

**TEXT OF THE HEALING TAPE - SUGGESTIONS TO PATIENTS'S CONSCIOUS AND SUB-CONSCIOUS TO HEAL THEM (SELVES)**

Suggestions for helping people to cure themselves both physically and mentally and avoid depressions, or to get over a chronic illness or disease. To be suggested to the people, speaking in the whispering tone when they are in a relaxed mood, lying down either in an armchair comfortably, and better still sleeping.

1. Speak to the subject: Relax and close your eyes. If you feel like sleeping, go to sleep, in fact it will be better if you go to sleep. Continue repeating "continue sleeping" Deep Sleep Sound Sleep. Every time you hear my words, Deep Sleep, sound sleep, you will go to sleep.
2. Your mind is and will be able to listen to my positive suggestions.
3. Every word I say is going to be fixed in your mind and is going to stay fixed in perfect harmony.
4. Consciously and unconsciously you yourself and your whole organism is going to follow, enjoy and continue following my positive suggestions.
5. You are able to hear me whether you are awake or sleeping.
6. In the first place I want you to remember that every day, in the morning, at midday, and in the evening, at the usual meal times you will feel hungry and have the desire to eat.
7. You will then eat and enjoy your food, without of course overeating, being very careful to chew properly, and converting it into liquid before swallowing it. You will digest it properly and feel good, your organism will assimilate it properly and convert it into blood muscle strength and energy, in short: Life
8. Having digested the food properly, the elimination function will also be perfect, the excretion will be normal and every morning on rising, you will feel the need to evacuate the bowels, and you will obtain the normal satisfactory result in keeping your system clean.
9. Every night from the time you wish to sleep till you wish to wake up next morning, you will sleep deeply, calmly, peacefully and quietly, and on waking up you will wake up completely fresh, well, cheerful and active (Repeat).
10. You are going to feel perfectly cheerful, without any depression. There will be no reason to worry, and you will be optimist and perfectly cheerful.
11. Impatience and ill temper will be the thing of the past. You will cease to have them, you will always be patient and be a master of yourself, and the things which annoy or irritate others will hence forth never bother you, and you will be absolutely calm, patient and cheerful, repeat calm, patient and cheerful.
12. Any apprehensions, fears, aversions, temptations, especially grudges, if any, against other people will be lost from your imagination and will melt away and disappear completely. As the dream vanishes when we wake up, so all the vain images will disappear when you wake up.
13. You will remember that you love yourself and every one loves you. (Repeat this a number of times.)
14. All your organs are performing and will continue to perform their functions properly. The Heartbeat is normal and will continue to be normal, and the circulation of the blood will be good and perfect. The lungs, the stomach, the intestines, the liver, biliary duct, the kidneys and the bladder will continue to be functioning perfectly and each and every organ will have recovered its normal function.
15. Lesions in the organs if any will get better from day to day and will be soon entirely healed. You will have self-confidence, and as you breathe which will be deep breathing, the cosmic energy will enter your body and keep you perfectly Cheerful Healthy and Fit. Physically and mentally you are going to enjoy good Health, better than before, and you will feel strong, vigorous and cheerful and fit in every way. You will feel like going out every day, and as you go out, each and every day, the cosmic energy will come into your body, as you breathe deep, which you will as a matter of course, and you will be better and better and younger and younger.
16. You have many many years to live very Healthy peacefully and with great Success.

The above is a standard text, to which can be added, deleted, according to the circumstances of the patient/subject. IN FACT IF YOU SEE THE CHANGES OF THE TEXT MADE IN THE FOLLOWING FOOTBALL PLAYER CASE AND YOU CAN MAKE SIMILAR SUITABLE CHANGES IN OTHER CASES ACCORDINGLY.

A football player, in Scotland (Case 3 Article 19A) had viral infection 10 months ago, although got cured but left him very weak. He used to take rest periods during matches and activities crouching down also had sore legs and losing strength in the

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legs, the chest aching in the cold weather, also tended to eat a lot of crisps and snacks between meals. He was out of the team.

The Father, Mr. Simon Grieves in Aberdeen, was advised to "Sleep is imminent if you can command to the mind to sleep and deep sleep when the patient is in the swing, one can penetrate the subconscious of the mind almost immediately, and deep routed fears which are coming from the sub-conscious to the conscious can be rubbed out and with positive suggestions, the fear disappears and the actions are better than before, complicated but it works, wishing you all the luck"

Mr. Grieves, the father was recommended to whisper paragraphs 1 to 5, 13, and the specially prepared text paragraphs 17 to 20 to be followed by paragraph 16. OF COURSE MORE PARAS CAN BE ADDED TO SUIT INDIVIDUAL CASES, BUT THESE HAVE TO BE WHISPERED TO THE PATIENTS WHEN THEY ARE RESTING &/OR SLEEPING.

17. Your viral infection is gone, so forget it, and you will be stronger than before, repeat stronger than before.

18. You will always be attentive and alert and will have enough energy and to do so, and in between matches, you will automatically recuperate naturally even more energy to carry on and be better than before.

19. Your legs and all parts of the body will be healthy, and will have more and more strength than before and whatever the weather, your chest like every part of the body will be perfectly fit and healthy.

20. You will enjoy having raw and ripe and freshly cut fruits and vegetables, chew those properly, digest and assimilate and will have no desire to eat crisp and snacks in between the meals, as these do not benefit you very much.

The results were spectacular. The son Stuart has improved his stamina, all the aches and pains have disappeared, has changed his diet voluntarily, was accepted back into the team after three months of absence and the team is playing better and has done very well.

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1. **Eye wash cups for Cleaning eyes by blinking your eyes 12 times in the eye wash Cup, half cup filled with water + 14 drops of fresh lemon juice, every day after the day's work. This cleanses the eyes in the natural way and improves your eyesight, also allowing Proper Sunlight into the eyes to activate the Pineal, Thyroid and Thymus Glands and producing and releasing miracle melatonin, keeping you active, alert, and free from sluggishness, Conjunctivitis: has also been cured with this.**
2. **Magnets for Angina (Heart) problems, Hundreds are able to avoid the surgical operation; also instant removal of Aches and Pains including Spondylitis (special sticker magnets), HEMOPHILIA & "DVT" DEEP VEIN THROMBOSIS (long air travel), Asthma, Allergies, Breathing, Bronchitis, Obstructive Sleep Apnea, Colds, Coughs, Nasal Congestions, Pneumonia, increase breathing capacity, Sinusitis, Sore throat, Lungs (and TB prevention), COPD (Chronic Obstructive pulmonary Disease) & Stomach problems, avoid acidity & ulcers, Infections, Flu, Hay Fever, "Glue Ears", Paralysis, Prostate problems, Tumours, Virus, Dysentery & Diabetes, Glaucoma, & Repetitive Strain Injury.**
3. **3. Healing tapes, which speak to your sub-conscious mind during your Sleep, keeping you Fresh & Healthy and Free from Depressions, Insomnia, and Tumours & Tensions. For Computer Vision Syndrome, use eye wash cups as per (1) and clasp your hands and walk bare footed on the ground to earth your self and discharge the negative rays.**

**(For private circulation only)**

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