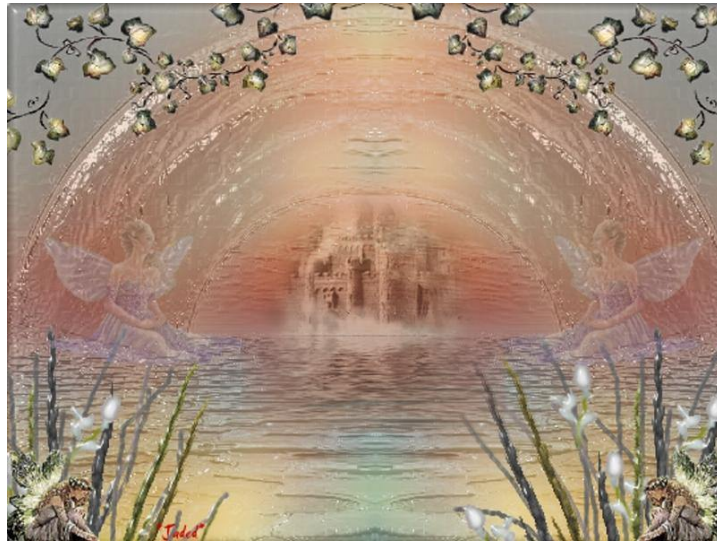


Above All Healing



A BOOK OF INFINITE POSSIBILITIES

Melody Bass
Transformational Life Coach
Healer/Teacher

A BOOK OF INFINITE POSSIBILITIES



**A book of suggestions
on improving all aspects of your life.**

with love and gratitude always,

Melody

**P.O. Box 8494, GCMC
Bundall, Queensland 4217
Australia.**

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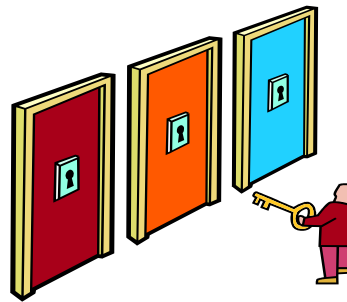
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If you KNOW

You have CHOICE,

What will you CHOOSE?



THREE STEPS OF CREATION

The process to ask, surrender and receive.



1. Be creative, and make a 'choice list' of what you would choose in your life, & tick what it is possible that you COULD have, what you WOULD have and WHEN you expect to have it. Gift this 'choice list' to the universe without any conditions or limitations. Ask the question: What are the infinite possibilities of having in my life? Asking the question opens us to surrendering.'
2. Allow yourself to surrender and be in the question, rather than being stuck in having to have the answer or the solution. Being in the question, allows for infinite possibilities. When we live in the question, we surrender, let go, and then we are honouring the universe. Know that the universe will honour your question and honour you in

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return. Each time we are in the question, we hand the possibilities over to the universe, asking to adjust all aspects of our lives accordingly.

3. Experience the transaction, embrace, receive & welcome it with gratitude into your life, the full vision, sound, smell taste, touch and more. Keep integrating this wholly into every aspect of your life.

Creating Your Choice List

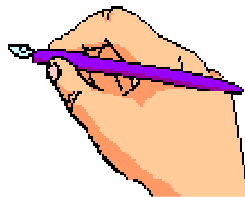
Write down on paper in order of their importance, the things you choose to have in your life.

Do not be afraid of asking for too much. Go for it!

Change your list daily, adding to or taking from it.

Do not be discouraged on account of making changes, as this is part of your growth. There will always be changes and additions and accomplishments and increasing awareness of your infinite power.

Remember - you can choose to change your choices.



The Art of Living in the Question



***Live life in the question and the Universe
will start to re-arrange itself to make it happen for you.***

By living the question, we are asking the universe, and honouring the universe to supplying your request. You are surrendering to the Universe, becoming total trust.

The opposite of living the question: For example: Is having to have the answer, the solution to everything. When we assert our point of view, we are really saying that we don't trust any other possibilities.

Or have you ever noticed how some people bombard you with questions? Have you ever noticed how drained you feel and wish they would just leave you alone or go home?

Often such behaviour is the opposite of trust and an attempt to

prove the other person wrong. Underneath this tactic is fear.

By living life in the questions and handing them over to the universe, we are relinquishing all fear and doubt and trusting the process of life. Living in the question requires trust. Often we cannot acquire trust at the start. Some of your requests, from all practical reasoning, may seem positively unattainable; nevertheless, write them down on your list in their proper place of importance to you. The infinite power within you is total trust.

There is no need to analyse the question or to sort out how this infinite power within you is going to answer your question. Such a procedure is as unnecessary, as trying to figure out how a seed can be planted in the soil and before you know it has transformed into a beautiful flower, often containing hundreds of seeds, each capable of doing what the one seed did. This transformation can be beyond our reasoning.

If you follow the three simple steps, the journey of accomplishment will unfold as mysteriously as the seed of the plant, and in most cases, much sooner than you expect.

How to Create your Choice List:

Put down on your 'choice list' such material things as money, home, cars, or whatever it may be. Be precise with what kind, style, price, colour and all the other details including when you would like it, write it down.

If you would like a home, plan the structure, grounds and furnishings. Choose a location and cost.

If you require money, write down the amount. If you choose to create a business, often it is natural to experience scepticism, doubts, distrust and questionings, but when these thoughts arise get out your list.

Read your list repeatedly, visualize your list, making sure that you are in the picture until the doubts that interfere with your progress are gone. Remember, nothing can prevent you creating that which you earnestly choose. You are an infinite being!



A List of Choices

Please allow yourself to read the following list of **choices**, over and over and **allow** yourself to receive in all areas of your life.

I choose to make good friends quickly and easily.

I now create outstanding rapport with other people quickly and easily.

I now surround myself with light minded people. .

I actively listen to what others say without interrupting them.

I create synergistic, positive relationships.

I allow myself to be filled with faith, certainty, and confidence

I allow myself to be confident and assertive.

I allow myself to walk and move with assurance, poise, and personal power.

I allow myself to be a powerful and charismatic personality.

I allow my confidence and competence to expand massively everyday.

I now have the ability to change anything in my life that I choose to change.

I allow myself to take complete responsibility for my life.

When I speak to others, I look them straight in the eye and speak

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with confidence.

I allow myself to create a state of total certainty and confidence.

I now see myself as exactly the person I choose to be: confident, self-assured, healthy, and prosperous.

I now hold myself and other people in high esteem.

Everyday in every way I am more aware and conscious.

My confident energy, enthusiasm, and passion are increasing with ease.

I apply my faith with consistent acts of courage.

I now inspire and expand my imagination with enthusiasm.

I immerse myself in a powerful environment on a regular basis.

I speak to myself and others with confidence and clarity.

I now radiate confidence and certainty in the presence of other people.

When I speak, the tone of my voice communicates strength, courage, and confidence.

I increase my self-confidence by increasing my skills and abilities every day.

I consciously choose every moment of every day.

I allow myself to be positively adventurous and outrageous.

I allow myself new positive challenges everyday. .

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I allow myself to release all resistance.

I am now living a life of design rather than a life of reaction.

I am now absolutely clear about the specific results I choose in every area of my life.

I now make my future my present. My future is now.

I now choose to do what I do best and get other people to do the rest.

I now delegate to other people tasks that do not require my direct attention and focus to other people.

I now create magic moments for myself, my family and friends.

I now celebrate my achievements in advance.

My health, energy, and vitality are increasing everyday.

My positive thoughts are now creating the body that I desire.

I am growing more and more attractive everyday.

Divine life now flows through every cell in my body.

I am now totally energized. My body is now filled with healing energy and enthusiasm.

I now create magic moments for myself, my family and friends.

I now celebrate my achievements in advance.

My health, energy, and vitality are increasing everyday.

My positive thoughts are now creating the body that I desire.

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I am a lean, mean, fat burning, muscle building machine.

I allow myself to be filled with approval energy.

Divine life now flows through every cell in my body.

I am now totally energized. My body is now exploding with massive amounts of energy and enthusiasm.

My body is healing and regenerating itself everyday.

With every deep breath I take, my body is burning fat and creating healing energy, health, and vitality.

I now see myself filled with health, energy, and enthusiasm.

The more energy I use, the more energy I have.

I now fill my body with life giving oxygen through deep breathing everyday.

My body now eliminates all toxins quickly, easily, and healthfully.

I am now relaxed and filled with peace of mind. In my relaxed state, my body repairs and heals itself quickly.

All of the cells in my body exist in harmony and peace with every other cell in my body.

When I sleep, my mind is at peace and the healing powers within my body are magnified.

My healing thoughts are now going deep into my subconscious mind and bringing total and continuous healing to my body.

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I sleep in peace and I wake in joy. Through peaceful sleep, my body and mind are renewed and restored to perfect health.

Understanding the power of yes! Intention and Implementation is everything. So become an action taker. Imagine for a moment that you are responsible for creating the outcome. What if nothing existed to support you but you! Become the ultimate expression of who you are; set your intention and implement it by choosing to say 'Yes to Life', rather than fear, doubt, worry, guilt, grief, lack, insecurity, feeling out of control.

Mantra: Say Yes to Life!

Melody's Mantra: This is a time of divine fulfillment, miracles follow miracles and wonders always manifest in the divine plan of my life, in perfect grace right now!

Learn the art of Visualization

A great creation technique is to visualize the outcome you are seeking as 'a done deal'. See yourself turning the page and visualizing the outcome, this creates a positive shift in energy.

Following are some of the benefits of visualization:

1. Visualization empowers people, assisting them to accomplish amazing things, promoting the ability to overcome limited thinking. It encourages people to look beyond their limits and start thinking of great things that they can and will eventually achieve. When people widen their horizons, they are likely to climb up the success ladder more quickly.
2. Elite Athletes use visualization in setting their goals to improve performance. Most athletes utilize positive thinking before competing; they motivate themselves to giving their best. Those who visualize losing are usually the loser's that never win, until they change their way of thinking.
3. Visualization can be an effective tool for marketing and advertising. Advertisers use images that are compelling and emotionally charged. Most commercials today create brand

personality, targeting the audience's semi-conscious mind to cause them to want to belong to that brand personality and/or lifestyle.

4. Visualization can also assist people in overcoming difficult circumstances. When people visualize their goals and desires, no obstacle can prevent them from realizing their objectives. Achievers usually design the plan and then envision the positive result. This motivates them to do what is necessary to succeed and get whatever they have visualized.
5. Individuals who have learned the art of visualization tend to have much stronger immune systems and are generally healthier compared to those that do not. In addition, visualization motivates people to exert efforts for improving their health through balanced diet, exercise, sleep and hydration.
6. People who visualize out-perform those who do not in most working environments. They are easily recognized because they are generally optimistic and can work under extreme pressure. As a result, they move up the ladder effortlessly in the corporate world.

Visualization is a vital component in the achievement of success in

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all areas of life. It is used in conditioning the human mind and has been applied to almost all endeavors – sports performance, memory improvement, self-healing, decision-making and problem solving. Keep in mind, success comes only when people learn and apply balance with strategy and vision.

Discovering and implementing the art of visualization is relatively easy and promises great results, results that will affect your life positively. The human mind is a powerful organ that has limitless potential. Make use of it and employ it positively to improve your quality of life and for living your life to the fullest. One of the tools that I would love to share with you is the ability to:

Visualize yourself “turning the page” on any negative thought that you may be experiencing. Actually see yourself “turning the page” and visualize the outcome of your choice.



Remember to always see yourself in the picture.

Living the Questions:

Now the key to this shift in awareness is to live the questions, without being invested in the outcome. Ask the question and let it go, knowing that it is already set in motion. Remember that the universe will honor your question and honor you in return.



What are the infinite possibilities of
.....with ease? You choose to fill
in the blanks.

What are the infinite possibilities of living a life of ease, joy and
prosperity?

What are the infinite possibilities of being in a loving, caring and
nurturing relationship?

What are the infinite possibilities of my being able to choose with
awareness and consciousness with ease?

What are the infinite possibilities of my knowing the greatness of

who I truly am with ease?

What are the infinite possibilities of my being able to move forward with ease?

What are the infinite possibilities of my trusting the process of life with ease?

What are the infinite possibilities of my being able to let go of wanting to have the answers and solutions, with ease?

What are the infinite possibilities of my being able to live life in the question, with ease?

What are the infinite possibilities of my being present in all areas of my life with ease?

What are the infinite possibilities of my being able to choose with awareness and consciousness with ease?

What are the infinite possibilities of my knowing the greatness of who I truly am with ease?

What are the infinite possibilities of my being able to move forward with ease?

What are the infinite possibilities of my trusting the process of life with ease?

What are the infinite possibilities of my being able to let go of wanting to have the answers and solutions, with ease?

What are the infinite possibilities of my being able to live life in the

question, with ease?

What are the infinite possibilities of my being present in all areas of my life with ease?

How to Let-Go and Surrender

The infinite power within you does not enter into any controversial argument. It is waiting and willing to serve when you are ready, however, your objective mind is so susceptible to suggestions that it is almost impossible to make any satisfactory progress when surrounded by sceptics' or negative energies, so choose your friends wisely and associate with light minded people who now have some of the things you would really like to have.

Thoughts such as doubt and scepticism exist because you do not think that you are powerful enough to be the creator of your reality. As you observe your life and see the link between your thoughts and your experiences, you become a deliberate thinker, and you no longer think negatively. You are able to 'turn the page' on those thoughts to whatever it is you choose in your life.

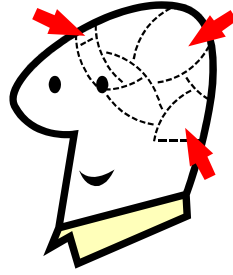


What you think about comes about, this is the law of attraction.

UNDERSTANDING THE LAW OF ATTRACTION

This Universal Law states that you attract whatever you put your attention to. This Universal Law addresses the creative power of thought.

Whatever you put into your conscious or subconscious mind, you attract into your life. The mind is like a computer. It stores data both positive and negative, whatever we hold in our mind we create. Our mind can be very creative, but also very limiting. We are created in the image of the Creator, with a mind that possesses the same creative properties. Before you learn that you have this power, your mind will wander and raise many thoughts, some of which conflict and create negativity.



The mind is a creative instrument. It can be expansive and it can also be limiting.

Often times the mind plays tricks on you when you get your first taste of accomplishment. These tricks will appear as thoughts, such as; It can't be possible, it was just a coincidence. Let me assure you that there is no such thing as coincidence.

When such thoughts occur, give thanks and acknowledge your infinite power for the accomplishment. By doing this, you gain awareness and more and more consciousness with regard to what you think you create. You become aware that there is a law, which actually works at all times.

The infinite power and what it creates is beyond the mind. Please do yourself a great service and don't try to understand it. Just be in gratitude of the accomplishment with abundance, happiness and success.

The mind is impressionable and you create the impression with stored data. Remember, the mind operates like a computer. The mind is a creative instrument, whatever we hold in mind we create. If you focus on your 'wants' you will create just that, 'wanting' or 'lacking'. Want is the most negative word, want equals lack.



Courage to Let Go and Surrender

How much are you willing to let go ,surrender and be courageous?

Unless you are prepared to let go you do not create a space for new opportunities to come into your life.

Image a bucket full of dirty water, how could you allow it to be filled with fresh water whilst you still have the old stagnant water in it.

It is the same in your mind and your life.

You have to choose to have the willingness to let go to receive.

Visualize yourself turning the page on any resistance you may have to surrendering and letting go , and create a positive shift in receiving the ideal outcome. The key to this shift in awareness is to live the question, without being invested in either the objections or the outcome. Just ask the question and let it go, knowing that it

is already set in motion. Remember that the universe will honor your question and honor you in return. This requires faith and trust, which is the essence of who you truly are.

This is the art of surrendering.

The Art of Receiving

Feeling grateful is feeling blessed. When you feel grateful, you attract more of 'feeling blessed' into your life.

Gratitude aligns your energies and allows you to manifest easily.

Sincere and earnest thanks cannot be given without gratitude and it is impossible to be thankful and grateful without being happy.

Therefore, when you are thanking the universe, your greatest friend, for the every blessing received, do so with every pore of your being.

Gratitude will speed you through your growth and success more than any amount of hard work ever can. Gratitude completes the lesson, that note of success, pulling to you the end result desired.

Another way to put it is that you cannot leave a situation

permanently unless you appreciate the gifts it brings you; and all situations bring a gift, no matter how terrible the situation may appear to be. This law ensures that you will always complete your knowing and embrace all that is before moving on. The word 'gratitude' is defined by Webster as: *the quality of feeling or being grateful.*

(Great-full) or (thankful) means filled with greatness or grace. Gratitude is the giving of thanks, not one day a year, but every day, every minute, and with every breath. Its expression within our lives and with others blossoms into the realization that we are whole and complete within ourselves.

How do you practice gratitude? You can practice gratitude each day with each word, each thought, and each gesture. Even though you may have a wish list, ask yourself what it is you have to be grateful for now. Look for things that trigger gratitude in your life, even if they may seem insignificant at first. Soon you will automatically begin to feel buoyant and joyful. Make a gratitude list, and watch it grow. Focus on the abundance now existing in your life, rather than the lack.

Hold the vision of your life as being complete and whole. Affirm it.

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Know it. Be it. There is nothing to reach for beyond you. You are the universe, contained in its own perfection.

You can practice gratitude any time or any place. Simply become conscious of your breath. As you breathe in, imagine the universal consciousness being pulled in from all directions simultaneously into the center of your being. Hold your breath comfortably as you allow yourself to become a sensation of fullness and completeness. As you breathe out spread your inner being, joy and abundance to all within your life and within the world.

Begin approving of yourself and allowing yourself to receive in all areas of your life with ease. Approval energy comes from within, not from others.

Affirmations and processes

Are you willing to choose?

Are you willing to turn the page on all negative thoughts, feelings and emotions?

Are you willing to start 'allowing yourself' to receive?

Are you willing to be in gratitude?

Fill in the gaps with what-ever you choose.

Start allowing yourself.....(eg: Love).....and let go of any disapproval of yourself.

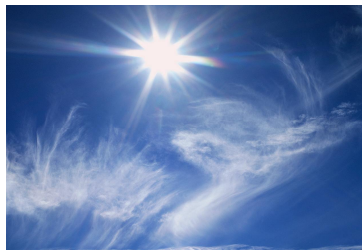
I allow myself to be a winner at all times with ease.

I allow myself to do only work that brings me joy.

I allow all of my fears to come up and out with ease.

I allow myself to let go of what I am afraid of loosing.

I allow myself to let go of resistance.





My life is filled with Abundance, Happiness and Success.

An introduction to one of the Above All Healings Break-Thru Method processes.

Self Awareness Exercise;

Start observing the chatter in your head, pay particular attention to any repetitive thought patterns. When you listen to that chatter, be there as an observer, without judgment on what you hear. (Ridding yourself from your mind chatter is ultimate freedom. Your mind can jump from the past to the future and back again, not allowing for the present moment. When you are feeling stressed or anxious ask the questions)

Who am I? (Am I limiting myself or am I aware I am an unlimited, am I making myself finite or infinite?)

Why am I here? (Are my thoughts, feelings and emotions stopping me from learning any lessons on how I am resisting or

reacting to areas of my life).

What is my purpose? (Am I reclaiming my power to realize the true nature of my existence, wisdom, abundance and joyfulness?)

Where am I now?" (Where are your thoughts coming from, are you in the past or the future?)

Can I allow myself to be present? (This questions brings us into the present moment) Keep repeating these questions, as they are a great tool for being in the present moment.

Self Awareness Affirmation:

I allow myself to aware, present and conscious at all times with ease.

Also remember to keep repeating your new mantra, say; **'Yes to Life!'**

The above clearing process is an invaluable tool, allowing you to dissolve your inner energy body of accumulated 'lacks', 'stuck thoughts and/or belief systems'.

Please drink plenty of water after each process, as shifting the energy to the point of commencement is a mind, body, spirit detoxification.

Gratitude Meditation (I always see bows of gratitude when I

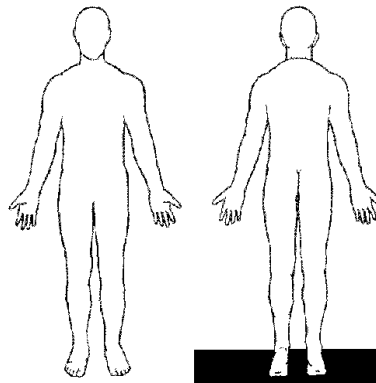
use this method).



Fill every part of your body with gratitude, front and back.

Thank You for My Healing

Thank you Thank you Thank you Thank You Thank
you



Thank you **Front** **Back** Thank You

Thank You Thank You

Bring your awareness to every part of your body and fill it with approval and loving energy, the energy is coming from your core being,

The essence of who you truly are: Pure Love.

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Ask the universe to fill each part of your body with approval energy, and repeat, “thank you for my healing”.

Move to the ankles: and repeat, “thank you for my healing I am so grateful”.

Move to the calves: and repeat, “thank you for my healing I am so grateful”.

Move to the knees: and repeat, “thank you for my healing I am so grateful”.

Move to the thighs: and repeat, “thank you for my healing I am so grateful”.

Move to the hips: and repeat, “thank you for my healing I am so grateful”.

Move to the solar plexus: and repeat, “thank you for my healing I am so grateful”.

Move to the heart: and repeat, “thank you for my healing I am so grateful”.

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Move to the lungs: and repeat, “thank you for my healing I am so grateful”.

Move to the throat: and repeat, “thank you for my healing I am so grateful”.

Move to the shoulders: and repeat, “thank you for my healing I am so grateful”.

Move down the arms: and repeat, “thank you for my healing I am so grateful”.

Move to the hands: and repeat, “thank you for my healing I am so grateful”.

Move up to the neck: and repeat, “thank you for my healing I am so grateful”.

Move up the face: and repeat, “thank you for my healing I am so grateful”.

Move up to the head: and repeat, “thank you for my healing I am so grateful”.

Move up and out of the crown or top of the head and repeat, “I allow my body to be healed, I give thanks for my healing, it is already done”. Allow the healing energies to flow down, through and all around your body.

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The above process can be accessed for any weakness you may be experiencing in the physical body.

I can freely express to you, as an Energy Healer/Teacher that these processes have changed my life dramatically and those around me. Through every pore of my body and my being, there has been tremendous change, at times I wonder if I am the same person.

This book could have extended easily to over 250 pages, consciously it has been shortened to make it as easy as possible for you to read, understand and become aware of your ability to choose.

May your journey be filled with as much love, joy and happiness. I am in gratitude to be able to share with you, all that has taken me years to acquire.

The realization is, “it is not what you have, it is a knowing of who you are”.

My love and gratitude to you, always,

Melody

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Further Information about: The Break-Thru Method:

This book: 'Infinite Possibilities is just a gentle introduction to the 'Break –Thru Method'.

I offer clients further support in rapid and gentle healing of emotional issues and, for those who choose I also provide ongoing coaching for achieving much greater levels of satisfaction, fulfillment and joy in all areas.

I conduct individual sessions by telephone with clients from across the country and abroad, who want to move past, fears, issues or any limiting beliefs that are keeping them from becoming a full expression of who they are.

The individual work I conduct in private sessions (usually one hour) over the phone is the fastest and most effective way to move through personal issues and a few sessions will usually handle most issues. Since most of my sessions are by phone, you can work with me from anywhere, all over the world.

Most clients, however, take advantage of a deep healing one month package I offer, which includes 3 full sessions, guidance about what to do between sessions, and as much e-mail support

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as required during the month. Also included, is a shorter follow-up call a week after the third session. This cost effective one-month package is often sufficient to move through any major issue.

Compared to the time and ongoing costs involved in most traditional therapies and modalities, my short term healing work is very cost-effective, and it will give you the freedom you are seeking.

The Break-Thru Method is fully outlined in my book - 'Ultimate Stress Busters – 9 Highly Effective Keys to Reduce Your Anxiety, Panic or Stress.

For information on the Break-Thru Method and further products: please visit: www.AboveAllHealing.com

E-Books also available:

Unlock the secrets: Your key to Abundance, Happiness and Success e-book also; All About Love e-book

Thank you for taking the step to change your life. I look forward to hearing from you. From my heart to yours,

Melody

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RESOURCES...

What is your stress level?
Find out **NOW** by taking the test – [click here.](#)



The Abundance Course
THE EFFORTLESS WAY TO BLISS AND ABUNDANCE

How to Live the Alpha Life



**The Jose Silva
UltraMind System**

**A Free 9 Part Multimedia
Training Program that will
Astound You.**

Learn What Your Mind Can do When You Function from the Alpha Level.

**Click
Here**

Get the **FREE** Holosync® Demo



Centerpointe
RESEARCH INSTITUTE

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- Improve your emotional Health
- Reduce Your Stress Levels
- Increase Your Brain Power

Instant Meditation

You've just found the most powerful personal growth and mind development tool on Earth...

- BOB PROCTOR



CLICK HERE

IF YOU CAN TELL ME WHAT YOU WANT,
I can show you how to get it.

Just this One Key Unlocks Your Endless Potential!