

NOTE ADDED AFTER PUBLICATION RELEASE of Your Empowering Spirit.

The Biological understanding of Quantum Physics is new while Quantum Physics has been around for 70 years. When I started healing 18 years ago, I proved in advance what science has proved to be biologically possible today. Science and specifically Dr. Robert Young and Dr. Bruce Lipton now validate that you can take control of disease in your body. Cellular biologists now recognize that it is our **environment, both in and out of the body that directly controls the activity of our genes.** The Primacy of DNA as we knew it, is a theory of the past.

The Genome Project taught us that there are only about 30,000 genes making up the human. The rest are mutations. Dr Young's work explains this process through extensive blood analysis. Dr Lipton's work also shows how. Such an example is HIV.

Science has long believed that the nucleus of a cell is the brain. However, when the nucleus of a cell is removed, the cell lives and is now recognized as only having lost its reproductive system. Science now recognizes the membrane of the cell as the brain and the cell response based on the signal the membrane receives from its **environment.** From scientific fact we can now concede that **perception controls our behavior, perception controls our genes, and perception rewrites our genes.** From this we know that **perception controls our biology** and not our genes.

You in consciousness shape your physical and behavioral expression. While at a conscious level you are aware of about 2 thousand bits of information per second, at the other than conscious level, you are processing about 4 billion bits per second. The 4 billion bits cause an environmental influence on your behavior while your perception of these bits and conditioned responses determine your health and wellness.

To all those downloading this book, I strongly recommend you purchase the video *The Biology of Perception* by Dr. Bruce Lipton also on this web site. This two and a half-hour video provide the scientific evidence of the changes in biology at a level you can understand. The strength in this new emerging biological model is that it unifies the basic philosophies of conventional medicine, chiropractic and spiritual healing. I have known Dr. Lipton for over 5 years. The video will awaken a New World of potentiality in all areas of life.

In addition I recommend you look at Dr. Robert Young's microbiological blood analysis site at **Innerlightfoundation.org**. I am a distributor supplying his nutritional products to those in need of healing because of his understanding of the frequencies of energy required to heal and the necessity of "changing the environment" in the body. Be sure and click on **Site Map** at the bottom of the page and read the page **About US**. **1-800-780-9464** is an informational call that will also tell you a little more about what you are looking at. There will be more information on the last page of this section.

I have added this copy to ensure that I give you every opportunity to heal in mind, body, and spirit. All of us at Celebrate Life appreciate people like you who have supported our work by coming back to the web site and ordering this and our other books. There is healing work in all of them. Please consider ordering this book in printed format (256 pages with index, concordance etc.) as a gift to another in need of healing as a way of supporting our group and spreading this message. When you get to the quantum work, remember that there is a CD that goes with this book that is now available by itself making the processing easier for you. If you are in need of healing, please contact me regarding Dr. Young's programs and read his #1 best seller *The pH Miracle*.

If you have not yet accomplished spoon bending, cloud melting, or changing the atomic structure of a beverage, please go back to the web and read the directions. There are several pages of additional information everyone should read. Considering how conditioned we are in life, a ***Life Clean Out*** is needed by most. It certainly speeds up the healing process. At the same time, if you feel that you are not eating an alkaline based diet and are in need of looking at what it takes to prevent or remove disease, be sure and contact me after looking at Dr. Young's research site and reading some of the testimonies there. I may be reached at **InnerLightINC.COM/CelebrateLife**.

Please remember to send us back your healing reports.

Celebrate Life,
Gary Sinclair
Cyberphysiologist

Your
Empowering
Spirit

YES to Quantum Healing - PART ONE

BY
GARY SINCLAIR
Cyberphysiologist

Foreward by Uri Geller
Author MIND MEDICINE

This Book is being provided FREE so that more people will have the opportunity to heal in mind body and spirit. This book in this format is ONLY available through a download at:

www.CyberPhysiology.com

Your Empowering Spirit in *PRINTED* book form is available from this web site along with a CD that contains the Quantum Healing Experience from the book. In addition you will hear Gary Sinclair speaking at IONS the Institute of Noetic Sciences regional meeting. **CD ONLY ALSO AVAILABLE to those with download.** Speaking engagements and private training appointments arranged through the web site.

Should you wish to support the work and research of Celebrate Life, please send donations to:

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IN PRAISE OF YOUR EMPOWERING SPIRIT{tc "IN PRAISE OF YOUR EMPOWERING SPIRIT"}

(Notes from people reading for final edits)

Gary's description of the mental Sense-O-Rama is hilarious and fascinating, astonishing and moving. I defy anyone to read Chapter Five and not be itching to try these techniques.

This book contains the seeds of a cure-all, powerful enough to heal not only ailments here and there, but also the sickness of our whole planet.

— **Uri Geller, Author *Mind Medicine*,**

I've had the wonderful pleasure of meeting Gary Sinclair in the strangest of places...cyberspace. As one of the Conference Coordinators at The Alternative Medical Forum on AOL, I have had the pleasure of doing an online interview with Gary. The power of his message is obvious, even across telephone lines. My personal experience using the techniques Gary teaches (in this book) has been nothing short of miraculous. From TMJ, nerve pain and grief recovery to cancer tumors disappearing (baffling the oncologist to be sure), nothing is too small or great not to be empowered and overcome once you understand *Your Empowering Spirit*.

The power and passion of Gary's message cannot be overlooked. *This book should be in every Dr's waiting room across the country.* It is a *source of comfort and empowerment* that every Spirit living in a body needs to know of and understand to heal and LIVE.

— **Kimberly Erickson**

Chat/Conference Coordinator, Alternative Medical Forum / Keyword: AltMed on AOL

I am into the third reading of your book. I am now cancer free and I am going to an Iridologist to have a liver flush and lymph system flush just to make sure that every trace of cancer is gone. This book helped me a great deal in seeing into my own soul. This was my third bout with breast cancer and it will be my last. I now think wellness all the time. No more negative thoughts. When and if they do happen I very quickly change them to the positive.

This book really made me aware of the thought process, "Your last thought is the most important". That's a great line. One that I will never forget. Love and Wellness Grace.

— **Grace Whalen - Florida, USA**

Biblical truths are the gold standard assaying literary works on spiritual healing. Gary Sinclair has scintillatingly presented these truths in such a way as to enable all who will, to change from victim to victor in all areas of life, using their empowering spirit.

— **David A. Jernigan, D.C., Author *Surviving Lyme Disease Using Alternative Medicine*.**

Next Generation Wellness Center, Wichita, KS

I am a working mother of 3 young girls, and am blessed to have met Gary Sinclair. At first I was in awe of all that he had gone through and viewed him as *"the miracle."* Never did I imagine that each one of us has a bit of that "magic" ability in our selves. Through this book, Gary has helped me to learn the power of healing. I have used the knowledge again and again. My healing hands, and empowering thoughts, have helped my husband recover from a devastating bout with diarrhea, eliminating pain from a debilitating toothache, reduced fevers, and soothed countless cuts and sores.

As a mother, it is ingrained in us to want to heal and nurture. These new techniques have been such a great tool to use when otherwise feeling helpless. Every mother (and everyone else!) should be fortunate enough to learn these methods. What a sense of peace and security they bring!

— **Debbie Lahn - California, USA**

If you only have enough money to purchase one book this year.....make it this one! You will not be sorry. Your life WILL be forever positively changed. This isn't another book of "look at what I can do", although Gary does tell his story. It is a book that will give YOU the tools, the power, the vision, and the ability to change your life in ways that you would not normally believe possible.

You know Gary, the endorsement I give you just doesn't seem enough. I want to shout it out that everyone needs to get this book... that it is invaluable... that it is priceless... Just want you to know that a few words doesn't say enough.

— **Dr. Kathryn Thompson ND, Mht - Virginia, USA**

Gary came to several of our **ARE** Association of Research and Enlightenment *"Search for God"* meetings. Everything seemed to come to a halt when he walked in. We waited expectantly for his words and his spiritual wisdom. He never disappointed us.

My final meeting with Gary before he moved from my community was when he stopped in to say goodbye. He was overwhelmed with the packing and move but when I told him that the medical profession had just given me a very dire diagnosis and I had already begun chemotherapy, Gary disappeared into his nearby office and found the time to run off another manuscript copy of this new book for me to read and help edit.

I have read and reread each page. He has incorporated all of his experience and expertise into this book. I know if I can digest the wisdom that is in this book I will be healed. This book has become my bible during this time of "testing and stress" in my life. *"Everyone needs this book. No home should be without it." (It should be noted, Jenny miraculously healed.)*

— **Jenny Asher, Former ARE Board Member, California, USA**

To write an endorsement for this book I would have to say that I feel like Michelangelo asking Dali if the chapel ceiling looks "ok". Just know that I am forever grateful for the honor of looking at your manuscript at this stage. My life has been changed forever. I just keep on reading for more insights.

— D S - California, USA

I laud your groundbreaking efforts in what may prove to be the future of medicine.

— Dr. Bruce Lipton, Cell Biologist and Researcher, California, USA

AS A SPEAKER: Brian Tracy, International Motivational Speaker says, “Gary Sinclair has a wonderful message of hope, aspiration and confidence that uplifts the spirit and motivates the listener to even higher levels of achievement.”

***You
are on a path
and
on this path
You
are about to
meet Your
Soul.***

FOREWARD{tc "FOREWARD"}

When I was seven years old I discovered a television screen in my head. I could stare into the sky or close my eyes, and see images flicker on this internal screen. Sometimes I saw words, sometimes I saw pictures. Sometimes I saw money. I didn't understand what projected these things into my mind, until I surprised my mother one evening by blurting out the exact total of her winnings as she returned from a few games of whist with friends. The money had appeared on my TV screen, coins scattering in my brain as I read my mother's mind.

I realized that many things that came into my head were echoes of other people's thoughts. I learned to home in on what my teachers were thinking, and filter out what escaped from my father's mind, and pick up the random thoughts of friends. But in common with many psychics, I never sought to influence what was on the screen. I just watched - I didn't try to make the schedules.

At seven I believed I was unique. Now I know that everyone has a TV set in their head - mine just switched on by itself. Gary Sinclair can teach you, in the simplest and most inspirational language, to switch on your set too.

His description of the mental Sense-O-Rama is hilarious and fascinating, astonishing and moving. I defy anyone to read Chapter Five and not be itching to try these techniques. Cable companies tempt us every day with the doubtful pleasures of two-way TV, but Gary shows us that the ultimate interactive television is already hardwired into our heads. That screen is for more than merely watching - read the manual, get to grips with the controls, and you might be able to make yourself stronger, happier and healthier. How about that for a commercial break!

Many readers might be surprised that a Jewish Israeli who has always proudly proclaimed his religion is keen to endorse Gary Sinclair's beliefs, so deeply rooted as they are in Christianity. I believe that these healing secrets tap into a Godliness that transcends all religious divides. Gary reaches God through Jesus, I travel by another road - we are both human, we both worship the universal presence, we both stand in awe at the universal wonder.

This book contains the seeds of a cure-all, powerful enough to heal not only ailments here and there, but also the sickness of our whole planet. Open your mind, and turn the page.

— URI GELLER

SOME WORDS OF DEDICATION{tc "SOME WORDS OF DEDICATION"}

This book is dedicated to all of you, for it is your search that created the energy of attraction that allowed the desire of my heart to be made manifest in ***Your Empowering Spirit***. I owe a great deal of gratitude to past clients, those teachers that have lovingly trained me while I took them through my *Life Clean Out* training program. There are many authors and teachers that have added inspiration to my life. Much of their work is listed in the references. To the Doctors who touched my life, especially Dr. Matt Innis, may all you do produce miracles and may this book assist others in assisting you.

My wife Anne has been the energy of love that bore me through "*in sickness and in health*." Words have not yet been created to explain the power in this love. Our extended family of sons Daniel and Jonathan and wives Angie and Angie plus our seven Grandchildren, Daniel, Chadwick, Emaleigh, Joesph (preferred spelling), Amanda, Aaron and Jessica are the blessing of life.

Many, too numerous to mention, have assisted in editing over the years. I certainly express my deepest thanks for all your caring support.

To the thousands who have attended "*Live*" *Celebrate Life* coaching sessions and continue to listen to my tapes, here is part of what you keep requesting. I promise to write more. For many, this book is dedicated to the friend who cared enough about you to share this copy. This book is dedicated to your health.

Please Note:

Your Empowering Spirit is written for educational purposes and designed to allow the reader the opportunity to explore self as spirit. This book is not intended as substitute for the medical recommendations of physicians or other health-care providers. Rather, it is intended to offer information to help the reader cooperate with physicians and health professionals in a mutual quest for optimum well-being. Should the need arise, seek appropriate counsel from a qualified doctor. It is appropriate to use this information as adjunct training as it relates to all mind, body, spirit healing functions.

What If . . .

*The ONLY LIMITS
to the
Human Mind
and
Spirit
Were Those We
BELIEVE?*

***Miracles are
Interactive Events
that have a
Beginning
inside of You.***

***At
the Level of Desire
You Create the
Seeds of
Miracles.***

At the Other-Than-Conscious level dwells *Your Empowering Spirit* who, as an *Obedient Servant*, makes *literal truth* out of whatever you *think* or *say* as a *direct command of action* about *YOU*.

- Gary Sinclair

INTRODUCTION{tc "INTRODUCTION"}
FINDING YES . . . YOUR EMPOWERING SPIRIT{tc "FINDING
YES . . . YOUR EMPOWERING SPIRIT" \1 2}

I need to warn you about truth. Truth is overpowering and compelling. It won't leave you alone. It will keep showing up when you least expect it enhancing the awareness that you already have. Often people will refer to these as the "ah'hah" experiences of life.

Meeting Giorgio{tc "Meeting Giorgio" \1 3}

"This has been the greatest day in my life!" That's what we all heard Giorgio say to the tow truck driver as we ended our journey from the high desert down to Palm Springs, California. Giorgio and I had been talking for over an hour. His truck was up on the flat bed of the tow truck, my son's van was being pulled behind. My son earlier had blown a tire on his heavily loaded van and there appeared to be no spare in the high desert. Giorgio also had totally blown his engine, felt pressured by the police as they urged him to get his vehicle off the road, and just now had spent the long journey in the drivers seat of his own truck with me as his passenger. As my son and daughter-in-law heard Giorgio's statement they just smiled at his excitement. They had grown accustomed to hearing such comments years before. Still they knew his exhilaration was not about meeting me, it was about the information contained in this book.

"Truly this man has totally changed my life," Giorgio told the four of us standing there, although what he was really saying was that the information I had shared had the potential to change his life. "I have been begging God for a miracle, and He sent it." he continued. With that he laughed and pointed toward his truck still on the flat bed and said, "And this is a cheap price to pay for what I *learned* today."

I am honored and pleased that you are ready to receive the same message as you were born with the creative power at your disposal. We just have to learn to use thought, word, and action. Like Giorgio, you *have a divine appointment*. I trust you will refer to this book often. I believe you will want to give it to friends. Let me tell you first why I felt I had to write it.

My journey into understanding life, especially healing, began over eighteen years ago when a severe lung condition from birth defects had my breathing capacity down to only one-third and a so-called incurable disease of fourteen years called Multiple Sclerosis had taken

nearly eighty percent of my mobility to move. When faced with a wheelchair as a permanent solution, a voice inside of me screamed, “NO WAY.” From my perspective, this was a death sentence as I knew my lungs would atrophy within two years and I would be dead from lack of movement. I chose to live and learned that *Life is Choice*.

What you are about to read is not here as my life story. It is about you. Since it is about you, I have placed my life story as the last chapter. If you are one of those people that must know more about the author first, you may enjoy reading the ending first.

This book speaks to the physician in each of us clearly saying, “**physician heal thyself.**” It is information everyone is now seeking about “**Who am I**” and “**Why am I here?**”

When you seek to know truth, you try to understand it based on what you already know. In this way you produce blinders on that which could really be truth. Through your own distortions, deletions, and generalizations you determine your reality without even the understanding that God and others may look upon all this totally different. Through your filters you color your representations to be and to mean what you want them to. So *truth is always truth according to you*.

Many researchers now recognize that it is not really our senses that give us an accurate picture of the world, it is our response as the “Observer” based upon the instruments used and the interpretations in our individual consciousness. It is the questions that one asks themselves as they observe that produces the territory of observation. It is estimated that your nervous system actually takes in less than one billionth of the stimulation present. This is certainly a limited framework from a whole presentation perspective. Sort of makes one wonder what we miss.

Scientific knowledge has been our framework for exploring what we believed was true. The maps we have created in consciousness have controlled the territories we have been willing to explore. It is time to realize however, the map is not the territory.

A Quantum Journey{tc "A Quantum Journey" \ 3}

Quantum states that all of the things in our Universe, even those that appear to exist independently, are actually parts of *one all en-compassing pattern in which no parts of that pattern are ever separate from the whole*. Before you finish this book you will have the opportunity to take a quantum journey into self as spirit. Although the Quantum Experience is often believed to be beyond the reach of the physical senses, it exists. From the reading and experiences you are about to undertake you will prove the Quantum Experience for yourself. What scientists call the unified field or the potentiality of the forces of nature to transform themselves into material things or events is nothing other than consciousness itself.

Candace Pert, Ph.D., Neuroscientist, in *Molecules of Emotion* speaks in terms of the quantum, saying, “**IF** information exists outside of the confines of time and space, matter

and energy, then it must belong to a very different realm from the concrete, tangible realm we think of as 'reality.' And since this information in the form of the biochemicals of emotion is running every system of the body, then our emotions must also come from some realm *beyond the physical*. Information theory seems to be converging with Eastern philosophy to suggest that the mind, the consciousness, consisting of information, exists first, prior to the physical realm, which is secondary, merely an out-picturing of consciousness. Although this is about as radical as my scientist mind will let me get, I'm beginning to understand how such a view could coexist comfortably with the kind of science I've been doing.¹

You are ready for the quantum journey when you recognize it is time for change, time for a *virtual reality* experience of healing. Your biography has become your biology, as Caroline Myss in her many writings proves. I say virtual reality because you will use your ability to connect the mind and body through the visual cortex for the Quantum Experience. To quote Andrew Weil in his book *Spontaneous Healing*, "When it is not occupied with processing information from the eyes, the visual cortex can connect mind and will with the controls of the autonomic nervous system. It can also elicit *spontaneous healing*. Are we talking about miracles? I say yes.

Moving on Up {tc "Moving on Up" \l 3}

To speed up healing's natural process, it will be necessary to take you to a different level or dimension of thinking and experience. Einstein is quoted as saying, "A problem *cannot* be solved at the level at which it was created." Healing is your birthright. Choose to claim it as you learn how to go into the *higher dimensions* of you. Learn to find your higher energy frequencies of spirituality. In understanding what Einstein said, the Quantum Experience allows you to heal because you step out of the flow of your own memory and see your world anew as if for the first time. From this renewed perspective you create memories that evoke healing.

We are beginning to recognize that our old beliefs, values, and identity, no longer completely support us. We must begin to adjust our thinking about some of the things that you, as a "knower" know you know. A good example, is where our rational left brain thinking created a belief that when a person dies *spirit is gone*. To this part of you it seems the *truth*. However, gone where? Your highest self will always have life, thus *you* can never be destroyed.

The Apostle Paul told us to live not after the flesh, the physical, but after the spirit.¹ Notice he says *live*. We struggle not against flesh and blood but against spirit. You are not of the flesh, but of the spirit, if this be so, the *Spirit of God dwells in you*.²

¹ Pert, Candace. *Molecules of Emotion: Why You Feel the Way You Feel*. (New York: Scribner, 1997), p.257.

² A complete listing of all Bible scriptures used in this book is provided in the Appendix in the order in which they are used. Since some are mentioned more than once, it is only listed once.

MY & I {tc "MY & I" \ 3}

Tap your chest and notice how natural it feels as you say to yourself “My body.” Go ahead, tap your chest and just say, “My Body.” Now, if I were to say to you, who said, “My Body” you might point your finger at your chest and say, “I said, ‘My body.’” So who is this “My and I” on the inside that represents itself in separate identity from this body, even by your own declaration? Who is this “I” that creates both the experience of the body and also the mind in separateness?

I hear people say, “I just had a thought.” which tells us that there is someone who is having the thought, the receiver, and apparently that there is someone else, the sender, creating the thoughts distinct and different from the receiver. If you investigate the space between thoughts, you find that one of the attributes is silence. Were silence not there then there would be no thinker of the thought, there would be only thought.

Your Empowering Spirit embarks you on a journey that will help you answer these questions. This is a journey of self discovery. Like all self-actualizing people, divine self recognizes this journey. I know that I am not that which I occupy, just as you are not that which you occupy. That which is real in you is your energy spirit which never dies, that which changes the physical you, that which is eternal.

Phases of Life {tc "Phases of Life" \ 3}

Carl Jung described the phases of life so aptly when he said we begin as Athletes who place all the emphasis on the physical appearance of the body and what it can do. With this physical body, we become Warriors and see what this body can do for us in the world. Finally we come to the recognition that we are Statesmen and begin to function from a, ‘how may I serve’ position as a Servant. The most amazing thing is, we finally come to realize that we are none of the previous, we are only a spirit being having a human experience. The problem is we wait until we are old to come to this true recognition.

No Pieces {tc "No Pieces" \ 3}

In the world we know, there is a Universal Intelligence that is everywhere, something that is omnipresent that has “no ability” to be broken up into pieces. For most, we call it God. My care for you is not in what name you call it, but in *how you feel you relate to it*. For reference in this book, I will use God. Please feel free to substitute whatever representation you choose.

Think of it like this. If the ocean became God and you took a glass of water out of the ocean, you would have a glass of God. Is that not true? If the ocean was God, this would include the fish, seaweed, rocks, etc. as God. Everything in it would be God as part of the whole. Now what happens when you go in. Are you separate? No, you become in union

with God. Now is God omnipresent? Is He in all and through all? Or is that just a game we play?

God is not the unattainable — God is the unavoidable. Amazing how we think of God as omnipresent and think of ourselves as separate from that which cannot be broken even into a drop. To know this, and you do now, is to realize that just as a wave is what the ocean does, so what you are doing in your life is what God allows.

The big mystery is, how does He do it? How did He create you, in the image of Himself and give you a free will ability to make all those judgment decisions, including the belief that you are separate?

It makes no difference how long you have thought separation; *you have never accomplished separation.* It is only your thoughts that have caused separation to you. When would now be the best time to resolve to dissolve your disbelief.

I think Dr. Herbert Benson in *Timeless Healing: The Power and Biology of Belief* puts it right in focus when he writes, “*We are hardwired for God.*”³ Another friend, Jane Katra in *The Heart of the Mind* says, “*You can have a spiritual life, without having to go anywhere, or believe anything. You do, however, have to ‘show up for God,’ and pay attention.*”⁴

You are Not Alone{tc "You are Not Alone" \ 3}

Life is what you are going through to learn the lessons as to why you are here. You came here to remember who you are. *You are on a path, and on this path you are about to meet your soul.* You are about to recognize the oneness that your spirit has with Universal Intelligence, with God and with each other.

Jesus Christ said, “I am in my Father, You in me, and I in you.” There is no potentiality for you to be *alone* or *separate* in that statement. *Learn to trust in your Creator.* We are told, you will seek me and find me when you search for me with all your heart. Heart is the spirit controlling force in the physical man, as soul is the spirit controlling force in the eternal man. Together as an internal team, they connect you with that which knows no separateness. In the words of Christ, “Know ye not that the Kingdom of God, Kingdom of Heaven lies within.” Inside of you, you will find *your Empowering Spirit . . . created in His image.*

Gary Zukov in the ground breaking quantum physics book *The Dancing Wu Li Masters* writes, “The philosophical implications of quantum mechanics is that all of the things in our Universe (including us) that appear to exist independently are actually parts of one all-en-

³ Benson, Herbert. *Timeless Healing: The Power and Biology of Belief.* (New York: Simon & Schuster, 1997), pp. 196-197.

⁴ Katra, Jane and Russell Targ. *The Heart of the Mind: How to Experience God Without Belief.* Novato, CA, 1999), p. 160.

compassing organic pattern, and that no parts of that pattern are ever really separate from it or from each other.”⁵

Physicist David Bohm, author *The Undivided Universe*, describes a model of “quantum interconnectedness,” as a vast interconnected hologram of *all*. The idea that we each have a separate consciousness becomes scientifically an illusion with scientific studies showing that all objects in the universe interact with one another no matter the distance between them.⁶

In 1964, an Irish physicist John Stewart Bell introduced what scientists now call Bell’s theorem. Applying the logic of quantum physics and extending them in experiments consistent with its rules, he showed that objects that were once in touch with each other both changed if there is a subsequent change in the other — *no matter how far apart they are*.⁷ *This interconnectedness* makes us all one. It helps explain why prayer is so effective when presented in faith and makes group consciousness a powerful force.

You will later learn how every cell in your body is intelligent and responds to your thoughts as a direct command of action in a “quantum interconnectedness” and therefore will create the healing pattern just as you establish it. If you will hold in your minds eye the knowing that any health issue is a mistake and not real within itself, and know that the image and likeness of God is living in your shell, you will soon be free of all manner of disease.

“As a physician,” says Dr. Carlos Warter, “I have seen that healing the connection to essence and the infinite intelligence of the Universe by opening our hearts reactivates the capacity for self-repair that goes from the cell to the cosmos. We are all interconnected.”⁸

Scientific Results of Prayer{tc "Scientific Results of Prayer" \ 3}

We are so interconnected it makes it easy to understand why medical science is learning not only that prayer works, but is scientifically proving it.

The most significant first scientific double-blind study on the results of prayer for patients with advanced AIDS was finished the end of 1998 and published in the *Western Journal of Medicine*. The California Pacific Medical Center was the focal point of the research. Statistically, the results could not be ascribed to chance. Twenty AIDS patients were used

⁵ Zukav, Gary. *The Dancing Wu Li Masters: An Overview of the New Physics*. (New York: Bantam Books, 1979).

⁶ Bohm, David and Basil Hiley. *The Undivided Universe* (New York: Routledge, 1993).

⁷ “Nonlocality in Physics and Psychology: An Interview with John Stewart Bell,” *Psychological Perspectives* (Fall-Winter 1988), p.306.

⁸ Warter, Carlos. *Who Do You Think You Are? The Healing Power of Your Sacred Self*. (New York: Bantam, 1998), p. 51.

along with forty distant healers each having at least five years experience in their particular form of healing work. These studies produced medical healing results equal to 100 to 1 odds against the control group.⁹ Since these studies, well over 100 statistical studies of prayer have taken place with more than one-half showing statistical significance that prayer works in a controlled laboratory setting.

In another study in 1983 Dr. Randolph Byrd at San Francisco General Hospital did a 10 month study on prayer for healing. This time it was on 393 patients hospitalized with heart diseases. Results over a ten month study showed a decrease in medical complications, especially pneumonia. Those who received no prayer required extra antibiotics, diuretics, and required more ventilator assistance.¹⁰

Spiritual Healing has been studied by researchers since the 1960's. By 1998 more than 177 controlled studies had been completed. One review by Dr. Daniel Benor in *Healing Research: Holistic Energy Medicine and Spirituality* noted that healing treatments affected the growth of hemoglobin, cancer cells, bacteria, human hormones, and even enzyme levels in vitro. In 131 controlled trials 56 showed statistical significant results with a likelihood that results were due to chance at 1 in 100. An Additional 21 showed probability results equal to due by chance of 2 to 5 out of 100.¹¹

Science is well under way to prove the effectiveness of what *Your Empowering Spirit* knows and what you are now capable of doing to assist others in the healing process. It would not take you long to find significant medical research going on today to prove the effectiveness of your thoughts in effecting the healing capacity of another.

The Myth /The Truth{tc "The Myth / The Truth" \3}

When you were born, they weighed you. You probably came into the light of your first day between the range of some five to eight pounds. From there you continued on your human physical existence until this very day. In actuality you came in weightless, and who you really are today is still weightless. The myth that who you are has become physical weight is like so many other beliefs that people have established in you. Just that, a belief someone gave you. Like does the sun rise and set? It seems to. To this day I love to watch sunrise and sunset. But, they are a myth. We all know the Earth revolves around the sun and the sun doesn't set or rise. It always just shines.

⁹ Sicher, Fred, Elisabeth Targ, Dan Moore, and Helene Smith. "A Randomized Double-Blind Study of the Effect of Distant Healing in a Population with Advanced Aids," *Western Journal of Medicine* 169 (December 1998) pp. 356-363.

¹⁰ Byrd, Randolph. "Positive Therapeutic Effects of Intercessory Prayer in a Coronary Care Unit Population," *Southern Medical Journal* 81, No.7 (July 1988) pp.826-829.

¹¹ Benor, Daniel. *Healing Research: Holistic Energy Medicine and Spirituality. Vol. 1.* (Southfield, MI, 1999).

There have been studies made where they weighed people just prior to and again after their transition (death) only to find no weight change. Now scientifically we should be able to assert that the “thinker of the thought” has been proven to be weightless.

Somewhere along the way you learned about your human physical experience just as you learned about the sun. The problem is what you learned outweighs your recognition of who you truly are. We must not depend upon appearance as reported by our five senses to know what is true. We must stop dealing with effect and start looking at cause. Everything we see is the result of an idea. We must realize this truth before we can rise above it and free ourselves from any condition. “You shall know the truth and the truth shall set you free.”

You believe and probably say that light *always and only* travels at 186,000 miles per second. Yet, Dr. Lene Vestergaard Hau and her students at Harvard, along with Dr. Steve Harris of Stanford published in the February 18, 1999 scientific journal *Nature* that they were successfully able to slow a beam of laser light to *38 miles per hour*.¹² Now that belief must change. May you, like so many, find other beliefs that will change as you read and reread this material.

We need to understand that when we were created in the image of God, we were created with the unique ability of being able to grow to know ourselves and thus, find the omnipresence of God as a part of who we are. I recognize God in me, while some people use their rights of recognition to create separateness, to believe that God is still “out there” in another image.

A word of warning. I have worked with many clients who have been taught that “they are God” only to discover their powerlessness. How frustrating for a person who feels that they have the ability to create a rose from out of the mud and yet can’t control their own life. I do think they have missed a connection of understanding, as well as their capacity in there somewhere. They have missed the fact that *free will* exists. There is that part in all of us, that consciously functions, with a sense of separateness from God. We recognize God as Omnipresent and yet still create our individual identity of separateness. Since most are in this position, it is from here that I will write.

The Gift{tc "The Gift" \ 3}

When I finally sat alone and began to sort out the pieces of who I am, to my surprise, I found that there was only one gift that God *made* each of us individually responsible for. That gift is *thought*. Some have called it a free will “gift”. When you recognize that God promised never to violate your free will, you will realize the immense value, He placed on your ability to use this gift of thought.

¹² Byrd, Randolph. “Positive Therapeutic Effects of Intercessory Prayer in a Coronary Care Unit Population,” *Southern Medical Journal* 81, No.7 (July 1988) pp.826-829.

Thoughts are things. Thoughts cause a vibration of energy and information to be set in motion. This energy is the *pure potentiality of creation*. The mind does its building solely out of the *power of thought*. Its creations take form in exact accord with your mental images, and desire builds those images for you. The *laws of attraction*, the *laws of creation* are the laws of your being. They are neither good or evil, moral or immoral. The *law of your being* is simply a blind law that cooperates always in perfect harmony with your thoughts. You sow in “seedthought” that which you wish to reap in harvest. You can use this law consciously or unconsciously, however live it you must, for it is the *law of life*. Thus the only way to change your conditions in life is to change your thoughts about life. The road to health begins in your secret thoughts and the motivating power that keeps it coming are your constructive energizing emotions staying focused on the outcome.

Dr. Candace Pert, in *Molecules of Emotion*, writes about the biochemical changes that take place in the body as the “mobile mind” messages the thought through a network linking all of our organs and systems. When scientists looked into the preventive systems in the body that prevent cancer, infections, and other such life long diseases, — T-cells, B-cells, etc. — they found receptors that were identical to those found in the nerve cells. From this, we begin to realize that *all our cells, and especially our immune system cells are always listening and responding to our thoughts.*¹³

In a day and age when at least thirty medical schools now teach future doctors the role of religion and spirituality in the lives of patients, it is time we all learn our part in the process.

Transformation Begins {tc "Transformation Begins" \ 3}

To get the most out of this information, you need transformation. You need to not only believe that you are a spirit being having a human experience, but you must develop the knowing that you are this weightlessness of whom I speak, that is connected to the omnipresence of God or “All That Is,” at your very core. Rather than remaining metaphorically like a caterpillar, it is time for you to spread your wings and take flight. Let go of those myths that have caused such Earth-bound folly. Learn things from a different dimension. Learn those things about the dimension of who you are that will set you free and enable you to soar. Learn that you are a human *being*, not a human *doing* and learn to *be* that which you are.

When people heal, so often they don’t understand the phenomena. Yet the ability is there from the spirit level. It’s like, *you cut yourself . . . you heal*. How do you do that? It all seems so simple. Where is all this information that knows when, where, and what to do? Let me just say again that this is not a medical text. As always with any condition or situation in need, I strongly recommend that you consult with a physician. After that, the decisions as to what to do are yours. Remember the Doctor is only *practicing* medicine. Perhaps if you would remember that you are only *practicing* being sick you will discover, as

¹³ Pert, Candace. *Molecules of Emotion: Why You Feel the Way You Feel*. (New York: Scribner, 1997).

often happens, that you will be better before the Doc ever actually sees you. The Placebo Effect? I think NOT. The Spirit Effect is more like it! *Your Empowering Spirit* creating Miracles. What would happen if . . . everyone thought of sickness and disease as *Neuro Interactive Simulations* over which they had the ability to change the neuro interaction to healing?

Miracles are interactive events that have a beginning inside of you. At the level of desire, you create the seeds of miracles. If just somehow you can grasp the truth in just those two lines I would need to say no more, for God in His faithfulness has promised you the *desires of your heart*.

“That the mind and body are inextricably linked is more than a fundamental belief handed down by our ancestors. It is now a fact of life, substantiated by modern medical science.” “Healing from within is an ability that lies dormant inside us all, a sleeping colossus waiting to unleash its formidable curative force. Everyone can harness their own power and become healthier in mind and body, change their lives for the better and keep that power working,” says Uri Geller in his latest book *Mind Medicine*.¹⁴

Five Seconds in a wheelchair, that was all it took to change my life. (Of course it was the right five seconds, because I had sat in one many times going in and out of hospitals.) I lived the impossible dream, or so it seems. Suddenly, I discovered answers people had been seeking for years. They were simple answers that, when put in perspective, would cause them to say, “I knew that! I had just never put it all together.” With so many people sick, like prisoners to their circumstances, could it possibly be that from my wheelchair option had come answers? I know so! We all came into this world without a manual. This is my version of that manual, complete with any mistakes that might remain.

¹⁴ Geller, Uri. *Mind Medicine: The Secret of Powerful Healing* (Boston, MA: Element Books, 1999).

***Think of Thought
as the only Gift
God gave
each of us
complete
responsibility
for.***

CHAPTER ONE{tc "CHAPTER ONE"} CONTINUOUS ENDLESS LIMITLESS YOU{tc "CONTINUOUS ENDLESS LIMITLESS YOU" \ 2}

YES We Can{tc "YES We Can" \ 3}

"It never rains in Southern California," you could hear me sing as the San Diego television station reported the El Nino rains of the Century on the evening news. Just days before, with El Nino in full force, a miracle had taken place for all the world to see and yet not many appreciated the implications. In the last 50 years, it has never rained on the internationally televised New Years Day Rose Bowl Parade in Pasadena. Who would ever want it to rain on the fabulous Rose Parade? Could it be that the people expecting to watch the parade only envision sunshine and by their belief that the 'sun always shines' set the order in the universe? Are we such powerful human beings that our individual thoughts combine to control the rain on New Years Day? If this is true, then how do we harness such power, individually, for ourselves?

In Virginia Beach, late 1996, I was teaching an evening session on our ability to use such powers of thought to transfer healing energy as a gift for healing ourselves and others, when another weather phenomena was taking place. Hurricane Fran was about to pass by. We were told, by local weather reports, it was rapidly increasing in speed from 115 MPH and was expected to reach 120 MPH in the next twenty minutes as the eye made land further down country. I directed all those that were there to simply face the eye of the hurricane and with the mind's eye tell the winds to go in the reverse direction, clockwise for this particular storm and location. Twenty minutes later, when the eye hit land, the winds had calmed down to 85 MPH.^{15 16}

For those in attendance, their lives changed that night as they began to recognize the power we have in group consciousness by thought to change things in our lives plus the lives of others or even the weather. Here we were a major convention of therapists who knew "it never rains on the Rose Bowl Parade." We were simply applying our *power of belief* to the hurricane with a knowing that allowed us to say to the winds, "peace be still." The night had previously been spent in learning that *energy flows where you pay attention and what you intend creates the end result*. I had also taught them spoon bending as a metaphor for healing.

¹⁵ Association For Research and Enlightenment, *Venture Magazine*, May/June 1997, P. 10.

¹⁶ NATH *The Bridge Magazine*, April 1997, Cover Story.

I ask you to suspend your doubt, just long enough to ask yourself, what is it that I really want? What are you willing to believe? If you could *do . . . have . . . be*? If you could create without limitation, the ultimate future, what would it be?

Experience this as you later close your eyes after asking yourself, "What would happen if . . . ?" Think it all through, feel it as though it has already happened. Imagine this ultimate future as being not just yours in the future but yours already in the now.

As you imagine this ultimate future, just go beyond the successful completion of what you have visualized and as you turn around and look back to now, hold onto the emotions and feelings that have come. Notice how good you feel inside and just smile allowing the Universe to accept this desire of your heart and work out the details for completion.

If you have not done this experience yet, do it now with just one thing you have coming up in the future for the learning lesson that is available here. We will add to this experience as we go along.

Are You Breathing? {tc "Are You Breathing?" \ 3}

Are you aware that you are breathing? Right now, are you thinking about the fact that you are breathing? Are you using just your nose or your mouth? Can you feel the air going into your lungs? Do you feel the expansion in your chest? You are breathing . . . right?

Interesting how your energy goes where you pay *attention*, and what you *intend* is the end result. You just paid attention, based on the natural law of the *power of suggestion*, to several aspects of breathing. Perhaps you still are, even though you are reading. Maybe you are noticing which nostril is taking in the most amount of air?

At the other than conscious level a part of you really pays attention to whatever you think. In this case, it was about breathing. However, the same experience relates to how we function in all of life. This is the natural law of the *power of suggestion* at work.

Finding Your Empowering Spirit {tc "Finding Your Empowering Spirit" \ 3}

Let me give you a way to dramatically increase the value of your experience from this book. To do so, follow these directions as I give them to you.

Step One

Since you are ready to learn all you can, let's start by having you just find two objects each about the weight of a gallon of liquid. Now stretch to lift them directly out to the side. Make them heavy enough so that you could not hold them out to the side for long comfortably. Since you are ready to learn, stop reading and find the objects you need to use and test to make sure they are the right weight for you.

Step Two

When you are ready, standing straight and tall in an open space, take each object in hand and lift them straight out from your side to where they are at shoulder level. Pay particular attention to the amount of strength that it takes to hold them there for just thirty seconds. Really feel what strength it takes to hold them up. Note: Be sure these objects are heavy enough to take most of your arm strength to lift them.

[If you are just reading on without doing this exercise, remember a time when you wished you had learned something right the first time. Things would have been different, wouldn't they? This is one of those times when doing the exercise as you read, is the right thing to do. Remember I am on your side and want you to be able to get the most from this book.]

Step Three

Placing the objects back down on the floor by your feet, stand back straight and tall. Somewhere out there in front of you, use your imagination to create a person, male or female, who does *NOT exist*, except in your own creative imagination. Just see them standing there, and as you do see them as being "unworthy and weak." When you have your internal focus on them then proceed. Just be sure that you have this person clearly pictured in your mind as you see them as "unworthy and weak."

Step Four

Now, out loud, I am going to have you repeat something you know to be a lie about this imaginary person that you created. Out loud . . . I want you to repeat, as though telling this person at a waltz step tempo, or at least without a rush, "You are unworthy and weak." ten times. You can even point your finger right at them as you say it. Now remember this is about a person that you have created in your imagination. They are not even real. You might even nod your head or point your fingers to help you keep the count up to ten times. Stop now and do this part of the exercise.

Step Five

Now that you have said this ten times out loud, simply reach back down to your two objects, pick them up and hold them again straight out to shoulder height for thirty seconds.

Step Six

Now, remember you have been saying something about someone else that you don't really even know to be true. It is a lie. It doesn't matter. Now notice the way your body has responded as though it were harder to do. ***At the other than conscious level Your***

Empowering Spirit, as an obedient servant, makes literal truth out of whatever you think or say as a direct command of action about YOU.

Your Empowering Spirit makes literal truth out of whatever you say or think. Even if it is not the truth. Even if it is a lie about someone else it is taken as truth in your inner spirit and a *command of action* about you. It is like the child to whom you say, "Don't spill the milk." What does he do? You guessed it. *Your Empowering Spirit* does not recognize do and don't as a command of action, it looks at the performance vocabulary such as "spill the milk."

Your Empowering Spirit right now is there to figure out the command of action that is contained in every thought or statement you are saying. From this, *your Empowering Spirit* creates an energy of attraction of what it now believes to be *the desire of your heart*. Think of the power that is yours just by knowing that this part of you believes this is the desire of your heart.

Step Seven

Just to re-clarify the experience. Place the objects back down and then standing straight and tall repeat out loud ten times, "I am worthy and strong!" As you do remember that this is a truth about you! Then repeat the procedure of holding your objects at shoulder height for thirty seconds noticing the difference between this experience and the "unworthy and weak" one. Each time you hold out the objects you will have a different sense of your strength as your actual cellular structure responds to your thoughts as *obedient commands*.

I can not tell you of a more life changing experience based on the learning I have uncovered over the last eighteen healed years. Using this scientifically known concept, the fact that *your Empowering Spirit* is obedient by the natural law of suggestion to you, we have a tremendous opportunity of getting to know ourselves and create healing.

As you saw in your own demonstration, your whole body, the cells in your body, responded to a complete lie. I have included in the appendix a page that gives you directions to do this process with a friend so that you can begin to teach them the lessons of *Your Empowering Spirit*. It is done a little differently from what is written here, however the results will be the same.

While editing this book, I had people who only read this material and moved on, and others who stopped and did the experiments with themselves and even others. As a result the book had the greatest impact on those who did this experiment before continuing as it suspended much of their disbelief in all that you are about to read. Certainly this is my recommendation.

Meeting Cleve Backster{tc "Meeting Cleve Backster" \l 3}

Cleve Backster is one of the first to do methodical research on cell structure responding to thought. Let me tell you more about some of his original work to help give you an understanding as to what exactly just took place.

I had waited years for the opportunity to meet Cleve Backster, then the day finally arrived. I was so nervous I found myself walking to the edge of the ocean just to calm down. Cleve Backster created the world standard in all polygraph work known as the Backster Zone Comparison. When a human is attached to a polygraph, or a lie detector, it picks up the most minute electrical impulses. At the cellular level there is an increase in the electrical energy fields when a person processes any information. One thing for sure, there is a difference in the field when you tell something that you know to be absolutely true and something that is untrue and Cleve Backster is the unquestioned leading authority in understanding and reading these fields of energy.

Work with Plants{tc "Work with Plants" \ 3}

In Cleve's first accidental plant energy findings he merely attached the electrodes to the plant leaf of a Dracena plant in 1966 to see if he could determine how long it takes water to go from the base of the root structure to the tip of the leaves. He got answers. Actually more than he was expecting. To his surprise the more he worked with the plant and followed the polygraph charts the more "human" the plant reactions seemed to be. He started to think about burning the plant with a match. At the very instant of that burning creative thought the recordings on the chart showed a response that again was indicative of human mental response. Could it be that plants can read our mind? Are they tapped into the Universe of consciousness to where they have a capacity to function at such a level? True they are a life force. Let's face it, they have the ability to overcome gravity. Systemic action pulls nutrients etc. up through their base and out into the capillary of the leaves. Remember now that water does not run up hill. When you drop a hand full of dirt it goes straight down. Yet here is a plant, a controlled union of cells with a unique organizing ability that will allow it to overcome the law of gravity. Could this mean that the simplest living cells are all able to read our thoughts? Apparently so, as the research went on to show.

After several other thought proving attempts to threaten the life of the Dracena, Cleve had the opportunity to show one of his assistants the results. Realizing that he already knew the results he would get, he determined that they would not actually produce the life threatening situations but would only pretend. To his surprise, the plant produced no response allowing the later conclusion to be drawn and proven that the plant knew the "intention" ahead of time and therefore had no need to produce any special signs or responses. Now is this intelligence or what? All the time we have been thinking of plants as a mass of substances like chlorophyll, water and minerals without the understanding of the spirit life that is there.

One of the hardest things in pure research is the ability to duplicate a process so that the repetition shows the same results. With the information that he obtained on the cellular

response of plants, it was discovered that the plants only truly responded to spontaneous and un-premeditated thought. This simply meant that when the process of duplicating the results in test circumstances was set up, the plants knew the process as soon as the procedures were established so that they need no longer respond, they had already responded to the original thought as the procedure was being established. This made research a tough sell in the scientific community.

In these studies Cleve went on to record reactions of his plants to the death of shrimp as they were dropped in boiling water. Eggs themselves responded to the thoughts of being broken as well as his plants responding to the ultimate destructive process of the eggs. Truly an amazing understanding of universal spirit life force in a quantum interconnectedness.

Privacy Does Not Exist{tc "Privacy Does Not Exist" \ 3}

What would you think, if you were Cleve, and all of a sudden you could show that even when you were away from your research area somewhere out in the city that the plants still knew your thoughts? They even showed a sort of joy on the impulse monitors when you decided that you were going to turn around and return to where they were at. Yes, even when Cleve was in the middle of a crowd of thousands, they knew what was happening in his thoughts. Does this mean that the plant had the ability to transcend space or distance? Actually it breaks down to more than that as it shows that the plant had a primary memory of sorts in that it has the ability to differentiate Cleve from everyone else out there and thus respond to his thoughts.

Remember, in quantum theory, as Bell's theorem postulates, objects that were once in touch with each other both changed if there is a subsequent change in the other — no matter how far apart they are.

In the case of these plants, we find not only a primary perception but also a primary intelligence of sorts at the level of a plant cell as Cleve cut a leaf from the plant and still got the same reaction from the cells of the cut leaf. He also ground up the leaf into the smallest of particles and still got the reactions as though he were dealing with the whole plant. Yes *the individual cells were responding as though this was the location of memory in each and every cell.*

Human Cells{tc "Human Cells" \ 3}

Now why would I want to introduce you to all the marvels of Backster's plant studies unless some where in here we can relate the work to human cells. That was exactly where the studies went next. If I had the opportunity to take you to the lab you would discover that just scraping the inside of your cheek would remove cells that can easily be monitored, just like the plants. Oral white blood cells from within the mouth were soon monitored at a distance of several miles. Cleve, in the San Diego laboratory, showed me human cell monitoring that had taken place at a distance of three hundred miles from Phoenix to San Diego.

Testing substances like sperm, perception proved to be there as with the plants. This for me bears a significant implication for those couples who claim “they can never get pregnant.” Many couples, after adopting, discover they have conceived. Does the perception of the sperm or even the egg create the ability to conceive or not? Is there a belief at work in there somewhere. Consider the implications. Since every thought is taken as a direct command of action and the underlying belief is that “we can’t get pregnant,” does the change in perception when a child is adopted change pure potentiality? Certainly the evidence does point to this truth.

The body is the visible part of the mind and the mind is the invisible part of the body. Both are inter-dependent like a cloud and water. It is equally important to realize that you also have that third part we call soul which is invisible and that which is eternal. Just as there are three parts to the states of matter, solid, liquid and gas, so we are the combined three parts of body, mind, and spirit. So, do you really have any secrets you think no one knows? Certainly not on this interconnected planet at an other-than-conscious level.

Reaction to Cleve {tc "Reaction to Cleve" \ 3}

In case your wondering what it was finally like meeting Cleve, well, it wasn't at all what I had expected. Like me today, as I seem to take for granted all this information about healing as I walk, talk, live and breath it, Cleve was more interested in showing the scientific facts, than considering all the implications. The potential of talking with your cells for healing was simply not in the equation. The big picture seemed to be totally missed. Truly the proof of potentiality for which I was so excited went unnoticed.

DNA and Love {tc "DNA and Love" \ 3}

In Gregg Braden's book, *Walking Between the Worlds*, there is a wonderful diagram of the wave oscillation patterns of love and fear from the perspective of an electrical and magnetic field. He shows us how these wave patterns like a ribbon over-lap DNA as a structural pattern teaching us that fear, because it is seen as a long and slow wave, has few connecting points with the DNA cycle. Thus as an energy it could actually limit the DNA function biologically. His diagram of fear shows only about eight connecting crossings over DNA.

Love, however, as a shorter and faster oscillation, has a greater number of actual complete waves per unit of DNA. Gregg shows it to be a wave pattern that actually duplicates the same positions as it overlays the DNA ribbon wave structure pictorially. Interesting that this DNA structure is found within the cells of our body where mind can be found. This is were we link to creation in the image of God.¹⁷

¹⁷ Braden, Gregg. *Walking Between The Worlds: The Science of Compassion*. (Bellevue, WA: Radio Bookstore Press, 1997), pp. 77-78

Certainly case histories of people who live in fear show a depressed immune system while those who live in love show just the opposite. When you think of all the things we fear, we must remind ourselves that there is no foundation for it. *Fear and depression only live in the future and are based upon impressions from the past that you are allowing to live in the now.* It is only a false experience or fantasized experience appearing real. If fear is held in thought long enough you will be able to be like Job and say, "That which I feared the most is come upon me."

The Human Computer{tc "The Human Computer" \ 3}

In 1957 Canadian neurosurgeon Wilder Penfield, while doing neuro research on epileptics, drilled a hole into a woman's head and inserted a probe. Upon stimulation it was discovered that she could remember everything that took place at her birthday party at age 6. Every time he probed the same area, the same memory came forth. Since the memory was being described as if the person was there, he wondered where this observer was. When he asked "Are you at the party?" the part describing this memory responded, "No, I am in the operating room."

Another time, the probed area caused a person's arm to raise repeatedly with each insertion. When he asked the person, "Are you moving your arm?" the person responded, "No, my arm is moving up." Being a research scientist, the next step was only natural as you head him say, "When I stimulate your visual cortex next, I want you to move your arm somewhere else." And, of course, the "thinker of the thought" made the body respond appropriately. Now the problem? Who is this thinker of the thought and who is it that can override a conditioned response already embedded in the memory.¹⁸

Today we can use MRI, PET, and other devises for measuring the effects of thought in the brain, however researchers have still never found the all elusive "thinker of the thought." In others words, the all encompassing "My and I" is not available. It's just like they say, "You are empty space."

For me, part of the thrill in doing Quantum work is not only allowing you an out-of-body experience as spirit, should you take the journey, it is providing you with an inner-body experience as spirit that will change your life forever.

One of the greatest discoveries, especially for those who are affected by anything related to the brain is the research of neurogenesis or the production of new brain cells. For years I told everyone that my brain had to replace the cells for me to even be able to stand up and walk while doctors and researchers told me of the impossibility. I could hear what they were saying, it was just that I thought of them as misguided liars. Today the proof is in. We

¹⁸ Penfield, Wilder. *The Mystery of the Mind: A Critical Study of Consciousness and the Human Brain.* (Princeton, NJ: Princeton University Press, 1975).

do replace our brain cells, as research centers like the Salk Institute for Biological Studies in La Jolla, California and the MIND Institute at University of California at Davis prove. Truly the blueprint for perfect health has always been available to be activated.

Your brain is made up of billions of neurons, each having branch like arms called dendrites spreading out from the central core. These arms are covered with hundreds of tiny chemical sacks and as you process thought, electro-chemical information jumps across the tiny gaps between these branches at junctions called synapses. Your thoughts produce what is called synaptic patterns. In the gaps are the neurotransmitters. Today researchers realize these neurotransmitters bathe every cell in our bodies.

It is estimated that you have an average of 100,000 chemical reactions going on every second inside approximately 30 billion brain cells. Our potential thought patterns outnumber the sum of all known atoms that exist in the Universe. In layman's language, the neural network of your mental computer is estimated to be at least 1200 times more intricate than that of the entire world phone system. Not bad for a little gray box that weighs only three to three and a half pounds! It has been estimated that in your life time you will take in 280 quadrillion (280,000,000,000,000,000) bits of information at a rate of 2 million bits per second. Then by distortion, deletion and generalization we decide what we take into consciousness. It is great that we don't have to recognize it all at once consciously. We would go crazy!

If I were to ask you to name cars, magazines, movies, etc. you would consciously discover that you can quickly, consciously name about seven plus or minus two and then you must pause for information to come up from the deeper memory files. We also allow information in at a rate of 7 plus or minus 2 bits of information at a time. This prevents overload to the system. George Miller, psychologist, wrote a famous and often quoted paper on this subject "*The Magical Number Seven, Plus or Minus Two.*" Advertisers have paid attention to this knowledge for some time and use the 7 plus or minus rule quite effectively. Notice that a television advertisement gives you 5 to 7 things that you can obviously verify as true then the next part is the purchase pitch. This is another whole subject you can research under Neuro Linguistic Programming, one of the fields I teach a great deal from.

Our Holographic Universe Within{tc "Our Holographic Universe Within" \ 3}

Karl Pribram won a Nobel prize for his proposal of the holographic storage of memory throughout the entire nervous system. To do this requires that the *whole* cellular system have memory. One of the things he had to realize is that neurotransmitters are bathing every cell in your body.¹⁹ Candace Pert, Ph.D. in *Molecules of Emotion* explains how the chemicals inside our bodies form a dynamic information network linking mind and body.²⁰

¹⁹ Pribram, Karl. *Languages of the Brain*. (Monterey, CA: Wadsworth Publishing, 1977).

²⁰ Pert, Candace. *Molecules of Emotion: Why You Feel the Way You Feel*. (New York: Scribner, 1997).

With a hologram you place an object to be pictured in front of a holographic camera. You then shine light on the object and separately on the background. After the picture is taken and developed you will have a photographic plate with a set of squiggly lines called interference patterns. When you shine a laser through this plate you then get a complete holographic image in mid-air not unlike R2D2's Star Wars image of Princess Leia's desperate plea for help. With this sort of image you can walk anywhere around it and it will appear in full detail. You can even look down from the top and up from the bottom. The most interesting thing to me is that if you cut this photographic plate in half you will then have two whole of the same. Even cutting a much smaller piece, you will still get a whole displayed like the original through each separate piece. The clarity is not as good, however you will still get the whole. Now think of this possibility in terms of the human nervous system being a hologram and the cell structure responding to your thought. You now will understand that the cells respond to your thought because memory is in every cell and every cell is bathed by neurotransmitters. These are the cells that were created with the perfect blueprint for health encoded within.

A Hologram of ?{tc "A Hologram of ?" \3}

When you ask yourself, "What is this hologram within a hologram of?" I believe it to be a hologram of the Universe. How is this so? I know that from conception through birth we all are connected in universal consciousness. At birth we received the "breath of life." At that time you began to develop your separate identity within the Universe. I believe that those individual cell receptors of identity that come to you in the first three hours after birth are a part of the mystery that bathes your individual cells with special neurotransmitters. This is when you begin to take up and create your separateness — time and space — in the universe. Up to this time, you have been a part of Mom.

If there is breath of life, there must, of necessity, be a source of life just as there is love, which must also have a source. The same is true of wisdom, health and happiness. We must simply come to the understanding that there is but "ONE." You are an individualized expression of the image of Creation provided with this breath of life. We are told, "know you not that you are the temple of the living God." You bear a relationship to God in individualized expression as a sunbeam holographically bears to its source the sun. Herein is the secret to the magnificent creative power of thought. Thought is the creative spiritual activity we all partake of, the only gift for which we were given complete responsibility. Without this spirit, without this ability of thought, you would be nothing in the human dimension.

Think of thought as the connection between you and this Universal Intelligence. Considering this to be so, we can conclude that *we are channels through which Creation pours out its expression*. Thoughts become cause and our conditions the effect. If we control our thoughts, we control effect. It follows then that our health, as with all other issues, is under our control by this magnificent gift of thought. We do not gain understanding from the world of the visible, as the things that we see have no originating power in themselves. You provide their power by observation and thought. It is what you think about something that gives it power.

When I created the process the Quantum Experience, I did so because I discovered people could actually find themselves, inside. In doing so, they also found that the Universe lies within holographically as well as the perception of that which is without. In the experience I help them to explore outside the body as Spirit in the Universe. In so doing they discover that they are not their body, they are the eternal spirit of soul. They are not their (dis-ease) disease housed in the shell of the body. They are the Spirit creator and the Spirit healer for that condition.

About Neurotransmitters{tc "About Neurotransmitters" \ 3}

It was in the 1980's that Quantum science began to realize that neurons appeared everywhere in the body. This is important. It means that no matter what time of day it is, even when you are asleep, your mind and body are in constant communication. Every single thought that you think, awake or asleep, is being communicated by neurotransmitters to the cells of your body. In *Minding the Body, Mending the Mind*, Dr. Joan Borysenko writes about the effect of neuropeptides on immune function saying, "What we see, then, is a rich and intricate two-way communication system linking the mind, the immune system, and potentially all other systems, a pathway through which our emotions — our hopes and fears — can affect the body's ability to defend itself." Through the power of your mind, you control the matter of your body through the pharmacy of more than fifty hormones that you produce.²¹

Knowing that emotion represents the single most sophisticated revolutionary technology available today, imagine your emotions being able to revise even the DNA of the cell structure, the very blueprint of life. Vladimir Poponin from the Institute For Heart Math, Boulder, Colorado has shown that the arrangement of matter such as atoms, bacteria, viruses, climate, and even other people surrounding your body may be directly linked to the feelings and emotion from within your body.²² Science is truly beginning to understand the quantum interconnectedness of all.

Recent biomedical research at IHM has revealed that the heart is not just a simple pump, but a highly complex, self-organized information processing center with its own functional "brain." With each heartbeat, the heart continuously communicates with and influences the cranial brain via the nervous system, hormonal system and other pathways. They are demonstrating that the messages the heart sends the brain not only affect physiological regulation, but also profoundly influence perception, emotions, behaviors, performance and health. In turn, the heart's output is measurably influenced by our moment-to-moment emotional experience.

²¹ Borysenko, Joan. *Minding the Body, Mending the Mind*. (New York: Bantam, 1987), p.13.

²²Poponin, Vladimir. *The DNA Phantom Effect: Direct Measurement of a New Field in the Vacuum Substructure*. (Boulder Creek, CA: Institute of HeartMath,).

What might be the sum total of all the thoughts that you have given yourself over the last 10 years. With neurotransmitters bathing every cell in your body, what do you think the sum total is of all the suggestions you have created in your lifetime? Were these the suggestions of things you wanted or did not want? Who was in charge of these suggestions?

The conscious gift God gave you complete responsibility for is thought. Just how did you use it? Since you cannot remain consciously conscious of some functions like breathing, the beating of your heart, etc., it is obvious that there is a part of you that is in charge, user of all suggestions and keeper of all knowledge. This is *your Empowering Spirit*.

We all have the ability by thought to allow our energy to shift to love where a virus and bacteria cannot live. As we become more aware that everything is a vibrational frequency, we will soon discover that we all have the ability to create the desired frequencies. The process is ours to *remember*. We all carry within our cells 1.17 volts of electrical potential. And we activate that potential energy through thought.

Within years the medical community will be able to tell you the frequency of vibration of any disease and will be working towards the vibrational medicines that we already know will heal.

Think of the implications. They are simply staggering. How many people, if they truly understood that there are no secrets from your cells, would change the way they think? What if they also understood that at the other than conscious level there is *your Empowering Spirit*, as an *obedient servant* making literal truth out of whatever you think at the cellular level. I can't begin to tell you how many people would win over disease.

Preservation{tc "Preservation" \ 3}

It is interesting to note that the best and most significant reactions with Cleve Backster and his plant and cell studies always came in relation to the process of the protection or preservation of life. Especially since the primary function of *your Empowering Spirit* is the preservation of who you are.

Does this mean then that we can talk to our cells? No question . . . yes . . . this is just the beginning. Psychoneuroimmunology, which has quickly become a recognized part of the medical community is just that. It is a study of your communication with the cellular system of the body, the study of behavioral-neural-endocrine-immune system interactions. Specific cells will respond, such as your stomach cells responding to worry as interest paid on a debt before it becomes due thus producing an ulcer, or the entire immune system responding to continued stress.

I personally discovered "thought" to be a powerful immune system operative. Since imagination and reality are indistinguishable then images in the mind can ultimately

manifest as realities in the physical for both disease and healing. When you look toward healing, disease begins to disappear.

Let me say that again. *When you look toward healing, disease begins to disappear*, so imagine what begins and will happen when you look toward healing, rather than looking toward disease.

In Dr. Bernie Segal's book *Love, Medicine and Miracles* he recounts case after case where people merely changed their *thoughts* or attitudes as it related to the hopelessness of their illness only to have them reverse the effects of the disease. What did they change? A thought!²³

Snowball Cancer{tc "Snowball Cancer" \l 3}

Psychologist Bruno Klopfer has one of the most reported cases of thoughts effect upon healing. Bruno was treating a man named Wright who had advanced cancer of the lymph nodes. His body held tumors the size of oranges with a life expectancy of days. Wright was given a shot, at his request, of an experimental drug he believed was his last resort, called Krebiozen. The Doctor went home for the weekend expecting Klopfer to transition by Monday.

Upon return, to his surprise, Klopfer discovered the tumors were now half of their original size. To Wright, "they melted like snowballs on a hot stove." Ten days later he left the hospital, as far as his doctors could tell, free of cancer. He came into the hospital on oxygen and left to go fly his personal plane.

After being well for about two months, articles began to appear asserting that Krebiozen had actually had no effect on cancer of the lymph nodes. As a logical and scientific thinker, Wright was soon admitted to the hospital. Recognizing faith at work, the physician told Wright that Krebiozen was every bit as effective as it had seemed. It was just that some of the original medicine had deteriorated during shipping. Explaining that he had a new more concentrated version of the drug, Klopfer gave him an injection of *plain water* after going through elaborate procedures to stage the shot.

Once again the results were fast as tumors melted, chest fluids vanished, and the dying Wright came back to full health. This remained until two months later when the American Medical Association announced that a nationwide study of Krebiozen had found the drug worthless in the treatment of cancer. Wright's faith and belief could not be reestablished and his cancer progressed so rapidly he died two days later.²⁴

²³ Siegal, Bernie. *Love, Medicine and Miracles: Lesson's Learned About Self-Healing from a Surgeon's Experience with Exceptional Patients*. (New York: HarperCollins, 1986).

²⁴ Talbot, Michael. *The Holographic Universe*. (New York: HarperCollins, 1991), pp.93-94.

In some ways this is not so much a case of creating a belief as it is a message of *bypassing disbelief* and tapping the healing power of *your Empowering Spirit* for truly tumors *can* melt away overnight. *Miracles do happen.*

In a CNN report on September 11, 1997, Dr. Herbert Benson of Harvard Medical School voiced his opinion that *belief* itself could heal.²⁵

When you understand your *Empowering Spirit*, as an obedient servant, you will understand why the most important thought you will ever have is your *last one*, for it serves as the last directive to accomplish, not only in health and wellness but also in future accomplishments. While science continues to study the neuropeptides, microphages, and other definitions they are giving to the connection of the immune system, mind, and brain function, realize that I put healing into the perspective of someone that nearly died while they were trying to figure it out. I pray they find millions of ways to help all of us. Healing is an inter-active event and you have an *Empowering Spirit* obediently seeking to respond to the natural law of the power of suggestion. I pray we learn our part in that process for ***thinking is the employment of life.*** Thoughts are things. Thoughts are activators of spirit.

You Never Get Enough of What You Don't Want {tc "You Never Get Enough of What You Don't Want" \l 3}

Most people go through life allowing their mind to constantly dwell upon the things that they don't want. Guess what they get? I promise when it comes to thought ***you will never get enough of what you don't want.*** *Your Empowering Spirit* is right there to fulfill that wish as a command of literal truth in attraction. Mind is reality and ideas are the generating energy of all existence. Everything is first worked out in the unseen realm of cause before it appears in tangible form as effect. What you think about comes about. Therefore, the more you think about what you don't want, the more the energy of attraction brings it to you.

This again is the greatest of discoveries, that you through *your Empowering Spirit* create your reality. If you think only about what you don't want . . . Wham! There it is created in full force. Your present condition was manifest as a result of your past thoughts. It is you who have chosen this as your future. You have chosen your health and wellness and all other areas of life.

Like energy attracts like energy. Put in a better relationship, *like thoughts attract like results.* The more you think about what you don't want, the more you will manifest exactly that in your life. So, if this life were a fable, the moral of the story would be, NEVER let your thoughts dwell on what you DO NOT WANT! Believe like Cinderella and live happily ever after. You will always be what you are thinking today. You are not a slave to your circumstances as the story of Cinderella tells us, *you are the one who manifests your destiny.* In group consciousness we are shape of our known universe.

²⁵ Geller, Uri. *Ella* (London: Headline Book, 1998), p. 437.

A Quantum Look{tc "A Quantum Look" \ 3}

Dr. Deepak Chopra, in most of his books teaches that radio active isotope studies reveal that we replace nearly 98% of all the atoms in our body within a year. This means that you replace your stomach lining in 5 days, new skin every 30 days, new liver in 6 weeks, new bone skeleton in 6 months. Every brain cell that was there last year is not there this year. Today we know that even the DNA material of every cell, the genetic blueprint for life, replaces itself every 6 weeks. The body that started to read this book is already different from when you started.²⁶

This certainly makes me realize that as we continue with the same energy running through our body, the cells only knows to reproduce the same health or disease that is present. By changing our thoughts we can change biochemical reactions that free us from clogged arteries, arthritis, etc in around 6 to 8 weeks.

Scientists will tell you that 99% of your body is actually empty space at the nuclear level. So is it possible that you are 99% empty space by actual existence? This certainly creates the reality of a quantum holographic Universe.

A photon is a quantum level of light, just as an electron is a quantum level of electricity. In the same way the body has its own breakdown to a quantum level known as *thought*. Sometimes known as a feeling, drive, an emotion, idea, hunch, etc. it is a pulse of thought, an impulse of information, and energy. We are a non-material spirit, informational energy source that basically *interacts* with our consciousness. These thoughts, energy, or impulses allow us to act upon our five senses, and go well beyond the basic complexities of operating the heart, and maintaining the body.

I am fascinated by the simple fact that when we hurt ourselves accidentally, like a cut or bruise, we heal. How does this happen? How does your body know how to heal that cut or bruise? Better yet, try the even bigger questions. How does your body know when to stop healing? What runs the mechanics that makes it all happen? Who is at that computer? Who makes it all happen? Is it really just Mr. Immune and Mr. Lymphatic in charge of their own operations? Or do you, in recognizing a need, turn on the healing? Remember at the level of desire you create the seeds of miracles.

I am sure you have heard stories of people who have been shot or injured and it did not bother them until someone pointed it out! President Reagan experienced that. Someone brought it to his attention that he had been shot. He fainted. Many people have been able to carry on by *intention* as though nothing had happened until they were told of their injury.

²⁶ Chopra, Deepak. *Ageless Body Timeless Mind: The Quantum alternative to Growing Old*. (New York: Harmony, 1993).

___ *Quantum Healing: Exploring the Frontiers of Mind/Body Medicine*. (New York: Bantam, 1989).

___ *Perfect Health: The Complete Mind/Body Guide*. (New York: Harmony, 1991).

MY & I on the Inside{tc "MY & I on the Inside" \ 3}

My life has been transformed by knowing that I am first and foremost a spiritual being that inhabits a body. I am definitely not a body that inhabits a spirit being. In the introduction, I asked you to use the following exercise. Right now take your hand and tap yourself on the chest as you say, "My body." That's right, just say "My body." as you tap your chest. If I were to say to you, "Who said that?" you might point your finger at your body and say, "*I* said, **My** body." So just who is this "**My and I**" on the inside that represents itself in separate identity from this body.

You are not your name, you are not your body, your religion, your parents. You are that invisibleness that came in weightless and will leave weightless and remain there in weightlessness today. Right now, **My and I is in there as your Empowering Spirit, obediently making literal truth out of whatever you think.** Every experience you have had was manifested for you by spirit. Just think of the power of thought as the only gift God gave each of us complete responsibility for.

When you fully realize the true value of My & I you have the opportunity to never again think badly of yourself, for this is your power to change your physical conditions as well as your outside environment. This is where we have the opportunity to control our thoughts and thus change outcomes. The world without is only relative to our thoughts, while truth, which is absolute, lives as an energy within. You create your reality.

How to Feel Your Energy{tc "How to Feel Your Energy" \ 3}

If you have not yet felt yourself as spirit energy, try this experience. It will help you to feel your spirit energy as expressed in the auric field around you. Clap your hands together for at least one minute as though you had just heard the best speaker ever. Make sure as you do that you make all the fingers and thumbs connect in each clap. This is just to stir the energy of attention in your hands. If you are doing this while outdoors or while you're at work with other people around, just keep smiling at everyone as you clap and nod as though it is in appreciation of them. It will change their day.

After a minute of clapping place your hands directly in front of you just above waist height and pointed straight out so that you can press them together with the palm and all fingers touching. Begin to rub them together while pressing hard with the arms until the muscles in the sides of your arms feel like screaming. This should be about another minute.

Then shake out your hands to cool them off giving them time to respond to the chaos you have created. Slowly bring your hands together to where there is just room for a sheet of paper to be slid between them. Make sure this is the distance between the two hands. Only room for a sheet of paper, not a book! Without touching them together, slightly move one hand only back and forth while holding the other hand steady. You will begin to feel the magnetic energy that is flowing between your two hands. Move one hand ever so slightly and keep them as close as possible without touching.

It will remind you of times when you played with magnets as a child. Avoid having the hands touch in this initial period, as putting your hands together quickly reduces the energy signal. You will improve the quality of what you are able to feel by repeating the process. When you get a sense of this energy, create a wave type motion pulling your hands apart and back together like you are forming a ball out of the energy that is there and you will feel the movement. Cup your hands thus relaxing the energy centers in your hands to feel even more of the ball shaped energy. What many feel most is the compression of energy as your hands come back near each other to form the ball.

This, my friend, is the way the world you don't see knows who you are in life. This is a representation of your identity in the dimension of *your Empowering Spirit*, the form of you that will someday be through with its physical shell. I can still remember the awe I felt when I first did this. After repeated practice you will be able to put several inches, even feet, between your hands and still feel the energy.

Therapeutic Touch{tc "Therapeutic Touch" \ 3}

Therapeutic Touch is energy healing work using the hands where the practitioner feels energy. It is, in many cases, felt from a distance above the body. Magnetometers, which are very sensitive energy measurement instruments, have been used to test Therapeutic Touch practitioners very successfully. Therapeutic Touch has been shown to increase hemoglobin levels, reduce anxiety, and reduce tension headaches. Made popular by Dolores Krieger, Ph.D. at New York University, it has now been taught to nearly 50,000 nurses around the world since the 1970's.²⁷

Research is in progress all over the world looking at the effects of electromagnetic frequencies and electromagnetic fields [EMF]. I had a friend with a frequency generator attached to a severely broken leg bone to aid in the healing process. You may know of someone with an implanted device even now.

²⁷ Krieger, Dolores. *Therapeutic Touch: Inner Workbook*. (Sante Fe, NM: Bear & Co., 1997).

***There is
no more
important
Thought
than your
Last One.***

CHAPTER TWO{tc "CHAPTER TWO"} MAY I SUGGEST{tc "MAY I SUGGEST" \ 2}

Subjective / Objective Mind{tc "Subjective / Objective Mind" \ 3}

Since part of my background includes work in Transpersonal Hypnotherapy, let us look at suggestion from this perspective. A Clinical Hypnotherapist understands that a hypnotic client is constantly obedient to the power of suggestion. Research shows that suggestion is the all-powerful factor in the creation of all hypnotic occurrences. There are implications here we can all begin to imply. The key is *obedient* to the power of suggestion.

To understand the fact that we each contain *an Empowering Spirit*, obedient to the power of suggestion, we must look at the mind as a *dual function*. That is to say, man has *two minds*, each granted separate and distinct powers. Each is capable under the right conditions of independent action. Obviously, everything happens as though we were endowed with a dual mental organization *while functioning as one*. Therefore we have grown up thinking of ourselves as one, as a separate entity unto ourselves.

Scientific researchers have called one mind the objective and the other the subjective. Even here the connotation exists as to the very natural function of the second part as subjective. From the prospective of the lesson here, we will call the objective mind, the Conscious Mind, while the subjective mind *your Empowering Spirit*. This subjective mind appears to be an undeniable power free from any physical attachments. As such, it does not appear to depend even upon the healthy condition of the brain for its power of manifestation.

The reason I point this out is so that you begin to get the understanding that *the mind is not in the brain*. The brain is the electrical stimulation center. The mind is in every cell in our body and even found in the energy field surrounding the body. Truly the quantum Universe lies in and through us all. Rosalyn Bruyere in *Wheels of Light* writes of a twelve year research study with Dr. Valerie Hunt at UCLA validating the mind as not just in the brain, but in an energy field in and around the body.²⁸ Certainly my training in biofeedback and Kirlian photography validates such a position. Wilder Penfield's *The Mystery of the*

²⁸ Bruyere, Rosalyn. *Wheels of Light: Chakras, Auras, and the Healing Energy of the Body*. (New York: Simon & Schuster, 1989).

*Mind*²⁹ and Karl Pribram's *Languages of the Brain* just add more substantiation for those looking for further information.³⁰

From my years of experience with transpersonal hypnotherapy, I realize that the more the conscious mind is at rest, the greater the abilities of manifestation from *your Empowering Spirit*. I believe that the nearer we come to that which we would call death, the more the powers of *your Empowering Spirit* are observable in connection to quantum experience.

Knowing that *your Empowering Spirit* is constantly obedient to the power of suggestion, it should also be noted that it is *incapable of inductive reasoning*. Inductive reasoning is reasoning proceeding from particular facts to a general conclusion using logic. It does not induce or lead on, it responds as your obedient servant to your thoughts using the information stored in memory as a basis for function.

Responsibility{tc "Responsibility" \ 3}

Your conscious mind is responsible for collecting what you can know or understand of the physical world through your senses. The conscious mind is an outgrowth of physical necessity as you continue to be created out of the soil and air of the earth. Consciousness or the mental condition of *being aware*, is here as guide in the struggle with the material physical world and its highest function is that of reasoning. It is the part of our mind by which we perceive, reason, judge, and even reject, using our natural powers to know, to will, and to choose. The conscious mind functions as the supreme ruler in our mental world as it deals with all the impressions of the visible world through the senses.

Your Empowering Spirit is here with its highest function as the preservation of who you are. This is the prime directive it received coming into this shell, this body, the preservation of who you think you are based on thought. This is why your thoughts, whether about you or someone else, are extremely important. When it comes to health and wellness, ***there is no more important a thought than your last one***. It is like a key turning on a physical machine, it either has you going toward health or disease.

Your Empowering Spirit is responsible for the range of what one can know or understand of the environment by means independent of the physical senses. It perceives through intuition. We know it as the seat of emotions and feelings and the storehouse of memory. We also know it as the place where imagination dwells. As stated earlier, *your Empowering Spirit* performs best when the senses are at rest. Thus hypnosis becomes an effective therapy, as the conscious mind is bypassed going directly to the point of

²⁹ Penfield, Wilder. *The Mystery of the Mind: A Critical Study of Consciousness and the Human Brain*. (Princeton, NJ: Princeton University Press, 1975).

³⁰ Pribram, Karl. *Languages of the Brain*. (Monterey, CA: Wadsworth Publishing, 1977).

obedience, to *your Empowering Spirit* who acts upon the power of suggestion with your permission.

You are Your Protection{tc "You are Your Protection" \ 3}

Your Empowering Spirit is **not** controllable by the suggestions of others when it goes against one's personal beliefs. This is true even in a conscious awake state. I tell you this so that you realize that the person in a staged hypnosis show barking like a dog and cackling like a chicken has chosen to perform these functions within these boundaries. Because they are in a hypnotic state, their *Empowering Spirit* is functioning based on the natural law of suggestion and the conscious mind has abdicated the throne to the law of the mind which is belief. Whether you believe you can or cannot, you *can* or *cannot*. Thoughts are things which cause a vibration of energy that sets in motion the law of the mind. Since everything has its beginning in thought — that which is your mind in action — thoughts are creative power.

The same person, in a stage show, when told they are now Chairperson of a major social group, will show an astounding ability for leadership. Seconds later they may be wilting from the sound of the voice of a previous authority figure over them.

The hypnotist can tell this person that he has a high fever, causing his face to flush, pulse raise, and the memory of a fever to awaken and come to life. If told the glass of water he is drinking is a product that produces the most severe intoxication, and it does not violate his sense of self, he will show you an interpretation of a harmless drunk person. I have seen roses smell like a skunk, and smelling salts smell like roses. The natural law of suggestion and the function of the *Empowering Spirit* creates it all as real. Mostly, the person on stage will make the audience laugh and smile, which they intend to do based upon belief.

We have all heard that you cannot be hypnotized against your will. This is true. The practitioner makes the hypnotic suggestion, while the failure is due to the contrary belief created by the client. Again, a belief being acted upon is like a container. *Belief shapes our understanding of reality*. Change the belief and reality changes as a new truth from your perspective.

There is also autosuggestion which is a pre-established belief upon which a person will respond. It is generally created by you, or sent to you by another as a suggestion that comes from reasoning, intuition, undeniable knowledge, or the evidence of your senses. In essence, the power of suggestion and of autosuggestion, which is still the power of suggestion, shows the accuracy of *your Empowering Spirit* to respond based upon belief. We should note that the strongest suggestion accepted by *your Empowering Spirit* takes precedence over all others. In a way it disproves the theory that a person is an irresponsible robot when subjected to stage hypnosis. That is right. They really are doing what they want. They are functioning within the natural laws of nature and within their belief system.

Children and Adults{tc "Children and Adults" \ 3}

Watch children in their subjective world at play. Their imaginings create the most wonderful scenarios. At times the Fairy Godmother will come and endow them with magnificent blessings, while at other times the hairy-scary monster will chase them so far that their evening dreams contain the same shock of creative memory as the imagination makes a return engagement.

Furthermore, I have seen adult clients shrink from fears that have a reality only at the *Empowering Spirit* level. There are institutions filled with people who *decided* to have no objective conscious control over their *Empowering Spirit* and now live a fantasized life called insanity. For some this is a euphoric state of bliss. It is all based on belief. Fear itself masquerades as a need to control and deprives them of their chance to be free.

Your Suggestions{tc "Your Suggestions" \ 3}

Logically, the *Empowering Spirit* of a person is as open to the suggestions of their conscious mind as it is suggestions made by others. With hypnotherapy, one allows another to assume control, thus replacing the conscious mind in representation. Without the practitioner, *your Empowering Spirit* is still taking in the power of suggestion. *Your Empowering Spirit* is always actively looking to take in suggestion from some source. *Watch and listen to your thoughts and environment as they affect your ability to heal.*

This is the great principle that allowed me to overcome fourteen years of paralysis from MS. Though it took me approximately eighteen months to heal, the conscious power of suggestion to heal was always at work. This makes the statement to “*always and only remember wellness*” take on a powerful meaning.

Let me remind you, the conscious mind functions as the physical brain (objective), where as *your Empowering Spirit* (subjective) is a distinct entity possessing independent powers and functions with a mental organization of its own. It truly is the technological genius of life. It can, as spirit, sustain an existence independent of the body. You will experience this independent existence as you go through the quantum exercises.

We Do Reason{tc "We Do Reason" \ 3}

The conscious mind is known to reason inductively (from the specific to the general), deductively (from the general to the specific), and analytically (determining the essential details). It takes in several items of information and magically creates a whole new thought. Everything in your life must first appear as a conscious thought. The manifestation of anything in the physical always begins as a divine idea.

Your Empowering Spirit, on the other hand, is totally incapable of inductive reasoning without the additional capacity of the conscious mind to direct it. The reasoning is always deductive. *Your Empowering Spirit* cannot take a series of facts and reason them through so as to come up with a new fact. It takes the series of facts and deductively checks all known references available in your memory system.

Every thought that enters the conscious mind can therefore be scrutinized by our reasoning ability before you ask it to go as truth to *your Empowering Spirit* where the thought is acted upon and brought forth into visible manifestation in your immediate environment or as part of your physical body. With this recognized ability, the conscious mind decides your destiny. For this reason *to control your health, you must control your thought*.

***Energy goes
where
YOU pay attention
and
what YOU intend
is the end
result.***

**CHAPTER THREE{tc "CHAPTER THREE"}
WORDS, THE PROMISES YOU KEEP{tc "WORDS, THE
PROMISES YOU KEEP" \l 2}**

Creating / Healing{tc "Creating / Healing" \l 3}

Your Empowering Spirit will consider the correctness of everything that it confers to be a known fact of literal truth. Such a simple thing as a doubt, implied or expressed, results in notable mental confusion and distress, especially when it questions what you supposedly already accepted as truth. Instead you find *your Empowering Spirit* unable to reasonably argue as though in shock. It does not have inductive reasoning's ability to argue. This action must take place at the conscious level. When this happens, as previously stated, the dis-stress becomes obvious as the over-agitated physical body displays the nervous shock that has taken place in the memory system. *Your Empowering Spirit* assumes that its conclusions based in your conscious thoughts are absolutely correct. Remember this *dis-stress* is what causes *dis-ease* which further causes *disease* when not handled to full resolution.

How much have we repressed, compressed and denied in the name of rightness? We look the other way while within knowing the truth, hoping the dis-stress or dis-ease will go away or at least get better on its own. Often, we try to believe that nothing is really wrong and that it will all work out. Meanwhile, you have received an interior energy signal that something is wrong. This is your cue to pay attention, to do something, to choose to heal. If we turn away, refusing to handle the energies, it only gets worse as the dis-ease energy lives and often grows towards physical disease without opposition.

This is not what you desire, so we often feel confused and rejected, frustrated and unloved, unaware that we are presenting ourselves with a message of false hope. Ultimately, you may begin to avoid people as you feel you cannot be yourself around them. You lose touch with the truth of who you are. Love for yourself inside is missing as the emotions and feelings form a pattern of distress. These patterns backlog and become distorted. They join together with similar emotions and feelings to magnify and reflect each other. When they resurface, they seem to be out of proportion to those who view you from the outside, while inside you feel it is just the natural you. Life becomes a big mirror of the distortions existing within.

You question your worthiness and delve into your separateness. Many create a world where they are truly alone living in depression as they seek to hide even more of their emotions and feelings. In silence there is suffering, instead of going to the core and finding *you are love, a love that heals*.

The blocked energy in your body allows this disease process to begin. Your own self-deception has thus created illness out of that which is not even real. A truth we seek to deny creates it. We become the reason why we are sick. We refuse to bring our beliefs into alignment with our heart. To “know thyself and be true” — in doing so, we become the reasons healing fails or succeeds.

This intuitive sensing comes to us from the combination of our heart, soul, and spirit joining to answer the call to preserve who we are. It says to you, respond . . . do something . . . and what happens in conscious thought becomes the end result as the power of suggestion.

Behind every thought or action there is always a positive intent. Strange that we must go all the way to illness to learn the original message, the original positive intent. This is why I established the training program of **Life Clean Out** to get the suppressed, repressed, and denied feelings in balance with who you are and to do so in a content free environment, where you remain in charge of the processing.

Refusal to take care of any intuitive senses not heart felt causes anger, hatred, bitterness, resentment, jealousy, anxiety, stress, depression, and so much more dis-ease or disease in our bodies. When feelings are truly heart felt, love felt, they are responded to in love and the end results produce different meanings.

We all possess a natural healing power. In essence, it is ours to use, it is ours to lose. Our very *thought*, which is the only gift God gave each of us complete responsibility for, causes this healing. Your life is the story that is unfolding in the Universe. You are this story. You are this message to God.

Every person has roughly sixty thousand complete thoughts per day, the problem is that 90 per cent of those thoughts are the same ones they had the day before. We simply live life in *review*. Yet I have found that the most successful people in all walks of life, and especially in healing, have the majority of their thoughts in *preview*, in creation of all the possibilities that could be while *living in the now with expectancy*.

The more we suffer and look back at the emotions that are distorted, the more our self-esteem, self-worth, self-respect, self-confidence, don't seem to exist. Yet the very fact that they are called *self* means that they must be brought back to life from within.

Astral Memory{tc "Astral Memory" \ 3}

As important as suggestion and reasoning are, so also is the astronomical or astral memory capacity of *your Empowering Spirit*. While the conscious mind holds approximately seven plus or minus two bits of information at any one time, *your Empowering Spirit* has access to complete memory. Without going into detail here, records show that the minutest details can be recalled from everyday experiences. An example would be the retrieval of a license plate number from a witness at a drive-by shooting. I am often privileged to hear clients refer to conversations their parents had

about them while they were still in the womb. Many such remembered conversations have affected the totality of their lives.

What geniuses would we be if we found ourselves with access to all that we have ever taken in by our senses as well as intuitively perceived! Many a prodigy has been created by accessing more memory than the average person. In such cases, the dual minds function in perfect harmony. Such a person is the eleven-year-old who just received his Master's degree. I know that you can think of more examples.

The Gift of You{tc "The Gift of You" \ 3}

My explorations into quantum correlations was to learn how to become in the physical as near to nonexistence as possible, so that while still living in the physical, one might live from soul and spirit. We are told to *walk not after the flesh, but after the spirit*. Truly when you enter the space that is you in the eternal, you in the soul of quantum spirit, you will find yourself with a complete sense of awe and then infinite peace. In fact you will actually feel your Self traversing out of the physical and into that which is everything and nothing at the same time. This is one of the greatest gifts that you can give yourself . . . *the gift of knowing you*.

Such a Gift{tc "Such a Gift" \ 3}

Your Empowering Spirit was placed inside you with all its wonderful envisioned powers, with the capability to create a major relationship between the conscious mind and the suggestibility control factor. However impossible it might seem, *your Empowering Spirit* is a proven connection to the vault of all knowledge, the source of intuition and inspiration. It is the seat of imagination functioning from deductive reasoning, while simultaneously in an *obedient servant* position. It makes sense that there must be a controlling power in any relationship, even between mind and body. You have the power of control in your life by thought and the gift of free will.

You can have anything you want if you want it badly enough to make the proper effort to manifest it. It matters not what the problem is, even if you are paralyzed or bedridden, you can recover vibrant abounding health. Scientifically, we know your body regenerates every eleven months. You can begin now to build that perfect body. It is only *thoughts* away. Begin to plan a *New You Birthday Party* a year from now. With the right planning, it will feel just like your *Birth Day*. Allow yourself the surprise of success. Go for it. *What you desire, desires you*, healing and health is the natural manifestation of who you are, it is a law that you can evoke for the health and healing you desire. God has promised you the desires of your heart.

I remind you, the person who says, well I don't really believe all this stuff, but I'll give it a try, gets just what he *believes*, not what he *tries*. Try not . . . plan on *doing*, as the road to health is always started with the path of desire. For some it will be overnight, for others a

little longer. The belief is up to you. Inside you will find a source that will truly supply your need.

From Two to Source{tc "From Two to Source" \ 3}

When we look at our environment, we find two of everything. We find a duality: negative and positive, north and south poles, male and female in every species, love and fear, day and night, good and bad. In this world there is no top without a bottom, no inside without an outside. Even a wave in the ocean has a top and a bottom.

Let me ask you, what is there in the physical world that cannot experience darkness? I ask this because we believe in light and dark, in life and death. *The sun is that which cannot experience darkness.* It is a source. It is the very light from which your physical world takes its life. The flowers do not take color out of the soil, it is brown, they take color out of the light, out of the source. In order for anything to transcend this physical plane to that which is eternal, you must find a source.

Connecting with The Source{tc "Connecting with The Source" \ 3}

Your journey into the quantum is essentially a trip to source. You transcend into source. Or to put it a better way, you “trance end” or end the trance you have been living in from conscious experience. The truth is *you are an individualized expression of God*, a source of light, created in the image of God.

When you go to this quantum source you cannot divide it, add to it, subtract from it. It just *is*. At the place that just is, where there can be no further division, you are at the place of manifestation, the place where healing is created. “The spiritual dimension is the energetic basis of all life, because it is the energy of spirit which animates the physical framework.” says Dr. Richard Gerber in his pioneering 1988 book *Vibrational Medicine*.³¹

Natural Abilities{tc "Natural Abilities" \ 3}

Just imagine having all the powers of intellect and reasoning functioning in harmony. Although from my perspective this is God’s planned norm, how far we miss that perfection. Our ego seeks to create a life of its own in consciousness using *your Empowering Spirit* as a natural tool.

When you think of the true artist, his natural color perception is impeccable. To the mathematician, the natural calculus is perfection. The musician uses natural harmony to inspire us all. All three could be considered genius, as they intuitively receive this knowledge naturally without hard inductive reasoning. However, it is all a connection into the natural laws of subjective experience through *your Empowering Spirit* in balance with the conscious mind experiencing what is made available to it.

³¹ Gerber, Richard. *Vibrational Medicine: New Choices for Healing Ourselves*. (Sante Fe, NM: Bear & Co., 1996).

We often give God, as an *outside influence*, credit for endowing such a person with special gifts, without realizing God is omnipresent, and thus in all and through all. This God force running in and through us in the physical conscious world would allow any of us to be so gifted. We are the ones who consciously stop this natural flow.

Growing from the Earth{tc "Growing from the Earth" \ 3}

From spirit we form and grow out of the earth, just as an apple tree grows out of an apple seed. You were once a seed of pure potentiality that developed and grew in physical appearance out of the elements of the earth. We don't come into it, we grow out of it. Materially, when we break down the chemical compounds of the human body we find that we become dust. We are but the chemicals of the earth enhanced to a greater state by an organizing intelligence. We all are the environment together in spirit while our ego lies to us in order to have its life of separateness. We truly emerge from our environment, and this we know as true. It is not the seed that produces the growth, it is the pit, the place of pure potentiality made manifest contained within the seed, a pure potentiality that must connect with a source for there to be fruit. How many I know who live in the pit without realizing pure potentiality is there waiting to find source.

We Create Separateness{tc "We Create Separateness" \ 3}

While we believe God is all knowledge, we particularize God to be something He is not. God does not reason inductively or deductively. This would negate infinite universal intelligence. Indeed through the connection of *your Empowering Spirit*, you have flowing through you God's ineffable wisdom all that is: Omnipresence, Omnipotence, Omniscience, *ALL*. The great I AM.

We are bound by a false belief in our separation from God and can only be set free by experiencing a complete change in thought. This is the renewing of your mind to prove the good, acceptable and perfect will of God. This book will be providing you with an opportunity to do just that, so that experience, the *Quantum Experience*, will become your teacher.

Wisdom{tc "Wisdom" \ 3}

Wisdom is available by way of the quantum connection. *Let any of you who lack wisdom, ask*, we are told in scripture. *Your Empowering Spirit* is your connection to this wisdom. Our problem comes when we are forced by our conscious mind to create that which is finite. When the conscious or physical is no longer manifest, the veil is lifted. That which has always been up in front of our conscious eyes, and all truth is revealed. Thus, I suggest

the conscious eyes as a method of contact into the *Quantum Experience*. From there you will learn your capacity to assist yourself and others in the process of healing in all areas of life.

We should also remember that we cannot add to the wisdom of God. We are not capable of teaching the Creator. We are to gain the channel by which manifestations are supplied through this Universal Source and abide in the belief that you have it already. You are not required to be the Wisdom that fills in the details.

Physical Signals{tc "Physical Signals" \ 3}

As we learn to deny physical sensations, we learn to deny the physical signals that are telling us what is going on in the body. This includes the signals of disease. So often people realize in retrospect that the *warning signs* of disease were all there. That's right, they were *all there*. The problem is that we have been conditioned to repress some of these warning signals, even to refuse to acknowledge their existence. Still the body seeks to be in balance. In fact any imbalance can be traced to a belief in lack in some way. When we live without the spiritual balance that the body seeks, every cell knows of the imbalance and responds.

This I feel is a basic cause of disease — the belief in something lacking yet believed available in the Universe. Deepak Chopra calls this the *change from comfort to discomfort*, an excellent description of the feelings associated with the inner response to health or dis-ease. Deepak calls sickness a self correcting “cybernetic feedback mechanism” to allow you to get on the path of bliss, happiness and the spontaneous fulfillment of all your desires. He notes that it is a signal that something needs to be done by “self for the fulfillment of self.” Yet how often do we seek to use illness as a sign for potential growth? That part of you that is there for the preservation of who you are is asking for your help. Think of sickness as a sign that we need to begin to listen and learn what our inner thoughts have been trying to tell us all along.³²

Listen to Your Body{tc "Listen to Your Body" \ 3}

From this perspective, disease protection seems extremely easy. Listen to your body. That's right. The answers lie in listening to your body. In any stillness you can go within and find out what is there. Feel the bloat of an impacted colon or the heart burn of a spicy meal. Go deeper and notice the feelings in your bones and joints. Each signal is a sign of comfort or discomfort. A sign of balance or imbalance. Do not ignore the signals of discomfort and expect things to change. *It will not happen*. The body needs your attention. Rather than jumping to the conclusion that the worst is about to happen, understand that the body is talking to you and *asking you to prevent the worst*. It knows what is needed and will direct you in the right direction if you will only continue to listen and respond. Just as I teach a client to look at themselves *in the mirror* and ask, “What do I have to do today to love you more?”, so also your cells are ready to provide the answers. Most people, and I

was as guilty as the next person, immediately attach pain and suffering to those feelings of discomfort and therefore seek to dismiss or repress them. This is truly the last thing you should do. That pain is a *warning signal*.

Remember, *whatever you resist persists*. To be in control of pain, you have to let go of trying to *push it away*. All that resistance accomplishes is to increase the physical pain and discomfort. When you shift into the observer position, you take control over pain.

From this perspective, suffering is optional. Suffering is your choice. *The essence of suffering is wishing for life to be different*. This *wish* is the holding force of prevention as *your Empowering Spirit accepts the existence as the wish*. Just think about the statement, "I just wish I was not sick." in light of what you have already learned. What is the command of action you read. *I wish I was SICK*. What was all the energy focused on?

It does not matter where you are or what your condition is, you are there because you manifest that condition by thought. Every change in that condition will also be a manifestation of thought. If you tell *your Empowering Spirit* what you desire, it immediately starts vibrations of energy that increase and grow until the job is completed. What happens for most of us is that we throw a different energy switch and divert or change the pattern.

When you find yourself overwhelmed by your five senses, remember they are only a constructed reality made from the invisibility of you. Every sense, every condition is an individual demanding thought brought into expression or vibration by the law of attraction. It is the result of energy flow based on intention. *Everything is the result of thought and can be changed by the same tool*.

Focus Your Attention{tc "Focus Your Attention" \ 3}

Remember just as your *Empowering Spirit* is always there to serve you, the body is your closest friend. Every cell in the body does some type of thinking and thus processes feelings that you may be aware of. Scientists have found neuropeptides, the "so called" communication molecules in the intestines. This would validate those "gut feelings" we all speak of. Your feelings could be providing you with help or asking for help. They could be pointing out the beginning stage of disease with an *issue in the tissue*. Since it is an obedient servant, *your Empowering Spirit* activates that which is best to allow the bodily structure to begin recovery. As you give your attention over to remembering what it is like to be well, the cellular structure begins the process of recovery. Your energy goes where you pay attention, and you want your attention to focus on wellness and not disease. "*Remembered Wellness*" as described by Dr. Herbert Benson in his book of the same title, is an important concept when you consider the attachments made at the level of information storage with your *Empowering Spirit*.³² Total and complete healing is not an

³² Benson, Herbert. *Timeless Healing: The Power and Biology of Belief*. (New York: Scribner, 1996).

___ *The Relaxation Response*. (New York: William Morrow, 1975).

___ *The Mind/Body Effect*. (New York: Simon & Schuster, 1979).

unconscious event. It requires your participation. The patient in a hospital who focuses on being able to go home leaves much sooner than the one who focuses on merely being able to get out of bed.

Years ago, the University of Miami published a well know study about the results of “kinesthetic tactile stimulation” on premature babies. Using a control group, they found that those who received physical stroking three times a day for five minutes gained an average of forty-nine percent more weight than those who were not stroked. From my perspective, a control group was “energized by love” to “heal and grow” much faster because the loving energy of the participant followed the law of nature that says “energy goes where you pay attention and what you intend creates the end result. Today this loving “kinesthetic tactile stimulation” as it is medically called, saves approximately three thousand dollars in medical bills per premature baby in hospitals everywhere.

Dr. Doreen Virtue, Ph.D., author *The Lightworker’s Way*³³ told me about some research scientists who changed cell structure from decay to health merely by what their *intentions* were as they looked through the microscope. Whether they found decay or health in the cells was determined by the energy of thought the scientists were emitting in their intention to search.

The implications are staggering. This also goes along with the quantum theory that shows everything is what you perceive it to be. When you look around you for things colored black, you find them. When you look for disease, you create it. When you look around you for some other color than black, black is not there. When you look towards healing, it appears.

Pay attention to your thoughts until you realize that you are not your thoughts, you are *your Empowering Spirit*, the observer of those thoughts. You are the faith and belief in thought that makes things reality or the things in your life really happen. You are the thinker of the thought, the observer of the experience. Recognizing the primary cause of every disease as mental or spiritual discord, it stands to reason that the only *permanent* basis for health and wellness is mental and spiritual harmony. This is not religion, this is relationship. It is relationship with you and that part of you that was created in the image of God.

Symptom-ology{tc "Symptom-ology" \ 3}

Remembering that like attracts like, every emotion or mental attitude creates after its own kind. See if the following makes sense to you — It is common knowledge among those who treat such conditions: People attract physical injury when they carry intense and destructive anger. Stomach conditions are known to come from anger, fear, hatred, resentment, bitterness, even unkind words about another, for they truly are a part of you.

³³ Virtue, Doreen. *The Lightworker’s Way: Awakening Your Spiritual Power to Know and Heal*. (Carlsbad, CA: Hay House, 1997).

And all of these emotions relate to self rejection. Anger and rage are the number one cause of high blood pressure. People get so outraged and filled with destructive thoughts they find themselves with broken bones, severe burns, in accidents and other physical destructions. The fear of violence causes that which is feared. Envy creates a wall that prevents attraction of that which you envy. A lack of self-confidence causes jealousy that only brings more lack into your life. Add envy to jealousy along with greed, or the hoarding of resources and the liver and kidneys begin to malfunction. Constipation and edema show their ugly heads. When we find those who strongly oppose the personal freedom and success of others we often find a heart on the verge of trouble. Louise Hay in *You Can Heal Your Life* gives about fifty pages of cross references to cause and effect with conditions in the body.

It is sad that our children are the most susceptible to such negative emotion. Until about the age of fourteen they take it all in subjectively receiving this energy without protection. The mother, to a great extent — because of her proximity — determines the emotional as well as the physical condition of her children. It is no wonder there are such big bucks paid for the opportunity to advertise to our children. As they grow older, today's generation will all be in need of the teachings presented in this book.

Talk to the Symptoms{tc "Talk to the Symptoms" \ 3}

I teach some people how to dialogue with their problems or symptom-ology. The process is not difficult, it merely requires that you relax and clear your mind so that you can think without distraction. With your eyes closed, think about that symptom or problem allowing an image that represents the pain, dysfunction, or whatever to appear spontaneously in front of you. Your imagination is willing to do whatever you request of it, so just ask the part of you that preserves the learning and benefit of all your experiences to allow this image to appear and it will. For some it takes a little time, however, it *will* come to mind. Just be willing to accept what comes for it may not be what you expect.

When it is there, allow this image a voice so that it can answer you when you ask it what its positive intent is for you. Know that *behind every thought or action there is always a positive intent*. There are times that merely being aware of your positive intent will cause the problem to disappear. Beyond this, ask the image, what is your positive intent and listen carefully and respectfully, even if it is only coming out of your imagination. Remember it is also coming from your *Empowering Spirit*. Like the color blue, it can only be recognized when there is a reference.

Allow yourself a little dialogue with this inner part so that it can understand how you feel about that positive intent. Spend all the time you need so that you fully understand the intention of what is there.

You will discover the wonder of a child as you simply float in your mind's eye above this symptom and above yourself. From this higher position you can watch the symptom and you down there for a while. Then take your time and go right down and *become the*

symptom as you look back at yourself. Notice how you *as this symptom* feel about you over there. As the symptom, express what it is you want from your self. What is it you hope for? What is it you feel?

When you are ready, float back up and allow these parts to continue talking down there as you observe what is taking place. Remain detached as you listen carefully to both of them.

When you feel that you have learned all that you need to learn from this detached position, simply float down and into your body and face the symptom. Thank this part for allowing you to learn all this knowledge.

Now it is your turn consciously to decide what you will do with what you now know to be true about you and your relationship with this symptom or problem. Much can be learned from these dialogues with your body. In some cases, you will find you are holding onto something that you need to let go. Many times, as you let it go, simultaneous symptomology will disappear and healing takes place.

Woundology Thinking{tc "Woundology Thinking" \ 3}

How much, as a part of life, we tenaciously hold onto thoughts and emotions that only cause us harm. We trophy our wounds so that we can use them to bond with others. Yes, I am saying that we bond with our wounds. If you don't think so, just think back to the last group conversation you had and ask, what was most of the conversation about? Wounds!

Caroline Myss, author *Anatomy of the Spirit* introduced me to *woundology* thinking a few years back and I immediately disliked the word.³⁴ Yet, I found it adequately described what most of my life had been about. That is, trying to find someone else like me. I was sick, injured, and hurt — misery needed company. That reminds me of a wonderful story about holding onto things and the price we pay.

The Story of the Tree Monkeys{tc "The Story of the Tree Monkeys" \ 3}

The Marines in the Solomon Island during the Second World War were reported to be keeping tree monkeys as pets. To accomplish this, they simply went to the native islanders before the day was over and requested as many tree monkeys as needed. Of course, the natives took their soda, cigarettes and candy in exchange. However come the following morning, they always delivered the exact number of tree monkeys requested.

Now it didn't take the Marines long to realize that they should be able to get their own monkeys. Picture this Marine dressed down to his shorts and boots ready to climb the palm tree and capture the tree monkey.

³⁴ Myss, Caroline. *Anatomy of the Spirit: The Seven Stages of Power and Healing*. (New York: Harmony, 1996).

Climbing the tree was the easy part. However, they don't call them 'tree monkeys' for no reason at all, for as soon as he neared the top, zoom . . . off went the monkey to another tree.

Now picture the dejection as this Marine climbed down and proceeded up the next tree. You guessed it . . . zoom.

Now with an intelligence level very high, and a good tree climbing education behind him, the young lad decides that maybe if he just asked the natives how they did it, they would tell him how to catch a tree monkey. And that is exactly what he did taking with him more sodas, cigarettes, and candy.

You see the very first thing the natives do is take a coconut and punch a hole in one end and drink out the coconut milk. They punch a little bigger hole in the other end and scoop out the coconut meat. Then they pound a stake in the ground and tie a vine to the stake. They pull the other end of the vine through the small hole in the coconut and tie a large knot so that it cannot slip back through. When evening comes, they fill the coconut shell with the most delicious brightly colored fruits and go home. The following morning they come and harvest the monkeys.

During the night, the monkeys come down out of the trees and prepare to take the fruit. Now if you have ever seen a tree monkey, you will realize that they always use both hands to get everything they can at once. So each eager little monkey reaches right inside and just grabs on. Refusing to let go, he cannot get his hands back out. And that which he holds onto for dear life is actually costing him his life. Exactly as we humans do.

Sometimes to help ourselves and even others, things must change. We must let go. However for things to change, who must change? Consider the next incident of which I write.

Jonathan and Uri Geller{tc "Jonathan and Uri Gellar" \ 3}

Jonathan Margolis recognized a divine appointment with me while researching for his book *Uri Geller: Magician or Mystic*. Since he was an accomplished British author with many books already to his credit, his publisher had allowed him extensive travel and research time while writing his book. While in California, with only a couple days left, he was told of my work by Suzanne Taylor, a friend in LA, and determined that if what he heard was true, it would change his book. Somehow he had to find a way to interview me. When he flew in to meet me, I taught him about his *Empowering Spirit* connection as an obedient servant who makes literal truth out of whatever you think, along with the other basic concepts of this book.

Since Uri Geller is well know for spoon bending using mental energy, I was totally surprised when I asked Jonathan how many spoons he personally had bent? He told me that the best psychokinesis experts he had interviewed all over the country had informed him that it could

only be taught on a group basis. I replied, "Well, when would *now* be the best time for that lie to die?" "Otherwise," I told him, "everything that I teach would be a lie. There would be healed people all over the country that would need to get sick again." His face lit up and he said, "You could actually teach *me*?" I replied with an affirmative belief.

Before I took him back to the airport, I showed him how to feel his energy. Then we melted clouds, which seemed more difficult that day as I live at the ocean edge and the clouds were on a heavy build-up coming inland with high humidity. However, it is good to recognize your ability to affect nature around you. After that, with his understanding of how *energy goes where you pay attention and what you intend is the end result*, we did spoon bending. When he created the belief that it was possible, that he could personally move energy, he bent his first spoon. I can still see the look on his face as he said, "That was too easy! Can I do that again?" I replied, "Do you believe you can?" And he did. It is suppose to be too easy. Then you know you have done it right.

Before we finished he asked if I thought he could create a belief that would allow him to bend one of those great big thick restaurant buffet serving spoons like the demo piece that sits on the side table in my office. This is the one I had used to teach energy transference and hands-on-healing techniques to therapists at the convention where we worked with hurricane Fran. He had picked this bent one up several times already while interviewing me trying to make it unbend from the corkscrewed size of a softball it now was. It never unbent. With all his strength, he could not even get it to budge. I told him to go inside and use his imagination once more to see himself bending a spoon just like this one. Create the belief in the possibility using *your Empowering Spirit* just like I showed you with your first spoon. Go beyond the successful completion and hold onto the belief that you have already accomplished your success. (By this time he had bent three or four regular spoons.)

While he closed his eyes and completed the preparations, I went to my storage closet and prepared a surprise. As he opened his eyes, I was standing there with another spoon just like the one he could not unbend. It looked all shiny and new right out of the manufacturers wrapping paper as though ready for a buffet line. He took one look at my curled up demo piece, took this spoon and easily bent it up tighter than the one on my table. Now you can find it pictured in his book along with a picture of me and some of my spoons.³⁵

What's It All About{tc "What's It All About" \ 3}

Please realize, it is never about spoon bending. It is always about who you are and what you are capable of believing in life. It is that energy goes where you pay attention and that what you intend creates the end results. Remember the choice of where we place our intention and what we intend combined, is ultimately our most powerful freedom. It's about healing being created by you in all areas of your life; physically, emotionally, and spiritually.

³⁵ Margolis, Jonathan. *Uri Geller: Magician or Mystic?* (London: Orion, 1998). pp. 259-261.

This is why I call it *Cyberphysiology* training. *Cyber* is that which is not physical of mind and spirit and *physiology* is body. *Cyberphysiology is The Experiential Science of Mind, Body, Spirit Healing.*

Just like the story before, he had to change his own beliefs and change the beliefs the experts had given him about what was possible. True for each of those he had interviewed, was their belief. Jonathan, who had bought those beliefs, had to *let them go* in order for things to change. Even after playing with my demo spoon all that time with no signs of it budging, he was capable of letting another belief go in order to empower his life and actions.

*The
Law of the Mind
is
BELIEF.*

*The
Universe
ALWAYS
answers
"YES"*

CHAPTER FOUR{tc "CHAPTER FOUR"} DO IT YOURSELF AND UNTO OTHERS{tc "DO IT YOURSELF AND UNTO OTHERS" \ 2}

The Call to Assist Others{tc "The Call to Assist Others" \ 3}

Many of you will be called to be healers. Understanding the *law of suggestion* is important as it pertains to healing. Your beliefs will allow or prevent your success. If you hope to be of greatest value you must have confidence in your ability to produce the necessary suggestion. In doing so, you link your heart and soul with God and the *Empowering Spirit* of the other. The ability to do this does not depend upon the conscious mind. The other person need not even be aware in consciousness that you are making contact. The passivity of the client in consciousness allows a straight path to the obedient servant who controls the library of knowledge and brings about the desired results.

The Law of the Mind{tc "The Law of the Mind" \ 3}

There is a natural law that pertains to whether you can or cannot attain, whether you receive or do without, your desire. This is the law of the mind. This law is summed up in one word; **belief**. We all recognize that *the law of the mind is belief*. It affects every client I work with, even in spiritual healing sessions. With the law of the mind as belief, we always get what we truly want. The power of suggestion, autosuggestion, or previous-suggestion is fully manifested based on the law of the mind.

The Process{tc "The Process" \ 3}

Charged with faith in God and belief in what is possible, the healer inspires the *Empowering Spirit* of self and others energetically with the power of suggestion. Then the message passes along according to the power of suggestion, and the *Empowering Spirit* of the recipient begins the manifestation based on belief. Now infinite patience is needed. As we are not in charge of the timing, we can only present that which we are promised by God as the desires of our heart. There is no time in the field of quantum experience. Just know — *“The Universe always answers ‘YES.’”* Your job is to learn how to say yes to the healing that is available.

In working with healing, no great mental or energetic exertion is necessary. Instead you just remain calm while employing the belief in the possibilities and imparting the desire for the outcome. Anyone can do all of these. Check yourself: Can you remain calm? Can you create a belief in the power of God running through you to perform the desire of your heart? Can you impart this desire to *your Empowering Spirit*? Can you send this desire to the *Empowering Spirit* of another recognizing quantum interconnectedness? If you answered no to any of these, then ask that part of you that preserves the learning and benefit of all

experiences, "What is it that I need to know, acknowledge and act upon that will allow me to learn the lesson, and abide by the results, and thus function to facilitate healing for myself and others?"

In thinking through our ability to make contact with the *Empowering Spirit* in others, even at a distance, we must take note of the fact that time and space, as such, do not exist. Therefore we can make contact with ease, even at a distance. In the late 1800's, literally thousands were shown to heal when the ones who helped used this power of suggestion for connection. At that time they called it a branch of medicine known as psychotherapeutics. These are cases where the client knew nothing in advance of the intended results at a conscious level. Research at the library will provide you with documentation of such communication. Realize that the natural law that is working in all cases is still the law or the power of suggestion. It functions based upon the calm belief and confidence of the user that they can transmit the desire of their heart to another for healing while the "yes" answering universe takes care of the details.

Distant Healing Tested{tc "Distant Healing Tested" \ 3}

The *Western Journal of Medicine*, December 1998, reported on a distant healing study with AIDS. Half of forty end stage AIDS patients received distant healing sessions for an hour a day, six days a week, for ten weeks. Although the patients had no idea that long distance healing sessions were even taking place, the results speak for themselves. The study found major results with the twenty patients receiving spiritual healing treatments as compared to the other twenty in the control group. There were differences in the number of additional doctor visits, the length of hospitalization, the amounts of medicine needed, as well as the amount of opportunistic illnesses and infections that occurred.³⁶

Non-Contact Therapeutic Touch{tc "Non-Contact Therapeutic Touch" \ 3}

Daniel Wirth, in a research study, found that non-contact Therapeutic Touch *more than doubled the speed of healing* on human subjects with skin wounds. A doctor first used a skin biopsy instrument to make identical wounds in forty-four people. Although they were told the wounds would be monitored, they knew nothing of the treatment. For sixteen days they placed their hands through a dividing screen so that the wounds might be monitored. The treatment group received a five minute per day non-contact Therapeutic Touch healing session, while the control group received none. On the sixth day, the wounds of thirteen of the twenty-three people in the treatment group had completely healed. All of the people in the control group still had wounds. The chances of this being a coincidence is about one in a thousand.³⁷

³⁶ Margolis, Jonathan. *Uri Geller: Magician or Mystic?* (London: Orion, 1998). pp. 259-261.

³⁷ Wirth, Daniel. "The Effect of Non-Contact Therapeutic touch on the Healing Rate of Full Thickness Dermal Wounds." *Subtle Energies 1, no. 1, 1990.*

Faith as a Seed{tc "Faith as a Seed" \ 3}

When you study the work of therapeutic touch and other hands-on healing, you become aware that there is an ability to alleviate suffering which can be invoked by the will of man. It does not lie within the domain of physical science; it is within the domain of intelligence, a field of quantum energy that is eternal. All religious relics, waters, shrines, etc., that are said to heal, are all within the domain of belief. Although we may be astonished at the crutches, and other aids left at places like Lourdes in France, Guadalupe in Mexico, Anne DeBeaupre in Canada, etc., they are only silent reminders of the power of faith. This same faith and power is available universally without limitation to location. The location is within. People take the "seedthought" of miracles in the form of belief with them to such religious healing locations. Group consciousness also helps to potentiate the process. We all carry seeds of miracles.

Someday I hope to find a church where people gather to pray an end to drought while everyone is holding an open umbrella in expectation for that which they *believe* is already coming. Such faith can bring on the rain. The film, *Jerry McGuire* has a scene where Tom Cruise was asked to shout repeatedly and rather loudly, "Show me the money. Show me the money," and to shout it regardless of the circumstances. God is not going to make a movie for you, however be well advised he is shouting, "Show me the faith. Show me your belief." regardless of *your* circumstances. Absolute unquestioning faith is what makes miracles happen.

Whether the objects of your belief or faith are real or false, *your Empowering Spirit* will produce the same results. Faith is the seed for manifestation within each of us that produces miracles. This was the essence of the law Christ gave us all. He truly understood the law of the mind is *belief*.

When the woman came to Christ diseased with the issue of blood for twelve years, she believed "if I could only touch the hem of his garment, I will be healed." She did not believe He must touch me, I must see Him face to face, He must say something. No she used the only command necessary, belief, to create the pure potentiality.

Miracles{tc "Miracles" \ 3}

Miracles are not supernatural events, they are merely the natural done in a super way through *your Empowering Spirit*. This super way is available to all. Create a faith that is a *knowing*. And a knowing cannot be shaken. It is like a radio tower that is stabilized in all directions.

Your true self must be recognized as the Spirit of *You*, forever complete and perfect. Spirit knows no limit or disease. It is only the conscious mind that places limits on us through our education and environment. From an environmental perspective, an example would be someone who *intended* to drift along aimlessly in life. In this case their family expectations

(tribal heritage) usually step in and hand them the things that ordinarily come to people of their age and hereditary development. Here there are generally no miracles to speak of. Yet, there is no limitation to our supply of miracles, as I have personally discovered. We are limited only by our ability to receive.

Since it is impossible to see two destinies at the same time, ignore negative things and hold onto the perfect picture of a miracle as your seedthought. Then just as an acorn responds to the law of growth, so have unending patience in the knowing that your miracle is growing. The stumbling block for so many is simply that we have grown accustomed to instant everything, and although I have experienced instant creative miracles, they are not always available. I think the Apostle Paul said it best, "Be anxious about nothing." Call upon your imagination to create a portrait of your miracle, ask for what you truly need in prayer and supplication, and then being anxious about nothing give thanks that *it is yours already*.

I also strongly recommend you take the best care of this "mansion" in which your soul resides. Do all you can to assure that your body has the tools of nature, such as food, clean air, water and exercise, to ensure your success. With knowledge that a miracle is on its way, keep yourself in that miracle mind-set because all the time you are receiving the energy of attraction that corresponds with your intention. Encourage yourself to remain steadfast in your desire to remain in the flow of pure potentiality. Yes, Virginia there is a . . . Miracle on Belief Street. I believe the next one is yours.

Bodily Function{tc "Bodily Function" \ 3}

In thinking of healing, we must remember, *your Empowering Spirit* has absolute control over all the functions of the human body. This includes the emotions, feelings, sensations, everything. Every thought requests some correlative information or action from *your Empowering Spirit*. Right now you are about to become aware that you are reading this page. *Your Empowering Spirit* is being made aware that you are aware that you are reading this page. Likewise, you cannot see the word "blue" now without seeing a representation as you read this line. Now wait a minute are you thinking blue or elephant? Blue smiling elephants? I show you this connection so that you might begin to wonder, just *what do I think* about my health and wellness. I should also repeat, *there is never a more important thought than your last one*.

Imagination Always Wins{tc "Imagination Always Wins" \ 3}

No matter how hard you try to hold something at will, it has no life of its own as a separate entity of development in creation, until *your Empowering Spirit* accepts it and acts upon it. In the case of using your will power to accomplish something, know that *imagination always wins over will power*. *Imagination is the faculty of your soul that gets you where you want to go*. It is the way the soul thinks while you remain in a material world. Imagination is also your ability to creatively produce memory. Note however that there is a

difference between when you shift from controlled imagination to imagination in control of information.

Repeating, *imagination always wins over will power*. Think of will power as a conscious function and know that imagination is a composite function from the *Empowering Spirit* level combining all stored learning into a possibility. Imagination lives at that level and is yours to use.

Albert Einstein said, "Imagination is more powerful than knowledge." He used his imagination to ride a lightning bolt when creating the theory of relativity. Thomas Edison, used his imagination to create the light bulb and found 999 ways that would not produce an acceptable bulb before he found the one that did. Think of all the implications if you truly understood this concept that imagination is more powerful than knowledge. We need to realize that in life it is our job to take control of our imagination. For if we do not, the world will. This is the conditioning mechanism. Imagination takes and uses our past to always give us the same results, *or we begin by choice to use it to create a future*. The choice is ours. *Life is choice*.

Bill Gates of Microsoft reported that the number one asset of Microsoft is simply human imagination. When interviewed he talked about hiring the man who had already been through the worst because of all that he would have learned from the experience.

Visualize - Visualize - Visualize {tc "Visualize - Visualize - Visualize" \ 3}

A group of basketball players were divided into three study groups. The first group was told that they were not to go near a basketball hoop for 30 days. The second group was told that they should practice shooting free-throws for 1 hour a day for 30 days. The last group was really different as they were told that they were not to go near an actual basketball court for 30 days, instead they were to spend one hour a day with their eyes closed *visualizing* the most perfect "whoosh" through the hoop from the free throw line. Some would call this the placebo method of practicing.

The results were astonishing. The first group, of course, showed no measurable improvement at the end of the month, while the actual practicing group showed a 24% improvement. The last group however had not actually touched a ball, yet showed a remarkable 23% improvement. Now just imagine what happened when they practiced both mentally and physically. Could they have gotten a 47% combined improvement? What if you practiced what you wanted in your life? What could *your Empowering Spirit* and you do?

Have you ever practiced anything only with your mind? A practice that takes place at the conscious level, yet gets stored at *your Empowering Spirit* level. How often have you thought through how you wanted an event to turn out and somehow it happened just that way? You may have called it coincidence, however *your Empowering Spirit* created the energy of attraction! I still remember standing at the edge of the ice rink realizing that I was

about to become a Senior Olympic Amateur Champion for the USA. If you had asked me before I took the ice to skate, if that was possible, I would have said, "Who are you kidding!" I had won this a thousand times in my mind already. No one would have believed that six years before I had lost 80% of my mobility to MS.

Ever been around someone special, thinking certain thoughts and they told you they were thinking the same thing. Another coincidence or were two *Empowering Spirits* in quantum interconnectedness? Isn't it amazing that we do these things without a software program that we can analyze? In essence your brain is the only self-maintained all-purpose computer. As far as I know, we have the only computers that were created without an owner's manual attached to them.

Literal Truth{tc "Literal Truth" \3}

Let's find a way to experience literal truth. Imagine a hole in that space there in front you and out of that hole you now watch a very special dog come climbing through. This is not just any dog. This one is really special. You see it's black on one side and white on the other. I mean really split right down through the middle with equal color from the nose to the tail left and right sides. You watch him come in and do what dogs do as he sniffs at your hand. Oh by the way, this is a German shepherd in case the wrong dog happens to come out of the hole. After he sniffs, he turns and without so much as a bark, he goes back through the hole. Now you say, what has this got to do with literal truth. Let's have a show of hands, just how many of you actually saw the black and white dog. Whoops! You have to judge this for yourself. Keep your hands down . . . just think. Were you not capable of seeing the dog? Did it exist? Does it still exist in your mind? If the answer is Yes, then the dog is now a fact file from thought. When you think about it now, can you still find the same dog there in your other-than-conscious memory banks? There he is again with his poised nose and pointed tail. All dressed in black and white, split right down the middle. Do you like the way he stands?

What actually happened here is typical of what your *Empowering Spirit* does. It makes absolute truth of what you think and from that point on it is a *real fact file* at the other-than-conscious level. The dog is now absolute literal truth, yet only at that level. The conscious level says, no, I really just thought it up. Keep in mind, however, we function more from the other-than-conscious level and from our beliefs. You now have a belief that such a dog can exist. You have brought something into the realm of possibility. What would happen if you added polka dots to each side, like black on the white side and white on the black side? Sort of makes you laugh! Right? I guess then, you could call the dog SPOT, just like you "spotted him." Maybe now, in the future you will spot some other possibilities, as he is there as a "seeing eye dog" and wants to remind you that what you see and think becomes your reality.

Dr. Joan Borysenko while head of the Mind/Body Clinic at New England Deaconess Hospital says in her book *Minding the Body, Mending the Mind*, "Conditioning is a powerful bridge between mind and body, and a primary focus of our work at the clinic. The

reason is that *the body cannot tell the difference between events that are actual threats to survival and events that are present in thought alone.*"³⁸

Bag Heads{tc "Bag Heads" \ 3}

In many seminars I have the entire room place brown paper bags over their heads after explaining that the bag is to replace symbolically who they are on the outside as the conscious director of thought. Once they have the bag over their head, they become the representation of the *life force* on the inside, the one who goes about doing all day long. They become the one who loves and cares for others, goes to work, and makes a difference in the world. Inside that bag, they symbolically become *Empowering Spirit* on the inside. Now as they sit there on the inside, they are to listen to exactly what the bag over their head tells them to do as the conscious mind to continue enjoying life. What do you think happens? The room goes silent. I use this demo to show that you *have not* in life because *you do not ask*. *Your Empowering Spirit* is ready to create healing. You are the one to manifest your destiny.

Life is Choice{tc "Life is Choice" \ 3}

From another perspective, those thought-energy signals that you most often choose to have in your life, come from inside you. Like love, they are those thoughts, feelings and emotions that you allow yourself to become. Those that claim to have peace, prosperity, vitality and good health had to first develop these beliefs on the inside. As life provides us with the opportunity to experience many emotions, the way that we handle them determines how our cells respond. In essence our very beliefs and attitudes affirm or deny the life capacities of our cells.

All life is action and reaction, even as it relates to being around and sensing others. At all times your cell structure is responding in some way to the energy signals all around you. Think of yourself as a radio tower. You are both a sending and a receiving radio tower. A tower that sends out a signal to the world of what you are thinking and what it is you are committed to becoming or doing. Our thoughts actually do determine what type of signal we send out. On our good days, it is positive and we tend to find that the influences of other people around are also positive. A negative day, likewise, has a negative drawing power and we tend to attract the complainers, angry people, etc. If your thoughts are of prosperity, success, and health, or if they are of poverty, failure and sickness, you will discover you are tuned in to other people of the same mind. You are constantly tuning in on the signals of others, especially those with whom you are in agreement.

The most common channel I find people operating on is called *WII-FM* better know as What's In It - For Me. They haven't learned the difference between being a GIVER and a TAKER. The best channel is *WCIG-FM* or What Can I Give - From Me.

³⁸ Borysenko, Joan. *Minding the Body, Mending the Mind*. (New York: Bantam, 1987), p.13.

Healing as Natural{tc "Healing as Natural" \ 3}

Healing is a natural preserving signal and process intended for the body. It is the body's normal function and not the abnormal. *Your Empowering Spirit* is in charge of that process. If we can therefore understand the "how process" of any illness or dis-ease then it would make sense that curing disease is much easier than it would ever be to create disease. This also can take place instantly outside the restrictions of intellectual time and space. If this were not true, my lungs would not be complete as they are now, and I would still be on medication. My elbow would have metal pins holding it together. Both conditions were healed outside intellectual time and space, and my lungs grew from 1/3 capacity to full capacity in 15 minutes in front of hundreds of church attendees in Charlotte, NC.

We ourselves play a major role in the healing process. True spontaneous healing is a possibility when you believe. The Institute of Noetic Sciences (IONS) of Sausalito, California published a book with 3,500 references to spontaneous healing called *Spontaneous Healing: An Annotated Bibliography*. To my knowledge it is the most extensive listing of evidentiary proof yet assembled from over 800 medical journals in twenty languages. Our capacity to produce miracles is well documented.

A very small spontaneous healing event happened to me one day at work as I picked up a heavy set of file folders. The edge of one folder sliced the end of my finger to where it bled profusely. I was not happy to see what was happening. I didn't take time to think, "Oh wow, this is a really deep paper slice, it will take a week or more to heal." I just pressed it together and thought . . . *heal . . . I don't have time for this*. Without realizing what I had thought, I wiped away the remaining blood from my finger, sponge cleaned the mess off the carpet and kept right on working as though nothing had happened.

Later that afternoon, the first time I had given it any further recognition, I tried to show the cut to my wife, Anne. To my surprise I couldn't find a scratch. With that I began to squeeze all my fingers trying hard to find one that would bleed. I tried both hands. It wasn't happening, finally out of desperation to show I wasn't a liar, I closed my eyes and visualized back through the event until I could remember which hand and finger had the cut. Pressing hard enough to blow the end off, I finally managed to open a seam, not on the tip, but way down on the side of the finger at the end of the cut. Boy, did I feel stupid. Here I had seen another miracle and was trying my best to prove it non-existent. Me the one who always tells people, "I don't believe in Miracles . . . I expect them!" I say that because many people who *believe* in miracles feel that they are something that only happens to others. People who *expect* miracles, have them happening to them, as well as others.

Once I was in a healing service where I had a bone spur and a year long nagging backache disappear. I knew how to believe what could take place. I just got in the healing line and expected it. Naturally it took place.

I still remember, the morning I told my wife that the broken elbow cap I had received in the skating accident would be healed that day. I felt God had made a commitment to me the previous night to heal it the next day. As you will see from my life story, I am double-jointed again. My friend, if it can happen to me, it can happen to you. For me, life itself is a miracle.

Duplicate Symptoms{tc "Duplicate Symptoms" \ 3}

I should note that a person in a hypnotic trance can duplicate the physical symptoms of nearly every disease. Anesthesia or numbness is one that is often used as a demonstration of the power of *your Empowering Spirit* to the law of suggestion. Some use the placing of the head of a room temperature pin on the arm of a subject while telling them that it is a red-hot object like a fire poker, only to have a large red burn welt appear immediately in response to the touch of this pin. There are records of hypnosis produced *stigmata* as early as the eighteenth century. I do not deny the reality of stigmata, only state that it does not appear to one who does not believe. Truly *your Empowering Spirit* is connected to *all that is* with a full potentiality.

Since we are capable of duplicating abnormal reactions in defiance of the natural laws, how much greater the opportunity for results that are in direct response to that which is biologically natural to the body and intended for healing. In other words, when what you say is in line with the natural law of the preservation of who you are, *your Empowering Spirit* can be found ready and already working towards that end unless another suggestion to the contrary is received. The results are intuitively natural in harmony with healing. Actually, *normal conditions must be capable of being restored with greater ease than the dis-ease that created them.* Always and only remember wellness . . . now and forever . . . dwell forever in the now.

Faith, The Healing Prerequisite{tc "Faith, The Healing Prerequisite" \ 3}

The greatest of all know healers, Jesus Christ, gave us the prerequisite to this full potential when he said, "according to your faith, be it done unto you." Faith then must be recognized as the *substance* of healing. Faith is indeed *belief without proof*. The strength of your healing is the result of your belief without proof. Paul said it was "the substance of things hoped for, the evidence of things not seen."

So, did Christ defy the laws of nature? No, Jesus only used the natural laws to facilitate the flow of healing to those who had the power of faith that all things are possible. The reason why we lack faith today is that we pay too much attention to appearances without recognizing that we created them.

I have known those, who claim the power of healing over others, who believe that this connection to faith is unnecessary on the part of the recipient. Telling a person their faith is *not* required actually releases them from doubt to *create a faith* that it is now possible.

That is right, the healing is now possible because the faith of the healer is conjoined with the faith of the one who comes. This again is the faith connection with both *Empowering Spirits*. I find it interesting that someone can go to another on the basis that "I don't have the faith to heal. However, my friend told me that if I come to you, you do!" Think it through, is not the coming to another person for healing pure unadulterated faith?

Faith recognizes there is no lack, no limits in any way. All things are available, free flowing and inexhaustible. God only asks that you prove Him, so He can open that window of blessing.

You are a Doctor{tc "You are a Doctor" \ 3}

Is this faith interaction any different from the person who goes to the medical doctor knowing that he or she has, just by their white coat appearance, the power of suggestion to heal? It is this *going in faith* that is the *power of suggestion*. That is why so many that have to wait for an appointment are healed or get well on their way, before they ever see the white coat. It has been documented that even the doctor's belief about whether a particular prescription will work or not, can be passed on to the patient producing equal results. This includes the doctor's belief about whether the person can heal with or without the prescription. It is truly amazing how much we affect each other in all that we say and do without fully understanding quantum interconnectedness.

To understand that a mental power runs the physical body is to understand that a mental or psychic process is necessary to restore healing. The body does not function when totally removed or made completely independent of the controller. We call this death of the physical. Theoretically, this means that all diseases which are made physical in manifestation are curable by mental or spiritual means. Add to this the understanding of the tools of autosuggestion and healing is made easier. You have inside you the seeds of miracles, or the seeds of destruction, all based upon thought. This thought has been stored as the faith or belief in the possibilities. Thus again, the law of the mind is belief.

Just Checking{tc "Just Checking" \ 3}

Let's say you have a sore on your face. You go the mirror and check to see how it is doing. Is it any worse? Is it any better? However the fact that you are checking provides the belief and faith to keep it existing, while the thoughts you hold as you look may be the determining factor whether healing comes or illness grows.

Weights and Measure{tc "Weights and Measure" \ 3}

Think in terms of a weight scale with one weight on each side for balance. One side is disease and the other healing. As you think the thoughts of healing, the energy to process the job builds on the healing side and the weight measures out the healing process to you. Then something happens and you think about the disease side. Of course, through *your*

Empowering Spirit the energy is sent back to creating the disease as the healing process slows down. You do pay attention to one side or the other.

My Choice{tc "My Choice" \ 3}

Am I, as a personal healer, always successful? Well, let's talk about a recent incident. Having sat and typed for days, my hips ached from lack of motion. For a while I started to walk around just saying out loud, "My hips are healed," and that was all. Sometime along my path the phone rang. After a nice talk with my daughter-in-law Angie, I resumed my writing. About two hours later I became aware that I was not aware of any pain in my hip. Truly there was no pain in any way. And so *I checked for pain!* Zing . . . *Empowering Spirit* . . . the pain returned. I think you have the big picture on the lesson here. You never get enough of what you don't want.

Another time when I had a strange brown discoloration on my nose that seemed to grow over the weeks, I learned that looking in the mirror and seeing my nose as clear and healed to normal provided a directive to the *Empowering Spirit* that soon caused it to disappear. Again this was the power of suggestion at work.

"Catch" the Bug{tc "'Catch" the Bug" \ 3}

Have you ever created this experience? "Everyone in my office has the bug." You think, "I'll probably be next!" Then twenty-four hours later, "I knew it! I just knew that I would get the bug." "Why does this always happen to me?" You spoke to *your Empowering Spirit*. You stopped the natural control of your immune system by your thought and asked your body to "catch" the bug when you told yourself you would catch it. Understand, your thoughts do affect which way your immune system is to function. I am not saying you will never get a virus, I am saying "Life is choice."

Placebos{tc "Placebos" \ 3}

We most often think of a placebo as a sugar pill or "dummy pill" prescribed by a doctor in order to trick a patient's mind into producing a certain benefit for the body. Researchers often use a pill or procedure known as a "placebo" in order to contrast the results of a control group in comparison to those actually receiving treatment. The most powerful fact of it all is simply that *the individual's belief empowers the placebo*. In Latin, placebo means, "I shall please." In English, to me, it means we will have a bodily change consistent with our belief.

In early placebo studies done at the University of California at Los Angeles, participants were given strong amphetamines, stimulants, and told that they were receiving tranquilizers. Would you like to guess what happened? Or would you rather feel, now, as relaxed as they began to feel? Since this was a scientific study you can count on that fact that they reversed the gift to a tranquilizer for some with the embedded command that it

was a stimulant. And now you know the rest of the story. Energized, restless, almost hyper people emerged.³⁹

Could it be possible that in those studies they also used blue and green pills for the tranquilizers and red, orange, or yellow ones for the stimulants. After all, even the drug companies have learned the associations of colors to what we believe is possible.

From Dr. Herbert Benson's research, he states, "Remembered wellness isn't particularly mysterious. It's known in the scientific community as 'the placebo effect.' I found that in the patient cases we reviewed, the effect I call *remembered wellness* was 70 to 90 per cent effective, doubling and tripling the success rate that has always been attributed to the placebo effect."⁴⁰

Since the patient believed that he was in the process of taking strong medicine, and since we know the mind takes you literally, the brain produced the results expected.

The medical profession would claim that placebos work because the patient doesn't know they are just placebos. The real truth is *a placebo does not work!* What works is belief! The Food and Drug Administration in the USA requires that all medications undergo the double-blind standard of tests. To do this they use a placebo. In reality, we now have more information on placebos of belief and their ability to heal than we have on all medications put together.

I think the best public record of medical placebo information was in the *New York Times*. Sandra Blakeslee had an article entitled "Placebos Prove So Powerful Even Experts Are Surprised." A group of Texas doctors had completed a two year study on arthroscopic knee surgery. The procedure was to make three small incisions large enough to put what my surgeon called "roto roter" lines into the knee joints and scrape out the knee joint, wash out the knee joint, or do none of the above. All this was done using general anesthesia. I should note that in the do nothing surgery, they still used the general anesthesia, made the three small incisions, and pretended to operate as planned. Two years later, those who had the placebo surgery reported the same amount of relief from pain and swelling as those who had the real thing. Having had this done myself on both knees, this study and what I now know, would prevent me from any further such surgery.⁴¹

In the same article, University of Connecticut psychiatrist Irving Kirsch in reviewing studies of antidepressants found placebos as effective as any antidepressant medicine reviewed.

³⁹ Blakeslee, Sandra. "Placebos Prove So Powerful Even Experts Are Surprised," *New York Times: Science Times Section*, Oct. 13, 1998.

⁴⁰ Benson, Herbert. *Timeless Healing: The Power and Biology of Belief*. (New York: Scribner, 1996). p.21.

⁴¹ Blakeslee, Sandra. "Placebos Prove So Powerful Even Experts Are Surprised," *New York Times: Science Times Section*, Oct. 13, 1998.

In a Japanese study, those exposed to “fake” poison ivy leaves developed an expected allergic rash. Their belief that the leaves were “real” resulted in the body producing the necessary chemical reactions to provide protection based on the retained memory of how the system “should” work.⁴² This is really an example of Dr. Benson’s *remembered wellness* principle at work. Scientists often refer to this as the expectancy theory.

I have personally made decaffeinated coffee by the pot full at one work site and left a wrapper in plain view of regular coffee as an embedded command to notice how people responded. I never found anyone who did not get their morning “hit” as expected. And those who regularly drank decafe just used the decafe pot. I would still hear comments like “Just can’t make it through my morning without *regular* coffee.” The surprise was the ones who thought the coffee tasted better and wondered if maybe we had changed brands. Was it the eye of the beholder or possibly the tongue that believed the lie. Or could it have been just a conditioned response, a belief that things are one thing, when, in reality, they are an illusion.

Just imagine the case studies of placebo “cures” that exist. Why did women who received placebo chemotherapy lose their hair? As the Church Lady use to say, “Was it Satan?” No, it was simply *belief*. There are clinics springing up everywhere that treat disease with the power of the person’s belief that whatever they are doing will work. Guess what? It does! The key, in so many cases, they have now found out is to change what the person believes. Change their belief as to what is and is not possible.

Dr. Carl Simonton and Stephanie Matthews-Simonton were the first that I know of to use hypnosis along with a traditional medical approach to treating cancer patients. The hypnosis was used to relax the patient and train them to visualize their immune system’s white blood cells attacking and winning the war against cancer cells. They created images such as white blood cell “sharks” or “soldiers” going everywhere in the body or just to a specific place to destroy the cancer cells and take them away for safe passage. With training the patients were allowed to develop their own theme of characters. The initial tests were with 159 clinically diagnosed patients with less than one year of life expectancy. How thrilling to find sixty-three still alive two years later. Twenty-two percent of these showed no signs of cancer anywhere in the body. Another nineteen percent showed dramatic tumor reduction. I don’t know the success rates today from ongoing research, however the stronger belief is now able to be created because of the results of these pioneers.⁴³

I can remember the first stages of recovering from one particular MS attack. I was at the point of getting back on my weak legs and trying to walk, recognizing I could probably go back to work in a couple of weeks. As I began to make the mental plans for all the

⁴² Ibid.

⁴³ Simonton, O. Carl, Stephanie Matthews-Simonton and James L. Creighton. *Getting Well Again*. (New York: Bantam, 1992).

"catchup" work that would be needed, instead of feeling stronger, I began to feel weaker. Later that day as I tried to walk down the stairs I collapsed. After two days of extensive hospital tests the doctors confirmed that no further damage could be found anywhere. They could find no reason for my collapse. The recommendation was simply, let's hold off a few days on a definitive spinal tap. I will let you go home, and think about whether this could possibly be just your mind trying to see that you get more help and rest now, rather than allowing you to continue to make such great progress. Needless to say when I called my wife and asked her to come pick me up, I was upset. I intended to search my mind and show this doctor . . . right or wrong. I did get to show him. He was right! Once I became aware of my thoughts my progress shot right back to where I had been days before, and in a couple of weeks I was back at work. A little slower than before, for at that time every attack took more out of me that only returned when I used the ABC's backwards and Conceived, Believed, and Achieved complete healing in my mind. The lesson I learned, however, has become invaluable in assisting others as once we have a pattern in our system, the body knows how to replay the tape.

This experience reminded me of people who are told by experts how long they have to live and buy that belief as their own. Or the student who is told by a teacher, parents, or even so-called friends, you will never amount to anything. The natural laws of the power of suggestion, our abilities to reason things out and use our imagination, the ability to create a belief that becomes a knowing that *all things are possible*, is what it takes to heal. And you my friend are capable of just that.

***You are
only
limited
by
YOUR
imagination.***

CHAPTER FIVE{tc "CHAPTER FIVE"}
USE YOUR SENSE ~ O ~ RAMA{tc "USE YOUR SENSE ~ O ~
RAMA" \ 2}

Curing Psoriasis{tc "Curing Psoriasis" \ 3}

Years ago my wife realized that I was walking rather strangely one particular day and asked why. I took my shoe and sock off and showed her the bleeding sores from psoriasis that covered much of the bottom of my right foot. At the time I was in a job where I stood on my feet and needed to be able to walk. As a result of the condition I tended to stand more on my left foot. This resulted in a back ache, knees hurting, and other physical complaints.

“There just is no cure.” was all I needed to hear as the doctor prescribed some salve to make me comfortable. My healing incentive was activated.

So, how does the body heal? How does it know when to stop healing? The directions are obviously inside somewhere. I just needed to activate the directions. Now let me show you how I used my *Empowering Spirit* to do the work. This is an easy way to start boosting the immune system with directions for healing.

Visual Sense ~ O ~ Rama{tc "Visual Sense ~ O ~ Rama" \ 3}

Shortly after that doctor visit I was sitting on the side of my bed, doing my nightly “how-much-worse-has-it-gotten” check, when I closed my eyes, took a deep breath and visualized a picture in front of me of a movie screen that had been divided into several dimensional grids. There was up, down and middle, as well as left, right and center. All the area in front of me was filled up like sitting in the front row of a movie theater. As I pictured my foot as it was, I realized the mental image was down in the outside corner of the center, bottom block.

With my eyes still closed, I thought of a time in the past when I had something similar, like a rash that often covered the back of my hands as a kid. To my surprise that picture was in a different location, it was in the block in the upper top right side.

Hey, wait a minute, aren't we talking about a similar condition? Why aren't the pictures in the same spot? What's the difference? Oh . . . when I look at the hand it was healed and my foot “can't be?” So that's it! Up here (for me right top center) there was a past condition which healed when my immune system worked properly. Down there, (for me middle center bottom) was the psoriasis that can't be healed? My *Empowering Spirit* triggered by this new belief that psoriasis can't be healed, had shut down the system!

I decided to try an experiment. I looked at the bottom of my foot one more time. It was a MUST that it heal. I took the previous image of my sore foot and with my eyes closed, moved the mental picture up to the right where the healed rash had been positioned on the screen. As I did, I told myself, inside, "Up here, immune system, you know how to do the job of healing, and like the rash, I want you to make the psoriasis on my foot go away, and I want you to do it now." As I said it, in the *theater of my mind*, I watched the image of my foot with psoriasis heal to baby soft skin.

When I opened my eyes, I was quite taken by surprise. I yelled to my wife, who was sitting on the other side of the bed reading, "Look!!!! Look!!!" She replied, "At what?", as loudly as I was commanding her attention. "Look at the bottom of my foot! It's all white. Don't you know what this means? I told my immune system to heal my foot, and it's doing it right now! My foot is being healed . . . Look!!!!!"

Not only had my foot turned white, so had my face. I was stunned by the implications of what I now call *SENSE-O-RAMA*. My belief at the time was that it took approximately six months for the skin to replace itself with new cells. I was ready for a six-month process. I didn't know at the time that our outside skin replaces itself every thirty days. So I committed to checking my foot every morning and night, using the same visualization process for six months. Seemingly, miraculously in 30 days I only had a hard white patch the size of a quarter on the bottom of the ball of my foot. Shortly thereafter it was gone.

I would love to show you my baby soft foot. In fact I wish you could see my baby soft face. If it works this way on my foot, why not use it to give myself a face lift too? It's something to think about. I am sure you can remember a younger you to change the pictures with.

I'm not claiming I created a cure all with *SENSE-O-RAMA*. I created an assistant. A belief booster. Actually this is *remembered wellness*. Remember *your Empowering Spirit* is seeking to perform as you request. This process allows you to find the information of remembered wellness and allow it to go into effect once more. It is like an allergy where we have lost contact with the immunological function. Remembering wellness is a reminder of what it took before and allows that energy of attachment to work once again, and I have seen this process work with allergies. Just remember a time when they were not and a time when they were and move the pictures while mentally creating the desired results

Moving Relationships{tc "Moving Relationships" \ 3}

Over the years I have extended the process to many forms of healing. One young man who had a terrible relationship with his dad saw him in the far bottom left corner, yet his best friend was in the far upper right. The stress was so great that the first time he tried to move his dad up to where his best friend was, dad just bounced right back into the original spot. So we got creative and just moved Dad straight across the screen until he was directly under the friend, but at the bottom of the screen and left him there over night. The following day, we moved him half way up in the morning and all the way up by noon. Now this is a

young man that can never remember his father ever saying, "I love you," or even putting his arm around him. (Remember when I said, for things to change, you have to change!) Before I left the area I was privileged to see this 27-year old young man and his dad together, arms embracing . . . tears flowing . . . and love giving.

Colds, Flu & Bugs{tc "Colds, Flu & Bugs" \ 3}

Annually, so many people get hit with chronic conditions that seem to linger forever. This is one of the best ways I have ever discovered to clear away those lingering effects since it boosts the immune system potential. I simply ask the questions that would result in people finding and moving the pictures to their remembered wellness spot. Hours later they want to know, "What did you do? It is gone." This includes people with a headache also. Try it — it works.

Auditory Sense ~ O ~ Rama{tc "Auditory Sense ~ O ~ Rama" \ 3}

I change this approach when dealing with people who relate most to sound rather than a visual reference. I have them imagine an enormous digital stereo, surround sound system where they can easily play with all the dials. When the picture is nice and bright and clear and definitely in focus, I have them begin to play with the sounds that they hear coming from the screen until they find the *perfect volume, tone, pitch, bass, treble, location, duration, etc.* I love watching their faces as they make the changes. Since an estimated 80% of internal communication is generally visualizations, I still try to get them to work with a picture in the context of this work. If a picture representation is not available, I work with only the sounds. *Your Empowering Spirit* knows what to do.

Additionally with sound, it is effective to add in an orchestra, full choir, or even your favorite music. This changes can do wonders. They can take the dials and work with some of the voices hearing them funny, sexy, or serious. Imagine having a voice that originally sounded like the meanest, gruffest, toughest person in the world saying things in a voice after a whiff of helium. Check this out and see just how much fun you can have with the sounds, and notice what it feels like when you finish. Bad memories will certainly never be the same again.

Kinesthetic Sense ~ O ~ Rama{tc "Kinesthetic Sense ~ O ~ Rama" \ 3}

This time, with the feelings person, I allow them to create whatever equipment they would like to envision that would allow them to sit at the command center and change the representations that are there. They will discover that they can change the way it feels, temperature, flexibility, vibration, location, smell, taste, or color. They can even change the general feelings of tense or relaxed, internal or external. Most enjoy it when they change the weight to weightless, or at least light as a feather. Change produces change. When you notice what makes you feel better, that is what you change and keep. Once again have fun!

Watch Out for Secondary Gain{tc "Watch Out for Secondary Gain" \ 3}

If for any reason you have a hard time making the changes, one thing you can question is if there is any secondary gain you have for staying the way you are. Let me give you an example. One man explained that, "If I was really well then my wife wouldn't give me as much attention as she does. I don't know if I could handle that?" The attention was a greater reward than his wellness. His kinesthetic gut-emotions ruled over all other thought. Think about it. I trust there is nothing you are not willing to let go of that could possibly hold you back from your full potentiality. With this man, when healing becomes his burning desire, it will happen.

What Do You Want to Change{tc "What Do You Want to Change" \ 3}

What do you have in your life that you want to change? By now you should be able to understand the procedure. Just picture that screen there in front of you and go ahead. The only extra instructions I need to give you is be sure to *open your eyes when you have put the picture where you want it to be*, and not where it was before. You can do the same with pictures, sounds, and feelings. Just create that image or sound or feeling and move on through the visualization process. Enjoy the new-found success that *Your Empowering Spirit* and *SENSE-O-RAMA* offer.

Try switching something that you would like to be motivated about and are not with something when you were. The opportunities here are endless. Ever wish you could just find some energy? Well here is your chance. Thank God it works! Do you need a new thinner or fatter image for weight management? You are only limited by your imagination.

There is so much that we can do to change ourselves. I must admit that I know I would not be doing any of this without my understanding that these natural laws and powers were made manifest through the life of Christ. So let's look specifically at His manifestations.

***At the
other-than-conscious level
dwells
Your Empowering Spirit
who,
as an Obedient Servant
makes
Literal Truth
out of whatever you think
or say
as a
direct command of action
about
YOU.***

CHAPTER SIX {tc "CHAPTER SIX"} JESUS AND MIRACLES {tc "JESUS AND MIRACLES" \ 2}

Jesus' Lessons {tc "Jesus' Lessons" \ 3}

Of course, Jesus was right when he said faith was a prerequisite. All his miracles were performed in the light of faith and these natural laws of health and wellness. Yet to people at the time, it seemed that much of what Christ did violated the very basic laws of nature. They were otherwise unobtainable miracles. I trust with a new understanding of *your Empowering Spirit* as I've described it and the connection you have with God in the spiritual dimension, you must surely have started to change such thinking. Just as Christ spoke of our immortality, so the quantum process can help us realize that you are that which is eternal. That we exist in, around, and outside of our physical shell.³

Trying to look at the miraculous manifestations brought about by Jesus Christ through reasoning may seem impossible until we understood the nature of our two minds and the basis of the Quantum Experience. The healing implications of Christ can best be looked at from a spiritual perspective. Since that is not the context in which we usually find ourselves, I will do my best to relate it within reason.

While some credit Christ for formulating the moral and ethical codes by which we should live, it should be noted that the Great Masters of prior generations taught the same lessons. Confucius, for example, was a strong proponent of what we call the Golden Rule. However because of my personal education, allow me to use the manifestations and miracles of Jesus as our reference point. We recognize God's truth has always been Omnipresent. He always was and is and will be.

Teaching by Parables {tc "Teaching by Parables" \ 3}

When his disciples asked Christ why he spoke in parables, he said, "Because it is given unto you to know the mysteries of heaven, but unto them it is not. . . . I speak because they seeing see not, and hearing hear not, neither do they understand." What he was teaching contained power that could be misused if not handled through a heart of love. He said, "For this people's heart is waxed gross, and their ears are dull of hearing, and their eyes they have closed."

Still today, only those who are ready for this message will read, understand and make use of what I am telling you. I believe God will still confound those who live without a base of love and keep them from exploiting these natural laws.

Change of Heart {tc "Change of Heart" \ 3}

Healing comes to or thorough a heart of love, through a changed heart. To those who begin to believe what their *Empowering Spirit* has been trying to tell them all these years, *forgiveness* is necessary, *believing* is necessary, *loving* and *walking in peace* is necessary to healing. This can only come through a heart of love.

One thing that most overlook is that Christ told us to, "seek first the kingdom of heaven and all these things shall be added unto you." The kingdom of heaven, which lies within, opens the windows to creations door.

Christ taught just what was needed to each group. He taught morality, justice and the way to eternal life to the multitudes. He did not teach them to heal the sick. He taught those principles only to a chosen few and then still did not teach them the scientific laws of nature upon which the healing would take place. He did give them the *exact condition for effectiveness in healing themselves and others, the power of faith.*

Faith & Belief —The Prerequisite{tc "Faith & Belief —The Prerequisite" \1 3}

Faith should be recognized as containing the entire natural law of suggestion. Faith or belief is the acceptance by the *Empowering Spirit* of the truth presented by another. It rests upon trust and confidence in the moral and ethical character of God. Faith is the substance of things hoped for and the evidence of things yet unseen. It is the unshakable, unmovable, determining seed of creation.

There was not one other thing that Jesus required outside faith. Yet, He understood that *signs and wonders* were the conscious mind's proof that would allow people to create faith. Christ used their senses as the inroad to knowledge, knowing the spirit of truth would eventually come and lead man into all truth. Christ himself had the faith that came from the knowledge of God's power to heal the sick. He knew this power of faith was fully available to all and He used it. He recognized faith as His inheritance, and offered this gift freely to all who would come after Him.

When I speak of the personal healing in my body, it is a declaration of the power of faith in God and our agreement as a team. Once you have learned how to walk there are no more conscious mind objections to walking. As a child once, you created the emotion of movement, you got up, and walked. Healing as a natural function of the body must also be done by faith.

Faith was, is and will continue to be the only essential condition required to heal yourself and others. It is the power that elevates man to embrace all that is available through the powers of creation.

When the Disciples returned to Christ to report that their powers of healing were failing, He only replied, "Oh ye of little faith." Christ never taught there was any other condition necessary beyond faith. I can find nothing written of His teachings to verify any other

requirement. I am willing to take that which he *did* say as the evidence and truth of the requirements.

The Ten Lepers{tc "The Ten Lepers" \ 3}

Ten lepers cried out, "Jesus, Master, have mercy on us." This was an open display of faith. We do not read of Jesus saying, "Let me see your faith, folks." When one of them did return in thanks, He said, "Go your way: *your faith* has made you whole." An attitude of gratitude is a great thing to have, however, belief is the prerequisite.

This seems to be the most often used reference to healing *without the necessity of faith* by those who preach miracles. I believe the truth is obviously revealed in light of the whole story. Because only one returned, it does not negate the recognized faith of all ten who originally were there.

The Blind{tc "The Blind" \ 3}

On the road to Jericho, Jesus hears the cry of a blind man begging for mercy while others passing by seemed unaware. "Receive thy sight, thy *faith* hath saved thee." Jesus replied to the request and immediately he received his sight and followed. Many more received sight with just such a command.

Even The Disciples Lacked Faith{tc "Even The Disciples Lacked Faith" \ 3}

When they found a lunatic whom they could not heal, the Disciples brought him to Christ. After healing him, Christ told the disciples why they appeared to have lost their power. "Because of your unbelief: for verily I say unto you, If you have faith as a grain of mustard seed (*pure potentiality*), you will say unto this mountain (*illness*), remove hence to yonder place; and it shall remove; and nothing will be impossible unto you."

Raising the Dead{tc "Raising the Dead" \ 3}

The strangest of all Christ's miracles was the raising of the dead. "Lazarus come forth," He said. You know the rest of the story. Could it possibly be that faith was the prerequisite? It does, when you realize that within the heart and soul of the shell which had been declared dead was Lazarus *Empowering Spirit* still functioning in subjective obedience to that which is eternal. Yes, the natural laws of the mind were made manifest for all to see with Christ's signs and wonders. Who contained more subjective power than Jesus? It only stands to reason that He had the ability to make such a contact with the soul of another and command the force to take refuge in the human shell once more. While some consider these as violations of the laws of nature, it is the very laws of nature that are being upheld. Jesus was showing us just how we can live today within the framework of the quantum.

Daughter of Jairus{tc "Daughter of Jairus" \ 3}

When the daughter of Jairus died while Jairus was on route to find Jesus, Christ said to him, "Be not afraid, Only believe." It was important that Christ thus put Jairus at ease. Without His assurance Jairus could have provided an autosuggestion to his daughter's *Empowering Spirit* that what was about to take place could not possibly work. Instead, Jairus remained steadfast in his faith in what God could do. Leaving the multitudes behind by intention, Christ took John, Peter and James with him to be present at the miracle, thus increasing the power of the law of suggestion. They had already been healing others. As Jesus removed all others from the room, He went so far as to tell those that were in mourning that "she is not dead, but sleepeth."

Think of how "sleepeth" increased the power of suggestion as Christ approached the daughter with His command, "Arise." Notice that even the command is a word of energy movement, as *motion creates emotion* and thus the return of the spirit.

To The Deceased Spirit{tc "To The Deceased Spirit" \ 3}

From a different perspective, Christ was also teaching the *Empowering Spirit* of the one found dead that we are all eternal and therefore the physical is only sleeping. This *power of suggestion* would allow the *Empowering Spirit* to recognize that it has the capacity to come back into the body as it did. The *law of extrasensory spirit* connected with the *Empowering Spirit* and applied the *law of suggestion* to this soul, and the manifestation was made perfect.

Belief of Others{tc "Belief of Others" \ 3}

Christ also commanded "no man should know it," and said that something should be given to the revived daughter to eat. He often requested that healing remain secret to prevent the doubting imagination of others from creating autosuggestion to the contrary. Food would be important for the body to start the physical awareness of processing, thus causing the body to begin to function again after its complete sensory paralysis.

Interesting how the conscious minds of others that do not believe in the possibility have the ability to *steal a healing*. That's right. The thoughts of another are so powerful that their consciousness creates autosuggestion as to the improbability of the possibility. The *Empowering Spirit* of the one who is sick with a so-called incurable illness, researches their memory banks and finds death-bed to life-healing unavailable so it removes the healing which could have been completed. A frightening thought I have all too often witnessed. I certainly have been told that I am only in remission by the white coats. However after eighteen years of telling them, "I had MS" as their records show, I don't care what they write since I do not have to accept their *power of suggestion*. Just as the lungs function perfectly, so also, the one who wrote the records showing enough medicine every four hours to kill an average person, questions how I could go cold turkey. I tell you it is faith. It is the power of suggestion made manifest.

Remote Healing{tc "Remote Healing" \ 3}

I know that many question Jesus' use of what we would call remote healing. Again let me point out that the power of suggestion for healing is subjectively passed on to the *Empowering Spirit* of the recipient. The conscious mind is best not aware of what is transpiring, and thus the faith of the soul in question is raised to a new level of performance. Because the patient was objectively passive, no autosuggestion to the contrary was presented.

Realize the whole door of opportunity this opens for those who wish to work within the field of facilitating healing in others. Again the Master Teacher has shown us how within the framework of the natural laws of healing. It is possible to contact the *Empowering Spirit* inside another even at a distance through the power of suggestion. Remember that the *Empowering Spirit* is subjective and therefore always open to suggestions that function within the prime directive of the preservation of life. Healing is such a prime directive.

Science was Not Ready{tc "Science was Not Ready" \ 3}

The truth of healing was not understood in the days of Christ; science needed to make great progress in order for us to put the pieces together as I have for you here. Christ understood the limited capacity of man at the time to reason all of this out. What becomes obvious is that Christ understood the dual essence of the mind of man, the power of the law of suggestion, the natural law of communication to the *Empowering Spirit* or heart and soul of the other. He knew the power the *Empowering Spirit* or soul has over the natural functions of the body in life and death, thus to bring healing into manifestation.

Divine Inspiration{tc "Divine Inspiration" \ 3}

Jesus had direct inspiration from God. He recognized himself to be One with God. Just as He declared that the day would come when each of us would recognize that "I am in my Father, and My Father is in Me, and I in you." This is part of what the Quantum Experience is all about. We must accept our position as sons of God and receive the powers of inheritance that come with this position.

Entering the space of the Quantum Experience allows you to understand your relationship with God by divine inspiration. This you can do without resorting to the inductive reasoning of the conscious mind. You will discover that you are spirit, and be able to live from this space, should you choose to live as spirit first, human second, developing a new relationship with that which is eternal. The *Empowering Spirit* is limited in its powers of reasoning as long as it remains under subjective obedience to the conscious mind, and under the natural human law of the power of suggestion. As the seat of all emotions and feelings, we are allowed to experience all things. This structure was given to us to enable us to teach this obedient *empowering soul* the human experience for all eternity.

Greatest Commandments{tc "Greatest Commandments" \ 3}

When Christ spoke of the greatest of all opportunities for us, He said that we should “love God with all your heart,” and “love your neighbor as yourself.” To quote Matthew: “Jesus said unto him, (the lawyer who asked) Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and greatest commandment. And the second is like unto it, Thou shalt love thy neighbor as thyself. (Notice self love comes before love of neighbor!) On these two commandments hang all the laws and the prophets.”

I believe He did this in understanding of the concept of *Your Empowering Spirit*. For those thoughts that you think about your neighbor, when taken in by your *Empowering Spirit* become a truth about who you are and thus produces in your life the result of this thinking. That is why that which you dislike in others is really something that you dislike in yourself. *Life is a mirror reflection of what is on the inside*. That which you like in others is also found inside of you in order for you to recognize it in others. Here you are reinforcing it through thought.

Literal truth is an amazing concept. Here we find the opportunity God gave each of us to create the experience of love we were created to know. When Jesus added “upon these two hinge the laws and the prophets,” realize that He recognized the law of health in the body is determined by what we think and that our future is based on what we think. He truly understood that **at the other-than-conscious level dwells Your Empowering Spirit who, as an Obedient Servant, makes literal truth out of whatever you think or say as a direct command of action about YOU.**

Start Healing{tc "Start Healing" \ 3}

In order to start healing, You need to begin to think about *desiring* to be well and more importantly, what it would be like to be *totally well* so that you trigger those memories in the cells. As your thoughts turn away from sickness towards wellness, they turn on the natural healing procedures in your body. If you continue to talk about healing, you head towards healing. If you decide to talk about the past and focus on sickness, you simply reverse the process. This way *your Empowering Spirit* is giving you what you are thinking and talking about. It is important that you begin to think and to speak of healing, wellness, health, and only these things, if the desire of your heart is to keep the natural laws of healing working for you. The natural law of the preservation of who you are is on your side. Here is your opportunity to invoke both laws. It is your birthright to be well.

The invisible energy of you is your contact with infinite possibilities though *your Empowering Spirit* which makes literal truth out of whatever you think or believe. But to only believe in *your Empowering Spirit* is not enough. You must *act upon your belief*, to know the reality. This is a gift of the spiritual you. When you enact it you can leave it alone and go your merry way, the thoughts that you think are still acted upon.

***Faith
goes after
the evidence
ego needs
and
presents it as
though it were
already
manifested.***

CHAPTER SEVEN{tc "CHAPTER SEVEN"} A DONE DEAL CALLED HEALING{tc "A DONE DEAL CALLED HEALING" \12}

Process{tc "Process" \3}

I wish you had experienced the successes with healing that I have personally. For then the process of producing the confidence necessary to create the faith and belief in the healing is empowered more easily. With a measure of success you find your conscious mind and *your Empowering Spirit* simply join forces with little or no resistance in the healing process.

Doubt and Wigglesworth{tc "Doubt and Wigglesworth" \3}

Doubt, on the other hand, is a powerful autosuggestion we all need to overcome. It is like a faucet in the middle of a flow, it can drive, divert, or even stop any process. It is said that Smith Wigglesworth, one of the great healers, died when he heard that one person he had prayed for, out of thousands, did not heal. For those who desire to facilitate healing, this is another valuable healer to research. This is a man who walked by faith and not by sight. A man who called things into being, that *be not*, as though they *were*.⁴⁴

Medicine of the Imagination{tc "Medicine of the Imagination" \3}

It does seem strange that we could actually begin to call this sort of healing the medicine of the imagination or “thought therapy.” Valid as that title may be, we should remember that imagination does live at *your Empowering Spirit* level. Truly we are all *Living in the Land of La Lar Foo Fue*, as my last tape series suggests. We live in *La Lar Land* waiting for someone else to sprinkle *Foo Fue* dust upon us to make everything all right without realizing that the answers do not lie without, they lie within.

No Denial{tc "No Denial" \3}

I am not saying that we are to deny the existence of a condition of illness as some may suggest to you. I am saying that we must wholly represent to ourselves that which we *desire*, allowing this positive representation to be held foremost in our thinking until the manifestation is complete. After all, what is *your Empowering Spirit* for if not obedience for that which you desire.

Just as *no decision is a decision*, denial is also an energy. To deny existence allows this dis-ease or toxic nostalgia energy to be made manifest in the physical by the *law of cause*

⁴⁴ Wigglesworth, Smith and Robert Liardon. *Smith Wigglesworth: The Complete Collection of His Life Teachings*. (March, 1997).

and effect because denial makes it real. Just as the world-without is only a mirror reflection of what you have acknowledged as the world-within, so for health you must look and acknowledge within for complete recovery. Every condition has been manifested by your thoughts. Denial is not the cure. However paying attention to that which you deny is also not the cure. Since energy goes where you pay attention, paying attention to the condition only provides it life. Give all your attention to that which you desire, lest you never get enough of what you *don't want*. The secret is in walking not after the flesh or the physical symptom-ology but after the spirit where the blue print for healing and the memory of the process are contained.

Give it Time{tc "Give it Time" \ 3}

Because we are dealing with disease at source, it may take time. An acorn is only a seed, however it is a seed of pure potentiality that produces one of the mightiest of trees. The laws of nature must unfold in their seasons to manifest the full tree. For you in spirit, time is not a prime factor. While one may have instant results, that has not been found to be the norm. For most it takes what we call time for the natural removal of diseased cells and the replacement of healthy cells.

From the Quantum Experience, many, like you, learn and manifest more in ten minutes than they would in months of ordinary healing processing. That is why I use the Quantum Experience to get you outside of the body as spirit so you can recognize you are not the dis-ease associated with that which shall die. You are that which is eternal and that which controls the human experience as a spirit being. Recognizing that you are not the disease releases the power of healing into the field of pure potentiality which brings it to pass. For this reason I will teach you a pattern so you can go into this space as much and as often as you would like.

You will be required to reject old ideas as they come along, for truly ego will seek to remind you that you are still sick as a way of sustaining its life. There will be no progress without change, so just keep an open mind, and the willingness to make the necessary changes so that you are paying attention to outcome *in spirit* and not things as they appear in the flesh. As I said before, do not deny, just move back to living in spirit with the established knowing that your healing *already exists*. Think of the process as like taping into the acorn of potentiality on the inside and producing a healing tree.

So now you may ask, when is healing going to come to pass? First, after you believe you have received it. Second, when you start to "call it" the way you believe that it is, rather than the way you see it to be. Then you can live in this truth and rely on God within to supply the ways and means of it all. Should this require the assistance of those in the medical profession, than follow that guidance. What it takes is your connection to all possibility.

Understand that what you are proclaiming may not yet have come to pass in the physical. Yet, in the energy of spirit, it has. You might say, "I can't declare that I am healed when I am not!" You might call this denial. No. Denial is calling things that be as though they are not.

Romans 4:17 says, “*call those things that be not as though they were.*” It does not say call those things that be as though they *be not*. Healing is your birthright.

A Gentle Reminder{tc "A Gentle Reminder" \ 3}

Anne and I were in a Cell Group Bible Study at the home of our good friends, Jim and Barbara, while some of the work of healing from the MS was taking place. One particular night I declared how utterly frustrating it was to be making progress and yet still have MS lingering. Jim’s wisdom came shining directly at me that night as he said, “If you want to be healed, you will no longer tell us you have MS.” We then went on to discuss the basic concepts that you are reading. Especially the idea of identity and how we have the ability to progress, regress, or just stand still based on our *words*.

The law of the mind and thus of the body is in how you identify yourself. *Faith does not deny natural realities, it deals with them.* If you do not acknowledge that something is there, you need no faith. You *need the condition* to create the faith. Illness is the condition. Without weakening in your faith, face the fact that your body is as good as diseased. Considering it to be there . . . then *consider it not*. That is where faith and trust connect with the power to heal. Faith does not deny that it is there, it looks beyond it to the connection of creation for the preservation of who you are to bring healing about. The verse does not say, call the things that be as though they *be*. Yet that is what most people do. They feed life through identity of what they call “the condition.”

In client sessions I teach that your *beliefs determine your values, your values determine your identity*. This is *where you are* and *who you are* when no one else is looking. What do you value most? Is it the disease? Energy goes where you pay attention. On what do you intend your energy to be focused? What are you willing to believe (*beliefs*) and place your value in (*values*) so that you will become that (*identity*). Remember it is what you believe that causes you to hold onto or let go of the value of health. This belief and value then determines your identity.

Our Words Matter{tc "Our Words Matter" \ 3}

We find ourselves with something wrong like a headache. We begin to talk about it, tell others about it, and connect with manifesting every symptom we have ever previously identified that could make it worse. My Mom had migraines and got excellent at feeling this. When the symptom-ology started, she would think and say things like, well thank God I don’t *have a migraine*, only to *have the migraine* come as her *Empowering Spirit* worked from that command of action. How important it is to always and only *remember wellness*, again and again and again. How well we should remind ourselves that *all of our words are promises to keep*.

Since Mom is no longer with us, I will tell you another of her “promises to keep.” As she advanced in years, we would often hear her say, “If there is one thing I don’t want to have

happen when I get old it's to fall and break my hip or break any bone." While on a choir tour in Germany. Why Germany? Because that was the furthest from home and the last place on earth she would ever "want to have a broken bone." Mom was a living example of *you'll never get enough of what you don't want* when it came to her health. When we would talk about the pattern that was there, she would generally say, "That's right, that is not *'what I want!'*" while her *Empowering Spirit* took in all those words as literal truth and a direct command of action to manifest. I also remember that Mom was the one who said, "Be careful what you wish for . . . you just might get it." Sorry Mom, but life is meant to be lived as an example. From all those people, like me, who are going to learn from your experience, "Bless You."

Light in the Generator{tc "Light in the Generator" \ 3}

You go into a room and find it dark. As you stand there you can think I am surrounded with light and the whole room lights up, right? No, you must throw the switch that generates the electricity for the room to light up. You are required to produce it, to generate it, to cause it to be. You are the generator to healing and you must turn "you/healing" on. The power or light is inside you. The source of what is needed is there inside you ready to be used.

When you "Call those things, that be not, as though they were" you are turning on the generator of heart and soul in connection with God inside of you to be co-creator in the experience of healing. It is already there. Your job is to co-operate with what is, what exists in pure potentiality that functions within the natural laws. It functions within the natural law of the preservation of the human experience.

Hebrews 11:3 says: "Through faith we understand that the world was framed (created) by the word of God, so that things which are seen were not made (generated) of things which do appear." This is an example of the action of *creation*. The generator was words. From a Hebrew translation God said, "*Light be, Stars be, etc.*" I might point out that He only said it once. I am sure He is glad that we were not standing next to him saying, "Well it isn't yet, so it can't, therefore it will never be, so why are we here?" Is this not how most of us think? Plus I am sure we would have said, "But you only said it once." Instant faith, . . . well excuse me.

There is power in just the command "body be healed" when you keep your generator on. Eventually you will see it happening in the physical. *Your Empowering Spirit* is waiting to perform, to bring it to pass.

Examples{tc "Examples" \ 3}

At breakfast one morning a surfer talked about having had paralysis on one side of his face from a bad surgery. For nearly a year he wanted his face to heal, while simultaneously trying to find a lawyer who would take his case of malpractice because, "the surgeon did this". When asked how his face is really doing, he admitted there are only small areas where there are any signs of numbness, and in fact, there is feeling everywhere through a

warm strong tingling sensation. The generator has already done the job. The *Empowering Spirit* cannot complete the healing work because it believes that this paralysis is still necessary to prove the case, if they file a suit. If the paralysis is gone, what would there be to prove. Interesting, how the *power of autosuggestion* holds at bay pure potentiality. With clients, I often point out that a secondary gain can have more power than the original intent as mentioned earlier.

Many a person on full disability will not heal because they would be required to give up the disability income. I worked for a while with a client whom I have seen surfing at least three times a week from my balcony. He tells his friends he has a chronic back condition from being a computer programmer that has forced him to be on full disability. Every Doctor's exam proves the condition is extremely painful for him, and thus he will never be able to return to work. When he told me what the insurance company pays him, the government pays him, and what his parents also added in, under those circumstances, who wouldn't be very tempted to sustain the injury. Interesting to see such a co-dependent condition while also noting the addictive behavior possibilities. Just as suffering is optional, so also would be surfing.

Thought Creation{tc "Thought Creation" \ 3}

Remember everything that naturally comes to pass, is formed, or caused to be through the creation of thought. Nothing has come into being without first being a divine inspiration. Listen to what you are thinking and saying. You will discover why you do or do not have what you desire. Actually, remember *your Empowering Spirit* believes all those commands of action as what you desire. What you are thinking is what you are partaking of. What you keep your mind on is what produces the reality of your results.

When you are practicing your "healing thoughts" as a confirmation, it is only the conscious mind which doubts, while *your Empowering Spirit* recognizes the command and starts the necessary changes. Deepak Chopra has presented evidence that shows our thoughts actually turn on and off this healing process. He has shown us the energy of the fields changing their reflective colors to represent the healing process unfolding.

The conscious doubt, then, has the ability to create a counter suggestion and cancel out the healing. In all truth, your conscious mind will remain at war in ego until it has physical evidence as proof positive that healing is happening. *Faith goes after the evidence ego needs and presents it as though it were already manifested.*

Tongue Power{tc "Tongue Power" \ 3}

We are told death and life are in the power of the tongue. Words are sharper than any two-edged sword even to the dividing of the bone and marrow of the body. We know the truth and it is time that we allow the truth to set us free. What you intend to confess is health to all your flesh. It is good to be reminded to remember *energy goes where you pay attention, and what you intend creates the end result.*

A Natural Process{tc "A Natural Process" \ 3}

Quantum work allows you to put the conscious mind on pause. In the Quantum Experience, the conscious mind no longer rules *your Empowering Spirit*. Thus, spirit is free to create miracles of healing for you and others. It is free not only to create healing miracles, it is free to manifest the desires of your heart. Miracles become natural events done in a super way as the preservation of who you are.

Silence is Rewarding{tc "Silence is Rewarding" \ 3}

Remember in your personal healing work not to tell anyone what you are thinking or working on. Although we seem to gain a certain satisfaction in telling others about our ambitions, you may give them opportunity to negate or steal your healing. Simultaneously this may prevent you from spreading your energy of creation around. Silence allows that energy to stay focused in a vibration of creation. You can have only what you confess, but confess for yourself, to yourself and to God. "Give no place to the devil" as we are told. In like manner give no ground of permission to any energy that has the ability to supply negative autosuggestions to you.

I am reminded that the man who is always talking about what he is going to do is always on the "going to do" path. If you do not talk, then you must act as the *law of cause and effect* go into play. Make sure you are on the *doing path*, not the *going to do path*. Silence about your private life gives you an inward strength and power that carries you on to manifestation. Like the river, to harness your energy, you must first build a dam. Silence becomes the power dam to hold the building energy.

Let's look at it another way. You have made this decision that to heal you must let go of thirty pounds. To all your friends you say, "I am thinning down thirty pounds." From that day on, even with the best of intentions, you become very aware that your friends are all looking at you! And what do you think they are paying attention to? So what do you give your attention to and take your focus off? As you become your "thirty pound" thoughts, many people have been know to gain weight.

The Apostle Paul speaks of this power of thought as he says, "That which I would not, that do I do." The mind does not understand *do* and *don't* it only understands the commands of action. Be smart, let the wisdom of silence be your Golden Egg.

Desire of Your Heart{tc "Desire of Your Heart" \ 3}

King Solomon who in teaching instructions from his father Abraham stated, . . . "attend to my words; incline thy ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thy heart. For they are life unto those that find them, and health to all their flesh. Keep thy heart with all diligence; for out of it are the issues of life." Your thoughts are life or death. I created *Life Clean Out* as a private one-on-one training process that allows

you to clean out your heart storage of memory energy so that the issues of life flow forth with empowerment rather than dis-empowerment.

Now think in terms of God as an omnipresent force in you, something that is working through you, in light of these verses from Psalms 37 starting at verse 4. "Delight yourself in the Lord (in you); and He will give you the desires of your heart (through you). Commit your way unto Him (in you); trust also in Him (faith) and He will do it. (through you) . . . Rest in Him (be in peace) and wait patiently for Him (time does not exist) and He shall bring it to pass." The commitment has been made. The Quantum Experience will allow you to learn to rest.

In the Quantum Experience you will be able to know that you and God are One, and in this relationship present the desires of your heart for healing. Your soul-connection in co-creation will bring it to pass as the natural law of preservation of *who you are* goes into effect. The question is, are you ready to rest in the knowing and allow things to come to pass? This does not mean to stop all that you are doing to facilitate healing as you will still actively participate. You will still use all available resources, including medical.

A Free Moral Agent{tc "A Free Moral Agent" \ 3}

As God created man in his own image, he made each of us a free moral agent as the director of the conscious mind over *your obedient Empowering Spirit*. Then He told us, "Know ye not that the Kingdom of Heaven lies within?" and added "I have said, You are gods." When you realize the magnitude of all this, you get a whole new perspective of what it means to know that God has promised you the desires of your heart, and fulfills that desire based upon your thought through *YOU*. Now that is truly something to think about!

If the heart and soul of who you are, *your Empowering Spirit*, were not so limited in the powers of reasoning, you would not be held responsible for the moral status of your soul. God gave you the reasoning powers at a *conscious level* thus allowing you to work your own way through your temporary physical environment. This includes healing as well as all other related aspects of life.

Life truly is choice. Life is thought. Thought is the occupation of life. Life is the reality of what you are creating. As *your Empowering Spirit* knows, you are co-creator in the experience of your reality. You have the reasoning power to know right from wrong. Yes, we note that for some, wrong seems right and right seems wrong. That is the reasoning ability personified in full, with *your Empowering Spirit* in subjective obedience. This heart and soul in the physical is there for the preservation of who you are. Thus, the moral factors maintain their influence even to the preservation of the human race as a whole. These are what we call the normal functions of *your Empowering Spirit*. They are the things that one does instinctively. They are those things that help you in finding *you*, then point *you* in the direction of heading home.

***It is
NOT
what happens
that matters
it is what
you DO
with what
happens
that matters.***

CELLULAR HEALING WITH DR ROBERT YOUNG{tc "CELLULAR HEALING WITH SEASILVER"}

Author The pH Miracle

During my eighteen years of research, I have had the opportunity to look at many Foundational Health Products. No where did I find products as powerful as what Dr. Young has created for aiding the body in removing disease and regenerating healthy cells. Some of my research was done with the aid of ultra powerful microscopes looking at the actual life force or energy giving properties of a product. I have looked at what was thought by many to be the best as well as what was know to be otherwise.

For the last 25 years, Doctors internationally have been saying that if you can energize, alkaline, balance, cleanse, purify, nourish, oxygenate, protect, and strengthen your cell structure, you will enjoy optimum health. Inner Light products energize and alkaline your blood steam, balance your body chemistry; cleanse your vital organs; purify your blood and lymphatic system; nourish your body at a cellular level; oxygenate your body's cells; protects your tissues and cells against toxins; and strengthens your immune system.

Everyone I put on his products feels results in 3 days? What about you? Do you really need healing, every day natural energy, or alkaline support for an acidic style of eating? Inner Light supplements literally bring new energy to each cell directly. It is a big idea that begins with the tiniest of particles - the particles called colloids.

Since colloids are so small, it is easy for our cells to absorb vitamins and minerals introduced at this size. Knowing this, Inner Light begins by breaking basic nutrient elements into billions of colloidal particles. Then, unlike any other supplement provider, they ensure these colloids remain "individually separated" through a proprietary process.

But perhaps the most striking difference about Inner Light products is their living energy. Not only are colloids separated for prime absorption, they are given an additional electrical charge. This charge actually attracts the colloids to your cells where they can be instantly utilized. The energy within each cell literally "jumps." Functionality is rejuvenated. And your cells -- and you yourself -- can feel that maybe the energy you knew as a kid isn't so long gone after all. For you own investigation, check out the web site at: **InnerLightinc.com/CelebrateLife**

Please communicate with me prior to ordering any products to ensure you get only what is needed for you. The sale of supplements supports the work of Celebrate Life while providing healing to others.

You have just finished Part One of *Your Empowering Spirit*. Please use the email connection we sent you to return to the web and download Part Two. Since most discover that the processing work is easier to do when directed by someone else, consider ordering the CD of the Healing Quantum

Training. Have you forwarded the web address to others in need yet? You can do that from the web site also.

Additional Material by Gary Sinclair

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{tc "ADDITIONAL BOOKS BY GARY SINCLAIR"}

