

Murray's Affirmations Revisited

by Marge Murray

When my affirmations were first printed in the 1988 edition of the annual papers, the first section was omitted. There is an interesting story as to why these were developed and how they are used. I am going to fill you in on this part.

For most of my life, I had been diagnosed as mentally ill. The first diagnosis was hypochondriac, the second was schizophrenic, the third was manic - depressive and today, they call it bi-polar. I didn't care what they called it, I knew I was not going to live my life this way. Deep down inside, I just knew it.

I had opened a health food store in 1973, thinking that food was the answer to my problem. This helped a little bit. I took the Instructor Training Workshop in 1980 as a result of a lawsuit that the medical profession had brought against my husband. This helped a little bit.

In 1985, a virtual stranger paid my way to the TFH Annual Meeting in San Diego. He said it was karma that he owed me from another life. I had not heard of karma, but I was too poor to pay my own way to California. My store was in a small town of 4000 in central Wisconsin. The \$10,000 that it produced as income was barely enough to feed my three children. So I said "YES!"

That year, Dr. Dennison was offering all his workshops together. I knew that I would probably not get a chance at more learning, so I saved pennies to have the fee and took it. In that class, I had the good fortune of working with Barry Sommerfield from Australia.

We came to the end of the class with a task from Dr. Dennison to do a big umbrella goal. Barry and I were tired of doing educational goals, so we decided to do something different. But what would it be? He looked at me and said, "You look like you could use a better self esteem."

I felt naked. I knew that, but no one else was supposed to be able to see it! It took me several moments to recover and stuff the embarrassment inside. I said, "OK, but we have to add another part to the goal. If we are going to be that drastic, I want to see what this will do for my heart."

Because I had taken so many drugs for the mental illness, I had an arrhythmic heart.

We began the procedure that we had been taught. Wayne Topping had presented his paper on eye rotations at the meeting, and during the correction, Barry wanted to try them to see what would happen. I began to follow his direction with my eyes. When they got into the up left position, I burst into tears and began fighting with Barry, trying to push his hands away. "Let me alone. I don't want to come. I'm not ready yet!" I cried. What seemed like a long time to me later (Barry said it was 30 seconds), I sat up and smiled.

"What happened?" everyone asked, because the rest of the class was around us by now. "I was being born and I was forced to come early," were the words out of my mouth. I heard myself say them, but I hardly believed it. Still, somewhere deep, I knew that was what happened.

As a manic-depressive, I was very critical and judgmental in my manic state. I was set off by almost no stress at all and had to have careful control over my environment. That included food, sleep and all the people around me. Everything had to go according to my expectations, or I would become uncontrollably anxious. My trip home after the correction was anything but without stress.

Our plane was going through Denver. Because there were tornadoes in Denver, we were kept on the ground in San Diego for five hours. I had nothing to eat which would usually set off a manic episode. Finally, we arrived in Denver at 10 PM. Our connecting flight was gone, of course and the lines of angry people were longer than you could imagine.

As my benefactor and I waited for a half hour in a line we were sure would take three days to process, we decided to put our heads together (literally) and think "Milwaukee". Suddenly a voice came over the loudspeaker asking, "Are there any Milwaukee passengers in the line?" We were at the desk immediately!

At the desk was an Indian boy from the Oneida tribe. He was sobbing. He looked like he was 18, but they told us he was 12. His Father had just been killed by his uncle and he needed an emergency escort. They were holding a Frontier jet that was bound for Chicago, but had agreed to continue to Milwaukee. It had been waiting with it's passengers since 5 PM for him. Would we agree to get him to the gate and accompany him to Milwaukee? You bet!

The gate was at the farthest point from where we were and we had fifteen minutes to run. We all grabbed hands and ran. When we arrived at the gate, there was a physical fight going on between an airline employee and a Chicago bound man. He wanted to get on the plane. We were rushed past the melee and they locked the entrance door behind us.

There were four empty seats on the plane. My companion dove into the first one he saw. A burly man picked him up and threw him out. "I don't want you next to me," he yelled. He pointed at me. "I want one of that gender!"

I buckled the boy into a seat and sat down next to the man. On the other side of me was a Catholic priest. "You have a devil in you. Don't worry. I know how to do exorcism." He offered.

The people on the plane had been given only a bag of peanuts since 5 PM. It was now 11:30 PM. It was hot and stuffy. We began to move away from the dock. The pilot came on. "Ladies and gentlemen," he said, "I have good news and bad news. The good news is, we have clearance to leave. The bad news is, there are 45 planes in front of us."

The burly man next to me began to shout vulgarities at the pilot. A flight attendant rushed up. "If you say one more word, we are going back and throw you off. Threatening the pilot is a federal offense," he growled. I could hear people around me begin to cry softly. I slipped my arms around the burly man and whispered, "You need a hug! He immediately melted into my arms and was quiet.

This was the first time I had to reflect. Why was I not deep in a manic episode? Where had the anxiety gone. Why was I not passing out? How could I be handling things as well as I was? Why was everything going right for a change? Could it have been that balance?

We arrived in Milwaukee at 4:30 AM, without luggage of course. My keys to the building where

I was to have a class at 8 AM that morning were in my suitcase. We had the class in someone's home.

Over the next days and weeks, I continued to marvel at my behavior. I seemed to have complete control over it. The only thing I could not do was stimulate a manic episode. I could not believe that they were gone, and tried for at least a year without success to make them come back.

The goal sheets that you all know as my affirmations seemed to be the reason for this change. We know from quantum physics that a thing that is observed produces a change that is irreversible and observable. Using goals and muscle testing observes things in ways our conscience mind cannot. It recalls the forgotten past out of our subconscious and inherited memories out of the body. The greater the goal, the greater the result.

However, in my experience using goals, I knew that the body would not respond if the goal were too scattered. What is the biggest goal that we can use that is focused on one thing? Since a meridian controlled so many things, I used it. And it works in powerful ways. There may be stronger goals than these, but I have not found them.

I have built my practice around the goals. It seems that people do not get as good a result if we do them too fast. It seems that the emotional and spiritual change right away. The physical and educational take four to eight weeks. And the relationship and financial take up to three years, but they also change. So we allow and average of six weeks between balances.

The physical parts of the goals are based in biochemistry. The educational comes from my experience as an elementary teacher. I have had a lot of experience in Bible counseling, both as a seeker and a counselor, so the emotional, spiritual and relationship goals are based in the bible.

Usually when people are using these as goals, there is one more thing to add. We find out the area by asking physical, etc. When we discover the area and use the issue as the clue, the person has no trouble knowing what the goal is.

Since these affirmations or goals have been published, people from around the world have used them in many different ways. I am grateful for all the ways others have discovered to use them. Now it is my turn to show you how I use them.

1. Ask the body for the priority goal for today. When you find it, you may want to laugh at the way the body had been getting ready for it. The person may have many of the "symptoms" described in the goal.
2. Set the goal in.
3. Do the desired balance. I prefer PKP and you may choose any balance method you are familiar with. I also use the dimensions from Edu-K.
4. Re-check the goal. Ask the person how they feel that is different.

Set another time for the next balance in six weeks if they choose to have another. Review what has changed between the sessions.

Goals for Meridians

Following is a list of the goals for the meridians, AKA affirmations:

Spleen-Pancreas: Assurance and Confidence

- "I relax and do my best"
- "If I don't worry, I'll die"

Stomach: Contentment, Feeling Blessed

- "I am content and blessed"
- "My needs can never be satisfied"

Lung: Humility

- "I am humble"
- "No one can teach me anything"

Large Intestine: Release, Letting Go

- "I joyfully release the past to have space for newness"
- "I hold on to what I no longer need"

Kidney: Action Taking, Decisive

- "I love being alive and doing things"
- "I am afraid to be alive and move"

Bladder: Inner Direction

- "I am in charge of my life"
- "Others control me"

Liver: Transformation

- "I welcome beneficial change"
- "I want to stay the way I am"

Gall Bladder: Choice Making

- "I always make a beneficial choice"
- "I can't make a beneficial choice"

Circulation-Sex: Being Responsible, Forgiveness

- "I take responsibility for myself"
- "I blame others"

Triple Warmer: Balance, Harmony

- "Everything works out right for me"
- "Nothing ever works out right for me"

Heart: Self Esteem

- "I like who I am"
- "I am a stranger to myself"

Small Intestine: Assimilation, Equality, Joy, Nourishment

- "I learn from all my experiences"
- "I block my learning"

Central: Success

- "I want to be a success"
- "I want to be a failure"

Governing: Supportive

- "I accept myself as I am"
- "I am competitive"

Belt: Communication

- "I Listen to what others are saying and feedback"
- "I don't know what to say"

Vital: Desirable

- "I have charisma"
- "I repel good attention, I attract negative attention"

Regulating Inner: Trust

- "I trust myself and others"
- "I am jealous, irritated and frustrated"

Regulating Outer: Courage

- "I am courageous. I can go on"
- "I hold back and keep to myself"

Mobility Inner: Harmony

- "I harmonize with good"
- "I am uneasy and uncooperative"

Mobility Outer: Calm

- "I am calm and confident"
- "I am nervous"

For a full set of the details of the goals, see the TFHA USA or contact

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