

**LIFE TRANSFORMERS PRICE LIST & ORDER FORM**

**NEW PRICES NEW PRODUCTS**

Gemstone Qualities	Gemstone Type	Location	Price Each	Quantity Required	Subtotal Cost
Accepting My Sexuality	Moonstone	Near Navel	£25.00		
Attunement with the Truth	Carnelian	Middle Breastbone	£25.00		
Being Centred/Grounded	Rose Quartz	Upper Breastbone	£25.00		
Communicating	Amethyst	Lower Breastbone	£25.00		
Confidence	Quartz	Upper Breastbone	£25.00		
Coping with Jealousy	Malachite	Right Side Anywhere	£25.00		
<b>CONTROL ANXIETY</b> <i>NEW</i>	Amethyst	Solar Plexus	£25.00		
Coping with Rejection	Malachite	Right Side Anywhere	£25.00		
Enhancing Female Energy	Clear Quartz	Solar Plexus	£25.00		
Enhancing Male Energy	Clear Quartz	Solar Plexus	£25.00		
Expanding Consciousness	Lapis Lazuli	Middle Breastbone	£25.00		
Expanding Consciousness Enhanced	Lapis Lazuli	Middle Breastbone	£25.00		
Expressing Myself	Citrine	Middle Breastbone	£25.00		
Forgiveness	Citrine	Near Navel	£25.00		
Getting Unstuck	Rhodonite	Upper Breastbone	£25.00		
Grief	Rose Quartz	Left Lower Rib Cage	£25.00		
Healing	Rose Quartz	Middle Breastbone	£25.00		
Improving Intellectual Functioning	Tigers Eye	Lower Breastbone	£25.00		
Improving Memory	Lapis Lazuli	Near Navel	£25.00		
Improving My Creativity	Blue Lace Agate	Near Navel	£25.00		
Intimacy	Carnelian	Lower Breastbone	£25.00		
Opening My Heart	Carnelian	Lower Breastbone	£25.00		
Overcoming Depression	Quartz	Left Side Anywhere	£25.00		
Overcoming Fears	Moss Agate	Near Navel	£25.00		
Overcoming Illness	Sodalite	Left Side Anywhere	£25.00		
Overcoming Sadness	Blue Lace Agate	Lower Breastbone	£25.00		
Overcoming Shyness	Aventurine	Upper Breastbone	£25.00		
Protection from Chaotic Energies	Rose Quartz	Upper Breastbone	£25.00		
Protection from Controlling Energies	Golden Topaz	Lower Breastbone	£25.00		
Protection from Electro-Magnetic Fields	Rose Quartz	Left Side Anywhere	£25.00		
Protection from Geopathic Stress	Rose Quartz	Upper Breastbone	£25.00		
Protection from Oppressive Energies	Rose Quartz	Near Navel	£25.00		
Psychic Protection	Malachite	Right Side Anywhere	£25.00		
Relating to My Children	Rose Quartz	Lower Right Rib Cage	£25.00		
Relationships	Aventurine	Right Side Anywhere	£25.00		
<b>RELEASING HOSTILITY</b> <i>NEW</i>	Rose Quartz	Solar Plexus	£25.00		
Sexual Fulfilment	Carnelian	Breastbone	£25.00		
Sexual Fulfilment <i>Save £5 if buy 2 as a pair</i>	Carnelian	Breastbone	<b>£45.00</b>		
Shielding from Other People's Energies	Rose Quartz	Upper Breastbone	£25.00		
Smoothing the Emotions	Carnelian	Near Navel	£25.00		
Strengthening My Energy System	Sodalite	Lower Breastbone	£25.00		
Subtle Energy Integration	Rhodonite	Upper Breastbone	£25.00		
Success	Tourmaline	Upper Breastbone	£25.00		
Tolerance	Moonstone	Lower Breastbone	£25.00		
Unconditional Love	Carnelian	Lower Breastbone	£25.00		
Understanding	Aventurine	Right Side Anywhere	£25.00		
Wisdom	Rutilated Quartz	Upper Breastbone	£25.00		
<b>BIOENERGETIC TOOLS:</b>					
<b>Normalise Function</b>	Clear Quartz	On Affected Area	<b>£54.00</b>		
<b>SET</b> <i>Students buy 3 and get £4 off each</i>	Clear Quartz	Solar Plexus	<b>£54.00</b>		
<b>POSTAGE</b> Per order value up to £54.00		£1.50 (1st class £2)		<b>PLEASE REMEMBER TO ADD THE POSTAGE</b>	
Per order value up to £99.00		£2.00 (1st class £2.50)			
Per order value £100 or more (next day delivery not Saturday)		£7.50			
Total					

**TO ORDER:**

**PAYMENT BY BANK TRANSFER:** to Account name Transform Plus, Bank Sort Code 09-06-66, Account Number 40826521 and Reference Your Name. Please also e-mail [christinefowler@yahoo.co.uk](mailto:christinefowler@yahoo.co.uk) with details of the item(s) required including contact information as listed below and payment type.

**PAYMENT BY CHEQUE:** Please make cheque payable to Transform Plus and send in the post with the completed order-form, ensuring you add postage, to **Christine Fowler, 2 The Cloisters, South Gosforth, Newcastle on Tyne, NE7 7LS.**

**PAYMENT FROM OUTSIDE THE UK:** please e-mail me or telephone for payment assistance (Tel: 0191 2847615).

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## The A to Z of the Current Life Transformers: By Christine Fowler

Dr Jimmy Scott the developer of Health Kinesiology (HK) recognised "that every substance has an in-ate pattern of energy" including human beings. If you think about a photograph, when it is super sized you see the dots of colour which form the pattern which creates the picture. Your energy pattern is like those dots of colour, creating the person you are. This energy pattern thus underpins how we function physically, how we think, our emotional responses and our spirituality.

As babies in the womb and all through our lives these energy patterns are influenced by events, emotions and factors outside of our control. These cause disturbed energy patterns which influence our functioning and, using the photograph as a metaphor, distort the picture we see. In consequence, we may be stressed, sometimes even by positive experiences.

These disturbed energy patterns can be corrected by HK. Wearing Life Transformer's (LT's) is one of the ways of doing this. LT's are permanently programmed and are in effect act as a template for our bodies to copy the programmed patterns. This in turn counteracts the negative energy stress enabling us to cope with life in a more relaxed and effective way. Since different stressors produce different patterns, a different LT is required for each type of stress thus ensuring the best possible match to effectively target the identified stress.

Life Transformers can be worn anywhere on the body (but most often on a chain around the neck). Any number can be worn at the same time. For best results, wear as indicated above or by your Health Kinesiologist. Wear every day until you achieve the desired results and wash your LT daily under cold running water for a minimum of 1 minute to keep it working optimally.

**A definitive list of available LTs and the issues they help you with is detailed below, to help you with your choice.**

**Accepting My Sexuality:** It is OK to be a sexual person, it is normal, healthy and we are designed to take pleasure in our sexuality whether we are gay or straight. It doesn't matter what conditioning the person has undergone in the past or what difficult or even traumatic experiences they may have previously undergone; when they are ready, this is the perfect LT to release their fears and concerns and allow them to regain sexual harmony and balance.

**Attunement to the Truth:** This is the perfect LT for any therapist to possess. After all, what are we trying to do but reach the absolute truth of what is going on for our client? So attuning to the Universal truth using this LT makes you a better therapist. Equally so for a non therapist as being enabled to recognise and act on truth is a wonderful gift to possess. Interestingly this LT is programmed with energies from the Sphinx of Egypt and is a wonderful gentle stone for use when meditating.

**Being Centred/Grounded:** If you are centred and grounded then you are balanced and connected to the earth and able to assimilate the earth's supportive energies. In short you are in the best place to make the best use of your earthly experiences, and in a great place to do healing work on yourself or others. If you feel you are never really here, spent most of your time dreaming but not actually doing, then this LT for you to choose.

**Communication:** is the focus of this LT. People tend to think that communication is about talking, but it is about much more than just this. It is about listening, giving the other person time to think, assimilating information imparted, formulating your response, being able to speak out coherently, and taking responsibility for what you say. So you can see how useful and powerful this LT can be.

**Confidence:** If you talk about the Confidence LT people tend to think that it will be helpful for under confidence. Yes it will, but it is equally as helpful to moderate the behaviour of the bumptious individual who is over confident and can ride over other people. The Confidence LT is about enabling the person to develop an appropriate level of confidence which by doing so will enhance their life.

**Control Anxiety:** Anxiety feeds upon itself, growing worse in a recurring cycle. Using this LT reduces the intensity, interrupts the cycle allowing the individual to regain control.

**Coping with Jealousy:** Don't forget that this LT is helpful for people who experience other people being jealous of them; as well as for people who have a tendency to feel jealous. Jealousy is such a destructive emotion, whether you are on the receiving end or the perpetrator that it is essential to tackle it, and this is the LT to do it supportively and gently.

**Coping with Rejection:** When we feel rejected our very core sense of self is under attack. It undermines who we are and in consequence how we cope with life. This LT helps to put things back into perspective and supports our self image enabling us to once again face the world.

**Enhancing Female Energy:** This LT supports the bioenergetic structures related to various female organs and glands and can be especially helpful during Menopause, PMT and other hormone induced issues and female functioning in general.

**Enhancing Male Energy:** This LT supports the bioenergetic structures related to various male organs and glands and is especially helpful in working with male issues.

**Expanding Consciousness:** The pattern for the Expanded Consciousness LT was made in the Great Pyramid in the Kings Chamber and is filled with really powerful energies. This is reflected in the special instructions, where you are advised to use it for only 5 or 10 minutes at a time. The Expanded Consciousness LT is designed to enable you to very quickly reach a deep meditative state when you are wearing it. This enables you to access a deeper understanding and spiritual connection. So if you want to contact your higher self this is definitely for you.

**Expanding Consciousness Enhanced:** The pattern for the Expanded Consciousness Enhanced LT was also made in the Great Pyramid in Egypt. It takes energies from both the Kings Chamber and the Queens Chamber in consequence it is exceptionally powerful. It really takes you to a new place, but only when you are ready for it.

**Expressing Myself:** Expressing yourself is more than just speaking out and getting in touch with your feelings. It is about being able to express yourself in whatever way is appropriate to you. This may be through the clothes you wear, how you decorate your house, the friends you choose to mix with, whether you use a black or a blue pen, and so on. This LT frees you up to feel comfortable about expressing who you really are.

**Forgiveness:** Forgiveness is not just about forgiving people for doing wrong, it is about recognising the worth of people and your own worth. For if you do not value the person or yourself how can you feel forgiveness for something, or someone, who is worthless? The Forgiveness LT helps you to move towards making that fundamental shift so that true forgiveness occurs and allows you to let go of the hurt, anger or other emotions so that you can move on.

**Getting Unstuck:** This can work in surprising ways. I find that this really shifts the psychological issues that are holding the client back. Also, and this is what I mean about thinking outside of the box, the Getting Unstuck LT shifts constipation for a client; if the constipation is caused by the client hanging onto stuff on a psychological level. Amazing!

**Grief:** People can get lost in grief or they can block it and hold it in their bodies which eventually manifest itself in illness. The Grief LT is wonderfully supportive, enabling appropriate tears to flow and wash the pain away, and for the person to gradually perceive the colour in the world and leave the grief behind.

**Healing:** This one is wonderful you can even have a whole session devoted to one Energy Correction using this remarkable LT. It triggers dozens of healing reactions for people. I know Jimmy uses this one routinely with all his clients, (with their permission), as he rates it so highly. I see it as not just focusing on illness, or getting better, sometimes it is also about not getting better. In that context it is about accepting where that person is in their life and if they are terminally ill it can be about acceptance of their own death and moving on. I have found this wonderfully helpful in those cases. Thus the focus of the work may not be about physical concerns at all, it may be that it is about emotional, or spiritual healing that is required.

**Improving Intellectual Functioning:** We can get stuck in thinking in certain ways, which limit how we learn and the perceptions we use to filter the information that formulates the models through which we live our life through. This LT gradually stimulates the mechanisms and channels of thought and the intellectual curiosity we need to widen our intellectual functioning at all levels.

**Improving Memory:** This is helpful in laying down the memories, memory recall and remembering it with the correct emphasis with out distortion. This is excellent for studying but it is also important to prevent cyclic magnification of inappropriate emotional responses. For instance anger may colour a memory, thus distorting it and feeding the emotion further. The patterns gradually assimilated from this LT will help place the memory into perspective and enable you to see a true picture of the events.

**Improving My Creativity:** Creativity is about how you approach life and everything within it. You can be a creative cook or a mundane one. You can approach your work to see how you can make it creative and enjoyable or you can plod through it. Which would you prefer? Allow this LT to help you release your natural creativity whether it is through artistic expression or through something as simple as the placement of your furniture.

**Intimacy:** This includes intimacy between people and also importantly intimacy with yourself. It is about allowing others to be appropriately close to you, letting others into your life and letting yourself get close to the real you. No hiding even from yourself. If you really want to know the warmth of true intimacy at all levels then this LT will safely and gently open you to that reality.

**Opening My Heart:** Does your chest feel tight, are you nervous, fearful or find it difficult to open up? These are signs of your heart been closed defensively, protectively whether as a result of real hurt, past life trauma, or basic insecurity or low self esteem. Opening My Heart LT does just that, it gently eases your heart open over a period of time so you can experience the joy of giving and receiving love. This is a wonderful LT to use, and is particularly effective when coupled with on going Health Kinesiology work.

**Overcoming Depression:** When you are depressed you are in a deep dark place, and this LT coupled with Health Kinesiology work provides a light which illuminates your darkness. It does that by gently supporting you, taking the edge off the black thoughts, and helping you to move forward at the pace that is right for you.

**Overcoming Fears:** One of my clients describe wearing this LT as providing her with a wonderful warm feeling of safety, and that is what it does ultimately by enabling the person to release the repetitive fearful responses resulting in them feeling more secure, safe and stronger.

**Overcoming Illness:** Sometimes when you are chronically ill you just can't seem to summon up the energy or will to help yourself tackle what is wrong. This will help you get to the best place to do that and to start the process of getting well. It will support any medical or complementary approach and help your body tackle the causes of your illness.

**Overcoming Sadness:** Sadness is different to Grief, sadness is an all pervading mood or attitude which colours your life. Grief is a response to a specific event. The constant sadness saps your will, uses your energy and leaves you feeling depleted and unable to cope. Overcoming Sadness can turn your life around, bring the sunshine back, revitalise and energise you as it works at the underlying causes of the sadness.

**Overcoming Shyness:** Whether you turn red when spoken to, or agonise at parties, shyness can feel like it is handicapping you. Working through the psychological issues associated and supported by this LT will really allow you to blossom. You may not be the life and soul of the party but you will be there, enjoying it a real step forward.

**Protection from Chaotic Energies:** Too much seems to be going on, you seem to be jumping from one thing to another with out making any headway, you forget things, your life and energy system seems cluttered and you just can't see a clear way through, then you need this LT.

**Protection from Controlling Energies:** If you are subject to being bullied, or influenced adversely by stronger or dominant personalities who cause you to loose your way, and go off your path in life then this LT will work wonders for you. It will provide an effective energy screen to enable you to get back your control over your life.

**Protection from Electro-Magnetic Fields:** This provides excellent protection from pollution from computers, microwaves, mobile phones and so on. Wearing them unlike devices you attach to your phone or computer, allows you to be protected where ever you go or what ever you are doing. If you use it with the Strengthening My Energy System LT it will also provide protection from Radio masts. I also find them excellent also to use in demonstrations when I am giving talks to the public. Finally I blind tested these against other more expensive EMF protection devices at a GS course and the EMF LT's came top for effectiveness.

**Protection from Geopathic Stress:** GS occurs when the earth's energy is disturbed, for instance from under ground water flows, mine workings and so on. The adverse effects of GS if you resonate to it's energy pattern can cause serious physical illness. It is also the one thing that can undo energy corrections (apart from not holding the points long enough). So you can see how important it is to be protected. This LT provides you effectively with this very important protection, a must if your clients at the end of the session seem well and then their symptoms keep on returning.

**Protection from Oppressive Energies:** This is when people for the very best intentions want to influence you for the best. They can be very difficult to resist particularly as you know they only mean well. But you find their interference oppressive. This LT protects you from their influence and give you back the responsibility for your own life, enabling you to make your own decisions with out being subject to outside influences.

**Psychic Protection:** If you have ever being subject from hostile thoughts from other people you will recognise the need for this LT. Think about what happens after an argument for instance, you can feel the hostility in the room. This hostile energy can continue to be directed against you either intentionally or unintentionally. This LT protects you from this and all forms of hostile thoughts and negative energies directed against you.

**Relating to My Children:** This one obviously helps with relationships with your children but it also does so much more. Some people benefit from this LT when they don't have children, why? They benefit because sometimes they have a family of pets, and see the pets as their children. Or because they are starting a new project, or developing new ideas, so in effect they are giving birth to the project, or the idea, thus they become that person's children.

**Relationships:** Relationships involve aspects of being willing to meet people, speaking up, engaging with them, formulating an initial relationship, nurturing it, maintaining it and knowing when and how to end it if appropriate. Some people are good at making new relationships and others are good at maintaining them but find it difficult to engage people initially. What ever your problem this LT will work with you to allow you to develop the skills you need to establish and maintain the relationships you need in your life. Finally don't forget your relationship with your self that requires nurturing too let this LT help you with this too.

**Releasing Hostility:** This helps people to release both overt and passive hostility or anger in a controlled and more productive way allowing discussion and the possibility of resolving underlying issues.

**Sexual Fulfilment:** This wonderful Life Transformer is designed to help each partner improve their sensual and emotional experience of sexual activity. This is one to buy as a pair, so both participants can maximise their enjoyment together. Definitely one to have fun with fun!

**Shielding from Other Peoples Energies:** Some people can be overwhelmed by other people's energies, either because the people concerned have strong energies, or by the quantities of people surrounding them if they are in a crowd or group for instance, or if their own energy system is depleted. This LT shields them from these energies and prevents them from becoming overwhelmed.

**Smoothing the Emotions:** This is exactly what you need when your nerves are on edge, or when you dissolve into tears easily or rage at people over the slightest things. It is like an emotional balm, initially taking the edge off, then moving deeper until you balanced and able to face life again.

**Strengthening My Energy System:** If you are in doubt which LT is for you or your client then this is the one to choose. It is like taking a tonic it has a broad beneficial effect, supporting both your physical body and also your energy system. It is always the first one Jimmy uses when he is working with clients, to build up their energy system so they can process the work better and become more resilient generally. Particularly good I find for people with chronic conditions like ME, although don't forget these people will also require a lot of psychological work as well.

**Subtle Energy Integration:** Subtle energies make up the energy bodies of our aura. The chakras connected to each energy body transform universal energies, and the energies used in healing modalities into a form that the physical body can use effectively. In order to do this the subtle energy bodies need to be aligned and all the systems need to be integrated and fully operational and that is what this LT does, it ensures the full integration of the energies to optimise their functioning. When they are working optimally then you too will feel as if you are operating from the best possible place. This will also enable you to receive the best possible effects from any therapy.

**Success:** People tend to think that this just relates to career and project success. However it has a much broader impact than that. If you are carrying the pattern of success what do you attract? You attract success in every aspect of your life, from making a cake that rises to finding your perfect partner. Success is also about acting on the good idea, seeing the opportunity when it presents and doing something about it. Additionally success is about recognising it, many people write off their successes as good luck, or because they had help. So this LT also helps you to accept your success, so enjoy.

**Tolerance:** Tolerance can relate to emotions, thought patterns or physical responses. So if you have done the work on physical allergy and tolerance and things are still not quite right, remember this LT, if there are psychological associations then this may be just what is needed. So let it smooth the way for you and help you let go of the emotional or physical irritations, prejudices and rigid thought patterns, life will be so much easier.

**Unconditional Love:** What could be better than that? Unconditional, unquestioning love, warming and supporting you the job of your guardian angel. This LT helps you work towards accessing, sharing and giving it. The moments that you do connect to it are unforgettable.

**Understanding:** How many of life's problems would disappear if there was just more understanding. Understanding is about the ability to put yourself into the other person's shoes, to see life from their perspective as well as your own. Do you tend to pick up the wrong impression, or to get confused, or not seem to connect to what is been said? If so then this is for you to help you open up your eyes and ears to remove the blocks to your understanding. Don't forget for physiological difficulties in receiving or interpreting the information in the brain energy flow balance work achieves excellent results.

**Wisdom:** Wisdom involves developing an ability to work from a loving distance where you can empathise but not get sucked in, whilst working with the highest ethical perspective, unselfishly and without ulterior motives. Thus it is about seeing things clearly from a place of truth and knowing when to stop, when to interact and when to ask for help. This wisdom LT with its appropriately named inclusion of angel-hair, helps you to work with your higher self to develop the wisdom that you need in your life.

**NOTE:** Life transformers sometimes come up in ways which are not always immediately obvious. For instance one practitioner rang me for an Improving My Intellectual Functioning LT and was confused over why it had come up for a client who was going through a messy divorce. I explained that to avoid getting sucked into the emotion, whilst coping with the legal and financial practicalities of the divorce the client did need to operate from that intellectual level, whilst the HK sessions were dealing with the other issues.

Don't forget that LT's are made from crystals, which are living things. They are in a way like psychic sponges, and like sponges they get full. So remember to make sure that you clean them regularly for a minimum of 1 minute under cold running water every day and before you wear them for the first time.

## BIOENERGETIC TOOLS

**NORMALISE FUNCTION:** These are two energetically identically programmed crystals which are used together as a pair. Place them on the Affected area(s) of the body, and whilst they are in place they will stimulate the particular function of the effected area to work normally. They can be worn for prolonged periods of time like Life Transformers until the body has copied the energy patterns required. They can also be used by practitioners for corrective procedures such as TEB's where they enable the energy flow between the two areas without the client having to touch the body or change hands.

**SET:** This is an amazing way of completing a SET Allergy Detox correction easily and speedily. Merely place the identified allergen(s) on CV6 (just below the navel) and place the SET Crystal on the third eye (centre of brow) and wait until the correction is complete. This can also be used like an LT by wearing it either under a head band to keep it on the third eye, or as a necklace (although this will reduce it's effectiveness slightly). By wearing it on a daily basis it will help to protect you from the variety of allergens you may come across in your daily life, for example cleaning products, garden chemicals, animals, to name just a few. This is also a useful way of identifying allergens which had an adverse effect on you previously. For example if you note an improvement whilst wearing it in an environment which normally left you feeling unwell, then that would indicate an allergen rather than stress or other reason for your previous symptoms.

***So have fun, and remember boxes keep us from moving forward, so think beyond the box.***