

Refined Code to Joy Contemplation

by Linda Diane Mead, Ph.D.

The last time I read the copy right laws they had been changed to indicate that as long as a person uses their own words to express a concept / idea or any written material that it was unnecessary to identify the authors or material from which the original creative writings were thieved.

This is not a concept I agree with. Perhaps this is in part, due to my education in research and citing your sources, but I believe it is more in the Spirit of Truth, that I hold it to be the case that the creative results of a person's work should be acknowledged when providing inspiration or foundation for the creative progression of other People.

While the authors of Code to Joy credit many creative disciplines that contributed to their refinement of a process that has yielded excellent results, in my creative progression I would further refine their process based on my experience with Father.

I would like to suggest that you take the time to write out the words, sentences, concepts that you are changing from unrighteous / unholy emotions to feelings of your Divine Expression such as Love, Peace, Joy, Self Respect.

The accompanying audio file has been placed on our blogs to provide a contemplation of this process using the changes that I believe align this process with what Father teaches. The file is called Refined Code to Joy.

Martin and I have had an excellent demonstration of the healing potential utilized in the various disciplines combined in this process. Sharon Berry was most notable in these experiences and we send Heartfelt Thanks to her and her family.

The first step that you might consider in freeing your energy body from core issues that you Desire to end, is a breathing technique that is intended to balance your energy body. In a seated position with your spine erect, shoulders relaxed, and chin aligned in a straight forward position, neither up nor down,

cross your chest with your left arm and place your fingers on the right side of your collar bone. Next place your right arm over you left in the same manner.

Cross your ankles in the opposite manner, placing your left ankle over your right

You will find it possible to a greater extend than you might imagine, even with physical challenges to accomplish this simple seated position. As you have relaxed in this position breathe in through your nose and out through your mouth. With each in breath, place the tip of your tongue just in behind your front upper teeth. As you breathe out through your mouth, place your tongue behind your lover front teeth. Continue this alternate breathing for a few minutes until your feel peaceful and relaxed.

Step 1 b

For me using the I am words is a powerful statement of our Divinity. I would not subscribe to the utilization of I am combined with statements of unrighteous unholy expression as a way to identify self limiting beliefs.

Therefore as an example, I suggest:

damage, pain, sorrow, regret, prevail
because I don't deserve better

This statement of false belief does not empower unrighteous unholy false beliefs about the Self through I am statements.

Step 2 b

I believe that grounding with the Earth is a very powerful healing process, however I avoid the visualization of body cables running through the Earth. Instead I would suggest visualizing laying in the green grass under a tall tree, flowers nearby, sky crystal blue with puffy clouds and balmy cool breeze with sunshine for the time of day you find most nourishing.

In this visualization, experience the Earth energy around you. The trees, shrubs, flowers, the sky, the breeze, the Sun, and the Earth herself are energizing, healing, and restoring to the physical body.

Step 3 a

As I have suggested in my blog, rather than visualizing a solid object which can be retrieved, visualize joyous soap bubbles leaving you. As the soap bubbles leave, the negative experiences you seek to end, are cast out with the bubbles. As the bubbles "poof" so do the unrighteous unholy events, emotions, experiences, people, that you seek to remove from your energy body.

After all the bubbles you see are pearly clear and no more bubbles form to carry energies away from you, ask that any unrighteous unholy energies you carry from past generations be "poofed" in beautiful soap bubbles.

When you are free of those energies, ask that all future generations beginning with children, grandchildren and any other future generational energies that are currently affecting your freedom from this false belief be "poofed" in soap bubbles until they leave free and transparent and puff away.

If there is any energy that appears more tangible, solid, heavy, too large, too much of a burden to be carried away and "poofed" in a magic bubble, I might suggest taking that false energy to the Altar where you ask the Father to lift it from you that you may be filled with Truth.

Step 3 b

As a parallel statement to the false energy that has been lodged in a person's body one might say, "because I am Love and Power, the Rapture, Rhapsody, Power, Plan, I express Truth in Joy and Peace"

Whatever statement you create for this Truth regarding your Self, you may find that it evolves creating increasingly more accurate statements in as little as the five suggested repetitions.

Step 3 c

A list of the things, images, experiences, Life you Desire would be more personal than the suggested options and would increase its benefit. They might also include your whole and complete expression of Knowledge, the Wisdom of Truth.