Raymon Grace, mountain man, dowsing, healer, and font of folk wisdom, has written a book filled with down-home stories of what happens when real people use their personal power to heal themselves and take charge of their lives. Included here are stories of spontaneous healings, space clearing, the amazing powers of the pendulum, dowsing, energy raising, exorcism, and tapping into the power of spirit guides. Grace inspires readers to imagine the seemingly impossible, to harness the power of the mind, and to open themselves to a world of endless possibilities.

You don't need academic degrees, expensive equipment, or spiritual credentials. All you need is a willingness to learn the simple principles and put the techniques to use. This book shows you how to change your life.

“Raymon’s love and desire to be of service to the Earth and humankind shines through on every page. Absorb all the knowledge in this book and your life will never be the same.”
—Harold McCoy, healer, founder and director, Ozark Research Institute
Foreword

If you love good stories that bring delight and raise your spiritual awareness, this book will do exactly that. Stories can illustrate a point in an often delightful and sometimes humorous way, making the point easy to remember. Raymon shares these stories in such a way that you will feel you are experiencing them with him. Accompanying the stories is text that shares the ideas, wisdom, and instructions to help you apply what is being shared.

Raymon freely and openly shares the techniques he uses to adjust energies in beneficial ways: energies that may seem to influence the health of all manner of things, including the Earth and ourselves—changes that may sometimes look like miracles. When asked how all this works, he will remind us that perhaps all things are composed of energies of some form or another, even our thoughts. And if our thoughts are composed of the same energies that make up everything around us, then it may be possible to influence our present as well as our probable futures. He expands this and many other ideas throughout this book.
Raymon is sharing the wisdom he has gleaned from his experiences, observations, and from many friends—friends from both the spirit world and this physical world. Friends like Chief Two Trees, Rolling Thunder, Bill and Winnie, and many others. This book has a lot to do with how to take back and use our creative powers—powers that we have often inadvertently given away or not recognized. The prime purpose of this book is to help us improve our ability to beneficially affect our lives and the lives of others. A book that you can truly enjoy, as well as using the insights that it offers.

—Walt Woods, past president and trustee of the American Society of Dowsers, charter member of the Ozark Research Institute (ORI), author of Letter to Robin and Powers that Be.
Introduction

This book is blunt, down to earth, and (with the exception of my usual ramblings) to the point. It may not be eloquent, and the Queen’s English may be butchered severely. No apologies are made. It is written with the encouragement of my many friends whose names would fill the book, some in this life and some who have crossed over.

The purpose of this book is to get you, the reader, to think, to imagine what you could do if you had more mental abilities. Next is to convince you that you do have these abilities, you just have to cultivate and learn how to use them. With these abilities comes the responsibility to use what you have in a respectful manner to improve your life, your family, and your community. These abilities can also be used to heal the Earth and our environment, of which we are a product. If the Earth is sick, and we are part of the Earth, then can we be totally well?

It is the accumulation of stories, information, and experiences gathered on the path of life, a path that has led to many places and has been shared with interesting people. Among
these people are some who are well known and some who are equally important, but not so well known.

We are all the sum total of our heritage and environment. We may be stuck with our heritage, but we can change our environment. We can do this by bringing into our environment the people with characteristics and knowledge that we would like for ourselves. Among those who have enriched my environment and deserve appreciation are Bill and Winnie Askin, Harold McCoy, Rolling Thunder, Chief Two Trees, Jose Silva, Evelyn Rattray, Walt Woods, Tom Brown, Jr., and a number of others. It is the knowledge of these people and of the spirit world that, if properly used, can help us change the energy around us and thereby our future.

Special thanks go to Jack Kestner, who first wrote about the work we do and was the motivation to transform me from a backwoods mountain man into a backwoods international speaker.

Thanks also to Suzanne Cole, who edited the first edition of this book and was responsible for my advanced dowsing manual, Techniques That Work for Me.

This edition is 50 percent larger than the original book. My brother, David; his wife, Leslie; and my wife, Nancy, have been most helpful with their suggestions in putting this book together. I doubt that it could have been finished without them.

Several people have written stories and letters telling how they have been helped by the information you will find within these pages. Their stories are recorded as they wrote them. I hope this will give you, the reader, the encouragement to realize:

The future really is yours—and you can do something about it!
1 Learning the Basics

Sally was telling me about her new job as office manager and the problems that came with it. One employee in particular, Alice, had gone out of her way to be disagreeable and turn other employees against Sally. Morale and cooperation were low and conditions defied management.

Sally and I hadn't gotten together in a while, but we had been friends for a long time and this was an opportunity to do her a favor.

"Sally," I said, "I've learned a few things since we visited the last time, and if you like, we'll see what we can do about your office."

She agreed, and I began using a method to get the information needed to correct the problem. It only took a few minutes and as I relayed the information to her, she nodded her head in agreement. The place was a disaster—low motivation, something draining everyone's energy, ill will—the list went on and on. It took a while longer to make the corrections. Then I asked Sally how long it would be before she had a chance to get the office staff together.
"This Thursday we have a staff meeting, and that is only two days away!" she exclaimed.

"Will you let me know how it goes?"

"Sure," she agreed.

On Friday she sent an e-mail saying that the level of cooperation and overall energy in the office and staff had changed remarkably. Even Alice had come to her and offered to be more cooperative. A week later, conditions were still improved, making her job easier and more enjoyable.

Now, Sally had taken part in some unusual experiences with me before and this was not a great surprise to her. But you folks reading this probably want to know how it happened. After all, affecting office conditions several hundred miles distant is not what most people do for an evening's entertainment.

Well, that is one of the things this book is about. I just have to throw in some stories to get your attention. If you can survive the first few pages of technical information, the rest is easy. Once you learn the basics, everything else is just another technique.

You Can Perform Miracles

Now, folks, this book is about many things, but foremost is self-empowerment. Many examples are given here to encourage you, and to illustrate what can be done. Most of these examples are written in the words of those who actually accomplished these feats. They, for the most part, are people like you. They didn't have all the answers any more than you and I do. They just believed in themselves enough to do something.

The bottom line is this: If you can relax your body and mind enough to focus your thoughts, and use vivid visualization, you can perform miracles.
Now, don’t complicate it. So many people miss the whole picture because it is so simple. I’ll say it again: If you can relax your body and mind enough to focus your thoughts, and use vivid visualization, you can perform miracles.

We live in a world that wants to complicate everything. Lecturers and writers use big words and complicated terms to make themselves appear superior. I know for a fact that some speakers dangle a tidbit of information in front of the audience and then withhold the rest of the information. This appears to give the speaker a sense of superiority. My goal is to present this information in a manner that can be understood by anyone of average intelligence. You will not need a dictionary to read this book, because I never use a long word if a short one will do the job.

The basic idea is this: The future is composed of thoughts not yet materialized. We have the choice to create our future or let it be created by our indecision. We have created our present by our thoughts, decisions, and actions, or by their absence. By the same method, or lack of it, we create our future. We have a choice of which future we create. There are probably infinite possible futures for us, all dependent upon our thoughts and actions.

If there is one single message for people who attend my classes, it is this. You are not just victims of the elements and politicians. You have a choice, but having a choice is of little benefit unless you exercise it!

At each speaking opportunity, I make a statement that is in most part quoted from my friend Chief Two Trees. It goes like this:

"People have given their health to their doctor, their money to their banker, their soul to their preacher or priest, their children to the school system, and in so doing, have lost the power to control their lives." After the applause dies down, it is followed
by this: "People buy things they don't need, at prices they can't afford, with money they don't have, to impress someone who doesn't give a damn."

The Power of Thought

OK, now that we know we have a choice in creating our future, how do we go about it? Well, first we have to learn how to think and to add power to our thoughts. Thoughts are the first step of creativity. Probably most people's thoughts are so scattered and at the wrong brain frequency that they don't really amount to much outside their own mind and body. Under stress, the brain frequency speeds up and this causes the thoughts to lose power. It also causes the immune system to weaken, thereby making one more vulnerable to disease and germs.

It is common knowledge that stress isn't all that good for us, and that the opposite of stress is relaxation. Stress also hinders us from focusing our mind, and there is much more power in a focused mind than a scattered mind.

My friend Harold McCoy and I speak at most major dowsing societies across the country. Harold, the founder of the Ozark Research Institute, makes a most impressive talk on "The Power of a Focused Mind." He has used this power of mind to get the ticks and fleas out of his yard. He has also used it to stop an oil leak in his car, and in thousands of successful healings on people.

Let's explain it like this. Everything has a frequency, vibration, beat, or cycle. Pick whichever word you like best. The Earth goes around the sun every 365 days, 6 hours, and a few minutes. The moon goes around the Earth every 28 days. The leaves that fall to the Earth will decay and go back to the Earth, and the tree, if left undisturbed, will go back to the Earth. All things come from the Earth and will return to the Earth. This is a cycle of nature.
Our heart has a cycle also; it beats about 70 times a minute. Now this is all understood by everyone. What is not so much understood is that the brain also has a frequency, beat, or cycle. In our normal state during the day, our brain is emitting about 20 beats per second, which is what is called the beta frequency. The brain frequency is separated into four parts. Depending on whose research you choose to believe, the frequencies are something like this. From 0.5 to 3 is called delta, from 4 to 7 is called theta, from 8 to 14 is called alpha, and from 15 up is called beta.

According to my information, there is a band of energy around the earth that vibrates at 10 beats per second, and this is the energy in the king’s chamber of the Great Pyramid. Some believe the pyramid was built the way it is to create the alpha frequency to allow healing for the pharaoh and his family—exposure to the alpha frequency seems to allow the body to correct a multitude of problems.

It also seems possible to be able to create an alpha frequency with our hands. I have heard of a group of Native Americans who would shake their hands over the body of a sick or injured person to create a healing condition. Apparently this method has been around for a while, but not well known.

We know from experience that by moving our hands rapidly around the head of a person with a headache, the headache will, in most cases, vanish. This method has been used for many years with great success and in many cases the headaches never return, even after several years. The same method can be applied to other parts of the body.

There are two sides of the brain—the right and left hemispheres—and it is believed that only about 10 percent of the population uses both sides of the brain at the same time. This is greatly simplifying it, but the left side is the logical side and the right is the creative side. All children use both sides, which is why children have such vivid imaginations.
Think for a moment. Do you still have the imagination that you had as a child? Probably not. Why? Because most people lose their ability to equally use both sides of their brain as the body physically matures. Can you get it back? Yes. How? Stay with me and keep reading.

One of the first things we need to do is to learn to reach a more powerful state of mind. If we were able to consciously lower our brain waves, we could improve our immune system and give more power to our thoughts. It would also help us to use both sides of our brain.

**Imagination**

So you might ask, what benefit is it to use both sides of our brain? It improves our imagination. And what is the benefit of that? Well, any time we improve our imagination, we improve everything else our mind can do. And how does that work? Everything that exists in the physical world must first exist in the nonphysical world, the spirit world, or thought form. (Pick whichever term you like.)

These boots I wear once covered a cow. Someone had to skin the cow and scrape off the hair, tan the hide, cut out the patterns, and sew them into a pair of boots. However, before the cowhide ever became a pair of boots, the thought of the boots had to exist in the bootmaker’s mind.

Same thing with a pair of jeans. They once were a cotton plant. Someone had to pick the cotton, clean it, process it, spin it into thread, weave it into cloth, cut out the pattern, and sew it into a pair of jeans. First, the thought of jeans had to exist.

As was stated earlier, thoughts are the first step of creativity. The more imagination we have, the more possibilities we can think of, and the more solutions we can find to correct problems.

Whenever we are able to lower our brain frequency, our
awareness improves, as does our hearing. Once I was invited to a house to work with a person who had a headache. The TV was on and I asked for the volume to be lowered. The person put the TV on mute and no sound was heard. However, when I reached a relaxed mental state to begin the healing work, I could hear every word on the TV even though it was still on mute.

Try this experiment for yourself. Sit quietly, with your eyes closed and think about something pleasant for a few moments. Then just become aware of the sounds you hear that you hadn’t noticed before. The information isn’t new; it has been around for a long time.

One of my teachers, Tom Brown, who was trained by an old Apache medicine man by the name of Stalking Wolf, was given similar information around 1962. Stalking Wolf didn’t call them frequencies, he called them lands. Alpha was the "land of the Spirit," theta and delta were "lands of the shaman" and beta was the "land of the living dead."

In the shaman training with Tom Brown, I learned how to walk in such a manner as to stay in alpha for indefinite periods of time. It is a level of mind that allows us to be aware of things around us and also those at a distance, and also to be able to receive information not available at the beta level.

I do not hear rap music. Why? Because I do not tune my radio to the frequency where it exists; therefore, I do not hear it. Information from the spirit world does not seem to exist in the beta frequencies. We need to reach a lower frequency to tune into this type of information.

**Achieving Alpha**

Now this is enough technical stuff. Let’s get into how to do it. There are a lot of methods to achieve the same purpose. Most are presented in a far more complicated way than is necessary.
Alpha is not some mysterious realm off in another faraway land. It is simply a frequency reached by lowering the brain waves. We do this by relaxing the body and mind.

How do we relax the body? By doing something we have been doing all our lives. It’s called breathing. What do you do when you are stressed out and something else happens to add to the stress? You probably take a long breath and let out a sigh. Most of us do. It is a natural way of reducing stress. We don’t even have to think about it, we just do it.

If you were here with me, I would ask you to close your eyes while I take my drum, and with a rapid beat would ask you to take a deep breath and build it up and up and hold it, and then let it go. This is a very deep breath and is released with force. Then you would take a deep and gentle breath and imagine yourself at the beach. Feel the cool water on your feet, the sun on your skin, hear the sound of the waves, smell the water, and feel the difference in the temperature of the water and the rays of the sun. Then you would take a deep breath, and while inhaling, pretend to write in the sand. You could write your name three times, or you could write whatever you like. Then, as you exhale, pretend to have a wave come in and wash out what you have written. Take another deep breath and pretend to write the same thing again two times. Again exhale and pretend to have the wave wash out what you have written. Take another deep breath and pretend to write the same thing again one time. Again exhale and pretend to have a wave wash it out.

By taking a deep breath and bringing back the memories of being at the beach and writing and erasing, you are forced to use the right side of your brain. Also, by thinking of something pleasant, you are relaxing your mind. You don’t have to use this method. Any method of deep breathing and thinking of something pleasant and using the five senses will work for you. Later
on we will discuss how to reach the same level of relaxation by walking a path with flowers and trees. Now isn't that simple?

Many people have asked how you know when you are at the alpha level. Good question. No bells will ring, no horns will blow, and there will be no formal announcements made. Just assume that you are there. If you are like a little kid going on a trip who keeps asking, "Are we there yet?"—you aren't.

After a few sessions, you will feel the relaxation and become familiar with the feeling. If this helps any, how many times have you driven some distance not remembering the last few blocks or miles? You were daydreaming, and that takes place at the alpha level. As stated earlier, alpha is not some mysterious realm off in another land, just a state of relaxed body and mind. Don't complicate it!

Programming

Once you are there, what do you do about it? Program yourself. What does program mean? To program yourself means to plant a suggestion in your mind that will cause you to react in a desired manner in the future. Let's take some real-life examples. I have programmed myself to "be aware of any and all danger to myself, family, and friends, and to take the appropriate action to avoid the danger."

One morning I was awakened by a dream that seemed significant. After getting up, I used my pendulum to get answers to a few questions like: Does this apply to me? Does it apply to any of my friends? Which one? I was able to determine that an ambush was being set up for one of my friends. By changing the energy of the situation, we were able to avoid the planned ambush.

Now you may ask, "How do you know it would have happened?" All I'm comfortable with putting into print is that in
the following twenty-four hours there was sufficient evidence to indicate such a plan had been in place.

So you ask, "What is a pendulum?" It is a weighted object on a string or chain. It can be something elaborate like a semi-precious stone on a silver chain or as simple as a nut on a string. Dowsing will be discussed in chapter 7 and a chart is located at the end of the book.

Scrambling Frequencies

Another time—one evening—I got the message that a friend was in danger, and I tuned in to him to see what was happening. He didn't answer his phone so I just left a message to call me when he got in. I got the impression of his tractor turning over, and I changed the energy of the accident. Later, when he called, he confirmed that he had been in a dangerous situation with the tractor. The tractor had been about to turn over with him. One wheel had already risen from the ground, but it seemed that something had set the wheel back on the ground. Was it the power of my thoughts?

I have a friend who works as an undercover cop. One day he came to mind, and upon checking into his situation, I discovered a plan to kill him. Again, the energy of the planned attack was changed and a few days later he came by to visit. When I asked if he had upset anyone's plans, he confirmed that he had been involved in a drug raid and that there had been threats on his life.

Recently, I knew my friend Larry was driving from Montreal to Toronto. Just before dark, I got a flash or picture of his car crashing into a truck. Using my dowsing system, I scrambled the frequency of the accident and created a mental picture of his car passing the truck unharmed.

The next day when he called, I asked, "Just before dark last night did you almost collide with a truck?"
He replied that a truck had stopped right in front of him and he was able to swerve around it, but he didn't know how.

How did all this happen? Simply by planting an idea in the mind "to be aware of all danger to myself, family, and friends and to take the appropriate action to avoid the danger." Ok, so you want to know what a dowsing system is and how I neutralized the ambush. Keep reading, it will be explained later.

There ought to be a way to write all these things with information flowing smoothly from one idea to another, but I haven’t found it yet. So with that in mind, expect to read some statements that don’t seem to fit in anywhere. This is a book to help you improve your life, not win some literary award.

There is a lot more we can do. We can plant suggestions to be at the right place at the right time, to attract to us the people we need for whatever purpose, to be kind to our family and friends, to overcome fear and/or anger, to work efficiently and cheerfully. We can plant suggestions to achieve most anything that would improve our lives. The important thing is to be sure that you plant the correct idea in your mind. What I mean by this is, your subconscious mind will not take a joke. It seems to take everything literally.

Just this week I learned how true this is. Rick, my mechanic, is always there when needed to keep my vehicles going. I wanted his business to succeed so he would continue to be available. Every time, after buying an old truck, I would always say to him, "Looks like I'll be keeping you in business." I have, beyond my wildest dreams! The trucks keep breaking down.

Listen to yourself talk! Listen to yourself think! Realize what you're doing to yourself!

My friend Karen lives over 600 miles away. When her hip was hurting, she would call me to take the pain away. In an effort to save her a phone call, I programmed myself to be aware of any time she had any pain in her body. I also gave myself the
suggestion that I would be able to remove the pain. So far it has worked. At various times I would get a mental message that she was hurting. I would then imagine her standing in front of me and me moving my hands around her in the same manner as if she were physically present. That evening after she got home from work, I would call and say something like this: "Your hip was hurting at 3 P.M. today." Her reply would be something like this: "Yes, but I felt you come and fix it."

Let me say here that this does not work for everyone. It seems that there has to be some type of connection to the person, but I really don't know what it is. Neither is this to be taken by readers that people can write to me asking for the same thing. The idea is for you to learn to do it.

Remember that the most important message I have for you is that you have a choice. Now you are beginning to see how to make some choices and to gain some control of your life. But there is more.

**The Power of Thought**

All things are composed of energy, in one form or another, even our thoughts. Brain frequencies can be measured by machine because they are electrical impulses—so they must be composed of electrical energy.

Several years ago, while laying brick on a construction job at a college, I looked in the window of the science building and noticed a chart of atomic weights. Hydrogen had one proton and one electron; gold had 80 protons and 80 electrons. It seemed that the difference between hydrogen and gold was simply the number of protons and electrons composing the atom of the element.

In school we had learned that protons and electrons were charges of electricity. And what is it that our brains emit continually? Charges of electricity. Therefore, it would appear that
thoughts are things. Thoughts are composed of the same energy that makes up everything around us. If this is true, then we ought to be able to create future events with our thoughts. It seems that we can.

A few pages back, you read about reaching a relaxed state of mind by writing in the sand at the beach. In class, the folks are led through this exercise. I have them imagine, or visualize, floating in the ocean and each time a wave washes over them, it carries away the pain from their body. Most of those who experienced pain before the exercise find that the pain is much less, or nonexistent, afterward.

Another method I use in class to achieve the same degree of relaxation is a drumbeat. This gets a bit more advanced, because the folks attending my classes also learn how to send healing energy to other people. I make no claims to be a drummer but it seems to work anyway.

While listening to the drum, they imagine walking a path, feeling the Earth under their bare feet. They will imagine reaching out and feeling the bark of trees, smelling and touching the flowers, and employing all of their five senses. This causes them to use both the right and left sides of the brain and they reach a very relaxed state. While they are relaxed, I will slowly repeat beneficial statements to them and allow them time to mentally repeat beneficial statements of their choice. One of the statements is: "I am always aware of any and all danger to myself, family, and my friends. I take the appropriate action to prevent or avoid the danger." Other statements that are repeated include the ability to be at the right place at the right time and to be able to reject any nonbeneficial subconscious messages.

Listening to these statements while in this relaxed condition causes the brain to absorb the information and respond when needed. Please be aware that the brain will absorb and act upon negative messages also. In the appendix you will read how
Dick Sutphen describes this in detail. It is very important that we listen to ourselves talk and listen to ourselves think. Do not speak or think anything unless you want it to happen!

**Brain Waves and Dowsing**

My friend Ed Stillman from Sedona, Arizona, has done some extensive brain wave research in connection with Harold McCoy at the Ozark Research Institute (ORI). For six years, Ed was the scientific advisor for the American Society of Dowsers (ASD), where he was in charge of a research project on the brain wave responses of dowsers while the people were actually dowsing.

Ed has published two articles in the *ASD Journal* on the results of these dowsers' brain wave responses. He is currently the scientific advisor of the Ozark Research Institute, where he has been working on the brain wave responses of healers during distant healing. He is also president of the ASD Verde Valley chapter in Arizona. He is an excellent water dowser and won the national "Dowser of the Year" award for the U.S. in '99. He was looking for a place to drill a water well in northern Arizona and with his dowsing rods, he found it. The drilling rig was set up in the designated spot and drilled for 1,900 feet in the Arizona high country Ponderosa pines. A very good stream of water was found right where he said it was. There is a picture of this hanging on the wall of Ed’s house, him standing there with an overflowing bucket of water. He looks quite happy with the results, and no wonder, finding water at 1,900 feet!

The following information on brain wave research was written with quite a bit of assistance from Ed, who is much more of a scientific writer than I. I am stating this in case the reader is wondering why this writing doesn't match the rest of the book.
Dr. Matthew Kelly of Sedona, Arizona, has measured and analyzed the brain waves of both dowsers and remote healers. Dr. Kelly measured the brain wave frequencies of Harold McCoy as a test subject. Dr. Kelly made the brain wave measurements and Ed wrote an article on Harold’s brain waves. The testing used a standard protocol, identifying each part of the process and taking the test measurements. This article appeared in the ORI Journal and Ed presented the results of this study at the ORI conference in April 2002. Here is a brief summary of his findings:

Dr. Kelly used medically approved brain wave measurement and analysis equipment to map the brain waves of Harold McCoy, a highly experienced distant healer. His findings showed that all four of the primary brain wave frequency bands were active in a highly coherent pattern whenever Harold reached his “healing” state of mind. This helps verify that our minds are most effective when we can reach a relaxed state of mind that is both deeply meditative in the alpha brain wave state, and yet actively aware in the beta state, with high conscious awareness and focused attention.

There is more to the findings. During the distant-healing, brain wave-measurement session, unusual amounts of both the subconscious theta and unconscious delta frequencies were highly active in Harold’s brain waves at the same time the coherent beta and alpha frequencies were measured. Coherent means that the neurons in Harold’s brain were firing in synchrony in diverse areas of his brain. His brain was operating at a high power level and was completely engaged in his distant healing task during those parts of the testing.

The theta frequencies are thought to provide intuitive input, and delta frequencies are thought to be the frequencies that provide our deepest psychic awareness. Harold believes that delta frequencies constitute a key part of distant healing by becoming the
transmission frequency range to the remote subject. Perhaps this is why delta is referred to as the “land of the shaman.”

The Power of Suggestion

Now that we know a bit about brain frequency, let’s take a look at a more elaborate piece of information.

The fierce loyalty of people to certain organizations puzzled me. For example, in the Army, we were brainwashed to support our higher-ranking people, not because they were necessarily any better or smarter than the rest of us, but because they had a different emblem on their collar. In religion, people will defend their priest or minister regardless of what they may have done. In mind development classes, which I have both taken and taught, it was noticed that students were ready to burn incense to the instructors and leaders. This just didn’t make any sense and for years I wondered, “Why?”

Then my friend Mike Kalka sent me a tape of “Battle for Your Mind” by Dick Sutphen, who is a very well-known author and public speaker in the metaphysical world. His company, Valley of the Sun Publishing, markets his subliminal tapes and he is a recognized authority on this subject. In the tape, Dick explains why people respond to suggestions when they are not even aware they are doing it. It answered a lot of questions for me. I copied the tape and passed it on to friends, because Dick had given permission to do so in the tape. He was generous enough to allow me to reprint the text in this book, which is located in the appendix.

Being aware of a problem is the first step in eliminating it. When you read Dick’s words, see if any of them apply to you, because many of us have been brainwashed and didn’t know it.

By implanting positive suggestions in our minds, perhaps we can prevent someone from influencing us in a negative manner. Here is an idea you might want to use. Put your mind and body
in a relaxed position and mentally repeat, "I am always aware of all attempts to adversely manipulate my mind. My mind always rejects any suggestions that are non-beneficial to me."

You can also do this for your kids. Write a list of positive statements about them, such as "you are kind, you are neat, you are intelligent, you are loving, you like vegetables," and the list goes on. If your child is young enough that you still put them to bed at night, you can repeat the statements as soon as they close their eyes. You can also repeat the statements before you wake them in the morning. I suggest that you use the child's name and repeat the positive statements several times. Remember, keep the statements positive! Avoid using words like not and don't. Think about it a moment. If someone told you not to think of a pink elephant, you already have.

If your children make a mistake, don't tell them they're stupid. Tell them that they are much too intelligent to do what they just did. If they make a bad decision, tell them they are smarter than that. Tell them, "Someone as smart as you can make much better choices than the ones you made."

I have observed parents talking about their child to others, while the child is listening, and telling the listener what a brat the child is. Or, they talk directly to the child about how bad or mean they are. In every case, the statements have been true. The power of suggestion works negatively too. Whatever you do, tell them not to believe much of what they see on TV. I read a statement recently that the producers of TV shows for young people really don't influence the children, they own them!

**Suggestions and My Daughter, April**

Let me give some personal examples of how positive suggestions have worked for us.

The night my daughter, April, was born, I repeated to her a
number of times, "Every day in every way, April is getting better and better and better." I did this each night and morning. When she first started talking and putting words together, guess what she said?

When April was about a year and a half, we had a problem with airplanes flying too low over our house. Apparently we were on a flight path for military planes on training exercises. The planes would come over the mountain low and loud. April would be in the yard and would come running to the house crying. After a couple of times, I figured it was time to do something about it. I asked her if she liked the airplanes?

"No!"

"Do you want to chase them away?"

"Yes!"

"OK, next time you see an airplane coming over the house, stay where you are. There is no need to be afraid of it, just point your finger at it and it will go away."

Next day, she was out in the yard and the plane came over the mountain. She started to run for the house.

"Stop!" I told her. "Point your finger at it and it will go away."

Up went her finger, pointing toward the plane. I encouraged her, "See, it's working. Keep pointing, it's leaving!"

I continued to encourage her to chase the plane away. Anytime after that, when she saw a plane approaching, she would point her finger at it and sure enough, it would fly away. They never frightened her again.

When April was about three years old, she got a kidney infection. Her doctor told me that she needed to drink more water. I tried to convince her to drink water, but she replied that she wasn't thirsty. That night when I put her to bed, I repeated very softly, "April is thirsty. April wants water to drink, yum, yum, yum. Thirsty, thirsty, thirsty."

The same thing was repeated the next morning before wak-
ing her. When she got up, she wanted a drink of water. She has drunk plenty of water ever since.

We were home schooling her and at about the age of seven or so, she had the idea that boys were better at math than girls. She really didn't like doing math. One night after she closed her eyes, I repeated softly, "April is smart. April likes math. Math is easy. Math is fun."

These simple positive statements were repeated several times, both at night and in the morning. The next day, math classes got a lot easier.

Here is an example of the type of math problems she would work on:

"How many sandwiches can you make with a truckload of peanut butter? What information do you need to solve the problem?"

She would ask, "How much does a truckload of peanut butter weigh?"

"One ton."
"How many pounds are there in a ton?"
"2,000."
"How much do you put on each sandwich?"
"One ounce."

It was simple math to find that 32,000 sandwiches could be made with a truckload of peanut butter. Then we would figure how many loaves of bread it would take.

Here are some more examples of her math problems:

"If you want to have a party and give each guest two cups of hot chocolate, how many people could you invite if you had a 55-gallon barrel of hot chocolate?"

"How many times would a rabbit have to hop from here to get his feet wet in the Atlantic Ocean?"

"How many burritos laid end to end does it take to reach across Texas?"
"How many cucumbers laid end to end does it take to stretch from here to the Georgia state line?"

All of these questions may seem complicated at first glance, but when the needed information was provided, they were quite simple. Solving problems like this gives a child a feeling of confidence in solving other problems. It causes them to think.

We always encouraged imagination and observation. Every time April, as a three-year-old or so, would stop to look at something, I would say, "You are very observant, this is good."

By being told she was observant, she became even more observant. One day when she was four, we went to the bank. While I was at the teller window, she was looking at a small tree in the lobby. She came to me and said, "Daddy, there is something strange about this tree. The wood is real but the leaves are artificial."

When I examined the tree, I found that the trunk of the tree was a piece of wood with holes drilled in it, and plastic leaves had been inserted into the holes. I have often wondered, of the thousands of people walking through that lobby, how many noticed this.

One day while my wife, Nancy, and April, at age three, were visiting a friend, April noticed that a small bush beside a basement window was moving, as if blown by the wind.

April said, "That bush is moving but the wind isn't blowing. We better check this out."

A quick look showed that the exhaust from a clothes dryer was vented beside the bush, making it move.

To improve her imagination, we would play games. One went something like this:

"April, you have one minute to look at me. Notice everything about me."

At the end of one minute, I would say, "Close your eyes. Now tell me, what color is my hair? How long is it? What color are
my eyes? What color is my shirt? Does it have pockets? How many? Do the pockets have flaps? Do the flaps have buttons or snaps? What is on my head? What color is it? Now pretend my shirt is red. Pretend it is blue. Pretend there is a parrot sitting on my shoulder. Pretend my hat is green. Pretend a crow is sitting on my hat."

The number of things for her to pretend continued, and I made them ridiculous to keep her attention. I always use the word "pretend," when working with children. They understand it better than "imagine" or "visualize."

One day when April was seven, we were working with some other kids who had been coming to visit and learn survival techniques. I pointed out two trees, an oak and a poplar, and told them to pretend to walk into the trees and tell me which tree had the hardest wood. Everyone picked the oak tree and they were right. It is amazing what a child can do if they don't know they can't do it.

If you want your child to believe something, then incorporate it into the stories you tell them. Think about it, this is what television programs have been doing for years. You have to do it yourself, you can't depend on your babysitter or the teacher at school. It is your kid. It is your job.

Let me give one example of incorporating an idea into a story:

When we would go to town and stop at the health food store, April would want a soy milkshake. She wanted one in a soft bag-like container. Problem was, she squeezed it and then it would run down her arms and make a mess. I suggested that she get one in a box but her heart was set on the one in the bag. That night for a bedtime story, I told of a little girl who saddled her pony to ride on a trail with her pet fox and pet crow. We went through the details of saddling the pony and packing the saddlebags with goodies for a picnic. There was dog food for the
fox and corn for the crow and for her there was a banana, a sandwich, and a milkshake in a box. I described the trail and all the animals she saw as she rode her pony to a spot for a picnic. She fed the dog food to the fox; the corn to the crow; and she ate her sandwich, banana, and drank her milkshake from the box. The next time we went to the store, she wanted a milkshake in a box. Power of suggestion is a wonderful thing if used positively rather than negatively.

The same principle applies to many other things. Never let a day pass without telling your children that you are proud of them. Take every opportunity to compliment them and cause them to feel good about themselves. This doesn't mean that bad behavior should be tolerated. It should be corrected. That is one of our jobs as parents. It is my belief that a child will live up to, or down to, our expectations. If the people in positions of authority had received better training when they were children, the world would be in better shape now. If you have children, you can help them to make a better world for themselves.