

TRANSFORMATIONAL *healing*

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

Jamie L. Saloff



Reader Views

Book reviews, for readers, by readers.

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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!

MY STORY



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

“Now 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

“The word INCURABLE, which is so frightening to so many people, means to me that this particular condition cannot be cured by any outer means and that we must go within to find the cure!”

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?

1

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 through 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*

"You call this body matter, when awake, or when asleep in a dream. That matter can report pain, or that mind is IN matter, reporting sensations, is but a dream at all times. . . . When your belief in pain ceases, the pain stops; for matter has no intelligence of its own."

Mary Baker Eddy,
Miscellaneous Writings

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.

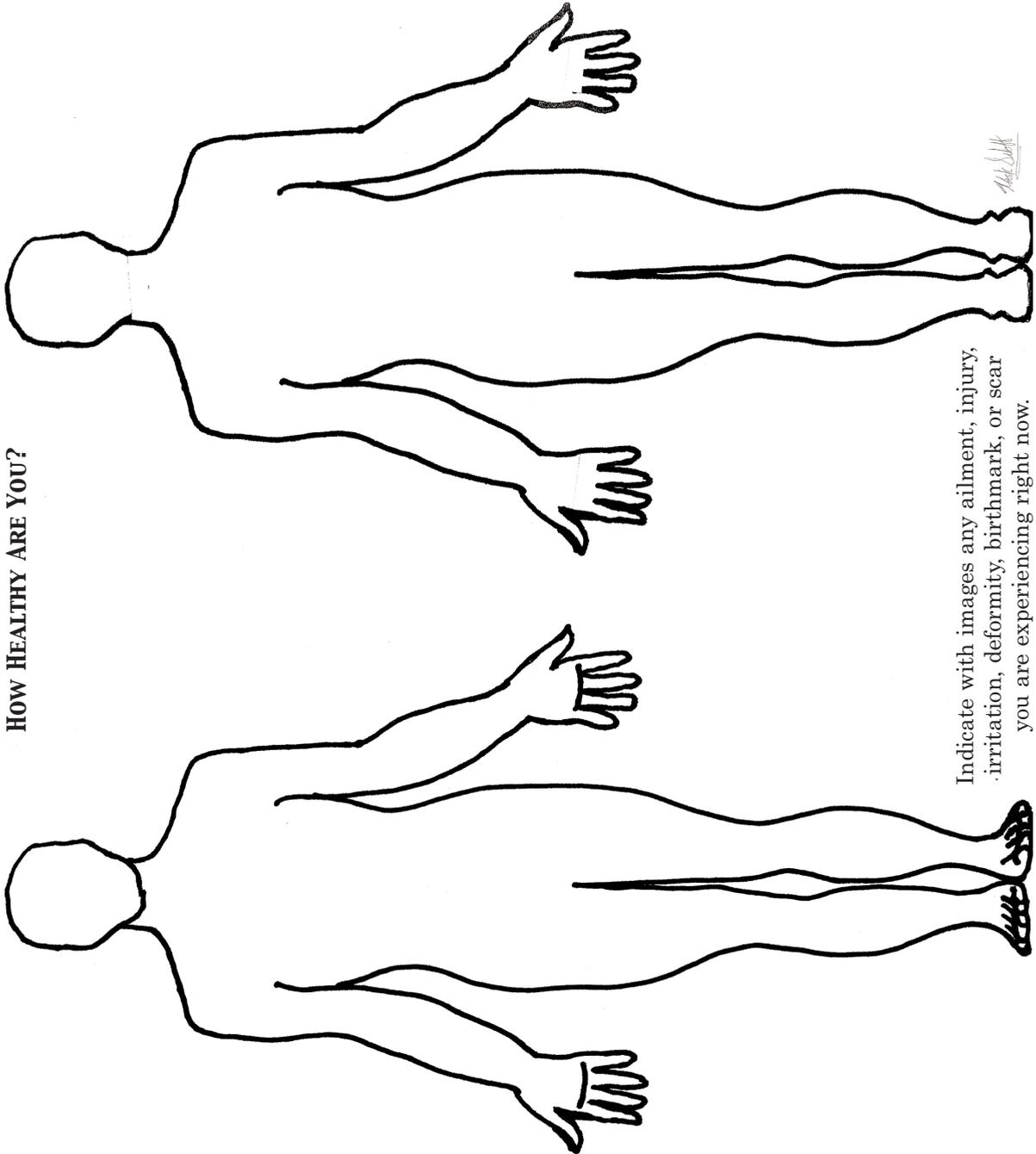
What I would like you to do is to simply assess where you are now healthwise. I want you to reveal the least of your maladies as well as your worst. Begin by making a

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.



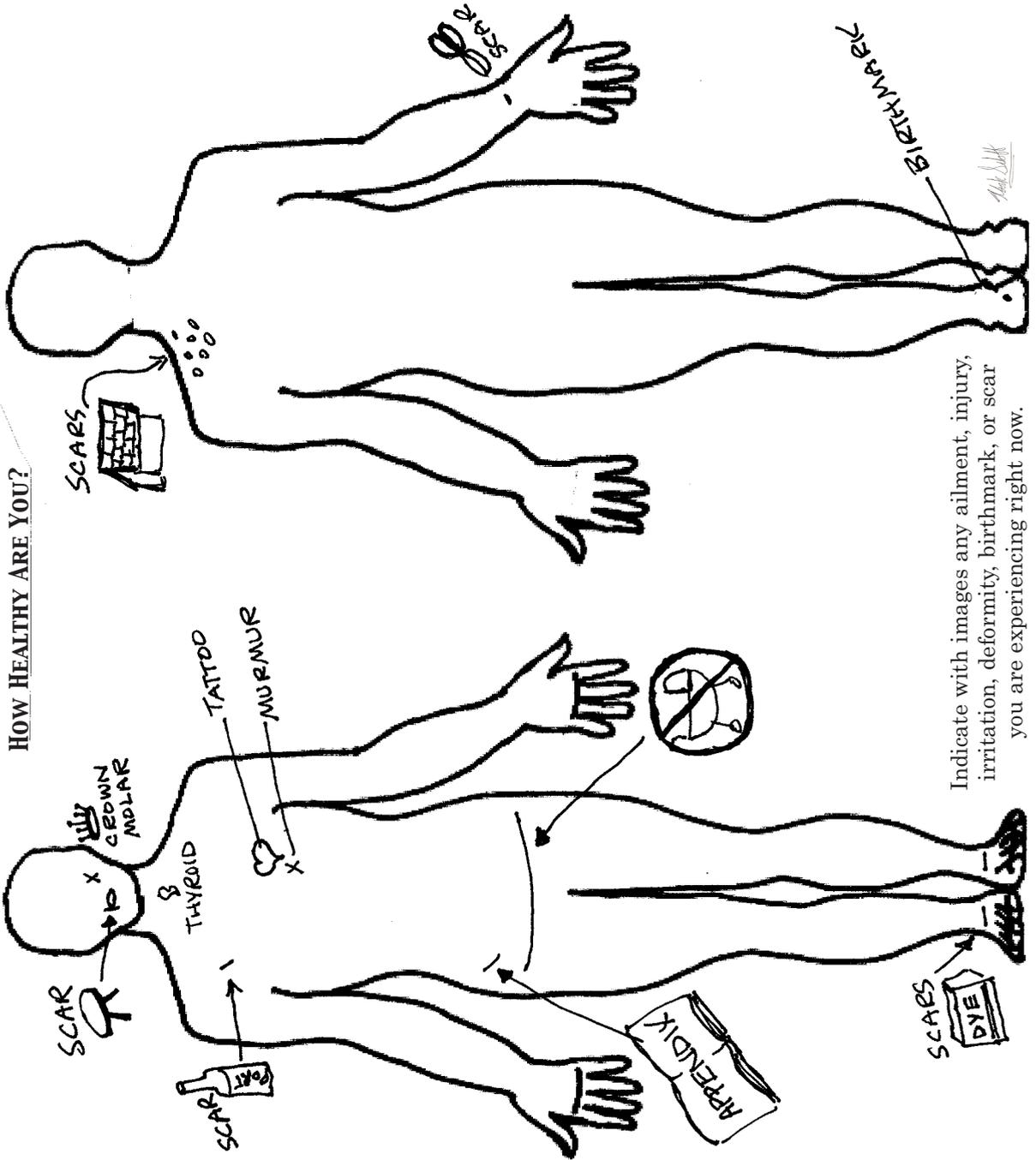
HOW HEALTHY ARE YOU?



Indicate with images any ailment, injury, irritation, deformity, birthmark, or scar you are experiencing right now.

Mark Saloff

HOW HEALTHY ARE YOU?



Indicate with images any ailment, injury, irritation, deformity, birthmark, or scar you are experiencing right now.

CHAPTER TWO: 2 WHAT IS A BODY SONG?

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

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“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 Parkhust 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

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.

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

“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

“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

at one of them, the sign depicted storybook character Mr. Toad¹ 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

one. 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

TRANSFORMATIONAL HEALING / JAMIE L. SALOFF

“There is Miss LeRoux whom we all know. She is stone blind in one eye, and has been for four years. . . . [But] God Almighty met the fellow’s faith; the woman’s eye opened right then, and she stood before that congregation and covering the good eye, read with the eye that had been blind, the entire chapter.”

Gordon Lindsay,
The New John G. Lake Sermons

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. . . . *Instantly.*)

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

3

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.



ABOUT THE BOOK

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

**Jamie L. Saloff
Price \$24.95
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

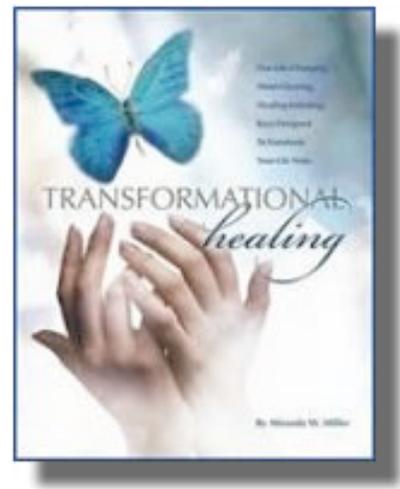
"Don't let the seemingly simple exercises and easy to implement programs fool you. This book is packed with power! Saloff's uncomplicated approach, backed by her own experience, shows you how self-healing can be mastered by anyone."

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*



Order from fine bookstores everywhere, or online from Amazon.com, and other online retailers. You can also purchase direct from www.sentbooks.com.

TABLE OF CONTENTS



*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.*

TABLE OF CONTENTS

INTRODUCTION

MY STORY	03
-----------------------	-----------

CHAPTER ONE:

HOW HEALTHY ARE YOU?	05
-----------------------------------	-----------

Take a Simple Test	05
The Full Body Assessment	06

CHAPTER TWO:

WHAT IS A BODY SONG?	11
-----------------------------------	-----------

Body Songs Have One of Four Purposes	13
Core Directives	13

CHAPTER THREE:

FOR THE JOURNEY ON WHICH YOU ARE ABOUT TO EMBARK	17
---	-----------

The Main Purpose of These Exercises and Texts	17
---	----

SECTION I: RELIEF

CHAPTER FOUR:

FINDING RELIEF	21
-----------------------------	-----------

Medical Relief	23
Alternative Medicines and Care	24
Relief for the Mind	27
Yoga	28
Financial Relief	31

CHAPTER FIVE:

HOW TO INTERPRET AN AILMENT	35
--	-----------

Exercise 1—How to Interpret an Ailment	35
Step One—Go Within	35
Step Two—Visualize Your Ailment	36

TABLE OF CONTENTS

Step Three—Find Key Words	36
Step Four—Asking Questions	37
Step Five—Going Deeper	38
Step Six—The Connection to Those Around Us	38
Step Seven—Summarizing	40
If You Can't Find the Connection	40

CHAPTER SIX:

MISTAKEN PERCEPTIONS 43

What Is a Mistaken Perception?	43
What Happens When We See the Truth?	45
Why Do We Believe Our Mistaken Perceptions?	45
Programming	46
Survival Tactics	46
Our First Glimpse of Truth—A Light in the Darkness	49
How Do We Release a Mistaken Perception if We Don't Know It's There?	50
Exercise 2—Question Your Beliefs	51
Part One—Our General Beliefs	52
Part Two—Dispelling a Belief	52
Could There Be Another Way of Thinking?	54
Exercise 3—Deconstructing Our Beliefs	57
Step One—Write Out the Belief	57
Step Two—Disprove the Belief	57
Step Three—Explore New Possibilities	58

SECTION II: COMMITMENT

CHAPTER SEVEN:

COMMITMENT, DEDICATION, AND DISCIPLINE 63

Commitment Is Persistence and Determination	64
Recognition and Choices	64
Choosing Our Attitude	65
Perception	66
Mouth Confession	68
Responsibility	71
Clearing Old Choices Makes Room for New	71
The Emotional Reflection of Quality	73
Exercise Number 4—Clearing Away the Past	74

TABLE OF CONTENTS

Step One—Clear Your Clutter	74
Step Two—Room for New and Better Things	76
Step Three—Continuing the Process	76
Forgiveness	77
No Regrets	78
So How DO You Forgive Yourself?	81
Step One—Recognition and Acceptance	81
Step Two—An Alternative Point of View	82
Step Three—Leave the Past in the Past	82
Step Four—Growth	82
Forgotten Is Not the Same as Buried	83
Commitment and Total Well-Being	84
Discovery	84

CHAPTER EIGHT:

OVERCOMING FEAR AND RECOGNIZING TRUTH 89

Clarifying Your Fears	90
Primal Fears	90
Specific Fears	91
Exercise Number 5—Redefining Fear	92
The Mardi Gras Clown Unmasked	93

SECTION III: FINDING AND FULFILLING

THE DESIRES OF YOUR HEART

CHAPTER NINE:

MAPPING OUR DESIRES 97

Definition Brings Clarity	98
Exercise 6—Defining Desire	99
Step One: Clearly Identify Your Desires	102
Step Two: Identify Easy Steps	103
Step Three: Be Open to Opportunities	103
Step Four: Speak in Positive Terms	103
Step Five: Let God Worry About the ‘How’	105
Step Six: Focus on One Desire at a Time	106
Step Seven: Bring Your Goal to Memory Often	106
Step Eight: Create New Desires Frequently	107
What Happens Next?	107

TABLE OF CONTENTS

CHAPTER TEN:

ACKNOWLEDGING YOUR SKILLS	109
When You Falter	109
Fear	110
Motivation	110
Too Overwhelming	110
Blocked	112
Not 'Enough'	112
When You Lack the Skill	112
Looking at the Parts to Find the Whole	114
Taking Credit for Your Skills	115
Exercise 7—Skills Credit	118
Purposeful Childhood Memories	118

CHAPTER ELEVEN:

THE SPIRAL OF LIFE WHEN DESIRE CREATES SKILL	121
---	------------

CHAPTER TWELVE:

WHY YOUR HERITAGE IS IMPORTANT AND HOW IT CAN BENEFIT YOU	125
What Our Parents Offer Toward Our Purpose	126
Family Themes	127
Exercise 8—Defining Your Statement of Purpose	128

CHAPTER THIRTEEN:

BRINGING ALL THE PIECES TOGETHER	131
Your Innate Challenges	132
Exercise 9—Finding Meaning in Your Past	133
Step One: Your Caregivers	133
Step Two: Identifying Your Parents' Ailments	133
Step Three: Our Parents' Emotional Connections	134
Step Four: Your Parents' Innate Challenges	134
Interpretations	134
Finding Your Higher Purpose— Part Two	136
Exercise 10—Redefining Your Goals	137
Step One: Relax	139
Step Two: No Distractions!	139
Step Three: Give Yourself Time	139
Step Four: It's Not Just a Job, It's a Way of Life	139
Step Five: Two Maps Are Better Than One	140

TABLE OF CONTENTS

SECTION IV: CONNECTION

COMMUNICATING WITH GOD AND OUR HIGHER SELF

CHAPTER FOURTEEN:

ARE YOU FULLY PLUGGED IN? WHY YOU NEED CONNECTION 143

What Is Connection?	143
Why Is Connection Important?	144
Why We Have Put Connection on ‘Hold’	145
We Were Born With the Ability to Connect	146
We Control the Flow	147

CHAPTER FIFTEEN:

A MUSICAL CONNECTION 149

A New Level of Connection	150
Why Music Facilitates Our Ability to Connect	151
Exercise 11—Stationary Dancing	153

CHAPTER SIXTEEN:

“HELLO? CENTRAL!” OTHER WAYS WE CONNECT 157

Stepping Into a Time Warp	158
Reading	159
Passive Exercise	160
Exercise 12—Meditation	161
The Creative Arts	162
Exercise 13—Creating a Collage	163
Creativity Can Make a Difference	164
The Connectivity of Movement	166
Creative Imagination	166
Exercise 14—The Reality Box	168

CHAPTER SEVENTEEN:

WRITING: THE CONNECTION OF WORDS 173

Writing	173
Lists	174
Journaling	175
Marathon Writing	176
Fiction Writing	177

TABLE OF CONTENTS

CHAPTER EIGHTEEN:

THE PRAYER CONNECTION AND USING IT EFFECTIVELY 179

Talking to God Through Prayer	179
The Finer Points of Prayer	180
When No Solution Is in Sight	180
Outcomes	182
The Many Paths You Take	183
Pray Without Ceasing	184
Praying on the Go	185
Prayers Are Like Goals	186
When You Pray for Others	186
Think of God as a Loving, Earthly Parent	186
When You Pray, Expect an Answer	187
Prayer's Little Surprises	187

CHAPTER NINETEEN:

A COMPASS, A SEXTANT, A TOPOGRAPHICAL MAP: YOUR INTERNAL

GUIDANCE SYSTEM 189

Secret Messages	189
Intuition	190
Clairaudience	191
Claircognizance	191
Clairsentience	193
Clairvoyance	193
Trusting the Four Cs	195
How Past Memories Illuminate the Future	196
Memory Tags and Why They Are Important	196
(MPMs) — Memorable Physical Manifestations	197
Where and How to Find Memorable Physical Manifestations	198
How to Interpret an MPM	200
More Tips for Interpreting a Memorable Physical Manifestation (MPM)	202
Exercise 15—Dreams	203
Visions	208
How to Interpret a Vision	210
Reflections	211
Exercise 16—Image Balloons	211
The Magic Mirror	215
Welcome to Alice's Wonderland and the Other Side of the Mirror	219
Swans—Everyday People With Extraordinary Power to Influence and Encourage Our Lives	223
More Ways to View Reflections	224

TABLE OF CONTENTS

Reflecting Backward	224
Reflecting Forward	225
Mirrors in Our Environment	226
Reflected History	227
Reaching the Highest Form of Connection	231
Ask-Seek-Knock	232

CHAPTER TWENTY:

THE STILL, SMALL VOICE A GUIDE TO LEAD US 233

It Began With a Dozen Eggs	233
The Voice Within	235
Hearing Voices	237
The Three Voices	238
The Angelic Voice	238
The Teacher Voice	242
The Prophetic Voice	244
How to Recognize the Prophetic Voice Within	245
Exercise 17—Listen	246
The Finer Points	247
The Voice Knows if You Are Listening	247
You Can Feel the Voice	247
You Do Not Have to Hear Distinct Words	248
The Voice Speaks a Foreign Language	249
The Voice Remembers What It Told You	249
Trust, Acknowledge, and Offer Gratitude to the Voice	250
You Can Ask the Voice Questions	251
The Voice Has Its Own Agenda and Remains Focused on the Ultimate Goal at All Times	252
The Voice Represents Only Truth and Love	254
The Voice Knows Love and Pain	255

CHAPTER TWENTY-ONE:

TAKING YOUR CONNECTION TO THE NEXT LEVEL 257

Pain and Connection—for the Greater Good	257
When Life Changes	258
You Can't Stop Growth	259
A Miracle in My Living Room	261
The Questions I Asked	262
The Three Prophecies	266
The Prophecy of Snow	266

TABLE OF CONTENTS

Why an Angel in My Living Room Is Important to You	268
One Last Note	270

CHAPTER TWENTY-TWO:

TROUBLESHOOTING CONNECTION: WHEN THINGS GO WRONG271

Breakdowns and What to Do About Them	271
When Life Grabs the Helm	274
The Raging Rapids	274
No Wind for Our Sails	275

SECTION V: SYNCHRONICITY

CHAPTER TWENTY-THREE:

LIVING YOUR LIFE ‘IN SYNC’279

We All Face Challenges	280
------------------------------	-----

CHAPTER TWENTY-FOUR:

THE LAST STAGES: LETTING GO, MOVING ON, BEING THE BEST

YOU CAN BE283

What’s Mine Is Mine—Taking Back Your Power	283
Don’t Feel Guilty	284
Balance and Flow	286
Regaining Your Life’s Balance	287
Simplify Your Life	288
Attachments	290
Forget About the Numbers	292
Attitude Adjustment	294
Exercise 18—Letting Go of Your Deepest Secrets	295
Mentors	297
Spirals	300

CHAPTER TWENTY-FIVE:

WHO AM I—REALLY? ALTERNATIVE REALITIES AND WHY THEY ARE

IMPORTANT 303

Trying on Different Aspects of Self	303
---	-----

TABLE OF CONTENTS

Childhood Perceptions	305
Historical Perceptions	308
Alien Perceptions	312
Beyond the Galaxies	315
More Written Revelations of Self	317
Core Energies	318
I Am the Rainbow	320
Flashlights	320
In Conclusion	321
EPILOGUE	323
To Contact Jamie	327
ACKNOWLEDGMENTS	329
 <u>APPENDIXES</u>	
APPENDIX A:	
WORD ASSOCIATION: HOW TO DO THE EXERCISES	337
 APPENDIX B:	
EXERCISE ONE EXAMPLE: SYMPTOMS, SYMBOLS, AND INSIGHTS ...	339
Important Information About the Following Example	339
A Sample Exercise in Four Parts	341
How an Ailment Healed My Life	343
A Completed Example of Exercise Number One	343
Key Words and Their Associations	344
I Have Been Poisoned	345
Stop Pressuring Me!	346
When Did This Begin?	347
Who Else Is Doing This?	347
What Would Happen if I Were to Say Out Loud Whatever I Was Thinking? ..	348
If I Stop, I Might Die	348
Hidden Under the First Revelation I Discovered a Second	350
I Don't Remember How to Feel	352
Why I Chose to Suffer	355
When They Resisted Grief	357
Letting Go of Violent Energy	360

TABLE OF CONTENTS

Beneath Anger You Find Pain	363
My Mother's Hidden Anger	363
I Have Been Abandoned	364
What Is Hidden Inside Me?	364
How a Tooth Related to My Stomach	365
The Hidden Truth Emerges	365
Past or Present—We Can Choose to Heal Our Lives	379
The Action List	373
React	374
Release	374
BIBLIOGRAPHY	375
ENDNOTES	385
INDEX	391
QUOTATIONS INDEX	399



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Sent Books
P. O. Box 339
Edinboro, PA, 16412

Layout Designed by Sent Books

Cover Design by Mary Fisher Designs

Drawings by Mark G. Saloff

Jamie's Photo by E. J. Morris

Fonts: Century Schoolbook, Invitation, Capitals, President, Optima,
Bickham Script, Renfield's Lunch, and Butterflies

Saloff, Jamie L.

Transformational Healing: Five Surprisingly Simple Keys
Designed to Redirect Your Life Toward Wellness, Purpose,
and Prosperity / Jamie L. Saloff

p. cm.

ISBN 0-9707258-7-6 / 13 digit ISBN 978-0-9740642-0-8 : \$24.95

Includes: Index and bibliographic data.

1. Healing (Self-help)
2. Intuition
3. Spirituality
4. Altered states of consciousness (Psychology).
5. Goal Setting. I. Title.

2005

Library of Congress Control Number: 2001012345

Copyright information available upon request.

First Edition

Published in the United States of America on acid-free paper.