

# Heal Your Life Now

## The Alchemy of Forgiveness

by Dr. Kandis Blakely, PhD

### The Master Key to Personal Freedom

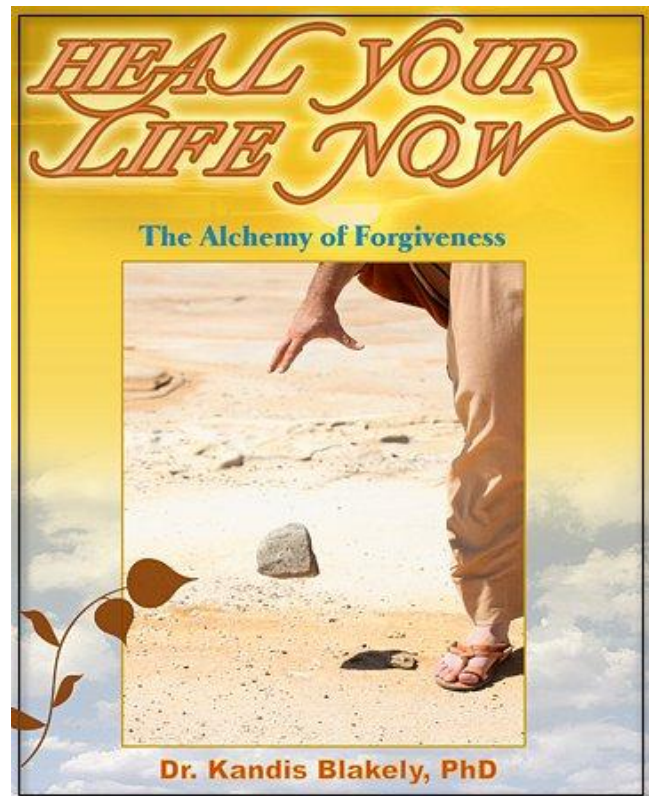
*“Everything should be made as simple as possible, but not simpler”*

– Albert Einstein

*Heal Your Life Now: The Alchemy of Forgiveness* contains the key to living a healthy, happy, and abundant life. The book provides a **simple** formula for quickly healing traumatic events from your past that are adversely affecting your life today. Although the formula is simple, the results that you will achieve by implementing it will be life altering and permanent. *Heal Your Life Now: The Alchemy of Forgiveness* is the definitive book on New Decision Therapy (NDT), by the creator of NDT, Dr. Kandis Blakely, PhD. NDT is a time-tested method that facilitates full conscious living.

New Decision Therapy is a thorough, precise, and highly effective method for identifying, clearing, and healing unresolved emotional experiences that have manifested as disease in the body and unhealthy emotional patterns. The following afflictions can be healed using NDT:

- Abuse effects
- Addictions
- Childhood trauma
- Compulsive behavior patterns
- Depression
- Eating disorders
- Emotional trauma
- Feeling stuck
- Grief
- Physical illness
- Relationship issues
- Stress
- Sleep disturbances



## An Overview

### Time Doesn't Heal

If you believe that time will heal your past traumas, you're probably in for a very long wait. The cliché, "Time heals all wounds," is simply not true. Time does not heal anything. Time simply passes. The longer you live with and re-live your pain, the more damage is done to your body, mind, and spirit. The time for healing is now. This book shows you how.

### Forgiveness Heals

This book provides a step-by-step method to pinpoint painful memories and **quickly** release toxic emotions and their harmful effects on your body. You can heal your life now with the power of forgiveness and open your life to infinite possibilities. This book was written for you. The alchemy of forgiveness is a gift that you give to yourself. You don't forgive others for their sake; you forgive them for your own health and well being. You forgive them so that you can move on with your life and stop reliving the past. Sometimes, the person you need to forgive is yourself. You may need to forgive yourself for a decision that you made or something you did in the past that you regret. You can Heal Your Life Now with New Decision Therapy™. Now is the time to be healthy. Now is your turn to be happy. It's time to live the life you were born to live. This is the greatest gift that you can give yourself.

Revealed within the clearly and concisely written pages is a step-by-step life changing process. **It works for everybody, every time!** New Decision Therapy™ is a powerful process that heals traumatic relationships from the past, improves the quality of current relationships, and is especially instrumental in healing our relationship with ourselves. Once healed, you are **free** to live a life of joy and fulfillment.

### Dear Seeker of Wellness

*Heal Your Life Now: The Alchemy of Forgiveness* is a book culminating from my 15+ year search for wellness. Ever since its creation in the late 1980's, New Decision Therapy has changed the lives of countless people. I have not found anything that even comes close to its transformational healing abilities. Every day I am blessed to receive messages from people all over the world and from all life situations and challenges who, thanks to New Decision Therapy, are now enjoying the life they could not have previously thought possible. Using the simple formula presented in this book, they released the past traumas that had been limiting their life.

As you continue to read about *Heal Your Life Now: The Alchemy of Forgiveness*, you will also read just a very small sample of the numerous testimonials that I am grateful to have received and continue to receive every day from people who have experienced life-changing transformations.

## An Overview

**“New Decision Therapy changed my life!** This process helped me quickly and efficiently clear years of emotional sludge from my system without having to dredge up every past, painful incident in exhaustive, gory detail... Within 5 private sessions with a Certified NDT Practitioner, I felt like a new person: light, happy, free, and full of smiles!

The secret to such remarkably speedy changes, mine being one example amongst thousands, hinges around the way of forgiveness that one is led through in a New Decision Therapy session, coupled with a procedure unique to NDT called ‘clearing the three layers of denial’.

This procedure opens up energy pathways so that important information that has been stored and forgotten about in the unconscious can be accessed, examined and brought to a state of full healing and resolution using the NDT forgiveness process. Focused eye-mirror attention effectively plants a 'new decision' in cellular memory. The changes are instant and permanent!

When I first heard the word 'permanent', I admit that I was skeptical. Now that 12 years have passed with no return to my former state of unhappiness, I feel totally confident to say that the changes for me have indeed been permanent."

**Lynn Himmelman**  
**Toronto, Canada**

## Chapter Highlights

### **Chapter 1: The Healing Power of NDT**

In recent years, the power of the mind to influence the body has been recognized and accepted by the Western world. It is now well known that the beliefs, emotions, and feelings have a profound effect on the body. New Decision Therapy™ (NDT) works by uncovering the root of illness: toxic emotions and memories resulting from past insults and injuries. Once painful feelings are brought into the light of consciousness, release and healing can begin. Having released your past, the past is released from you and you are now able to live fully in the present. NDT is a quick, targeted, effective, and permanent therapeutic intervention.

### **Chapter 2: What Is New Decision Therapy?**

New Decision Therapy (NDT) uses contemporary psychology and clinical kinesiology to stimulate emotional release of toxic residue stored in the physical body on a cellular level. Equally effective for both adults and children, New Decision Therapy is a thorough and precise tool for healing the body, mind and spirit. It is highly effective in physical illness, personal relationships, post traumatic stress disorder, and addictions.

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### Chapter 3: Your Body Tells the Truth

The essence of our being is a field of awareness that relays information between mind and body. While our minds continue to grow, our emotions may be arrested at an early age. To establish a template for forgiveness, a muscle test is performed to reveal: What happened? Who did it? And When?

### Chapter 4: Create a Pathway to Forgiveness

Life force or Ch'i energy travels along predictable pathways in the human body. NDT removes the memory of an illness at the cellular level, opening these pathways and preventing the tendency for illness to recreate itself.

### Chapter 5: Your Tragic Flaw

When a particular negative pattern is replayed again and again, the insult to your emotional being becomes an intrinsic part of the belief system from which you live your life. It acts like a template for your experience, pulling strings outside of your conscious awareness, hiding the fact that you are inflicting your own pain. Tragically, this repetition is the source of self-sabotage. You cannot avoid your tragic flaw; its lesson will reappear until it is released consciously.

“Kandis Blakely’s New Decision Therapy process has truly changed my life. I went to her in a time of need and was immediately transformed with her powerful methods that healed the wounds I had. As an added bonus, I was amazed that I gained strength and a great direction to lead me down a wonderful new path for my life in a way I didn’t even know I was searching for.

This process is very effective so don’t do it if you are not ready for huge positive changes in your life. Beautiful things will happen within hours and even minutes of completing the process. Since I was cleared of what was slowing me down, my life is moving in ‘fast forward’ to attain the goals I have set for myself.”

**Laura Ell**

**Dominica, The West Indies**

### Chapter 6: Roadblocks to Health, Happiness, and Prosperity

Many people encounter roadblocks on the highway to success. Because of these roadblocks, every route that you try and every action that you take comes up short of your destination. The Tee Shirt Theory describes the conflicting message between the conscious and the subconscious mind, which erects the roadblocks.

### Chapter 7: Denial Is a Dead-End Road

We cannot forgive that which we cannot remember. The conscious mind filters out painful experiences in order to protect us from hurtful feelings. Unexpressed emotions become suppressed. Clinical Kinesiology is not a parlor game. **Layers of denial must be removed** from the body before any consistently accurate results can be achieved with clinical kinesiology.

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### **Chapter 8: Steps to Forgiveness**

Your consciousness conceives, governs, constructs, and actually becomes your mind and body. To be truly healthy, it is essential that you first recognize your mental attitudes. Health cannot happen until you've searched within and determined the underlying emotional component of your illness. NDT brings you the ultimate healing tool of forgiveness in simple, step-by-step, digestible pieces.

### **Chapters 9-13: The Five NDT Sentences**

These chapters discuss the five healing NDT sentences in detail.

“Words cannot fully describe Kandis or her brilliant therapy. It is something that has to be experienced to fully comprehend its effectiveness”.

**Diana A. Toronto, Canada**

### **Chapter 14: Mirror, Mirror**

Your eyes reveal your deepest feelings. In NDT, you face yourself in the mirror. What do you see? Whose images come forth? What feelings emerge? These are people you are still holding onto because you want something from them. As you look at them through your own eyes in the mirror, you begin the release process. This is the power of NDT.

### **Chapter 15: A Therapeutic Intervention Against Stress**

The inability to handle stress is a primary factor in disease. Prolonged states of fear, guilt, and anger can result in tissue damage and a compromised immune system, ultimately expressed as illness. NDT breaks the vicious cycle.

### **Chapter 16: Treating Depression With NDT**

Depression is at epidemic levels throughout all facets of society. Depression is a psychological condition that changes how you think and feel, and also affects your social behavior and sense of physical well-being. It causes pain and suffering not only to those who have the disorder, but also to those who care about them. NDT offers a clear, honest and effective way out of oppressive and stifling feelings that accompany the anger, shame and guilt that we have bestowed upon ourselves.

### **Chapter 17: Applying NDT in Your Daily Life**

An individual can perform New Decision Therapy™ anytime and anywhere. This simple yet profound technique offers personal empowerment and liberation. NDT offers you an opportunity for growth, for joy and for a healthy quality of life. Simply follow the five easy pieces of NDT.

### **Appendix A: My Search for Wellness**

A biographical sketch of the author's quest for truth in healing. At each step along the way, she met with significant health challenges - from broken bones to a broken heart, leading to the development of the monumental work of New Decision Therapy (NDT), the most direct route to healing, forgiveness, and fulfillment.

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All of the above and more is contained in the book *Heal Your Life Now: The Alchemy of Forgiveness*. This book was written for you.

“I had a New Decision Therapy session with Kandis Blakely a few months after September 11, 2001. I was in New York City, where I live, on Sept 11, and was truly shaken up by the whole experience. I was terrified that something else would happen and my daughter, who was just a few months old at the time, would be killed. Also, I had already been afraid to fly before Sept 11, so you can imagine how scared I was to fly after, especially in and out of my home, NYC!

Actually I had many fears; I had struggled with fear all my life. As soon as I walked in the door for my session, before I'd said a word about any of this, Kandis asked me what I was afraid of. From that second on, we worked on my fears, and although I'd tried to address them before in several years of talk therapy, I can trace the turning point in my fears to that NDT session. After that one session, I was no longer afraid to fly! (We hadn't even talked about flying in my NDT session, but we worked hard on how I lived in fear all the time, and it automatically cleared my fear of flying.)

I remember the first time I flew after my NDT session. My husband sat beside me on the plane waiting for me to hyperventilate like I usually did during take-off, and I just sat there calmly and smiled at him. Neither of us could believe it. I felt a little excited and apprehensive, but I just didn't feel the crippling fear anymore.

Also, Kandis and I worked on forgiving people in my past, and I ran into an ex-boyfriend with whom I'd had such a difficult experience that I still had nightmares about him sometimes. We had our first pleasant conversation in years, and I surprised even myself when I gave him a quick hug goodbye and wished him the best, truly feeling the warm wishes from my heart. I haven't dreamt of him or run into him since!

The mind/body technology that Kandis has developed, New Decision Therapy, is an elegant and simple technique that people can readily incorporate into their lives to forgive, let go of the past, and move ahead with their real, joyful lives!”

**Tara Greenway**  
**Brooklyn, NY**

### Ask yourself the following questions:

- Do you feel that you are living to your full potential?
- Are your relationships fulfilling and joyful?
- Is your career a creative expression of your talents?
- Are you free of addictions to substances, habits, and persons?
- Are you experiencing optimum health?

## **An Overview**

If you have answered 'NO' to any of these questions, then ask yourself one more question:  
**When did you stop feeling your aliveness?**

Now is the time to let go of past atrocities and begin to live freely in the present. Do it now!  
There has never been a better time to invest in your health, happiness, well-being, and the  
future benefits you will receive. You have nothing to lose and everything to gain.

**NOW Is The Time to Begin Healing Your Life**

**NOW Is The Time to request your copy of  
*Heal Your Life Now: The Alchemy of Forgiveness***

**Contact Lynn Himmelman:  
*forgiveandlaugh@gmail.com*  
416-469-2033**



Finally, I would like to wish you and your loved ones health, happiness, and abundance.

Yours in Love, Light, and Truth,

Kandis Blakely

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