



**Michelle Schrader, M.S., M.A., Ph.D.**  
**Recall Healing Paperwork**  
**Soul Tree Transformations**

**Client Information**

Family name: \_\_\_\_\_

Given Names (First name) \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Tel: \_\_\_\_\_ Cell: \_\_\_\_\_ Fax: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

**Personal Information:**

Age: \_\_\_\_\_ D.O.B. \_\_\_\_\_ Time: \_\_\_\_\_ Place of Birth \_\_\_\_\_

Your parents' D.O.B. Dad: \_\_\_\_\_ Mom: \_\_\_\_\_

Your Parents Wedding Date: \_\_\_\_\_

Gender: \_\_\_\_\_ Right or Left Handed: \_\_\_\_\_

How old were you when you became totally independent from your  
parents (food, shelter, and money): Your age at the time: \_\_\_\_ Year: \_\_\_\_  
Month: \_\_\_\_

Marital status: \_\_\_\_\_ Years: \_\_\_\_\_ Previous Marriages: \_\_\_\_

Number of Children: (age, D.O.B) \_\_\_\_\_

Your rank in the family (including siblings, still-born, and aborted):  
\_\_\_\_\_  
\_\_\_\_\_



---

Number of miscarriages, your mother: \_\_\_\_\_ you: \_\_\_\_\_

Number of abortions, your mother: \_\_\_\_\_ you: \_\_\_\_\_

Education: Level of completion: \_\_\_\_\_

---

Main Concern (reason why you are coming to this appointment): Please be as clear as possible: \_\_\_\_\_

---

---

Date: \_\_\_\_\_

### Life Time-Line

Please write the major events of your life (dramatic events, trauma, shocks, fears, etc.....), starting from "Present" back to "Birth." Write everything meaningful that you can remember in 4 columns (Age, Date, Event, Feelings) as follows:

Example: 46 y 10m	Aug 10 2005	Car accident	Fear, thoughts of death
40y 02m	Nov 06 1999	Separation	Despair, hopeless, unworthy
16y 11m	Oct 20 1972	Parents divorce	Powerless, sad, angry, etc.
13y 02m	Nov 10 1972	Elder brother died	Sad, angry, rage, hurt



Age	Date	Event	Feelings
y	m		
y	m		
y	m		
y	m		
y	m		
y	m		
y	m		
y	m		
y	m		
y	m		
y	m		
y	m		
y	m		
y	m		
y	m		
y	m		
y	m		
y	m		
y	m		
y	m		

**Findings**

**The greatest negative shock of your life (It can be the one that preceded your illness or another one).**

---

---

**Date/Age at the beginning of your illness:**

---

---

**Sudden shock or conclusion of a major event/situation, either positive or negative, which would have occurred or terminated in the months or the year that preceded the beginning of the illness:**

---

---



**Fears and frights, fierce, intense or chronic (ie: drowning).**

---

---

**Very strong annoyances/vexations with anger and sorrow (All 3 emotions at once: ie: a slap in the face).**

---

---

**Remorse, regrets:**

---

---

**Sudden traumatic even (ie: unexpected death of a loved one):**

---

---

**Heavy secret, never expressed to anyone:**

---

---

**Additional comments on certain important conflicts, if needed (10 to 20 lines on a separate sheet of paper.**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**Your Mother is Pregnant with you....What do you know about it?**

**What was happening in your parents' lives: (accidents, los of job, deaths, illnesses, earthquakes, floods, in-laws living with the young couple, major elections, travel, etc.)**



1. At the time of your conception?

---

2. During her pregnancy with you?

---

3. Up until your first birthday (1 year old)?

---

---

**Describe Your Family Tree:**

As far as you can remember, going back if possible, 3 or 4 generations on both your father's and your mother's sides of the family (You & siblings, parents, grandparents, and great grandparents). Give any information you might have about any miscarriages or abortions, as well as about illnesses, causes of death, dates of birth and death, and particular characteristics of their lives. (This work is always very useful.)

---

---

---

---

---

---

---

---

---

---

**MEDICAL RELEASE**

I \_\_\_\_\_ understand that in no way is this information meant to replace the medical advise, treatment, or medication prescribed by the personal attending physician. I understand that Michelle LaMasa-Schrader is not an Medical Doctor (M.D.), she is a Ph.D., specializing in mind-body medicine, Recall Healing, and is a consultant and life-style medicine mentor providing resources, helping the individual to make connections, and teaching mind-body skills to support the individual on their journey.

---

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date

---

---

# Credit Card Payment Consent Form



Patient Name \_\_\_\_\_  
*Print Last First Middle Initial*

Name on Card if different \_\_\_\_\_

I authorize Michelle LaMasa-Schrader, PhD, MSc, MA, and *Soul Tree Transformations* to charge my credit/debit card for professional services as follows:

*Initial*

\_\_\_\_\_ This visit only, for the amount of \$ \_\_\_\_\_.

\_\_\_\_\_ All visits in the next 12 months, beginning \_\_\_\_ / \_\_\_\_ / \_\_\_\_.

\_\_\_\_\_ Recurring charges, date(s) of service \_\_\_\_ / \_\_\_\_ / \_\_\_\_ to

\_\_\_\_ / \_\_\_\_ / \_\_\_\_ , not to exceed \$ \_\_\_\_\_.

\_\_\_\_ monthly, \_\_\_\_ semimonthly, \_\_\_\_ weekly, \_\_\_\_ per visit

\_\_\_\_\_ To charge my card the full session fee for last minute cancellations and "no-shows"

Type of Card:  Visa,  MasterCard,  Discover,  Medical Flex/Savings

Credit Card Number \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_, CVV Number \_\_\_\_\_  
A 3-digit number in reverse italics on the back of the credit card

Expiration Date \_\_\_\_\_

Card Holder's Billing Address for Credit Card Statements

\_\_\_\_\_  
*Street City State Zip*

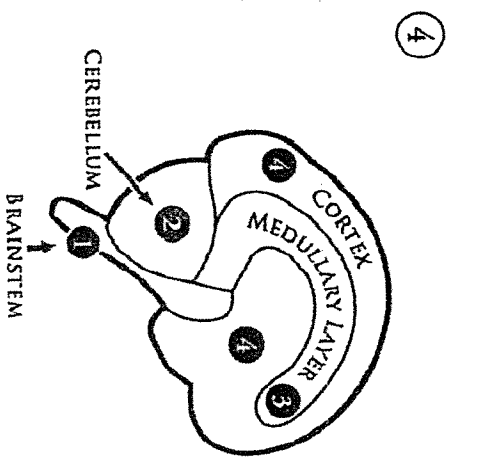
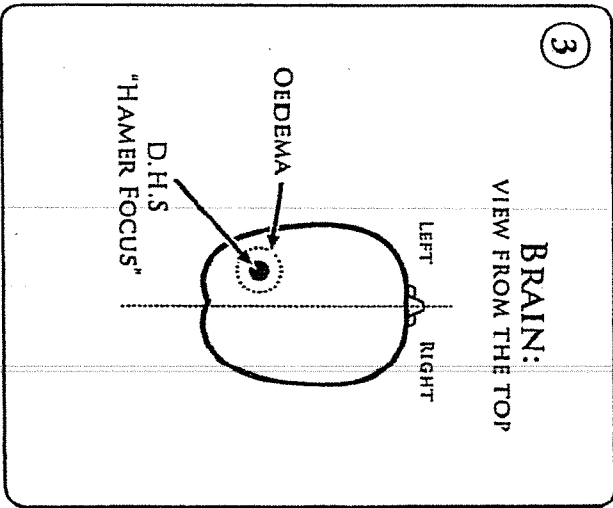
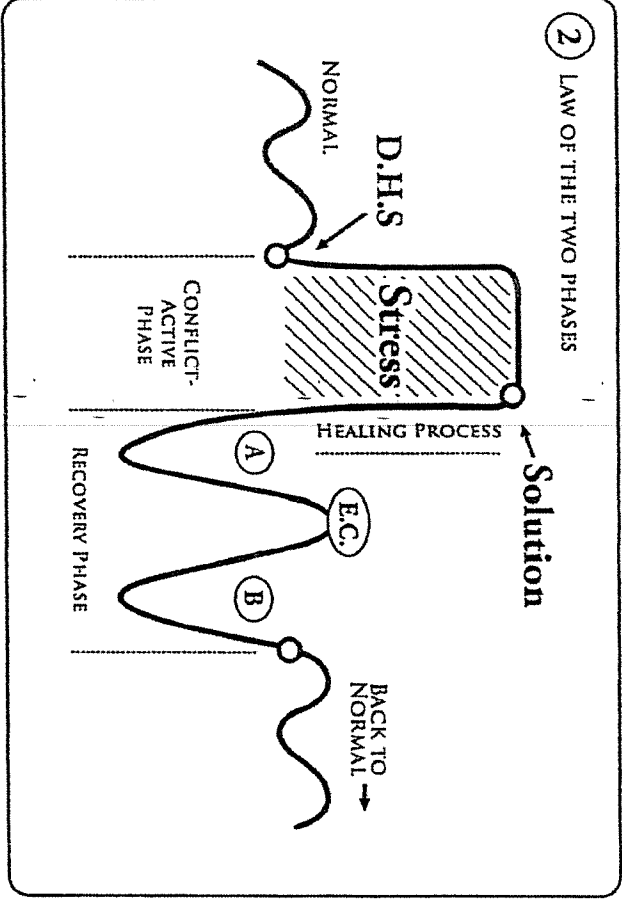
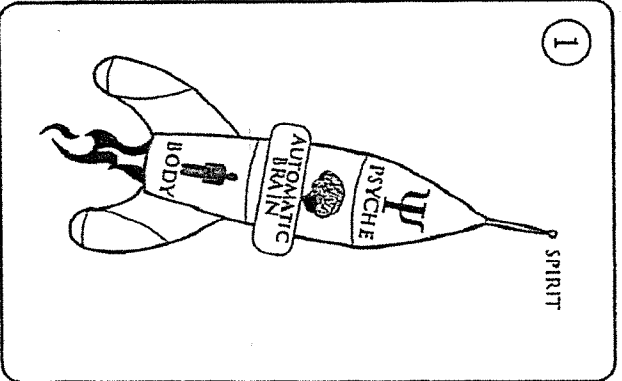
Card Holder Signature \_\_\_\_\_, Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Charges will appear on your credit card statement as **Michelle Schrader** or some abbreviated form of it.

**Soul Tree Transformations**  
377 E. Italia St.  
Covina, CA 91723

Phone: (626) 494-3333  
E-mail: schrader0214@me.com

# DR HAMER'S FINDINGS



Layers / 4 body-tissue	Conflict active phase	Recovery phase	Germs at work
1 Brain Stem - Endodermic tissue Endodermic Digestive tract & reproductive organs, etc.	Cellular multiplication	Cellular reduction	Fungi, mycobacterias T.B.
2 Cerebellum - Old mesodermic tissue Peritoneum, Pleura, Pericardium, Dermis, Glandular tissue of the breast, etc.	Cellular multiplication	Cellular reduction	Mycobacterias, bacterias
3 White medulla - New mesodermic tissue Muscles, tendons, skeleton, teeth, lymphatic, blood, spleen, fat tissue, etc...	Cellular reduction Micro-ulceration	Cellular multiplication Restoration	Bacterias
4 Cortex - Ectodermic tissue Aorta, coronary arteries & veins, aorta, ducts of the breast, epidermis, bronchi, ectodermic stomach, nerves, etc...	Cellular reduction Micro-ulceration	Cellular multiplication Restoration	Virus



# RECALL HEALING

1/10

## APPEARANCE

Awareness - What I See/Know

**REALITY**  
 "We Heal in the Reality (Biology)"

### WHAT I DON'T SEE

Unawareness of...  
 - Unconscious  
 - Subconscious

9/10

9 months prior to conception

Conception

Pregnancy

Delivery

1ST YEAR OF LIFE

PROJECT//PURPOSE (P//P)

MY OWN EXPERIENCE

1ST BIOLOGICAL LAW:  
 The Psychological Conflicts of the Parents  
 Become The Biological Conflict of the Child

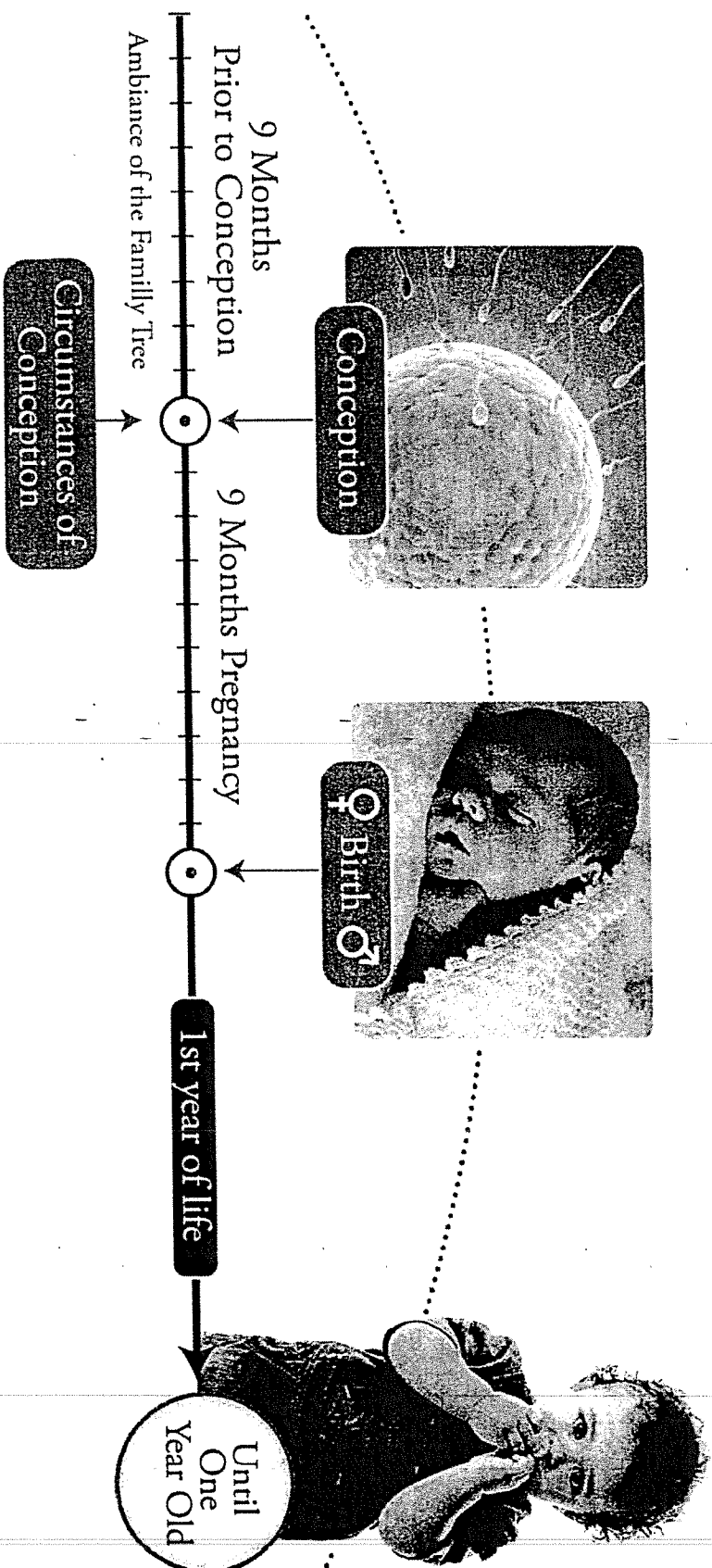
3 GENERATIONS

## 5 WAYS TO FACE A BIOLOGICAL CONFLICT

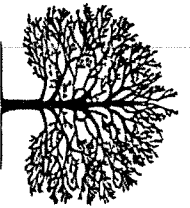
- 1 - Programming and Triggering conflicts DHS: Violent unexpected emotional trauma
- 2 - Programming conflict (long time ago) and then a Triggering conflict (now)
- 3 - A big stress awaken all previous stresses
- 4 - Healing through a Practical Solution of the biological conflict
- 5 - Healing through a Transcending Solution of the biological conflict

- "What does not come back to my awareness comes back as destiny" *K.G. Jung*
- Avoiding denial
- The importance of grieving: Through "*Letting Go & Processing*"
- The importance of verbalizing: "*What I say in words does not get printed in worse*"
- *Name it, Claim it and Dump it!*

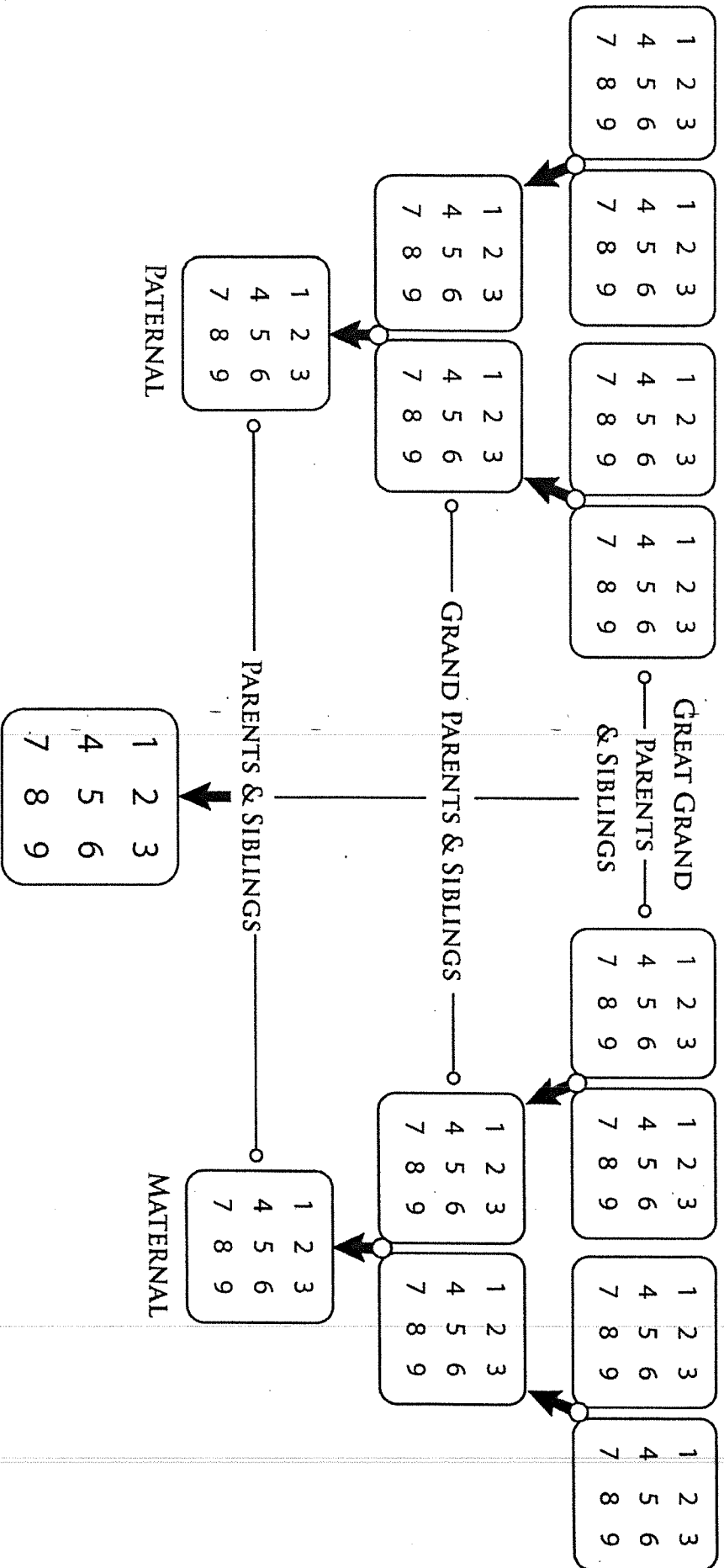
# PROJECT // PURPOSE PROGRAMMED PURPOSE



Defined as the purpose that a fetus or infant unconsciously takes on and continues to live out through their life because of events and emotions that their mom and/or dad experienced during the Project // Purpose, also called Programmed Purpose.



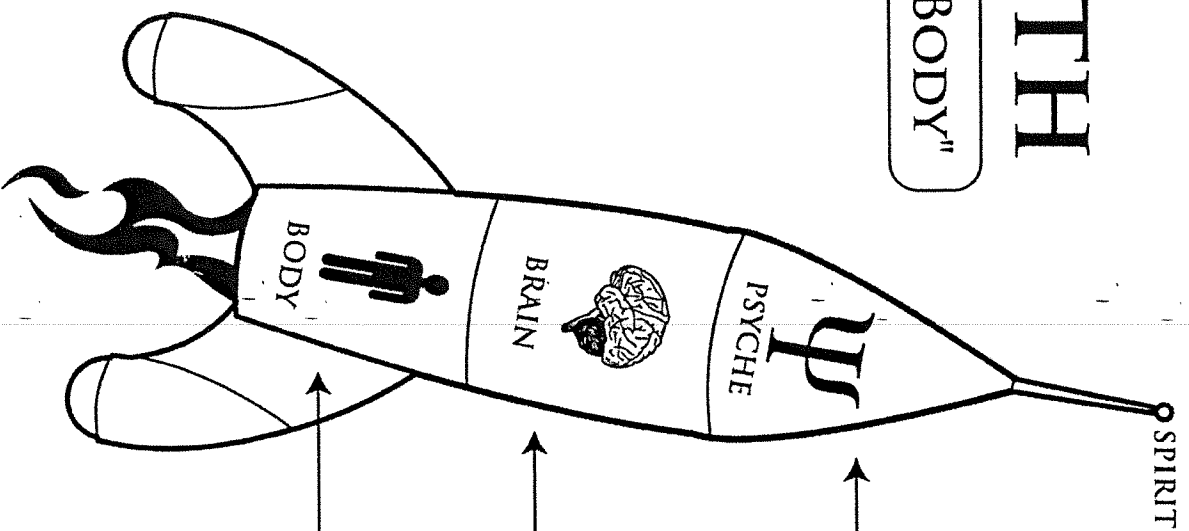
# FAMILY TREE: GENERATIONAL SYNDROME



YOU & YOUR SIBLING

# TRIAD OF HEALTH

"PSYCHE, BRAIN, BODY"



## PSYCHE

Emotions • Thoughts  
Decisions • Beliefs • Religion  
Education • Conditioning  
"The way I resolve my daily problems"

## AUTOMATIC BRAIN

"Keeps me alive from moment to moment."  
Never wrong!

## BODY

Controlled by the Automatic Brain

## LETTING GO & PROCESSING SOME SUGGESTIONS

### The Ho'Oponopono - 100% responsibility Take the blame in your secret mind

To whatever is going on in me that is causing me to experience this situation (stress, fight, disagreement, sadness, rage, impatience, grudge, etc...) I say the following:

1. I'm sorry!
2. Please forgive me
3. I love you!
4. Thank You!

*Please do not tell the person that you are doing this work. Forgiving is an inner and intimate process.*

#### Recommendation

On a meditation mode: visit every organ and every part of your body; and say this to your body cells.

Say this at least 3x/day, during 7 days or until you come at peace with the person within yourself.  
You can repeat this affirmation as often as you want. It brings peace deep down which helps healing.

### The Walker from Reno, NV.

Place your left hand on your heart and your right hand on your left hand; and say this:

**"My heart is full of love and understanding." — 10 times**

**"\_\_\_\_\_ 's heart is full of love and understanding." — 10 times**  
Name of the person

Say this until you come at peace within yourself with the person.

### While doing the "Butterfly Hug", say the following sentence with affirmation:

- Even if I'm very angry at \_\_\_\_\_ (name the person) for what (she/he) has done to me: describe briefly the circumstances (the event/trauma/drama, etc.)

*And then you say:*

- BUT I'm not going to be ill (or embarrassed) all my life with this
- In consequence, I choose to let go the grudge, anger, grief
- And I forgive that person from the bottom of my heart, utterly and unconditionally
- And I forgive myself as well for what happened

**I love & respect myself as I am and as I was**

*The Butterfly Hug is an easy procedure that can be done as following: Simply by patting the biceps of each arm, alternately. You get a "cross-crawl" and an "anchoring" effects.*

## Our Greatest Fear

Marianne Williamson

Our greatest fear is not that we are inadequate, but that we are powerful beyond measure. It is our light, not our darkness, that frightens us.

We ask ourselves, who am I to be brilliant, gorgeous, handsome, talented and fabulous? Actually, who are you not to be? You are a child of God.

Your playing small does not serve the world.

There is nothing enlightened about shrinking so that other people won't feel insecure around you.

We were born to make manifest the glory of God within us. It is not just in some; it is in everyone. And, as we let our own light shine, we consciously give other people permission to do the same.

As we are liberated from our fear, our presence automatically liberates others.

### BYRON KATIE

1. Is it true?
2. Can you absolutely know that it's true?
3. How do you react, what happens, when you believe that thought?
4. Who would you be without the thought?

And then turn it around



## The Small Property

Created by Claude Sabbah

Dr Claude Sabbah has created this sentence below based on some "biological meanings of the body" and the subconscious. When you say it, the brain connects with what happened during the Project/Purpose that was "stormy" for both parents; and then when you say "the fine weather has returned", you inform your brain that the storm is over. Healing is somewhere accepting to grow-up. Please review what Recall Healing says about the Project/Purpose – Programmed/Purpose.

This sentence can produce simple and powerful effect. It is not a panacea but it is a "must" within the healing process; and does not cost anything. Just do it!

### Small Property

I was a small property ravaged by a storm.

The fine weather has returned.

The forest and the river have become calm.

The house is vibrant and shines in the sun.

And above all, the field is returning to its order, health and beauty.

Thank you my diseased organs, for I know you have done all this to save my whole being.

And thanks to myself for doing my healing.

**Repeat this 10 times, 3x /day**

10 times in the morning (before getting up), around lunch time for another 10 times; and 10 times at night (just before falling asleep).

To be repeated in a calm and relaxing atmosphere, in the darkness. To be verbalized with consciousness. Take the time to visualize and identify each symbol as clearly as possible.

**Write down any dream that you remember!**

## In the “eye of the tornado” (Exercise)

1. **Event:** Remember the shocking moment.
2. **Circumstances:** How did it happen? From A to Z.
3. **Reasons, justifications:** Why did this happen?
4. **Emotions & feelings** experienced at that very moment.
5. **Deep feeling:** The true deep feeling within you at the very moment of the event (shock/trauma). Pick “the One” that would be the synthesis!
6. **What would make you feeling peaceful:**  
How would you have liked this to happen at the time?
7. **Word of peace:** Which word would calm you down?

### Also:

**Camp Fire Process from the Journey book** — *Simply amazing!*  
The Journey, Brandon Bays, Fireside

**Cancer: Discovering your Healing Power & Overcoming fears**  
Louise L. Hay — *these two CD are excellent! Louise L. Hay has other wonderful books, DVD's and CD's that contribute to any healing process.*

### Write about the future:

Make projects for 1 month from now, 6 months from now, 1 year from now, 5 years from now, 10 years from now, 20 years from now. Write these on a computer file so you can insert any new project, modify or delete any project that does not satisfy you anymore. **Reminder:** the brain facilitates healing when there is a future to live.

### To Remember:

For your automatic brain, the “other person” does not exist. Your brain has just your body to find a solution by “downloading” an unresolved issue. Forgiveness is a personal process. The person does not need to know that you forgive him/her. Your brain has just your body to download the fruit of “forgiveness”. At the end, you are the winner. It is written somewhere: “Forgive them because they don’t even know what they are doing...” — Gilbert Renaud

INTERNATIONAL  
**RECALL**  
**HEALING**  
INSTITUTE

## **Emotional Release by Visualization**

Go to a place where you will not be interrupted and where you will not interrupt anyone (including cats, dogs, or other pets). You may want to take a pillow, facial tissue, and a photograph of the person you need to have the emotional release with.

Visualize the person with whom you have an unresolved conflict of issue. It is best to imagine how they appeared at the time when your emotion with them started even if you knew them for years afterward.

Once you see their face (or if you cannot visualize them you may want to look at their photograph), express to them everything that you need to say. Allow yourself to be totally uncensored. Feel the emotions you are expressing and allow yourself to experience any emotions that may come up. You may want to shout, stomp your feet, hit the pillow (careful not to harm yourself), cry, tremble, or scream the things that you need to say. Take as much time as you need to express it all and to process what you are feeling.

When you are finished, you may want to repeat this process with another person or other persons with whom you have a conflict or unresolved issue. Try to deal with all of the individuals with whom you have anger in one session starting with those to whom you are not related, ending with relatives, siblings, and finally parents. Do not forget to express anger toward yourself (for anything that you may feel has been stupid or that you may judge yourself for) and toward your body (if you have been physically ill and unable to do the things that you wanted to do with your life because of the illness). Shout at your body if you feel the need.



Once you feel that there are no more emotions to express towards self and others, choose to forgive yourself and all the other individuals, one at a time, while again visualizing, with your eyes closed, each person's face.

Once you can visualize the person's face, speak their name out loud and forgive them out loud by saying something like the following: "I forgive you consciously and subconsciously for everything you have done or failed to do, for everything you have said or failed to say that has caused any anger, frustration or pain in me or in anyone that I care about."

Do this forgiveness process toward every individual with whom you have had anger and frustration. Don't forget yourself. If you are so inclined after that, you may pray something like the following prayer: "God, please forgive me for all the anger or frustration that I may be holding onto and replace all those roots with your love, joy, and peace. Thank you God for hearing and answering my prayer."

## Butterfly Hug Revised

Even though I feel ..... (name whatever feeling or situation you are having at the moment)

I love and accept myself.

I forgive myself from the bottom of my heart, because I was (am) doing the best I could (can) with the resources that I had (have).

I forgive.....from the bottom of my heart because they were doing the best they could with the resources that they had (have).

I no longer have to carry this in my.....(name the body part, pain or illness), nor do I have to die for this or be ill for this for the rest of my life.

I choose to let this go, so that I can live my life to the fullest. Take a deep cleansing breath and as you release, envision the issue being release from your body.