TRANSFORMATIONAL healing

Five Surprisingly Simple Keys Designed to Redirect Your Life Toward Wellness, Purpose, and Prosperity

Jamie L. Saloff
Transformational Healing
By Jamie L. Saloff
Sent Books (2005)
Reviewed by Christina Smith for Reader Views (2/06)

This was a very uplifting book. As I read more and more of it, I realized that you don't have to be sick in order to read it. It is perfect if you need just a spiritual pick up. Ms. Saloff gives you eighteen exercises to do in order to make not only your body healthy, but to also bring health to your mind and spirit. She tells how bringing health to your mind and spirit, will also bring health to your body. There are also five keys to well being: Relief, Goals & Desires, Connection, Commitment, and Synchronicity.

Each chapter takes you through the different aspects that you must go through in order to become healthier. From Chapter One, where Ms. Saloff has you diagram where each ache, scar and pain are located, to Chapter Eleven where she shows you the spiral (desire->goal-->skill-->desire), to Chapter Nineteen where you see that it is not only the physical things around you that you have to observe, but also the things inside you like your intuition and visions. I also really enjoyed how Ms. Saloff shows you the part your immediate family and your ancestors play in your health.

This was a very informative book if you wanted a different approach to healing. I myself found it very useful to the aches and pains that I have. Once again, you need not be sick to read this. A must read for all!
After having been diagnosed with cancer at only twenty-four years old, I knew my chances of living to old age weren’t good. Both of my parents and all four of my grandparents had died of severe illnesses. I knew their fate would soon be mine unless I found a way to wholly heal my life and improve my odds.

For the next ten years, I read every book I could find on healing. But, for me, none of the methods seemed to work. I felt I needed a more personalized method that addressed the unique individual that I am—that we all are.

One night, determined to unlock the secret to wellness, I went upstairs and shut myself in the bedroom, vowing not to come out until I had found what I had sought for so long—the means to heal my life from illness, pain, and the overall chaos then controlling my day-to-day life.

Working with nothing more than a pack of mini sticky notes, some colored markers, and a piece of poster board, I wrote single words and short phrases on the notes and dropped them in related clusters onto the poster board.

Several hours later, I emerged with a smile. I had

“So I knew from personal experience that disease can be healed, if we are willing to change the way we think and believe and act!”

Louise L. Hay, 
You Can Heal Your Life
found the meaning of the disease that had once tried to destroy my life. In fact, I'd found the reason behind every ailment or injury that had ever plagued me. The experience also gave me a new realization—we never need suffer from any ailments at all.

Amazingly, the more I used the system, the more my life began to heal, not only physically, but everything else in my life began to improve as well. I no longer spent every day worrying about all those things I might never do because, now, I was doing them.

You see, when I learned how to find meaning in my ailments, I also learned how our ailments are a part of an elaborate, innate system designed to lead us to what we desire most. (Isn't that incredible?) Soon I was easily turning my onetime dreams into realities.

Not long after, I recognized I had an even bigger dream than anything I'd achieved so far. My deepest desire was to share what I'd learned with others so they could improve their lives as well. I figured that if everyone had the knowledge I did, the world would be a better place because everybody would be healthier and happier. Wouldn't that be great?

The best thing is how these methods are designed to be unique to the user. That means no matter who is using them, they will find the personal answers they need to heal their lives.

And that is the purpose of this book, to explain how I implemented these methods in my life so that you can use them as building blocks for healing whatever needs remedied in yours.

If you are ready to heal your life, physically, emotionally, and spiritually, then turn the page and take the simple assessment that begins on the next page.
Chapter One: How Healthy Are You?

Take a Simple Test

Have you recently suffered from a sinus infection, a sore back, strained muscles, migraines, allergies, hemorrhoids, the flu, or any minor affliction? Have you received treatment for heart disease, high blood pressure, diabetes, arthritis, prostate, MS, or even cancer? At any given moment, most of us have some malady we’re nursing, whether or not we have discussed it or been treated by our physician.

One of the most amazing things to me is how many different maladies each of us might have at any given moment—even if we consider ourselves “healthy.” As you work though the simple test that follows, you may be surprised too.

Why are there so many Body Songs vying for your attention? What messages are trying to get through? Have you blocked your internal reception from receiving messages so that your higher mind now has no alternative other than to get your attention through something you will notice—such as pain?

While we are acutely aware of any major concerns: cancer, arthritis, migraines, and other diseases and disorders, most of

“Now primed to hear people speak woundology, I believe I was meant to challenge the assumptions that I and many others then held dear—especially the assumption that everyone who is wounded or ill wants the full recovery of their health.”

Carolyn Myss,
Why People Don’t Heal and How They Can
us also seem to have a collection of sideline ailments we can call on at a moment’s notice: migraines, tendinitis, backaches, carpal tunnel, toothaches, heartburn, sinus problems, constipation, allergies, sprained or strained muscles, cold sores, and more. The latter are more like parlor tricks we can utilize as excuses, crutches, and catalysts for simple conversation where it’s almost as if we are in competition with one another to see who has had the worst experience.

For many of our minor ailments, we don’t see a doctor and, often, we don’t even medicate them. Why is that? Could it be they are not all that important? They seem to be important enough to notice, important enough to talk about, yet we seem to sense that in the scope of things, they’re not something we need to be too concerned about. Why not?

What you need to ask yourself is this, if they are not important enough for treatment then why are they consuming your conversations and your thoughts? Could it be they have a message for you if you would only listen? Could it be that you are noticing the message but are just not sure what it might mean?

While you might think the best of situations would be to remain entirely malady free, that’s not entirely true. Except for those few highly enlightened individuals who have fine-tuned their minds with God, your ailments are actually a part of your body’s built-in messaging system designed to get your attention when all else fails. I’ll discuss all of this later in the book; in the meantime, take the simple test that follows and see where you stand.

THE FULL BODY ASSESSMENT

Note: please see a doctor for treatment of any major ailment. I am not a physician and cannot offer you any medical advice. However, after you have attended to whatever necessary treatments your medical professional might advise, feel free to employ my methods as detailed throughout the book.

What I would like you to do is to simply assess where you are now healthwise. I want you to reveal the least of your maladies as well as your worst. Begin by making a
copy of the diagram on the next page (or draw your own), then follow the instructions below:

1. Mark down every ache, pain, or symptom you currently are experiencing. Draw small images to describe your ailments when you can. As a rule of thumb, if an ailment has been recurrent and/or has shown itself within the last few days, or if the ailment is a long-term, chronic problem such as PMS, arthritis, back pain, migraines, etc., then include it.

2. Don’t forget those minor inconveniences and annoyances such as blisters, cold sores, calluses, toe corns, warts, hemorrhoids, bruises, even paper cuts. Need further ideas? Just walk down the aisles of your local drugstore and you’ll see the countless array of remedies available for these maladies.

3. Include a notation of any scars since they are a near-permanent mark on your body, calling for your recognition of them. If we have no more issues associated with them or are not to recall the particular incident any further, then why has our body not yet erased the evidence of it? Could it be this lifetime mark carries with it an ongoing message associated with our innate challenges or higher purpose? Do not discount these marks on subsequent reviews, either, as you may find the message that comes to you from them changes from time to time.

4. When you are done, list each item from the worst to least. You will need this information later on in the book.

6. Return to this exercise from time to time to do a quick assessment of your healthful condition.

7. If you need help interpreting any particular symptom, check my website for additional information as well as for online workshops and personal coaching.
How Healthy Are You?

Indicate with images any ailment, injury, irritation, deformity, birthmark, or scar you are experiencing right now.
Indicate with images any ailment, injury, irritation, deformity, birthmark, or scar you are experiencing right now.
After a visit to my chiropractor, where I had been receiving treatment for injuries from an automobile accident, I picked up my journal and began to write. I’d recently learned how to tap into the deeper recesses of my mind and reap a wealth of valuable healing information by using archetypes, visual images, and word associations. Starting with the joint and bone aches my chiropractor had been treating, I drifted through my writing, hopping from one association to the next, waiting to see what incredible connection my mind would reveal this time.

In a way that only the mind can understand, I suddenly remembered the movie *The Goonies*, and my thoughts jumped to their strange pirate organ made from human bones. With this unique instrument, the Goonie kids were attempting to decipher its hidden musical messages. If they played the right chords, the pirates’ secret passage began to open. If they played the wrong ones, the ground they stood on crumbled away.

Using my self-taught method, I found parallels between the Goonie’s spooky organ and my visit to the chiropractor. My doctor and I had talked about the

“For us to become whole and healthy, we must balance the body, mind and spirit. We need to take good care of our bodies. We need to have a positive mental attitude about ourselves and about life. And we need to have a strong spiritual connection. When these three things are balanced, we rejoice in living. No doctor, no health practitioner can give us this unless we choose to take part in our healing process.”

Louise L. Hay, *Heal Your Body*
different ailments, aches, and pains that could be caused from a simple misalignment of the spine, some of which could be cured instantly with a basic adjustment. I’d proven this myself a time or two by going into his office with a sore throat and runny nose, and leaving less than fifteen minutes later without them. And this was but the simplest of ailments that an adjustment could quickly cure.

The idea that a slight misalignment of the spinal column could cause a physical ailment intrigued me. What caused the spinal column to change positions? Did the subconscious mind play a role?

How does the body create an ailment? Why is it that one morning we wake up fine and the next we find ourselves ill, in pain, or dysfunctional? Why do some people die of AIDS while others carry the HIV virus for years unaffected? Why do normal, healthy cells suddenly turn rogue and cancerous? Why are some people ill all the time while others go their entire lives without ever entering a hospital? Is there some deep, internal force controlling these symptoms from within us and, if so, for what purpose? Could the spine be a part of a more complicated, subconscious mechanism used for the purpose of creating symptoms reflective of our hidden emotional needs? Like the Goonies playing their unusual organ, is our body sending us clues we can use to heal and further benefit our lives?

With all these things in mind, I began referring to my physical symptoms as Body Songs, because I felt these ailments, no matter how severe or insignificant, were a message from within, designed to bring my body back into harmony with my higher purpose. Like poetic lyrics, these Body Songs played in riddles on my physical being so that I might discover their previously unrecognized emotional connection. It is in these connections that I found a powerful life-directional guide.

Thus, Body Songs are any physical malady, disease, disorder, ailment, or injury—even if accidental—which offers us an opportunity to look deeper at our lives and its situations. They are a message from within. Most often, an ailment is a symptom of a blocked dream or passion that is part of our higher purpose, a cry from deep within our soul to rekindle our passion and once again move us forward towards our dream.

“To me all disease stands in the same way and just as I have analyzed them, I find that they are the invention of man and they can be dissipated unless the impression is so strong that it is beyond the power of the operator to explain it.”

Phineas Parkhurst Quimby,
Health and Disease

“Illness is a way for people who have shut down their feelings to reopen their feeling centers and reconnect with their selves.”

Author Unknown
**Body Songs Have One of Four Purposes Which Are:**

1. To remove an emotional block which is preventing us from fulfilling our highest purpose.
2. To encourage us to repair a hidden emotional pain or forgotten indiscretion that we have buried deep within and have failed to release and/or forgive.
3. To create a situation that will be instrumental in helping us overcome an innate challenge.
4. To lead us to persons or situations that can provide knowledge, experiences, or contacts we need to fulfill our purpose or goals.

A *Body Song* is always in direct proportion to the immediate need. The more urgent the need, the more severe the symptoms.

**Core Directives**

Deep within our being is the core of who we are and why we are. Above all else, this is what’s most important to the body’s underlying operating system. Even though our healthy body seems very important to us, to our core, health is secondary. Instead, our highest purpose is first and foremost. The body will do whatever is necessary to preserve and pursue that purpose even if it means sacrificing some physical function or bearing tremendous physical pain. While it seems ridiculous that our body would allow us to suffer pain for any reason—it’s much easier to believe that our pain is due to some punishment, sin, or bad luck on our part—yet, the body does react in this way.

A *Body Song* is a catch valve. If we build emotional blocks that prevent us from reaching our predestined goal, our body devises a way to pull the blocks down. The more we pull in the wrong direction, the harder the safety catch pulls back.

When I was young, a friend took me to a large amusement park. We rode many different rides. Standing in line

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*“And if thy right eye offend thee, pluck it out, and cast it from thee, for it is profitable for thee that one of thy members should perish, and not that thy whole body should be cast into hell.”*  
Matthew 5:29, King James Version
at one of them, the sign depicted storybook character Mr. Toad and his wild automobile ride. Toad had no regard for rules, regulations, roads, people, or even trees that might be in his way. I could not wait to get behind the wheel of that car so I could drive like Toad.

Of course, the park couldn’t have patrons driving recklessly all over the place; thus, the cars were attached to the track by a safety bar. If the car turned too far right or too far left, the bar prevented the car from leaving the track. While this was not my idea of ‘a wild ride,’ it did prevent the park from facing countless lawsuits.

Our bodies have a safety bar too. During one of my more serious hospital stays, I nearly died. The doctors explained to my husband, as I lay unconscious in intensive care, that my body would shut down my vital organs, one at a time, in an attempt to preserve my life. But if my kidneys shut down, I would not survive. Fortunately, that didn’t happen.

I later found an example in nature that helped me understand what happened to me. One of the plants I’d received while in the hospital began to drop its leaves. Whether too little sun, too much water, or some other problem, I did not know. I only knew that soon the plant had no leaves and became quite useless with nothing but an empty stalk.

The plant knew it could sacrifice its leaves as they weren’t vital to its survival. Its roots were. By sacrificing its leaves, the plant prolonged the life of its core even though, to me, a plant without leaves had no use.

We often see our physical body as our most vital part. When we are hampered by ailments—whether temporary or permanent—we don’t always realize how that lack or limited function has somehow furthered our higher purpose—something we may have given little or no credence to at all.

In the case of my plant, eventually, something destroyed the root, and I threw the dead stalk away. Had I been able to strengthen the root, the plant would have once again thrived. In our lives, our root is our highest purpose even if it is unknown to us—which brings up another point.

Do I need to know my purpose or the meaning of the ailment in order to gain the benefit? No. Many lives are changed every day without conscious knowledge of either

“If you understand or if you don’t, if you believe or if you doubt. There’s a universal justice; and the eyes of truth are always watching you.”

Michael Cretu, Cross of Changes
The body's internal system is designed to work regardless of whether or not we know.

But what if we did? What if we knew our purpose and actively pursued it, would we need ailments at all?

An ailment is a means for the underlying emotional body to gain our conscious attention. While it doesn't need our help to accomplish its goal, we can considerably enhance the situation if we do.

Think of it this way. If I climb to the top of a ski run and attempt to slide down without skis, the sheer slope and slipperiness—with the help of Mother Gravity—will bring me to the bottom of the hill. The result will not be pretty, but I will arrive at my desired destination.

If, however, I put on skis and guide myself down the slope with any manner of skill, I will arrive at the same destination not only quicker but also far better for it.

Therefore, if I interpret the underlying message of an ailment and begin to actively correct whatever emotional block caused it to manifest in the first place, I can shortcut its effects since the symptom will no longer be needed.

After my cancer diagnosis, I had no choice but to take the path directed by its circumstances—or die. Having cancer forced me to stand up for myself. The circumstances and situations surrounding my illness demanded it. I knew this and accepted it as the disease's personal message to me without ever knowing an ailment could be interpreted. Once I began to walk in the proper direction, the disease's message was no longer needed; thus, its symptoms were no longer needed, and they went away.

At the time I began to take my stand, I had not yet received any treatment for my cancer. I had only received countless tests over a two-month period. Nevertheless, my diagnoses went from nodular sclerosing Hodgkins Stage III (the worst) to Stage I (the earliest stage of the disease).

By taking action against the underlying emotional blocks, my outcome changed, my diagnosis changed, my treatment for cure changed, my outlook on life changed.

However, in those days, my actions were based purely on circumstances, not knowledge. I had blindly stumbled on my cure. Because I didn't understand the scope of what I had found, I subsequently spent years trying to understand what happened so I could duplicate it again in my own life, but also so I could share it with others.

"If I had the operation to remove the cancerous growth and also cleared the mental pattern that was causing the cancer, then it would not return. If cancer or any other illness returns, I do not believe it is because they did not 'get it all out,' but rather that the patient has made no mental changes. He or she just recreates the same illness, perhaps in a different part of the body."

Louise L. Hay,
You Can Heal Your Life
Today, I know that ailments have meaning. If we seek out those meanings and act on them, we can alter their course—sometimes instantly. (Think about that for a moment...)

In the same way my chiropractor’s realignment of my spinal column can remove my cold symptoms, the realignment of my mind to its higher purpose can change my life’s course.

But how many of us consciously know and pursue our purpose? How can we react effectively if we do not know what our body is reacting against?

Through the exercises that follow, you will learn how to interpret an ailment and learn its underlying message. You will also learn how to uncover your highest purpose.

In addition, you will...

1. Gain understanding about your ailments and how to react against them.

2. Learn how to remove the emotional blocks and fears preventing you from living life to its fullest.

3. Learn the meaning of your heritage and how the messages it brings can lend direction in your life.

4. Gain understanding about how being aware of your innate challenges will bring you the desires of your heart.

5. Learn how ailments actually empower your life and lead you toward fulfilling your highest purpose and most heartfelt dreams.
Chapter Three: For the Journey on Which You Are About to Embark

Here are the fundamentals you need to know to make the best use of the exercises that follow.

The Main Purpose of These Exercises and Texts

1. These exercises are designed to delve deeply into your heart and mind to uncover the emotional connections between your physical condition and your life circumstances. By understanding how your reactions to certain situations relate to your physical condition, you can appropriately alter your reactions and, in turn, alter your physical symptoms.

2. This book is also about finding purpose, and in doing so, whole health—body, mind, and spirit. A person who has revealed their purpose to their conscious mind will pursue it with passion and vigor. They will have a renewed life. They will live with enthusiasm and have a happier, healthier outlook.

Yes, YOU have a purpose; we all do. By uncovering it, defining it, clarifying it, you’ll gain clear direction and will

“So Brahma hid man’s divinity within man himself; for it is there that man never thinks of looking but searches restlessly instead, all over the earth.”

Lydia J. Schrader Gray,
Children of the New Age
be able to make confident decisions each step along the way. Your body will respond in kind by giving you the health you need to pursue your purpose and most heartfelt dreams.

You do not need extensive training in order to interpret a situation or to correlate the given signs and symbols. In fact, every child already knows how to do this. Each interpretation begins by simply relaxing the mind and allowing it to flow freely on word associations and images. *(You will find more details on this in Appendix A: How to Do Word Association Exercises.)*

Imagination is perhaps the most powerful gift ever given to us by God to use as we will. And yet we often box this power and store it away declaring it ‘silly’ or ‘childish,’ thus totally ignoring a powerful and creative tool readily and freely available to us all.

The wonderful thing about these intuitive interpretations is how they are decidedly unique and personal to our own experience and means of understanding. No one can tell us better than ourselves what lies beneath the surface of our skin. We are not monochrome clones with one-size-fits-all thinking. We are one-of-a-kind individuals seeking specialized answers.

3. Remember, this is intended to be a journey of healing, so don’t become so absorbed and focused on your ailments that you make them worse. Discover the interpretation, then focus on a positive outcome and on goals designed to direct your life to its fullest potential.

4. Finally, the purpose of these exercises and texts is not to offer medical advice. *Please seek* a qualified professional for any medical condition.

Regardless of whether your search takes you through traditional, medical means or through alternative, holistic avenues, medical practitioners can play an important role in your search for total well-being, either by assisting with relief from symptoms or by providing a new contact, direction, or archetype in which to further your purposeful journey.
ABSTRACT THE BOOK

Transformational Healing:
Five Surprisingly Simple Keys Designed to Redirect
Your Life Toward Wellness, Purpose, and Prosperity

Jamie L. Saloff
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ISBN: 0-9740642-0-3

Diagnosed with cancer at age twenty-four, Jamie didn't believe she'd ever live to see her then two-year-old son grow up. Then a dream helped Jamie turn her diagnosis around. Not only did she recover from the disease, but less than one month later and despite her doctor's assurance of its impossibility, Jamie became pregnant with her second son. Though she would survive two more near death experiences (NDEs) and face several other life-threatening conditions, she has learned how to overcome the ravages of disease and their accompanying strife. She has discovered how to unlock the meaning of her ailments and turn them into a map for success, purpose, and prosperity.

Do you wish you could change your life for the better? If you answered yes, Transformational Healing is for you. Crammed into this 428-page book are eighteen mind-opening, easy-to-do exercises, and plenty of straightforward advice to show you how to:

• Reveal the startling, life-changing messages that are hidden in your ailments
• Uncover the guidance that is readily available to you through your family's heritage
• Awaken your body's ability for healing and unlock the hidden power of your mind
• Discover and attain your life's highest purpose and create the life you've always wanted

"Don't let the seemingly simple exercises and easy to implement programs fool you. This book is packed with power! Saloff's uncomplicated approach, backed by her own experience, shows you how self-healing can be mastered by anyone."
Dr. Nell M. Rodgers, DC MN, author of Puppet or Puppeteer: You Hold the Key to the Life You Really Want

"Beyond Caroline Myss and Louise Hay, this work shares everything you need to know, from the deepest of all places, whether you believe your malady be of a physical, emotional, mental, or spiritual nature, or all of the above." Tom Bird, author of Write Right From God

"A refreshing and unique way to look at illness and healing. I would recommend Transformational Healing to anyone, not just those who are sick."
Joseph Korn, author of Dowsing: A Path to Enlightenment

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Dream it,
live it,
produce it,
pound it out,
let it rip,
get it going,
sweat a little,
love a lot,
bare it all,
be true to yourself.

Question, but do not doubt.
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