

The Great Awakening Series

by Tim Ray & Susan McDowell

Volume 1
Feeling our Way

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Dedication

To all who are awakening:
May you meet yourself with a loving smile!



Compiled and edited by Tim Ray and Susan McDowell

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Forward

Sometime last year, Tim contacted me about this *Good Intentions Radio Show* he was doing. He asked if I'd like to be a guest on it.

I had known this was coming for several years now. I had no idea how it would transpire; but, I had "seen" it [in a vision]. I had seen myself "having a conversation" with someone asking me questions. And, I knew it would lead to a book. I felt that it would eventually affect many people in a deeply profound way.

I saw it so clearly that I even tried to "make" it happen at that time. I asked a friend of mine to start asking me questions [as she often did]; and we recorded it. But, she was a little too self-conscious; so, it just didn't flow like I'd envisioned.

I set that aside for the time being. I decided to just let the "Powers That Be" handle it. But, I never doubted it would happen. I went about living my life; but, kept that vision alive inside myself. I didn't tell anyone else about it. But, I never stressed over it or doubted it at all.

So, when Tim called, I did not have a moment's hesitation. In my mind I thought, "here it is". I said "YES!" immediately.

We had an instant rapport from the very start. We got nothing but wonderful, positive reviews after our first show. Tim asked if I would come back. We started doing one show a month; and then, we went to two a month.

I began to notice a common theme where all the shows were somehow connected and flowed into one another.

So many people have told us how much they love the shows; and how much they have helped them in their lives. We wanted to do more and be able to reach more people. And, that's when the idea for a book came.

There is so much in them that can really help people understand and navigate these challenging times we are all living in.

As Tim and I were going over them, we came up with the title "The Great Awakening Series". Great awakenings are times of great change and new thought. And, many ancient cultures have predicted this "time of awakening" we are currently in and moving through. Everything we talk about feeds into this. It is a kind of guide that we believe will help people feel more empowered at a time when so much feels so out of control.

Just understanding what IS going on is so helpful. We talk about what is happening to the individual as well as the world; and the many ways that manifests.

We offer so many ways to deal with it all. From understanding how our thoughts create it all, personally and globally to how our bodies work, how we make ourselves ill and what to do about that. We deal with the mental, physical, emotional and spiritual. And we connect them all in a concrete way that can be realistically applied to life.

I have always known that I was born to do this. I've known it from a very early age. And, my entire life has been about gathering the experiential knowledge and tools needed to teach what I have learned [and am continuing to learn every day].

Everything that I know and teach has come directly from my own experience and inner guidance.

I hope that you will find all of this extremely helpful in your lives. I want only to help anyone who is open to it, to have a happier, more meaningful, joyful and LOVE filled life.

When that happens, it is natural to want to share it with others. So, we ALL benefit; and we each have a hand in making this world a better place!

"Life is not a race to be won. It is a song to be sung!"

I hope you will join us on this amazing journey forward.

A handwritten signature in cursive script that reads "Susan McDowell". The signature is written in black ink and is centered horizontally below the main text.

Introduction

Thank you for your interest in the Great Awakening Series. Susan and I wanted to keep the “feel” of a live show, so we are presenting each radio show as is.

In this show, we delve into some of Susan’s early childhood experiences such as a close up and personal visit from her favorite deceased uncle, Uncle Honey. Yes, you will find throughout the series Susan has the most adorable Aunt and Uncle names. This very early death experience had caused her to KNOW the truth of “life after death” and took away all fear about death. You will find out how these events lead to her future career as a healer and teacher. I have never met anyone who understood death at such an early age and when I mean understanding death-not that we all eventually die-but knowing without any doubt.... **that there is no death!**

Later in the show we discuss the root cause of breast cancer and illness, in general. We also share the critical importance of listening to our inner guidance [Higher Self], the connection between thoughts and health and how to interpret our thoughts using our emotions. I recently realized that I have lived most of my life in my head. Intellectually I had it going on... I could size up almost any situation person, place or thing and make the best decisions. But, I never understood how to feel my decisions in my heart until I met Super woman (Susan’s nick name she soon rightfully earned from me). It’s a new awakened way of living life by feeling our way through...and you can learn how to, if you already are not.

Finally we close out the show touching on the meaning of auras, halos and chakras. Just enough information to tease you for the next book that is all about chakras...

Enjoy this series, which was inspired by the divinity within both of us as the words flowed from our hearts to the airwaves and now to these books. Moments like what we have experienced and continue to experience are rare in life... at least they have been for me and I cherish my time as well as my further understanding of what we call the Great Awakening!

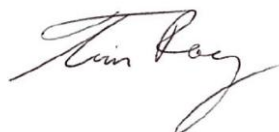


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Chapter I

Life after death

The Good Intentions Show

"Die before you die..."

Eckhart Tolle

- TIM: Thank you for joining us today. We are broadcasting live on the United Intentions Radio. Welcome to the Good Intentions Show, where higher-frequency thinking is king. This show is sponsored by United Intentions Foundation at <http://unitedintentions.org>. My name is Tim Ray, and I'm happy to be sitting here next to the beautiful—inside and out—SUSAN MCDOWELL. How are you SUSAN?
- SUSAN: Hi. I'm very well. Thank you.
- TIM: Thank you for coming. Yeah. Well, you have owned a healing practice for over 40 years.
- SUSAN: Yeah.
- TIM: And, you've worked with several modalities to address the whole person—the physical, emotional, mental, spiritual—all in creating a life that you want. For our listeners to understand a little bit about what that actually means and entails, I want you to get into your history and what has made you who you are today. First, before we go there, can we discuss that four-letter, ugly word that may stop people from creating a life that they truly desire, and that's "fear." Right?
- SUSAN: The "F" word.
- TIM: The "F" word. [LAUGHTER].
- SUSAN: [LAUGHTER].
- TIM: I like that. Most of us have been brought up on a "diet of fear."
- SUSAN: Yes.
- TIM: And, it's just a survival mechanism. Talking to Dr. Vern Morgan last week, he explained, you know, on a

subconscious level, how it really is—it serves us purpose. We need to have that, because otherwise we may not make the right decision. We may end up dead. [LAUGHTER]. But, at the same time, it's a word that holds us back from our potential. What's your take on fear?

SUSAN:

Well, I think the fear that saves us, that protects us, is instinctual fear. Like, if a big bear is standing in front of you, you want to know fear in that case.

But, the majority of fear that people experience today is mostly in their minds. They are false fears—fears of all sorts of things. You know, "What will people think of me? Am I good enough? Do I have what it takes?" All of those kinds of fears are in the mind. They're not from anything real. So, I love the acronym of fear (false evidence appearing real).

TIM: False evidence appearing real. Oh, that's phenomenal. I have never heard that before.

SUSAN: Yeah. So, if you go into fear and you just say that to yourself, it can help put a little bit of space between you and your fear so you might be able to look at it a little more clearly.

TIM: With fear, to me, sometimes it's like Eckhart Tolle would talk about having this psychological time versus—I think he said—real time or whatever it was and the psychological time is where you're obsessing over thoughts rather than just "clock time," I think he called it. Clock time versus psychological time.

SUSAN: Yeah. Instead of just living in the moment.

TIM: Moment. But, you have to recognize your future and your past experiences. So, whatever fearful issues that happened in your past, you want to recognize it. You just don't want to dwell on it.

SUSAN: Yeah.

TIM: When you dwell on it is when you start creating it.

SUSAN: You don't want live there.

TIM: Right.

SUSAN: You don't want to even look into the past or the future unless it's something that makes you feel good. Otherwise, you're activating those original thoughts and activating all the chemical responses in the body that go with those thoughts, therefore, affecting your energy level.

TIM: Right. Do you remember when you were a kid? I'm sure you experience fear, even as an adult now. Do you remember more so at a certain point, when you were a child, when fear was a little bit more predominant than it is today or vice versa? [LAUGHTER].

SUSAN: Actually, I have very little fear.

TIM: Fearless child, you were.

SUSAN: I pretty much was, and I'll tell you a little bit why.

TIM: Go ahead.

SUSAN: I first realized that there was more to the world than what we normally see and hear when my baby brother was born and in his bassinet. I was taking catechism classes on Saturdays, and we just studied The Sacraments. And, one of them was, "If you weren't christened or baptized before you died, you couldn't go to Heaven," and that produced fear because I was thinking of my baby brother, you know, and he hadn't been christened yet. So, I went home and I was looking in his bassinet at him sleeping and he was so pure and so beautiful, and I was thinking about, "How could God ever send this little baby not to Heaven?" And, that was the first time I really consciously was aware of an inner knowing. A really, really strong inner knowing came, and it was so clear. And, it told me, "That's not the truth." That, "God is love."

TIM: Wait. Was it more a sensation or a feeling, or was it actual words you heard?

SUSAN: When I tell people, I'll say that, "I heard these words."

TIM: Yeah.

SUSAN: But, it's not really words. It's more of a total knowing—like through my entire being—so strong that there's no denying it. I knew it better than I knew my name or anything that anyone had ever taught me. It just rang through me like this truth.

TIM: Was that a time in your life, SUSAN:, when you realized that you were special. And, you know, all parents think they're children are special, but some kids are just a little more special or different. You know?

SUSAN: Well, I never thought I was special.

TIM: Right.

SUSAN: It was just a natural thing, but I think I thought, after a while, I was different. [LAUGHTER].

TIM: [LAUGHTER]. Different in a very special way.

SUSAN: [LAUGHTER].

TIM: More so now than it could be appreciated, perhaps, back then? Maybe?

SUSAN: Well, now I understand a whole lot of things more.

TIM: When did you realize it? When did it really hit you? When did you realize that you were different?

SUSAN: It was a process. As growing up, I knew that I could sense things that other people around me weren't sensing, and I was completely open when I was little and I would say things to somebody like they were saying something. But, inside of myself, I knew that wasn't really what they meant or what they felt underneath. So, I said that to them, "But, wait. Aren't you feeling angry right now, but you're saying you're not?" And, that would freak people out. So, for a long time, I kind of had to keep a lot of this—I learned to keep it—to myself, and I always thank God for the few people as I got older who came back to me and said, "I wasn't ready to hear that when you said it, but I want to let you know it was true."

TIM: Would you advise, give or share your intuition with much older people then too, or was it just usually kids your age?

SUSAN: No. That was with older people.

TIM: [LAUGHTER].

SUSAN: That always happened. [LAUGHTER].

TIM: I have a son who's like that too. But, that's fascinating to me, because really adults must have looked at you differently or treated you differently than the other kids that they would be around.

SUSAN: It went a lot of ways, but I did learn to keep that quiet. My father, in his end time, in his mind, was kind of slippery, and he would sometimes just go into the past and be there and be like talking from that place, and I got to really enjoy these things because I realized I was getting to know things about my father that I never could've witnessed. And, one of the things was, they had a big family reunion on my father's side of the family, and I was three-years-old and I guess I was just talking to people. You know, the adults are all drinking and everything, so they're all more open, and I would just start saying things to them. And, they wound up recording the whole thing because none of them could believe I was saying the things I was saying.

TIM: Can you think of some examples?

SUSAN: Well, I was three-years-old, so I don't know. [LAUGHTER].

TIM: [LAUGHTER]. Doing a videotape would have come in handy, right?

SUSAN: But, I did want to tell you, for me, it was my brother in the bassinet, was one thing that made me question what I was being taught from the outside, and little-by-little I started learning things by I would just kind of get quiet and go, "Well, is there anything else I need to know or see," and then my inner guidance would speak to me. The more I would listen to it, the more I would hear it. But, a main event that happened to me that I believe affected everything thereafter was when my favorite uncle died and I was a little girl and this was my first experience with death, and oh I loved Uncle Honey.

And, my mom came to me and took me in my bedroom and said, "I have to tell you something," and this had never happened before where she was so serious. And, I was like, "What's going on?" So, she sat me down and she told me my, "Uncle Honey had died." I had no reference for what that meant. So, I asked her, "Well, what does that mean?" And, she said, "Well, it's as if he went to sleep, but he can never wake up again." And, that sounds scary. And, I was like, "What?" So.

TIM: "That could happen to anybody?" [LAUGHTER].

SUSAN: Yeah. Exactly. So, that whole day long I thought about it, and really I wasn't crying or anything. It would not compute inside of me. So, that night, everybody went to bed, and I was still awake thinking about it. And, I remember this like it was yesterday. I was in my bed, and it started sinking in, "Never see Uncle Honey again?" And then, all of a sudden, that idea really sunk in and I just started crying, and I wound up sitting up in my bed and I had my face in my hands and I was sobbing. And, in the next minute, I felt an arm around me, and I looked up and it was Uncle Honey.

TIM: Wow.

SUSAN: And, I said, "Uncle Honey, they told me that I was never going to see you again." And, he said, "I know. That's why I came to talk to you." And, he said, "I have to go away for what will seem like a long time to you; but, as you can see, I am fine." And, he said, "And, I want you to always remember this. That, even though it will seem like a long time, you will see me again and know that I am always fine."

TIM: I'm getting chill bumps right now hearing this story.

SUSAN: [LAUGHTER].

TIM: Did you actually see him or sensed him or felt him?

SUSAN: Oh, no he was completely physical to me as a child.

TIM: Was he physical or solid like he normally would be?

SUSAN: To me, he was completely real like any person.

TIM: Any other time?

SUSAN: And, why I was saying this is because I think why I had that experience was because I was not taught before that what death means. Nobody said, "You're not supposed to. When somebody dies, they're gone forever."

TIM: You were open to that reality?

SUSAN: So, I was completely open that he could come, because there was no set belief in me that he couldn't.

TIM: Is it really that simple that when we have an experience here in this lifetime and we experience wherever we may be, that we set beliefs; and, once we set a belief, we start creating that reality and we block out other potential realities?

SUSAN: Absolutely. That's exactly what happens. So, to me, that's the power of our thoughts. They can either limit us and shut us down or they can open and teach us. What happened that night, Uncle Honey convinced me that he had to leave.

TIM: All right.

SUSAN: I kept trying to convince him to stay. [LAUGHTER].

TIM: [LAUGHTER].

SUSAN: So, finally, he won, and so I started crying again because I knew he had to leave. I put my face in my hands again and I was crying, "Don't go, Uncle Honey," and I looked up and he was gone. My bed was next to the window on the second floor. So, I just instinctively looked out the window and he was standing in the backyard waving goodbye. So, I got up out of my bed and ran for the stairs, and my mother must have heard me talking or whatever. She had gotten out of bed and met me at the top of the stairs and stopped me from going down. I kept saying, "I have to go down. Uncle Honey's out back." She was like, "No. Come back to bed. You were only dreaming." I said, "But, Uncle Honey was here." She said, "No. It was just a dream. I know you think it was real, but it was just a dream."

TIM: Wow.

SUSAN: So, what that did to me, I knew, I know, it was real.

TIM: Right.

SUSAN: I remember it. I never went to sleep. It was not a dream. So, when I went back to bed, I started thinking about it, and I realized, "My mother really does believe it was a dream." I knew she wasn't trying to trick me, but I knew she really believed that.

TIM: You sensed that right then and there?

SUSAN: Yes.

TIM: At that age?

SUSAN: I did.

TIM: That's incredible.

SUSAN: So that, I believe that event, tapped a place inside of me open from then on that other people closed, and I would look at all experiences as, "Is something else going on here that people aren't seeing or hearing?" And, there was a lot going on, [LAUGHTER], that people weren't seeing and hearing. So, little-by-little, and I would test my inner guidance. I would go with it and I'd go against it, just to see what would happen.

TIM: Have you ever picked up anybody in that phase or state of being, besides your uncle that might have transitioned?

SUSAN: Oh, other people on the other side?

TIM: Yeah. Since you were so open to it at the time?

SUSAN: Not at that time, but to me it's also the love connection with that person because other people that were just there didn't really matter.

TIM: Right.

SUSAN: But, as people died—and I've had so many deaths in my life, so many before age 20, including 1 of my older 2 brothers are gone—the people who I really loved, I always had a connection with them after they died. They would come to me. As an adult, a lot of the time, they come to me in dreams and we visit. But, also, when I'm conscious, I'll hear them say, you know, something or crack up laughing or show me things.

TIM: Yeah. My mom sees dimes, and she knows it's her husband who passed away.

SUSAN: Those kinds of things. Well, I can tell you, just my mother passed away a little over one year ago, and my daughter had gotten me this. She took a whole year to set up this big trip for me to go back to St. John—the Island of St. John. And, it turned out, now she planned this for a whole year, got everything in place. It was all amazing. That trip happened—it was planned for—the week after my mother passed. Now, we had no way of knowing my mother was going to pass then. So, I went to St. John, and I was feeling like I had one sister who wasn't thrilled that I was going to take a vacation to St. John, even though, to me, that's my heart and my home. So, I was thinking about that and feeling like I felt I had checked with my heart and this felt completely right to me in every single way plus I don't have that death thing going on. I know my mom is wonderful. So.

TIM: But, you eliminated that fear of death at such a young age.

SUSAN: Yes.

TIM: Wouldn't you think that it helped you kind of grow into who you are today?

SUSAN: Absolutely.

TIM: From that one experience?

SUSAN: Absolutely. But, I want to just let you know what happened in St. John that validated this.

TIM: Right.

SUSAN: I wrote a letter to my mother when she passed at the gravesite, and I thanked her for all the different things she did. One of the things I thanked her for that meant so much to me was introducing me to Al Jolson.

TIM: Huh.

SUSAN: Al Jolson. So, she sat me down in front of the TV one day and said, "Suz, I think you're going to like this movie. It has a lot of music in it." Why it meant so much to me, first of all, Al Jolson was the first person that I had the experience of music making me cry.

TIM: Umm.

SUSAN: So, it really did reach my heart. But, the other important thing was, what this said to me was, "It was the first time I knew that my mother actually knew something about me—like who I am deep inside." So, I thanked her for that in this letter, and most people our age don't even know who Al Jolson is.

TIM: Right.

SUSAN: So, I'm in St. John, and we used to get only one channel that wasn't in Spanish.

TIM: [LAUGHTER].

SUSAN: And, very limited. You know, there's not all the cables and all that kind of stuff. So, that's all very limited. I am not somebody who watches TV to go to sleep, but I woke up at 4:00 in the morning this night and I couldn't go back to sleep. I tried all my normal things. I couldn't go back to sleep. So, in the end, I turn the TV on, and the movie that my mother had me watch when I was a little girl was The Jolson Story. The True Story of Al Jolson's Life. I turned the TV on in St. John at 4:00 in the morning, that movie is on, and I just started crying in such a good way.

TIM: Sure.

SUSAN: I felt my mother's presence fill the room. It was joy and love and happiness. That's when I felt her say, "You did exactly the right thing. Just enjoy this trip with all of your heart, and I'm happy."

TIM: So, now, anytime you see or hear Al Jolson, you associate, you really feel like—

SUSAN: My mom.

TIM: —mom's presence is—

SUSAN: Absolutely.

TIM: —giving you guidance or advice or saying, "Hello?"

SUSAN: Right. That's a trigger.

TIM: That's a trigger. Right.

SUSAN: Yeah. Yeah.

Chapter II

“The feelings behind illness”

Life is like a tree and its root is consciousness. Therefore, once we tend the root, the tree as a whole will be healthy.

~Deepak Chopra

TIM: How has that experience, you think, brought you to your business? Your business is called, “The Magic Touch,” which I love that name. That’s a fantastic name, and tell us about “The Magic Touch” and what you do. How do you, perhaps, incorporate your experiences when you were young into what you’re doing now to help your clients?

SUSAN: Yes. Well, in my business, I address the whole person—body, mind, spirit and emotions—and I have found that the main thing that everybody needs, that affects all those wells, is our thoughts. I recognized there was another thing. When I was a teenager, a lot of things started to become really clear to me, and that was when I started to make the association between our health and what we think about. My parents were the perfect examples of this. They were exact opposite people. My mother was real easygoing, nothing ever bothered her. She never went to the doctor, except when she had her babies. That was it. Never had checkups. Nothing. She was healthy and strong her whole life. My father was a chronic worrier. He worried about things you can’t even believe someone would worry about. He actually carried a spare pair of trousers in his trunk in case he ever split his pants.

TIM: [LAUGHTER].

SUSAN: [LAUGHTER]. That’s my father. My father had more health issues than anybody you’ve ever met.

TIM: Where your focus goes, your power goes, right?

SUSAN: Exactly. Exactly. So, even to the point of his whole family. He was the baby of eight children. Both of his parents and every brother and sister died in their 50s from arteriosclerosis. Well, him being the baby, he watched each one go, and I watched him convince himself, growing up, that he would die in his 50s just like everyone else. So, he did everything. He got every checkup. He took care of his heart. All this stuff. In his 50s, to me this how powerful our mind is, between 1 checkup and the next—he got the checkup and everything is fine and he’s clear—and before the next checkup, his heart went and he had to have his first triple bypass. He had three before he passed, and I realized, “Oh, my God. His mind programmed that beautifully.”

TIM: Perfectly, right.

SUSAN: You know. So, I use that in my practice and go back to every discomfort, every illness and every bad experience starts with thinking.

TIM: Right. You mean, the beliefs that they’ve created?

SUSAN: Yes.

TIM: So, a client would come to you, what would a day, what would an experience, look like?

SUSAN: Let me share something. I think this really demonstrates it well.

TIM: Okay.

SUSAN: I had a woman I was working with a long time, her stomach was very bloated, and every month when it was time for her menstrual cycle, she would not get her menstrual cycle, but her stomach would just bloat and she would get horrible cramping and pains and just be miserable. It had been over one year when I met her that she had not had a menstrual cycle, and this went on every month for her.

TIM: Umm.

SUSAN: So, I had been working with her doing body work and stuff, and so she knew a lot about what I did. This finally reached this crisis point where it was horribly painful for her. I said to her, "I can go into your abdomen and see what I find in there," and she was scared that it could be cancer or anything. She said, "I really feel like I need to get thoroughly checked out first and cleared of any bad diseases before I let you go in there deeply." So, she flew to Florida from the Island, spent a week there, having nonstop tests. They said, "Nothing." They could find nothing wrong, and the only thing they could do for her was a complete hysterectomy. She was young. She still wanted to have children. She said, "No. I'm not doing that." So, she came back and said, "Do whatever you think we need to do." In the meantime, I also am always talking with my clients to find out what they believe, where they're coming from, what they're living, how all that's going, because if I can get to know you enough, I can almost get to the bottom of anything going on in your body. So.

TIM: Energetically and physically as well?

SUSAN: Yes. So, and it's always a point of thought that is the beginning of any of this stuff.

TIM: Fascinating, because the thought suppresses somewhere in the body's cells.

SUSAN: If things aren't expressed in a mental and emotional level, the body is the last level. It's the slowest of energies, and it's the last place that the energy manifests to give us the opportunity to see it bigger when we can't ignore it. That will come. If we're not paying attention to what we're thinking and we're thinking all these negative things, it will show up in our bodies in some form.

TIM: That's the power of intentions, isn't it?

SUSAN: Exactly. Exactly. So, as I worked with her, I got in there, into her abdomen.

TIM: Through massages?

SUSAN: Yes. And, I went in.

TIM: Now, you're a licensed massage therapist?

SUSAN: Yes. Over 40 years. I found a spot in there that felt hard to me, and nothing in the body except bones should feel hard. So, I started working it. If you think of a hardened lump of clay, and I'm working that and softening it up. Because, where it's hard, things cannot move through. So, as I started pressing on that spot, all of a sudden it felt like a big thump happened, and she just gasped and burst out crying. That lump—that hard lump—moved, and she just cried and cried and cried. The next day, she got her menstrual cycle for the first time in over one year. Now, this will come back to the thoughts in a minute.

TIM: Sure.

SUSAN: So, she told me it was hard clumps of old, dried blood. So, what happened—now think out the thought—the next day, after the body moved the block and her emotion moved the emotion through the crying, then the rest flowed out of her. Now, I knew her for a few years, and she had never told me this and never told anyone this. She came back to me the next day and said, "All of this came out of me when I went home last night. I just cried and cried and all these feelings came out," and it had to do with when she first got married, she got pregnant. Her husband was still in his training for his job, and they had agreed with each other that they wouldn't have a baby for a few years. So, he convinced her to have an abortion, and she didn't really want to have an abortion. But, she did it, and she had to fly off Island to another island to get the abortion. She went alone and came home alone, and her husband didn't want to talk about it. It was never discussed again.

TIM: It was never processed?

SUSAN: Never. She had all this grief and all this guilt.

TIM: She had guilt and didn't forgive herself?

SUSAN: So, imagine, from that day forward, it was all repressed, and it would come. You know, for a long while, it came again and again, but inside of her, all of that guilt and grief was being held in. So, where does it go? To the part of the body it's related to. The female area, where you would hold a baby.

TIM: The womb.

SUSAN: It stopped her menses. You see?

TIM: Fascinating.

SUSAN: Because she also was deathly afraid of getting pregnant again. So, her periods stopped to prevent it.

TIM: Isn't that amazing how your thoughts are so powerful you could actually stop your menstrual cycle?

SUSAN: That's how everything in our body happens.

TIM: That is just fascinating to me. I see different examples of that and more so all the time coming from different people, from different perspectives, and it's so easy to say, "That's not true," because thoughts are invisible.

SUSAN: Yes. It takes a while for a thought to be thought over and over and over again before it manifests.

TIM: Right. Right.

SUSAN: If you thought it and it manifested instantly, that would be easy.

TIM: You really are an energy worker. Not just energy with the physical aspects of what you do, but also with the emotional and mental aspects of that energy.

SUSAN: Absolutely.

TIM: Because thoughts are energy too.

SUSAN: Let me tell you what I have found in my practice about cancer. The body gives you clues as to what the source of the problem is. So, where it's located in the body is my beginning place.

So, I like to talk about breast cancer, because it's so prevalent today. I've treated many different people with different kinds of cancers and lots of breast cancer in people. What I have found in common—now, of course, there's an exception to every rule, so, you know, there will be that—the majority, and really with everyone I've ever worked with, is think about the breast, it's one of the most female parts of our body. That you associate with female. What do we associate with female? Nurturing, taking care of people, most females put everybody else before themselves. They take care of themselves last. So, over years and years and years, this person will be putting everybody else in front of themselves and repressing every time they want to say, "No," but they don't. They put on a front that this is what a good person would do. So, after years and years and years of not being able to say, "No," and not honoring themselves, they get this buildup inside of them where it's like an inner thought of, "When will it ever be my turn?"

TIM: Right. Um-hum.

SUSAN: So, that to me is the basis of breast cancer, and there's a lot of repressed anger in there.

TIM: It kind of happens collectively too?

SUSAN: Absolutely.

TIM: Isn't there a collective mind?

SUSAN: Once you vibrate with a certain thought of feeling, you tap into all the rest of those feelings that are in the universe.

TIM: Amazing. Let's talk about frequencies for a second.

SUSAN: Let me just—

TIM: Sure. Go ahead. Please.

SUSAN: —finish one thing about the breast cancer, just because I wanted to give people hope on that.

TIM: No. No. No. Please. This is great stuff.

SUSAN: When I've worked with clients, I, little-by-little, get them to understand this, and the ones who are willing to make the—and the other thing about women is, it's the hardest thing for them to put themselves first, and it, a lot of the time, takes something life threatening, like cancer, for them to finally give themselves permission to say, "No," and to do what they need to do to keep the balance. It's not that you don't give to people, but you do it only when you really are feeling it—the women who can make the shift and start honoring themselves and saying, "No" when they need to and take care of themselves, and cancer is the best reason to give people where, "No. I can't come today. I need to just stay home and rest." People will accept it when you have cancer.

TIM: Ah. So, that's their escape out of and standing up for themselves?

SUSAN: Yes.

TIM: Right.

SUSAN: So, this gives them a valid reason to stand up.

TIM: Sure.

SUSAN: And, because cancer takes a while to get to the other end of, they get a good little window of time to practice this new way of being in. Everyone that I have treated, who makes the shift in themselves, the cancer goes away, and it never comes back. The ones where the cancer is recurring or finally takes them out are the people who just cannot do it.

TIM: They can't mentally and emotionally shift that belief system?

SUSAN: "They expect this of me."

TIM: Sure.

SUSAN: "This is who they know me to be."

TIM: Yeah. Yeah.

SUSAN: They just cannot do it.

TIM: Do you see that, the male manifestation of that, perhaps with type of belief system in, maybe, prostate cancer or some other type of cancer?

SUSAN: Yes. Each cancer has a certain mindset that goes with it.

TIM: I've heard that before.

SUSAN: Yeah, like leukemia. I treated a man with leukemia, and he was in a test study group with five others. They're not allowed to know about each other. Leukemia is about giving up. Like, "What is there left to live for?" That's kind of an inner feeling with leukemia. I got to talking to him about this, and when I said that to him, the first question I ask anybody that has a big-ticket disease is, "Can you tell me about what was going on in your life when you got this diagnosis?" I have never had anyone who doesn't immediately go, "Oh, I sure can. I can tell you exactly what was happening." And, it's some big emotional something.

TIM: Right.

SUSAN: He did that and told me all this stuff. So, we got him on the track of realizing what it was about and doing things in his life to inspire him to life. You know.

TIM: Well, I wanted to say thing: We're listening right now to Susan McDowell, and she is talking about, "The Magic Touch," what she does for a living, as well as helping and moving people from certain beliefs and mindsets. Also, this show is called, The Good Intentions Show, sponsored by The United Intention Foundation at <http://unitedintentions.org>. SUSAN:, with that, it's amazing to me when you have that type of belief system. It's almost as if the manifestation of that belief system is really the symptom of the minor issue. The cancer is not as important.

SUSAN: Right.

TIM: You know, the ailment is not as important. It's more so...

SUSAN: It immediately, when you understand this, takes the fear out of this horribly, scary thing. When you realize, "I created it through this process. So, I can, therefore, heal it through this opposite process." So, it's completely empowering, and you can do something about everything in your life. You know. The key is: We need to find a way to quit focusing on what we do not want in our lives.

TIM: Well, look at our medical establishment.

SUSAN: Oh.

TIM: It is all cut and prescribe.

SUSAN: Absolutely.

TIM: I mean.

SUSAN: They give you a list of symptoms, what to watch out for, "Get tested because this coming your way." [LAUGHTER].

TIM: When is the last time we cured something? I think it was penicillin, you know?

SUSAN: Yeah.

TIM: I don't think there's money in curing anyone.

SUSAN: No. They want to keep it going, so they can keep selling the drugs and doing the surgeries.

TIM: So, I mean, it seems that simple when somebody says, "Focus on the emotional suppression," whatever you're repressing to your body that's perhaps manifesting that ailment, whatever it may be in somebody's life, but it has to be not that easy to do.

SUSAN: You're right.

TIM: Because everybody would be doing it.

SUSAN: We have a habit.

TIM: And, the hospitals would have nobody in there anymore, right?

SUSAN: Right. We have developed these life-long habits of talking about everything that bothers us, of preparing ourselves with about what could happen. We're an insurance society. You know, we always want to be prepared, get those checkups and look at anything that might go wrong. The other is, you don't get cancer because you think about cancer over and over again. You get cancer because of some negative—heavy-duty negative—thoughts that you're thinking over and over again or the ones you're not facing that you just simply totally repress.

TIM: We were talking with Dr. Morgan last week, and we were talking about the subconscious mind and the placebo effect, which we could talk forever on that topic alone. But, I think why one of the areas where people are really enthusiastic about, "Change my thoughts, I change my physical issues," is that often their beliefs are not, perhaps, solidified. So, they're positively thinking this period of time, and all of the sudden doubt creeps in.

SUSAN: Yes.

TIM: He's unsure. The old subconscious patterns start seeping back in.

SUSAN: How you figure out if your thoughts are working for you or not is, our feelings are what we were given to interpret this, and we just were never properly trained to use our feelings.

TIM: Yeah. What's a good tool so when you're on that track, you understand it, you know that, "My thoughts create everything that I experience in my life."

SUSAN: Ask yourself when you're not feeling well, if you're not feeling really pretty good, "What have I been thinking about?" That's always my first question to myself, "What have I just been thinking about?" And, I take a look at that, and then through your day, your emotions will think a thought and then check how it feels. If a thought is taking you towards what you want, you'll have a good feeling or at least a feeling of relief. It may not be a happy, fabulous, joy feeling yet, especially if you're coming from a very low place—like depression or grief, overwhelmed. Well, overwhelmed is a little higher than complete depression and grief and devastation. Those are as low as you get. So, moving up the scale, you can't just jump from those really low emotions into euphoria and happiness. You have to go one step at a time, and then you'll get there.

TIM: So, feelings are your guage?

SUSAN: The feeling is everything. That's your translator of where your thoughts are taking you. So, you just follow it. So, you'll think a thought, see how it feels. If it feels bad, see if you can work that thought into a thought that's slightly better. But, the key is: You must believe it. That you can believe that thought. You know, if you don't believe it, you're not going to shift your energy, which is the whole gain.

TIM: Then, doubt creeps in?

SUSAN: Yes.

TIM: Then, all of a sudden, that manifestation comes right back again?

SUSAN: Yes.

TIM: Or, it starts up, or it manifests in something else?

SUSAN: Yes. So, you're just always checking your thoughts by running it by your feelings.

TIM: And interesting is, there are a lot of people out there who are very numb to their feelings, you know?

SUSAN: Yeah.

TIM: They're taking anti-psychotic medications, anti-depressants and anti-anxiety. They're just brought up in an environment where you're not allowed to cry, you're not allowed to feel.

SUSAN: Exactly.

TIM: You're not allowed to do that. So, you're looking at a situation where, if you can get in touch with your feelings, I mean, how will you even think about approaching something like that where you know somebody is really kind of cut off from their feeling but you need the feelings to gauge whether you're going to be able to pull this out?

SUSAN: Well, the first trick every time is, they have to want it. If they really, really want it, we can do it. They have to be willing. They have to ask. I don't try to push this on anybody or give it to anybody who's not even open to it, because that won't go anywhere and they're fine living the way they believe. But, everyone feels something, and it's like there's two feelings. One feels good, one feels bad. That's the only thing you need to know about your feelings.

TIM: [LAUGHTER].

SUSAN: If it's feeling good or, like I said, if this thought feels like a relief over that last thought, then you're moving in the right direction.

TIM: And, being in touch with your intuition, because sometimes, even myself, I'll feel like, you know, "I should do this." And then, I'm like, "I was. My intuition, maybe I got it wrong." You know, "Is it my intuition getting it wrong, or is it me not fully understanding what I'm tapping into?"

SUSAN: Well, anytime it's a "should," that's your head.

TIM: [LAUGHTER]. All right. I like that. That's good.

SUSAN: [LAUGHTER]. Your intuition is a feeling, and your inner guidance comes through your feelings. That's where your heart is. That's where your connection to your higher self is. All of that is in your feelings.

TIM: Right. Right.

SUSAN: So, people who are on, say, anti-depressants or whatever, a lot of the time, it's a therapist. You can only go as far with someone as they can go in their own emotional self. So, if a therapist is afraid of their deeper feelings, when someone goes to a crisis place, normally, if you are there with them and you're there loving, giving them space and encouraging them to go through it. I never stop someone from crying. I encourage it to go all the way to the fullest. If you feel pain, go all the way into that pain as deeply as you can and then you'll come out the other side. But, what they try to do is stop it, and they keep people right before they'd have the breakthrough. They keep them at this place of treading water. So, they don't really get to the emotion that will give them the breakthrough. That's what anti-depressants, anti-anxiety medications do. They keep them from feeling the level they need to go to, to have the breakthrough.

TIM: So, actually, from that perspective, they're really holding you back from really discovering why you're suppressing these emotional issues?

SUSAN: Our bodies are always trying to heal us.

TIM: Right.

SUSAN: And, it will bring up in our feelings the thing that's in the way of us.

TIM: Does that frustrate you as a healer?

SUSAN: No. It's just humanity.

TIM: So, do you find yourself, when you're meeting with people and you're doing your work that often they may be like, "I don't want to be on my anti-anxiety medication anymore," you know, or, "I don't need it anymore?" Or, do you find that that's like a natural progression with what you do?

SUSAN: Well, yes. Yes. Quite often, and I'm not poo-pooing any meds. There's a place for all of them.

TIM: Sure.

SUSAN: And, anti-depressants, if somebody just died and you can't handle that or whatever, it's good to use them for a while to get through a crisis, but then you need to deal with the feelings. You can never run away from what is trying to reveal itself to you, and I find that every time, if I get people to deal with that—and we do it as they are ready, you know, and we get to it slowly, sometimes more quickly—as people make that breakthrough in their feelings to the thing, their need for the medications, get less and less and less, and then usually go.

TIM: Right.

SUSAN: You know?

TIM: Well, you know, this holistic healing process, it's not new. It's been around for a long, long time. Dealing with the real issues of your thoughts, as you say, your intentions, it seems to be such a wave now that so many people are riding.

SUSAN: Yeah.

TIM: It's almost overwhelming, I guess, to the establishment of the prescribed belief system, which, like you said—I do agree with—has its purpose. If you break a leg, you know, you go to the doctor, he fixes the leg. You know?

SUSAN: Exactly.

TIM: If you have to have, you know, a surgery. But, you know, the question comes up, "What, preventatively, could we have done in the past if we were aware that our thoughts affect our physical manifestation of illness at any time? What could we have done ahead of time to prevent from having to go to that doctor in the first place?"

SUSAN: In general, that's what everything I do is about. You know, sometimes we're dealing with, "The thing has already manifested." So, we're going back to the original starting point of it, cleaning that up. But, it doesn't matter where we've come from. You know, it's like, "It's not too late. This is why we're doing it now." You know, and it sometimes takes us to go to this opposite extreme where we're not happy, nothing in our life feels like it's working for us and nothing is inspiring us.

TIM: Right.

SUSAN: Sometimes you need to get to that place before you really are ready to make a major life shift like this.

TIM: Right.

SUSAN: You know, because everything in our society scares us. The fear, the media just focuses on the negative. There is so much more good going on, but they present us with everything bad that they can find and scare us so we'll follow the new rules they've just made to feel safe.

TIM: Back to the old four-letter word, right?

SUSAN: Fear. Yeah.

TIM: Where do you see your goal from here? I could tell that you are a healer, you want to create people's lives and that you have this energy. If the listeners were in this room right now, they would sense your energy and I wish they could. They probably could on some level, right? Where do you go from now? What do you want to do?

SUSAN: For me, everything is about, "I feel like I learned this," in all sorts of ways, on many levels, and my life is really mainly joy and love. Just being in that state is the reward of life, you know, so every little thing is important and everywhere I am, I'm in my purpose just being joy and love. So, my life is good like that, and I want to help other people get to that. I want to help people learn how to hear their inner guidance, learn how to figure out what they're thinking and how to change that into something that will work for them. The other key thing to me that people do—because there are a lot of people practicing all different methods and techniques to do this—the key place where I see people falter is, like you had said, they're saying the right words and they're thinking positive and they're speaking positive, but if you're in tune to energy at all, a lot of these people when you're sitting near them, you're feeling them seething in anger while they're saying these nice, soft words.

TIM: [LAUGHTER]. Yeah.

SUSAN: You know, and that doesn't work. The universe only hears what you really feel inside. You could say all the sweet words in the world; but, if your feelings don't match it, you're not making "the connect."

TIM: The key being: You have to be in touch or aware of your feelings?

SUSAN: Exactly.

TIM: On whatever specific intention issue that's going on in your life or an ailment?

SUSAN: Exactly. If you don't believe what you're saying, it cannot work for you.

TIM: Right.

SUSAN: So, you need to back up from there and find a thought you can really believe in this moment.

TIM: And, you help people get to that point?

SUSAN: Yes.

TIM: Where they may not even understand it, because a lot of people come to you that may not have even heard of this before.

SUSAN: A lot of people that are having repressed anger and stuff, they will swear to you, "I never get angry."

TIM: [LAUGHTER].

SUSAN: You know, and it takes a little something to help them recognize their actual anger.

TIM: Right. Right.

SUSAN: You know? [LAUGHTER].

Chapter III

“What’s a Chakra”

There is deep wisdom within our very flesh, if we can only come to our senses and feel it.

~Elizabeth A. Behnke

- TIM: Well, we are coming to a close here shortly, but one other question I want to ask you in reference to, and what I’m really interested in really, is: What are the science aspects of what goes on in one’s life? They talk about chakras and things like that, and you know what my research is with that is there is, for example, the third eye.
- SUSAN: Um-hum.
- TIM: You know, you see cultures have that.
- SUSAN: Which is the sixth chakra.
- TIM: Yeah. The chakra, right, and the third eye, right between your eyes. Now, you know, researching it, like, Descartes talked about, you know, “The third eye is the interface between consciousness and matter.”
- SUSAN: Yes.
- TIM: And, the pineal gland—
- SUSAN: Yes.
- TIM: —which is located somewhere in part of your brain, actually is very sensitive to light coming in.
- SUSAN: Yeah.
- TIM: And, it’s actual purpose is—my understanding is—to help regulate awakening and sleeping patterns. That’s the scientific purpose or the physiological purpose. Right?
- SUSAN: Yes.
- TIM: However, for example, we drink a lot of fluoride, and my understanding is fluoride calcifies the pineal gland area. It kind of numbs it out so it can’t take in that certain light, and that’s what I’ve learned from the medical perspective. Where the more fluoride we take, the more our pineal gland can’t be sensitive to light, which is the wisdom, right?
- SUSAN: Yes.
- TIM: The third eye?
- SUSAN: Yes.

TIM: So, from the scientific perspective, that's really interesting; but yet, from the chakra perspective, they've been teaching this for thousands of years, right?

SUSAN: Yes. And, there's always a scientific explanation for everything that happens energetically.

TIM: Right.

SUSAN: You know, we're just getting to the point of being able to measure some of these things and have the proper instruments to measure and weigh some of these things. But, you're right, enlightened masters have always known these things.

TIM: Right.

SUSAN: And, the truth is, even those things medically that can be measured and stuff like that, if you're really doing your work of elevating your energy level, which meditation helps, all these things, being honest, correcting your thoughts, and all these things will help to elevate your energy level. As you do this, your energy moves through the chakras, and it gets more and more. It gets to be higher and faster, and as it moves through it gains power and momentum. So, the truth is, when you get to the level—very few people are at the level of their third eye right now.

TIM: Right.

SUSAN: Most people are between the solar plexus charka and the heart chakra, and as a global collective, there are more people today moving into their heart chakras than ever before on earth, which is why things are in such flux and why so much is happening in the world to such extreme.

TIM: And, we're talking about on a collective level, right?

SUSAN: Yes.

TIM: Yeah.

SUSAN: Yes.

TIM: I think that's interesting.

SUSAN: So, as someone moves through their chakras, when they do get to the place where the heart is opening and they're moving to the third eye, that energy is so powerful, it will clear that pineal gland.

TIM: [LAUGHTER].

SUSAN: [LAUGHTER].

TIM: Whatever's inside it, you know?

SUSAN: Exactly.

TIM: And so, that's really fascinating, because, from my understanding, the chakras are these vortex, these energy vortexes, located in certain parts of our bodies?

SUSAN: They're transformers.

TIM: Transformers.

SUSAN: Energy transformers.

TIM: Right. Right.

SUSAN: They spin.

TIM: Right.

SUSAN: And, as the energy moves through each chakra—

TIM: They spiral, right?

SUSAN: —it spins faster.

TIM: Right. Yeah.

SUSAN: Exactly. It's a spiral vortex.

TIM: Yeah. Yeah. A spiral.

SUSAN: That's exactly what it is. And, each chakra affects the entire body. So, if you learn what each chakra is about, you then can clue into where somebody has an issue in their body, you clear it. You clue into the closest chakra to that, and then you can tell them all the things that have to do with that chakra, which clues you into the source of the problem.

TIM: Because we're all made up of energy, and you can sense that?

SUSAN: Exactly.

TIM: Now, are there machines or tools that people can measure the chakras?

SUSAN: Well, they do. They can now. They have Kirlian photography. It's been around for quite a while. They can photograph the energy field.

TIM: Right.

SUSAN: And see it in different colors and see dark areas where the energy isn't moving as it should.

TIM: Right. Right.

SUSAN: Yeah. We're getting there.

TIM: Well, we've got to have you come back next, and we can spend the whole time—the whole show—just talking about chakras and the energy vortexes.

SUSAN: Okay.

TIM: Because there's so much ancient information on that, that's just amazing to me. When you look at these pictures of people—whether it's Jesus or Buddha—they have these.

SUSAN: They have a halo.

TIM: The halos behind them.

SUSAN: That is.

TIM: In the crown chakra, right?

SUSAN: And, whoever drew that, understood energy when they did that.

TIM: [LAUGHTER]. Exactly. Yeah.

SUSAN: Yes, in the crown chakra. He had all his chakras open.

TIM: Right.

SUSAN: Which is why that huge circle is over his head.

TIM: Yes. Yes. Yes. Yes. And, you see them in Greek Mythology. You see it all over the place, and it's now just seems lost information. But, hopefully, it's being, um.

SUSAN: We're coming back.

TIM: We're coming back, right?

SUSAN: We're coming back to it.

TIM: We're coming back.

SUSAN: We never go backward, but we're taking what we knew and bringing it forward into even more information.

TIM: Right. Well, that's fantastic, but I want to thank you so much for being here. You've been just a lovely guest, and I just wish more people could experience your energy because it is amazing. You've been listening to The Good Intentions Show sponsored by the United Intentions Foundation at <http://unitedintentions.org>.

*Join us on the Chakra tour on the next
Great Awakening Series
Volume II
"It's all about the Chakras"*

Extension Activities

Below are some suggestions that can help you reinforce the content in the show...

1. *Is there anything that you've been holding in that causes you fear or stress whenever you think about it?*
2. *Why are you afraid to let it out?*
3. *What do you think would happen?*

Let yourself feel all the feelings that come around this subject. Then, close your eyes and check how your body feels. Be aware of your breath. Is it deep or shallow? Notice how your stomach feels...your hands...your jaw...your shoulders.

Try "writing" it out....uncensored....with everything you feel around it. Just let it come out of you and onto the paper. See the words in front of you; and realize it is now outside of you. Feel the relief of that release.

4. *NOW...feel your body again. How does it feel different than before?*
5. *Check the same areas. Are they more relaxed?*
6. *Do you feel any less pressure and stress?*
7. *How about your breath...Do you feel like you are breathing more freely?*

Once you release anything that has been stuck within you, energy moves and makes way for understanding to come.

You may now want to share this with someone you trust. This is not necessary; but, sometimes helps to validate the experience and open you a little further.

Each time you allow any part of you to be expressed that has been hidden deep inside, you become more of your authentic self. And, your connection with your Soul becomes stronger.

We hope you enjoy the activities!

Susan and Tim

Personal Note

Thanks for reading our new "Great Awakening Series" ebook. I hope we added value to your life and continue to read the series. We would be happy if you wanted to share your results with us and feel free to contact the UIF team anytime!

“ Alan and I listened to the recording of your show yesterday. It was very good! I hope with this show your career will sky rocket and you'll become a nationwide celebrity. I know that is not what important to you, but that way you can reach more people. You are really living what you preach. That is so great! I am very happy for you.
-Alan & Julia ”

“ I listened to the entire show today and it was really quite awesome! You and Tim dialogue and complement one another beautifully. I really enjoyed the whole thing and the conversation was so natural and flowing. You had clearly managed to touch upon all the important points regarding intention, and many times I felt myself saying yes!! I certainly must put into conscious awareness and practice all that I'm hearing. I, as well as other listeners, truly appreciate the easy manner in which you and Tim were able to add clarity and understanding to this universal truth. There's so much more that I could say. For now though, I'd like to thank you both and tell you how much it is appreciated. Wonderful radio show and by the way, wasn't it incredible that the broadcast reached the man in Canada!
-Alan S. ”

Free Bonus Audio

Listen to the audio version of the show below
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