

# **In the depths of the soul**

## **The spiritual psychiatrist**

by Oscar Lepore

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Novel whose anecdotes are inspired by true stories. Things explained with a plot that serves as a basis are perfectly true and work.

I used these techniques of inner healing before I even knew the EFT (Emotional Freedom Techniques - Emotional Release Techniques) invented by Gary Craig, but I also used Christian Redentive Techniques (TRC), almost entirely from me invented. This book will be explained in

practice both at all levels and possibilities.

1.

I am simply a secretary, a secretary of a particular man, a psychiatrist. He is not a psychiatrist like any other, he is a different character, with different methods, who knows how to heal the depths of people's souls. It must be said that his methods are something mystical and that one often sees that there is a Christian thought behind his methods. He's a character who really cares about solving his patients' problems, he does not shut up until the end of the session, he does not just give medicine, but he helps people get rid of their problems seriously, with a method that it is called "Christian Redemptive Techniques" (TRC). It is a method that in its non-Christian form is called EFT (Emotional Freedom Techniques - Emotional Release Techniques), practiced in America. It is a very simple thing, inside our soul are recorded as in a memory the things we lived, with the emotions we experienced, and the negative experiences leave within us the memory of an emotion that can block us in the future life. This is what I understood from my employer's speeches. The doctor uses both the classic EFT and the TRC techniques that are more based on the redemptive power of Christ's passion. But I can not explain these things better than with the practical experiences of Dr. G. I will only use the initials of names for people's privacy. If you realize the wonderful healing possibilities of these methods, make sure you use them to heal your soul from all the problems accumulated in your life. I did it and I must say that (together with faith in God) my daily life has improved considerably in quality. For this reason I willingly share with you what I have learned.

2.

The first practical story is about a 13-year-old boy. F. presented himself brought by his mother five years ago, the mother was very worried because he was a child always too taciturn in the house, he never spoke, he was always silent on the sidelines and avoided any dialogue. Dr. G. hears these things tells his mother to go into the waiting room, and then starts talking to the child.

So, you're having trouble talking, can you tell me what your relationship is with your mother?

My mother is good, but she's always working ...  
And your father? What can you tell me about him?  
It's bad, I'm always afraid of him ...  
Did he hit you by chance?  
No, he did not.  
Shout? - said the doctor.  
Yes...  
Has he ever shouted at you?

The boy frowned.

A lot of times.

Try saying this phrase as you think of your father: "I accept my father as he is and forgive him".

The child struggled to do as said.

I ... accept my father ... and forgive him.

Say it again, ten times

I ... accept my father as he is, and I forgive him, I accept my father as he is and forgive him ... I ...

Do you feel something inside of you?

So much anger, I wish it was better!

Say again.

I accept my father as he is and forgive him.

You must say this phrase as if it were a prayer, okay? You will do it every day for at least 20 times, until the next meeting. Then you will tell me what effect it has done to you.

Just this?

No, you must also talk to your father and mother about everything you did at school every day.

A month later the child returns, accompanied by his father.

In private, Dr. G. speaks with F.

So, what did the prayer do to you?

I do not hate my father anymore! It gives me less trouble when he screams.

Do you feel more free to talk?

At the beginning with my father I was afraid ... now he listens to me and I am happier.

Call your father now, and you go into the waiting room.

Mr. M. entered.

Tell me.

Thus, his son F. received an emotional block because of the fact that he often hears her screaming, and this has influenced his freedom to speak.

If I'm the one who blocked it, I do not know. In the last days, however, F. has behaved in a good way. I heard the phrase that told him to repeat. Why do you say "I accept it as it is"?

His son had an emotion of the soul, a memory of her, stuck in the image of her crying. With this phrase he can unlock this emotion and love it without emotional barriers.

He says that's why he does not talk a lot?

Yes, children are very sensitive, a parent has great responsibility, with his behavior, of the formation of a child.

What can I do?

Tell me about your life, please.

Mr. M. began to tell. It turned out that before working as a laborer he had his own business, a sports shop, then failed.

She must accept her failure, living in anger at her failure will make her lose the taste of the rest of her life otherwise.

How can I do it?

Try to say this phrase as a prayer: "I accept the failure of my business and I thank the work I have now". He often says it, with conviction and with heart, until he feels grateful for his current life.

Can you write me?

Sure.

Dr. G. wrote the sentence on a piece of paper.

How much do I owe you?

I ask 30 euros per session.

Shortly!

If it were for me I would not ask for anything, but we must live.

Thank you Doctor.

As you can see the method is simple, it is a matter of identifying the negative emotion and defeating it with new thoughts that replace it. It is very simple but there are still many, many examples to understand well the possibilities of EFT and TRC.

3.

This case is about 2 years ago. A lady could not sleep, and she wanted to know from the doctor how to get well, she could not have a normal life.

Tell me what you think when you go to bed.

5 months ago I had an accident in the car at an intersection, involuntary, and I was afraid I had hurt the child who was with the lady who was driving the other car. I was afraid during the accident for my life, but I did not do anything ...

So ... Say this phrase several times: "Even if I wanted to avoid the accident, what happened was above my chances".

Yes...

The woman repeated this sentence over and over again. The doctor then spoke:

I give you a scale of 1 to 10, how much do you feel a negative emotion about what happened?

I ... 4.

More or less than before?

Much less.

Now say this "death is a natural thing, I can not decide on this".

It's not really funny - said the woman with a slightly surprised face.

You do it, basically it's nothing but the truth.

The woman said this thing over and over again.

Now what intensity do you feel?

1, I feel relieved.

Do you still have thoughts about the child?

Something...

Say this: "I could not know that there was a child, but it is only good that I would like him and therefore I have no fault of what happened".

All right - and said this sentence several times.

Now? -, said Dr. G.

Zero! Son serenissima!

Very well. In a month, let me know how it goes with sleep.

I feel convinced that I will sleep well.

In fact we came to know that the lady now had no problems with sleep and indeed, used these techniques for other problems of her life by acquiring a considerable inner peace.

4.

Miss D. was sitting in front of the doctor.

I am afraid, always afraid, I feel worried when I walk in my building, where I have the apartment. I live alone and in the evening I can not wait for the next day to come among the people.

Can you explain to me what is the cause of these anxieties and fears?

One day I was attacked by a thief in the corridor of my building, he gave me two punches and then with the knife he told me to give him the bag.

Did you give it to her?

Yes, and he ran away.

Did the police find the thief?

No, he was an Albanian creed, or a gypsy. He did not find it.

Do you know that it is almost impossible that this happens again?

I can not believe it...

So ... pray this sentence: "If I had been killed, I would have gone to Heaven".

This sentence?

Yes, tell her several times.

Why do I have to say it?

He will free his fear of death, and give her the chance to be more serene than life is not bad. We must not live as if we were slaves of negative situations.

All right ... -, the lady said the sentence several times.

Now how do you feel?

I'm less scared.

Now visualize the thief in an inner vision, as if he were present.

No!

Do it.

I'm scared.

How do you see it?

With the knife in his hand.

Tell him not to be bad, who willingly gives him the bag so he can buy money to eat ...

I told him.

Now how do you see it?

He put away the knife, took the bag from my hands and left.

Now she is healed.

Seriously!?!

How does he feel?

Happy!

Tell me what you think about the thought of staying at home in front of the television watching a love movie.

Home Sweet Home!

Well, now his psyche is no longer blocked.

Later I met the girl in a supermarket, a few months later, and said she feared nothing.

5.

Another Miss, N. had nightmares because she had seen the body of a dead colleague. She had gone to her house, worried because she had not seen herself at work without news for two days, and had found the dead body. Dr. G. told her:

Visualize his inner vision of entering the room where he saw the body of his colleague.

Yes...

What is your reaction?

It's like a punch in the stomach, I feel my guts twist.

Is this the first time you see a dead body?

No.

When and how did you see others?

When my grandparents died, I saw them in the open coffins.

And what were the feelings about them?

That their life was over, that they had died in peace.

What effect does this person do?

He did not have to die!

Do you want to say one last thing?

Such as?

I asked her if she wanted to tell him one last thing, why leave her body in peace.

God loves him!

Very well, tell him.

Now I see him serene. He greeted me and died.

Do you believe in God?

No, but it seemed like a good thing to say to someone who dies.

It is very reassuring, as it is very reassuring to believe in God rather than living life without Him.

I'm afraid he would not accept many things in my life.

This is the image that she has of God, I have different ...

From that day on, Miss had less anxiety and fear. Even if he did not dream of anything in particular, he phoned the doctor saying he was sleeping peacefully.

6.

A boy could not overcome his father's death.

I feel guilty because he fell off the ladder while I was not helping him, I could hold the ladder. He went into a coma and died after 5 hours!

Dr. G. looked at him and took his hand in his.

"I could do something, but I could never have expected this to happen." Say this sentence between you and you with attention of mind and heart to what you are saying.

"I could do something, but I could never have expected this to happen" ... -, he said it over and over again.

Now visualize your father's inner vision, and give him a hug telling him that you love him.

Yes...

Do you feel better?

What do you mean?

I ask you if you and your father feel better.

I think so.

What does your father tell you?

Can you talk to me?

You look at it as if you expect a word from him.

The boy concentrated.

He told me "You're not to blame, it's not your fault".

You feel better?

I still do not feel right.

Ask your father if he gives you the gift of forgiving you.

All right ... - the boy concentrated - He told me "but sure I forgive you!".

Very well. How are your emotions now?

I wish he were alive.

He is alive, because the soul lives forever. Pray for him, you will do him so much good both to him and to yourself if you pray for him.

He says he is in Heaven?

You live as if it were in Paradise, even if we can not know it.

7.

One day a boy arrived who had been left by the girl.

I called her a whore, I hate her, but I can not live two years after she left me to do without wanting her.

What influences does this have on your life?

I do not care about any woman, the relationships I have do not matter to me, and then I always want her to come back and stay with this thought all the time.

You're afraid to let yourself be loved by another person.

Could be.

Now let's do one thing: imagine this girl near you.

That bitch!

Imagine it.

Yes.

The boy folded his arms.

Embrace it for a long time, and then stop hugging it and keep your hand.

Ok. I feel it calmer.

Now tell her that she can go where she wants, and stay with whom she wants, but that you will love her forever and that she must be happy with that.

I do not want him to be with another!

But what you want will only make you feel bad, and you will not be free.

I do not want it.

In this way you will live wrapped up in your ego that can not get anything, and you will not be happy in the new relationships you

have, because in your soul it's as if it were not over with this girl.

It's hard ... OK, I'll try. "I let you go where you want, you can stay with whoever you want. I'll always love you, I hope you're happy. "

Well. Dill again.

" I let you go where you want, you can stay with whoever you want. I'll always love you, I hope you're happy. "

You will say this sentence until you are healed.

And how long does it take? It is hard to say this sentence!

Until you feel full of free love for her, sincere and without chains, and you will not feel that another girl would make you happy too.

Can you write me this sentence?

Yes.

I will do this thing.

You call me when you get results.

Three weeks later, the boy called gleefully, saying that he was in a good mood and that he had also fallen in love with another girl! How interesting is the psyche!

8.

We continue with the EFT techniques.

One day a mother shows up with an 11 year old girl.

My daughter has trouble reading, she can never concentrate well on the study, she often misses the readings.

Dr. G. looked at the child with a look of love.

Did you ever get someone to make fun of you while you read?

Many make fun of me!

But the first time?

My grandmother, I had just learned to read with my father. He told his grandmother, and she told me "if you're good, let's see if you can read here!". It was a comic book written very small and I could not!

So now let's do one thing, imagine being with grandma telling you to read.

Yes...

Answer them that you're not too good at reading, but that one day you'll be, and now you want a slice of cake instead.

The girl concentrated.

Done!

Do you forgive your grandmother?

Yes!

Do you love her, even if you did not like her to put you in trouble?

Yes, a lot!

Now you have to say this phrase "I'm not so good at reading, but one day I'll be!".

" I'm not so good at reading, but one day I'll be!"

Now I'll write this sentence, and you'll have to say it every day 7 or 8 times before you start studying.

All right.

The mother remained amazed.

This will work?

She'll tell me, call me in a month.

The month after, the mother of the girl happily reported that she was reading more fluently and without getting bored, that she did it more willingly.

9.

One day a 19-year-old boy shows up for a particular problem: he feels an impeded while playing the drums, he does not feel suited to the rock group he plays with.

How long have you been playing?

For two years, since I took the place of a friend who played the drums in my place. He died during a car accident.

What do you feel when you sit in front of the battery?

I feel self-conscious, in a place I should not have.

So, do you see that chair next to you?

Yes.

Imagine that your dead friend is sitting there.

Agree.

Now tell him that you feel guilty because you have his place, but if he says yes, you will also play to honor him with your music, and that you respect him a lot.

The boy was silent for a while.

Superb! It seemed to me that he told me he liked the idea.

Very well. Tell him thank you, while I am writing you sentences to say every day until you have no results.

On a sheet of paper the doctor wrote these repeating phrases.

" Even if sometimes I'm a little awkward, I'll become one with the drums".

" Even if I still have difficulty in being good, sooner or later I will see results".

" Even if I'm not the best, being able to play well can be more than I could wish for."

" I do not sound out of duty, but it's because I really like doing this".

Tell me in a little while what effects it has achieved.

All right - said the young man.

Two months later the young man telephoned saying that he had never felt so calm while he was playing, and that there was some significant improvement in technique, which seemed to make him foresee the ability to one day be able to do virtuosity too.

I'll never be too good, I respect certain artists I feel, but now I feel I'm catchy, "he said.

10.

One day a girl introduces herself saying that she is afraid of water, afraid of sinking and can not swim or even go over the water to the basin. He was afraid even of the whirlpool.

Miss, it's a very common fear. So, let's do this, images of being immersed in water up to life.

Agree.

How does he feel?

A little intimidated.

Say: "even if I am afraid of water and drown, I am sure that water loves me".

She loves Me?

Yes, say so.

Agree.

The woman closed her eyes and did as said.

Now as he says these things, imagine moving forward in the water, where it is deeper.

I'm with water at my throat!

" Even if I am with water in my throat, I know that water is my friend".

Honestly it's a bit strange.

Say it with love.

It does not bother me, I feel more serene.

Do you want to try in the pool? Are you afraid of the idea?

Maybe not, I do not feel more intimidated.

So remember these phrases and try when you go to the pool.

Three days later the girl called and said she had tried and had managed to move across the tub, as she repeated these phrases, and had been serene for an hour in the whirlpool tub. He has not tried to swim, but he feels sure he should be able to do it the next time.

11.

A woman presented herself saying she is afraid of sleeping in the dark, that she feels helpless.

The doctor naturally uses the EFT, but this time in a more Christian way.

Say: "Although I am afraid of the dark, I feel calm that the love of God surrounds me and protects me".

" Excuse me?".

Are you afraid of God's love?

It is not that I believe much in God.

Try it, close your eyes and try to say this.

The woman sat with her eyes closed in silence for a while.

I feel more serene, I imagine myself in the serene bed, as if someone were pampering me.

Very well. Try it too long tonight before falling asleep.

A week later the woman sent an email saying that she can keep the light closed and that she sleeps very peacefully, and that she also believes more in God, because she feels something she has never felt and very pleasant.

12.

One day a man arrives with considerable fear of the plane trip he has to complete two days later.

It's my second trip by plane! -, says to the doctor, - the first trip was scary!

Well, if this is his problem now we take him off guard, I write these phrases to ... "pray" while in the plane.

What I have to say?

The doctor wrote and then read what he should have said:

"Although I am afraid of traveling by air, I feel I can also be peaceful or even sleep". "Although I am afraid of the height, I think it is very nice to look at the world from the window from time to time". "Although I am afraid, I know that I have a guardian angel who is with me and holds my hand".

Do I have to say these things?

They work, just repeat them like a prayer.

I'll try. Do you believe in God? Since he has appointed the guardian angel ...

I believe it with a lot of awareness.

What a beautiful thought! Does it make you happy to believe in God?

I have the serenity that we will never have an end. And I know that I will always be happy.

Very beautiful! If these phrases that he gave me work, I will also try to believe that there is a God.

I would be very happy, "said the doctor.

I like the idea of the guardian angel.

When he returned from the trip, a week later, the man said on the phone that both the outward and return journey was very peaceful and that he also fell asleep on the way back!

So now he is also ready to believe in God, "said the doctor.

I commit myself to say the Our Father every day - answered the man.

Do it by thinking that every time you say it, you are wrapped in the love of God, "replied Dr. G.

13.

Once a friend of the doctor, having dinner with him in a restaurant, tells him that he used his methods for his headache.

I began to feel my usual, very bad headache. I had no medicines and I panicked. Then, as an inspiration, I came to think of your EFT methods, and I began to say "even if the headache has arrived, I

accept it and bless it with love". I swear to you that within ten minutes I had nothing left!

To which the doctor replied:

Very good! It's the same thing I do when cramps come to my legs. It works all right!

14.

We will now also describe some TRC techniques.

The first case is a man.

I feel seen in awe by everyone, never open to me, and I feel humiliated because I am not bad and I would like deep friendships.

The doctor looked at him with interest. The desire was serious and profound.

How do you usually talk and think? As a philosopher who runs after his ideas or as a person who cares about others?

As a philosopher, but I think I love others.

Do you notice that you have a kind of inner barrier to others?

Yes, but I hope they do not notice it.

Say now this phrase several times "I accept and love myself as I am, with my pride and inability to please".

I would be a superb?

Accidentally.

It's not like I like it so much ...

Do you want to heal?

Agree...

The doctor let the man focus on this "formula" for five minutes.

How does he feel?

More peaceful, I accept more.

We will now use a method to obtain identity redemption. Let it be if you believe in God or not, it works.

Agree.

Say "God I offer you my pride, for the merits of Jesus' goodness, heal me and give me humility".

So?

Yes like this.

He concentrated another five minutes.

It seems a strange thing.

Humility is to have God and others at heart, it is the opposite of pride that is to want at the center of all of oneself. Do me the favor of repeating this sentence for at least two weeks, otherwise it will not have served you much to come to me.

All right, I will do it.

In a month the next session.

Agree.

The month later the man returned.

He helped me a lot, I feel like I have something new in my way of being, I feel much more united to the people I meet every day, and I think they too feel the same thing, they are more sympathetic.

So the doctor helped this man to have social relationships.

15.

One day a shy boy arrived.

My mother sent me, I would not have wanted to come.

Why did he send you? -, asked Dr. G.

He says I have too many relationship difficulties.

Can you support the relationship when someone talks to you?

Um ... I tend to try not to talk so much ...

Do you deny the eyes of others with your eyes?

Yes...

Do you have any fear of being discovered by others?

Such as? No ... No ... I do not know.

Let's talk to me is like talking to a confessor who can not say anything to anyone. Do you masturbate from time to time?

I? Er ... Yes ...

Much?

Often.

And do you also watch pornography?

Sometimes...

Agree. I will not say anything, but I'll explain things to you. You feel impure before others, and hide it by not letting yourself be looked at. The eyes are the mirror of the soul, and we all know it unconsciously. This is why you shy away from the others and you have difficulty in having deep relationships. You do not want to be

discovered.

Oh God ... How? Seriously? But can I improve my situation?

As a Christian I would advise you to confess and quit. As a doctor who has to give you a cure, I give you this prayer that will make you feel cleaner and more transparent with others ...

All right, I accept.

It is a prayer based on the fact that Jesus paid with his sufferings your chance to be beautiful of soul, as well as safe.

And what is the use of Jesus' death for?

Yes, this is what God the Father wanted from Him. - said the doctor while he was writing. - Behold, this is the prayer: "God I offer you my impure sins, for the passion death and resurrection of Jesus heal me and make me pure".

Can sins be offered to God?

Sins must be offered to God to cleanse us. It's like you're dirty with mud and to let you clean up more effectively you get naked. By doing this prayer it will be as if one by one you will be cleansed of your sins as if you had never done them. I tell you the truth: with these methods you can come back as beautiful as children who have never done anything wrong.

I ... why should I want to be like a child?

Because children feel at ease with everyone, they are happy, happy, joyful, and make all the people around them happy. You do not want this?

And how I would like it! I will say the prayer. He says I will feel clean with others? What will I not try to hide?

Yes, but it will take some time and a lot of effort to repeat this prayer for a long time.

But will it last or is it only for a few days?

It lasts forever, as if you had never done what has soiled you.

Agree.

When the boy came back two months later, he said that he really felt more pure and less afraid of the judgment of others. He said that he could be stronger in dealing with others, young people and adults.

But I want to know other things. For example ... I feel I could not have a relationship with my father, I always felt like he was ashamed of me.

You must tell him that he has a duty to embrace you every day, you must embrace you often. Tell me that the doctor ordered you. And you must also often imagine that you are embracing it, until the barriers fall on both sides. You will see that it is nice to have a good relationship with the father.

So the shy boy ended up smiling at life.

16.

One day a mother shows up with a child.

He saw a horror film without me knowing that scared him a lot, and he has bad dreams and is always afraid.

Dr. G. told him:

What do you dream of?

I have dreamed of several times that I am with people who are close to me and suddenly the monster of the film arrives and kills them all and I remain alone, but I wake up before the monster kills me too ...

I see. Listen. Do you know what confession is?

Yes.

You must confess that you saw that movie, so God forgives you, and you have to say this prayer to God: "God, I was wrong to watch that movie, forgive me, now I want the guardian angel and the friends of Heaven to be near me and lead to peace and happiness".

How beautiful! -, says the child.

You'll see that you will not have that bad dream anymore, if you do these things.

Agree.

So now let's go to confession - says his mother.

You call me to tell me how it goes, in a couple of weeks.

A short time later we learned that the child had regained his peace.

17.

One day a girl arrived.

I feel very stupid in front of others, I'm always silent, I do not know what to say, I feel like I'm unable to say my thoughts.

Are there any other people in his family who have this tendency?

- The doctor asked.

Yes, my mother, my grandfather and my uncle, from my mother.

I see. It is a hereditary problem.

And how can I heal them?

I have an effective Christian method.

Tell me.

It is called healing prayer of the genealogical tree.

Yes...

He must often say this prayer: "God, I offer you my hereditary problems, of my mother, my grandfather and my uncle, to feel stupid and unfit for people, redeem us with your grace and mercy".

Does this mean that it can be healed?

With the tenacity yes, if he says the prayer only five times certainly is not enough.

I try then. How long will it take?

I can not tell him, but maybe within a month he will see improvements.

Agree. But redeem us what does it mean?

It can also be used to say "cure us". It means that she and her are transformed as if this "hereditary tare" had never been part of your life. Become new creatures.

Later we learned that even if everything had not improved, the girl felt more self-confident and had more ability to expose herself in relationships with others.

18.

One day a gambler came.

I lost a lot of money, but I can not let it go, I feel it's a disease but I do not know how to heal.

In this case we need to review the priority of the things that are important to you. What do you think of giving priority to your loved ones?

It's a good idea, lately I neglect them.

Say this phrase continuously: "I let go of the game, and I welcome my loved ones into my life, giving it the highest importance".

It should be enough?

If this is not enough, say also "and welcome the presence of God in my life".

Of God? Why never?

Because a destroyed life finds its resurrection only together with God and His son Jesus Christ.

We no longer knew about this man, who knows what happened.

19.

One day a man showed up.

I think I have inherited problems of violence, because I often get angry like my father with my son, even for things of little importance, and I can not feel good.

I can help you with a prayer ...

I do not need you to pray for me, I need concrete things!

No, I mean that I give her a formula, a prayer, that will get her healing.

A prayer? I thought he would give me a medicine ...

The medicines only serve temporarily, but they do not solve the problems. Addressing the problems with a suitable phrase instead frees the soul from the problems that lead it to act in a certain way.

All right, I believe it.

I write it to him. The prayer is "God, I offer you my and my father's violence, redeem me with your grace and mercy, take my malice and transform me".

Is it sure it works?

How that God exists.

I am not sure that God exists.

Because he is not used to living with him. I am used to it and therefore I have the certainty of His existence.

What if it does not work?

You pray this formula by saying it with your heart, and feel as if it were flooded with the love of God, who welcomes you, who transforms you and heals you.

Two months later the man telephoned saying that the prayer had had a good effect, indeed it was so good that he even started to believe in God and to pray for his family every day.

He will see that praying often for his family will take you to an

ever-larger family quality. -, the doctor told him over the phone.

20.

One day a young man in his thirties is saying that since he is a child he feels stupid in front of others.

Are there any relatives who have this problem?

No, that I know no.

In some ways you have this problem "always", you say.

Yes, I know I've always had it.

I would have a very effective advice, then you see if you accept it.

Tell me.

You know that Jesus died on the cross to redeem us, above all to give us eternal life.

Yes...

The Holy Mass continues what Jesus did on the cross, but serves not only for eternal life but also for our every need for a better life.

Yes...

Therefore, if you feed yourself with the Body of Christ, at Mass, with the prayer that I now tell you, Jesus will redeem, or heal, the imperfections of your soul that lead you to have this problem. Let's say that will put you back on the throne where you can not alone, allowing you to have a relationship from man to man with everyone, instead of feeling stupid.

Can the Eucharist do this seriously?

Even the only prayer I will tell you can do it, but with the Eucharist you will receive it more effectively and deeply. The result in a couple of months will be amazing. If you go to Mass every day, it will only take a week or two for you to get this thing. Just do things with great faith.

Well, for how he explained things to me, it's easy enough. But then I will have to do something for God?

If you want to continue to go to Mass to ask for other graces and to improve your inner life, it is a very good thing. It is a very important thing to receive the gift of eternal life, so if you care about your eternal life, it is good to think seriously about it.

Well ... I'll see this. Meanwhile, I'll try as much as you tell me.

What prayer should I say?

I write it to him. The prayer is: "Jesus, I introduce myself to you as the boy I was, with this imperfection of soul that I have always remembered to have, and I ask you to love me with Your love that heals and heals until I am a child and a boy and a perfect man".

What a beautiful prayer! But do these things work?

I have so many positive testimonials that these methods work. This serves to heal his identity from top to bottom.

Very well.

Two weeks later the man reported to the phone that he felt like he had a more complete soul and that he felt healed from his imperfections. Power of the Eucharist!

21.

One day a woman appeared complaining about her husband.

He beat me often, and I'm full of rancor.

Is he still beating her now?

No, but he replies badly and I fight easily with him.

The only solution is to pray for the two of you.

A priest could also tell me this ...

No, I mean that you have to use targeted prayers, which I will tell you now.

I thought you would give me an antidepressant ...

The medicines only solve the effect of the problems, while addressing them at the root with an effective cure solves them seriously.

What prayers do you speak of?

Our soul has memories of the past. If our soul is positive about it, it feels positive. If they are negative our soul about these feels negative. For example, for sure if you think about your husband he has negative feelings ...

Sure! How can it be otherwise?

Imagine that each of these memories in you and in him creates bonds and negative chains, which lead you not to love you ...

I think so.

Now let's make a simple prayer, linked to this observation. Here it is, I write it to him: "God, I offer you the bad memories that unite

me and my husband, for the passion of Jesus I ask you to heal us with your grace and mercy."

It's a bit elaborate ...

Words are perfect, with perfect effects, trust me. When I say "for the passion of Jesus" it is because His merits make prayer more effective; when I say "your grace and mercy" is because grace returns nobility and quality to your relationship as just met, and mercy heals very depths mutual wounds that lead you to look at you askance.

In shit?

Like two dogs that would like to bite each other ...

Ehehehe, nice -, she said smiling.

Say this prayer as I wrote it to you for half an hour a day for at least two months, but do so until you see that your relationship has definitely improved.

Does he really believe that it works?

Of course, and when it has worked enough, pray "God, and now fill our love with beauty", and actively act to make your love better.

Many thanks!

Later this woman said that not only was their relationship more than quality and intimate, but that she too had become more positive in her ways of living life.

22.

An old man once said that it was his whole life that he felt judged by others in everything he did (he was quite crude, but the doctor did not put it under his eyes).

The doctor told him:

Imagine that judgments are like thoughts that block in a certain sense the soul in an imperfect state ...

They block?

Yes, they are forced to take an unwanted inner form.

I listen to you ...

Well, if he wants to save himself from these judgments of his and of others in order to be a man above judgments, he must offer all the judgments that she has received or has given herself to God, to God the Father.

To God the Father? And why?

God is Love, it is love is something that is not static, but it is a positive life in continuous improvement. If she wants to abandon herself to the love of God, who heals and perfects, she must entrust all the accumulated judgments to him.

I have never believed in God.

This is medicine.

Uhmpf ... and what should I do?

He must recite ten minutes a day this prayer: "I offer you the judgments about me and others, with your love heal me and make me more beautiful".

I'm not going to pray to God.

Um ... agree. Then we will do it in an impersonal manner, a kind of secular prayer: "Love, I offer you the judgments about myself and others, fill me with positive life and heal me".

I can do this.

So do it like this.

Do not you try to convert me?

This is not the focal point of my work, but I would gladly explain to you how much more beautiful it is to love God and to allow oneself to be loved by Him, than to be alone, and without a hope for eternal life.

We do not speak in the same wavelengths, they are not things that interest me.

At least make this secular prayer, you will see that being more free from the judgments will give her a great freedom of soul.

Agree. I will gladly use this method.

We no longer knew about this man, so I can not tell you what effect this TRC formula had in his life.

23.

Another case concerns a young man who had difficulty in relating to his mother.

Are these things accumulated over the years or are there specific reasons?

There are no specific reasons - said the boy.

I would suggest something very simple, "said the doctor.

Would be?

She has to take ten minutes a day and imagine in an inner vision of being with her mother. In this situation he must constantly tell her "I forgive you and I love you" for ten minutes. In this way all the accumulated grudges will disappear, and a more lovable vision of her mother will open within her.

I can try?

Yes sure.

After ten minutes the boy said that this thing really seemed intelligent.

Remember to call me in a month, to tell me how things are going.

Sure.

A month later he told us that he felt much calmer with his mother, who had a deeper relationship and almost felt he loved her a little.

The doctor naturally invited him to continue on this path.

24.

Once a thirty-year-old appeared, who was frightened by the fact that somehow he felt he hated everyone.

Has he been teased frequently? the doctor asked him.

Yes, as a boy.

Did you even look at violent things?

Horror movies, like everyone ... I think ...

Agree. So I recommend the therapy of forgiveness.

How does it work?

It is simply a matter of saying the Our Father to every person who has hurt them with words, until he hears of hating them more.

That's all?

Before praying for each person, he has to say something like this: "God, I present you to that person, who with his words and actions has made me suffer, I forgive you and pray for her until I no longer hate her". In this way he will remove from his heart all the rancor for every person who has hurt her.

Will I be better with everyone?

Yes, because the grievances related to a few people can hurt the whole relationship.

Then I'll try.

Come back in a month.

A month later the boy returned.

I did what he told me and I no longer feel a grudge against any of them, but I would like something more.

So now I will tell you how you can get your heart open and full of love for any person.

How you do it? Is not it a risk? If they do not love me, I mean?

Loving produces only good, both in this life and in the next. It simply needs to pray to the Our Father or the Rosary for everyone, saying "God, I offer you these prayers for the good of all, for the people around me and for those you want, fill them with love and happiness".

And what effects does this do?

To the other many good things, to you that will produce a small happy world around you, where you will have good relations with all the people you deal with.

But they are wonderful things!

All things of the soul and of God are wonderful, if one has salt in the gourd to understand them. God, if one follows his desires, offers only a better and more beautiful life.

I thought that following God meant ... doing like St. Francis!

It is clear that we can not follow God only in that way, there are so many ways to follow God, the important thing is to follow Him especially in praying, going to Mass at least on Sundays and at least reading the Gospel and the letters of the apostles, and in repenting of one's own sins and confessing oneself.

Confess me I do not like it as an idea.

As you already see in the little we believe the will of God is hard.

I do not understand what it's for ...

It serves to put between you and the devil a river of blood of Jesus that the devil can not cross, and that gives you the security of eternal salvation.

Do you believe in eternal life?

With all my heart. Jesus has risen before the apostles and disciples to show with certainty that eternal life exists. It is something that I do not believe only because I read it, but because I resurrected Jesus I met him with my personal life, inwardly.

But things happened 2,000 years ago ...

It happened anyway. And anyway every person who has a "risen" faith, like me, feels every day that the risen Jesus touches his heart with His presence.

Later the young man said that prayer was doing wonders in his life. He was used to coldness and indifference in everyday contacts and now he felt beauty in many relationships. Also ... he says he had some sign from God of His presence.

25.

One day a girl, accompanied by her mother because she was very closed in the family, said these things:

Daddy does not love me, he looks at me like a fool.

The doctor asked him if he was willing to forgive him, so it would have been better and he would have inner peace.

I do not want to forgive him! -, she said.

So let's do another thing. Every day you will say this prayer to God: "God, I can not forgive my father and maybe I do not want to, but I authorize you to love my father through me and to forgive me for him inside me. And besides that I ask you to give me also the paternal love that he gave me little ".

What a strange prayer! It works?

You will tell me.

A couple of months later the girl on the phone said that she no longer had a grudge against her father, and that she also felt the love of God more and more within herself.

The love of God must live in us, if we really want to live a life worthy of the name - said the doctor.

26.

A boy came one day because he always felt hated by everyone, and he did not know how to get out of it. His look was bruised and had a way of being rather angry.

His problem is too much pride.

The too much pride? But how do you allow it?

I have been doing this job for years and I can judge. I advise you to offer God his pride by asking him to heal you.

I've never talked to God. I do not even believe it.

Then let us offer the pride to the Love that fills the universe.

The love?

it is another way of calling God, in my thought, but it makes the idea easier for you. Love makes itself present where it is sought, and your desire is simply the love of others and the capacity to love.

On this we have understood each other, I believe.

So, you will say at least fifteen minutes a day this "formula": "Love that fill the universe, I offer you my pride, you heal me and give me the humility and the ability to love".

It seems a good thought. Do I have to repeat it continuously?

Repetition favors the quality of the effect of prayer. He will have to do it for quite some time, because he will not have the effects right away, and I advise you to continue even when he sees the effects, because it will attract ... from Love ... ever greater blessings for a better life.

Agree.

This young man soon managed to have more "friendly" relationships with the people around him. But the doctor said:

But how difficult it is for hard heads to open up to the wonderful possibilities that life gives to God! They stop at the fact that they have never known Him and this is the truth that they want it to stay forever! How many things are lost for this!

27.

One day a very large woman appeared fifty years old.

I can not make sense in life, I just eat and I've become so fat ...

So I propose to feed on love.

How excuse me?

From now on, every day, he will say this simple phrase: "God, feed me of your love!". You do not need anything else. And as for eating, if it is the only thing you like in your life, eat willingly and enjoy what you eat, and thank God for the food he gives you.

That's all?

It is simple and effective. Not to lose weight but certainly to have a full sense in life can suffice. As you go along you will see that this

small sentence will fill your heart.

Nothing else?

The doctor pondered.

- Mmmh, I believe that even praying this simple phrase "I love and accept myself as I am", will do you very well, will gradually fill you with a lot of self-esteem.

The lady, we knew, is still ... fat, but certainly the fact that she goes every day to Mass and pray so much can lead us to believe that she has found something beautiful that fills her heart.

28.

Two years ago a man arrived who ... wanted to be famous, and had never managed to get to fame despite having written three novels to which he had dedicated all his efforts.

Do you believe it is the fame that could make your heart full?

If you tell me so it is clear that I answer that I know it is not so, but it is what I would really like. I would like to be known and admired, and instead until now only failures.

What kind of novels wrote?

Of love stories, based on an inner battle or overcoming the obstacles of life to crown the dream of a beautiful happy family.

Very beautiful! Then you can feel comfortable.

What do you mean?

She is already famous with God and the inhabitants of Heaven, because she has done good and morally good works.

Famous to God?

Let me tell you ... the reward of men is small and without so much exhilarating effect on the soul. The reward of God instead, for good works, is the eternal life, admiration and real love of thousands and thousands of people who live happily together in Paradise.

The man's face lit up.

Very beautiful! It could be useful for the plot of a new book!

The important thing is to understand that this is the ultimate reality for those who have done good works, and that is why you have to do them, because you will have the reward. Do not mind if the world loves it, many good authors have become famous after

death. It is important to be worthy of praise from God.

Very willingly! You have revived my heart!

I also suggest a prayer to repeat.

Yes.

" God I offer you my desire to be admired, help me to get it in everyday life with the people around me".

Why this prayer?

Because the truth is that the people around us are important for our happiness. It is not that people a thousand kilometers away from you, reading your books, will make her happier if she does not know anything about it.

29.

A woman who complained that she was always a great sinner was introduced a year ago, she was a Christian, but even though she often went to Mass, she always felt in default, and with a darkened mind.

Tell me, do you tend to have negative thoughts about people?

Yes, often.

I suggest to you, when you are communion, to offer your way of judging Jesus.

Why?

Because whoever judges so much will always feel imperfect. It is not enough to go often to Mass, we must also conform to the model of Jesus and the saints.

But others often have reason to displease with their ways of doing ...

The truth is that in their intimacy almost all other people are good and worthy to be loved, it is pride and accumulated sins that make them act imperfectly. But if you judge them a little, the people around you will behave better than in other situations where you judge them, when they have to do with you, because the judgment blocks people in imperfect attitudes.

And how do I do this?

While communion is to say "Jesus I offer you my judgments on others and on myself, I also offer you my way of judging why you make it according to your desires".

In this way will I feel better?

Those who judge little and renounce their past judgments live in purity both with regard to self and with regard to relationships with others.

And can I do something for my sins?

It seems a dutiful thing, has he confessed them?

I often confess, but I feel a bit 'the same ...

Because he did not give them completely to Jesus. A mistake made by priests is not to give a decent penance for confessed sins. We need to feel that we have done something in expiation of our sins to be purified. It is true that confession makes them forgive God, but we also need to purify them a little.

And how do I do this?

Is simple. While communion says to Jesus: "Jesus, I offer you my sins, through the power of communion and your passion lived for us redeem me with your grace and mercy as if I had never done them".

What a wonderful thing! And really it will be as if I had never done them?

Yes, really.

Within a month he felt like a new person, and said that he now had the courage to call himself a Christian.

### 30. Epilogue

Well, I'm the secretary again. I think I have told you a great deal of cases in order to have an insight into how to act in every situation. Basically it is only necessary to understand that the soul, whether you are believers or atheists, we have it. This soul is linked to psychophysical health, these are two things. The soul has the memory of the emotions you have experienced in past events, both caused by others and by your actions. Now, for believers, what matters for your salvation is to have at least asked forgiveness for your sins, but it is better to ask for redemption, because this is as if you had never committed them. The things that come from the outside do not have great importance for salvation, but to heal one's own soul from the blockages that these have caused leads to a better life. Moreover, if they are forgiving things, they give you the merit of having forgiven and therefore being forgivable because of your mistakes to others, on the part of God.

For the unbelievers: it is difficult to believe in God without having known him, but to turn to him often with seriousness waiting for sooner or later to answer is the shortest way to get to know this. The soul is there, and thinking about healing it at least with EFT methods will give you a great improvement in the quality of life. Remember that emotional blockages, your own and others' judgments, prevent you from easily accessing a better life.

Problems with oneself and with others are almost always based on a blocking judgment or a sin that should be redeemed, experience teaches us. Using these methods helps to bring out what inside drains the soul's energies, and unblock it, untie it, remove the chains. With these methods we can achieve total inner cleanliness, that is to have a healthy and beautiful soul. This affects both believing and not believing in God, but concerning the believers the doctor once said something interesting: "They act as if they only have to be good, and when they make mistakes they confess their sins, but we must also be good in life, that is to collaborate with God the Father and with Christ for the cleansing and enrichment of one's own soul, because once in Heaven one can not go back down to improve one's condition, one can not tell God that one did not know that one could cultivate a better inner beauty ". So give yourself to be not to be any Christian, with love to God, to the neighbor and to themselves active !

Written by Oscar Lepore

Who wants to give simple testimonies that these methods have obtained some healing can write to [oscarlepore@email.it](mailto:oscarlepore@email.it) I will be happy to add anonymously new "patients" helped by Dr. G. to this mini-novel.

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