A glowing blue and pink DNA double helix structure is the central background element. The two strands are a vibrant blue, and the base pairs connecting them are a bright pink. The structure is shown in a three-quarter view, spiraling upwards and to the right.

ULTIMATE HEALING

The Handbook

By Peter Aziz

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Introduction

This handbook is an introduction to the methods and principles of the [Ultimate Healing Course Part 1 & 2](#) and the [Body Electronics Advanced Point Holding](#) courses run by shaman Peter Aziz. Please visit www.azizshamanism.com for more information.

I studied Body Electronics with John Ray in 1987-1988. At that time, it was still experimental, and we were always open to learn higher principles that could improve healing even more. What really boosted my work was initiation into Candali, a system of raising kundalini in safe stages. With this I also learned vedic methods of releasing mental and emotional blocks and dis-creating the problems in our lives. This then led me to receive higher spiritual initiations from Indonesia which took healing and transformation to a whole new level. The integration of these systems over the years is what has led to the creation of my Ultimate Healing program.

Ultimate healing has developed from 30 years' experience of shamanism and advanced scientific research on endocrinology and quantum physics. It can free us of all stored traumas, limitations and behaviour, transform consciousness, greatly expand awareness and personal power, and regenerate the body and vital energy. To explain how it works, we need to begin with a creation myth.

The Creation Myth

In the beginning, the goddess blew a bubble for love. Quite a small bubble for the goddess; only 300,000,000,000 light years across. Into this bubble she breathed life. Her light entered the bubble, and began to reflect off its surface. The interference pattern created by this light gave rise to the universe.

Scientists recently discovered the spherical hologram. A beam of light reflected on a hologram produces a three-dimensional image. If a spherical hologram is used, and a beam of light enters through a hole, the multiple reflections produce complex three-dimensional worlds within. The universe is like a three-dimensional hologram, where everything is created out of interference patterns of light.

Science has known for a long time that the world isn't really solid. It consists of atoms, with so much space in between that the only thing that stops one object from passing through another is the energy field of moving electrons. Then they discovered that even the atom isn't really solid, it has a tiny nucleus, with electrons in wide orbit around it. The actual amount of solid matter is so small that if the earth was condensed into neutronium, which means that all the electrons collapsed into the nuclei of each atom, it would be about 1 cm across.

Then it was discovered that even the nucleus isn't solid. It consists of protons and neutrons, with much spacing between, and these particles are further divided into quarks, with more space between. The quarks can further be divided into neutrinos. It was then discovered that not only are quarks made of neutrinos, but the space in between was also made of neutrinos, but vibrating at a different rate. The only difference between substance and nothing is the vibratory rate of the neutrino

When the scientists experimented to see why the neutrinos would become one thing one moment, and

another thing the next, they discovered that neutrinos always become what they are expected to become. So they have confirmed what mystics have said all along; that matter is an illusion created by consciousness. The wave - particle duality model shows us that these particles are waves until they are observed. Observation localises the waves into particles. The whole universe is nothing but a wave pattern that we make real with our awareness. Our bodies are our most personal physical creations, which reflect our thoughts, feelings, beliefs, attitudes, choices and decisions.

Suppressing Emotions

To understand how we apply this to healing, we need to look at how our thought patterns become crystallised into the body. Every sensory experience, thought and emotion produces an electrical wave which passes through every DNA molecule in the body. The structure of DNA is a spiral which turns back on itself and spirals back the other way, so any wave that passes through it will go both directions at once. The result is a scalar wave, an information wave that has no direction.



Image 1: DNA Strand

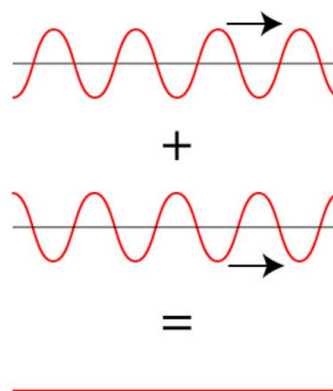


Image 2: Destructive Interference

When this wave is consciously experienced, it moves through the corpus callosum of the brain, which is in the shape of a Mobius strip, a strip that is twisted in the middle and coils back on itself, so any wave that passes through it undergoes a 180-degree phase change, which cancels out the wave stored in the DNA coil by destructive interference.



Image 3: The Corpus Callosum



Image 4: Mobius Strip

Any thought, feeling or sensory experience that is not fully conscious will remain as a wave within the DNA coil. The electrical wave then draws to itself a melanin- protein complex and forms a crystal. So every suppressed experience, thought or emotion is stored as a crystal in every DNA molecule in the body. The body is like a three-dimensional hologram, where each part of the DNA effects different parts of the body. Different emotions will be stored in different organs in the body, and the function of these organs is impaired by the crystallisation. The seven coils of the DNA resonate with the seven endocrine glands, which will store seven emotions that tend to be suppressed along a scale.

Releasing Emotions with Unconditional Love & Enthusiasm

When we experience life with unconditional love and enthusiasm, the life force is fully in us, and there is no suppression. Enthusiasm actually means God in you. Enthusiasm resonates with the pineal gland. When we lack enthusiasm the pineal gland begins to calcify. When we experience life with anything less than unconditional love, we begin to judge and resist things, and then we feel pain. Pain is basically a separation, which occurs when things disagree with our judgement of how they should be. Pain is stored in the pituitary gland. When we resist further, we get angry, and anger is stored in the thyroid gland. When we resist anger we become fearful that things will continue to go against us, and fear is stored in the thymus. Resisting fear, we become victims, feeling that the world is against us, and we experience grief, which is stored in the adrenals, pancreas and solar plexus. When we resist grief, we give up, and become hopeless and apathetic, and this is stored in the spleen. Hopelessness often produces a death wish. Every terminal illness will have a death wish stored in the spleen. Finally, we numb out completely and suppress all the emotions into unconsciousness. Numbness is stored in the gonads. All unconscious experiences, including drugs, anaesthetics and hypnosis are stored here. Every physical weakness, and every illness, is related to a particular pattern of suppressed emotions, which tends to damage the body.

Healing must begin with love. The energy of unconditional love has a high resonance, which causes all the lower vibrations to rise out of the body. As they are released, they pass through the corpus callosum of the brain and are consciously experienced. The patient will begin to rise up the scale of emotions, and is encouraged to experience each emotion with enthusiasm, and without resistance. They first feel numb, and must experience this feeling fully until they rise up into hopelessness and apathy. They will relive all their past traumas as they rise up scale through grief, fear, anger and pain, until they finally return to a state of unconditional love and enthusiasm. When this happens, there is a fierce burning in the body as the kundalini rises. This burning accompanies the regeneration of the body. It may go on for several hours, depending on how much physical damage is being healed. Tumours dissolve, nerve pathways are rebuilt to paralysed areas of the body, calcifications dissolve from arthritic joints, and atrophied organs rebuild.

When releasing memories, the patient also goes through genetic memories, of things that happened to parents, grandparents or ancestors. Suppressed memories are stored in the DNA and can be passed on. When we release genetic memories, hereditary illnesses can be healed. Apart from memories of past, the DNA also stores much information about the future. A scientist can take your DNA and tell what you going to look like in the future but can't tell anything about your past. The DNA is actually a blueprint for the future.

According to quantum physics, every experience is a double quantum wave between here and a future. The

wave works both ways, so as we create a future, all our possible futures are creating us. All our possible futures are competing for attention, trying to happen. They all affect us, even the ones that don't actually happen. The impact of our futures, making us what we are, is even greater than the impact of the past. During the ultimate healing programme, the patient will process thoughts and feelings from the future, as well as memories from the past.

Since the body is holographic, if a diseased organ is surgically removed, the cause of the disease still remains in the DNA in the rest of the body. If physical symptoms alone are addressed, the cause still remains to appear elsewhere in the body later on. In order to produce permanent healing, consciousness must change as well.

The first step in healing is to learn to channel the Power of unconditional love. This is done through transmission, and also by visualising a violet flame. The principles of love need to be taught here. To know how to love we know that love gives seven things: safety, pleasure, value, a sense of being known, celebration, individuality, and becoming more. When you are giving these things, you are giving love. If you are not giving these things, then you're not really loving. Many people in the New Age use the word love as an excuse for all kinds of unacceptable behaviour. For example, a person might tear down your self-worth with all sorts of criticisms and then say "but I love you" as if that makes it alright. It doesn't make it all right because they are not loving.

To understand the healing transmissions, realise that no one is an Island. All those who have done this work before us have left an imprint which creates an ensemble of forces, we call an egggregore. The egggregore behind this tradition is very ancient. The first human like beings began on Sirius. These beings evolved into beings of light. They came down to Earth to help the human race evolve, and created the first magical society, Lemuria. Lemuria disappeared and left the human race to explore its own magick. And so, Atlantis was created.

The shining ones from Sirius then shared their magick with the faery realm which was far more magically advanced. After the destruction of Atlantis, the secret knowledge continued in Egypt. When this was destroyed, one tribe went overseas to the Hawaiian Islands and became the Kahunas. Another tribe became the Berbers.

The Dragon tribe moved to Hungary and formed the Royal Court of dragons, which is where the Pendragon family came from. The Merlin lineage continued to learn from the faery realm. This tradition comes from my Hungarian lineage and from the Kahunas, and I still learn from the faeries. This egggregore is where the transmissions come from, which attune people to the power of unconditional love of the creator. I have also added Candali and other high level empowerments from Javanese magick.

The violet flame is the symbol of our healing. Its nature deepens as you progress, since it is a product of your co-creation with the creator and the egggregore. It was used in Atlantis, but since co-creation produces more than the sum of its parts, the healing can become more than it has ever been. New transmissions are given as the healing deepens.

To learn the process of healing, we must also learn non-judgement and non-identification. We suppress emotions because we judge them as wrong. Every emotion has a purpose, and you always have the right to feel whatever you are feeling. For instance, anger tends to make you assertive, and motivates you to get up

and do something to change a situation that you know is unhealthy. The purpose of fear is to alert all your senses to a threat to put you on peak performance. Grief is a necessary release of energy from expectations which have been suddenly shattered. Pain is there to alert you to something that is harmful to you.

Too much identification with our emotions can prevent us from releasing. By letting go and observing the emotion as something we are feeling rather than something that we are, we are able to welcome it and then let it go.

Levels of Healing

The first area we heal is unconsciousness, which is stored in the gonads. This restores sexual potency and drive. During this process one releases all anaesthetics, drugs, hypnosis and other areas of numbness. Unconsciousness causes holes in the aura, and since nature abhors a vacuum, something will always fill that hole. Various spirits, entities and thought forms can enter. When a person is releasing unconsciousness, these possessions can be felt leaving the body as an ice cold wind. For example, after an operation a person may have thoughts they didn't have before. Apart from anaesthetics, entities can also enter the body of a small child when it is not in its parent's aura, since for the first three years a child does not have its own aura. At this stage ancestral spirits often enter the body. These ghosts are not necessarily the souls of people, but rather their emotional bodies. Intense emotions create an etheric form. Those ancestors that have unresolved emotions leave behind an emotional body that seeks to continue its existence through another family member. So a child can inherit its ancestors' emotional problems. Since, in these early years, the personality is forming, these problems are held very deeply, and are stored in the large intestine. This causes allergies. Allergies are caused by a weakness in the large intestine allowing the absorption of abnormal metabolic products. They are cured when all the ancestral spirits have left the body.

The second area we heal is apathy, which is stored in the spleen. As this heals, a person becomes more socially active, the body becomes less sluggish, and anaemia and digestive disorders are healed. The emotions that arise to be healed include depression, hopelessness and powerlessness. There may be a death wish, as memories arise of times when the will to live was lost. Apart from releasing the emotion, power needs to be taken back. We all have times when we lose power to others. It can be taken back in meditation, by using a stick of birch or oak to draw a circle clockwise on the ground around oneself, calling the other person to the edge of the circle, seeing them holding your power, and taking it back.

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One of the greatest causes of loss of will to live is shame. Shame is often behind serious illness. It has three possible causes. First, there is the Shame that is dumped on you by others. Psychology does not deal adequately with Shame, as it is not just a psychological problem, but a metaphysical one. Shame is an

energy that can be passed on. Often, abuse is a vehicle for passing on Shame that one does not want to feel. This kind of Shame needs to be squeezed out and given back to the person who dumped it on you.

Another kind of Shame comes from the meaning and significance we give to early childhood traumas. A small child has not yet found its separateness, and so everything that happens to it, it thinks is its fault. If it is not loved, it thinks it is unlovable. If it is deprived, it thinks it is undeserving. To heal this kind of Shame, one must remember how one viewed the event, and now see it with a new meaning and significance.

The third kind of Shame comes from mistakes that have not been forgiven. When one makes a mistake it is natural to feel remorse so that one develops a conscience and changes. If one does not feel remorse, they will feel defective. With remorse, you recognise that you have made a mistake. With shame, you are the mistake. To heal this, you need to know how to forgive.

The first key is to forgive the why rather than the what. Knowing the reason why you did what you did does not mean excusing it, but rather recognising your weakness. For example, in many cases of sexual abuse, the abuser claimed that it was their only way of expressing love. No progress can be made here, as abuse is never an expression of love. If instead they had said it was the only way they knew how to express their hostility, or they didn't know how to handle their Shame apart from dumping it on someone else, healing could begin. The event cannot simply be forgotten, as that would mean suppression of the emotion. Forgiveness is quite a complex process which has seven stages: denial, blame, self-pity, indignation, becoming aware of the whole pattern, i.e. once you feel flawed you must always fail in the same way, stepping out of the pattern, and finally, being forgiven. Only by releasing each of these feelings is Shame completely healed.

The next level to heal is grief, which is stored in the solar plexus, pancreas and adrenal glands. This is where the patient moves out of the victim state. Once a person grieves, and the tears begin to flow, the grief is easily released. The pitfall is self-pity, which is not just an emotion, but a state of being, which keeps a person stuck. To free ourselves from it, we need to understand its past and future causes. The past cause is in childhood, as a young child, unable to fulfil its own needs, gets what it wants by getting people to feel sorry for it. If a child does not get what it wants it digs in its heels and refuses to move. So one stops growing emotionally and stays a victim.

The real cause of self-pity lies in the future; it is done to manipulate, punish or avoid something. It manipulates by getting people to feel sorry for you. It punishes by tearing down the self-worth of whoever is close. It is used to avoid responsibility, as when you're in self-pity people do not ask much of you. For it to work one must hang on to past problems, for if you admitted the real reason, it would not work. For example, I am feeling sorry for myself and someone asks what the matter is, and I say "I am manipulating you" they will not buy it, so instead I talk about my problems to get them to feel sorry for me, until I have them eating out of my hand, right where I want them. The problem is, in order to continue this manipulation I must always have problems. It is impossible to create success, as no one would feel sorry for me anymore. Spiritual growth also becomes impossible, since being spiritually empowered means giving rather than taking, owning one's power, being responsible and thinking positively, all of which are negated by self-pity. In order to grow out of this one must recognise why one is doing it and realise what it is costing them. Then one must go back to give the inner child what it needs, so that it can let go and allow one to mature. When this happens a person will grieve properly and then become free. Tears may flow for several hours until all grief has been released.

Cancers heal at this stage. Cancer grows by a process of cellular entrainment. Each new cell is entrained by the energy field of the cells around it. That is how, for example, a new cell in the liver becomes a liver cell, not a heart cell. So long as the cancer cells are stronger than the surrounding cells, those cells will be entrained by the cancer. Once grief is released, the body's energy is high enough to entrain the cancer cells, so the cancer breaks down. Cancer will not heal until the body's energy has moved up scale through unconsciousness, apathy and then grief is released. When this stage is reached, a cancer will often dissolve rapidly while the patient is grieving, as if the substance of the cancer is being cried out.

The next layer to heal is fear, which is stored in the thymus gland. This is one of the most difficult feelings to face. Often, the patient does not want to face a trauma, as they are afraid it will be too much to bear. If they allow all their anger, they will lose control and destroy everything. If they allow their pain, they are afraid it will destroy them. It is important that they should take time to feel just the fear before they move on to anger or pain. When the fear has passed they will be able to face the anger and pain without resistance. Fear always surrounds love. What we are most afraid of is losing the love, losing the object of the love or not living up to the love. The greater the love, the greater the fear. So long as there is love there is always the likelihood of fear. We must learn to love beyond fear rather than without it. This means we welcome the fear, but focus upon the love behind it. Once we recognize the love we can let go of the fear.

There is often shame stored with the fear, as we are afraid that we are not worthy of love. The combination of fear and shame is the greatest destroyer of the immune system. When this is healed immune deficiency diseases are healed. The AIDS retro virus uses the DNA of the body to produce new viruses. It is a similar process of entrainment to cancer. To reverse this entrainment, the body's energy must be raised one more level by healing the fear. It is useful to realise that the virus is not what initially damages the immune system; that is done by fear and shame. The virus only takes over when the immune system is already low.

Once fear and Shame are released, anger can emerge. When anger is denied, there are several ways in which it is hidden. The first is guilt. Guilt is really anger that one does not have a right to have. For example, if you have let someone down, you feel angry with yourself and angry with them for having made a demand on you in the first place. Because they and not you are the injured party, you don't feel you have the right to be angry, so it turns to guilt. Guilt is released when you allow yourself to be angry.

The most insidious form of hidden anger is martyrhood; i.e. you feel overwhelmed, misunderstood and unappreciated. This is never based on love, but is silent and righteous anger seeking silent and righteous revenge. When you take on unbearable burdens, it is to punish people by making them feel guilty. Rather than admit the anger, you seek vindication in the future; i.e. you look forward to them getting their just deserts. A martyr will never admit to this because they are misunderstood, never wrong. When you find yourself feeling overburdened, misunderstood and unappreciated, ask yourself who it is you want to punish. It is never yourself, although that is usually a martyr's first answer, as you always look at the impact on you, not your impact on others. Often it is God you want to punish. Once you admit the anger, you can welcome it and release it.

Rage comes to protect you when there is an extreme loss of power or worth. When rage is denied it manifests as low energy and cynicism. No matter how much you express rage, it will not go until you have taken back the power or worth that was lost. When you allow yourself to feel the rage, you can use the strength it gives you to take back your power from the one who is robbing you of it. At this point you may visualise yourself taking back power, seeing it as a ball of energy.

Anger is stored in the thyroid gland. Taking back power frees one of the low energy state which comes with an under active thyroid. Releasing anger will heal arthritis, as the thyroid gland is responsible for calcification.

The next level to heal is pain which is stored in the pituitary gland. This is different from grief which is often released through tears. Sometimes there is a deeper pain that tears do not reach, it can only be felt, and it is like a deep split in the soul. All pain is really a separation, which is only healed by embracing the pain. The nature of the separation determines the type of pain. With physical pain, one is separated from control. It is always when we are out of control that we injure ourselves. When we lose our sense of love or belonging we feel emotional pain. With mental pain, the separation is from understanding. Once we are split inside, and suppress the pain, the split always tries to show itself by creating more pain. Unless we heal the split we will have continuous pain in our lives. Once we embrace the pain and end the separation, we reconnect with our higher selves and live with a much higher vital energy. At this point we see much clearer and our memory is total. We can now recognise and release beliefs and old choices.

Beliefs are formed from the meaning and significance we give to events in our lives. They begin very early in our lives as we are sensitized by early experiences. The initial ideas are tested and proved by later experiences before being stored as beliefs. When we remember these events and see them with new meaning and significance, our Beliefs change. Affirmations are not enough as our subconscious mind does not pay much attention to words, but only to what it can verify with the senses.

Choices made long ago at moments of emotional intensity still control our lives. Many of our earlier choices were limiting. For example, if we lived with lack and decided to make do with little, we will always settle for less than we could have. Or the choice not to love prevents us forming relationships later. The choice to punish stops us from creating success. When one remembers the choice and the atmosphere in which it was made, and makes a new choice in the same intensity, the new choice will always supersede the old one.

The pituitary gland is responsible for rebuilding nerve pathways, and so healing it can restore movement to paralysed areas of the body. This requires the patient to embrace the pain that caused the paralysis. At this point damaged areas of the body can totally regenerate. When this happens an intense burning can be felt as the kundalini rises.

Once the pituitary gland is healed, the pineal gland automatically starts to clear. One now becomes fully aware of how one creates one's own reality, and so will never play the victim again. From now on we continuously work on manifesting our dreams, and for every problem that arises, we become aware of how to change it by changing our consciousness. Psychic abilities also awaken here.

After the glandular system, we then heal the spine. Since the spine supplies nerves to all the other organs, sometimes an organ won't heal completely until the corresponding vertebrae is cleared of calcification so that there is full nerve supply. The spine is associated with the will. Each time one's will is bent, or one gives one's power away, the spine is distorted. In healing the spine we recognise and overcome all the subtle manipulations and weapons of control that people use on us.

There are eight basic weapons of control. The first, and crudest, is force, which can vary from bullying, to rape, or imprisonment for some real or imagined crime. The second is fear. The fear may be of disapproval,

pain, loneliness, or fear of God. The third weapon is Guilt. This is easily manipulated by inventing a standard of acceptable behaviour. The fourth weapon is untruth, which can mean lying or withholding information. This prevents you from having the right information you need to make the best decision for yourself. A typical example is hiding infidelity so that your partner does not leave you, i.e. they cannot choose to have a committed relationship. The fifth weapon is duty. Again, someone invents a proper behaviour for you and you're supposed to honour it. The sixth weapon is altruism, which teaches us to sacrifice our needs for others. This is created by distorting our natural care and compassion for others. The seventh is image manipulation. Someone invents an image and makes you feel defective if you don't live up to it. They use such statements as "if you were a man you would do this." The eighth weapon is approval. You can be prevented from doing what you want by someone disapproving of you. Once these basic eight weapons have been recognised and overcome you will never give power away to others again.

Much of this work can be done at home, but to give more focus, we hold reflex points of the different organs. By holding the sore point, activating the kundalini and holding a space of unconditional love, enthusiasm and appreciation, the patient is guided to release and transform really fast.

Work on the spine and cranium can only be done in person, as pressure points have to be accurately held, and some of these you won't be able to reach yourself.

Cranial

Once the spine is fully cleared, the kundalini can rise into the head. Here we release the deepest cause of problems. We move beyond emotions and memories into deeper and more primordial unconsciousness programming. We begin with the temporal bone, which is connected to the tentorium, which attaches to the oldest part of the nervous system. This affects our basic survival instincts. Here we begin to release the veils to perception, which are survival templates in the brain that cloud our perception. These templates are structured to receive neuropeptides in order to register information received by the senses. Any information that does not fit the templates will not register, so these templates filter all our experiences, and keep us limited within well-defined parameters of consciousness.

The first template can be called the Veil of genes and hormones. Our genes and hormones have their own agenda; they want to reproduce and find a new host, and when they have done that, we can die. This causes women to become broody, so they have children, often when their lives are ready to expand in other areas, and they may have to give up her career. It causes men to want to sow their seed as far as possible, which can ruin any loving relationship they want to build. It also causes competition in men, as the fittest need to reproduce, so everyone wants to be on top.

The second is the social veil, which causes us to fit into society, rather than be individuals. As each Veil is built upon the last, society is structured on the genetic Veil, i.e. the need for a strong leader. As a result, people learn not to trust themselves, as they are supposed to trust the one in charge. Since society is meant to survive by itself, our needs are often lost to the needs of the whole, which usually really means the wishes of the one in charge. Society is also meant to protect us from chaos. This was useful when that chaos meant all the dangers that can come from the wilderness, but now we need a certain amount of chaos to allow creativity and magick. With personal need, self-trust and chaos all taken from us, we are

very limited.

The third is the Veil of ego. With a base of competition, our egos learn to measure everything by superiority. We then get caught in games of better than or worse than, which lead to delusions of grandeur and insignificance, both of which take us away from real power.

The fourth is the Veil of power. In a chauvinist society based on competition, we learn to measure power by impact, rather than by resonance. We see a powerful person as the one who can push everyone else around, rather than the vulnerable person who creates miracles. To understand resonance consider that right now you are surrounded by all the love your higher self has for you and all the love the goddess has for you. Your present resonance determines how much of that love you receive. You can't force the goddess to love you more, because she already loves you totally. If you change your resonance, you can receive more from the goddess, and your entire reality can change. This is real power.

The fifth is the Veil of unhappiness. It is a survival instinct to be unhappy, because when you are happy you're not on your guard against danger. You may notice, some time when you're quite happy alone until someone who is likely to ask you for something enters the room, then you quickly look miserable. When you're unhappy you are less likely to be imposed upon. You forget that you can be happy and still say no.

The sixth is the Veil of the past. Instinctively we use our past experiences to determine our responses to possible dangers. This makes us believe that causes are in the past, so we become trapped in a world of cause and effect. In order to make fundamental changes, we must see causes in the future not the past. At any moment, there are many possible futures trying to happen, and the one that gets most attention happens. Creating change by working with the past has limited effect. By weeding and cultivating our futures, we make change that is fundamental and permanent.

The seventh is the Veil of addiction. The root of all addiction is addiction to the past or of being special. As the veils of ego and the past become stronger, the Veil of addiction is formed.

Since these veils are survival instincts, they cannot be released rationally, but only by the correct point holding method. At this point new transmissions are given to bring healing to this deep instinctive level.

The next part of the cranial work we call the triple axis, as we press three points at once: the pterygoid plate, the coronoid process, and the zygomatic arch. This releases the pterygoideus, masseter and temporalis muscles, which reflex the pituitary, pineal and thyroid glands. This releases the deepest pain, and in so doing heals the split from the higher self. As the cranial bones return to their perfect configuration, the skull acts as an amplifier, amplifying one's power of thought projection by 10,000 times. The pterygoid hamulus, a very delicate bone that is usually damaged, is also regenerated. It can now act as an antenna for psychic waves. This technique therefore restores psychic ability and connection to the higher self.

The Third Eye

At this stage we work on the asterion points and the supra-orbital notches, to awaken clairvoyance and powers of manifestation. We access and release the three basic needs that are at the root of many of the

previous emotional patterns; the need for love, the need for control, and the need for security. We also release all the limiting beliefs that stand in the way of manifesting our desires. Whereas before we worked through beliefs one by one, we now move into direct alignment with the truth that we manifest our entire reality from our thoughts, and that we can manifest anything. Every belief limits our access to this power to some degree. An empowerment is given here to take every one beyond beliefs into awareness of this truth, so affectively all limited beliefs are totally released. We also clear the psychic gate at the back of the head, which finally releases the Social Veil and completely frees us from the influence of others.

In awakening the Third Eye, we also discover our destructive power. Here we embrace the shadow. Rather than think we can only do good we must recognise that we are just as capable of evil but we choose to do good. We must also come to understand that destruction is needed, or our energy fields become cluttered with old forms we no longer need. With our destructive power working for us, thought forms and psychic parasites are broken down. This keeps us free from negative events manifesting in our lives. We can now very effectively manifest our desires. To do this we will continuously release any negative feelings that emerge when we focus our desire. We still work up scale through our emotions, but the scale differs slightly. For example, when we first visualise what we want, we may feel doubt or hopelessness. As we welcome and release this feeling, we may move up through grief or anger at the times we have failed before, fear of failure, then courage, hope, positive expectation, excitement, certainty and peace. When we reach these higher emotions, our desire is sure to manifest.

A very powerful process of manifestation involves working with our higher selves. Begin by drawing or symbolizing what you want, then look at your picture and fix it in your memory. Now take four very slow deep breaths, imagining you are drawing all the energy of the universe into yourself. Offer this energy to your higher self as a gift, visualising it rising to a point 2ft above your head. Now imagine your picture or symbol rising to that point, with the intention of showing it to your higher self. Then focus on welcoming whatever feelings arise until you are peaceful and confident in your success. Then leave the process. Your desire will manifest soon.

The Crown Chakra

This section is about clarifying our relationship with God /Goddess/all that is. It opens us to limitlessness, connects us to our true wills and destinies, and brings us to an intimate, co-creative relationship with the universe. The points we work on are the left and right pterion, lambda, bregma and stephanion. At this stage we remember why we separated from the source, and our first thoughts on separation. We separated from the source in order to find out who we are as individuals, but with the promise that when we had discovered ourselves we would return to love the goddess out of choice rather than automatically.

To help us separate we created false religions to lose our power, and pretended the goddess had turned her back on us so that we could turn our back on her. The journey was then one of separating and forgetting, and was filled with pain. Having found ourselves we are now in a process of re-uniting and remembering, and the journey should be filled with joy and love. To embark on this journey we must overcome all our religious conditioning as we realise that we created religion to lose God, not to find him. By creating a concept of a soul that can be destroyed by evil, saving our souls becomes the justification of life. With this philosophy religion can justify any behaviour it chooses.

The altruism that doesn't allow us to have more than our neighbours prevents us from rising to our full power. The concept of sin makes us feel undeserving. It is natural to want to feel good about ourselves, to seek pleasure and wealth. This is taken from us by the teaching that pride, lust and greed are deadly sins. We must release the concepts of deservability and Guilt. We are born ready to receive anything without thinking of whether we deserve it, but we gradually learn that we don't deserve things. Our reality is not a product of our deservability, but of our willingness. We don't need to deserve things, we only need to be willing to have them. At this stage we also release symbiotic Guilt and indebtedness. Symbiotic Guilt is born from the thought that we shouldn't have more than others, and really stems from our need for intimacy. Indebtedness keeps us bound to past limitations because greater and more elegant success now would make a mockery of our past struggle. These types of Guilt cannot be released rationally, they are lifted from us by our higher selves through the transmissions.

Our first thought on separation sets the trend for many of our karmic patterns through all our lifetimes. For example, our first thought might be that we are now alone, and then loneliness will be a constant theme. The patterns that are most repeated build up karmic webbing. Our vital web determines our expression. This is not stored on an emotional level, but forms unbreakable habits. For example, if one has been reading all one's life, then reading is what is easiest to do. If one then decides to become an athlete, they are not conditioned for it. Likewise, if you have had several celibate lives, and now want to manifest a relationship, you do not have the resonance to do so. An extra transmission is given here of an energy that can dissolve all the karmic webbing. If one lives with the same limitation in seven or more lives, it forms a samskara, which is a very dense pattern of karmic webbing, normally impossible to change. This too is released by this new energy, which we relate to Sekhmet. This is a deeper version of the destructive energy we discovered with the third Eye.

As we discover our relationship with the creator, we release the idea of good and evil, as all comes from one source. To understand this we embrace both our dark and light shadow. There is negative stuff we like to deny about ourselves, but we also deny a lot of very positive things about ourselves. Once we accept both light and dark we can find what is common to both. For example, you might find that you are capable of very intense hate, and you are also capable of very intense love. What is common to both is intensity, and this will be how you relate to the raw power of creation. Once in touch with this raw power, you begin to co-create with God/ Goddess/all that is. We have now moved from creation to co-creation, which is more powerful. Releasing the concept of good and evil does not make us more likely to do evil, as we are more in touch with our destinies and respond to our graces; to seek and to learn new skills, to seek the spiritual, to seek and make new choices, to change, to grow, to find meaning and give it significance, and to rise to the challenge of life, surpassing and superseding.

These points also release an unconscious mechanism we call the psychic censor. The subconscious demands consistency to make survival easier. It will deny anything that breaks this consistency, such as psychic phenomena. If one is exposed to such phenomena they may become ill, as the subconscious is thrown into panic. In order to open to our psychic abilities, it is necessary to break down the psychic censor. This is done through the pterion points.

Two final transmissions are given in this course. One is the transmission of the unspeakable word. This is the holy name of God. It is not actually a word you can speak, but a vibration you can feel, and is the resonance of creation. When you can feel this vibration within you, you are in touch with the power of the creator. The other transmission is that of the covenant. When we separated we received a covenant from

the goddess, which holds her promise to co-create with us. The transmission reminds us of that covenant so that we can co-create with God/goddess/all that is. The two talismans given on this course will absorb, store and repeat any magical working or visualisation. This takes a lot of work out of your manifestation, as you only need to visualise once and the talisman will repeat the visualisation regularly until the thing manifests.

The Manifestation Centre

This is a subtle charka in the vicinity of the solar plexus, which is necessary for us to manifest our desires. It can easily be tested by sticking a two inch square of aluminium foil to the right of the navel, shiny side facing out, and leaving it there for an hour. All edges should be sellotaped to the skin. If, after an hour, the foil is full of tiny perforations, it shows that the manifestation centre is leaking. It is no accident that all those with damaged manifestation centres are struggling with poverty, while all those with healthy manifestation centres are manifesting abundance. This course is designed to fully heal the manifestation centre.

There is one important prerequisite to healing the manifestation centre: one must be willing to be a giver rather than a taker. We can look at two mutually exclusive sets with completely different resonance. The taker has the belief that he or she has less than others, is less privileged and has nothing to give. They use self-pity to avoid having to give and to excuse always asking for more, and to justify this self-pity they will always create a life of struggle. It is impossible to create abundance within this set. The giver lives in a state of trust, so that as they give, they always create more. This allows a closer attunement with the Creator, as the Creator's nature is giving. It is obvious that in order to create abundance one must step into the latter set. This means making no more excuses and indulging in no more self-pity, but making the effort to find out what you can give that is of value to others. It is not necessarily about giving material things. The greatest giving is to give of yourself. When you give of your strengths, you expand. Once you make the effort to become a giver, your resonance immediately changes, and your creative power is activated.

We begin with a new transmission; that of the power of co-creation. When any two beings co-create, the resulting energy is more powerful than the sum of the parts, so when we co-create with God/Goddess/All-That-Is, even It becomes more than it was. This is therefore an energy that continually transcends.

The next blockage to power we encounter is an ancient memory of disempowerment. Long ago, the human race had been enslaved by a more powerful race, and they blocked us from reaching the power to free ourselves, so that we would always be beneath them. Since they were more powerful than us, we were never able to break their spell. However, any being caught in a world of domination and control is not open to the power of co-creation, so this is the one power that can free us and restore us to all the powers we were meant to have. Working with this new transmission, we finally remove this block. This produces an incredible expansion of consciousness. We can now let go of all limitations and open to miracles.

In letting go of limitations, we find ourselves in chaos, as every form is a limitation. It is therefore important to attune to our true will, so that we are manifesting something positive, rather than just chaos. Magical lore describes a perfect world, where we have a benign double that lives according to its divine plan, living in love, joy and abundance, and with all its powers fully developed, sharing a close relationship with the

Creator. As we attune with our benign double, we move towards this divine plan, and remember our true will. A talisman is given to connect you to your benign double, along with a transmission, which is like a higher order of the divine essence transmission given earlier to remind the body how to restructure itself. Working with the talisman daily will take us towards this plan, so our lives continually become more positive, and our spirituality continually expands.

The other talisman given on this course is made to develop the Vrill, a sacred energy from the perfect world that protects us from any negative energy. Once the Vrill is activated, there is no occult force that can harm you. This ensures that nothing undermines your growth towards total fulfilment.

The Transmissions

The first transmission given on earlier courses links everyone to the egregore, so that they are all aligned to a powerful current of evolution and transformation. We then give the transmission of the dragon fire, to raise the kundalini, and the Divine blueprint. This latter transmission ensures that as the body changes, it will move quickly to its perfect state. This makes it totally safe to raise the kundalini, without there ever being any damage from it.

The next transmission effects genetic memory and allows the DNA to change and evolve. This promotes the healing of hereditary illnesses and weaknesses, and also clears emotional and mental patterns and habits that have been passed down the family. This is as far as transmissions go for the basic course.

On the cranial course, we add a deeper genetic transmission that focuses on clearing the seven veils to perception.

The next transmission, given on the third eye course, is the empowerment that dissolves all beliefs, opening us to the truth that we can create anything.

On the Crown chakra course there is a transmission for the release of symbiotic Guilt and indebtedness. The next transmission is the destructive energy that dissolves all the karmic webbing. This has been known as Sekhmet or omega, as it is the energy of endings. The next two transmissions aid in manifestation: the unspeakable word, which puts you in touch with your God power, and the covenant, which reminds you that you can co-create with God, goddess, all that is.

The next transmission, given on the manifestation Centre course, is an energy of co-creation with God, Goddess, all that is. This energy will dissolve karma or any restrictive energy faster than anything else known. It also speeds up evolution. On this course we also give the transmission of the benign double, which enables you to continuously attune to your divine plan, so that your life becomes more and more positive.

Following these, there are transmissions for opening to miracles, higher guidance, manifestation and prophecy. These are continuously higher vibrations which can be reached gradually as one clears karma and raises ones vibrations through the previous transmissions. Opening to miracles does just what it says. It creates the opening for many kind of miracles to be possible. Higher guidance gives one a clear channel to the higher self. The manifestation transmission opens up dimensional doorways so that objects begin to

physically manifest in your hands. After this transmission, participants begin to experience the manifestation of crystals, roots, scented oils and other gifts from spiritual realms, in their hands during healing. This produces an inspiring feeling of contact. The prophecy transmission not only allows one to see the future, but to change it. These higher transmissions can be given once the courses are completed.

The Diet

Since greatest changes occur to the body in this healing, it is important to have sufficient nutrients to sustain these changes. When bone is restructured, a lot of

calcium is needed. Regenerating the glandular system requires a lot of zinc. To be sure the body has all the minerals it needs, it is best to take a wide range of minerals in colloidal form. The diet should consist of organic food, as petrochemicals in the soil lower mineral absorption by the plant. It is also important to have plenty of enzymes. These are catalysts which are required for every process in the body.

The law of adaptive secretion states that the body can only produce a limited amount of enzymes. If it has to produce more digestive enzymes, it has less capacity to produce the metabolic enzymes needed for other bodily processes such as healing. Raw food contains enzymes to help digest it. Cooking destroys enzymes, so eating cooked food rates are greater demand on the body to produce digestive enzymes. For this reason we need to eat raw food during the healing programme. When the body is going through great change, it is all the more important to have sufficient enzymes. We therefore recommend an organic, raw food diet with added supplementation of colloidal minerals and natural food enzymes.

Since the body tends to cleanse itself, it is also important to avoid any toxic products such as coffee, alcohol or any heavily refined or processed foods. All chemical additives should be avoided, as should GMOs. Protein is provided by nuts and seeds, but these should be soaked for 24 hours in order to break down the enzyme inhibitors before eating them. In their dry state, all seeds contain an enzyme inhibitor which helps to keep it stable. When soaked to the point of germination, the enzyme inhibitors are broken down and enzymes are produced. Natural supplements such as bee pollen, nutritional yeast, wheat grass or blue-green algae are also useful. Synthetic vitamins, on the other hand, should be avoided, as they suppress the healing crisis and therefore hinder transformation. For example, when a person takes a large amount of vitamin C to suppress a cold, a mucus ring forms in the eye just as if they had taken drugs to suppress the cold. All vitamin tablets contain synthetics. A vitamin C tablet of 500 mg from natural sources would have to be the size of a golf ball. There are actually 47 compounds contributing to vitamin C activity; synthetic ascorbic acid is not the same. The general rule is to trust in nature, not the laboratory.

The Healing Crisis

Evolution is not always gradual and gentle, but usually consists of sudden transformations occurring in times of crisis. When a person undergoes a great transformation, there can also be a kind of crisis, as the body, mind and personality are all been rearranged. As the body cleanses itself, toxins can be released from every orifice. They can be a runny nose, a cough, nausea or diarrhoea. There can

often be a fever which lasts a short time. It is important not to suppress these symptoms as they are part of a healing process. The things that got you into the healing crisis will get you through it quickly. This means the pure foods that raise your vibration. Muscle testing does not work during a healing crisis, as they test what takes you towards balance. During the healing crisis, anything that raises your vibration will take you further away from your previous level of balance and will therefore test weak. Anything that lowers your vibration will take you back down towards that balance and will therefore test strong. A common mistake is to rush to your kinesiologist when you feel out of balance, and when he tests all your natural foods they test weak, so he assumes you're allergic to them all. When he tests all his synthetic supplements, which lower your vibration, they test strong, and so he suggests you take them all. Your vibration is lowered back to your previous level, so you feel better but no breakthrough is made.

There is also an emotional healing crisis as all past suppressed emotions come back up to the surface. It is important to welcome these feelings and then they will soon pass. The reason people may resist here is that the ego resists any big change. To stop this from happening we need to learn to recognise the ego's language. The ego always blames, denies or justifies. If you are doing that you are in ego. It is also useful to recognise at which stage the ego's development got stuck. The infantile ego sees the world as a dangerous place, and is concerned with getting enough. The adolescent ego is concerned with being good enough. The young adult stage of ego is concerned with learning or growing fast enough. The fully matured ego says "I am enough". As we begin to heal our ego, it matures through these stages. You can work on healing your ego by first recognising how it works and then giving it to your higher self to be healed and matured in meditation. Assess your ego by looking at what makes you feel better than others, what things do you blame, deny or justify, and how you relate to the world. With a matured ego, you no longer resist change, and the healing crisis goes quickly and smoothly.

This handbook is an introduction to the [Ultimate Healing Course](#) and the [Body Electronics Advanced Pointholding Courses](#) run by shaman Peter Aziz. Please visit www.azizshamanism.com for more information.

The [Ultimate Healing Course Part 1](#) can be completed online at any time. [Part 2](#) is also mainly delivered online but when possible, in-person courses are offered around the world. Refer to the website for dates.

The spine and cranial courses are done in-person. [The manifestation centre course](#) is available on-line.

Peter covers much of the preceding material in a series of video interviews on YouTube. You may also like to connect with him in the following ways:

- Receive an occasional [email newsletter from Peter](#)
- Read his blog, [The Shaman's Blog](#)
- Connect on [Aziz Shamanism Facebook Page](#)
- If you are a student of Peter's you can also join the community in Mewe.
- Subscribe to [Aziz Shamanism YouTube Channel](#)

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