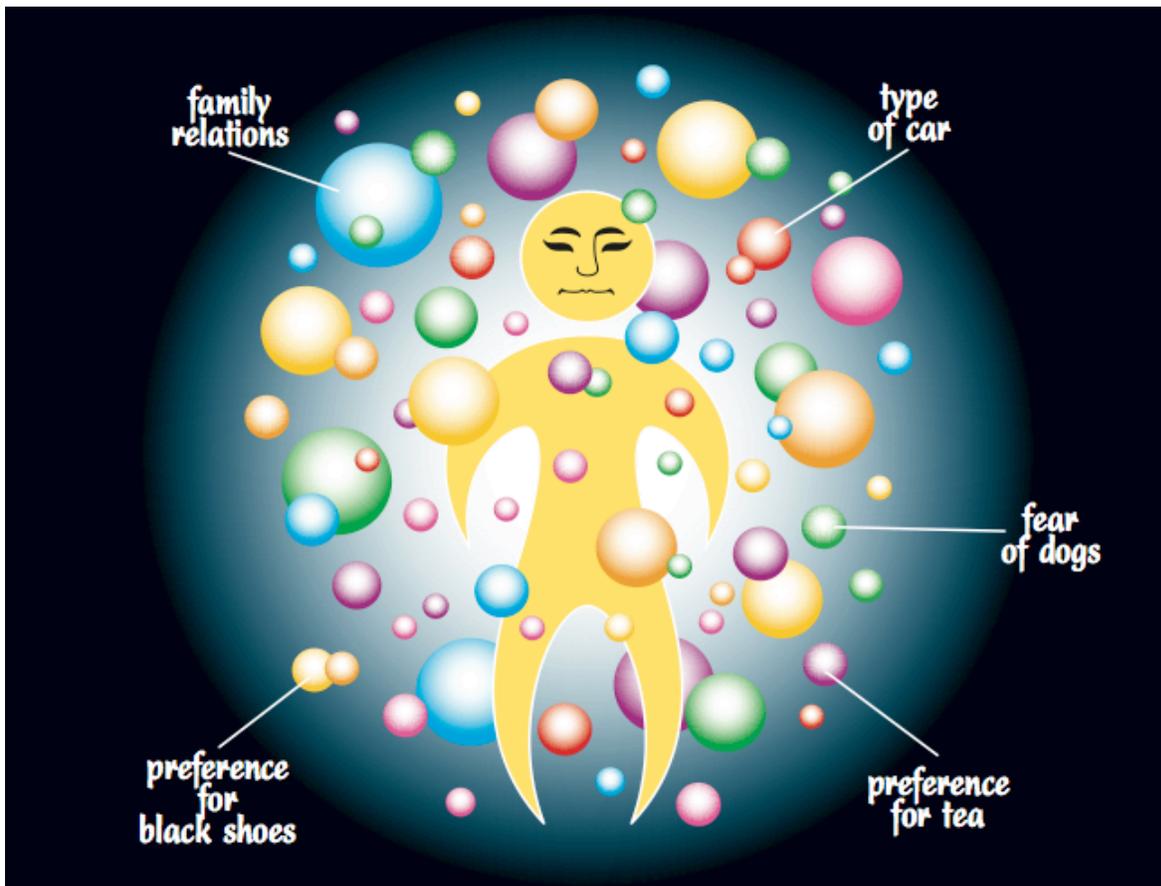
Fully accept the idea that judgment is the single greatest barrier to personal healing. "I'm not doing it right", "I will never get it", are phrases that are the bane of personal healing. Stop judging yourself! To be effective, one needs to work with this process, not against preconceived notions about how everything is *supposed* to be and isn't. The process of personal transformation is not bound by preconceived notions and preprogrammed beliefs, while the process of "prescribed" healing often is.

See the process of personal healing as a great adventure, with no end, only more and more moments where the revelations are wonderful. The future does not exist; getting out into the future while undertaking personal healing is a disaster. The process is the process and everything takes as long as it takes. In fact, the process is the whole point of the journey. Personal healing is best done with a heaping dose of humor. If you can see even the seemingly most unbalanced aspects of yourself, or the worst traumas you've experienced, with the lighter frequencies of humor (leave the drama behind), you will do a lot to shift the resonances that are slowing down your process.

## Resonance

### What Is Resonance?

The first thing we need to talk about is resonance. A resonance within you is a frequency with a certain signature to it, a title if you will, which vibrates within your field of consciousness. A resonance can be simple along the lines of a preference for a certain food, or complex, the resonance combination that attracts your mate to you. Individual resonances combine to create more complex resonances: a preference for a food you only eat with your mate. Resonances combine in an infinite number of ways, in infinite complexity. Vibrating energy within you, each with a signature to it, is what makes up the personality that is you, and in turn, your reality. In the next image, we can see resonance as energy spheres, each with a signature or title, each contained within the larger you, each influencing your reality.



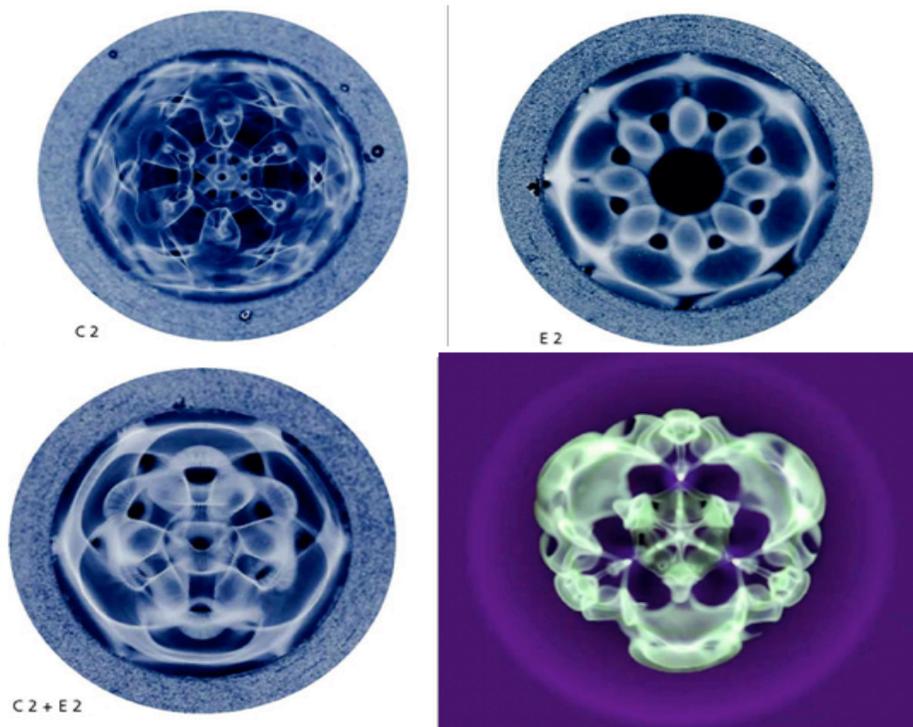
*You are made up of energy spheres, resonances that help define what you manifest in your reality.*

The resonances we are referring to are very similar to musical tones and we can use an expanded understanding of a musical note expression to illuminate the concept of personal resonance and what resonance does. When an “E” string on a piano is struck, all of the other “E” strings vibrate imperceptibly in harmony. They must, as there is a harmonic resonance between them. Many people see this as “Like Attracts Like”, but this isn’t entirely accurate. A hamburger sitting on your counter is not attracting more hamburgers, is it? The hamburger has no energy source to attract more hamburgers to it, as such, like does not always attract like. The piano string on the other hand has energy applied to it, by a catalyst—the hammer that vibrates the string and therefore creates the resonant vibration in all strings of the same tone. The harder the hammer hits, the more the companion strings vibrate.

So, more accurately, resonance attracts a corresponding resonance as long as the resonance vibrates with enough intensity. The manifestation of a hamburger is based on an energized projection of a certain inner frequency(s) within the intended consumer, which then manifests the reality. To simplify, think of a tone within you creating an image in front of you: an inner hamburger tone, rattling strong enough and with enough energy, creates a hamburger via a common way to manifest it—buy one. If the hamburger tone is stronger than the hotdog tone, the hamburger is the manifested food.

## Musical Notes and Their Visual Translation

Below, we can see how an audible musical note creates another corresponding manifested physical form. We observe this through the process of translating sound frequencies to physical images via Cymatics. Below, we see the energy created by a vibrating piano string translated into a physical image.



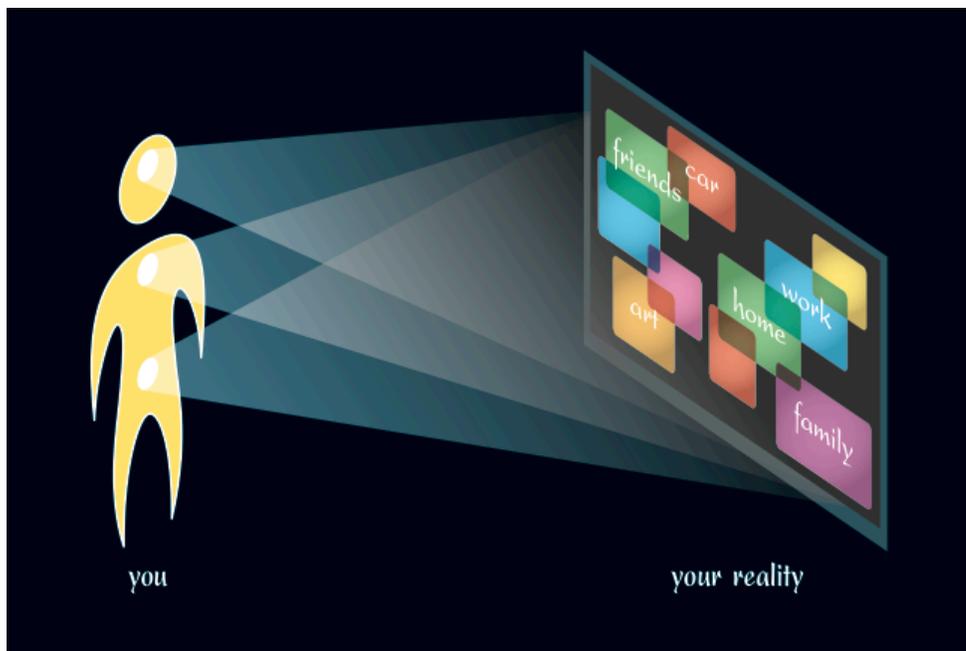
*In the photos above: C2 represents a “Cymatic” style physical expression of a vibrating C2 note on a piano. Image E2 is an E2 on a piano, with C2+E2 being the two combined (notice they are not overlays of the two, but a new form). We can see a “simple” tonal expression (C2) added to a second “simple” resonance (E2) gives us a more complex structure. The last image is a snapshot of a moment in Beethoven’s 9<sup>th</sup> Symphony: a very complex expression of tonal resonance as seen in its physical form through the Cymatic translation process.*

Why is this important? We can look at our Cymatic translation of one resonance, sound, to another, visual, as an excellent metaphor for what is happening to us. A resonance within us, triggered in some way to vibrate (like the hammering of a piano string triggers the E2 to sound), is sending out a signal, which is intended to find a matching external image to interact with. When emanating from you, frequency vibrations actually create the reality you see in front of you to interact with. The resonance resides within you, the power source resides within you, the activation stimulus is perceived to be external but it is actually within you too. Your reality is a reflection of all of that:

***Inner Frequency Resonance + Inner Activation + Inner Energy = Material Reality***

## Material Reality

Every single thing in your material reality is there because you have a resonance, a vibration, for it. Your home, your car, your job, your mate, your shoes, are all in your reality because you projected an inner resonance into your outer reality. Think of yourself as the projector in the movie theater. Your energy is the light that powers (illuminates) the film, the film is your resonance (frequencies you express), the screen image is your reality (the interactions designed to help you evolve).



*Resonances within create the reality you interact with.*

Continuing with our projector analogy, where does the “resonance” on the film originate? The resonances you project into your reality have many origins, some are consciously acquired, some are learned, and some chosen. Many are acquired via mechanisms beyond the five sensory input systems. The world you live in suggests them to you: TV, radio, family, friends, religious beliefs all contribute resonances that may, or may not, manifest in your reality. Some resonances come from the Collective Consciousness, even ancestors you have never met can add a vibe here and there, and some come from places as mysterious as your DNA and the celestial bodies.

Some of the resonances that created your reality have been laid out by Soul, You, as a result of your personal evolutionary process. In short, they come from everywhere. You have spent your entire life shopping for resonances to manifest, many of them conflicting resonances. As a result of some reckless purchasing, your consciousness has been trying to sort through the resonance clutter to manifest things consistent with an efficient personal growth process—Knowing that All Is One. Resonance conflict often creates an inefficient growth process, two or more resonances competing for manifestation (which college to attend, to break up with your mate or not).

Whether or not you manifest a particular resonance is a complicated matter. Suffice it to say, if *anything* has manifested in your reality, you have a resonance for it and you are manifesting it.

If you are manifesting something, you can control your effort (to a degree which we will cover later) but only when you fully understand the equation: everything, no matter how pleasurable, good, odd or bad, is being manifested by you, because you have an internal resonance for it and you are applying energy to that resonance in order to make it “manifest” as a reality for you to interact with.

Your reality is a perfectly mirrored reflection of your inner resonances. In our projector analogy, the odds of changing the image on the screen by attacking the image itself are zero—you cannot change what is projected *after* it has been projected. You cannot change your physical reality from the outside anymore than you can change the image on the screen without changing the film in the projector. Yet, when you stop and see our equation properly, you can turn around and adjust the resonance that resides within you, on the film contained in the projector, *and change the image—actually change your reality!*

### **Inner Conflict With the Concept**

The inner conflict arising in you now is the belief that you have indeed altered your reality from the outside. One may say that cutting your hair is altering your reality from the outside. This is inaccurate, the resonance to need a haircut at all is one installed within you, most likely in childhood. The standard place to execute that resonance is a professional hairdresser, another resonance within, and the desire to execute a new cut or repeat the same cut, is also a resonance contained within you. All of those resonances have come together to manifest an aspect of you to cut your hair and it is you that is activating all of them when you determine a cut is needed. The hairdresser you have chosen is one who you have a resonance for: you chose this one over thousands of others. Energy is applied to all of those resonances, and many others, to manifest the haircut in your reality. The actual haircut is the last part of this equation. The Harmonizing Statement Process will show you that even the hairdresser is indeed you.

It should be said at this point, you have a resonance for this particular technique, as you are here. If you want to find out more about that, then continue on.

I would suggest taking a break here and pondering the notion that resonance is what creates reality. Meditate for a moment on the idea that everything in your reality is there because you have an internal resonance for it—everything.

***Inner Frequency Resonance + Inner Activation + Inner Energy = Material Reality***

## The Resonance Matrix

### **Resonance vs. Desire**

Your reality is a complex system of resonance manifestation, some of it is seen as wonderful, and some of it is seen as not so great. Rather than examine reality from an absurdly subjective “good or bad” context, we’ll look to examine it in an entirely different way without the judgment. We will first take a look at resonance in terms of our sense of strengths and weaknesses. Most people wish to believe that, all things being equal, strengths will always trump weakness due to the “desire” factor. Meaning, if one has a weakness for alcohol abuse, the “desire” not to drink should outweigh the resonance for drinking and sobriety always wins. Clearly this is not the case, but why?

Resonance is not an energy that bears any real connection to the manifestation of desire as we traditionally know it (as seen by the example above). The resonance elements contributing to alcohol abuse must be rather complex given all the possible contributing factors in our personal resonance matrix. Resonance activation is a complex system, which is made more complicated by the fact that multiple resonances are always in play, whereas the beliefs surrounding single-minded “desire,” as a major manifesting force, imply that desire is the *only* mitigating issue—this inaccurate belief structure leads to serious frustration.

Our reality reflects multiple resonances projected at once. Our reality is made up of resonances we are not even remotely consciously aware of, not just the ones we consciously desire to manifest. There is not one among us who doesn’t desire to be rich, yet there are few among us who are. The reason for this is resonance; there are energized beliefs within us that are contrary to the manifestation belief that everyone can be rich, these resonances are just as active as the desire to be rich. There is a gigantic planetary resonance that promotes the idea that there are the poor and the rich and not everyone can be rich, as there have to be plenty of poor who support the rich. This resonance is not in us by choice per se, but is nonetheless a mitigating factor in us all, as it can be found in everyone’s energy field (even the rich).

Poverty mentality is another resonance that plays into the lack of wealth manifestation. The effect of this resonance is exaggerated by the belief that everything is external—money is a thing that exists outside oneself rather than a resonance within what is manifested (if you manifested fulfillment of your needs via effective and efficient resonance projection, would you still need money?). Often, people don’t even have the requisite resonance of skills to be rich, but they have an elaborate resonant desire for wealth beyond their means. If desire were the be all and end all of resonance, we’d all be rich, and thin, and popular, and so on.

Desire is one resonance within, one often installed via advertising, marketing, or other mechanisms. The installation of these resonances often has little or nothing to do with growth. Introducing the idea that the manifestation of an internal resonance should be tied to your personal evolutionary process is the key to transforming your existence.

## Resonance And Growth

There are two main driving forces in our resonance manifestation system: 1. We manifest things that are good for our evolution, even if they are not pleasurable or fun. 2. We manifest things that are unrelated to any aspect of our growth—often things programmed into us via culture, TV, religion, family, etc. which are often tied to irrational desire. The two are not always in alignment and this creates internal conflict; another resonance that is separate from the original resonating energies. I have a minor, not very evolved, resonance for a Ferrari sports car. I really *desire* one, I really think I *deserve* it, but the responsibility and expense associated with maintaining such a vehicle would clearly alter my growth process (my entire life would become about maintaining the car!), so growth process trumps desire and the car is never manifested. The fact that I know this means I have not created a conflict resonance over this lack of a Ferrari in my life.

Desire, wish, hope, are concepts often centered around thought, not substantive resonance. The two are not the same thing. If we're manifesting all thoughts, most of our lives would resemble total chaos, as we often jump from one thought to another faster than the speed of light. Fortunately for us, thought isn't the only force associated with manifestation of our reality. A manifesting resonance is a vibration that has enough energetic charge to it that it can access an external energy to engage it. Desire, wish, hope, rarely have any substantive activating energy behind the themes attached to them, leaving those resonances as useless as a broken guitar string.

Often resonance attracts a reality that seems in total contradiction to a focused thought. This creates confusion amongst many. If I have insecurity, I will manifest things that reinforce that insecurity until I balance this issue. In order to grow, I have to manifest things that will balance the unbalanced. I will not manifest things that soothe the insecurity or make it go away like mommy used to, not even if I change my thought patterns and think more positively. This creates the confusion among many, "how come I keep thinking positive thoughts and bring the opposite?"

The "like attracts like" teachers often suggest "thinking" something that is the opposite of insecurity to avoid attracting insecurity triggering energies—think "confidence." The clear issue with this is the confidence thought is just that, a thought, while the insecurity issue is a powerful energized resonance within us. Attempting to think a counter thought to a resonance, a vibrating resonance often born of actual experience, only creates internal conflict, which, more often than not, leads to *more* manifestation of the actual resonant issue. Thought is not a countering energy to resonance in most cases, especially not to resonances with substantial energy.

Evolution is about harmonizing resonances that are in contradiction to the reality that All Is One. Fear, insecurity, control of others, are all resonances that are out of alignment with Ultimate Unity. One needs to bring external interactions based on those discordant resonances to grow beyond the limitations those resonances create. We are often taught to find ways to avoid manifesting reflections of those resonances which is counter to the process of life. We should be looking for ways to consciously manifest reflections that facilitate the most efficient growth process no matter what that reality looks and feels like.

*Always seek to manifest things that are in alignment with growth.*

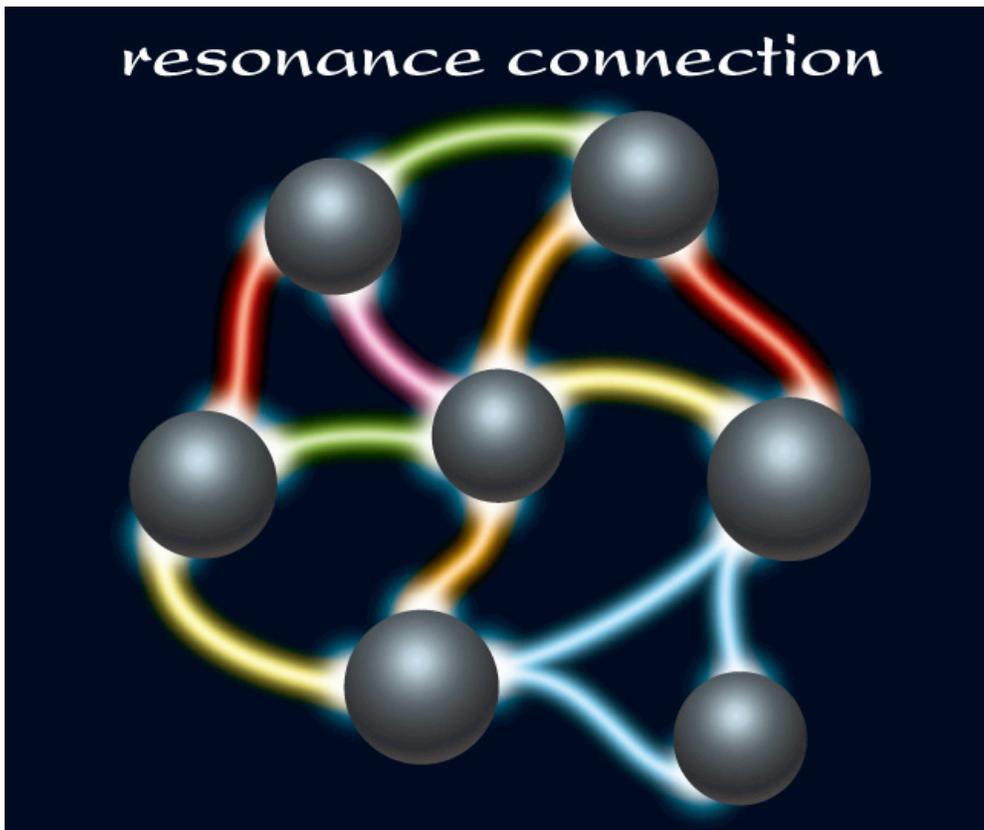
## You Create Your Reality

The understanding to be gained by truly integrating this resonance issue into your life's process is this: if you are attracting things that instigate fear within you, i.e. bosses who abuse you, the origins of this are a resonance within *you*. *You* have manifested this resonance. If you seek to cover up the resonance by “thinking” harder for a nicer boss, you have done nothing to balance the resonance within you that attracted the abusive boss in the first place. As such, you will attract another abusive person and another as long as the resonance is still there. If you take the opportunity to see the abusive boss as a tool, a guide to seeing your inner resonance system more clearly, you can then use his/her abuse to balance the resonance within you, thereby assuring a graduation from manifesting the offending reflection ever again. This consciousness process means you cannot be a *victim* of the boss's abuse, but the actual originator of the energy that created it—you are the Creator.

Let's use another metaphor. Your reality is like a never-ending play. Everyone in your reality are the actors in that play. You invited them into your play, via your resonance, to act a part in your reality-play that will help you gain the knowingness you need to evolve. You give them a script, via *your* resonance, and they perform exactly as directed by you. Everyone in your reality is doing *exactly what you asked them to do via your resonance*. Every line spoken, every set piece, every action taken is encompassed in a scenario that is directed by the energy within you—specifically formulated for your evolution—*the abusive boss was actually hired by you!*

“But I would never want an abusive boss, he's just abusing me because he had a bad childhood, and it has nothing to do with me.” Besides being a judgmental statement, it is inaccurate. The reason you have the abusive boss is because you chose him based on a resonance you have and you invited him into your reality-play—you selected that boss, as opposed to the nice boss in the next building, precisely due to resonance. As such, the abusive boss is acting on your direction, until you relieve him from that duty by shifting your resonance enough that there is no longer a powered resonating force within you that will generate the need for that reflection. Once the resonance in you changes enough so it is no longer an issue, either the boss will change his energy toward you or the job will end.

Why are resonances between people not consistent, why is a jerk not a jerk to everyone? We see the effect of different resonances producing different reflections all the time. Your abusive boss may be one that no one seems to get along with. Yet, while hanging out in the lunchroom a coworker is often heard saying, “the boss is fine, I get along with him/her really well.” This individual is often chastised for being out of the mainstream view and may be dismissed. How can this be, doesn't majority rule here, isn't an abusive boss an abusive boss? The answer to this question is simple, resonance. Our coworker is accessing a different resonance from the others, thereby accessing a different reflection creating a different interaction. A deeper examination shows us that all the complainers have the same resonance as the abusive boss, and the reason they took the job with that individual in the first place is they have a resonance for that kind of reflection. Varying interactions with people should be expected as each of us connects to each other via a resonance unique to us, not a generic one.

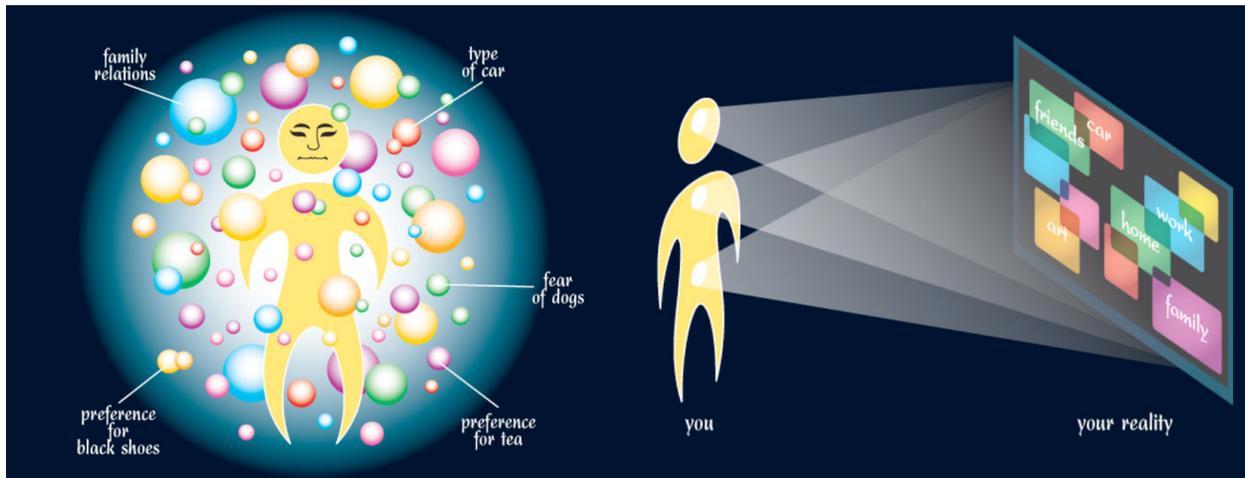


*Notice in our image how each multi-resonant individual shares a different resonant connection with other multi-resonant individuals via a different color. The connections vary in intensity depending on the connection. The connections are dependent on a matching resonance and vary from person to person without regard to the totality of connections to everyone. The boss can be abusive to you, via a pink connection, and connect with compassion to a coworker via a yellow connection. This seemingly hypocritical interaction is completely consistent with resonance connection.*

By clearly seeing the process of resonance connection, we must alter our use of judgment. We shouldn't be judging at all but evaluating. Is the boss really abusive, or is the reflection given back to certain employees consistent with their resonance projection? If the abuse is consistent with their resonance, can the boss really be judged harshly of the process that is actually teaching everyone involved something they need to understand, something that only exists because of the resonance contained within?

## What does My Reality Say about Me?

If you are a victim, everyone “does things to you”, this requires an individual(s) to voluntarily stop doing something to you in order to cease a problematic interaction. If you are doing it to yourself, via resonance, then you can stop at any time, but only if you know what the resonance is. “How do I know what the resonance is, after all, it is just in me somewhere floating around?” The clue is more obvious than you think. The resonance that is an issue is manifesting right in front of you



*As we see here again, resonance contained within us, projects into our reality. The reality is the product of the resonance within, here we just work backwards in our equation to find the hidden energies that need the healing.*

We ask ourselves the question, “what does this say about me, about *everything* in our reality?” If we ask this about our abusive boss, it says there is a resonance for this energy somewhere within us. It is our job to discover the nature of the resonance and balance it. It is important here to see that the psychology 101 reason for why our boss is abusive (he had a bad childhood and hates people like me) is utterly and completely irrelevant to you and can be totally misleading in our resonance Harmonizing Statement Process. If you have an abusive boss, you may very well have a matching resonance for “bad childhood” or you may not, but limiting the effects of the Harmonizing Statements Technique to oversimplified definitions of consciousness expression will only limit the depth of the inner understanding to be had from the process. We match certain resonances, rarely do we match entire consciousness resonances unless we have decided that it is time to really take care of some business and do some serious healing.

***Everything everyone says to you or does to you is a clue to the resonances within you.  
(listen carefully to the clues!)***

Say you used to be overweight, but lost all the excess weight two years ago. One day while getting ready for a dinner at your parents house, you notice you have gained two pounds and panic about putting it all back on. You change clothes to hide the perceived fat issue and head off to mom and dad's. Upon arriving at the house, your mother says straight away, "you've put on weight". The reason she said this is you have a resonance for that being said to you—a weakness. Your mother said, "you've put on weight" as opposed to "how was the drive", precisely because you activated that resonance before you left. She chose to mention the weight because your fear of putting on weight resonance started rattling so loud that it required someone to acknowledge it for you to see you had the issue. By drawing attention to the resonance, an opportunity is presented: one can balance the issue, or one can reinforce the distorted resonance.

You may think, "she's just being mean, she's always mean to me like that." This may be true, but the point is, without the internal resonance, she would not say anything about your weight. It is *you* that invited it with your weight insecurity resonance. So you can be a victim of the statement or you can jump into proactive mode and ask, "did she just say that, what does this say about me?". It says very clearly, "I have some underlying issues with my beliefs about weight, that, in spite of losing weight, have not gone away and I need to do some balancing." Great, now we can do something about the resonance, as we know what it concerns. In this case, the absence of a weakness about weight means that our mean mother will have one less thing to be mean to us about and we are the stronger for it.

### **Contradictory Resonance**

We often feel if we can just get a break, we can manifest what we really want. "If I could just manifest a house like all of my friends, my life would be perfect, so why can't I do it, why won't it happen for me. I'm so frustrated and angry?" Here we need to look at the contradictory resonance effect. Let's assign an arbitrary power number (1-100) to some resonances. *I desire a three-bedroom house*; this has a resonance power of 10 within me. *My parents will give me some money for a down payment only*; power resonance of 25. Seems fair so far.

Now we'll look at some contradictory resonances within me. *I have a total fear of responsibly for anything of this magnitude*; resonance power number 50. *I love my job more than anything and won't leave it. It only pays 15 dollars an hour, which is not enough for a mortgage payment*; resonance power number 75. *It is just my cat and I, our space is fine for now*; resonance power number 10.

If we stop there, we have a resonance power number of 35 on the side of going into debt to buy a house. On the side against buying a house, we have a resonance power number of 135. The conflict resonance issue is the source of our internal conflict, not the actual reality we have manifested. This simple breakdown does not even include a multitude of other internal resonances, including some very subtle but powerful ones. Say *Soul wishes to move to another country in 6 months and will not support house purchase*—conflicting resonance number 1500. All of these resonances contribute to your reality, the less conflict, the more smoothly the

process of your evolution is processed, the more conflict, the less graceful the evolutionary process.

Much of the conflict and trauma we “feel” is not reality based, that is, our reflected reality is not that awful. The trauma (often drama) is actually resonance conflict based and much of the resonance conflict is based on resonant energies acquired without regard to personal growth.

Contradictory resonance is rampant in all of us. In some cases it can be downright debilitating. Take a person who has an elaborate fear resonance of working. This person may also have an elaborate fear resonance of being poor and homeless. If the person gets a job, the fear of working kicks in, causing them to quit. If this person doesn't work, the fear of being poor and homeless kicks in. The common answer to a fear of being poor is to get a job but what if the resonance for a job is more troubling than the resonance for being poor? This is the catch twenty-two, working brings up issues via resonance, not working brings up issues via resonance—a paralysis can take over. Now what if this person has another, less elaborate, resonance for expecting to be rich and isn't? While the latter resonance is laughable to others, “he has no job, how can he expect to be rich”, the resonance is logically based.

Many experience contradictory resonance with regard to intimate relationships. Often people have a fully formed insecurity resonance that demands they get into a relationship, as being single brings up an insecurity related to being alone. Once in a relationship, they have another fully formed insecurity resonance, a contradictory resonance that demands they get out of the relationship—fear of the responsibility of a relationship and possible failure is often a root issue. These two polarized resonances create incredible internal conflict as they rage on for supremacy. If one is in a relationship, they are gripped by fear and insecurity (the relationship itself doesn't seem to mitigate it) and if they are out of a relationship, they are gripped by fear and insecurity (being out doesn't mitigate that issue either). Now what happens if we add a third fully-formed expectation based resonance that “knows” what their ideal relationship is *supposed* to be like—the one they can't get into or stay in, based on the other polarized contradictory resonances?

## **Expectation Resonance**

Expectations are the one of the most unhelpful resonating energies to personal evolution there is. Expectations are resonances of what a future event or an experience should be. Expectations, no matter what the reason, clearly invite conflict resonance issues in most, as the energy is often created out of thin air. Imagine you had developed great expectations surrounding a movie; you are sure it is going to be great and you'd really enjoy it. Halfway through the actual movie, you find you are disappointed by how bad it is, how it doesn't resonate with you at all. Upon leaving the theater, the disappointment energy persists at being ripped off, misled by the marketing, and so on. But is the issue actually with the movie, or is the issue with the conflict resonance created by the voluntary effort made to create a resonance of expectation about the movie before actually seeing it? Expectations were installed by the movie-makers to get you to activate that resonance and pay to see the movie; the movie itself is what it is.

A bad movie experience is a simple example of expectation conflict that is easily gotten over, but what if we applied this to a relationship. What if the younger aspects of self (i.e. 15-year-old) knew exactly how your future relationship was to be and created a resonance based on those expectations; expectations derived from movies, television shows, and just plain fantasy? And what if the person you eventually meet, the one you “fall in love with”, doesn’t meet a single one of those expectations, but matches many of the inner resonances you were ashamed of instead? The inner conflict in this situation is massive. Often the relationship conflict ends up being not about what the relationship is, but about what the relationship is supposed to be and is not. More to the point, the person you are with is an actual reflection of you, the resonances within you, even the ones you don’t care for.

A significant amount of the “trauma” we face, in all of our experience, but especially in relationships, is because people are not meeting the expectations we have for them. Yet, they are matching resonances we have, the resonances we are creating our reality with. One of the key things about evolving is defining where the ideas, beliefs, and expectations we have actually come from, and then balancing those resonances so we no longer create unnecessary resonant conflict. Resonance conflict is a part of our daily lives, most is harmless, but some can be downright debilitating. Expectations are nearly always in conflict with what is actually happening in the moment.



*The serene coherent blue harmony resonance is in balance with regard to living in the moment. The expectation resonance is made up of tiny, conflicting, incoherent energies attempting to act as one. Resonance conflict has these two energies fighting for supremacy in a myriad of scenarios.*

## Fear Resonance

In Orwell's 1984, all people were seen to have a fear so great, they could be controlled by it—a resonance. Winston Smith's fear of rats was a weakness that allowed him to be controlled through an exploitation of that fear. But what if he had no fear of anything at all? Resonances that are not balanced are weaknesses, but that is all they are and weakness is not shameful. We are all taught to be ashamed of our weakness by a generic set of rules handed to us by society, family, religion, etc. but are we not just working out vibratory imbalances within us?

A child who is just learning to walk is not seen as defective—harshly judged for not walking on the first try, so why is an adult who struggles with their weight judged as defective—inviting shame? It is important to see the resonances, and the reality they reflect, without this form of self-judgment: shame. Shame and fear resonances can go hand in hand and it is important not to judge the shame resonances, as to do so tends to amplify the fear resonances. We all have fears, but they too are nothing more than confused resonances in conflict and can easily be used to strengthen our system.

Let's look at an interesting fear resonance and how it plays out: a fear of flying. The standard way to deal with fear of flying is conditioning of some sort, which doesn't actually deal with the issue of resonance. This process only attempts to create a more forceful countering resonance by inviting conflict resonance. For a moment, I am going to ignore the issue of collective consciousness resonance that says this: flying has only been in the collective consciousness for a short time and, as a form of travel, reflects nothing that has come before, as such, is fear-inducing by its curious nature. We will look at the issue from a personal resonance point of view.

When one gets on a plane, the chances of knowing how it actually operates, even in the vaguest sense, is unlikely. Few understand the most basic notion of “thrust greater than drag, apply lift” and off you go, let alone the ins and outs of elevators, jet engines, altimeters, and the like. So, we can deduce that getting on a plane is an act of trust. If you don't know how a plane flies, would you trust yourself to fly it? Of course not! So we can deduce that a fear of flying is primarily based on the notion that an ignorance of the mechanics of flying activates a resonance within that immediately activates a distrust of *oneself* to fly a plane. One fears flying because they can't fly a plane and don't trust themselves to do so.

This makes perfect sense; there is no need to condition one's thinking. What one needs to do is clearly see an entirely new equation based on resonance and reflection: me/the pilot, can fly the plane otherwise, I/the pilot, would not be flying me/the passenger. Simple, fear of flying, or driving, or skydiving, is a lack of inner trust that you can do something you don't know how to do.

The inner trust is an issue at the core of many unbalanced resonances within us—*if you distrust someone, it is because you do not trust yourself!* If you do not trust the pilot, you do not trust yourself. Below we see a seed of origin formula with regard to trust issues. The extensions emanating from the seeds are the issues associated with trust.



*Traditionally we see a “Distrust of Others” as the seed resonance of the discord exemplified in the reflections in our reality experience—“I do not trust anyone.” A Distrust of Self is the actual seed resonance of the issues seen in the resonance reflections.*

Based on our resonance equation, we can see that because we resonate a lack of self-trust, we manifest reflections in our reality that show us this. Through some unhelpful education about our reality, we focus our frustration on the extensions seen in our representation, which is just the reflection of the seed resonance, not the actual issue which is really just a symptom.

That said, here are some other key resonance reflections that need to be turned around the right way—resonance attracts resonance:

- If you do not trust others, you do not trust yourself.
- If you fear another, you fear yourself.
- If you are not respected by others, you do not respect yourself.
- If you are hated by others, you hate yourself.
- If others are mean to you, you are mean to yourself.
- If you seek to control others, you are seeking to control yourself.
- If you are not loved by others, you do not love yourself.

A seed resonance of distrust in self, or a fear of a physical thing, can create a resonant distortion that confuses another issue beyond recognition. Once the seed is established, subsequent actions reinforce the symptom, a string of bosses who don't trust you, when in fact the issue is not the

symptom (bosses), but a resonance within. Harmonizing Statements help reveal the seed the symptom reflects.

## **Resonance Judgment**

Resonances are just energies vibrating within us, the manifestation of them brings them into the judgmental zone. Once in the judgmental zone, earth reality, we use our handy reality checklist to evaluate what is good or bad. The checklist coming from all the usual suspects: family, school, religion, culture, etc. The resonances themselves are neither good nor bad in and of themselves. I have a resonance, installed by my family and culture, that haggling is a crass thing to do and shows very bad form. When someone from a culture that lives for haggling engages me and insists on haggling, the resonance within me that has been told that to haggle is offensive, is triggered and I am in conflict. Is haggling offensive, wrong or crass? More importantly, the presence of this haggler in my world indicates to me that I need to take a look at the resonance; either I am a born haggler and didn't know it and need to access that tool (I might even enjoy it), or am I so concerned about the shame of haggling, I have brought the haggler to me to engage the issue. The judgment here is applied to being "forced" to haggle, as there is no judgment while the resonance remains dormant.

In order to heal, we cannot judge ourselves as to judge causes more unbalanced resonance. Everything in your reality is there based on a resonance within you and nothing more. Things that are unbalanced are not defects to be ashamed of, but things to balance. The whole of you can be seen as a gigantic bunch of grapes or resonances spheres, and a few of the grapes are moldy but you can't see them as they are deep within the bunch, deep within your resonance field. You ask others to show you the moldy ones, through resonant reflection, so you can clean them out before they destabilize the entire system. The moldy ones are not the entirety of you, only parts of you that need some work. To judge the resonances, and in turn the reflections, is to separate them from you, inhibiting your ability to effectively balance the issues. Judgment is a form of denial and things denied cannot be healed. Stop judging yourself, see your manifestations as a reflection of you and use them as a tool for growth. The judgment adds more unhelpful energy to the already unbalanced aspects of ourselves. *When using the Harmonizing Statement Technique, a total absence of self-judgment is a must.*

## **Resonance Revelation**

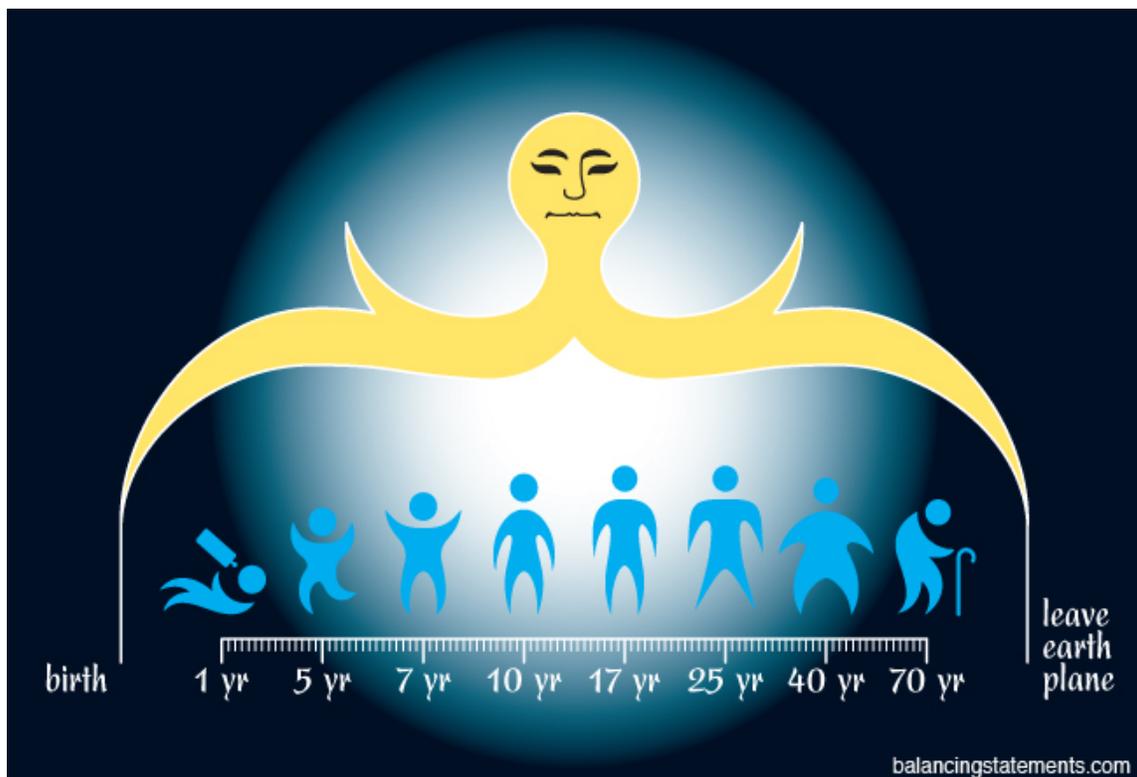
Some resonances are often built up, based on years' of experience, reinforcing a resonance seed. A fear of water as a child will have built up an unimaginable resonance if water has been avoided since childhood because of the fear. This resonance is a force. Let's look at how this might play out. I have a fear of water from a bathtub incident when I was three, an incident I no longer remember. To me, the adult, I have had issue after issue with water but I just accept it as me, "it is the way I am" (avoiding pool parties, fearing the beach, taking showers only, etc.). I go to check into a hotel in which the only available room is right next to the pool. I freak out and attack the hotel manager for doing this to me. I am totally justified when I stomp off and go to a new hotel as he pushed a major fear button; a button he had no right to push.

What if I took a minute to see that the hotel manager was just doing what I told him to do; forcing me to deal with my fear of water weakness by presenting me with a circumstance to deal with it? What if, rather than walk away again, I took a moment to see that it was *all* just a reflection of me? What if I took five minutes to do some Harmonizing Statements to find the real origin of my flip out and discovered, through my inner voice, that the issue was being left in the tub and almost drowning at age three? What if I then took a few more moments and healed that aspect of myself? And what if, following a wonderful self-healing moment, I asked the hotel manager if he knew of a swim instructor who could help me learn to swim, thereby really overcoming the issue and turning a weakness into a strength?

Left to our own devices, our imbalances will be worked around and avoided with near perfection. Some of us can go an entire 80-year lifetime without dealing with our fears and imbalances, in spite of the fact that countless attempts by *ourselves* were made to balance the issues via external reflections. The “external” world is there to help us deal with these things, yet each time they come to help, i.e. the hotel manager forcing the issue, we retreat, blame, and even attack, the messenger—*the messenger is us*. I’ll say this again: *the energy manifesting the antagonizing energy is us*. People do what we tell them to do in order to help us, not hurt us. We are all working together to assist each other in knowing we are the Creator. So why not take the challenges as opportunities rather than attacks?

### **The Younger-Selves Influencing Factor**

Our water example demonstrates an important point: resonances do not go away because our focus of attention has shifted. We tend to think that if we are no longer involved in something, the resonance is gone. In our water example, it was the three-year-old that suffered the trauma, not the person checking into the hotel. As we grow older, our focus of attention shifts to that which is in alignment with where we are at in that moment, but the past resonances are still there *in their entirety*. Our image below is a representation of an individual incarnation on the earth plane. Notice the serene face at the top is you, the inner representations are you too. All the inner aspects of yourself still exist, in their entirety, within you, only your focus of attention has shifted to a new area within your timeline—present moment. This means that all the infant-selves, and the teenage-selves, and the older-selves exist, and the resonances within them are still present. Your body has changed and your focus of attention has shifted, but all the resonance accumulated from moment one is still there. Much of the resonance is harmless because it is balanced, but quite a bit is not, your present reality is a reflection of all of that resonance. In the image below, each hash mark has a corresponding aspect associated with it, which in turn has a lot of resonance attached to it.



*Each hash mark represents another slice of your consciousness, all aspects of you exist, only your focus of attention has shifted from infancy to the age you are now.*

These younger aspects can be accessed at anytime, as such, the resonance within them can as well. This can create conflict within us leading to curious choices. At seven years old, I wanted a bike. I demanded my parents buy me a bike for my birthday. Unbeknown to me, we didn't have enough money for a bike at that time, so my birthday passed without a bike. I was traumatized, all my friends had that bike and I didn't. At 35, I happened to be in a big department store and noticed the bikes. Within seconds, my seven-year-old's resonance associated with the bike trauma, had taken over my primary consciousness and I had to have a new bike, never mind I no longer had a need for a bike. Quickly I am "honoring the inner-child" by buying a bike I do not need. The bike quickly takes a position in the corner of the bedroom, holding my dry-cleaned shirts, never ridden, and still being paid off on my credit card.

What happened? The resonance of the bike in the store triggered the resonance of my seven-year-old self and that self took over my primary consciousness and made an incredibly silly purchase. Now, had I taken a moment to notice the confusion erupting in me, and done some Harmonizing Statements, I would have discovered that I did get the bike two months later when my parents had the money, and the traumatized seven-year-old aspect of me who experienced the birthday disappointment, did not know this. Had I taken a moment of healing, I'd have saved myself the whole wasted effort. If only I had seen the bikes in the store as an opportunity to balance, not to buy. After all, I did see the bikes even though I went to the store for a jacket. We can see in this case that a thing, a bike, is my reflection, rather than a person, and that seemingly innocuous thing triggered the energy within that led to the bike I now own. It is important to see

that all, everything, is a reflection of your energy, be it a bike, relationship or repeated violent criticism.

Everything is a reflection of you:

- Your doctor is a reflection of you.
- Your dog is a reflection of you.
- The homeless man you see on the way to work is a reflection of you.
- Your mother, father, brother, sister is a reflection of you.
- Your car is a reflection of you.
- Your ailment or dis-ease is reflection of a resonance within you.
- Your home, the ghost in your home, are reflections of you.
- Your boss, your job, your salary are reflections of you.

### **Reality As A Tool**

As we see by our examples and our images, resonance can be a complicated system. The process of resonance change would be undoable if we just sat down and said,; “heal me”. Fortunately, the system of life via Soul/Self, gives us an easy way to access the resonance files and make some changes. Our reality is the access tool. The reality we are in tells us where we are at and where we need to be, as it is presumed that where we are at is *exactly* where we need to be based on our evolution. This means, in order to fully utilize the Harmonizing Statement Technique, we need to stay in the moment and make the healing and discovery efforts in the present moment—the reality that is reflected in front of us right now is the perfect tool.

The world is nothing but opportunity for growth. If you have it in your reality, you have a resonance for it; it is why you have “that” as opposed to another “that”. We have altered the meaning of the phrase, “why does this keep happening to me?” from a phrase of hopeless victimhood to a place of endless opportunity, “this keeps happening to me because I keep manifesting a resonance within me”. This shift in focus alone will alter many of the resonances within you still holding on to very unhelpful resonances of victim mentality. Remember, there are no victims.

We are all working together to assist each other in reaching the Knowingness that All Is One. Each consciousness is working to help its fellow consciousness to see that fundamental truth. Each interaction is fundamentally based on a resonance that is within each individual participating. The constant of Freewill means an agreement is made within the participating consciousness’s to get together and explore that resonance for the benefit of both. There are no victims.

**Take a break and meditate on the idea: *Everything I manifest in my reality is there for my growth.***

## Reality Shifting

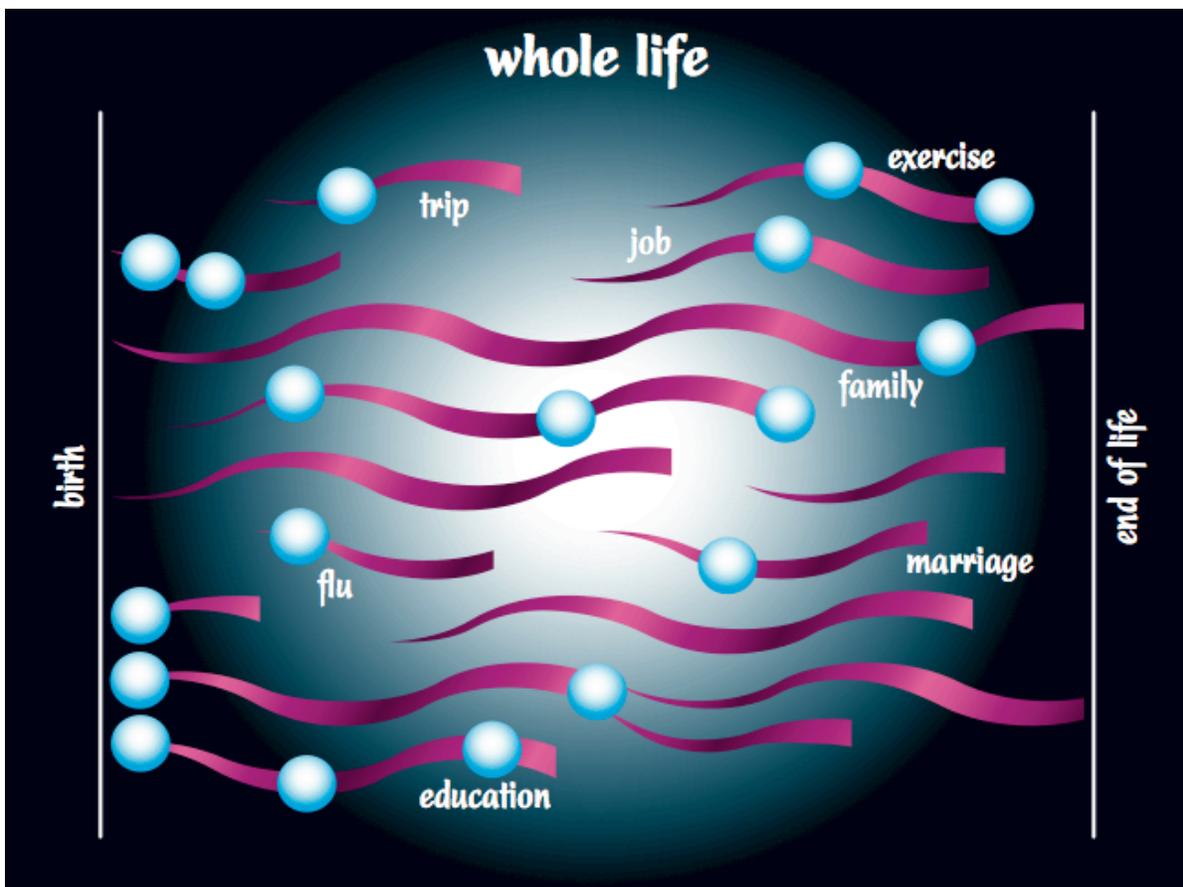
### **Everything Happens “With A Reason”**

It is commonly said, “everything happens ‘for’ a reason.” This is not true. Everything happens *with* a reason and that reason is for you to figure out, or not. You can understand what is happening to you when you apply the resonance equations, there is no mystery to it: your reality reflects a resonance within you and it is possible that resonance needs balancing. Harmonizing Statements help you understand the resonance that creates the reality, thereby allowing you to make some changes in that reality, in order to manifest an even more efficient growth based reality.

### **Fate vs. Choice**

This is an issue that most people cannot seem to reconcile: either everything is fated, or everything is choice. The premise that it is one or the other is the problem as both are true. Let us take a look at the example of a roller coaster ride. You have *chosen* to wait in a line for two hours to ride the world’s most exciting roller coaster. You have *chosen* to get into the coaster car and be strapped in. Once the coaster takes off up the first climb, you are *fated* to the rest of the ride. The commitment to the *fated event* was made by the *choice* to get on the coaster, once going, the timeline that is the two-minute ride on the coaster must play out the way it will play out—*fate*. You cannot change your reality if it is in mid-coaster ride.

Our life is a series of choices that open up timelines of experience that are similar to the coaster ride. The coaster ride is two minutes and done. A plane right across the globe is twenty hours and done. The length of a pregnancy is nine months, then a parent for life. Each scenario we engage in is a mini-timeline of experience within the greater timeline of life. Some events are fated as we are in the middle of the engaged scenario and others are subject to tremendous change as they have not opened up to a fixed form of experience. Our image below shows you the complex structure that is our life when broken down into overlapping timelines. The spheres represent moments of choice within a fated timeline. Those moments can open up new realities within the fated timeline of experience, or in some cases, alter the reality altogether. The choice to engage a timeline of experience is the main moment of choice.



*Spheres represent moments of choice. The termination points represent the end of that physical experience. Some timelines have choices in the middle, some only at the beginning.*

Above, we see that each timeline evolves from a tiny moment of choice. Possibly imperceptible at the time, and within certain timelines, choices (represented by the spheres), pop up. Decisions made in those moments will change the course of the timeline. At some point, the scenario ends which is reflected by the straight-line end. Some timelines are lifelong, like family, some are only moments long, like a coaster ride.

Our fickle nature combined with resonant conflict, have us wanting to escape every timeline scenario that makes us feel uncomfortable, in spite of the fact that we choose to manifest the reality that is that scenario. This creates a problem, if one is to grow, one needs to finish the things that were set up for growth, but since a lot of growth is uncomfortable, our desire to finish is often compromised by resonances that are the very things we look to balance by the scenario. As such, reality alteration is a tricky business when taken out of context.

Fear is one of the most powerful resonances and one that confuses most scenarios. Fear at the beginning of a roller coaster ride is the reason we get on, but for some, that fear triggers a need to get off. Most of us are in the habit of indulging fear the minute it erupts, often wasting perfectly good healing scenarios that were designed to balance the fear. This is important to understand as reality alteration is not about making the “bad stuff” stop but about moving into places that enhance growth and understanding.

When using the Harmonizing Statement Technique, some things can change with directed focus based on information gained from the process. Other times, it will become apparent that we are in the middle of a mini-timeline scenario and we can only alter our reactions and our responses to the stimulus. If, after the first ten seconds of our coaster ride, we are gripped by fear, we have little choice but to ride it out. But, we can take the opportunity to balance the fear that has come up as a result of taking a ride and see if we can't benefit from the event. We can't change the ride while on it, but we can change our reactions and responses to it.

## **Changing Your Reality**

You already create your entire reality, you don't need any book or seminar to teach you how to do this—you do it perfectly. But can you change your reality? Yes, with some caveats as we have shown.

The Harmonizing Statement Technique does four things:

1. Heals resonances within you.
2. Reveals truths about yourself and the reality you interact with.
3. Changes real time reality in many circumstances.
4. Expands your awareness to fully understand the concepts of resonance and reality and the truth that All is One.

## **Tools**

Understanding our resonance model of reality allows us to more effectively use our physical reality as a growth tool. Everything in your reality is created by you; this means that everything you need to grow is right in front of you. Notice the interactions of the timelines above; they are all working in harmony together. What we need for one timeline of experience may be found in another timeline of experience. There is no reason to believe that all things we need are found in one timeline.

We often hear people say, “if I was only rich, then everything would be fine”, or “if I was only married, everything would be fine”. This kind of thinking implies that consciousness is either mean or foolish, as it is not giving you what you need to grow now, but has the perfect tool locked away in some future moment, taunting you in the present from that hidden location. This is just untrue, the resonance you have manifested has given you every tool you need to get to the next level of consciousness. Most often, they are not the tools we “desire”, but the fact is, they are the tools we need. As you explore this process, keep in mind that everything you manifest in your reality is the perfect tool for growth, then figure out how to use it! All the tools you need to get to the next point in your evolution are right in front of you.

## What Does This Say About Me?

To utilize the Harmonizing Statement Technique to its fullest, use the mantra: *What does this say about me?* Your reality is a reflection of the resonance within. This means that your reality says something about you—what is it? We are trained to ask what any given experience says about another individual, but this is the wrong question. It is irrelevant what our boss's issue is with regard to his anger. It is more important why a resonance within us allows him to demonstrate that anger towards us. This means we need to ask the question: "What does my boss's anger say about me?" Here is where standard psychological definitions fail as the usual reason given is something along the lines of "...not standing up for yourself." While this might be a resonance that drives the interaction, another resonance might be because you are angry. I have heard people say, "I'm not an angry person", which may be true, or you might be a person who does not *express* anger, which is different. The Harmonizing Statement Process will allow you to see which resonance is the issue and balance it.

What does this say about me? I used to go to a gym that made me crazy. The gym was always short of the support pieces to properly use the equipment: missing handles, missing pins, missing weights even! I would get internally frustrated at the lack of management oversight and what I perceived as the lack of simple respect for the members. Then one day, I asked the manager why the gym was the way it was. He looked at me and said, "It's our demographic." I pondered for a moment, thinking, "What on earth is he talking about?" Then he said, "People steal stuff, I lose 800 bucks worth of stuff a month." Then it hit me, the gym wasn't the problem at all, it was me. I was choosing to be a member of a gym where people stole things without hesitation. It was my resonance that manifested a gym where people did not have respect for the gym they paid to belong to. Once I saw this, not 24 hours later, I was offered the chance to belong to the most exclusive gym in the area, without initiation and three months free—a gym I didn't even know was there! What does this say about me?

## Harmonizing Resonances

We can see that shifting our beliefs from a traditional model of "reality exists separate from us and we just live in it" to the actual reality of, resonance creates the reality we interact with, we are creating our reality every moment, is a major consciousness shift. Nearly everything we are taught suggests the opposite of that truth. To move from the inherently weak world of the traditional view of life, to the completely empowered model of All Is One will be a major challenge for most, as the conflicting resonances all surface and seek to harmonize. The incarnation's shift from separation to unity needs to be taken slowly. For many, the idea that they *are* toxic waste is incomprehensible and impossible to accept – but everything is indeed you no matter how unpleasant you may judge it to be.

Our weaknesses are the resonances that are out of alignment, or harmony, with All Is One. If your focus of attention is on the earth plane, then you are in both separation and the belief in separation. Separation creates fear and insecurity and most often that insecurity and fear brings more of the same; resonance manifesting resonance which adds to the problem.

A baby is born into separation after being in unity with/within its mother for nine months. The baby is cast-out into the world with fear and insecurity being an integral part of its life. The resonance for this is both real and strong, as a baby cannot feed, clothe or shelter itself.

Over a lifetime, the infant, the incarnated aspect of self, grows to live in separation. The earth plane reality shows separation of many forms and one comes to accept it as the foundation to all of life. Eventually the incarnation sees reality separate from itself, not of itself. Countless resonances are contained within it that say to us: “all is separate”.

Strength comes from all the resonances within, vibrating in harmony with the truth that All Is One. For most, this concept is an idea, a belief, not a knowing. We can see the “idea verses belief” problem in this example. Love is considered the most superior of human emotions and the most superior of all notions. People will meet, fall in love, marry and then “fall out of love”, often saying they no longer love the person they once loved. They are separate, then unified (a ceremony of unity takes place), and then they are separate again. Either the word love is defined by this curious process which is clearly not unity, or unity is a fleeting notion fully contingent on momentary judgment. Love, at the very least, is the absence of judgment (judging is not love), even if one feels justified by the judgment. Unity is not selective, the Creator/You do not judge when in unity. That said, the word “love” and its associated actions, are largely a distortion relegated to the earth plane and have little to do with unity.

Going from a committed belief of separation, to the truth that All Is One, is a major process, a process that is all that one’s “life” is about. There is nothing else but this journey. This journey has each incarnation at a different point in this process: a personality aspect of me is just starting out, an aspect is far along in the process, and another aspect may almost know it. At some point, enough of me knows it and the expression that is Soul, moves just that much closer to total unity. This process within an incarnational experience can be very challenging as we begin to see ourselves as more than an isolated, separate energy.

The Harmonizing Statement Technique allows a transition, rather than an abrupt shift, to this way of representing yourself. It allows you to build a bridge from the commitment to separation to the true reality that All Is One. It allows you to harmonize the resonances within your incarnation and stop some of the conflict, allowing the system to digest the overwhelming energy that you are the Creator. Each one of your incarnational aspects will hopefully look like this—in harmony with the moment.



*If each resonance within you resonates in harmony with the entirety of Creation, there is no resonance conflict.  
We can get a sense of that effect on a personal level in our image.*

Your efforts in the area of harmonizing your individual incarnation resonate throughout your entire Soul matrix and add to Soul's evolving and understanding.

### **The End?**

There is no end to this process of Knowing, only deeper and deeper levels of Knowing. Eventually you will Know yourself to be the Creator and yet as you come to that Knowingness, new aspects of You/Creator have begun the journey from separation back to the Knowingness that All Is One.

### **The Technique**

The technique requires nothing more than a pen, paper, and uninterrupted focus.

First, you are going to determine what you are going to balance. Person, place or thing—anything that you come in contact with is a reflection of your reality. Your boss, your

neighbor, your spouse, your teacher, your friend; anyone you may have some conflict or issue with. A thing can be done as well. If you have issues with computers, your car, the home you are living in, the homework you can't bring yourself to do, if you can define it, and you have an issue with it, then it can be done. Name the person if you can, if you have issues with your "boss", use his or her proper name. Often people who fill roles in our lives, "boss", are seen as the "image of the boss" and not as an individual evolving being (much of the conflict we have is due to this fact alone). If you have issues with your mom, try it using "mom" and then her given name—see if there is a difference. Do the same with "brother" or "sister". Check into issues with "cars" or your "car" in particular. Be as specific as you can.

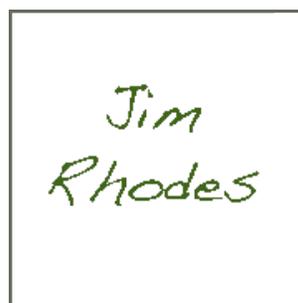
Here is an example: Aunt Jane is a total victim, every time you speak to her, she goes on and on about how horrible her life is and how she's the victim of the world at large. Aunt Jane is *YOU*, a reflection of a resonance within you invites Aunt Jane to interact with you that way as opposed to another. So we write down Aunt Jane.



Aunt  
Jane

You cannot do people you don't actually know (celebrities or public figures will not work for this process), and you can't do mythological folks like Zeus or mermaids. The idea is to stick to actual personal reflections you have manifested in your reality. You can do people you are going to meet, someone you have a meeting with or an appointment with, such as a doctor or new client.

Here is an example: You have a meeting with a potential new boss, Jim Rhodes, on Friday and you are very nervous. Jim Rhodes is *YOU*, as Jim is a reflection of a resonance within you.



Jim  
Rhodes

You can do friends where no long-standing conflict exists, but where one has arisen.

Here is an example: Your friend, Sarah Smith, invites you to a party at her home, but you suddenly have fear about her invitation and attending the party.



We may also do inanimate things we may have conflict or issues with. Say, for example, you have issues with your computer or car. The computer is a reflection of you.



Once you are settled and ready to begin, you must forcefully, say to yourself, “***THIS IS ME***”. The image on the paper is no longer an external image or person but it is ***YOU***. This is extremely important. Many have a hard time with this at first, but you must feel comfortable with seeing this person as you, as if you are looking in a mirror, but you must see the reflection is you.

The reason for the paper is important. We are looking at an image, in this case, the name on the paper, and redefining it as you. This redefinition needs to be locked in, to contradict the notion that it isn't you. This helps eliminate long-standing patterns of belief that will have you just saying to yourself, “mom isn't me, she is mom”, thereby quitting the exercise. I recommend this always be done with paper. Some folks can do this in their mind's eye, but only after being very, very comfortable with the technique—with paper you can never go wrong.

Once focused, begin to speak the phrases, you must speak them aloud. You must say them, feel them and hear them for the process to be effective. Your intent here is to balance the resonances within that are creating the reflection. Say the Harmonizing Statements slowly and with purpose. Do not rush, be deliberate and remain focused on the process. If you find yourself drifting,

mumbling, or not finishing sentences, this is a good sign. This tells you that you have something that is really an issue, so stick with it until things get easier—they will.

Listen to the tone of your voice, is it: tentative, high, weak, unsure, ending in the question lilt? These are all signs you are in need of balancing.

You will say each phrase three times, but feel free to say it more often if you feel the need.

Forgiveness can be something that takes time to feel complete with—forgiving oneself is new for many. At some point, things will feel complete and you may stop. Of course, you may need to do a person many, many times to get things in a balanced place. Other times, just once is enough.

In order to really benefit from the Harmonizing Statement Technique, you must release all preconceived notions to allow the information to penetrate your personality. No judging allowed, no preconceived notions allowed, no shame allowed.

To utilize the Harmonizing Statement Technique effectively, you must understand the following and accept these as facts:

- If you are judged by another, you are judging yourself.
- If you are hated by another, you hate yourself.
- If you are despised by another, you despise yourself.
- If you forgive yourself, you are forgiving another.
- If you fear another, you fear yourself.
- If someone acts upon you, you are doing it to yourself.
- If you are not loved, you do not love yourself.
- If you are not respected, you do not respect yourself.
- If you love yourself, you are loved by another.
- If you heal yourself, you are healing another.

Your reality is a reflection from within; therefore the things you project onto others are actually projections from within. You empower yourself by recognizing this at all levels.

## Applications

The most common use of the technique will be seen in conjunction with conflicts between people. This can be a recent conflict or a long-term conflict, but it can be anything you have conflict with.

Conflict with food, cars, friends, homework, buying some furniture or other items, neighbors, choosing paint colors for your house, even choosing a new place to live. Resonance conflict is brought up by the presence of a choice, and balancing certain aspects can resolve the conflict.

This is a true story. I witnessed a person who had the password changed on their company issued Blackberry Mobile Phone without being told the new password. After some frustration, this person did some Harmonizing Statements on the Blackberry and discovered the new password on the first try!

Someone versed in the practice, once noticed handicapped people consistently coming into view. A moment of, “what does this say about me that I am resonating with handicapped people”, led to some Harmonizing Statements and the realization that a lower back ailment had gotten out of hand, leading to a feeling of being handicapped.

Health care practitioner not doing their job for you? You are not doing the job for yourself, do some Harmonizing Statements prior to the appointment and see things change—give yourself the perfect treatment. New hairdresser? Do some Statements for the perfect cut.

Can't seem to understand the directions for the new electronic device you just bought? Do some Harmonizing Statements on the information booklet and see what is blocking you from clearly understanding this aspect of you.

Can't decide between two job offers? Do some Harmonizing Statements and see what your intuition says about these two reflections of you.

Having fear about dealing with the credit card people? Do some Harmonizing Statements and give yourself some fear-free service.

Can't get a colleague to call you back? Harmonizing Statements are in order to see why you aren't calling yourself back. Many I know use this process to get a return call when one is not forthcoming, and a few have used it to get folks to actually answer the phone.

Fight with mom or dad? Do some Harmonizing Statements to reveal some deeper resonances within.

Need a parking space? Do some Harmonizing Statements and see if you can give yourself a space.

Nervous about the blind date? The date is a reflection of a resonance within you so do some Harmonizing Statements and see what is really going on.

Homeless man in your reality while waiting in traffic? He is a reflection of you so do some Harmonizing Statements to see why. Once I was sitting in my car waiting for a friend. Three homeless guys were camped out just down the street in front of me. I thought to do some Harmonizing Statements to see what they “said about me” and when I completed a set, they walked away.

A rude woman cuts you off at the store checkout counter? She is you and Harmonizing Statements are in order.

If you interact with it, it is a reflection of you—do some Harmonizing Statements and learn more.

## The Basic Five

The Harmonizing Statements are encoded directives in all aspects of your consciousness. They tell your consciousness how to view the reflection you are looking at and how to change certain reactions and responses to the reflection. Each statement is designed to follow the last, in order to take your consciousness through a progressive, logical transformation. While speaking the Harmonizing Statements aloud, you will be balancing the imbalances in you that this reflection is mirroring. Instant healing!

It is important to not only focus on the speaking of the statements, but also, to focus on the inner voice that reveals things to you. This inner voice will also be revealing some truths about yourself and the origin of the imbalance, so do not dismiss any impressions that may arise while you are working. Do not underestimate the value of the insights that come up through the process, often we will clearly see why we have issues in certain areas, allowing more healing to take place at other levels, so be open and don't judge the thoughts and insights that come up.

### *I HEAL MYSELF*

This statement always comes first, as it defines what is being done—healing. It is important to see here that we are healing *ourselves*, we are not healing the reflection!

### *I DO NOT FEAR MYSELF*

This statement reminds us not to fear this aspect of ourselves. In order to heal a part of ourselves, we must not fear it, for the fear keeps it separate from us.

### *I DO NOT JUDGE MYSELF*

In order to heal anything, we must refrain from judgment. The reflection is an aspect of ourselves. If we judge it, we do not own it, and if we do not own it, we cannot heal it.

### *I AM IN HARMONY WITH MYSELF*

The reason we need to balance the reflection is we are out of harmony; here we seek to restore it. Illnesses are clear reflections of inner disharmony—dis-ease.

### *I LIKE MYSELF*

Finally, we need to feel comfortable with this part of us. I use the word “like” instead of the word “love” due to the distortions the word love carries. Love can be used if it is comfortable to do so.

Repeat each phrase three times. Each time clearly understanding that this person, place, or thing is YOU. The set can be repeated as often as needed until you feel comfortable that the issue has been resolved, the balancing is done, or the needed understanding has been achieved. Do not underestimate the value of insight here, if you wish, you may use the technique solely to gain insight.

In the basic five, we are looking at things and issues that are currently happening. The phrasing here, “I do not fear myself”, is the present moment, as this aspect is happening now. In some circumstances, areas where a long history of imbalance is present, it may be appropriate to change the phrasing. A lifetime of fearing dogs will necessitate changing the phrase to, “I no longer fear myself.” Use the phrase that works for you.

### **These Are *Not* Affirmations**

Affirmations are different and serve a different purpose. If we were to see the reflection as external, that is, a thing separate from us, then affirmations would be one way to achieve some new understanding, but this is not that process. The Harmonizing Statements are encoded statements of fact, not affirmations, that are tied to this particular process. If at some point during the process, you find yourself in affirmation mode, just stop and start again.

If you are looking for a raise of ten percent at your job, an affirmation may have you saying, “I deserve a ten percent raise”, or “I am worthy of a ten percent raise.” The idea here is you are looking to create a resonance that is stronger than any conflicting resonance you may have. The Harmonizing Statement technique is used in this situation to help find the conflicting resonances that might prevent you from getting the ten percent raise. While doing the statements on the boss, the salary and maybe the job title, one might find a lot of conflicting resonance with energies such as: “I am not worthy”, “I am not qualified”, “I will get fired if I ask”, “my boss hates me”, “I need to quit”, and so on.

As you can see, affirmations can create resonance conflict as one attempts to add resonances that may antagonize existing resonant energies within.

### **Give It A Try**

If you wish to give the system a try, take a moment and pick a person in which you have a minor issue with currently; possibly a coworker or a friend, but not a family member, just make it someone with less personal history. Now write their name down on a small piece of paper, a post-it is perfect, and continue. When you are done, cross out the name, or throw the piece of paper away, never have more than one name or thing on a paper at a time.

I have provided some videos at [www.harmonizingstatements.com](http://www.harmonizingstatements.com) that will guide you through the statements and the device featured will help you clear things up much faster, should you choose to use it. You can do the technique right off of the paper using yourself as the guide if you wish. I do suggest you use the audio as your guide until you have the statements memorized.

## **Enhanced Basic**

The basic five works exceptionally well, but there is a lot of flexibility in the technique. As an example, let's apply this technique to someone who has "wronged" us in some way in the past. Note, here we can view things in the past via the phrase "no longer" as in, "I no longer fear myself" or in real time, as in, "I do not fear myself." In this case, our person wronged us in the past.

### ***I HEAL THIS ASPECT OF MYSELF***

This tells your consciousness what you are doing.

### ***I NO LONGER FEAR THIS ASPECT OF MYSELF***

This reminds yourself that you no longer need to fear this part of you.

### ***I NO LONGER JUDGE THIS ASPECT OF MYSELF***

Again, you have been judging yourself through your reflections, so you are reminding yourself at all levels to stop the judging. The system does not work at all if you maintain a judgmental stance.

### ***I AM NO LONGER IN CONFLICT WITH THIS ASPECT OF MYSELF***

Key to pain and weakness, is internal resonance conflict. Here you are telling yourself to stop any perceived "external" conflict as you now see it resides within you as an imbalance.

### ***I FORGIVE THIS ASPECT OF MYSELF***

This one is huge for most people. It is important to see that anything that happens to you, you are doing to yourself. You don't need to forgive others, in fact to do so is easy. To forgive one self is the hard part. Here we are asking that you forgive yourself.

### ***I TRUST THIS ASPECT OF MYSELF***

This again is a key point for almost everyone. Much of the inner conflict you feel, reflected in your reality, is due to the fact that you don't trust yourself.

### ***I AM IN HARMONY WITH THIS ASPECT OF MYSELF***

Here you are bringing things back to balance, maybe even in balance for the first time.

### ***I LIKE (LOVE) THIS ASPECT OF MYSELF***

If you don't love yourself, others will not love you.

In this case we have added the phrase “aspect of” to the process. The reason for this is to help solidify the notion of reflection. If we were to say, “I forgive myself” to a reflection that stole our car, we would immediately resist forgiving that person. In this technique, we want to own everything in our reality, so we need to make sure we see the thief as an aspect of ourselves. You may keep “aspect” as a constant if you like, to keep things universal, or you may keep the simple formula of the basic five.

If you wish to try the enhanced system, choose a person you have had a long-standing issue with: a boss, friend, neighbor, landlord, etc. and continue.

## Maximizing The Process

Harmonizing Statements focuses on our basic reflection, i.e. “Aunt Jane”, as the perfect place to start healing things and exposing deeper level imbalances for more healing. Yet, there are times where we may wish to, or need to, go deeper. To accomplish this, we will examine looking at a reflection with a specific intent.

In our example, we are going to use some lifelong conflict with cars. Our first and foundational effort will be to do some work on the reflection simply titled “car”. We have been uncomfortable driving recently and want to balance things in that area. “Car” is our reflection, the car is us.



Now that we have a sense of the reflection, we may wish to go a little deeper after we see what has come up via our intuition. The first thing our intuition noticed was we had an issue with traffic tickets when we first started driving. So now we add as a line of focus, “traffic tickets” underneath the main focus, “car”, and do some healing.



In our initial work, we also noticed that there was an issue with two accidents that had happened in the past. So we add “accidents” to the line of focus.



Car  
Accidents

The reason the issue of “car” has come up at all is due to the fact that ours is getting old and we think it might be time to get another one, but the question of buying new or used, is a conflicting issue. We’ll add “buying” to our focus.



Car  
Buying

Through each added intent, we expose deeper layers to the issues of “car”. Upon doing “traffic tickets”, we may find an old resonance associated with a warrant issued for our arrest due to a failure to appear. The Harmonizing Statement effort allowed us to expose the aspects of ourselves that still lived in fear of this issue, but also allows us to see clearly that we had resolved it many years ago, thereby balancing things and empowering us.

The intent directed toward accidents revealed the real fear and anxiety we had incurred during the two accidents we had many years ago. It also allowed us to balance that, becoming more harmonious and achieving a new level of inner strength.

The focus on buying allowed us to see the resonance conflict associated with the car buying effort more clearly. One aspect of us was buying into the marketing reality of brand X and looking at a very expensive new car, leading us down the road to a major monthly payment and an initial expense we could not afford. Through the balancing process, we could get past that sales campaign and see that our best option was to look at a good quality used car.

Getting a raise is another good example of an intent based examination of our resonances. We want a raise of 10 percent. We should do the following: boss, company, person in charge of raises, a person who has a similar salary/job, the old salary, and the proposed new one. Do the technique on each topic and see what comes up, you might be surprised at the resistant energies, which create a conflict resonance issue.

The intent based Harmonizing Statements adds a whole new layer to your toolkit. While working with the basic formula on our reflection, we allow ourselves to open up to the inner voice that gives us clues to other contributing issues. These can then be pulled out and worked on as a separate topic, leading us to untold healing and revelation. There is no limit here, as long as you listen to the inner voice and do not judge what comes up from within.

***Everything you need to get to the next level of understanding is right in front of you. Consciousness/You do not leave yourself without tools, or place the tools in the future and out of reach—they are in front of you. You may not like the tools, or recognize them, but they are there. Stay in the present moment and you will find them.***

### **Tips And Things To Consider**

My grandmother is ill, can I use Harmonizing Statements to heal her?

No, the Harmonizing Statements are about healing *you*. Look to use her as a reflection of you and heal yourself. Though that process you actually may heal her, or come to some insight as to what is needed for her. It should be said here that you have absolute permission to heal anything in the Universe within yourself through any reflection; you do not have permission to heal others without their permission. Quite often focusing on the reflection can bring about insight into the problems seen in that reflection. If grandma is ill, and you work with that reflection, you may find through the process that she “needs” high doses of vitamin C. It is important to listen to that inner voice as it suggests “vitamin C” and work to see how that information can fit into the scenario before you.

I was mugged, is the mugger me? Was I a mugger in a past life?

Whether you were a mugger in a past life is irrelevant, you have a resonance for it, and you can easily pick up enough resonance for a mugging by watching the nightly fear segments on the local news, a mugging may happen – or any other victim oriented crime. You could also carry a resonance from some mugging fear handed down to you from your mom or other family members. You have/had a resonance within you that created that scenario, use the technique to heal the resonance with you by using the mugger as your reflection. The mugger is you and the issue is happening in the present moment and not a past life so forget about all that healing past life nonsense. No matter how unpleasant the scenario presented seems, be it mugger, thief or shady lawyer, the reflection is you and therefor can be seen as an opportunity to heal or gain insight.

This whole thing conflicts with my beliefs, why should I believe you?

You shouldn't believe me, either try it with conviction and see what you learn, or leave it alone for others to do. This process is not for everyone. This process is for those who are self-reflective, for those who like to know more about themselves. This is not about "god" or "the universe" or anything else but you. The process is designed to demonstrate to you how you create. The demonstration is much the same, as a science teacher will demonstrate how you can split water into oxygen and hydrogen. Over time the technique will give you insight into both yourself and how things work on the grander scale.

I get tired when I do it, I can't stay focused?

This is common. This happens for two reasons. Initially the heaviness you feel is due to conflicting beliefs. Learning to take full responsibility for everything you manifest in your reality can take some shifting and this can be heavy. The second reason for this is you have found something via your reflection that is really in need of balancing. Work through the issue until the heaviness has released. You may find that working with your computer issues does not bring up much heaviness; in fact you may find an insight into your computer issues within moments. Working with your father's dislike for you may prove to be heavy and may require some real work to balance things. Try and work through any resistance, heaviness, you may find while doing the work.

After doing some Harmonizing Statement work, I realize that my relationship is toxic, I got into it for the wrong reasons, what do I do know?

There is no simple answer to this insight, the process has revealed truth, look to some of the resonance in you that keeps you there and balance them: insecurity, self distrust, money etc. and see if clearing some of those things up will free you from the relationship. The reasons for manifesting an experience is complex and the solutions to various problems can be complex too. If you find your relationship needs to end you should work through the various factors that come up. For example, you may find that moving to a new place is a concern to you'll need to do a sequence on "new living arrangements." You may also find that losing communal friends will be an issue so you'll need to work on that too. Eventually with enough work the solutions to the problems will reveal themselves.

I can't figure out what needs Balancing, my life seems fine.

All things in your reality are reflections, you can do things that seem fine to gain a deeper insight into yourself, or see where maybe you have a kind of spiritual stasis. Everything around you is a reflection of you. Maybe you wonder why your houseplants always die? Maybe you are interested in what the Sun is doing to your consciousness? Maybe you are interested in resolving an issue that just came up. A friend of mine had a terrible computer crisis occur, which seemed to suggest a catastrophe was imminent. A few Harmonizing Statements were done on the problem and out of the blue a friend called with a possible solution that had not been present prior to the work and all worked out well in the end.

My neighbors yard is horrible, how come Harmonizing Statements won't make him change his yard.

There are two answers here, taste is a matter of opinion and your neighbor may think your yard is horrible. That said, why are you living next to him in the first place? You have a resonance for that home in that area, do some work on your living environment to see what connects you to an

area where your neighbor can have a “horrible” yard. The area you choose to live in is a reflection of an energy from within. So if you are living in a slum you might want to see why that energy guides you to the slum instead of the upscale neighborhood. Then you might want to see that the aspects of the slum, noise, filth, and insecurity are what you’d expect to find in the slum and therefore shouldn’t make you too upset.

I did some Harmonizing Statements on a person who was refusing to call me back, *me calling myself back*, and it worked perfectly. But when I did some on my car’s dead battery the battery didn’t get better, how come?

Two different things, the return call was real time, the dead battery was due to either negligence – forgot to maintain it, or it was time for it to go. It can be helpful to do the dead battery to see if there is some issue with maintaining the car. One needs to see the difference between things that are in a state of flux and things that have become fixed. The dead battery died due to actions, resonances that resulted in the death of the battery. The lack of returned phone call is something that is still in flux and can therefore be altered.

Can I do the process without the paper?

Eventually. You should use the paper for a while, until you feel comfortable with both the process and the phrases. Some people can eventually hold the image in their mind – third eye, but this can be a real challenge for many. The paper assures that no affirmation efforts take over and always works perfectly. The idea behind the paper, and the affirmation, “this is me,” is to make sure you see the reality as a reflection. When you use only your head the mirrored concept will be less absolute. Work with the paper as much as you can and if you get to the point where your mind is all you need then go for it.

Can I use a photo?

Eventually. Until you fully integrate the “this is a reflection of me” notion into your practice, it is best to use the paper with name – this is easier too, as a scrap of paper works as good as anything and can be ready in a flash. The other issue with photos is they may have more than one thing in them, confusing the issue. A family photo when working on only mom won’t be helpful. At some point you may wish to try a photo, maybe of an item you are looking to purchase in order to get a better sense of it or break down some resistance but the photo is not needed for this system to be effective.

Can I get rid of all my bad resonances by doing good things to build up good resonances?

No, this is not a competition between resonances, resonance conflict, but rather balancing the energies between the two. This also invites the elements of subjective judgment into the mix. Enhancing the strengths does help “educated” the weaknesses but it doesn’t always cancel them out. The idea in life is not to be perfect or have just wonderful resonances. The idea of life is to have experiences no matter what resonance they come from. Over time we find that certain patterns repeat a bit too much for our liking so we can use this system to make changes. The system is not a system for purifying one’s soul or anything of the sort, but a tool to help one make changes in their life.

I’m not sure how I can use the system best?

There is no cut and dry answer to this question. Everyone is different. One can use the system in times of crises or problems to sort things out. I use the system before I go to any event or meeting in order to smooth things out. One can use the system to avoid waiting in line or get someone to return a call. One can use the system to start the day on a good foot by smoothing out the expected manifestations. Everything is a reflection of an energy from within so the possibilities with this system are endless. This is a fluid system so one should use it in any way that seems appropriate and even some that do not. There is no downside to using the system in a way that I have not mentioned.

## Advanced Technique

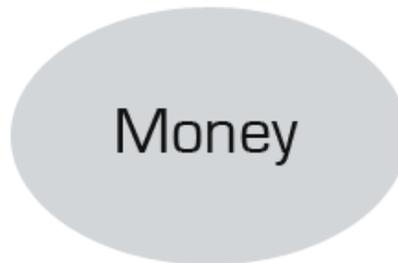
Once you are comfortable with the basic uses of the Harmonizing Statements Technique, you may wish to explore things at an even deeper level. While this isn't necessary, the process can be very enlightening and add even more sophisticated levels of balancing and awareness.

### **Complex Resonances**

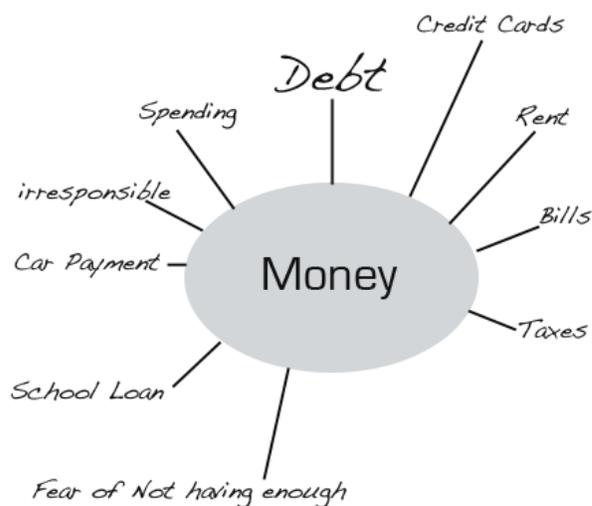
Resonances combine in complex ways to create our reality. Each reflection is much deeper than we might imagine. While an argument with mom can be a present moment issue, the resonances that led to that argument are often complex. What we are looking to do through the healing process is expose the seed of discord and heal that resonance. The Harmonizing Statements help reveal the seed, at which point we can go in reverse and see all the things attached to that seed and do some even more effective healing work.

### **Money**

Take money for example. Most people have issues with money. The issues with money will then lead to issues with rent, credit cards, taxes, food, debt, and so on. While we can look at each of those individually in a Harmonizing Statement Process, we can also look at them as part of the whole. In this case, we'll look at money by drawing a circle around the word money—this is our seed.



Next, we'll draw a line connecting each issue associated with money: debt, credit cards, spending, rent, car payment, taxes, owing money, borrowing money, spending money, bills, and so on. Each related element we can connect with money, gets an extension.



Now a more elaborate picture emerges, as we have a complex matrix of money and money-related issues that might be contributing to our discord. The process of Harmonizing Statements is the same. Though in this case, we are going to do a different pattern. Start in the center and say, “I Heal This Aspect Of Myself.” We then move to an extension, debt. Focus on it and say, “I Heal This Aspect Of Myself.” Then focus back on the center and again say, “I Heal This Aspect Of Myself”, and then out to the extension labeled, credit cards, and then back again to the center. Work your way around the circle until all the extensions have been done. Then move on to the next Harmonizing Statement, “I Do Not Fear This Aspect Of Myself”, and do things in the same pattern. Work your way around the extensions until you have completed the sequence. Remember to monitor your process, speak clearly and do not mumble. If you catch yourself rushing over “credit card debt”, then go back and force yourself to be present during the sequence.

While you are working your way round, you might start to notice things coming up. For instance, after one complete sequence, you realize that “allowance” needs an extension—write it down and keep going, adding it to the cycle. For this you might internally notice that through the process of allowance, you fixated that all money is “spending” money. Children are rarely responsible for paying bills and as such, the money children receive is spending money and not bill paying money. When bills first show up (bills are fees for services received *after* the service is rendered), the child aspect is confused. You may also find that “theft” seems to come up. Don’t judge it, write it down as a new extension. Write down anything that comes up and seems relevant, and look to balance it.



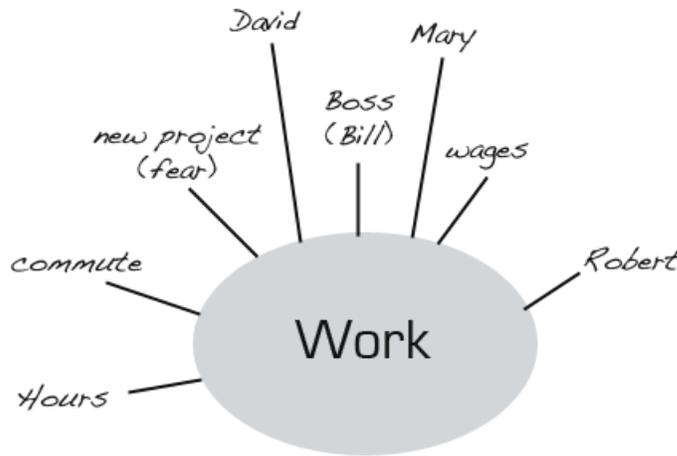
Continue until it feels complete. If you feel you need to go through any sequence, or the entire sequence another time, feel free. If you feel you need to add a few statements that are not on the list, feel free. If you feel you need to do a particular Harmonizing Statement over and over again, feel free. Listen to your intuition. If you feel you need to revisit the sequence at a later date, feel free.

### **Work**

Work is one that holds a great many issues for most of us. We have a complex web of resonances that are manifested in the interactions in the work place.



Now we will add a few of the people we work with. We are sure to write down Robert, who we “know” hates us (of course by now we know that we hate ourselves and Robert reflects this).



Now we will add some of the less tangible things that may be manifesting in the work place, like fear, insecurity, etc. We spoke earlier about how a lack of trust in others is actually a lack of trust in ourselves. It is important to keep this in mind as we add the other components like: stress over a work project, lack of respect (you don't respect yourself so others don't respect you), and insufficient wages.

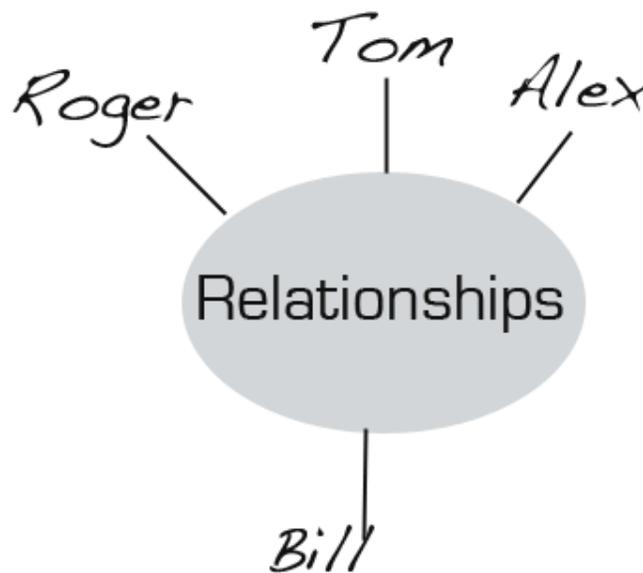


While doing insufficient wages, we might realize the pay is commensurate with the job, but not with our debt issues we explored when we did money. Now the pieces start to come together, the anger and frustration we experience at work is because we have overspent, have too much debt, and the job cannot support the debt. We must then go back to balancing the issues with debt to balance work.

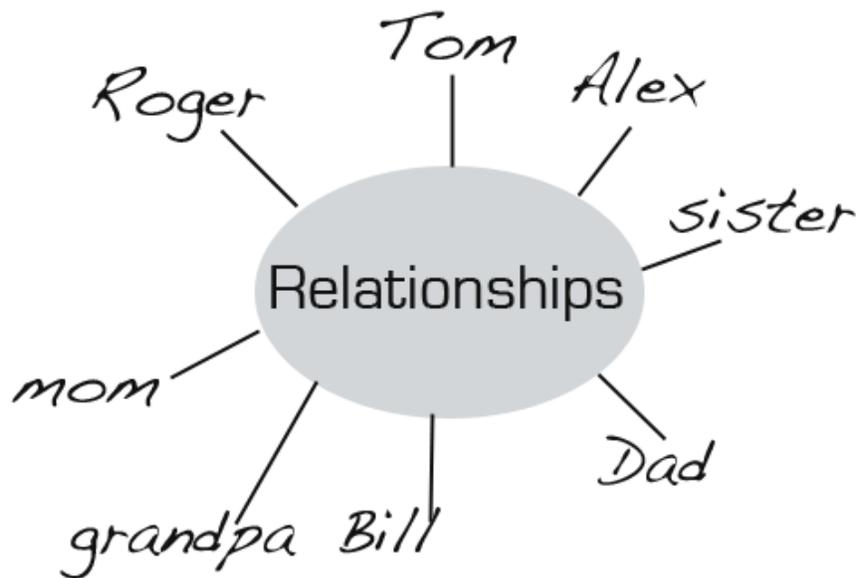
Nothing lives in isolation, so the advanced technique helps us see how everything is connected. Start with a center resonance and work your way out. Start with something tangible like “House.” Then look at what connects: mortgage, responsibility, debt, taxes, space, furniture, safety, etc. Or start with something less tangible, “Fear of Dogs”, and see what extends from that.

## Relationships

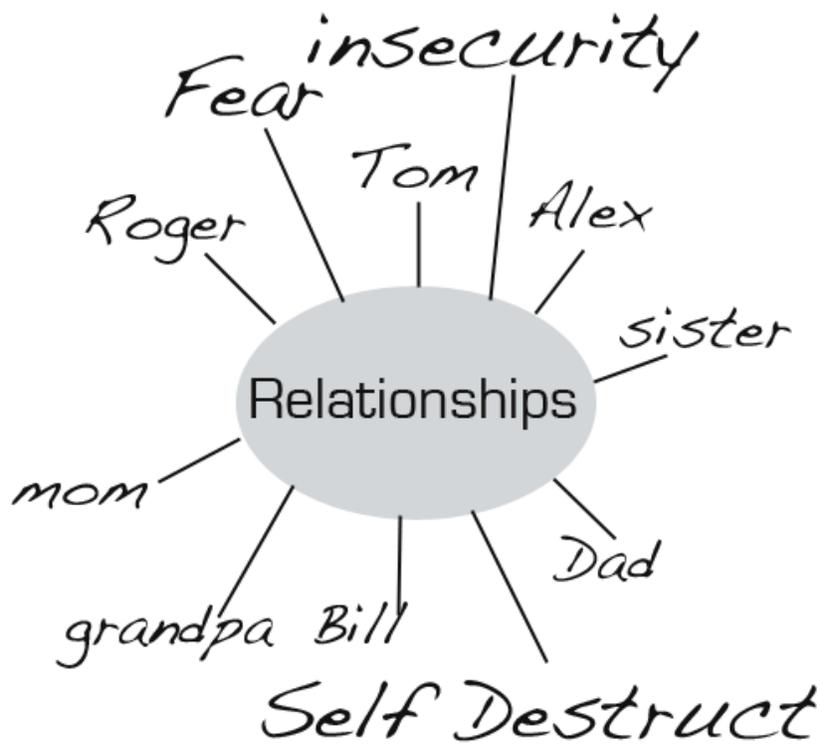
This is a fun one. The relationships we have are all due to a resonance within. The pattern is there and can be easily seen if we do not judge ourselves but look to heal without fear and judgment. By including all relationships, we can see the patterns emerge. First we’ll focus on the people we dated, or had an interest with at some level. We could do people we slept with, or people we had crushes on but never dated, or people who dumped us. Any pattern is an option, but for now we’ll just do dates.



Now a pattern has emerged. You may find you only date emotionally unavailable men. “Why do I only date emotionally unavailable men?” is a common cry, but with our new understanding of resonance, we can see we are dating ourselves, emotionally unavailable resonances attract emotionally unavailable resonances—it is not the men is it? We can add some more related relationships if we like.



We may start to see patterns of fear, insecurity or even anger, and hate. We may see that each relationship is built on a foundation of these resonances.



Now we're on to something. We are starting to see patterns in relationships, that, if we correlate the resonances with work/job, we can see the jobs we take are with people that are just like the people we date; which could also say a lot about the debt we have. All relationships are a reflection of a resonance within, if you feel self-destructive, you will bring a relationship based on what you know and what you resonate with. It is all you, there are no victims.

# **THE HARMONIZING STATEMENTS LIST**

## **BASIC SEQUENCE**

I Heal Myself.

I Do Not Fear Myself.

I Do Not Judge Myself.

I Am In Harmony With Myself.

I Like (Love) Myself.

I Love Myself can be a challenging concept; substitute “Like” if it is easier. Eventually we must all get to “Love” but the concept is too distorted for many of us to be universally useable.

## **ENHANCED BASIC SEQUENCE**

I Heal This Aspect of Myself.

I Do Not Fear This Aspect Of Myself.

I Do Not Judge This Aspect Of Myself.

I Forgive This Aspect Of Myself.

I Trust This Aspect Of Myself.

I Am In Harmony With This Aspect Of Myself.

I Like (Love) This Aspect Of Myself.

## **ENHANCED SEQUENCE FOR LONG-TERM ISSUES**

I Heal This Aspect Of Myself.

I No Longer Fear This Aspect Of Myself.

I No Longer Judge This Aspect Of Myself.

I No Longer Resist This Aspect Of Myself.

I Am In Harmony With This Aspect Of Myself.

I Love This Aspect Of Myself.

## **SEQUENCE FOR ISSUES WITH A PROJECT**

I Heal This Aspect of Myself.

I Do Not Fear This Aspect Of Myself.

I Do Not Judge This Aspect Of Myself.

I Do Not Resist This Aspect Of Myself.

I Do Not Overwhelm Myself.

I Am In Complete And Total Harmony With This Aspect Of Myself.

I Like This Aspect Of Myself.

## **SEQUENCE FOR HARMONIZING ANY SPACE**

I Heal This Aspect Of Myself.  
I Resolve Any Conflict With This Aspect Of Myself.  
I Transmute The Distortion In This Aspect Of Myself.  
I Am In Unity With This Aspect Of Myself.  
I Am Calm Within This Aspect Of Myself.  
I Am In Unity With This Aspect Of Myself.  
I Love This Aspect Of Myself.

## **SEQUENCE FOR BREAKUP OR DIVORCE**

I Heal This Aspect Of Myself.  
I No Longer Fear This Aspect Of Myself.  
I No Longer Judge This Aspect Of Myself.  
I Have The Deepest Understanding Of This Aspect Of Myself Possible.  
I Fully And Completely Respect This Aspect Of Myself.  
I Accept The Consequences And Responsibilities Of The Actions Of Myself.  
I Forgive This Aspect Of Myself.  
I Am In Complete And Total Harmony With This Aspect Of Myself.  
I Love This Aspect Of Myself.

## VARIATIONS ON THE BASIC SEQUENCE

These statements can be placed in any sequence. You can assemble your own Harmonizing Statement Set. The only requirement for a new sequence is that it start with “Heal” in some configuration and end with “Love/Like.”

I Do Not Resist Myself.

I Do Not Resist This Aspect Of Myself.

I No Longer Resist This Aspect Of Myself.

I Accept Myself.

I Accept This Aspect Of Myself.

I Completely And Fully Accept This Aspect Of Myself.

I Resolve Any Conflict With This Aspect Of Myself.

I No Longer Argue With This Aspect Of Myself.

I Release This Aspect Of Myself.

I Fully Integrate This Aspect Of Myself.

I Understand Myself.

I Understand This Aspect Of Myself.

I Have the Deepest Understanding Of This Aspect Of Myself Possible.

I Fully And Completely Understand This Aspect Of Myself.

I Acknowledge Myself.

I Acknowledge This Aspect Of Myself.

I Do No Reject Myself.

I Do Not Reject This Aspect Of Myself.

I No Longer Reject This Aspect Of Myself.

I Do Not Deny Myself.

I Do Not Deny This Aspect Of Myself.

I Am No Longer In Denial Of This Aspect Of Myself.

I Am Not Confused By Myself.

I Am No Longer Confused By This Aspect Of Myself.

I Am No Longer Overwhelmed By This Aspect Of Myself.

I Do Not Overwhelm Myself.

I Transmute The Distortion In This Aspect Of Myself.

I Completely Trust This Aspect Of Myself.

I Respect This Aspect Of Myself.  
I Fully And Completely Respect This Aspect Of Myself.

I Fully And Completely Heal Myself.  
I Fully And Completely Heal This Aspect Of Myself.

I No Longer Fear Myself  
I Am Not In Fear Of This Aspect Of Myself.

I Am In Complete And Total Harmony With This Aspect Of Myself.  
I Am At Peace With This Aspect Of Myself.  
I Am In Unity With Myself.  
I Am In Unity With This Aspect Of Myself.  
I Am One With Myself.  
I Am One With This Aspect Of Myself.  
I Am At Peace With Myself.  
I Own All Aspects Of Myself.

I Am In Balance With Myself.  
I Am In Balance With This Aspect Of Myself.  
I Am Calm With Myself.  
I Am Calm With This Aspect Of Myself.  
I Am Calm Within This Aspect Of Myself.  
I Am Comfortable With Myself.  
I Am Comfortable With This Aspect Of Myself.

I Accept The Consequences and Responsibilities Of The Actions Of Myself.  
I Fully Understand And Accept The Actions Of Myself.  
I Take Responsibility For The Actions Of Myself.  
I Alone Am Responsible For This Manifestation.  
I Apologize For This Manifestation Of Myself.  
I Completely Embrace This Manifestation.  
I Alone Apologize For This Manifestation.  
I Apologize For What I Have Done To Myself.  
I Resolve Any Issues With Myself Now.

I Forgive Myself For What I Am Doing To Myself.  
I Do Not Betray Myself.  
I No Longer Betray Myself.

I Am Generous With This Aspect Of Myself.  
I Share With Myself.  
I Am Grateful To This Aspect Of Myself.  
I Give Perfect Service To Myself.  
I Give Myself The Service I Need.  
I Fully Support Myself.  
I Wish The Best For Myself.

### **MAKE YOUR OWN**

You may create your own Harmonizing Statements, the key here is to start with “I” and end with “Myself.” “I” and “Myself” must be in the formula at least once each. For example: you are in an argument with your mother over some past events—she is you of course. You may say: “*I No Longer Argue With This Aspect Of Myself.*” Add this one to a basic sequence of your choice and see what happens.

Give yourself perfect personal service ahead of time. An example would be: I am going to get a massage, the massage person is you of course, so why not give yourself the perfect massage? “*I Give Myself The Perfect Massage*”, while focusing on the massage therapist as a reflection of you. This is a great thing to use before the dentist: “*I Give Perfect, Pain Free Service To Myself.*”

## Super Advanced Applications

Since all things are a reflection of you, we can assume that there is a way to connect with all of those things on a deeper level. In the previous chapters, we see how we can use the reflections for healing, but what if we could use the reflections for learning more about the reflection/ourselves? We can.

This process is a bit more challenging, as the reflections we may seek to learn more about, fall into categories not as easily defined as the healing categories. In the healing categories we use what we see to work with, in this case we may choose to work with things we don't see in order to explore more of our reality.

The Harmonizing Statement process can be used as an educational tool, a tool to explore more about the reality we create simply by defining the target and working with the system in the same way, only using different internal commands. Let's take a look at the commands we'll be using first.

The first thing we want to do is connect to the target. So we will say, "I connect to this aspect of myself." Once we establish a connection, we want to define what the purpose is of the connection, so we will say, "I seek to know more about this aspect of myself." Once this has been established to your satisfaction, we move on to what you wish to know more about. Here we have no clearly defined third sequence statement. If you wish to know more about the history of the table you just inherited, you might say, "I demand to know more about the history of this aspect of myself." If you wish to know more about the pyramids in Egypt, you might say, "I demand to know more about this aspect of myself." "Demand" may seem like a strong word, but remember, we are not asking another person for information, we are asking ourselves. I "demand" that my personality make breakfast for my body everyday—I don't beg or plead. The request is being made from yourself to yourself. You are not a slave to yourself in need of permission to request information, it is there for you to use freely, so be aggressive.

This system requires much more interaction with the target and your intuitive self. As such, it is very, very important to keep an open, free flowing mind during the process. For example, if you want to know more about the pyramids, you have a very specific educational (programmed) response to the notion of who built the Pyramids; the Egyptians built them and they were used as tombs. Fair enough, but what if, during the process of exploring this aspect of yourself, you find that King Tut and his crew didn't build them, but moved into them and the region long after they were built? The tendency is to resist the information by stating the facts as you have been taught. I'm sure my point is clear, but in case it is not, the idea here is not to use the technique to reinforce what you already believe, as there seems little point in that. The point is to connect with aspects of yourself in a new and open way, allowing information to enter your mind fresh.

It can be very helpful here to write down snippets of the information as it arrives. Long detailed notes are not a great idea, as you may get bogged down in the act of writing and fail to connect with all of the information coming, so a note here and there is probably best. If you suddenly find a topic that opened up, for example the idea that the Pyramids were a condo complex the Egyptians moved into after the previous owner vacated, then you may wish to switch the focus.

You may switch the focus at any time, in this you might write Egyptians, with your parenthetical subcategory as “new tenants” and see what comes of this by saying “I demand to know more about this aspect of myself.”

This is an explorational tool, an information gathering tool, what you do with that information is up to you. The process of deciding which Statements are correct, depends largely on what you seek to find out. There are going to be no blanket Statements, with the exception of defining intent and demanding access. It will also be a huge challenge for most because we are programmed, trained, and habituated to get our information from the projections we create and not from the internal self. I would caution against using the system, learning about the Egyptians’ condo complex, and then running out to proclaim to the world that you have figured it all out. Think of the process more like browsing the library, each book gives you a bit of this and a bit of that, with expanding your awareness being the driving force.

I wonder what would happen if you decided to find out more about a particular slot machine that exists within you?

## Group Healing

You may wish to put together a group to do some healing either on yourselves or the world at large. Of course, the key to keep in mind here is that you are not healing anything other than *yourself*, if the reflection changes, wonderful, but that is not the point. The point is to alter your contribution to the external reality.

A group of two is all that is needed, the larger the group, the more dynamic the event. A person should be selected to lead. It is helpful to have a solid cadence to follow. The person who is leading should not be fearful about leading, there should be no hesitation or insecurity in their voice.

There are several ways to create a reflection to use as a healing focus. One, a person who has an issue may step to the forefront and all the group members focus on that individual. The person is a reflection of each of the group members and as such, the changes will differ from person to person. For example: Alice is our focal person. Her topic is back pain. We all focus on Alice and her back pain, her back pain is a reflection of the group otherwise the group would be different. Alice sits in front and a sequence is chosen that works for Alice's back pain. The leader begins and each person repeats after the leader, 3x for each Statement until the sequence is completed. It can be nice for each person to speak about what was revealed during the sequence, but this is not necessary. Each person will experience a different revelation. Each person can take turns at the front, using an issue that is specific to them, while the group focuses on them. After all, everyone in the group is a reflection of the group and as such, all have a resonance for being there.

**Do not judge anyone, especially yourself, during the process.**

Another group session can be devoted to a less personal reflection. Say the neighborhood has a crack house. No efforts have succeeded in removing it. It is a reflection of the neighborhood and the residents who live there, even those who never visit the house. A group can be assembled and the house can be the focus of attention. A leader is selected and the sequence is defined. Each Statement is spoken aloud and the group repeats after the leader until the sequence is complete. It may be helpful to then ask each person what came up during the sequence, as it may reveal deeper issues that need to be addressed. For example, once the crack house sequence is completed, it may show that each person noticed they had anger and frustration with the city not doing something about it. Then the city needs to be done too. What one hopes to see out of this particular process is that empowerment doesn't come from waiting for the city, but changing the resonance within.

A group might gather at a lake or stream to address pollution. Again, a sequence is created and the group looks to heal themselves, not the lake or stream, but themselves, and the act of doing this alters the resonance that creates the pollution.

It should be said here that in a group gathering, all the people must be familiar and practiced at the technique. The group gathering is not the time or place to educate people about the process. If people are not familiar with the process, they will execute their resistance during the process, slowing down the process.

Each person participating within the group should be fully comfortable with the idea that no matter what the image in front of them is, it is a reflection of a resonance within them.

I was once leading a group through the Harmonizing Statement process. At the end, I asked if anyone had any suggestion for something to focus on. A young woman suggested *pets*. It seemed interesting to me at the time, so we went through the basic sequence with each person focusing on their pet. I didn't have any expectation about what would, or could, come of the effort. Upon completion, I asked each person what they had noticed. One woman had used the blind cat her family had when she was a child, and her revelation from Harmonizing the cat was a stunning moment for all of us. In that moment, she had seen that her blind cat lived life in a more secure way than she did. She realized that there was no reason for her to be as insecure as she was, given that her cat's monumental handicap did not inhibit him.

## Larger Reality Reflections

Try working with these images to see what comes up with you as you explore the idea that these are a reflection of you.



### Los Angeles Air Pollution

Los Angeles originated the concept of smog and symbolizes air pollution perfectly.

Air pollution is a reflection of us, here we'll look to clear the resonances within us that are air pollution.

~air assistant~



### World Currency

Currency is a major source of trouble for the world. Money is only an escrow account for value, but it has come to symbolize so much more.

"Money is us," here we are looking to balance the resonances within us that have created the planetary process of currency as a medium of exchange.

This can be an excellent reflection personally as well, for any issues you may have with money.

~money assistant~



### Garbage Dump

The Puente Hills landfill outside of Los Angeles is one of the largest in the world, a perfect representation of the waste issue.

Here we are looking to transmute the energy that is our excess, or waste, energy.

~garbage assistant~



### Celestial Bodies

You may find it interesting to see how your local celestial bodies are a reflection of you. Try starting with the basic five sequence to reveal some inner truth about you, later you may wish to try creating a sequence that seems appropriate for you personally. These can be challenging, if the process is overwhelming, leave it for another time.

For more Harmonizing Statements information, including some helpful assistants, please go to: [www.harmonizingstatements.com](http://www.harmonizingstatements.com). See, "Absoulte Empowerment" and "Increase Awareness for more healing information. Go to [www.33shimmeringlights.com](http://www.33shimmeringlights.com) for energy tools to increase your awareness.