

A HEALING MEDITATION:  
THE 'FEELING BODY' MEDITATION

THIS MEDITATION WAS INVENTED (ACTUALLY DIVINED) BY DENNIS ADAMS AS PART OF A RATHER SIMPLE HEALING SYSTEM WHICH WILL BE GIVEN HEREIN:

THE 'FEELING BODY' MEDITATION: THE FEELING BODY IN THIS SYSTEM IS ONE THAT WE DIVINELY CREATE WITH OUR IMAGINATION. PLEASE VISUALIZE THE OUTLINE OF YOUR BODY OUT IN FRONT OF YOU JUST BEYOND ARM'S LENGTH. NOW, FILL THAT BODY COMPLETELY WITH LIGHT, NOW DOUBLE THE AMOUNT OF LIGHT IN THAT BODY, NOW TRIPLE THE AMOUNT OF LIGHT IN THAT BODY. MAKE THIS A LIVING PULSATING LIGHT THAT IS EVEN BRIGHTER THAN THE SUN. NOW, HAVE THAT BODY COMBINE WITH YOUR 'PHYSICAL' BODY - FEEL THAT LIGHT BODY COMBINE WITH YOUR BODY. REPEAT COMBINING THE BODIES 20 TIMES PER SESSION.

SOMETIMES IT SEEMS THAT THE LIGHT BODY IS RELUCTANT TO COMBINE - THE SOLUTION IS TO COMMAND THE LIGHT BODY TO 'CLICK IN' TO YOUR PHYSICAL BODY - THE EASY WAY TO DO THIS IS HAVE THE LIGHT BODY'S HEALS KICK OR CLICK INTO YOUR PHYSICAL HEALS - THE REST OF THE LIGHT BODY WILL 'CLICK IN' PERFECTLY. YOU SIMPLY COMMAND THE LIGHT BODY TO CLICK IN.

THIS FEELING BODY BECAUSE IT IS HEALED OUTSIDE OF THE AURA IS NOT SUBJECT TO THE BELIEF SYSTEMS IMPINGED UPON THE AURA AND THUS IS HEALED PERFECTLY. FURTHER, THE LIGHT WHICH IS CHRIST'S LIGHT IS ALL KNOWING AND WILL HEAL EXACTLY WHAT NEEDS TO BE HEALED. CHRIST'S LIGHT IS GENERALLY CONSIDERED TO BE GOLDEN WHITE IN COLOR - HOWEVER, IF THIS COLOR WILL NOT 'COME UP' FOR YOU THEN PLEASE USE WHAT EVER COLOR OF LIGHT THAT IS DIVINELY GIVEN FOR YOUR SITUATION. THE IMPORTANT PART IS THAT YOU CAN ACTUALLY FEEL THIS LIGHT BODY COMBINE WITH YOU - SOMETIMES THERE IS A LITTLE 'RUSH', SOMETIMES THERE IS A HEALING PAIN - YOU CAN, WITHOUT DOUBT, FEEL THIS.

THIS HEALING LIGHT CAN BE LOCALIZED TO SPECIFIC PARTS OF THE BODY I.E. ONE CAN IMAGINE THE LIGHT TO FILL ONLY THE EYES (AT 50+, I STILL DO NOT REQUIRE READING GLASSES OR BIFOCALS). YEARS AGO, I DEVELOPED A RATHER LARGE CYST ON MY BACK AND THIS MEDITATION LITERALLY MELTED IT IN JUST A FEW DAYS. STORIES ABOUT THE BENEFITS OF THIS MEDITATION CAN GO ON FOR EVER.

THE REST OF DENNIS ADAMS' SYSTEM INVOLVED TWO SIMPLE THINGS: 1) FIVE DEEP, LONG AND MEANINGFUL HUGS WITH VIRTUALLY ANYBODY SPACED OUT DURING THE DAY (THIS IS SOMETHING WE SHOULD DO EVERYDAY. PERIOD.) AND; 2) TWO FULL BODY MASSAGES PER DAY (ONE HOUR MASSAGES PREFERABLY).

DENNIS HAD CANCER. SO, HE SPENT 8 YEARS IN THE WOODS BY HIMSELF DOING WHAT EVER CAME TO MIND. HE LET NATURE AND HIS OWN NATURE HEAL HIMSELF. AT THE END OF IT HE BECAME AN ENLIGHTENED BEING - QUITE LITERALLY. HE WENT TO STANFORD RESEARCH INSTITUTE FOR VERY RIGID SCIENTIFIC TESTING WHERE HE ACCOMPLISHED THE FOLLOWING: MADE HIMSELF DEAD FOR THREE DAYS, WALKED THROUGH WALLS AND PERFORMED REMOTE VIEWING AMONG MANY OTHER TESTS, ONE OF WHICH WAS TO CURE 2000 TERMINALLY ILL PEOPLE.

DENNIS USED THE ABOVE SYSTEM TO CURE ALL THESE PEOPLE IN ONE MONTH. AND, MOST OF THESE PEOPLE WERE QUITE OLD. ACTUALLY THEY CURED THEMSELVES USING DENNIS' TECHNIQUES. DENNIS COULD HAVE USED HIS DIVINE ABILITIES TO CURE THESE PEOPLE, BUT IT WOULD HAVE MEANT THAT HE WOULD HAVE HAD TO TRANSMUTE ALL OF THEIR KARMA WHICH IS A MAJOR AND SOMEWHAT DANGEROUS JOB.

DIVINE HEALERS TAKE ON THEIR PATIENT'S KARMA (ACTUALLY BRAIN DAMAGE CREATED NOT ONLY THIS LIFE, BUT, ALSO, IN PAST LIVES). SO, WHEN PERFORMING HEALING, IT IS QUITE IMPORTANT TO LET GOD DO IT - EVEN WHEN YOU ARE HEALING YOURSELF, ASK GOD TO LOVINGLY ACCEPT THOSE THOUGH FORMS THAT ARE ADVERSELY AFFECTING YOUR BODY - PLEASE UNDERSTAND THAT THOSE THOUGHT FORMS ARE DIVINE, ALSO, AND MUST BE TREATED WITH A CERTAIN AMOUNT OF RESPECT.

LET GO AND LET GOD. THANK YOU KINDLY.