

# Message of Spirit

A Manual for Your Mind...

by Amy Biddle  
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## **Introduction**

Let me tell you the story of how this book came to be.

My friend Dee (name changed to protect the innocent) and I were talking one night, on our way to our regular, Friday night get-together. Somehow the topics of telepathy, intuition and mind power came up, but that happens quite a bit in my life. Dee's experience, however, is not like mine.

"How can I find people to talk with about spirituality?" She sounded desperate.

"People talk about this stuff all the time!" I told her.

Well, she didn't believe me.

We got to the restaurant, our usual place, sat at our table and ordered. Other friends joined us, and we continued our conversation.

"I just feel so lonely!" Dee continued. "Where am I going to find people to talk with? The people I talk to all think I'm crazy!"

"Why?" I asked.

Dee continued. "You know Rachel, in the wheelchair? I saw her on Wednesday and told her about the healing class coming up," Dee looked despondent as she told this story. "And she told me never to talk to her about getting out of the wheelchair again!"

I thought she was going to cry.

“But Dee, there are plenty of people already interested in spirituality and in their own power— people you don’t have to recruit!”

By this time, our whole group had assembled at the table. As this was our regular, Friday night outing, the restaurant owner, Dougie, (who loves us!) came over to join us. It didn’t take long, and he joined the conversation. Actually, he didn’t know what we had already been talking about...

“Amy, you believe in God, right?”

That was how he started. Dougie went on to tell us a story of synchronicity that was spellbinding! He talked about wanting to sell his restaurant and how circumstances supported him talking with some people (folks just coming into the restaurant to chat about the deal) and circumstances working against him talking with someone else (including a flat tire and two missed appointments)! I thought Dee’s eyes were going to pop out of her head. I’d just finished telling her that people talk about spirituality and so-called coincidences all the time. Even if I’d gone to the restaurant early and told Dougie what to talk about when we got there, I couldn’t have planned how great it was!

Well, Dee still didn’t believe that she could have a life of coincidence and Universal support happen for her, and we ended the evening on a quiet note.

She even called the next day to talk more, starved for the opportunity to share her stories of miracles that she is experiencing every day but also feeling desperately lonely in them.

Our talk left me wondering. My life is filled with people who talk about synchronicity and miracles and conscious acts of personal power. Dee doesn't believe that people really do talk about (and experience!) joyous coincidences all the time! I don't think I ever stop talking about them and people I know, *even complete strangers*, bring me these stories every day!

I've always prided myself on having outrageous ideas, and I started wondering how I could show Dee, and anyone else like her, that people **do** believe in miracles, people **do** believe in personal power, people **do** believe in conscious connection of souls— no matter what the language is that is used to describe this connection! These are ideas that transcend religious barriers and language!

And so the Message of Spirit project was born.

Message of Spirit evolved quickly in scope, and I contacted a bunch of experienced authors to help me with the idea. This book is a sampler, a manual for mind-owners, a collection of articles shared by men and women who also believe in the power of your mind and your soul to change your life (at the real-life levels: how you think, prosperity, relationships, weight loss and health), to cure disease, to make the world a better place.

I hope you enjoy this book and I encourage you to share it freely with anyone, anywhere. (In fact, this book will always be free. No one may ever sell it for any price, for any reason!)

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Of course, I have a motive for wanting to give this book away— my goal is to reach as many people interested in these topics of human power as we can, and I'm driven to do this! **I'd like you to go to the web site and add your own story of the magical miracles of human experience to the collection there.** Keep this magic of giving going! At the site you will find additional information on the topic for you to enjoy and share. And please share this book with anyone you can think of who shares your interest in the power of prayer, conscious living, personal power... any of the topics addressed in this book. Heck, if you think someone is even remotely interested, please share this book with her or him!

Will you please help me with this? All you have to do is contact me at the "Contact" page at this site:

<http://www.spiritual-healing-secrets.com/>

You couldn't be at dinner with Dee and me, but you can tell her (yes—Dee is a real person) about your powerful experiences in your own life.

Will you help me show Dee and others who need the Message of Spirit that there are hoards of people who believe? Share this book— send it to anyone you choose. Tell me your stories— you can contact me through the web site. We ALL benefit from knowing our power as humans.

The articles in this book represent a bunch of different ways of approaching the spiritual power you have. It is amazing the amount of power you have! You may notice that many of these articles offer

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very practical applications for mind power. Your mind is meant to be used, to enjoy your life, to enhance and create your experiences! You can have a life as creative, as beautiful, as soulful, as fulfilling in all areas you want. In fact, take the principles in the articles and apply them and see what kinds of changes you can create for yourself!

I'd love to hear your experiences— contact me through

<http://www.spiritual-healing-secrets.com/>

and let me know what you've learned about yourself and your world!

Spirituality is in you and all around you.

You are swimming in it!

You are not alone.

Be well. Be whole. Be happy.

*Amy Biddle*

Ithaca NY  
November 2005

PS- Be sure to check out the last page of this book for bonuses and suggestions.



## **Psychic Healing: Weight Loss Techniques**

By Dale Power

“Be occupied, then, with what you really value and let the thief take something else.”

-Rumi, 13th century Sufi poet and mystic

There is no magic bullet that will make you lose weight without trying. No special diet that lets you eat a huge amount of food and drop pounds fast. No ab-machine or exer-cycle that you see at three fifteen in the morning on an infomercial is really going to make that much difference to you.

We all know the secret to losing weight, right? Eat right, exercise more and keep a positive attitude. Yes, we all know that.

If you ever had a weight problem though, you know it's not really that simple. Eating right is difficult when you're facing constant hunger, when every food that is good for you tastes horrible and you are racing full speed ahead from the moment you wake up until you hop into bed at night making fast food very tempting. Exercise is time consuming and difficult, sometimes it can even be downright painful! As for that positive attitude, well that's relatively easy. Once you get past the hunger pangs and the sore muscles, the fact that you have not eaten anything that you like in a week and a half and have worn blisters, in places better not mentioned, on that bicycle seat. After that staying positive is a piece of cake.

Well, no, I guess it really isn't.

Overlooked in the standard equation though, the eat-less-and-exercise-more truism, is the fact that we are not only physical beings but psychic ones as well.

There are too many techniques to go over all of them here, it could literally fill a book, and perhaps someday it will. Right now, though, action needs to be taken. Americans are gaining weight at an alarming rate. From our eldest people to our youngest, we are plumping up at levels never seen before.

We need to address three main areas if we wish to bring about long term weight-loss: the mental, emotional and physiological aspects.

This could be a road just as hard as the strictest diet and as painful as running a marathon. It could be, but it's not. Using a few simple techniques, you can bolster your self-discipline, your metabolic rate and your positive feelings about losing weight. You can also relieve hunger pains and feelings of angst over your current weight.

You can do this yourself, or have a friend or professional help you with them, so don't be worried that you might not have ever tried anything like this before!

Here are some basic techniques you can use to aid in losing weight. While simple they are very powerful. You still have to diet and exercise; these methods will make that easier to do though.

Start by calming yourself and quieting your mind. Just take a minute to not worry about anything, relax and let go of any distractions.

Hold the idea in your mind that you are already thin. I know that this seems strange, but if you want to lose weight it helps to convince yourself that it is possible. If your mind rebels and tries to tell you something different just replace the thought with the idea you are thin and healthy and don't worry about it. It will take a bit of time to train your subconscious mind how to be thin. Spend a few minutes just "knowing" that you are slim and trim. You don't even have to visualize it. In fact, to your deeper self it is more helpful if you don't visualize it.

Now imagine your day. "See" yourself eating a healthy breakfast. Go about your day until lunch. Hold the concept of all this time passing without much hunger. Imagine enjoying a lunch of healthy foods that you arranged in the morning. Know that stresses will happen and you will let them go. See yourself going through some exercise and really enjoying it, is it hard? Sure, but nothing you can't handle! Go through dinner in this way as well. Notice that you are not craving sweets particularly, hunger is not an issue for you either. Perhaps you will have a small snack before bed? That is up to you.

The important thing here is to use conceptual thought as much as possible. If you haven't gotten the trick of thinking in ideas yet, just do your best. Visualizing your desired day will work too, just not as powerfully.

Next we are going to hold several different concepts in a row. These will actually be building powerful psychic fields around you, so make sure you keep the ideas/concepts you are maintaining very clear and as constant as possible.

1. Hold the idea of energy in your body. Feel the energy coursing through you. Buzzing and exciting your system. This will increase your metabolic rate. Feel it in every part of your body. Hold this for at least a minute.
2. Hold the idea of warmth. Starting in the center of your body and warming each part of your being. This will increase your metabolism even more. Again maintain for at least a minute.
3. Hold the idea of a lack of hunger. This is so powerful that you must use care not to strip yourself of hunger all together. This will actually dampen your sense of physical hunger and appetite. Keep this up for a minute.
4. Finally, hold the concept of happiness. Everyone should practice this regardless of their desire to lose pounds! It will ramp up your morale enough to stick with your diet and exercise program.

There are many other things that can be done to help a person lose weight using psychic techniques. For instance pain control methods can make exercise more pleasant, as can simple mood elevation. Ideas of what kinds of foods are tasty can be changed both internally and from the outside of yourself with a little help. Metabolism can be increased and adipose tissue can be triggered to expel fat rather than conserve it.

Sure you will still have to watch what you eat. Yes, exercise is good for you and should be part of your daily program. These and other psychic healing methods can help to increase the ease and effectiveness of weight loss efforts though, making a definite increase in your quality of life.

If you would like to try these techniques but fear you don't have the skill level needed, try and enlist a friend to give you a hand. If that is not an option you could try getting professional help to make things easier in the short run. With practice though, you can learn to do all of these things and more on your own. That you have the power to control these things is clear. Now the question is, do you decide to take control of your weight, or do you keep doing what you have always done?

It is up to you.

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Dale Power is a fantastic and innovative healer who works with an impressive level of discipline and dedication to each client. Dale's web site is <http://www.healing.worldispnetwork.com/index.html>, where he covers a wide range of healing topics. This site is dedicated to providing you with the highest quality healing available. Dale is dedicated to giving you solid treatment in the most convenient form possible at the lowest cost per treatment. He also hopes to promote a logical and reasonable use of psychic abilities in healing, working in concert with not only the medical field, but good habits and personal responsibility as well. If you have any questions about healing you may contact Dale at [healingrecord@yahoo.com](mailto:healingrecord@yahoo.com).

## **Cosmic Connections: Divine Mind, Frequencies and Healing**

By Earl B. Hall

To tell us that every species of thing is endowed with an occult specific quality by which it acts and produces manifest effects, is to tell us nothing; but to derive two or three general principles of motion from phenomena, and afterwards to tell us how the properties and actions of all corporeal things follow from those manifest principles, would be a very great step.  
- Isaac Newton

There are a few principles that some of the more renowned scientists and most spiritual researchers all agree on. The entire universe is comprised of electromagnetic frequencies, is pure energy and everything has a consciousness.

This article is a small attempt, based on scientific research, to validate the inter-relationship and inseparable connections between the Divine Mind and the consciousness of the human being relating to true healing of the body, mind and spirit.

Ancient manuscripts and prophets have long predicted that eventually, all healing would be accomplished through the use of light, color and sound vibration. How does this relate to electromagnetic frequencies? Just as a C note in the lower register of a keyboard has a harmonic resonance related to a C note 1, 2, or 3 octaves above it. So does the electromagnetic spectrum. A simple example would be, if you strike a tuning fork, tuned to C in a lower range it will cause another C note tuning fork tuned to a higher octave, in relatively close proximity, to start vibrating as well. This is known as harmonic resonance.

Most of the electromagnetic spectrum is invisible, and exhibits frequencies that traverse its entire breadth. Exhibiting the highest known frequencies are gamma rays, x-rays and ultraviolet light.

Infrared radiation, microwaves, and radio waves occupy the lower frequencies of the spectrum. In this article, as I mention electromagnetic frequencies, please note that I am referring to natural DC electromagnetic frequencies not man made electromagnetic frequencies such as AC power lines and transformers or microwave cell phones.

Both visible light and sound are measured in a very narrow frequency band. Sound is oscillations in the 100's to 1000's of cycles per seconds. Light is oscillations in trillions of cycles per second. Mathematically you can speed up sound waves by forty octaves (doubling them forty times) and you come up with frequencies within the parameters of light wave oscillations.

Until recently there was little connection between the ancient mystery schools use of sound and sacred geometries used in healing, and electromagnetic frequencies. However, in the next few years you will see a much greater merging of the scientific medical approach to healing and the sacred ancient wisdoms. For thousands of years these two schools of thought have been totally separate. It is time for them to reunite and once again recreate that bridge between physical and spiritual healing based on natural laws of creation.

Just as sound and light are related in harmonic octaves, so are all the known frequencies of the electromagnetic spectrum, including brain wave activity. Vital electric and magnetic fields that surround and interpenetrate the human body are filled with vibration and many frequencies. Is this just

random noise or could it be various aspects of consciousness operating at different levels of awareness?

Research is uncovering a fascinating connection between the Divine Mind and the nature of human consciousness, which involves layer within layer of frequency bands, each with its own conscious function. It has been demonstrated that by infusing the body with certain parts of these frequency bands, we can accelerate recovery and greatly expand our human potential.

For decades science has been researching and concentrating on the frequency bands of the physical consciousness; the cells of our bodies, that combine to make up our organs, nerves, and brain. A number of researchers such as, Rife, Crane, Dr. Bare and Priore' have contributed greatly in validating and documenting the exact frequencies at which various viruses, bacteria and other disease causing micro-organisms vibrate at. But, still go largely unrecognized by the medical establishment. Despite huge numbers of successful cures and recoveries in all manner of illness, including cancer, with zero side effects using pulsed DC electromagnetic frequencies.

Until recently, there were other levels of consciousness that the Trinity Project has focused on to affect emotional, mental and spiritual healing. Along these same lines is another notable researcher, Dr. Valerie Hunt. In her book, "Infinite Mind – the Science of Human Vibration", she correlated electrical frequencies of the body, as measured by EMG, with emotional states of test subjects and colors seen by clairvoyants, and found that the frequencies ranging between about 200 Hz and 2000 Hz correlated with emotional consciousness. She identified three bands: the physical band, below 200 Hz, the emotional band, between 200 to a few thousand Hz, and what might be called a collective unconscious or higher mental band,



above 10,000 Hz. It is thought that through this higher band, creative intuition flows to prompt new scientific breakthroughs and inspired works of art. These three frequency bands might be considered the Body, Mind and Spirit of humanity.

Some scientists and researchers started to notice the connection when it was discovered that when energy healers around the world, set their intention to heal, they often emit an electromagnetic frequency in the range of 8 Hz to 14 Hz. Could this reveal a Divine inseparable connection between Mother Earth and Humans, since Earth's electromagnetic field pulses in that specific range?

Further research indicated that this range, known as the Alpha range to EEG researchers, acts like a bridge between the Theta (4-8 Hz) and the Beta range (13-40 Hz). The Theta range is generally associated with our physical lives and our attachment to who we are. The Beta range is generally associated with our mental lives or the way we think our lives should be. When these two views of our lives are discordant or out of harmony, we are miserable. Hence, a state of dis-ease is created.

In studying other documented scientific research and correlating our own findings, the Trinity Project discovered some scientific basis to the Masters' teachings, "Be in the NOW". And "Don't get attached to our expectations". Or if you prefer, "go with the flow and allow yourself to be guided by spirit".

According to my clinical use of an electromagnetic frequency generator, and other researcher's findings, it appears that by infusing an Alpha pattern, the client or test subject is much more likely to let go of destructive attachments and expectations, which allows them to quickly move forward in life. It has always been the Trinity Projects findings that, if

you create change on the emotional, mental and spiritual level, based on expansion of conscious awareness and the release of negative belief systems then, long term healing can occur bringing about a harmonic balance of electromagnetic communications between body, mind and spirit. Now consider this, if you can affect rapid positive change in the physical, emotional, mental and spiritual bodies at the same time, could this really be the beginning of the long prophesied merging of the scientific and spiritual healing arts?

In the spiritual and metaphysical communities, it is believed that the pineal gland is the master gland associated with psychic and intuitive awareness or our God consciousness. Scientific researchers, Rife, Crane and Dr. Bare all recommend the 20 Hz frequency as the lowest of sequenced frequencies that eliminate virus and bacteria caused illnesses, as well as, stimulation of the pineal gland and dreams. In comparing their discoveries, Dr. Hunt's research, and in part of my work with the brain wave frequencies ranging from 17 Hz to about 25 Hz, I made some very interesting observation. Apparently, when using this frequency band, a bridge is created between analytical and heart consciousness or intuitive knowing. This could be equated to the Alpha bridge between physical and analytical consciousness.

During a healing session using the Trinity Table or the Magnetic Sound Chamber, clients say the sensation is like a gentle "floating in space" experience allowing a deep state of relaxation to occur very rapidly. EEG testing showed that during the healing experience, the lower Alpha, Theta and even Delta state is achieved. True Delta is, normally, virtually impossible to achieve. Scientific research has proven that within the lower Theta and optimally in the Delta is where the perfect healing state occurs. The most apparent condition experienced, almost immediately, is the elevation and balancing of the subject's entire Energetic System.

In my research and healing practice, using the Trinity Table and Magnetic Sound Chamber, specially selected and original compositions of healing music, sound recordings and electromagnetic frequencies are played. Many times, live chanting, toning or drumming is used in the tradition of the ancient healing arts. Also, various quartz crystals and gems are used to enhance the Earth's natural magnetic field and vibration by positioning them in a specific geometric pattern around the room or in the device.

The ancients apparently understood a great deal more about crystals than was previously believed, until now. Modern science has proven that quartz crystals have the ability to take one form of energy and transfer it into another form of energy. Quartz crystals can be considered transducers of energy. In other words, quartz crystals can turn mechanical energy into electric impulses and electric energy into mechanical energy. This is referred to as the piezoelectric effect.

Today, sophisticated devices have proven that the human body has a constant flux or flow of electricity through it, so in a sense the human body is an electromagnetic coil or antenna. Human DNA, which is a super coiled double strand molecule, acts as an antenna and is known to emit electromagnetic radiation. Therefore it is fairly easy to understand, how we can be positively influenced by all these natural forms of electromagnetic frequencies. All things in nature seek harmonic balance.

Measurements show that during a healing session, utilizing the Trinity Table or Magnetic Sound Chamber, an elevated and enhanced inter-dimensional energetic field is produced. This occurrence vastly increases the intensity of the healing session. This field is of extremely high intensity within a twenty foot diameter, with a secondary strong field extending to about thirty five feet in diameter.

Aura photography has been used to document the strengthening and expansion of the client's energetic system. For example, the average person's energetic field extends about 12-18 inches around the physical body. Within minutes of experiencing the Trinity Table and Magnetic Sound Chamber, their energetic field is shown to increase to 8-15 feet around their physical body.

Virtually every client and every healing professional who has experienced these, in their words, Sacred Atlantean Healing Technologies, has been truly astounded by the results. These sacred tools, when used with the proper intent, serve to readily elevate the consciousness and enhance the connection with the One Universal Energy Source at all known frequencies pertaining to healing of the body, mind and spirit.

Scientists acknowledge that information is becoming available and new discoveries are happening so fast that they cannot record it fast enough or even begin to teach it to the masses. This article in no way covers all aspects of electromagnetic frequencies. However, it is my hope that the connection between the Divine Mind, natural electromagnetic frequencies and creation has been scientifically demonstrated, as it pertains to consciousness and healing.

Ancient prophets and mystics have all said that, "Creator is in everything and is everything." We exist inside a totally electromagnetic medium. Not just an "electromagnetic environment" in our own space; instead, it's an electromagnetic conscious environment in hyperspace. Everything exists in harmonic balance and therefore comprises the internal structure of the electromagnetic medium! That's what the vacuum is, space time, the virtual state, and what physical matter is. It's all alive. There is nothing but life. The electromagnetic medium is pure Divine consciousness.

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As spiritual and energetic healers, if we can assist our clients in understanding what we actually are, there is no better remedy for eliminating all suffering. This is the heart of all spiritual practices.

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Earl B. Hall, spiritual healer, teacher, quantum physics researcher, has combined his training in music and energetic healing to develop Cosmic Frequency Therapy. A technique using channeled cosmic energy, sound and electromagnetic frequencies for rapid physical, emotional and mental clearing, soul reconnection and expanded multi-dimensional awareness. To learn more visit his website at <http://www.AtlantisHealthCenters.com>. For spiritual healing, counseling, certifications and group workshop info, email [Earl@AtlantisHealthCenters.com](mailto:Earl@AtlantisHealthCenters.com)

## **Boost Your Immune System**

How to Develop an Extremely High Functioning Physical, Psychological & Spiritual Immune System

By Dr. Joshua David Stone

"The greatest discovery of the 20th Century is that our attitude of mind determines our quality of life, not circumstances,"  
-- William James

My beloved readers, one of the most important understandings every light worker needs to incorporate in order to achieve Integrated Ascension is how to develop an extremely high functioning immune system physically, psychologically and spiritually.

In my personal opinion the four keys to achieving Integrated Ascension are learning to fully own and claim your personal power, developing your semi-permeable bubble of light, developing unconditional self-love and self-worth, and maintaining an attunement to your Higher Self, Monad, the Ascended Masters and GOD at all times. These four principals are the psychological foundation of your entire spiritual life. If any one of these are not functioning properly your entire life will be off kilter. In other sections of my book I have spoken of the importance of personal power and self-love. The issue of attunement to your Higher Self, Monad, the Ascended Masters and GOD fill all the pages of this book and all the other books of mine you have read, so it is unnecessary to explore this aspect further in this chapter. The issue that I do want to explore in this chapter is the revolutionary concept that we have actually three immune systems, not just one.

In the mass consciousness or common language, when we think of the words "immune system" we think of physical health. Our physical immune

system is what protects us from disease. As I think all of you, my beloved readers, know there is no such thing as a contagious disease. This is an illusion and stems out of a belief in victim consciousness which is also an illusion. We are all masters not victims. We are causes not effects. This applies on the physical immune level as well. There is no such thing as contagious disease, there are just people with compromised immune systems. This last statement is not a judgment but rather a simple statement of fact.

### **Our Physical Immune System**

My beloved readers, the first question that we must ask is how do we develop a high functioning immune system and what causes a physical immune system to be compromised. This is a very multi-faceted subject. The answer to the question of how to develop a high functioning physical immune system lies in a proper physical diet, getting a good night's sleep, proper physical exercise, getting enough fresh air and sunshine, removing all of the residual toxins in the organs, glands, cells and blood which I spoke of in the chapter on spiritual healing tools for the physical body.

Other factors that affect the physical immune system are your work/play balance, and stress factors in your work and personal life. Other factors are past life karma, speed of spiritual growth, inherited genetic weakness, and overall balance or lack of balance in your life. Other factors that can affect the immune system are living in cities and on a planet that is filled with pollution, receiving vaccines as children, and seeing doctors that prescribe drugs like candy who have no understanding of holistic naturopathic or homeopathic remedies that are not toxic to the human body. Again other residual toxins such as mercury fillings, pesticides, metal poisoning, chemical poisoning, preservatives in our food, sugar addiction, eating too much processed food, bad food combining, over

eating, not drinking enough water, under eating, and lack of life force in our food because the nature kingdom devas and plant spirits have been driven from our gardens because of pesticides and Humankind's rejection of their existence.

Other factors are depletion of the rainforest causing lack of proper oxygenation of the planet, burning of too much fossil fuels instead of using natural spiritual forms of energy. The gaping hole in the ozone layer that is allowing certain ultraviolet rays in that we should be protected from. The pollution in our rivers and drinking water, the use of aluminum cookware causing aluminum poisoning, all the electrical power lines in big cities and electrical equipment in our houses, and the use of microwave ovens which places actual holes in the aura of the food.

The rampant use of recreational drugs as well as pharmaceutical drugs instead of using homeopathics and herbs. Using factory and synthetic made vitamins and minerals instead of using natural forms of these substances in our vitamin/mineral supplements. Also the new practice of the FDA of allowing markets to irradiate our fruits and vegetables with toxic radiation. Also the radiation contamination from being too close to color TVs and microwave ovens. All the low grade electromagnetic toxicity from electrical appliances in our home. Just living in a big city is compromising to the immune system. Using cell phones too much and/or sitting in front of a computer without proper energetic protection, which can easily be obtained from your local New Age homeopathic pharmacy or bookstore. These, my beloved readers, are just a few of the physical toxins that compromise our immune system. Is it any wonder people get sick so much in our world?

Three quarters of the things I have mentioned traditional doctors have no knowledge of. Just going to a traditional doctor compromises our immune



system. It is close to impossible to get well in a hospital there is so much negative energy imbedded in the walls. Ronald Beasley the famous spiritual teacher from England who passed on a number of years ago, said that hospitals should be burned down every five years. The tests that traditional medicine uses to diagnose disease are often extremely invasive. They fill you full of dyes, poke holes in your spine and fill you full of radiation, and give you blood transfusions or organ transplants which are spiritually totally poisonous to light workers. I do not mean to get down on traditional medicine because it definitely has its place and in a certain sliver of understanding it is even brilliant. From a full spectrum prism perspective it is extremely fragmented in its understanding. Fifty years from now much of what they do will be viewed as barbaric and as being a product of the Dark Ages. In the future, testing and diagnoses will be done through energetic means not physical means. So, my beloved readers, is it any wonder that so many people are sick and have compromised immune systems? Most people aren't exposed to the information that I have shared here until their adult life. By this time all these factors have taken a great toll on the physical vehicle. It is almost a given if you incarnate into this world that your immune system is going to be very stressed. What I have spoken of so far, my beloved readers, is just the physical toxins that affect the immune system. I have not even begun to speak of the psychological factors, or spiritual and energetic factors that affect our immune system on all levels.

The crux and final point of this that I would like to make is for all of us to be much more compassionate, loving, and understanding to our fellow brothers and sisters who have health lessons of one kind or another. For the truth of us all is that "But for the Grace of GOD go I" and "By the Grace of GOD go us all." We have all been born into a world that is extremely lacking in New Age understanding and very backward in many ways. This again is not a criticism but a fact. This makes incarnating into this mystery

school called planet Earth an extremely courageous proposition. We should all develop great compassion for ourselves for making such a gallant decision. It is our job as light workers to raise the consciousness of the planet so our children do not begin learning these lessons in adult life rather than in the early stages of schooling where this information should be taught. This is the new wave of spiritual education that is reforming every aspect of our society in politics, spiritual education, economics, the arts, the sciences, religion, business, medicine, psychology and spirituality.

### **Our Psychological Immune System**

My beloved readers, equally important to developing a high functioning physical immune system is developing a high functioning psychological immune system. In truth, developing a high functioning psychological immune system is even more important to developing a healthy physical immune system than even a great many of the physical factors. This is true because our thoughts create our reality. Even if you do every thing right on the physical level and the psychological immune system is not functioning properly this will compromise your physical immune system. So let us now explore what I mean by developing a healthy psychological immune system. This begins with each morning getting up and claiming your personal power and putting on your mental, emotional and spiritual armor, love and attunement. Just as we put on physical clothes every morning we must also put on mental, emotional and spiritual clothes each day. This begins with putting on your personal power, then your semi-permeable bubble of protection, then your unconditional self-love and self-worth, then your attunement to your Oversoul, Monad and Ascended Masters and GOD. Then you must put on your overall Christ attitude and consciousness which could also be called your positive mental attitude. Some of the other most important attitudes to put on are to having

preferences instead of attachments, looking at things as lessons, non-judgmentalness, and forgiveness to name just a few.

The other most important attitudes to claim is that you are the cause of your reality by how you think. Part of this understanding is to fully own that every feeling and emotion you have is caused by how you think and not by any person or circumstance outside of self. That your thoughts not only create your feelings and your emotions but also your behavior and what you attract, magnetize and/or repel in your life. It is this attitude of being a cause rather than being an effect, a master rather than a victim, which also makes you invulnerable. When you fully own your mental and emotional invulnerability and that you cause your reality and can demonstrate this in your daily life you have a healthy psychological immune system. Through the process of self inquiry this means every time a negative ego thought tries to enter your conscious mind you push it out and deny it entrance and instead replace it with a Christ/Buddhic attitude and/or feeling.

The negative ego in your own subconscious mind is like a thoughtform virus or thoughtform bacteria. If you let the negative thoughtform into your mind you will be mentally and emotionally sick and hence have a weakened psychological immune system. If this continues to happen over time this is the initial cause for actual physical viruses and bacteria to form as well. The same principal applies to negativity coming from other people. This is why it is essential every morning upon arising to affirm and visualize that you have a semipermeable bubble of light around you that protects you not only from other people but also gives you a certain degree of detachment and protection from your own subconscious mind. So this semi-permeable bubble of light protects you from your own subconscious mind and from other people and outside negativity. The bubble is semi-permeable because it allows in positive energy but keeps out any and all negativity. This is the proper masculine/feminine balance

that is needed to stay psychologically centered. When negativity comes towards you when your psychological immune system and bubble is intact, it hits your bubble and slides off like water off a duck's back and/or bounces off like a rubber pillow. My beloved readers, do you see the profundity of this concept? The semi-permeable bubble of light gives you the needed protection and detachment both inwardly and outwardly to not become victimized and not to react. The ideal is not to react, but to respond without victimization taking place. Then one can respond out of calm, loving, rational observation, spiritual discernment and non-judgmentalness. Children even understand this when they say "...sticks and stones may break my bones but names can never hurt me." They are affirming their psychological and/or emotional invulnerability. Now it is important to understand here that when I say you are invulnerable I'm speaking of this on the mental, emotional and spiritual level, not the physical level. Obviously none of us are invulnerable physically, for another person can kill, maim, or hurt our physical vehicle. Even though this may be the case no one has any control over our thoughts, emotions or spirit.

Our spirit and soul, as you all obviously know, is indestructible and eternal. The ideal is to make your mind and emotions reflect this aspect of self rather than being over-identified with the physical vehicle which, in truth, is the definition of what the negative ego thought system is about. When your thinking and emotions are attuned to the Christ consciousness you will not only be in your power at all times and in your bubble at all times, you will also be in unconditional love, joy, evenmindedness, equanimity, and inner peace at all times as well. The only thing in truth that takes you out of this is your own thinking. There is no judgment when this happens, however when it does it is important to know where the truth lies. It is inevitable for everyone to lose their happiness, joy and inner peace at times, however, by practicing the science of attitudinal healing, over time

one can have longer and longer periods of total unchanging inner peace, joy and love. Any time you have negative emotions in you it is a sign attitudinal healing is needed and with no self-judgment you should make the needed attitudinal and emotional corrections. We don't always have control over what happens in our outer circumstance in life, however we do have total 100% control over the attitude we take towards outer circumstances. Herein lies the secret to inner peace, happiness and joy. The Master Jesus gave the ultimate example of this in his life on Earth 2000 years ago. He was whipped, beaten, crucified and had nails stuck in him and yet he still demonstrated not only his mastery over outer circumstances but also mastery over his physical body when he said, "Forgive them, Father, for they know not what they do." Even though his physical body was tortured and ultimately physically killed, he retained his Christ consciousness. He set this example for you and I, my friends. If he could do it in such an extreme circumstance, then certainly we can do it in all the spiritual tests, lessons and worldly tribulations we confront in our daily lives. Just as when you have a virus or bacterial infection you are sick physically, when you have negative ego thoughts and emotions you are sick psychologically.

My beloved readers, can you see what havoc to your physical immune system and psychological immune system you will cause if you don't own your own personal power, semi-permeable bubble of light, unconditional self-love and self-worth, attunement to your Higher Self, Monad, Ascended Masters, and GOD, and your Christ consciousness and positive attitude? I know many many light workers who eat good diets and do all the right things physically, however their physical immune systems are in terrible shape predominately from having unbelievably weak psychological immune systems. To be healthy physically, in truth, all three levels of immune systems have to be functioning properly. Having a healthy psychological immune system in order to not catch the psychological

diseases (moodiness, anger, depression, fear, unhappiness, upset, judgmentalness, meanness, self pity) is essential not only for physical health, but is also essential for spiritual health, the achievement of GOD-Realization, the passing of your initiations and Integrated Ascension. Most people on this planet have very compromised psychological immune systems which is effecting their physical immune systems as well as their spiritual purpose for being on this planet. This again is not a judgment but just a point of observation and insight which this chapter is hoping to correct and remedy or at least lead one in the proper direction. For those who have lessons involving a weakened psychological immune system I again highly recommend reading my books How to Clear the Negative Ego, Soul Psychology, and the newest book I have just begun working on called How to do Psychological and Spiritual Counseling for Self and Others. Next year I plan to have videotapes demonstrating how I do spiritual counseling on all these different issues with people. I also recommend that you sign up for the correspondence course that I am right now in the process of putting together. There are different levels and aspects to this correspondence course involving books, audiotapes, manuals, phone consultations with high level initiates in the Ashram I have trained, and the Wesak Celebration among other things. The crux of the correspondence course is to help light workers to fully integrate the ascension process into their mental, emotional, etheric and physical vehicles. One last point I want to make on the psychological immune system is in regards to the issue of unconditional self-love and self-worth. If this psychological work is not achieved the light worker will seek the self-love and self-worth outside of self instead of within self and from GOD. This will psychologically cause a hole to be created in one's bubble of protective light from the inside. In truth, every improper negative ego attitude will do this, unconditional love and self-worth being so important to a healthy psyche.

The real keys to Integrated Ascension lie within personal power, self-love, self-worth, your bubble and attunement to GOD. Ponder on this. If you don't own your personal power this will also sabotage your semi-permeable protective bubble of light for by not owning the power, you are automatically giving it to your subconscious mind, emotional body, inner child, lower self desire, negative ego, and/or other people. A healthy psychological immune system begins for most with owning your personal power. Your bubble of protection, self-love and self-worth and attunement to Higher Self, Monad, Ascended Masters and GOD won't hold if you don't do this. In truth, all four of those keys are totally interdependent on each other. Lack of self-love and self-worth will sabotage the other three. Lack of your semi-permeable bubble of light will sabotage the other three. Lack of attunement to Higher Self, Monad, Ascended Masters and GOD will sabotage the other three. The work begins with owning your personal power, however all four plus an overall Christ consciousness and positive mental attitude must be maintained in an integrated and balanced manner for psychological equilibrium and homeostasis to be maintained.

### **Our Spiritual Immune System**

The third and final immune system that needs to be developed is what I call the spiritual immune system. My beloved readers, I am happy to say that this is the easiest level of immune system to develop if you will follow my simple instructions. What I am about to share with you is truly a Divine dispensation which has been given in other forms before but not as succinctly and precisely as what I am going to share with you now. The key to developing a high functioning spiritual immune system is to, in this moment, as you read this book call forth His Holiness Lord Melchizedek, the Mahatma, and Metatron, and request in this moment that they anchor and activate the semi-permeable wall of light around your twelve-body system. Ask in this moment that this semi-permeable wall of light be

anchored permanently. This is a most profound and wonderful gift given forth by these three Cosmic, wise, and loving Masters. This semi-permeable wall of light is the spiritual counterpart to the semi-permeable bubble of light that I mentioned was so essential to your psychological immune system. The second that it is asked for it will be installed and given. This is a personal promise from Melchizedek, the Mahatma, and Metatron. Forevermore this semi-permeable wall of light will protect you. It is slightly different from normal spiritual protection for it is semi-permeable in nature, which means it will allow in all positive, loving energy, however it will keep out all negative energy. What is also unique about this gift is that it is being permanently installed not just in this moment or just for today. Thirdly, what is unique about this gift is that it is made of platinum white energy. As I've told you before, platinum is the highest frequency color available on the Earth. This means there is no negative energy in the universe that can penetrate its frequency of protection. You never have to request this again after this one time for its effectiveness is eternal. What this semi-permeable wall of light will do for you is to filter out all personal and impersonal negative energies trying to enter your field of an energetic, astral, mental and ethereal nature. This is a great blessing to have this protection.

Now it is very important to understand that this spiritual, semi-permeable wall of light will not replace or take the place of your semi-permeable psychological bubble and will not replace the need to keep physical toxins out of your body. Each immune system must do its part. The spiritual immune system is incapable of doing the work of the psychological immune system. This is the big mistake that many light workers make. For example they call forth to Archangel Michael for protection and Archangel Michael gives it unfailingly. Light workers don't understand why they may continue to be attacked by dark forces, negative extraterrestrials, their own subconscious mind and other people. The answer is quite simple. If



we as light workers do not maintain our own psychological immune system this creates gaping holes in our aura that even the cosmic Masters cannot remedy. It is not their job to think for us or create our emotions for us. If they did so they would be defeating the prime directive of non-interference with our free choice and in truth would be taking the lessons away from us that we incarnated to learn. If we as light workers do not own our personal power, maintain our bubble, develop unconditional self-love and self-worth, stay attuned to GOD, and maintain a Christed and positive attitude we can pray from here to kingdom come and the protection we seek will not be forth coming. It is not because it is not given, for it is always given and is always given one hundred percent. The key lesson here being that the spiritual immune system will not suffice to replace the psychological immune system. So again, my beloved readers, we come back to the concept of Integrated Ascension. Just as each mind in our spiritual constitution (subconscious, conscious, superconscious) has its part to play, the same is true of these levels of our immune system.

The spiritual immune system by the 3 M's will work wonders and will be an incredible support as long as we as light workers take responsibility for operating our own psychological immune system, and also take responsibility for keeping toxins out of our physical vehicles. When all three immune systems are integrated in this manner it is then and only then that someone can develop a fully functioning physical immune system and can achieve Integrated Ascension. It is my sincere hope and prayer that this discussion has brought greater light and understanding to this most fascinating subject!

<http://www.spiritual-healing-secrets.com>

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This article is an excerpt from Dr. Joshua Stone's book,  
"The Soul's Perspective On How To Achieve Perfect Radiant Health!"

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## **Discover Your Divine Purpose**

By Sherry Binkelman

Can you see the holiness in those things you take for granted--a paved road or a washing machine? If you concentrate on finding what is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul.  
- Rabbi Harold Kushner

You are a Divine Being with a Divine Purpose. We are all Divine Beings with a Divine Purpose; each Soul selected his/her Divine Purpose before this reincarnation. Remember this when it seems life has no purpose. We sometimes become so grounded in the everyday responsibilities of survival that we begin to believe that life is to be "gotten through." Believe me, no Soul comes into this incarnation with the purpose of "getting through" life. We are here to learn the lessons we have not yet learned or perfected in other lifetimes. When my clients come to me tired and discouraged and questioning whether life has meaning, I know that they are beginning to open the doorway to discovering and fulfilling their Divine Purpose. Often they are asking, "Is this all there is?"

Change comes only through discontent or dissatisfaction with life. The "happy" clients who come to me are those who want only confirmation that they are doing what they should be doing. The "unhappy" clients who come to me are ready to change! Discontent inspires change in our lives. No one who is content with where they are in life is going to make a major change, lest that change lessen their contentment. Take discontentment as a sign that your Soul is urging you to change in some area of your life!

When you've had enough of what life seems to offer on a mundane level, and when you begin to feel that you've "been there, done that," you are probably feeling the stirrings of your Soul's desire to fulfill its Divine Purpose.

Later in this article, I will show you how your life itself reveals your Divine Purpose to you. I will describe the following steps that you can take to discover and fulfill your Divine Purpose. While I have presented the steps as 1 through 5, you will discover that they overlap and may not necessarily occur for you in the order shown.

1. Accept your Divine Beingness, and affirm: "I Am a Divine Being with a Divine Purpose."
2. Ask that your Divine Purpose be revealed to you.
3. Commit to fulfilling your Divine Purpose (even if you have not yet discovered what it is).
4. Ask that all tools, assistance and information that are necessary to your fulfilling your Divine Purpose be given to you. Call forth your teachers, those who committed to assisting you when you created your blueprint.
5. Examine your life experiences and extract from those experiences your gifts, abilities, talents, likes and dislikes.

The first step in fulfilling your Divine Purpose is:

1. Accept your Divine Beingness, and affirm, "I Am a Divine Being with a Divine Purpose."

The words "Divine Purpose" sound lofty and there are those who believe that only some of us have a Divine Purpose. However, not a single Soul comes into this world without the intention of fulfilling a Divine Purpose that he/she chose before birth. The Divine Purpose that a Soul chooses

before each reincarnation is that Soul's gift to God; each advancement made by a Soul moves that Soul one step closer to reuniting with the Source (The Infinite, God/dess, whatever term you use that represents the All That Is.)

You are a Divine Being with a Divine Purpose. Your Divine Purpose may or may not include what might be considered a "spiritual" line of work. Whether or not what you are intended to do in this lifetime seems spiritual, know that you are here to serve God by serving God's children, yourself and others. Everything you do out of love, everything you do to brighten someone else's day, to teach or help others, is Divine and will further your Soul's evolution.

It is not so much what you do in this life that is important to your Soul's evolution, but how you do it. \* Intention is everything. As long as you do whatever you do with Right Intention, you are on your way to fulfilling your Divine Purpose. Your Divine Purpose may be to provide love and support to family members while working at a "mundane" job. Or your Divine Purpose may be to have a job in which you provide love and support to others. You may be a builder who builds things with loving intention. Do not limit yourself in your beliefs about what constitutes your Divine Purpose.

When my clients begin to realize what their Divine Purpose is, they always experience either an "aha" moment or a "duh!" moment...they always say, in one way or another, "Wow! That makes sense! I've always loved such-and-such, and that fits perfectly into what my Guides and Teachers are revealing to me as my Divine Purpose!" That is the moment at which the puzzle pieces begin to fit together...the pieces we have been gathering since the day we were born.

Few of us are raised to believe that we are Divine Beings. In order to discover what one's Divine Purpose is, one must acknowledge that one is a Divine Being worthy of doing Divine work. By accepting our Divine Beingness, we release ourselves from the limitations we have placed upon ourselves through the acceptance (often blind acceptance) of untruths (false beliefs) that are passed on to us by our families, the media, society, etc., as truths.

The most difficult part of fulfilling one's Divine Purpose is to believe that one is a powerful spiritual being capable of doing something Divine in this mundane world. Unfortunately, we do not in this society consider many of the mundane jobs that must be done in order for us all to live as being Divine. However, we are all Divine Beings, we are all Divine Instruments capable of "channeling" the Divine, and we all have a Divine Purpose, no matter how mundane that purpose may seem! Would I be able to write if there were not someone willing to make pencils and paper or willing to produce and assemble computers? No. Would I be able to learn what I have learned from the hundreds of books I have read were someone not willing to drive the buses that transport the workers to the printing plant? No. Everything that anyone does with the intention of living the best life possible is absolutely necessary and Divine.

2. Ask that your Divine Purpose be revealed to you.

It is not so much that we "discover" our Divine Purpose, but rather that Spirit reveals it to us when we are ready to begin fulfilling it. The clients who come to me asking if they have a Divine Purpose are ready to begin doing what they came here to do. The mere asking of the question, "What is my Divine Purpose?" sends forth our signal to the Universe that we are ready to begin fulfilling our Divine Purpose. It also gives Spirit permission to provide us with assistance and information. The Universal Law "Ask

and ye shall receive," is a powerful one, for the asking indicates that we are ready for the answer, and until we are ready for the answer, Spirit is not allowed to begin assisting us with information or guidance in fulfilling our Divine Purpose. This Universal Law might better be stated as: "Ask and ye shall receive...but you must ask!" (The Universal Law of Non-Interference states that Spirit cannot interfere with our free will. For this reason, until we indicate to Spirit that we are giving permission for them to help us, they cannot help us. \*\*) As soon as we ask how to discover our Divine Purpose, we have already taken the first step in having it revealed to us.

I must add that we are all always fulfilling our Divine Purpose simply by being here. Everything we do in life prepares us to fulfill our ultimate lifetime Divine Purpose. The steps we have taken to get to a point in our lives where we begin to open up spiritually are all necessary steps and all aspects of our Divine Purpose. Few people have one, grand Divine Purpose to fulfill. We often come in with the intention of learning many lessons that will prepare us to fulfill our Divine Purpose. If you feel "stuck" in your lessons, and feel that you aren't making any progress, begin to ask that your Divine Purpose be revealed so that you can begin to move beyond the lessons you are struggling with.

### 3. Commit to fulfilling your Divine Purpose.

The next step in the process of fulfilling one's Divine Purpose is to make a commitment to serve...a commitment to do whatever it is we came here to do. Our Divine Purpose always involves serving God by serving others. Our Souls evolve by serving. We have all come here to serve in one way or another, in order to evolve as Souls.

Once one commits to fulfilling one's Divine Purpose, everything that is needed to do so is provided. The easiest thing I have ever done, once I realized that I am a Divine Being and a Divine Instrument and made a commitment to fulfilling my Divine Purpose was to actually begin fulfilling that Purpose! My struggle with life ended the day I made the choice to write my first book...to take the leap of faith necessary to do something I had never done before, based solely on the fact that after I refuted all of the arguments I could think of against my Divine Purpose, my Divine Purpose began to resonate. When we meet our Divine Purpose, while we may hesitate at first, there is never any question down the road as to whether we are doing what we are supposed to be doing. Joy comes from doing what we came here to do, and I began to experience joy as soon as I committed myself to fulfilling my Divine Purpose.

One aspect of my own Divine Purpose is to integrate, and teach others to integrate, the Divine (sacred) with the mundane. While I often daydream about sitting on a mountaintop and contemplating the nature of the Universe, the reality of my life here on Planet Earth is that I came here with a mission and that mission does not involve sitting on a mountaintop. (Although I sometimes envy those whose mission is to sit on a mountaintop!) We all came here to experience third-dimension life (something that God can only experience through us, as He cannot come and walk upon this Earth as we can) and to learn lessons that are most quickly learned in the density of the physical world.

4. Ask that all tools, assistance and information that are necessary to your fulfilling your Divine Purpose be given to you. Call forth your teachers, those who are committed to serving you in order to evolve through service.



Before we entered this incarnation, we designed a blueprint for our lives. The blueprint includes everything we need (every person, situation, circumstance, event, every bit of knowledge, and every tool) to fulfill our Divine Purpose. When you ask that all tools, assistance and information be given to you, you are simply calling forth the elements you established as your blueprint. You are opening up the channels in your life through which your already-in-place tools, etc., will come to you. One aspect of your blueprint involved Guides and Teachers with whom you made an agreement. They are always waiting and eager to assist you, but may do so only if you ask for their assistance and guidance.

5. Examine your life experiences and extract from those experiences your gifts, abilities, talents, likes and dislikes.

On a sheet of paper, write down all of the experiences you have had, no matter how unimportant they may seem. Write down your likes and dislikes, your strengths and weaknesses. I assure you that a pattern will begin to emerge if you do this exercise and you will be one step closer to revealing your Divine Purpose.

If you look at where you have been during this lifetime, your life itself will reveal your Divine Purpose. You will begin to see that your life has prepared you far better than you might ever have imagined for the task of fulfilling your Divine Purpose. To realize that the blueprint of your life was already in place before you came in, and that no detail was overlooked when your Soul designed that blueprint, is a wonderful realization! How very clever our Souls are!

Perhaps describing how I used the steps I have outlined in my own life will help illustrate to you how you can use those same steps to discover your Divine Purpose.

Once again, here are the steps to take to discover your Divine Purpose:

1. Accept your Divine Beingness, and affirm: "I Am a Divine Being with a Divine Purpose."
2. Ask that your Divine Purpose be revealed to you.
3. Commit to fulfilling your Divine Purpose (even if you have not yet discovered what it is).
4. Ask that all tools, assistance and information that are necessary to your fulfilling your Divine Purpose be given to you. Call forth your teachers, those who committed to assisting you when you created your blueprint.
5. Examine your life experiences and extract from those experiences your gifts, abilities, talents, likes and dislikes.

In my thirties, I felt I had achieved the American Dream, and yet I felt dissatisfied with life. I began asking the question "Is this all there is?" I knew there had to be more to life than I had so far experienced, but I did not know what that "more" was. As soon as I started asking that question, "teachers" began coming into my life. Without realizing it, I had asked for assistance and information to come to me. I began to "stumble upon" metaphysical books that piqued my interest in the spiritual. I met several people who began telling me that I was to begin writing books. At the time, I did not want to write a book, let alone more than one book! I was tired. While I knew the English language inside and out, I had no experience in creative writing (in fact, in college I had avoided creative writing courses like the plague!) and although I was an avid reader and had travelled the world, I felt I had nothing of interest to say! By the time three people had

told me that I should write a book, I decided that either they were crazy, or I was.

The more I learned about the spiritual side of life from the information that "dropped into my lap" through both books and teachers, the more I felt that I was beginning to discover the "more" I had searched for. I began to realize that I am a Divine Being, and that I had a Divine Purpose. About two years into my search for "more," I realized that I could never go back to being as unaware of the spiritual side of life as I had been; I was beginning to feel compelled to make a choice between leading a spiritual life and leading the unfulfilling, mundane life I was used to. (Step 1: Accept your Divine Beingness, and affirm: "I Am a Divine Being with a Divine Purpose.")

I began to wonder what it was that I had come here to do. (Step 2: Ask that your Divine Purpose be revealed to you.) It did not make sense to me that I was to completely switch gears. It seemed my Divine Purpose should flow from the life I had led up to that point. I knew that all of the experiences of my life had to count for something, and that they had to somehow be related to the Divine Purpose I came here to fulfill. The word "integration" began to pop up in many conversations, and I realized that one of my missions here was to integrate my many and varied experiences with my newly-discovered focus on spirituality. I was to learn how to integrate the Divine with the mundane. No mountaintops for me, but neither was I to stay so grounded in the mundane responsibilities of everyday life that there was no room in my life for spirituality. And, I suppose I was beginning to think that perhaps I was learning something that I really wanted to share with others.

One of those who told me that I had decided, before coming in to this lifetime, to "teach" others about spirituality through writing books about

integrating the spiritual with the mundane, became my greatest teacher. After realizing that teachers and information were already coming into my life, I began to ask quite intentionally that everything I needed be given to me. (Step 4: Ask that all tools, assistance, teachers, etc. be given to you.) After I got over my initial reluctance to write, my teacher's words began to ring true every time she spoke to me about writing books. Resonance plays a big part in your ability to know, beyond the shadow of a doubt, what your Divine Purpose is. When I realized that everything, from the experiences I had had throughout my life to the messages I was receiving about what my Divine Purpose is began to resonate, I knew I was on the right track. I decided to take a leap of faith, and try to write a book. (Step 3: Commit to fulfilling your Divine Purpose.) Actually, I committed to trying to write a book, not yet convinced that I could write a book. It took finishing my book to cement my commitment to my Divine Purpose.

Before beginning my book, I sat down and evaluated all of my life experiences. (Step 5: Examine your life experiences.) I looked at everything I knew about myself, what I enjoyed doing and what I didn't enjoy doing, and I realized that my life had prepared me far better than I had imagined for the task at hand.

Here are some of the things I re-discovered about myself and my life that support my Divine Purpose:

I grew up in a family of avid readers, my maternal grandfather having been a well-known Lincoln biographer and author.

I studied languages in college, eventually pursuing a Masters degree in linguistics.

I travelled the world over, and lived in a Muslim country for six years, where I taught English as a foreign language. Language and culture were two subjects that had always fascinated me, and I had spent my whole life, it seemed, learning and studying, attempting to discover life's underlying meaning(s).

Soon after I returned from my six years in a Muslim country, many of my friends and family encouraged me to write a book about my experiences as an American woman in a Muslim country. At that time, I did not intend to ever write such a book because I so disliked "creative writing."

I was fortunate in that after I got married at the age of 26, I did not have to work outside the home. I was grateful for this. The problem was that by the time my son started school, I was bored. While I had held several jobs before I was married, and had taught English for a year before my son was born, I did not intend to spend the rest of my life chained to a desk. The last thing I ever wanted to do was to sit behind a desk eight hours a day, doing work that had no meaning to me, forced to live by someone else's arbitrary schedule. We Sagittarian's need to be our own bosses. We need freedom and flexibility in our schedules, just in case something more interesting than whatever it is that we happen to be doing at any given moment comes along. (More about this later.) My circumstances fit perfectly into my Divine Purpose...being a writer has afforded me the freedom to travel with my husband, work my own hours, be my own boss and live life by my own rules, not someone else's.

I have only one or two mementos from my childhood. One of the mementos I have kept all these years, through all of the moves I have made from one location to another, is a small, handmade cardboard book, which I made in first grade, when I was 5. Written in my child's printing on the cover of the book is the following: MY BOOK by Sherry Boyd. I cannot

help but believe with all my heart that my five-year-old self was in communication with my Soul and that I knew, even at the young of age of 5, that I came into this life to become a writer. I can imagine my very young self saying (subconsciously, of course), "Well, I came here to write and I may as well get on with it!" These are the kinds of clues you must look for when you allow your life to reveal to you your Divine Purpose.

I spent many years battling depression. My depression, I discovered, was caused in part by the fact that I am very sensitive and empathic, something I knew nothing about before I began my study of metaphysics. I learned that empaths must protect themselves from other people's negative energy lest they end up depressed! While my depression for many years seemed a curse, when I learned how to protect myself, and how to use my empathic gifts to help others, it became a blessing.

In numerology, my destiny number is 5. The following description of "five's" is taken from the book Numerology Has Your Number, by Ellin Dodge.

"Five's may not find success working traditional hours or in conventional careers. They may find that opportunities come in the back door or pop up from unlikely sources. They should plan to prosper from self-promotion, flexible ideas, and on-the-spot methods. Unlimited possibilities are offered during 5's lifetime...The number 5's unquenchable curiosity will earn this destiny holder a reputation for being a catalyst for change in other people's lives...Five's are spared tedious, plodding lifestyles through emancipation from mundane responsibilities...Generally, the bearer of this destiny wonders why others are able to live in the same home for a lifetime, plan for vacations, and become pensioned senior citizens." This description of a 5 fits me to a "T!"

I am a Sagittarian, and we Sag's love adventure. We love travelling, conversing with people, sharing ideas, and learning about anything and everything. For many years, I called myself a "Jack of all trades; master of none." I had learned a lot about a wide variety of subjects, but until I discovered my Divine Purpose, I had no focus for my studies.

Suddenly, I realized that I had been given many clues throughout my life that I would one day be a writer, a reader (giving spiritual readings) and metaphysical teacher. But it was not until I acknowledged my Divine Beingness that I had the courage to actually believe that I had a right to think that I had a Divine Purpose and that I had a right to fulfill my Divine Purpose. (Step 2: Accept your Divine Beingness.) I have since discovered that I am a Divine Instrument and that my Divine Purpose is to help others discover and acknowledge their Divine Beingness and their Divine Purpose in life. I am also here to teach others how to be a Divine Instrument. Although we are all Divine Instruments, many of us are not yet aware of it or not yet aware of how to develop our gifts.

By examining my many and varied life experiences, by looking at what my Sun Sign says about me, and by (literally) adding two plus two, my Divine Purpose began to take shape and make sense. Your life itself will reveal your Divine Purpose if only you look at where you have been during this lifetime. Thus far, I have written and had published my first book, written my second and third books, further developed my psychic gifts, given spiritual readings to many clients, and found the peace and fulfillment I so long sought through my commitment to fulfilling my Divine Purpose and the resultant steps I have taken to begin to do so.

One of my greatest joys has been to learn that everything in our lives is Purposeful (yes, Purposeful with a capital P, as in Divinely Purposeful!) I now receive great pleasure from seeking the Divine Purpose in everything

that happens in my life. I now know that everything is always in Divine Order, and that the mundane is sacred. There is no doubt in my mind that the Divine Plan of my life is now and has always been unfolding just as it should unfold. "Seek and ye shall find" is a Universal Law. Begin seeking your Divine Purpose and discover the joy that comes from knowing that you are doing exactly what you came here to do!

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\* Note: Mahatma KH to A.P. Sinnett: "Does it seem to you a small thing that the past year has been spent only in your 'family duties?' [W]hat better cause for reward, what better discipline, than the daily and hourly performance of duty? The man or woman who is placed by Karma in the midst of small plain duties and sacrifices and loving-kindnesses, will through these faithfully fulfilled rise to the larger measure of Duty, Sacrifice and Charity to all Humanity -- what better path towards the enlightenment you are striving after than the daily conquest of Self, the perseverance in spite of want of visible psychic progress, the bearing of ill-fortune with that serene fortitude which turns it to spiritual advantage . . ." The Mahatma Letters to A.P. Sinnett, A. Trevor Barker (comp.), TUP, 2nd ed., 1926.

\*\* Note: The Universal Law of Non-Interference states that you must ask before being given information or assistance from Spirit. This Law states that no Being is allowed to interfere with another's free will without their permission. When we "ask" Spirit for help or information, we are giving our permission for them to "interfere" and they are allowed to give us what we have asked for. I often have clients come to me asking me to tell them about their lives. I do not give readings unless a person has specific questions. I always tell them that they must ask questions before I can give them information. It is not up to me to ask their questions for them.

We, on this side, must obey this same Law, although occasionally we seem to break this law by actions that seem to interfere with someone else's free will. When we do this, however, we are not actually breaking the Law because our Souls have agreed to allow certain acts. Because of these agreements between souls, we are not actually interfering with someone else's free will without their permission.

If Spirit (Beings of Light, Angels, etc.) were allowed to interfere with our free will, they could bombard us with information and assistance we have not asked for. If this were the case, it would be like being forced to listen to the news twenty-four hours a day with no control over whether we listened or not. However, because of the Universal Law of Non-Interference, we are in control of the Off/On switch (We each get our own personal remote that no one else is allowed to take from us! What a blessing!) We have complete free will and only if we ask do our Guides and Teachers have permission to "speak" to us.

Note: In numerology, one finds one's destiny number by adding the digits of the birth date together and reducing the number to a single digit. My birth date, 11/30/53, becomes (month)  $1+1 = 2$ , (day)  $3 + 0 = 3$ , (year)  $1 + 9 + 5 + 3 = 18$ . 18 (year) is reduced to 9 and the 3 resulting single digits of (month)  $2 +$  (day)  $3 +$  (year)  $9 = 14$ , which is then reduced to 5.

Please visit my website, Everyday Spirituality, at [http://www.mastersinthemaking.com/!](http://www.mastersinthemaking.com/)



## **The Art of Manifestation**

By John Gaydon

If water derives lucidity from stillness, how much more the faculties of the mind! The mind of the sage, being in repose, becomes the mirror of the universe, the speculum of all creation.  
-Chuang Tzu

There are times in life when we wish to create something. Perhaps it is a new relationship, car, house, or a special holiday. Wouldn't it be nice to have a formula which works. A systematic way to create in life that which we desire. This is not only possible, but I have used this formula many times and it works really well. Take the manifestation of our current place of residence.

Eleven years ago, Linda and I were married. We had a wonderful wedding at Sublime Point Lookout in the Blue Mountains, west of Sydney, Australia. There was torrential rain all day and the just before sunset the sun burst forth creating a powerful energy. There were spirits at work that day, and everything went like clockwork. The staff at our reception place commented that they had never seen an event run so smoothly. Everything was provided, including a cottage with a Hot Tub for our wedding night.

This was a high point in our lives. We were feeling energised and able to accomplish anything. We went to Thailand for a Honeymoon and an absolutely fabulous time trekking through the jungle and relaxing on fabulous beaches. Many miracles had occurred to supply the finances for these events including halving of the air fare the week we were to book tickets!

With all our finances invested in the honeymoon and reception, I awoke the Tuesday after our return, sat bolt upright in our bed and announced, "It is time we purchased a house!" I was certain the time was right! It was a strong intuitive feeling. Linda and I at that stage had been renting. We were guided to each property we lived in. It is amazing when you follow your intuition, how you are led to exactly what you are looking for! It is a matter of following the formula you are about to have explained. Anyway, why spoil a good story with facts.

It was really great to have a thought about a house. Once we were clear we had to have a plan. So we visited a display home centre where they advertised new homes for \$1,000 deposit. I had that much credit left on my card. All things are possible, even though prospects looked bleak.

We were told to forget about it. "You can't do anything until you have saved at least \$10,000", was the agent's reply. Anyone who knows me understands that the word no is meaningless. It is just someone's opinion. You see, there are no limits to what can happen in life. I expect miracles every day – and they happen. A house was a bit of a stretch. It is a BIG miracle. We decided that this was not the right place and kept asking everyone we met if they knew of any houses for sale.

Eventually we arrived at Kariong on the NSW Central Coast. I had never heard the name. I didn't know where it was. I cannot remember how I even found out about it. Perhaps Spirit spoke to me or I received the information through a synchronicity (co-incidence to non believers).

We arrived at the Real Estate office and were told there were two homes available. We went to visit the sites and sat on the concrete slabs of each home. When we sat in our current lounge room we both received messages. It felt like our place! So we told the agent we would take it. We

knew for certain that this was to be our new home and we were not concerned with details such as how to pay for it.

We were told to find \$13,000 in 12 weeks including over Christmas and the bank would lend us the rest. That seemed like a fair deal. It was a huge stretch for us in terms of finances. I have never saved that sort of money in my life. We knew the house was for us, so we went to work. Miracle after miracle happened and we made it with a week to spare. As if to test us, half way through the agent suggested someone else wanted our house and we could have more time to get another one in a less advantaged position. We told her that it was our house or nothing. We had decided.

There are many similar occasions where we have manifested what we wanted. This includes cars, holidays, and household items. It is a fun process, and if you follow the formula, it works. Here's how to do it.

Step 1. Inspiration. Every idea begins with an intuitive hunch. We know we need certain things at certain times in our lives. There is an inner voice which tells us. We encounter omens or coincidences which point to it. Conversations trigger ideas through synchronicity. There are times when you know you want something.

Step 2. Visualise. Be clear on what it is you wish to create in your life. The more specific, the better. We teach making lists as a way to clarify what you want. When I was single, I used to make lists of qualities I wanted in a partner and usually someone would turn up in two weeks! I did this 5 or 6 times until I got the list right. The world is a reflection of our mind. We attract into our lives a reflection of the thoughts we project. If you really want anything, you can have it. Creating a crystal clear vision is an important step.

Detail is vitally important in this. Collect pictures, draw a plan or diagram, write a list of exactly what you want. Take some time. Don't compromise, remember, you get what you ask for! Visualisation is about solidifying ideas into a solid and concrete physical object. Once you write enough details and focus on them daily, the vision will come. You start to see images of what you desire. As you scan magazines and books, real estate catalogues and display home villages, you start to see your new home. What does the vista look like? What amenities do you want nearby? Do you want to be close to transport? Would you like a bustling inner city apartment or a country retreat?

Step 3. Action. Don't neglect the visualisation process. By spending time getting clear on what you desire, you will recognise it when it turns up! That will provide you with certainty that you have found what you are looking for and give you the courage to complete the plan to manifestation. Next brainstorm what you can do towards manifesting your goal. In our case we visited display homes, found out about finance, researched different areas. We asked everyone we knew if they were aware of properties for sale. We didn't think about failure, or not being able to afford it. We concentrated our efforts to produce results. For a few weeks we followed our hunches. Many of these leads amounted to nothing.

Step 4. Pull back. After you have done your homework, visualise what you want and taken necessary action, the next step is to withdraw. Be crystal clear on your outcome, daily visualise what you desire, but release the need to have it. When we project neediness, we block manifestation. When we don't care, miracles happen. Be confident. Release any negative thoughts. Affirm that what you desire is on the way with everyone you meet. Brush off any thoughts or comments that you can't achieve

what you wish. When we were saving for our house, we would sit in the car before we visited the agent and repeat “We do not need this house” until we really felt it didn’t matter whether we got it or not. This cleared us to negotiate without need. Be rock solid in your belief in the face of a void. Spirit is testing you to see if you really intend to manifest your desire.

Step 5. Be patient. By now you have put in place all that is necessary to make your dreams come true. Completely let go and it is a matter of time. I often write a series of goals at the beginning of the year. It is amazing how many of these happen, even though I forget about them. At the end of the year, I get out my list and find most have occurred. Once you send out the necessary crystal clear vision, and get out of the way, it will happen. We live in an infinite universe of absolute abundance. It is only our limiting beliefs which restrict our experience.

Step 6. Once you find what you are looking for, ask what you have to do to get it. It may require money, help from a friend, education or other resources. Make a plan which is realistic and do what you have to. You see, when I decide in my mind to achieve a goal, it is a done deal. It is not a question of if, but how. You may have to sell something to release finances. You may have to borrow money. You may have to move. Perhaps you need to visit another country to get what you want. Perhaps you need to get educated, attend a seminar, join an organisation. Whatever it is you need to do, carry it out. Once you have it in your sights, make it happen. 100% commitment leads to results.

Step 7. Celebrate. Anchor in your belief in your own power to manifest by celebrating your success. The more you do this, the easier it becomes to find exactly what you want in life. Have a glass of champagne. Go out for dinner. Splash out. It is important to honour your victories. Again, this step is often overlooked.

<http://www.spiritual-healing-secrets.com>

We have used these simple steps to create abundance in our lives. This is a lot of fun. Whenever life gets serious, stop and look at the flowers. Go to the movies, visit the countryside, do whatever it takes to shift your mood. Angels tread lightly. You are an angel. Lighten up, have fun with life, and watch your desires come to pass with ever increasing rapidity. Make it so!

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This article is an extract from John's book, "Life Mastery – How to Achieve It", which teaches John's incredible four-step plan to create a great life. Of his system, John says, "This is the method we have used for ourselves, and let's face it, we have it pretty good, these days."

Visit John's Web site at <http://www.pems.com.au>

John Gaydon has been teaching prosperity since 1988. After a failed marriage, John spent three years of studying and learning how to transform his life. This led him to India and New York where he learnt from some of the best in the field. He now lives the life of his dreams, supported by a full time passive income, frequent travel and a wonderful family life. Life is wonderful.

## **It's All About the ENERGY!**

by Angela Treat Lyon

The Force is what gives a Jedi his power. It's an energy field created by all living things. It surrounds us and penetrates us. It binds the galaxy together.  
- Obi-Wan Kenobi

## **Why Can't I Lose More Weight?**

WHETHER FAT OR WATER, IT'S THE ENERGY THAT COUNTS!

I thought I Was Fat....

I've tried every last thing on the planet to resolve what I have, for years, perceived as a weight imbalance. At one point, I weighed over 205 pounds - not good on a 5'6" woman with medium bones. Last year (2004) I dropped about 30 pounds with better eating habits and exercise.

Then I did Rebecca Marina's (<http://www.CelebrationHealing.com>) awesome, awesome chocolate/white sugar addiction session using EFT - it worked like a dream the very first time. I haven't wanted chocolate or anything made with white sugar since - and I'm someone who was practically weaned on chocolate. No more candy. What a relief!

I've also been working with an acupuncturist who uses Traditional Chinese Medicinal Herbs to help me drain the edema (water retention) I have experienced since I was a young teenager.

Still, I wanted to drop another 20 pounds to get to my "natural" weight - where I'd feel light, strong, and have energy without strain on my heart or muscles.

I've been carrying around the extra weight for so long that I had to actually buy bigger shoes, and I was wearing men's extra large shirts just to cover my large bottom - even after the great strides I had made after I had learned about EFT!

## **Cold Foods**

The acupuncturist told me that what I was eating exacerbated the problem. I was to avoid cold foods (no yogurt? No protein shakes?) because they engender a damp condition that makes my whole body swell up.

I love cold food. I was bummed.

She told me that my heart was weak and very tired.

And that I needed to tone down my workouts so my heart rate didn't pop the charts.

I like to work out hard. Feels good. I was bummed again. And scared - my heart is WEAK? And TIRED?

## **A Mini-Rebellion**

I took the herbs she prescribed - but I ate the cold things I loved so much, anyway. And worked out just as hard.

And felt more tired, and more groggy, and more mentally inept and foggy. After a few days of this, I had to really ask myself, what am I doing?



I'm paying to see her - yet I'm not doing as she recommends for me?

What?

I wondered why I would rebel against someone to whom I had gone for help - it's like, "Help! My house is on fire, and I'm stuck on the roof! But - No, no, don't help me down the ladder!"

Duh! Either s--- or get off the damn pot!

### **Surprise! Reversed!**

I finally realized I must be reversed for actually getting what I wanted on a conscious level.

Reversed? Well, yes! You've seen people who swear up and down they want to lose weight, stop smoking, make more money.... Who immediately upon starting a diet go out and gorge, who start to smoke even more, who spend until every last penny is gone.... That's called Reversal. There's more under the surface of our consciousness that wants to stay fat, keep smoking and spending than doesn't - so it sabotages our grand designs.

It's a very deep-seated, energetic survival mechanism. and - it can be over-ridden by using EFT, the Emotional Freedom Techniques (see <http://www.EFTBooks.com>).

So I tapped:

Even though:

I want to stay heavy  
It's not safe to be thin  
I hate the way men gawk at me  
I'd rather just disappear into crowds  
I hate the attention

I deeply and completely accept myself

And I choose:  
to feel great  
to weigh 135  
to look great - even to me  
to be able to handle attention without anxiety  
to let go of anxiety

Then I realized I felt contracted around the ideas and words she was using in our weekly appointments. So I tapped again.

Even though:  
I hate it that she programmed me to think of my heart as weak and tired  
I hate it that I have to cook more to eat "right"  
I hate it that I can't eat my favorite foods  
I hate it that someone is telling me what to do.

she programmed me  
it's all her fault  
I think I have to cook more and it takes too much time  
I have to eat food I really don't want  
I have to do what she says

I deeply and completely love and accept myself

And I forgive myself and anyone else for my having  
gotten imbalanced in the first place

### **I Looked Deeper**

Thinking my 40+ year problem was her fault was absurd to the extreme  
- she hadn't even been born when it started!

I felt as if no matter what I did it was wrong; that I broke out or  
got sleepy or became anxious or had some kind of unpleasant symptom  
no matter what I ate; and I'd rather not eat than go through all  
this. I'd rather die than hassle all this. I wondered - was I  
reversed to LIVING? So I tapped again!

Even though:

it's not my fault

I want to blame someone - anyone - else for my problems

I'd rather die than have to go through all this

I want to die, I don't want to be here

I'll never get it right

this is too much trouble

all food is bad for me

I can't eat anything or have any satisfaction

I deeply and completely love and accept myself

I can't have any satisfaction?

Whew! That hit deep. I looked at how I had made an artistic career out of being creative and resourceful (<http://www.Lyon-Art.com>), and how I flew from one project to the next without giving myself room for congratulations or celebrating what I had just accomplished. Why on earth not? So I tapped on:

Even though:

I am never satisfied

I have no real idea what that would feel like

I don't give myself the credit I deserve

I never celebrate my successes

I deeply and completely love and accept myself and everything I do and accomplish

And I choose to stop and congratulate myself and celebrate from now on, even if it's for only a moment, and I'll do it more and more each time, because I deserve validation and congratulations.

I tapped on all those things for four or five days every time I had a moment I could spare.

I tapped in bed before I got up, as I went for my walks and as I sat on the beach, on the toilet, in my car....

Then I noticed a pronounced difference in my body. My pants started slipping off my hips - !!! - and I suddenly felt not just slimmer, but more compact somehow. I can even see it in the mirror, too.

And I'm down yet another 10 pounds.

<http://www.spiritual-healing-secrets.com>

I am now even more firmly convinced that it's not ONLY the food that goes in and out of our bodies, or the exercise we get.

**It's the energy!**

**It's the energy!**

**It's the energy!**

Thanks, Gary Craig, for your huge contribution to the world with your invention of EFT!

Angela Treat Lyon

<http://www.EFTBooks.com>

<http://www.PIGEES.com>

- More Information about EFT, the Emotional Freedom Techniques:  
<http://www.EFTBooks.com>  
<http://www.EmoFree.com>

- Six Little P.I.G.E.E.S. Learn the Amazing Money Multiplying Method
- the P.I.G.E.E.S. Treasure Calls Tele-Classes
- and Millionaire MasterMind Groups by Angela Treat Lyon  
<http://www.PIGEES.com>

## **The Missing Key**

By Sarah Meredith

Life consists in what a man is thinking of all day.

A man cannot free himself by any self-denying ordinances, neither by water nor potatoes, nor by violent possibilities, by refusing to swear, refusing to pay taxes, by going to jail, or by taking another man's crops or squatting on his land. By none of these ways can he free himself; no, nor by paying his debts with money; only by obedience to his own genius.

- Ralph Waldo Emerson

What happened to me is typical of a Medical Intuitive. Twenty some years ago, I was on my way to work when I stopped in the left hand turn lane for a red light. I glanced up just as the car behind struck my Toyota pickup. The police said the teenager was going approximately 50 m.p.h. at impact. He thought he could beat the light. He didn't see me.

My head snapped back and hit the rear window, then forward to hit the windshield. The truck went up in the air, came down and was struck again. My head slammed into the side window.

Unknowingly, overnight, I had become a Medical Intuitive.

A few days later, after the pain in my head eased, I was really scared! I could actually see inside things. I knew things a normal, working mother with two children couldn't know. Having had no exposure to the metaphysical world of quantum physics, I did not understand what had happened.

During my convalescence from the accident, I stayed with my parents so that my father, who was a chiropractor, could give me care. Not only did he successfully treat me, he taught me the wonder of what had happened. He gave me a book about Edgar Cayce, the world-renowned healer, and

Peter Hukos, a carpenter. Two men who appeared to have had similar experiences to mine; Cayce seemed to be born with the ability while Hukos' ability only surfaced after a fall from a roof.

Comparing the experiences of these two gentlemen to mine, I realized that I was not crazy or possessed. I really was actually "seeing" inside bodies and objects and that it did not matter whether I was in the same room or in another country.

Thus, began my practice; working in my father's offices, confirming his findings. I had been helping people heal themselves for over twenty years when author and Medical Intuitive Caroline Myss, Ph.D. "coined" the term Medical Intuitive to describe my abilities.

Just "seeing" inside of a body or situation was not enough for me. I wanted to know what it would take to actually heal it. During my "healing" education, I was given The Quimby Manuscripts. The Manuscripts contained the philosophy and patient case histories of a Dr. Phineas Parkhurst Quimby (1802-1866). Dr. Quimby was the first man in history to have permanently healed thousands of patients using only logic.

### **So, How Can My Abilities Benefit You?**

Whether it is a physical problem, an emotional issue, a problem at work or a problem in a relationship, when I think about them, I "see" inside the issue or problem. I also "see" what happened to cause it. As I continue to focus, I silently ask, "What else caused the problem?" Soon I get impressions similar to hearing a radio commentator or watching a movie of your life as it unfolds, with scenes surrounding that particular incident.

Continued focus while silently asking questions about recovery gets the “movie” to continue. I begin to “see” or “hear” what you are doing to recover or what you need to do for a complete recovery.

## **The Early Days**

When I began my practice as an Intuitive, my biggest frustration was due to my lack of knowledge of human anatomy and my ignorance of the mind.

### **Anatomy:**

For example, to describe what I saw, I'd have to say, "...it's a sack in the middle of the chest, the size of a fist; it's blackish-green; there's a flat spaghetti like tube connected to it that is reddish, like skin gets when a cut is healing," or "...there's a greenish fluid that cannot get from the sack into the tube because the fluid is too thick."

From that description, doctors, who understood anatomy, knew I was talking about an inflammation of the gallbladder, partial blockage of the bile duct or thick bile.

It wasn't long before I realized that I had to learn all the body parts by name, what each does, what symptoms their malfunction will cause and various methods of treatment. Now I can say, "I see the gallbladder has a stone the size of a jumbo hen's egg and that a nonfat diet with nutritional supplements that include a large amount of beets, predigested phosphorous, and flax seed oil will melt it within 3 months."

### **The Mind and Emotions:**

Two years after the accident I was convinced that the mind held the key to recovery. Evidence from many sources, some dating back to the time of



Aristotle, support the idea that there is an emotional/mental subconscious link to illnesses, accidents and circumstances.

Dr. Quimby, in his work, studied the workings of the mind, the subconscious in particular. According to reports, he is responsible for over 35,000 cures (of incurable diseases) during his eight years in practice. He wrote that there are always psychological components to unhappiness, illness or accident. [A psychological component is a fancy way to say that the mind has had an emotional and/or intellectual response to an external event and inadvertently made a new decision about it.] Studies prove that an unconscious decision can have many unwanted side-effects on the individual's health, emotions, relationships, future events, etc.

Eager to heal some of my own long standing problems, I researched and experimented on myself to eliminate my own unhealthy feelings and subconscious self-sabotage. With the help of Dr. Quimby's Manuscript, I was able to resurrect his system. His work helped me erase my subconscious self-sabotage message and the painful emotions that accompanied them. His techniques eliminated my own incurable illness.

## **Today**

In 1987, I put together a team of Professional Intuitives, because I believed that our combined knowledge and experience would cover every imaginable problem and provide a cure. Experiences over the past decade have shown that I was right!

It was in 1978, that I learned about Dr. Quimby and his incredible ability to heal using logic. In time, I learned the steps he took to heal others and

was able to duplicate his results. Then I taught the method to other Intuitives.

Each time we use Dr. Quimby's methods to help people discover the solution to their problems, recover from a long term illness and/or help them turn their life around, we feel we are doing the work God outlined for our lives.

Now there is new hope! From pain to fatigue; from terminal illness to debilitating disease; from depression to self-sabotage, each tell the same story, regardless of the discomfort and/or disease, they recovered within hours.

### **Suffering Ends with Reason**

The pain Tony suffered from three ruptured discs left in three hours, never to return.

Kathleen's 52 years of depression ended over a course of 8 weeks. In four hours, a prolapsed uterus returned to normal.

In three hours, the leg braces Annie had worn for six years were not needed.

Barbara completely recovered from Fibromyalgia. Her pain stopped within the first 2 weeks. She was symptom free within 12 weeks.

Mary's self-sabotage behavior disappeared after 5 hours.

## **The Truth Contains The Cure**

Best described by what it is not, Science of Reason™ gives no medicines, no vitamins, no herbs, no bodywork, no counseling and no advice. It uses reason to affect a cure. Its main principle is that all disease (and all discomfort), is the result of a lie, a false belief, you have about yourself or life. With the truth, the lie is automatically vanquished and the disease (or discomfort) caused by that lie disappears. A religious science, that does not guess, it offers permanent results in hours; not in days, weeks or years.

When all lies are gone, life becomes fun! It's as if the sealed floodgate of energy has opened. Health returns. We become happier. We become successful. Business increases. Money problems disappear.

## **The Science of Reason™ Eliminates many of the Problem Areas of Life**

Edward Blake, the father of five small children, was injured in a three story fall. Although physically healed, he continued to suffer with severe depression and blinding headaches.

"For five years my children suffered. They lost a happy, playful father and ended up with a depressed, elderly grouch."

"The doctors told me that the depression and headaches may or may not last. They told me they could do nothing beyond keeping me in pain killers. For me, hope died that day. I became a legal drug addict and the pain increased in direct proportion to the decrease of our assets."

Seven hours into his session Edward was free of pain. In twelve additional session hours the depression left. It never returned.

Edward Blake was not alone in getting quick permanent results.

All Ellen Bradshaw's food allergies left and her memory cleared.

The leg braces accountant Sidney Hill had worn since he was six years old were no longer needed.

In twenty-seven session hours, severe allergies, Epstein Barr Virus, low self-esteem and manic-depression were only memories for Cindy Georgio.

Singer Sarah Maxwell recovered from Fibromyalgia as well as her hidden fear of fame and success.

Linda Lawrence, a young, unmarried mother of one, started her own successful business. "Giving the State back their welfare check was one of the high points of my life."

### **The Lamborghini Of Healing**

One hundred twenty-five health care professionals were given an opportunity to observe first hand the dramatic results of the Science of Reason™.

As the result of a shower glass door accident, Lisa Franklin spent the evening in an emergency room. She required 8 stitches. Lisa's husband was one of the professionals scheduled to attend a Science of Reason™ demonstration the next morning. Dr. Franklin called to ask our staff if we

could use his wife for one of the demonstrations to relieve pain. Yes, was the response, provided Lisa would remain drug free for the demonstration. Lisa agreed to stay drug free.

The next morning Lisa was pale from the pain. Cupping her elbow, holding her hand up to avoid increased blood flow and pain, Lisa came to the stool in the front of the room. Five doctors examined her hand. It was a puffy, red, swollen mass, with 4 thick black X's where the emergency room staff had put the stitches. Their conclusion was her hand was typical of one that had suffered a deep cut within the previous 18 hours.

Thirty minutes in the session, Lisa put her hand down and was laughing. An hour later she was asked if her hand still hurt. She first gently felt the area, then poked it. Next, she hit it several times against the seat of her stool. She looked surprised when she said, "There's no pain. It doesn't hurt at all."

The doctors re-examined her hand. There was no sign of injury other than the 4 black X's. The skin showed no sign it had been pulled back together. No puffiness. No redness. No thin red line.

Dr. Russell Loveland, a Utah Chiropractor in practice for fifteen years, was in the audience. "The first time that I heard there was someone who knew how to heal using reason alone, I knew they had something. After that demonstration, I realized that this method is the Lamborghini of Healing."

<http://www.spiritual-healing-secrets.com>

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Sarah has worked with over 70,000 clients in more than 26 countries. Her methods are proven. Before contacting Sarah, so that you know of what to expect from her, she asks that you visit her website:

[www.themissingkey.com](http://www.themissingkey.com)

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## **Clearing the Way: How I Got My Life Back**

By Sol Luckman

"There is one thing even more vital to science than intelligent methods; and that is, the sincere desire to find out the truth, whatever it may be."  
-Charles Sanders Pierce

As a younger man, I was a "golden boy." My senior year of high school I quarterbacked, headlined the school play, sang solos with the choir, and was valedictorian. I won a major academic scholarship, finished near the top of my class, landed a Fulbright and an Ivy League fellowship.

At twenty-seven life came crashing down. One day I was playing basketball three hours on end, able to eat and drink whatever I pleased; the next I was gripped by a mysterious illness that took away the foods, drinks and sports I loved, even— in the way chronic illness has of stripping one clean— many people I loved.

At first I was diagnosed with "depression." I felt deeply, however, that depression was the result not the cause of all that had suddenly gone haywire in my body. But I dutifully popped my pills until I nearly died of an adverse reaction. Growing desperate, I headed into "alternative" territory seeking solutions.

My first stop on a journey into the Wonderland of complementary therapies was at my mouth. A holistic doctor suggested I'd been poisoned by mercury and other metals leaching from my dental work, so I spent a fortune getting my crowns and fillings replaced with supposedly benign materials. For all the damage this did to my wallet, it provided me with almost total symptom relief— for several months.

When my problems with Candida and chronic fatigue returned, it was with a vengeance. My old nemeses were joined by a bewildering array of seemingly unrelated symptoms that defied medical diagnosis. Despite a series of "negative" tests, I lay in bed at night afraid I was dying. In addition to my debilitating food allergies and fatigue, I suffered facial neuralgia, muscle spasms, back pain, hypoglycemia, and chemical sensitivities.

After discovering that my dentist had replaced my metal dental work with other metals, I underwent the nightmarish experience of having it all redone! This time there was no "spontaneous remission." My health continued to deteriorate even though I took handfuls of supplements and tried everything from acupuncture to homeopathy to meditation. Eventually, I was forced to withdraw from my doctoral program, citing ill health. I scraped together funds, packed up what I could, and moved to New Mexico to study qigong, the ancient Chinese technique of energy healing.

Three hours of qigong a day over the course of a year succeeded in getting me back on my feet, but I was still far from healthy. My problems with Candida continued to fester, my diet remained limited, my gums were receding ... Two years later I was teaching high school when a round of abscesses hit me and I was forced to take antibiotics that wrecked my fragile immunity and gut terrain. Almost overnight I was practically bedridden. I slept fifteen hours a day and had to quit my job.

At this juncture I discovered the remarkable world of energy clearing, specifically Dr. Devi Nambudripad's Allergy Elimination Technique. NAET employs a form of muscle testing called kinesiology to determine allergies--a term encompassing chemical, environmental and nutritional sensitivities that derange the immune system and contribute to a variety of "incurable"



ailments. The goal is to treat chronic conditions by removing allergic "blockages" that keep bioenergy from flowing properly through the body.

For all its promise, NAET left much to be desired. I tried a similar therapy called BioSET, developed by Dr. Ellen Cutler. BioSET expanded on NAET by clearing not just for allergens but simultaneously for underlying toxic factors such as heavy metals. While initially providing some additional symptom relief, BioSET also failed to unknot the tangled web of my chronic illness.

After a year spent making my living with a therapy derived from BioSET, I realized that a shortcoming of this type of energy clearing is a typically "Western" focus on the physical— even though the techniques themselves employ pure energy! I became interested in addressing the physical body's electromagnetic blueprint: the governing auric fields.

The auric fields might be thought of as an interlocking set of high-frequency electromagnetic fields, each responsible for the proper functioning of a particular gland, organ, emotion, etc. The critical concept to grasp here is that disruption of the human bioenergy fields creates disturbances in the body's blueprint that underwrite all disease processes, whether physiological or psychological.

I came to believe that the nervous system, used in NAET and BioSET clearings, is inadequate for carrying the vast number of signals required to "reset" a damaged blueprint. Especially in chronically ill people, the nervous system is overwhelmed by the amount of data needed for an integrated repatterning with the potential to correct systemic functioning.

After nearly seventy NAET and BioSET treatments, I still suffered from

many debilitating symptoms. But encouraged by my ideas about auric fields, which were substantiated by kinesiological testing, I committed to developing the technique I was already calling Potentiation Electromagnetic Repatterning.

My partner Leigh and I moved to South America where we could perform research. With her help I healed myself first, which took several months and involved considerable detoxification, then began working with others.

Our approach was to map a completely new type of synergistic clearing, using sound and intention to activate the latent intelligence of the DNA. This allowed us to work across the body-mind-spirit continuum of the electromagnetic fields. It also allowed us to work noninvasively to stimulate the body's own self-healing potential.

The rationale for clearing this new way is straightforward. My own experience suggests chronic illness requires a radical, simultaneous electromagnetic repatterning. A clearing of this magnitude would exceed the carrying capacity of the nervous system, but DNA, when properly activated by sound and intention, is designed to process just such vast quantities of data. This has been experimentally proven by the Gariaev group in Russia whose research reveals DNA can be activated by radio and light waves (sound and intention) keyed to human language frequencies.

Another innovative, and convenient, aspect of Potentiation is that it is performed remotely. This approach was partly inspired by Dr. Larry Dossey's concept of the "nonlocalized mind" and its capacity to use prayer to transcend spatial limits. This approach is further validated by recent genetic theories comparing DNA to a "bio-computer network" that, being

present anywhere, is simultaneously present everywhere, effectively doing away with distance.

Potentiation employs particular combinations of sounds embodying positive healing intentions that are remotely transmitted to the recipient's DNA, initiating a domino effect of electromagnetic repatterning designed to reset the body's bioenergy field. This is done without altering the individual's basic DNA by simply activating a genetic potential that already exists.

The session, a one-time event, takes thirty minutes. The resultant shifts surface in the weeks and months following as the DNA activates and the auric fields recalibrate. For some those shifts are felt dramatically, for others they flow into a subtle upswing. The entire process takes just over nine months (42 weeks) to complete; interestingly, a human gestation cycle.

In my own case, Potentiation was a metamorphosis. The journey was challenging as my body-mind-spirit healed at an "ener-genetic" depth I hadn't imagined possible. But there can be no doubt as to the profundity of my transformation. At thirty-seven I can swim a mile and a half at full speed, my problems with Candida and leaky gut have disappeared, I can eat and drink whatever I please, and— though no longer exactly a golden boy with my hair starting to silver— I'm like a fine wine, getting better with age.

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<http://www.spiritual-healing-secrets.com>

[Sol Luckman is managing editor of DNA Monthly and co-founder of the Phoenix Center for Regenetics, offering cutting-edge educational services and materials designed to activate unity consciousness and actualize human potential. The developers of the Regenetics Method, which subsumes Potentiation Electromagnetic Repatterning, are educators and ordained ministers, not medical doctors, and do not pretend to diagnose or treat illness. The preceding article is adapted from the recently published Book One on the Regenetics Method, Conscious Healing. For information visit <http://www.phoenixregenetics.org> or call 1-828-216-3982.]

## Amazing Brain Magic

By Neil Slade

"Wisdom begins in wonder."  
Socrates

I want you to think of the best time you have ever had in your life.....Got it?

Now, multiply that experience, that feeling, times ten. Multiply it times a hundred, or a thousand. Or ten thousand. Or even more.

You can turn on increased creativity, intelligence, pleasure, even ESP and other paranormal abilities as easily as clicking on a light switch. You can have "the best day of your life" over and over, each time better than the last. You may even be able to move clouds and change the weather using the incredible power of your own human infinity machine- your brain.

That is exactly what you will experience- no exaggeration in the least- when you learn how to self-stimulate a part of your brain know as the amygdala. This is not wishful thinking or new-age hocus-pocus. This is what the latest brain and behavior research is now showing us is possible.....for anyone. The method for amygdala self-stimulation is easy, and has been learned by persons ages 6 to 86. The basic method can be learned and taught by anyone, for free. It is democratic in the extreme. You are getting started by reading this article. Results are often immediate, and are accumulative- it gets better the more you do it. Unlike stage magic, this is no illusion. This is real brain magic.

## **Popping Your Frontals**

No surprise that these things are actually possible once you realize that the three pounds of solid neurocircuitry between every person's ears is the most complex structure we know of in the entire universe. You have more connections in your brain than there are literally grains of sand on all the beaches on Earth. Carl Sagan has pointed out that in every brain, your fantastic one included, there are more combinations of connections than there are protons and neutrons in the universe. Heck, telepathy is nothing for your infinity brain calculator. Provided you know what buttons to push.

## **Brain Science**

New research in the field of brain and behavior now allows any ordinary person to learn how to control and self-stimulate their own brain for such results as mentioned above. Studies by one particular behaviorist and researcher, T.D.A. Lingo, in his work from 1957 through 1993, has been able to pinpoint this area of the brain which seems to be responsible for releasing enormous levels of untapped intelligence, creativity and pleasure. Additionally, and remarkably so, self-amygdala stimulation frequently additionally turns on such "hidden" brain functions as pre-cognition, clairvoyance, clairaudience, telepathy, telekinesis, and in can even allow the ability for some individuals the ability to communicate with non-ordinary physical and non-physical intelligences and entities.

Lingo conducted a 30-year study of three hundred and nine students and test subjects involved in long and short-term brain education, behavioral, and thought self-modification programs. The resultant increases in intelligence, creativity, and positive emotions were demonstrated and measured by a variety of objective and subjective means, standardized

tests and analysis methods. Lingo reports that this included 10 to 40 point increases on the Stanford-Binet I.Q. test, and 500% to 1400% increases on the Getzels-Jackson Creativity Index. Presently, similar results continue to be reported from individuals from across the U.S. experimenting and doing brain-self-control on their own, following the standard procedure and brain "exercises."

Amygdala stimulation directed at the front or anterior portions of the amygdala apparently can additionally produce an intense emotional state known historically throughout world cultures and religions by various names: nirvana, satori, samadhi, born again, peak experience, cosmic consciousness, one-with-the-universe rapture. Among brain laboratory subjects this has been affectionately nicknamed "Popping your frontal lobes."

Now science understands the actual neuro-pathways and brain physiology responsible for this "mystical" state, and makes it available to anyone from bus drivers and short-order cooks, as well fasting monks. Only now, you don't have to meditate for twenty years to experience it.

Self-amygdala stimulation increases activity of the brain's most advanced and evolutionarily most complex structure of the brain- the frontal lobes. Hold your forehead with one hand. Everything under your palm is your frontal lobes, the front 1/3 of your brain. The frontal lobes are further developed in humans beyond all other mammals, save dolphins and whales (who is to say they are not more intelligent than we? different perhaps...). The human frontal lobes are exactly what allow us to plan and devise actions far beyond the capability of lower mammals and apes. The frontal lobes allow the most advanced behavior:

Creativity-Imagination-Cooperation-Intuition-Logic

By deliberately focusing mental energy and activity- a simple thought process- on the anterior amygdala, this causes an increase in frontal lobes processes, which instantly causes increased and measurable levels of intelligence, creativity, pleasure, and often various "normal-paranormal" experiences. The method can be as simple as "imaging" a feather tickling the amygdala, which automatically shunts neurochemical activity forward into the previously "dormant" frontal lobes. The amygdala can be seen as a gateway click switch, somewhat like the light switch on your wall. But in your brain, you "click" on the big light bulb in your frontal lobes.

Russian neurosurgeon Alexandre Luria, along with many other distinguished researchers have repeatedly shown us that the frontal lobes are at least 90% dormant, "untapped", unused. Although some may object to this description of the brain, it is one effective way of describing the infinite potential of the human brain. We normally don't live up to even a fraction of what is available or possible. It is the great cosmic joke.

Self-amygdala stimulation without electrodes can be performed by using the brain's capacity for guided imagery. In this day and age, when 6-year-old kids are learning to use complex computers- nearly all of us have failed to properly learn about the most complex machine in the universe- our own brain. We are taught how to drive sophisticated cars, operate complicated tools and appliances, but nobody ever taught us how our own brain works. We are driving blind.

Never the less, when an individual learns some very basic things about their brain, and thus learns some basic brain self-control and amygdala/frontal lobes control, then one begins to access radical and overwhelmingly positive changes in function, behavior, and activity. We start to access more and more of that enormous untapped infinite



potential. We give our brain wings. As one subject stated "This feels like flying."

A recent national radio broadcast on Art Bell's Coast to Coast radio show elicited thousands of responses from persons "clicking" their amygdala forward as brain basics and directions were given over the air, including the simple "feather tickling" visualization. For many, this caused immediate dramatic auditory, visual, and physical sensations, as well as a very remarkable response to a "Cloudbusting" exercise. In the informal Cloudbusting exercise, "clicking the amygdala forward" is followed by concentration on a specific cloud in the sky, which is vaporized and disappears within minutes- leaving surrounding clouds untouched. As unlikely as this sounds, the number of person's reporting success at this paranormal use of their brain was and continues to be extremely impressive as well as great fun!

### **Mind Music Metamorphosis**

A wild mountain man screaming.....he started me on this brain stuff.

I write this sitting at an old weather beaten redwood desk looking out a large picture window facing east. I am 10,200 feet up in a mountain log cabin, aspen and spruce trees everywhere as far as the eye can see. I look down on gray and white clouds enveloping the tall rolling green valley in front of me.

To one side of the cabin is a huge 300-foot tall granite cliff. Across the valley, off in the distance, looms 14,000-foot high Mount Evans. One hundred miles downrange, Pikes Peak.

The scenery from this vantagepoint in the Colorado Rockies, is stupendous! I am at the Dormant Brain Research and Development Laboratory near Blackhawk, Colorado. My journey here began in 1981. I was watching TV late one Saturday night in Denver, half-asleep and flipping through the channels. On a local progressive educational PBS channel, I stopped to watch a group of people talking about their brain(s) and their experiences while in the mountains at a unique wilderness laboratory.

The leader of the group was a wild looking guy wearing faded blue jeans, with long hair and a beard. Only later would I learn that he had attended four universities, and was anything but a "hippie". What especially got my immediate attention, and what woke me up, was the frank and logical manner in which they described some fairly outrageous and unusual experiences they were having. They described fantastic and intensely pleasurable daily events. They found creativity and invention pouring from them effortlessly, like water from a faucet.

They all agreed that the key to all of this was having learned how to turn on previously "uncharted" regions of their brain. If what they were saying was true, my own brain must have been on hold for most of my life. After the show ended, the leader of the group appeared with an interviewer from the station for a live segment. This time the "brain man" wore a conventional city suit. He spoke with a great deal of enthusiasm and animation, joking more than occasionally. This was T.D.A. Lingo (his legal name), and he gave out an address for more information.

Being intrigued by this combination of science, nature, and non-convention I wrote in and received typewritten information about the "Brain In Nature" course held every summer in the pristine wilderness forest forty miles west of Denver. I also learned that, according to the latest

neurological opinion, the human brain was at least 90% dormant- hence, the name "Dormant" Brain Research Laboratory. For the past twenty-five years (at that time) Lingo had directed a brain and behavior study facility and school. The main purpose of the program was to discover exactly why human neurons remained so unused, and what methods would additionally activate them.

Directions were enclosed for visiting, and so the next weekend I drove up. It sounded like fun, and an adventure. My first experience at the lab was unforgettable. Mainly, because the first thing that happened was that I was scolded severely by the director, like some dumb kid, for not reading the directions carefully. I expected to be welcomed with open arms and instead had Lingo yelling at me for coming up on the wrong day.

"You didn't read the instructions," he insisted. "Visitors are allowed on Sunday, NOT SATURDAY. The first thing you'll learn up here is to read the instructions."

Embarrassed, and maybe insulted, I was none-the-less encouraged to stay put. As long as I was already there Lingo figured I might as well see what the place was all about. Lingo's history and the evolution of the facility turned out to be quite amazing, and like nothing I imagined it would be.

The story unfolds with Lingo as a spearhead infantry scout for General Patton's army in World War II. He experienced the horrors of war from the front lines, and was one of the soldiers to first to arrive at Hitler's death camps to liberate the remaining survivors. On his return home after the end of the war, Lingo attended the University of Chicago earning his bachelor's and master's degrees in behavioral science and nearing

completion of his Ph.D. His horrific experiences during the war drove him to ask but one question: "Why must I kill my brother?"

To this his school and his professors had no answer. But one professor's advice was "If there is an answer to this question, it's up here," pointing to his own gray head. "The answer has got to be in human brain.....but the research hasn't been done yet in academe. If you want to go slow, work here. If you want to go fast, you're going to have to build your own research center to solve that riddle."

So, Lingo dropped out of his Ph.D. program, and started to scheme how to put together his own research facility. Unfortunately to do that, one had to have money, and he had none. But he could tell a good story! He decided if there was a fortune to be made in a hurry, he might just be able to do it in show business. Twenty five years later he would wink "Yep, I bought this mountain and built this place with just a guitar, three chords, and nine folk songs." And he was right.

Lingo started out playing the local joints around Denver and eventually landed a spot on Groucho Marx's "You Bet Your Life" television show from Hollywood. He wore buckskins and played the part of a back woods mountain man to perfection. It was during that appearance on the Marx show that a New York City producer spotted him. "I know a good phony when I see one," the mogul observed, "And that son of a bitch is a great one!"

So, Lingo was quickly summoned out to New York City and was immediately signed to do a summer replacement show on NBC network television. He hosted a weekly program in which the "new" fad of folk singing (back in 1955) was featured. People like Burl Ives and Woody Guthrie made guest appearances and performed with him. The network

paid him \$2,000 an hour for this lucrative play. On the last show, Lingo looked right into the camera and asked the million viewers watching "If anybody out there has a mountain to sell, call me!" And sure enough, once he got off camera, somebody did.

At the end of the summer he took two grocery sacks full of money and ran! He gave one to the IRS, and he bought "Laughing Coyote Mountain" with the other. He began to axe timber and build log cabins. That was in 1957. For the next thirty years Lingo dedicated himself totally to explore behavior from the perspective of the human brain. He and his staff examined every bit of available scientific research and philosophic literature they could get their hands on. They ran their own short and long term studies and experiments. The environment of rugged mountain wilderness provided a total focus into the self that could never be replicated in any city or sterile clinical hospital. There was no electricity (As Carl Jung had insisted in his own Swiss study retreat), no TV, no movie entertainment. There were no four-lane highways to get away from it all. You were away from it all- to face only yourself, your mind, and your brain.

To the end of the lab's operations in 1993, it remained remarkably free of electrical power lines or even running water. It was just you, the hand water pump, a wood stove, and your own central nervous system.

The brain lab's records grew and grew. The log buildings became crammed full with file cabinets. The books lined the walls from the stone floors to the ceiling rafters eighteen feet up. In the end, Lingo and his group discovered the mechanisms to release startling new intelligence, creativity, and pleasure inside the human brain. His conclusions were original and unmatched by any other research establishment at the time. Then, and since, his findings are supported and corroborated with foundation findings by scientists everywhere.

## **My Own Brain**

After my first visit to the lab in 1981, I spent the next eleven years running back and forth between my own home in Denver and the forest field station. My own personal "experiments", with my own brain, was guided by the work done at the Dormant Brain Lab. This took the form of "brain exercises", journal keeping, analysis of activity, and periodic consultation with the director, and other staff members and participants. Before long I was assisting Lingo in various assignments he gave me, organizing city group sessions, information gathering, organizing lectures, and eventually writing my own books on the subject.

The results of my work was breathtaking on many occasions- sitting on the peak of Laughing Coyote Mountain, with the clearest possible perception of everything around me- a fifty thousand square mile view of the earth circle, with incredibly heightened senses and awareness. I learned how to go far beyond my own limitations, mental and physical, tested by pulling hundreds of thirty foot tall firewood logs down the labs steep wooded slopes. I ecstatically felt on many occasions the most powerful emotional experiences of my life. This might take the form of fantastic waves of internal energy, or indescribable and spectacular feelings of unity and balance. Strangely enough, these were more often than not triggered by simple daily activities- hearing a piece of music, walking among the trees, discarding a useless notion, or just sitting on my sofa at home.

When I began my investigations into the work at the lab and into how my own brain worked, my creativity and emotional state might be compared to a plugged up toilet (even with my degree, magna cum laude)- not to mention what I observed in most everybody else at the time. Since

learning the basic bio-mechanics of my own human thought motor- utilizing the discoveries of general neuroscience as well as the brain lab's own methods and discoveries, I have written, arranged, performed and recorded eight albums of original music, some of which has received national public television and radio airplay. I have written several books, and I have established and run my own successful musical teaching and publishing business, sidestepping the 9 to 5 minimum wage-slave labor syndrome. My social relationships have gone from amazingly disastrous in pre-brain days, to harmonious and highly entertaining. The simple ABC's of "how the human brain works" has had nothing short of a miraculous effect on my daily life. And as for the miracles of paranormal telepathy and pre-cognition- they have become rather commonplace for me after many years of clicking my amygdala forward and turning on magical frontal lobes circuits.

The crux of the program at the brain lab hinged on voluntary self-control of one particular section of the human brain, a trigger site or neuro-gateway for intelligence, pleasure, and creativity: the anterior amygdala. The brain has two of these organs, one for the right hemisphere of the brain, the other for the left side. Each amygdala is about the size of an almond, a small knobby protuberance about one inch inside each temple in the brain- a part of the brain's limbic system. Various researches have found that stimulation of this part of the brain results in automatic responses of pain or pleasure- depending which part of the amygdala is stimulated. Simple electrical anterior amygdala stimulation shuts off the "killer instinct" and results in automatic responses of cooperative and pleasurable behavior.

Self-amygdala stimulation without electrodes can be performed by using the brain's capacity for guided imagery.

For example, by simply imagining that you are tickling the front part of each amygdala with a feather, you change the flow of electro-chemical activity in the brain- and voila! This clicks the amygdala forward, if only temporarily.

This imaging alone increases frontal lobes activity and begins increases in creativity, intelligence, and so on. The more frequently you tickle, the more you click, the more pronounced the results. These changes are measurable by modern brain scanning medical instruments such as PET and MRI machines. The brain is a thought machine- and thus, one controls the brain and it's electro-chemical circuitry with simple thought. (No surprise there!) This simple exercise properly done often brings immediate results, with sometimes very pronounced effects. The brain lab developed hundreds of methods that further refined, accelerated, supercharged, and make permanent the results.

When a person learns how to internally stimulate the amygdala and voluntarily increase frontal lobes processes at will, it can eventually result in a very intense peak phenomenon known as "frontal lobes transcendence" or "popping your frontal lobes". This occurred regularly at the brain lab where all the distractions of a typically hectic or neurotic life were minimized, or where subjects and students received sufficient training. For myself, this first occurred on September 11, 1987 while sitting in the control room at a recording studio. It was just about the last thing on my mind. Generally, this phenomenon can't be predicted exactly- more like when a soap bubble is ready to pop.

What is it like to pop your frontals? Imagine you are sailing in a rickety wooden boat in 1492, looking for India, lost in the middle of an endless ocean for what seems like an eternity. Everybody, including yourself, is



just waiting for you to fall off the edge of the planet into oblivion. Then all of a sudden, out of nowhere.....

YOU SEE LAND! HOLY COW!!!!!!!!!!

That's something like what popping your frontal lobes feels like. Only, it's really happening, and it's happening to YOU. NOW.

Some persons have compared popping their frontal lobes to feeling as though they were flying through the cosmos at the speed of light, or feeling the power of a train blasting through their head (pleasurably so) at 120 miles an hour. Or as one adult student put it, "a million times better than the best sex." It all depends on your personality and your preferences. After your first (they keep happening) frontal lobes "big bang" things are never quite the same again. You begin looking through a mental windshield that is clean for the first time since you were a little kid. My college education and ten years of meditation and yoga practice never prepared me for this.

Why has nature provided the human brain with this emotional fireworks rocketship blast? Nature is smart. Your brain wants you to survive. When you use more of your brain and access more of your brain's potential specifically located in the most advanced part of your brain- your frontal lobes- your chances of survival in this rough world skyrocket. Sustained and intense pleasure is exactly how neurocircuits in various sites within the brain motivate and reward the individual for frontal lobes advanced survival thought production. Free and legal. Use enough frontal lobes- and you hit the jackpot.

<http://www.spiritual-healing-secrets.com>

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Check out Neil's movie on DVD, Mirror, available here:

<http://www.neislade.com/Mirror.html>

Neil Slade can be reached at [neil@neislade.com](mailto:neil@neislade.com), or look at his massive informational web site at <http://www.neislade.com> for TONS of information on frontal lobes science and GREAT music.

## **Congruity- Transformative Power of the Mind**

By Amy Biddle

"Prepare your mind to receive the best that life has to offer."

Ernest Holmes

The concept that ties all of these great teachers' work together is the power of the human being. Notice in each chapter how each teacher emphasizes *your power* and how that starts in your mind. You have the power to create the life that you want to be living NOW. Perhaps this isn't a popular message, because it means dropping blame, victim-thinking and self-pity. No easy feat... or is it?

Congruity is the concept of lining up—lining up ideas, people, support... But the way to achieve is not by forcing things. Use the power you have innate to you. You were born with spectacular power! Make things happen, but don't start with the sweat of your brow. Start with the thought; the word becomes flesh.

Here are the building blocks behind creation of any situation or material thing that you want:

1. Thoughts are things.
2. Words have power.
3. Feelings, emotions, are the juice, the electricity that powers the creation of your desires.

4. Action, lined up with thoughts and words, have more power than just pushing ahead without first putting thoughts, words and feelings in line ahead of those actions.

Here's how to make the whole thing work—and watch out what you ask for, because it will come to you! So, HAVE FUN!

First, think of what you want. Your thoughts are like modeling clay or paint. Really get into playing with the details. Use your imagination. Really let it go. Get wild! Remember playing like this when you were a kid? That is what you are shooting for now. If you can really live in this imaginary environment, you are most of the way there!

Next, put your desire into words. Think you already did this? Check again. People don't think in words. That is why this step is different than the first step. A thought put into words is infinitely more solid in its creative potential ability. Thoughts are things, words come from thoughts.

Third, say it with feeling. Get emotional about what you are creating. Feel good about it. Are you creating weight loss and good health? Are you creating wealth and prosperity? Are you creating a great relationship with a new lover or someone who is already your partner or spouse? Great. You can do all these things.

As you are thinking about and writing what you want in this situation, listen to your inner dialogue, the little voices that are throwing out arguments against what you want. This little voice is responsible for making people fat, poor and lonely for all time! Identify what the little voice is saying, and write the opposite, or the counter-offer to what it is saying.

Remember, there is no reason to stay with the negative information. That message has been throwing your dreams in front of the train for a long time. Now is the time to end those messages. And, you will do so by making the negative message into a positive message, clarifying your desire by using positive words to describe your desired outcome, by feeling good about what you want, and by practicing that feeling. In fact, to spend less time on the negative, you don't have to identify it. Focus on positive messages and that will suffice.

Now, we are at the action phase. Once you know what you want, and are feeling good about what you want, you can be assured of taking inspired action.

Inspired action may or may not look like acting with a plan. You will just do what you believe to be the next right thing. You can do as much or as little as you believe or feel to be right. Here's the secret: inspired action feels like passion, or a need or desire to do something. This phase of congruity requires another level of trust in yourself and in the Universe/God/Goddess/All that Is that the net will be there to catch you (not that we're falling—we're flying!)

Perhaps you are looking for a job, or a new source of income. Identify what you want. Write down what you want. Know what it feels like to get what you want. Take the actions that make the most sense to you. You may find that you are able to apply for jobs each day, or you may find that there are very few jobs to apply for. Once you are inline, or have congruity with your thoughts, words, feelings and actions, the Universe will rush in to support you. Notice when these things happen.

This is where congruity gets magical. What happens now is that God/Goddess/Universe steps in and brings you offers of what you've

asked for! So, in our example of a job or income search, you may run into what appears to be a brick wall, but know that you are fine. Believe that you will be supported. You have congruity on your side. Remember to observe what works in your life! A little gratitude goes a long way!

I've done this countless times. I've been accidentally double booked for an appointment and invariably one client would call to cancel, leaving me with a perfect schedule and no effort on my part to fix it! This has happened so many times, that I don't worry about my tendency to accidentally double book myself and I don't worry about my schedule!

I've used this method for bill-paying (when I thought I had no money), for improving relationships, for getting business, for buying a house, for health issues, for improving the quality of my life in general... the list goes on. This method works for anything you'd like.

Congruity, lining up your thoughts, words, feelings and actions, puts the Universe on notice that you want to create a specific outcome. Sure, you can "make" something happen by working hard, but why not let the Universe help you along?

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Amy Biddle is an information publisher, mentor, writer, and entrepreneur. Her web site, <http://spiritual-healing-secrets.com> offers articles, e-books and Soul Story Sculpture by artist Teresa Moorehouse Howley.

## **Closing Thoughts**

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## **Bonuses and Suggestions**

I want to thank you for reading this book. To show my appreciation and to encourage you to stay involved with this material, please accept this free bonus ebook, downloadable here:

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Finally, if you are ready for a tool to help you get to the next level; if you want to achieve happiness in spite of it all; if you want to live the great life that you **know** is waiting for you, make sure you check out the Quantum Happiness eCourse, here:

<http://www.spiritual-healing-secrets.com/quantum-happiness-course.html>

To your happiness and success!

Amy Biddle