

# Joachim Wippich Affirmations

as interpreted by Jan Walsh

This document is an attempt to explain and share some of the remarkable affirmations that I have learned from my friend and teacher Joachim Wippich. Rather than focusing on the correctness of, or agreement with the information, I urge you to experience the measurable energy frequency of the document in its entirety. The stillness it generates is palpable. By removing some (but not all) of the punctuation, Joachim discovered that energy flow and harmony increased.

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# I AM

“I AM” is the pure loving essence of everyone

The following affirmations are helpful in bringing the “I AM” to 100% so that no interfering Thoughts can come in and there is a state of balance and harmony As “I AM” I AM opening my heart for Divine inspirational Knowledge

“I AM Everything I AM”

“I AM Thoughts I AM”

“I AM owning my own Thoughts I AM”

“I AM responsible for my own Thoughts I AM”

“I AM in Harmony with my Disharmony I AM”

“I AM Self-Correcting my Disharmony Thought Creations I AM”

“I AM fulfilling my evolutionary self-correcting Thought Creations I AM (full birth name) I AM 24/7”

“I AM the most Amazingly Delightful Precious Treasure in this Life Experience within the Universe I AM” (It is very important to believe this)

“I AM the most Amazingly Delightful Thoughts Creation I AM”

(For a complete explanation of “I AM” refer to Chapter 6 in *The Seeker and The Teacher of Light* by Jerry Gin)

Try each affirmation and see which works best to raise the “I AM” to 100% Remember to check the efficiency and effectiveness of the affirmation by dowsing each component of “I AM” for percentage The “I” stands for intelligence the “A” is acknowledgment and the “M” is for memory We are

energy intelligence which is the “I” Acknowledging we are energy intelligence is the “A” Remembering who we are as energy intelligence is the “M” After saying an affirmation dowse the following

“My “I” is more than 10%, more than 20%” etc (Dowse Y/N)

“My “A” is more than 10%, more than 20%” etc (Dowse Y/N)

“My “M” is more than 10%, more than 20%” etc (Dowse Y/N)

This number is a reference point to help get to 100% with each component of “I AM” If the number is less than 100% repeat “I AM Rethinking Rethink I AM” 3 times Check the reference point again to see if it has moved higher Continue this process until 100% is reached on each of the 3 letters

One of the affirmations may always help to reach 100% with all 3 components (“I” “A” “M”) Consider this as a “go to” affirmation throughout the day ensuring I AM “home” with no voids for interfering Thoughts to come in Repeat it often The affirmations are more powerful when repeated 3 times and pause 6 times and pause then 9 times

(Refer to *The Seeker and The Teacher of Light* for information on 3-6-9 energies)

“I AM inviting my Thoughts to come home and rethink with me 100% 24/7”

This affirmation is another way to bring myself to 100% “I AM” Inviting allows free will “I AM” has several levels There is a physical etheric emotional Mental spiritual and stealth (unseen) level Each can be checked separately to see if it is 100% by saying the following

“I AM in Harmony with my physical body I AM”

(Dowse “Yes”/”No” Check percentage)

“I AM in Harmony with my etheric body I AM”

(Dowse “Yes”/”No” Check percentage)

“I AM in Harmony with my emotional body I AM”

(Dowse “Yes”/”No” Check percentage)

“I AM in Harmony with my mental body I AM”

(Dowse “Yes”/”No” Check percentage)

“I AM in Harmony with my spiritual body I AM”

(Dowse “Yes”/”No” Check percentage)

“I AM in Harmony with my stealth body I AM”

(Dowse “Yes”/”No” Check percentage)

To increase the percentage repeat “I AM Rethinking Rethink I AM” 3 times  
The efficiency and effectiveness of each level can be checked as well

The breath can also be incorporated in “I AM” affirmations

As I inhale I rethink “I” As I exhale I rethink “AM”

Do this several times to increase the “I AM” presence

(For more breath explanations look at page 141 in Jerry’s book *The Seeker and The Teacher of Light*)

If someone struggles to understand “I AM” say the following once a day

“I AM Rethinking Rethink I AM”

“I AM Rethinking Rethink I AM”

“I AM Rethinking Rethink I AM”

(Refer to *The Seeker and The Teacher of Light* page 141 for an explanation of Rethinking)

## **Evolving**

When repeating different affirmations I can dowse to see if I AM evolving or not then check the vibrational level When selecting an activity it is possible to dowse to see if I AM evolving by participating in that activity (See Knowledge for more information regarding this page 11)

Remember when dowsing to make a statement instead of asking a question for more accuracy and Secure Your Resonance first (Check Dowsing section for the steps to Secure Your Resonance Page 28)

“I AM owning my Evolutionary Thought Creation 100% I AM”

Checking the evolutionary number is another way to see if I AM evolving. To understand these affirmations the evolutionary number needs to be 350 or more according to sky dowser Bob Mahany

“My evolutionary number is more than 100” (Dowse Y/N)

If the dowsing tool indicates “Yes” to the above statement keep increasing the number by increments of 100 until reaching “No” This is a reference point You can increase the evolutionary number by repeating any of the following Affirmations Repeat the affirmation 3 times and then check to see if the evolutionary number has increased There is no limit to this number

“I AM Rethinking Rethink I AM”

“I AM Thoughts I AM”

“I AM Everything I AM”

“I AM in Harmony with my Limitations I AM”

“I AM my Limitations I AM”

“I AM Evolving my original Thought Creation I AM”

“I AM Evolving my Universal Law Thought Creation I AM”

“I AM Evolving my own Thoughts I AM”

“I AM owning my Evolution I AM”

“I AM fulfilling my Divine Christ God Collective Consciousness Thought Creation without Limitation Thoughts I AM (full birth name) I AM”

(For an explanation of the use of "full birth name" refer to *The Seeker and The Teacher of Light* page 122. References to Divine are found on page 118. and information on your vibrational level are located on pages 86-90)

A name has a vibrational frequency associated with it. If I have been known by several names I can say each one every once in awhile and repeat the following

“I AM Rethinking Rethink I AM”

(3 times and pause 6 times and pause then 9 times) to harmonize the name. Names other than my full birth name can carry controlling frequencies with them. A nickname I have may have an attachment with it from the person who gave it to me.

“I AM in harmony with my physical name I AM” (Dowse Y/N)

“I AM (full birth name) Amazing I AM” (Dowse Y/N)

“I AM the most Amazingly Delightful I AM being I AM” (Dowse Y/N)

## Thoughts

Thoughts are information. Thoughts are Everything.  
Everything is a Thought.

The following affirmations help to bring “I AM” into harmony using Thoughts.

“I AM inviting myself to come to the correct vibrational frequency of my first Thought Creation I AM”

“I AM inviting my Thoughts to come home and rethink with me 100% 24/7 I AM”

“I AM inviting my Thoughts to self-correct I AM”

“I AM My Thoughts I AM”

“I AM Thoughts I AM”

"I AM Consciousness I AM"

"I AM inviting Thoughts to Rethink with me I AM"

"I AM Rethinking Rethink I AM"

"I AM my Evolutionary Divine Thought Creations 24/7 I AM"

"I AM accepting responsibility for my Thoughts I AM"

"I AM Every Thought I AM (full birth name) 24/7"

(If everyone Rethinks this the world will experience peace)

(Chapter 5 of *The Seeker and Teacher of Light* by Jerry Gin covers how thoughts influence us)

Dowse percentage to see if 100% of Thoughts are being used

"I AM using more than 50% of my Thoughts I AM" (Dowse Y/N) If the percentage is less than 100 say the following and then recheck the number

"I AM Rethinking Rethink I AM"

"I AM Rethinking Rethink I AM"

"I AM Rethinking Rethink I AM"

Depression anger and sadness can be signs of interfering Thoughts  
When I AM not 100% "I AM" interfering frequencies can affect me If  
I AM looking at an old picture of myself and seem unhappy I can dowse to  
see if my Thoughts were "home" 100%

The following is a powerful affirmation that can create stillness

"I AM inviting Thoughts within Thoughts within Thoughts to rethink with me"

Pause

"I AM inviting Thoughts within Thoughts within Thoughts within Thoughts  
within Thoughts within Thoughts to rethink with me"

Pause

"I AM inviting Thoughts within Thoughts within Thoughts within Thoughts



within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts to rethink with me"

Pause

"I AM Entertaining Maintaining Sustaining and Supporting Divine Love  
Divine Harmony Divine Gratitude Divine Forgiveness Divine Light Divine  
Life Divine Happiness Divine Joy Divine Wisdom Divine Oneness Divine  
Tranquility Divine Humility Divine Inner Peace  
I AM Rethinking Rethink I AM (full birth name) I AM"

What I do to others I do to myself 10 times over Instead of blaming others apologize because they are not awake and don't know

There is no false ego only incorrect ego because it is man made  
Our incorrect ego is a part of us Thus it is good to acknowledge my incorrect ego and be in harmony with it

"I AM in Harmony with my incorrect Ego I AM"

"I AM my incorrect Ego I AM"

## **Interfering Thoughts**

If I measure owning my own thoughts at less than 100% there is an interfering Thought present Some may refer to this as an entity whose Thought can control the physical etheric emotional mental spiritual and stealth body making me feel drained An entity (Thought) contacts me because it wants my help as an intelligent consciousness

I can dowse to determine the source of the interference but that is not necessary to correct it For more knowledge of the situation dowse

"I AM aware of you but don't know you"

If "Yes" it is an unrecognized frequency If "No" dowse to see if it is friend relative acquaintance or ancestor For either "Yes" or "No" answer dowse the following to determine how quickly a response is needed

“It requests my help” (urgent need) (Y/N)

“It needs my help” (you have time to respond) (Y/N)

“It seeks my help” (lowest level of priority) (Y/N)

I don't get rid of an entity (Thought) I invite it to come into harmony

I Invite the energy to experience the harmony affirmations

“I AM inviting you to come to the correct vibrational frequency of your first Thought Creation”

“I AM inviting you to come to the correct vibrational frequency to correct the Karmic situation”

“I AM gifting you the Harmony Affirmation”

“I AM inviting you to Rethink the Harmony Affirmation”

“I AM Rethinking Rethink I AM”

The best way to protect myself is to become familiar with Securing Your Resonance (page 27) checking it often Know that when I AM upset angry or sad I have allowed an Interfering Thought to come in This happens because the “I AM” is not 100%

Telepathically invite someone who is mean to Rethink with you love and Understanding The person is not bad there is a Thought influencing them

## **Blockages**

Blocks are considered controlling frequencies

Blockages may be caused by my own Thoughts or someone else's If I AM too generous I allow others to think for me Over-Generosity occurs when the mind is not presently active within the “I AM” on every level of “I AM” (Page 2) At this point disharmony can enter and cause suffering Dowse to see if there are any blockages and how many

“I have blockages” (Dowse “Y/N and how many)

To correct a blockage state the following

“I AM 100% (full birth name) I AM”

“I AM owning my own thoughts I AM”

“I AM rethinking rethink I AM” (say 3 times and then pause)

“I AM rethinking rethink I AM” (say 6 times and then pause)

“I AM rethinking rethink I AM” (say 9 times)

“I Neutralize Normalize Harmonize Energize Polarize to what is beneficial for my entire I AM being”

(To understand the reason for saying something 3, 6 and 9 times refer to page 23 of *The Seeker and The Teacher of Light* You will also find an explanation for “rethinking rethink” on page 122)

These affirmations are helpful in preventing blockages

“I AM fulfilling my evolutionary self-correcting Thought Creations I AM (full birth name) I AM 24/7”

“I AM in Harmony with my limitations I AM”

“I AM my limitations I AM”

“I AM Rethinking my limiting Thoughts I AM”

“I AM (full birth name) I AM”

## Knowledge

When my Thoughts are 100% then knowledge can come in

If I read a book take a class go to a movie or watch TV etc I can check to see if it will benefit my “I AM” being I should trust myself when I question

something because there could be a message I Secure my Resonance (Page 28) then dowse to see if I AM evolving when participating in the activity

“I AM evolving 100% I AM” (check your dowsing tool for a “Yes or “No” response)

These experiences may have a controlling vibrational frequency Don’t allow it to come in and control I need to be cautious of exposing myself to interfering frequencies before participating in an activity and do so by saying

“I Neutralize Normalize Harmonize Energize Polarize (the activity) so that it is beneficial for my entire I AM being”

After participating in an activity I can bring myself into Harmony by saying

“I AM 100% I AM”

“I AM the balance between my Thoughts and Knowledge 100% I AM”

“I AM Rethinking Rethink I AM”

Dowsing the following statements is another way to check the “I AM” level

“I AM allowing brainwashing in my life I AM” (Measure percentage if “Yes”)

“I AM self-brainwashing my left and right brain I AM” (Measure percentage if “Yes” checking each side)

If “Yes” is indicated from the dowsing tool then state the following to correct the blockage

“I AM 100% (full birth name) I AM”

“I AM owning my own thoughts I AM”

“I AM Rethinking Rethink I AM” (say 3 times and then pause)

“I AM Rethinking Rethink I AM” (say 6 times and then pause)

“I AM Rethinking Rethink I AM” (say 9 times)

(To understand the reason for saying something 3, 6 and 9 times refer to page 23 of Jerry Gins's book *The Seeker and The Teacher of Light* You will also find an explanation for "rethinking rethink" on page 12

## **Affirmations Related to Knowledge**

“I AM knowledge I AM”

“I AM using my Thoughts in a different way I AM”

“I AM (full birth name) I AM”

“I AM aligning myself with Universal Law I AM”

“I AM in balance with Universal Intelligence I AM”

“I AM aligned with God Thought Creation I AM”

“I AM in Harmony with Universal Law I AM” (use when the mind is wandering)

“I AM opening my door of knowingness”

“I AM inviting greater Knowledge to come through and Creative Thoughts I AM”

“Mind go to the Universal Mind and bring back what I need to know for the next step in my Divine Evolutionary Journey”

“Mind do not be gone more than 2-3 minutes every hour for no more than 2 Hours”

## **Protection**

Fear is false evidence appearing real

When all my Thoughts are “home” there is no room for other Thoughts

“I AM using 100% of my Thoughts I AM”

(Repeat this 3 times to bring yourself to 100% “I AM”)

Before going to bed going to a gathering or party I check that I own my own Thoughts and that I control my own Thoughts

“I AM inviting myself to give myself permission to come into Harmony with my own Disharmony I AM”

By coming into harmony with disharmony I disempower any non beneficial energy “It no longer needs to be neutralized released cleared transformed or shooed away” as stated by Jerry Gin author of *The Seeker and The Teacher of Light*

If I AM amazing no one can break into my field

“I AM (full birth name) Amazing I AM”

“I AM the most Amazingly Delightful I AM being I AM”

When a bubble is created around a person for protection it is challenging others to break it Instead say the following

“I AM surrounded by Divine Light so that no negativity will reach me or become me I will accept that which is beneficial for mankind I AM”

When I get upset I AM not 100% I AM in disharmony What part of my “I AM” am I not controlling (Physical etheric emotional mental spiritual stealth)

Dowse and correct each level if “No” by saying

“My own Thoughts are in my Physical body 100%”

“My own Thoughts are in my Etheric body 100%”

“My own Thoughts are in my Emotional body 100%”

”My own Thoughts are in my Mental body 100%”

“My own Thoughts are in my Spiritual body 100%”

“My own thoughts are in my Stealth body 100%”

Dowse and correct each if “No” by saying

“I AM in Harmony with my Physical Thoughts I AM”

“I AM in Harmony with my Etheric Thoughts I AM”

“I AM in Harmony with my Emotional Thoughts I AM”

“I AM in Harmony with my Mental Thoughts I AM”

“I AM in Harmony with my Spiritual Thoughts I AM”

“I AM in Harmony with my Stealth Thoughts I AM”

To correct say

“I AM Rethinking Rethink I AM”

“I AM Rethinking Rethink I AM”

“I AM Rethinking Rethink I AM”

### **Harmony Affirmations**

By Harmonizing you disempower any non-beneficial energy Thoughts

Love is involved in the Harmony Vibrational Frequency

After repeating any of these Harmony Affirmations check the vibrational level or evolutionary number as explained in the “I AM” section (Page 3)

“I AM the balance between my Harmony and Disharmony I AM”

“I AM in Harmony with my Disharmony 100% I AM”

“I AM in Harmony with my own I AM being I AM”

“I AM owning my entire I AM being I AM”

”I AM self-correcting my Disharmony Thought Creation I AM”

“I AM accepting myself I AM no matter what circumstances present themselves to me I AM”

“I AM Rethinking Rethink I AM”

“I AM Rethinking Rethink I AM”

“I AM Rethinking Rethink I AM”

“I AM fulfilling my evolutionary Divine Christ God Collective Consciousness Thought Creation I AM (full birth name) I AM”

“I AM inviting every Thought Creation to please rethink with me 100% I AM (full birth name) 24/7 I AM Divine Christ God Collective Consciousness Thought Creations I AM Thanking for every blessing of every Thought Creation on this wonderful planet and the Universes throughout my evolutionary Thought Creation I AM (full birth name) I AM”  
(Rethink this 3 times 6 times and 9 times for the most effect)

“I AM responsible for my knowledge Thought Creations I AM  
I AM 100% I AM  
I hope this will help Every Thought Creation I AM”

## **Meditation**

It is difficult for anyone to meditate at the correct harmonic vibrational frequency

When meditating and going to another place it is difficult to know in advance whether it is beneficial or not. Make sure to dowse and see if I AM evolving before and/or after experiencing a meditation. If I AM not “home” my “IAM” is not 100%. I can say the following

“I AM Rethinking Rethink I AM”

“I AM Rethinking Rethink I AM”

“I AM Rethinking Rethink I AM”

To create the centered stillness that may be found when meditating try repeating the following phrases to achieve that stillness more quickly  
I AM inviting every Thought around me to come into harmony with its disharmony



“I AM inviting Thoughts within Thoughts within Thoughts to Rethink with me”

“I AM inviting Thoughts within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts to Rethink with me”

“I AM inviting Thoughts within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts to Rethink with me”

“I AM Entertaining Maintaining Sustaining and Supporting Divine Love  
Divine Harmony Divine Gratitude Divine Forgiveness Divine Light Divine  
Life Divine Happiness Divine Joy Divine Wisdom Divine Oneness Divine  
Tranquility Divine Humility Divine Inner Peace  
I AM Rethinking Rethink I AM (full birth name) I AM”

Stillness sets in after saying this affirmation  
Sit with what was just said and believe what was just said

### **Procrastination**

To control limiting Thoughts is difficult Once the Thoughts are corrected there is no limitation

“I AM owning and rethinking my limiting addiction Thoughts I AM”

“I invite my history limiting Thoughts to come into harmony with disharmony I AM”

“I AM in harmony with my limitations I AM”

“I AM my limitations I AM”

“I AM fulfilling my evolutionary self-correcting Thought Creations I AM (full birth name) 24/7 I AM”

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## **Memory**

These affirmations focus on long and short term memory Secure Your Resonance before dowsing for accuracy

“I AM Every Thought I AM”

“I AM inviting long and short term memory to come into Harmony with Thoughts throughout my Evolutionary Divine Thought Creation I AM (full birth name) 24/7 I AM”

“I AM the efficiency and effectiveness of my short and long term memory I AM 100%” (check percentage)

If the percentage is not 100 repeat the following and then recheck the Percentage The following can also be said once a day

“I AM inviting Thoughts within Thoughts within Thoughts to Rethink with me I AM”

“I AM inviting Thoughts within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts to rethink with me I AM”

“I AM inviting Thoughts within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts to rethink with me I AM”

“I AM (full birth name) I AM”

## **Lost Item**

Often a lost item is not visible because I AM not vibrating at the same frequency as the item After securing my resonance I invite myself to come into harmony with the lost item Forget about it and it will show up

## Helping the Planet

Joachim has discovered several very powerful affirmations that have important applications. Repeat the following affirmation 3 times 6 times and then 9 times at least once a day to harmonize countries. Yes countries Dowsing a specific location to see if it is in harmony. If there is a "No" say this affirmation and dowsing again to see the difference. Remember to Secure Your Resonance first for dowsing accuracy.

"I AM inviting every Thought Creation to please rethink with me Divine Christ God Collective Consciousness I AM thanking you for every blessing of Every Thought Creation on this wonderful planet throughout my Thought Creation I AM (full birth name) I AM"

The next set of affirmations is particularly important at this time of disharmony on the planet. It could be repeated as often as every hour but saying it morning noon and night would greatly help the planet.

"I AM inviting Thoughts within Thoughts within Thoughts to rethink with me"

"I AM inviting Thoughts within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts to rethink with me"

"I AM inviting Thoughts within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts to rethink with me"

"I AM Entertaining Maintaining Sustaining and Supporting Divine Love Divine Harmony Divine Gratitude Divine Forgiveness Divine Light Divine Life Divine Happiness Divine Joy Divine Wisdom Divine Oneness Divine Tranquility Divine Humility Divine Inner Peace I AM Rethinking Rethink I AM (full birth name) I AM"

After repeating the above affirmation harmonizing the thoughts around me invite those thoughts to place themselves equally spaced around Planet Earth to harmonize other thoughts and repeat the affirmation again.

“I AM inviting Thoughts within Thoughts within Thoughts to Rethink with Me”

“I AM inviting Thoughts within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts to Rethink with me”

“I AM inviting Thoughts within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts to Rethink with me”

“I AM Entertaining Maintaining Sustaining and Supporting Divine Love  
Divine Harmony Divine Gratitude Divine Forgiveness Divine Light Divine  
Life Divine Happiness Divine Joy Divine Wisdom Divine Oneness Divine  
Tranquility Divine Humility Divine Inner Peace  
I AM Rethinking Rethink I AM (full birth name) I AM”

## Health

### Property

We live in an environment and are influenced by it. If the property is out of harmony it is difficult to heal. Our bodies need a vibrational frequency that supports it in order to heal.

Inviting myself to come to the correct life experience to dowse the property is a start. Joachim advises to go to the correct vibrational frequency to correct what needs to be corrected rather than “clearing” a property.

“I AM in harmony with this house (or property)” (Y/N)

(Give the street address if possible)

“This property is in Harmony with Universal Intelligence” (Y/N)

“This house (or property) is in harmony with me” (Y/N)

(To take it to another level check every room to see if it is in Harmony)

If the dowsing tool indicates “No” to the above statements then interfering Thoughts are presently active. State the following to correct

“I Energize Harmonize Neutralize Normalize Polarize the property”

Consider saying “I AM 100% I AM” before entering a home to avoid bringing in interfering Thoughts

It is also possible to check the property by viewing it from above or across the street telepathically

### **Physical Problem**

“Giving a label to a dysfunction helps to solidify the dysfunction. The dysfunction then becomes a part of the body part of you. It will then have its own life” says Jerry Gin

Do not empower the condition by saying “I have (name of illness)” instead refer to the dysfunction as an activity of (name of illness) in my physical body

To find the interfering vibration dowse the following

“This illness I experience in my body is self-induced” (Y/N)

If “Yes” to correct say

“It is generated by Thoughts of my right brain or left brain” (Y/N)

If “Yes” to correct say

“I AM inviting myself to give myself permission to go to the correct vibrational frequency to correct the situation”

If the illness is not self-induced someone needs help. Dowse to see if it is a friend, family member, acquaintance, or Thought. (See Dowsing section for more information on this Page 27)

(Experienced dowsers can work the problem to a deeper level finding out what lifetime the Thought was created in while not forgetting to ask if there is something they missed or the client missed)

Below are affirmations that can be dowsed to assist in healing. The idea is to find out where the Thought has come from that is manifesting as a health problem and correct it. I invite the client to read and Rethink this with me. If the dowsing tool gets a “No” when dowsing the following then a correction is needed which is stated below.

- 1 “I AM inviting myself to give myself permission to come to the correct vibrational frequency to correct the situation”
- 2 “I AM owning and rethinking my (name of illness) historic limiting Thoughts I AM”
- 3 “There is an activity of (name of illness) presently active in my physical body”  
“There is an activity of (name of illness) presently active in my etheric body”  
“There is an activity of (name of illness) presently active in my emotional body”  
“There is an activity of (name of illness) presently active in my mental body”  
“There is an activity of (name of illness) presently active in my spiritual body”  
“There is an activity of (name of illness) presently active in my stealth body”  
(This helps determine where the problem is manifesting)
- 4 “I AM Rethinking Rethink I AM (full birth name) I AM”
- 5 “I AM inviting Thoughts of Angels I AM”
- 6 “I AM owning and rethinking my Thoughts I AM”
- 7 “I AM amazing (full birth name) I AM”
- 8 “I AM 100% (full birth name) I AM”
- 9 “I AM inviting Thoughts to Rethink with me I AM”

- 10 "I AM owning and Rethinking my history of addictive limiting thoughts I AM"
- 11 "I AM coming into harmony 100% with everything that is I AM"
- 12 "My Left Brain and my Right Brain join together with my Heart I AM"
- 13 "I AM inviting my history of limiting Thoughts to come into Harmony with Disharmony I AM"
- 14 "I AM inviting Thoughts to come into Harmony with Disharmony I AM"
- 15 "I AM inviting myself to come to the correct vibrational frequency of my First Thought Creation to correct what needs to be corrected I AM"
- 16 "I AM Inviting my original soul, mind, and spirit to come back into my body I AM"
- 17 "I AM the efficiency and effectiveness of my physical life my etheric life My emotional life my mental life my spiritual life my stealth life I AM"

(Measure and check the percentage of each level Correct if not 100% and remeasure until it is 100%)

To correct say

"I AM inviting myself to come to the correct vibrational frequency of my first Thought Creation I AM"

"I AM inviting myself to give myself permission to come to the correct vibrational frequency to correct my Thought creation I AM"

"I AM inviting the interfering vibrational frequency to repeat the harmony Affirmation"

"I AM inviting Thoughts to come into harmony with disharmony 100% I AM"

Invite (client) to come to the correct vibrational frequency of their first Thought Creation to read and rethink with me the following

“I AM in Harmony with my physical body 100%”

“I AM in Harmony with my etheric body 100%”

“I AM in Harmony with my emotional body 100%”

“I AM in Harmony with my mental 100%”

“I AM in Harmony with my spiritual body 100%”

“I AM in Harmony with my stealth body 100%”

Check percentage If not 100% say

“I AM in Harmony with my \_\_\_\_ body’ (the body that is not 100%)

(say this 3 times pause 6 times pause then 9 times)

Now dowse to see if the efficiency and effectiveness of the physical etheric emotional mental spiritual and stealth body is 100%

If “No” repeat any of the harmony affirmations (Page 15) and recheck

### **Pain or Discomfort**

Dowse to see what is causing the pain or discomfort

“This pain my body is experiencing is generated by my Thoughts” (Y/ N)

“This pain my body is experiencing is generated by someone else's Thoughts” (Y/N)

If “Yes” to either statement, to correct say the following

“I AM inviting my Thoughts to come home and rethink with me 100% 24/7 I AM”

“I AM self-correcting my disharmony Thoughts I AM”

“I AM the disharmony pain I AM”

### **Cells**

Each cell has consciousness and tries to please Don't say I have an illness say I was diagnosed with an illness There can be a



misunderstanding of our communication between my Thoughts and my cells  
A misinterpretation of language between the cells in my body and myself

“I AM inviting every Thought in every cell to please read and Rethink with me the Harmony Disharmony Affirmation”

## **Immune System**

Check the efficiency and effectiveness of the immune system

“I AM in Harmony 100% with my immune system” (Y/N)

“My immune system is in Harmony 100% with my cells” (Y/N)

To correct say

“I AM inviting Thoughts within Thoughts within Thoughts to Rethink with Me”

“I AM inviting Thoughts within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts to Rethink with me”

“I AM inviting Thoughts within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts within Thoughts to Rethink with me”

(I AM inviting all the thoughts around me who want to be healed)

“I AM inviting Thoughts to come home and rethink with me 100% I AM”

(Say 3 times then pause 6 times then pause then 9 times)

Check the efficiency and effectiveness of the immune system again  
It should be at 100%

## **Healing Affirmation**

If not feeling well I invite my Thoughts to self-correct

“I AM inviting Thoughts to come home and rethink with me 100% I AM”

“I AM in harmony with my own disharmony Thought creation I AM”

Do this as often as possible

### **Yawning**

Yawning means there is too much disharmony in the body and it is being drained

To correct

Secure Your Resonance (Page 28) and say

“I AM inviting myself to come home and rethink with me 100% I AM”

### **Depression**

“I AM in Harmony with my own Disharmony 100% I AM”

### **Stress**

Stress is not the event it is a reaction to the event

“I AM in Harmony with Stress I AM”

### **Age**

“I AM aged enough I AM”

### **Death**

To assist someone in transitioning requires making sure they are “home”

Dowse to see if they are in their body 100% If not invite them to come

“Home” and be with themselves

Dowse if they are ready to graduate from this world life experience Dowse

what percent is ready Dowse if they have anything left to do in this lifetime

Suicide - A person in not “home” in their body The Karmic ramifications go to the Thought Creation that was responsible for taking someone’s life

### **Weight**

Check assimilation and absorption of nutrients

Check on physical body digestion and elimination

If assimilation is not 100% it can cause weight gain

Who am I eating for

Dowsing to see which part of self wants more (Physical Etheric Emotional Mental Spiritual Stealth)

To correct

“I AM in harmony with my \_\_\_\_\_ body I AM”

(Fill in the blank with the level which was not in Harmony Physical Etheric Emotional Mental Spiritual Stealth)

“I AM addicted to food I AM”

“I AM donating the extra pounds to someone who needs them I AM”

“I AM Zero appetite I AM”

“I Am Zero Limitations I AM”

“I AM owning my own Thoughts I AM”

“I AM Evolving I AM” (put affirmation on refrigerator)

Before eating or drinking put the plate or cup between the hands for 45 seconds to harmonize it with the person's energy field

In a restaurant say the following to harmonize food

“I AM inviting the growers and servers to come into harmony with their own disharmony”

## Dowsing

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### Questions vs Statements

Traditional mental dowsing asks questions. Once the initial questions are asked Joachim Wippich has a unique approach. He transforms the question into a statement. “Asking questions gives you questionable answers” he

shares with his students. By making a statement instead the statement is either correct or incorrect. This approach provides for more accurate dowsing. He also teaches that when dowsing the pendulum gives you a correct or incorrect motion. Referring to this motion as true or false is subjective because what is true for you may not be true for me. State I will use "Yes"/"No" as an indicator for the accurate/inaccurate not true/false when programming a pendulum.

The first step when dowsing should be to **Secure Your Resonance**. The following 3 steps ensure dowsing accuracy when your "I AM" is 100%. This means there is no room for interfering Thoughts to come.

## 1. Right Brain Left Brain Exercise

Women:

"I AM inviting Every Thought within my Left Brain and my Right Brain to join together with my heart I AM"

Men:

"I AM inviting Every Thought within my Right Brain and my Left Brain to join together with my heart I AM"

## 2. "I AM Everything I AM"

Make this statement and check for "Yes" or "No" using a dowsing tool. Even if the dowsing tool indicates "Yes" check what percent is "Yes" by stating the following:

"My I AM is more than 10%" (If "Yes" continue to check the number)

"My I AM is more than 20%" (etc. until you reach 100%)

If the dowsing tool gives a "No" at a percentage lower than 100 say

"I AM Rethinking Rethink I AM"

Pause

"I AM Rethinking Rethink I AM"

Pause

“I AM Rethinking Rethink I AM”

Pause between the repetition in order to absorb what is being said

Now recheck to see what the percent is Repeat the above process until the “I AM” resonance reaches 100%

### 3. Environment

We live in an environment and it can influence the accuracy of our dowsing  
The following steps will help to neutralize its influence

“I AM in Harmony with this house (or property)”

“This house (or property) is in Harmony with Me”

“This house (or property) is in harmony with Universal Intelligence”

Make these statements and check for “Yes” or “No” using a dowsing  
Tool For a “No” response say the following correcting statements

“I Neutralize Normalize Harmonize Energize Polarize this property”

“The property is beneficial for my entire I AM being”

Recheck the initial statement that was “No” and if still “No” say

“I AM Rethinking Rethink I AM”

Pause

“I AM Rethinking Rethink I AM”

Pause

“I AM Rethinking Rethink I AM”

Now I am ready to dowse anything Checking myself regularly to make sure  
my “I AM” stays at 100 Be aware that even something as simple as using the  
word “all” instead of “every” in a dowsing statement can knock you out of  
harmony

## **Relationships**

To assist in securing a relationship I invite the person to help me fulfill my evolutionary destiny. Make sure he/she is in their physical body by dowsing to see if they are “home” 100%. Invite them to come “home” and stay with their physical body 24/7. Remember when I invite I allow for free will.

“I AM inviting my Thoughts to Rethink with me especially for my correct Partner I AM”

“I AM ready to meet the correct partner I AM”

## **Relationship Situation**

I Secure my Resonance first then bring myself to the correct vibrational frequency to deal with the situation.

“I AM inviting myself to come to the correct vibrational frequency to deal with the situation”

“The relationship between myself and (person’s name) is perfect”

(Dowse if Y/N)

“The relationship between (person's name) and myself is perfect”

(Dowse Y/N)

“I AM inviting (person’s name) to come home and stay in their body 24/7”

(Dowse Y/N)

“There is tension between myself and (person’s name)” (Dowse Y/N)

“There is tension between (person’s name) and myself” (Dowse Y/N)

“There is a disharmony Thought causing tension between us” (Dowse (Y/N))

I AM Inviting interfering Thoughts Creation to come home and be with me on every level I AM”

“I AM in harmony with my physical body I AM” (Y/N)

“I AM in harmony with my etheric body I AM” (Y/N)

“I AM in harmony with my emotional body I AM” (Y/N)

“I AM in harmony with my mental body I AM” (Y/N)

“I AM in harmony with my spiritual body I AM” (Y/N)

“I AM in harmony with my stealth body I AM” (Y/N)

To correct say

“I AM Inviting interfering Thoughts Creation to come home and be with me on every level 100% of I AM being”

“The relationship between (person’s name) and (client) is in harmony with each other”

“The relationship between (client) and (person’s name) is in harmony with each other”

“I AM Inviting them to come to the correct vibrational frequency where they can communicate with each other”

“I AM inviting (person’s name) to come into harmony with (client)”

“ I AM inviting (client) to come into harmony with (person’s name)”

## **Family**

I secure my resonance (my I AM is 100%) then I invite them to rethink with me the Harmony Affirmations (Page 15)

## **Helping Others**

After Securing Your Resonance Dowse

**Who:** I AM followed by anyone else involved (who you are dowsing for)

**What:** Invite to be in 100% Divine Harmony with Disharmony

**When:** Usually now but you may go beyond this timing

**Where:** This Universe this Earth this Home this Place

**How:** By bringing the target into 100% harmony

These steps can be a useful guide when helping someone

Check each step with a dowsing tool for a “Yes” motion Correct if “No” motion

1. “I AM inviting myself to come to the correct vibrational frequency of my first Thought Creation”

2. "I AM in harmony with my physical body I AM"  
 "I AM in harmony with my etheric body I AM"  
 "I AM in harmony with my emotional body I AM"  
 "I AM in harmony with my mental body I AM"  
 "I AM in harmony with my spiritual body I AM"  
 "I AM in harmony with my stealth body I AM"
  
3. Invite Divine Harmony Spirits to assist in dowsing
  
4. When helping someone dowse about interfering Thoughts  
 "Someone seeks my help"  
 "Someone requests my help"  
 "Someone needs my help"  
 If "Yes" check if it is a relative friend ancestor or entity (Thought)
  
5. "I AM inviting myself to come to the correct vibrational frequency to correct what needs to be corrected"
  
6. "I AM inviting the disharmony Thought to come to the correct vibrational frequency to communicate with me"
  
7. "I AM Inviting the disharmony Thought to accept the gift of the harmony affirmation"
  
8. "I AM Rethinking Rethink I AM"  
 "I AM in harmony with my knowledge I AM"
  
9. "I AM Inviting (the client) to invite the interfering vibrational frequency to repeat the harmony affirmation"
  
10. "There is something I missed" (Y/N)  
 "There is something (the client) missed" (Y/N)

Repeat "I AM Rethinking Rethink I AM" until you get "No"



To check your dowsing accuracy after dowsing state the following

“I AM Divine I AM”

“I AM my Divine Thoughts throughout my evolutionary Thought creation I AM”

“I AM (full birth name) I AM”

If there is a “No” to any of these statements the dowsing is incorrect

### **Pets**

Invite pet Thoughts to repeat the harmony affirmations

“I AM inviting Thoughts to come home and rethink with me 100% I AM”

### **Travel**

“I AM inviting 100% Divine spiritual guides to help me make an easy and uneventful trip”

### **Words**

Every word has a vibrational frequency Understanding that there are limiting words is very important Dictionaries are helpful for communication but controlling frequencies I can put my hand on a dictionary and dowse if I AM evolving by reading it I will confirm that there are limiting words in it that have a negative vibrational frequency by getting a “No” response to the evolving statement

Try dowsing a statement with the word “All” and then test “Every” as a replacement The dowsing tool should give you an incorrect motion with “All” and a correct motion with the word “Every” This is an example of how to test for a limiting frequency

Use of the word “So” has increased in our society and Joachim finds that will knock someone out of harmony when they use it Dowse “I love you so much” or “Thank you so much” They both have the word “so” which indicates a limitation Replace “so” with the word “very” and dowse again to see if it is an evolving statement

“I AM using limiting Thoughts in my conversations or vocabulary” (Y/N)

If “Yes” dowse what percentage and correct until you reach at least 5 or 6%

To correct say

“I AM Rethinking Rethink I AM”

Repeat 3 times pause 6 times pause and then 9 times

### **Blessings**

Instead of saying “God bless you” rephrase to “May God bless you” which allows free will

**Thank you for allowing me to share these wonderful teachings of Joachim Wippich with you. May they bring you peace and harmony**