

**Your**  
**Empowering**  
**Spirit**

**YES** to Quantum Healing - PART TWO

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](http://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:

Gary Sinclair  
% Celebrate Life  
P O Box 1840  
Fall Brook, CA 92088-1840  
760-451-3099

Library of Congress Cataloging

Sinclair, Gary L.  
*Your Empowering Spirit: YES to Quantum Healing*  
Self Help; Alternative Healing; Energy Medicine

Please do not distribute this book in any form of duplication without the express permission of Celebrate Life as Publisher, and Gary Sinclair as Author.

**Copyright © 2001 Celebrate Life**

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

**CHAPTER EIGHT{tc "CHAPTER EIGHT" }**  
**RESOLVE TO DISSOLVE{tc "RESOLVE TO DISSOLVE" \12}**

Flashlight of the Mind{tc "Flashlight of the Mind" \3}

Years ago, when teaching at another convention, I suggested that the conscious mind is like a flashlight. Where you point it, you gain illumination, connection, and understanding. However, where you do not point it, those positive attributes are still there. They do not cease to exist because you did not point the light there. *God is all, in all, and through all.* Our light of perception consciously is always focused on a part, when the whole is available. The whole resides in the realm of the quantum. With our ego we conceptualize ourselves to be this shell that exists in relationship to the whole. With your *Empowering Spirit* you can connect with the quantum whole and discover that you do already live beyond this body in a much greater dimension.

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

As you go within, think of it as taking a flashlight into an area that has become darkened. As you change the direction of the beam, different parts of the room can be seen. These are parts that have always been there. They have gone unnoticed or not been paid attention to. Sometimes we remain focused on only the part of the room that is lit while we forget mistakenly that there are those other parts there even now. When we think about who we are, we are thinking in terms of conscious light experience. We have concluded that we are only what we think or what we shine our light on. Yet, no matter what we think of ourselves, *we are always more than that*, more than *that*, and even more than *that* because God is omnipresent in each of us.

The Information is There{tc "The Information is There" \3}

I think of the times when I have heard people talk about thinking of a solution to a particular need, only to discover months later seeing it for sale on a shelf somewhere. How many others were, at that same time, connected with divine intelligence and thereby given this same solution?

You on the Inside{tc "You on the Inside" \3}

Imagine being in a state of reference where you can observe things as they really are. Imagine being able to observe the relationship of things in your Universe. To seek to know the limits only to discover *there are none*. Imagine finding no walls, no boundaries, no right or wrong. There just *is*. You are that! This is but a hint of the perceptive possibilities that lie within the grasp of *your Empowering Spirit*. When you finally find yourself free from the human shell, you find yourself in the natural realm of truth. You find yourself free from the imposed limitations suggested by the ego. Here

you know God as He is, understand the natural laws as they apply, and find the source of all wisdom. Here you find love. Here you find peace. Here you find . . . YOU.

We grew up believing the power of our one mind. That is, we grew up thinking of ourselves as one in separateness from others. This belief has been perpetuated to such a degree that religions have been established on this principle alone. Science has come a long way in showing us that we are more than one mind. We were taught we had to connect with the spiritual. However, the connection was to something outside, not an omnipresence inside. Healing has been denied just upon this principle. Life and living in the human dimension have become the all-important function. It never occurred to us that one function might manifest different powers than the other. We have always called ourselves body, soul, and spirit. We did not realize what we were doing when we represented the spirit to exist only in containment within this shell.

### Going Home{tc "Going Home" \ 3}

The entire power of the conscious mind is always shown in direct proportion to the health of the brain, while the power of *your Empowering Spirit* knows no limitations based on health. The closer the body comes to death of the physical, the stronger the demonstrations of the powers of the spirit. The more *your Empowering Spirit* recognizes its ability to be free, the ego struggles to cause it to maintain the shell. However, the struggle is often without success. The brain becomes disorganized and senility is obvious as the functions which pertain to the maintenance of the physical fail. Thoughts of death and life in the physical wage war, but Spirit never shows signs of deterioration. Inside, you are going home. You are leaving the shell to continue as that which never dies, as that which is eternal. I believe there is not one function of the conscious mind that would be of any value to *your Empowering Spirit* upon departure from the shell.

### Training Your Soul{tc "Training Your Soul" \ 3}

Man — the moral free will man — can live his life in direct correlation to these facts, living life in relationship to his co-creator abilities. Strange that the responsibility for these processes rests solely upon the conscious man, the ego man, the objective man, the reasoning man. Imagine being created by conception, an act of love, with the responsibility to act as a moral free-will person, training your own soul for the eternity that is. Awesome, I say, fantastically awesome.

### Time as a Perception{tc "Time as a Perception" \ 3}

Time as we think of it, has no meaning to *your Empowering Spirit*, as everything is *now*. There is no past or future in the everyday processing. All is now. Chemical changes and energy only flow in the now. Time as we know it by clock and calendar is a creation of the conscious mind. The intensity of your desires along with your conscious beliefs is where time comes into account.

Time is but a perception of thought. *Time is a space time continuum* is the concept you will hear from a physicist. Time as we know and think of it is the explanation we created to gain control over our experience. Time allows for change in our experience of life.

I have often told the story of the miners caught in a massive cave-in. Realizing that air was the most vital component and that time was not on their side, the gentleman who owned the only watch in the group began to call out the time. However, not wanting to dishearten the others, he called out one hour for each two hours that passed. When the men were at last rescued there was only one who had passed away. Yes, the man who knew they had truly run out of time. Although he had the opportunity to change the structure of time for others, his *Empowering Spirit* was not convinced. His beliefs, performance, perception and even truth lead to the protection of others and the destruction of self.

### Time Warp{tc "Time Warp" \ 3}

I am sure you have experienced a time when some intense event such as an accident caused you to feel as though time stood still. For a client, producing an extreme state of relaxation will often allow them to look at their watch and perceive that the hands are holding still or have gone into a much slower stage of ticking.

Remember a time when you were waiting for Daddy to come home and give you that spanking Mother promised? Did it seem to take a week before Dad finally got home? When he did come, did it seem to take additional weeks before he finally got it over with. Now Christmas, that comes but once a year and oh how quickly. The older you get, the faster they come and go.

Time has other effects upon us. Have you ever wondered why heart attacks come most often at nine A.M. on Monday mornings? The reality is that to the *Empowering Spirit* the intense pain and suffering of a heart attack is better use of time than the attention needed for your work environment. As sad as this may seem, the *Empowering Spirit* is making literal truth out of whatever you think and truly desire. Your biological clock keeps tuned to these conditions and you in thought are making choices that allow you the appropriate use of time. Truly, the number one predictor of heart attacks is job dissatisfaction. This is second to a lack of meaning and purpose in life. Both are reasons that I created Life Clean Out.

### Beliefs About Ourselves{tc "Beliefs About Ourselves" \ 3}

Our beliefs about ourselves impact every thing that we do and how we do it. Even the way we feel about ourselves comes through our beliefs. Since *your Empowering Spirit* takes you literally, you are in fact controlled by your beliefs, as I have said before. Whether you believe you can, or can't, that is what happens. The most important beliefs, however, are those which control you the most. They are not about what you are capable of doing, they are of just *who you think you are*. They are beliefs about your identity.

There is a difference between someone who believes he can give a public speech and someone who calls himself a diplomat or orator. Although both may perform similar functions, the diplomat or orator would say *this is who I am*. It is more than what I am capable of. Skill alone does not define a person.

How do you describe yourself? Not by what you are capable of, but who you believe you are. What are those unquestioned beliefs that you have that allow you to be? This is your highest level of identity. Your behavior is based on a congruent following of your self-definition. Only when we redefine ourselves, believe in the new definition, and behave in a congruent manner will our previous behaviors change.

It is not what happens that matters it is *what you do with what happens that matters*. You can develop the habit of self-control so that what occurs does not matter, but your reactions to it will always count. Once again, the only way to change your conditions in life is to change your mind about life.

### Drug Addict {tc "Drug Addict" \ 3}

A friend of mine identified himself as a drug addict. He had several friends that only admitted they were hooked on a particular drug, but they did not call themselves addicts. He said he was definitely an "addict." When I asked him the difference, he could not tell me. Can you see that there would be a different feeling for a person who describes himself as an addict, as compared to one who says he is addicted only to a given drug? I asked him if he were addicted to heroin, and he said, "no." I asked about morphine, and he said, "no." (I already knew that crack cocaine was his drug of choice. I also knew that since he believed he was a drug addict, no matter how hard he tried to break free, his basic core belief about himself would prevent a change.)

Until he could recognize that he was only a user and could identify himself as someone who *used* drugs as compared to someone who is a *drug addict*, no long-term change would take place. It would also help if he identified himself as someone who "had been" taking drugs, making it a past tense situation. Thus, he would be identifying himself with something in the past. You are who you think you are. This became an important distinction for him to make, and today he is free. It is a "has been" experience. It is not who he *is*, it is who he *was*. He *had been* a drug user. Just this shift in perception gave him the opportunity to make choices about his own capabilities. Who he now perceives himself to be will last a lifetime, unless he again changes his beliefs.

### Dis-Ease Naming {tc "Dis-Ease Naming" \ 3}

We have a tendency to want to name everything that happens to us. We feel a need to know by identification. In some cases naming a condition will cause relief as just the name evokes a belief that something *can* be done and starts healing on its way. Often the name implies a treatment plan which causes unwanted images and expectations and tends to make things worse. Depending upon the condition, sometimes confirmative beliefs are all we really need to heal. In some cases only a symptom is

present at the time of identity thus causing the balance of the symptoms to soon appear. In many cases, the good Doctor names what other symptom-ology might be there only to find it all there shortly after identification is confirmed.

Naming the dis-ease with a noun often conveys the message that it is a closed entity rather than an *on-going process*. The naming conveys a message that “it” is something over which we have no control. Since healing is a process try adding “*ING*” to the disease and notice the new meaning of potential empowerment. An example would be, “Just how have you been depress-*ing* yourself, or how have you been *cancer-ing* yourself? Your identity determines your outcome, so be sure to keep disease a process that has an end in mind.

### Who Are You Not{tc "Who Are You Not" \1 3}

Now let's try to look at how we define ourselves in another way. We are a combination of beliefs. You are not only *who you think you are*, you are also *who you believe you are not*. There maybe some perceptions here that you need to change, as I had to. When I think of these “not” beliefs, I realize for one thing, that I am not a drug addict and will never be. Yet there were definitely times in my life when I took drugs without them, I would have died. My body had unique ways of letting me know when I needed more of the prescribed drugs. By my definition I was a user not an addict. Maybe that distinction, with God's help, is another reason why it was possible for me to go off drugs without the usual side effects. God never agrees to violate your free will. He gives you the ability to make choices, choices that have made you who you believe you are today.

Did you ever steal anything in your life? Does that make you identify yourself now as a thief? Do you now steal because your self-definition is a thief? Did you ever tell a lie? Are you now labeled in your self-identity as a liar? I would hope not. Otherwise, you will always be acting out your life as a liar or a thief, and I know that is not who you really are.

I trust you can see the difference in how a slight shift in the definition of your identity, the way you truly perceive yourself to be, will cause you to act or not act in certain ways. We really are complicated aren't we. Life is like a great puzzle, where although the pieces seem to fit, they are not necessarily where they should be.

### Real Change — Some Confirmations{tc "Real Change — Some Confirmations" \1 3}

I remember one evening going to see the Broadway musical "Cats" while living in Charlotte, North Carolina where I gave workshops. One particular man came up to my wife and me and shook my hand until I thought it would fall off. He wanted to thank me, he said, for what I had done for his wife. He said I gave him the woman he wanted. You can be quite certain I made sure he understood I was not responsible for her changes, she was. When his wife caught up with us, she explained that she was making the changes I recommended after attending a Celebrate Life “LIVE” seminar, and went on and on with the marvelous results that had occurred in her life. Needless to say we all were delighted.



One particular recommendation she had followed had to do with *confirmations* — a way of confirming to yourself who you are *now*. The woman said she had posted her confirmations up on the mirror in her bathroom and had made the recommended cassette tape to play while riding in the car. Although what her husband was saying was good news, I assured her that I was only her Success Coach helping her to expand on her personal potential. Change only takes place when you, yourself, get enough leverage and assume full responsibility.

Your confirmations are your visual expression of God's perfect material being called into form by you. I use "confirmations" rather than "affirmations" because most people believe that affirmations confirm what *will be* and therefore are *future*. We know the law of the mind is belief, thus we need to structure our successes based on these beliefs. We also know that everything is first worked out in the unseen realm of spirit before it first appears in tangible form, following the law of cause and effect. So, I call them *confirmations* so that we can deal with things in a way that says they *already exist*.

### Repetition{tc "Repetition" \l 3}

One day of empowering self talk is not enough. Repetition is the mother of skill. This is another key to *your Empowering Spirit*. It likes and needs repetition. This is why the woman had made a tape to listen to as well as posted her confirmations for easy viewing. If you want to grow an herb garden on your kitchen window sill, it certainly would take more than just sticking some seeds in a pot to make it happen. It would take water, fertilizer, and everyday care. So *your Empowering Spirit* needs daily communication.

Speaking of seeds, realize that you only get what you plant. You do not get beans from turnips, etc. And after you have planted the seeds, you do not doubt that your crop will come. Even though you no longer see the seeds, you believe they are sown. You have faith that they will first reappear as a sprout and grow on to produce what you desire manifested. From the time you think of purchasing the seeds, you have thought of them as an already produced crop of whatever you desired. Interestingly, if you really think about it, everything we accomplish we think of in the same way, as complete.

It is good to remember that our thoughts are crops and only produce their same kind. The *law of compensation* will not allow us to sow one thought and reap a different one. We can confidently know that we will grow what we predominately think about. Confirmations then are pure potentiality. We feel less confident in the idea that our desires are accomplished before they come into visible manifestation, yet we are told to plant our thoughts as we would the seed.

Twenty one days is my beginning recommendation to repeat your confirmations. Statistics show that if you listen to a success motivation tape series, and hear it only once, you will forget 85% in four days, and 98% in 16 days. Yet if you will listen to the same tape six to eight times in a week, 30 days later you will remember 90% or more. Repetition really is the mother of skill.

### OPE - Other Peoples Experience{tc "OPE - Other Peoples Experience" \13}

I can attest to the results of intending and confirmations. I know the power of repetition. About twelve years ago I took a newspaper route delivering 290 newspapers every morning from 3:30 A.M. to 6:30 A.M. During that time I would listen to tapes of some of the most successful masters in the world. People who were successful with self-regulation in whatever they did. I learned early in life to enjoy the benefits of OPE or Other Peoples Experience. I listened to their successes and failures and allowed their experiences to enhance mine. It was not necessary to repeat their mistakes. I modeled their positive behavior in my life. I knew that I had three hours of locked-in time every day, so I would listen to a tape for one and one-half hours then play the same information all over again. This I repeated for three or more days, or until I knew what they were going to say next. The interesting thing was how they were all really saying the same thing, just each in their own way. However every one had lessons to teach and I put myself in the place to learn them.

### Firm Your Future with The Genie List{tc "Firm Your Future with The Genie List" \13}

Now that you have a better understanding of how *your Empowering Spirit* works, let's go on to my Genie List of confirmations. We have aimed this list more towards healing. My wife Anne and I call it the Genie List because our grandchildren all fell in love with the story of Aladdin and the endless possibilities from the Genie's lamp. This marvelous tale tells us that we as individuals have the capacity to condition ourselves in exact proportion with what we desire and confess. Aladdin, as you remember, had only to rub the lamp and a mystical, powerful, blue Robin Williams appeared. I mean a Genie. He came to allow you power, fame and fortune as you confirmed. When you think of it, the lamp is like your conscious mind. To merely rub the lamp was the application and understanding of belief. The genie, always there and yet not always seen, is *your Empowering Spirit*. To our amazement we discover the Genie was *always* available to realize our fondest dreams. No matter what dreams may come, the fulfillment of those *beliefs* lies in *your Empowering Spirits* ability to manifest your confirmations, those *values* that you have declared, as your *identity*.

Your present health is made up of countless thoughts, beliefs, habits, etc., declared by you in the past. Your individuality has been expressed to *your Empowering Spirit* and is the culmination of where *you are at*, not only in health, but also in all other areas of life, including wealth. You know this is true, as any statement expressed by your conscious mind is taken by *your Empowering Spirit* as a pattern by which to weave your future.

In the future, you will be what you are thinking today. Whatever your predominant thoughts, they will be manifest in your health and environment making you the one entirely in control of your future. The same prevailing intelligence that evolves every form of plant life and the animal kingdom, is your life. Be not the slave of circumstances you once believed yourself to be. Be the creator of your destiny. You are Aladdin and the Genie of your Lamp — you are one.

We suggest in our Celebrate Life coaching sessions that you simply read The Genie List of confirmations onto a cassette tape and listen to them daily, remembering to *picture the end results* and *fully associate to the emotions and feelings*. Insert your name as a reminder to yourself that you are who you are talking to. If you are certain of other manifestations or burning desires, please incorporate them into your tape. Just circle the confirmations that you know you want to become *firm* in your life as you read through this list, then make your tape. I promise it works. As you sow, so shall you reap.

The Genie List — *Confirmation Practice*{tc "The Genie List — *Confirmation Practice*" V  
3}

1. I recognize my other than conscious mind as my *Empowering Spirit*, a powerful creative force using thought from me to achieve, healing and my chosen life goals.
2. I am appreciative that my conscious mind is always giving positive uplifting commands to my *Empowering Spirit* who is always working, producing creative images and using my imagination to constructively allow me to heal.
3. I love myself where I am now, confidently knowing my *Empowering Spirit* works in the direction of my thoughts.
4. When caught off guard with a recognition that I am not whole, I remember the completeness of what it is I desire, then rest in peace in the knowing that it is.
5. I am constantly aware that my other than conscious as *my Empowering Spirit* takes what I say and think literally, word for word. Therefore, I am careful to say and think about things as I desire them to be literally.
6. Knowing that "what the mind can conceive and believe it can achieve" I willingly take the time to conceive what I actually desire, then build my burning desire, faith, or belief to knowing that I can achieve whatever it is.
7. Remembering that the word desire in its Latin form means 'gift from the Father', I remember that in Omnipresence I and the Father are one.
8. Reviewing my future, causes the empowering feelings of excitement, delight, joy, satisfaction, pleasure, comfort, self-esteem, self-respect, determination, and passion.
9. Life is choice. Choice creates change. Healing is change. Change is what I desire. I welcome change in my life.
10. I remove limiting beliefs and limiting information with ease.

11. Realizing my *Empowering Spirit* acts on my most dominant thought or belief, I relax, knowing that my dominant thought is always the successful accomplishment of healing.
12. In peace I receive the free flowing and unlimited breath of life without any limitations.
13. I know that others do the best they can with the resources they have and I let them.
14. I speak freely and easily from a grounded base of unconditional love.
15. I am aware that my next encounter is always at hand, because my positive magnetic energy field constantly draws my desires to me.
16. I give up my burdens and pressures so that life can easily flow in and through me.
17. I love life, living it with passion. I enjoy my ability to give of myself to others enhancing their lives in a positive way.
18. As a loving worthy person, I perform an important and necessary service to mankind while living courageously and independently with passion.
19. I live in peace, harmony, joy, love, forgiveness, compassion, and truth, as I choose to create them, and thus they exist in my safe and friendly world.
20. My creative abilities help me to go beyond limitations. Therefore, I love and support my creativity.
21. I am at peace as I understand the Universe always answers “yes,” and I can leave the details of my desires up to God.
22. The answer I seek is already found. It is here within me. I relax and know that it is on its way.

I decisively, easily, and calmly make decisions while welcoming new ideas with great flexibility.

24. I choose the way I look at life. I choose to handle difficult experiences with compassion.
25. In letting others be themselves, I am free to be me.
26. I take time every day to let go of the past, knowing that the past does not equal the future. I know that I must, in order to provide healing for my body.
27. I consistently eat healthy foods, exercise daily, and get sufficient rest for ultimate

healing performance.

28. Today I choose thoughts that nurture, uplift, and support me. I love and respect myself and know who I am.

29. I have powerful confident feelings about my healing.

30. I choose what I program into *my Empowering Spirit*, by carefully selecting what I watch, listen to, read and come in contact with.

31. I take time to review my successes and celebrate my accomplishments in an empowering way.

32. I know there is no such thing as failure. If I have learned something, then I have succeeded.

33. I choose to quickly turn around any negative thoughts that enter my consciousness, in order that I might be empowered in a positive creative way.

34. As a willing student, I find the teachers are always there.

35. I am happy, I am healthy, I am loved.

36. I choose to only listen to music that will create a positive, creative, happy, sensitive, and content state of mind in me.

37. I choose to cooperate with and depend on others as necessary in the healing process.

38. I look for creative ways to go the extra mile confidently knowing that as I give, it will be multiplied back to me in such a way that I will receive just what I need.

39. I believe that everything I need is available in abundance for me.

40. I am confident that I am capable of providing abundantly for myself and my loved ones.

41. Remembering that as I relax, I begin to tap into my creativity, I tap into my *Empowering Spirit* and the quantum Universe within.

42. Money flows freely and abundantly to me so that I might serve other people.

43. I am rich beyond measure because I have the limitless resources of God at my disposal.

44. Only what I think can come to me. I have all the power I need to do for myself.

45. It is never too late to conceive a new dream, believe in its availability, and act upon its manifestation. Age has no bearing.
46. I am an irresistible magnet of attraction that produces like energy.
47. I unconditionally forgive myself and others so that I call all my spirit and energy back to NOW.
48. I am a magnificent expression of God. I know that He delights in me.
49. I am doing what God is doing like a sunbeam to the sun.

*Your turn . . .* get creative and think about what you need to manifest in your personal life.

What would happen if . . . if you repeated your own Genie List, to yourself for the next 21 days? What if only 10% took hold and you made a 10% change? What would that be worth? We already know a greater change can take place, so what would happen if that occurred? Something to think about. What would that 10% do to you in the next six months or year? Is that enough? Go for more!

***Call those  
things  
into being  
that  
be not  
as  
though  
they ARE !***

CHAPTER NINE{tc "CHAPTER NINE"}  
**WHAT YOU DESIRE DESIRES YOU{tc "WHAT YOU DESIRE  
DESIRES YOU" \12}**

Desire the Solution{tc "Desire the Solution" \13}

Remembering that what you desire, desires you, there really is a *spiritual solution* to everything in your life. Some of the solutions may require that you still do something in the physical, however behind it all is the power of thought the power of suggestion. God as Universal Intelligence causes the planets to rotate and our sun appears to move across the sky. We have a belief that we remain still while knowing the Earth is revolving every twenty-four hours creating motion we do not sense. This same Universal Intelligence right now is pulling a thought across your mind. A thought that confirms what Jesus said: "I am in My Father and My Father in me, and I in you," as a knowing, as a way of being as a way of living in this universe.

Inside you, a desire for something lives. That something is saying, "I desire you. I am a thought of creation. Hold me, and let me manifest in the physical." This spirit of desire comes as love. For it is love that realigns your desires with the Universe. Without love, we fail. Without a vision of what love can manifest, even healing, we also fail.

Creating Healing Energy{tc "Creating Healing Energy" \13}

This unconditional connecting love is the power that allows you to transcend (or trance-end) any experience. It shows that *you are that* for which there is no controller. In quantum space, as spirit, illness does not exist. In the Quantum Experience you will be able to develop a stronger energy than that which needs healing. Just as darkness cannot exist when light is made present, so sickness cannot remain in the presence of this energy of light that you bring forth.

The previous statement bears repeating. *You will develop a stronger energy than that which needs healing.* What you will find in the Quantum Experience is that by faith you will have the ability to create the healing as having already taken place. As I have pointed out this creates a positive energy that is much greater than the energy of the dis-ease in the physical. As this healing energy comes forth, it comes as a recognized winner and the disease is thus overpowered by love.

I have realized that every illness exists as a frequency of energy. In order to be a frequency, there was a time when it was *not*. This we call *the silence*. In the field of Quantum Experience, *an energy more powerful than the vibration of illness overlays the disease energy and overcomes or even cancels out the weaker signal.* It is your *faith* in the knowing that generates the greater power. Your thoughts of healing literally fill



the hollow spaces of silence. All around you the energy field of your agreement with reality vibrates this new message.

When you enter into the quantum space, you alter the body of agreement with reality and you go into what was once the unimaginable. Here you begin to ***“call those things into being, that be not, as though they are.”*** You become one with the Creator and co-create. You do those things that you were taught by ego you could not do. Rather than being stuck in the physical, contained within a shell, we find that we live also in other dimensions. It is these other dimensions that have been calling to us.

### Always More Than That {tc "Always More Than That" \ 3}

As a child you grew up living in a home. One day they took you outside the door. From there you kept finding more, and more, and even more materiality. In this place you will discover that you are always more than that. In fact, you will discover that the most you can possibly think or be is only the beginning, because here you are always more, and more than that — all because of your connection, your birthright. This is the place you find *You*.

### Love as Glue {tc "Love as Glue" \ 3}

There is only one true connection here. It is unconditional love. This is the glue that holds all the Universe and everything in it together. Without it, as you have already experienced, what is becomes chaos. This is why you are told when perfection comes that which is imperfect shall disappear. The energy of perfection is waiting to be discovered. As you go into the deepest quantum, you will discover that all knowledge will disappear. All thoughts will cease. God's one and only voice of silence will shout without thought or sound. You find a force of love that cannot be made to go away. It just is, that which is eternal. Love is an energy of unconditionality. A big word to cover only those four letters.

Furthermore peace is found hand-in-hand with this unconditional love. Prosperity flows as a blessing. The natural shifts of the law of nature and preservation will come into alignment like a river of blessing.

Elsewhere I have talked about giving, expecting nothing in return, and living life as an example rather than a warning. *Love is life as an example of our creation..* You knew this truth before conception. You will certainly know it after this human experience.

Trying to live up to this spiritual ideal of *being unconditional love* often produces a struggle within. We were given love first so that we could love ourselves. Making mistakes, recognizing that experience becomes our lessons in living, allows us to use this unconditional love. When you begin to process decisions, feelings, emotions and experience through the filter of unconditional love, you will discover that all you ever thought you could be is only the beginning.

When you discover your connection with God you will discover that you are even more than that! At this level of connection you have the opportunity to portray yourself as unconditional life. Your soul is connected with the very omnipresence of God and all things are possible. You will always be, at this level, more than that.

God promises to answer even before you ask! As you think about all this, follow those feelings that develop deep inside. Do those answers come back out of fear or love? My friend, in all, follow love. Feel that intuitive *knower* that you have inside and follow love to the source. God is love . . . and so are you! Now let's prepare for the journey into the boundless — our journey into the quantum.

### Tell Your Desire{tc "Tell Your Desire" \3}

First you must know the desire of your heart. In your imagination, begin to see this desire as having already been completed. Then think beyond the successful completion. Here, find the emotions and feelings that you would experience when it is already yours. Once you have this, in the quantum space, you will be able to let go of the outcome, and let go of the images of the desire. If you have allowed yourself to go beyond the successful completion, you **know** you *have it already*. So now allow the Universe to handle the details. Allow healing to be yours.

### Infinite Patience{tc "Infinite Patience" \3}

As time does not exist, infinite patience must. As you make conscious contact with God, live in the knowing. Live in direct inner knowing. This is the belief or faith necessary to call things *to be*, that are not. To act as though they *are*. With this certainty, there is no limit. Place no dams in the river of blessing you have created. Just as the mountain brook does not stop at your request, so also when you put your hand of energy into the flow, it still moves on. To have the experience of the mountain stream you just relax and go with the flow.

In the quantum, as you detach from outcome, you will remember that you are not separate from God. This is why you can reach out in thought, relax, and let go detaching from the outcome. To the degree that you let go, ego lets go, and the manifestation finds no dams along the way.

In consciousness, when ego starts to talk about things as though they are not, it means you have lost patience. When this happens, just go back and relax again, and let go. Go until the laws of nature finish their work. Be at peace in the knowing that those laws are at work. *Infinite patience produces immediate results*. This is true because the immediate results of infinite patience is peace.

If ego begins to remind you that you are still not healed, just continue to go back to the quantum interconnectedness with your desire. In fact, take an image in your mind of the physical condition, or whatever ego is using to remind you that you are not yet healed, and let that go into quantum space. As you come back, bring back the healed replacement as the new blueprint for your body to conform to. Remember the soul *your*

*Empowering Spirit* is there for the preservation of who you are. Work with it to create in quantum, the healing process.

### Attitude of Gratitude{tc "Attitude of Gratitude" \ 3}

Be thankful for that which *is* and *is to come*. An attitude of gratitude allows for the flow to continue. Being thankful for what you don't have is also an attitude of gratitude. It becomes a way of saying, I am *this* already, and whatever flows is a gift from God and functions within the natural laws of nature.

### Share the Knowing{tc "Share the Knowing" \ 3}

Finally, share that which comes. If it is a healing, *when you **know** that you **know***, it is time to tell others. It is time to share the process of connection. If it comes as some kind of generosity, give, and it shall be returned. For it all comes out of love, and receiving will become the evidence that you are a giver.

***Forgiveness  
is the  
HEART  
of  
Healing  
and  
LOVE  
is the  
HEALER.***

## CHAPTER TEN{tc "CHAPTER TEN"} EMANCIPATION{tc "EMANCIPATION" \12}

### It's Only a Dream{tc "It's Only a Dream" \13}

It's only a dream, it's only a dream, I say to myself as I lay there trying to figure out why my normal way of changing any dream I don't like seems not to be working. There has got to be some message here. Let me tell you the dream.

I find myself on a military ship at sea. Strange as it may seem, they have called me to be the civilian witness for the execution of eighteen men. I first seem to appear in a room where there are two rows of nine men each with some supreme-looking military man addressing them as to what is about to take place. Over the course of the next two weeks, these men with their shaved heads are spoken to by every type of official available, including a Priest and Chaplain.

What seems most strange is that at every opportunity they were told, "All you have to do is tell us what you know to be truth and you personally will live." As a witness, I wanted to know what they had to say. I knew the truth was something that was said to set you free. I soon discovered I had no chance of that happening. It was just, it seemed to appear, the natural course of events here. Somehow the men must have known the truth. I sure didn't.

In time, armed with a tattoo marker, the officials started on each man's left shoulder and went right up over the head and down to the other shoulder with seals that verified that each individual was present at each opportunity given them to be free. On the last morning, the military man was back in the front of the ship's courtroom speaking. He told them all that death by lethal injection would be administered that day. The critical moment — the point of no return — was here. After this it would be too late.

A larger than usual tattoo mark was placed on the top of each man's head, and I was one of those required to place my initials as a witness. I looked into their hollow eyes, and as if they could not hear me, pleaded with the men not to take their own lives, not when all they had to do was say the words, whatever they were. At the same time I knew those words were obviously Life.

Since there were other witnesses, I was not present as the first two succumbed to the lethal dose. I heard they went with no fight whatsoever. With the needle in position, the executioner prepared the lethal injection for the next man, who began screaming to all of us in the room, "I want to live!" "I want to live!"

"I am sorry my son." I heard the executioner say. "You should have said that hours ago." The lethal injection was given, the spirit departed. I found myself crying at the

atrocious I was being forced to witness. Devastated, I lashed out at the executioner. "You are only here as a witness," I was told. "You are not the jury. Next!"

This murderous scene was repeated several times, although some of the men had already given up. Taps began to play, and body bags slid off into the ocean.

This can't be real, I say to myself. This can't be the way it is. But try as I will, I cannot get the dream to change. Through all my struggles, I finally hear a voice that says, "*Life is choice.*" I realize it is appointed unto each man to die once and they chose death. As in life, there comes a point where everything has been said and done the soul just departs as the body gives up. Dis-ease becomes disease and the critical point of no return is crossed. Interesting how we can know what will set us free and still choose death. We choose to do those things in our life that we know will only hasten death. We compress, repress, and outright deny existence.

### The Last Signature {tc "The Last Signature" \l 3}

Some who read this material will discover they are about to apply the last tattoo. It may be too late. That is only a belief. However, I know that inside of each of us, the witness has known this all along. This witness has always had plans for going home. There was a time in my life when the doctors thought they had signed the last tattoo and the witness in me was going home. Then I realized, *Life is Choice*. And I choose Life. From then on, I have worked hard to always and only *remember wellness*.

### A Correlation {tc "A Correlation" \l 3}

I find it interesting that two nights before this dream I had taken another eighteen people through the Quantum Experience. Eighteen people chose to find themselves as spirit and discover that they exist as life outside of the shell in the quantum of the Universe. Your turn is coming.

### On Death and Dying {tc "On Death and Dying" \l 3}

You should remember that to the soul, death is the great release, the most wondrous victory, the ultimate freedom. Therefore even under the best of circumstances, the soul may recognize the completeness of its work here on Earth. This does not mean that one is necessarily agonizing in the physical unto death. In fact, this is why so many of us show such a rally towards the very end. They have won the race. While the soul keeps sending signals that say *I am in control and on the way out*, the human consciousness of the physical fights for all it is worth to hold onto the minerals and dust. Such was the case recently with my Mother. Her *Empowering Spirit* followed the conscious instructions not to live not to hold on to the bitter end, while at the command center the soul used the self-destruct buttons on the human experience. Mom chose to remove her life support. The greatest peace was the completeness of her victory. Free at last. No morphine, no labored breathing, no signs of human life. Metamorphosis . . . Transformation . . . wings to a gravity-less experience. In Mom's words, to the Hospice Staff, "I am going home."

Awareness does not die — awareness is never born. Awareness is not going anywhere. It has no time. So, we are *in time, through time, and no time* all at the *same time*. The ability to live in all planes of consciousness at once, that's the wisdom with which we should approach the natural aging process. Just as dreams are a plane of consciousness, what we dream seems real at the time. Someday we will all wake up from this dream and what a surprise it will be. Life, only a dream. Life, a moment in the time of consciousness.

Evolving is a purpose of the soul. Yet as death approaches we still beg soul and spirit to hold on. For what? Can we not recognize when this human experience is over. It is time for a new dimension. Transformation . . . Yes transformation indeed, as the weightless rids itself of all that is weight.

Death by Thought Virus  
{tc "Death by Thought Virus  
" \ 3}

A friend finished working on his last funding project for a company during the Fall of 1991. Having been accustomed to finding capitalization funds for major projects, he was now out of work. One major project in particular he had worked on for a long time was to no avail. We often referred to it as a dead vision. Without work, it became obvious that he didn't have a reason to live — to do all the things one would normally do in support of life.

By Christmas we all noted that he was losing weight and getting withdrawn. As spring arrived he had lost nearly forty pounds. He decided it was time to go to the doctor. He told the doctor he was dying and that they needed to find out why. All this time, he remained without a project to work on. They put him in the hospital and ran every conceivable test. They could find nothing physically wrong. The tests continued for about a month as he grew steadily worse. Suddenly along came an offer of a job to help fund a new project. With this "future" the dying body sprang back to life and immediately began to get well. The Doctor was amazed at the rapid healing progress. His friends called it a miracle.

A couple of weeks into the deal, it died. You can guess what happened. Within days he was back in the hospital. He began to think of all the known diseases and reasons why and how one could legitimately die. Before long, he began to tell the Doctor in advance the next symptom he would find: organ malfunctions, pneumonia, kidney failure, etc. I was not surprised to find that the Doctor was able to diagnose whatever my friend seriously thought he might have.

By August he was on life-support systems and his time expected to remain in the borrowed shell we call life was considered short. All of a sudden the funding for the biggest projects he had worked on became a possibility again, and rally he did. In days he was off life-support and walked out of the hospital — weak, but going to work. I trust you can see the natural laws at work here.

The road continued up and down as his future came and went several times. By late Summer he moved to Charlotte where he told me he would die by Christmas. I told him he wouldn't. "No way" was he going to spoil his families Christmas. He would need to wait until January. He agreed and January 27, we held my brother Jerry's, memorial service. There were 42 in the choir and orchestra that sang and played music that he had written like the familiar chorus *Alleluia*. People came from around the country. The successes of his earlier life were noticeably appreciated. What he had done for the past few years was not discussed.

Some say God's timing is always right. I truly feel that my brother died because he had *NO REASON TO LIVE*. Whenever he had a reason, whenever his life was on purpose, he became healthy. He had something upon which to focus his attention. When the reverse happened, he eventually died of the cancer that he had declared would be the disease to take him home. Our dad had died sixteen years before with brain cancer. Jerry knew this would be his last straw.

My brother, Jerry, didn't believe what I teach and live. That was the hardest part, as my family and I watched it all happen, while not able to rid him of the *thought viruses* that would result in death. I will not expound on his philosophy, suffice to say neither will he. I believe God helps those who help themselves. Without a vision, people perish. To help yourself you must first have a vision.

### Eliminating Thought Viruses{tc "Eliminating Thought Viruses" \3}

There is a lesson here. It is *life on purpose*. It is goal setting. It is having a reason to live. It is eliminating thought viruses. It is living your life as an example or as a warning. The choice is yours, and whether you like it or not, right now you are making that decision — to live as an example or a warning. No one else is in control. You are and your *Empowering Spirit* is right there listening and looking for your vision — the desire of your heart.

### Prison to Praise{tc "Prison to Praise" \3}

A great change came about in the 60's in the Christian Church when Merlin Carothers wrote a book called *Prison to Praise*. The basic premise of this book was that in all things give praise and through it all God will show a way. The world at large did not originally encompass this philosophy.<sup>1</sup>

Merlin Carothers gave people a way to break free, a way to liberate their thinking by praising and rejoicing in everything, knowing that it all works out. It all fits together. Even in the worst of times, people can rejoice, knowing that their life is on purpose, on plan. I can still remember the effect on people that read his book and put those principles of praise into use. At the time, we were attending a small church in Norfolk, Massachusetts with a full time high school teacher as the pastor. We learned many

---

<sup>1</sup> Carothers, Merlin. *Prison to Praise: Spiritual Power Through Praise*. (Plainfield, NJ: Logos, 1970).



parts of this lesson on praise there. The church tripled in size in just a short period of time as people began to find a reason to Celebrate Life.

### The Past Serves You{tc "The Past Serves You" \l 3}

When you look at time as we know it, there is not one second of the past that we can ever get back. In light of this, *everything* that ever happens to us becomes experience. We cannot go back and repeat any of it. We can only reuse it. It becomes the education that allows us to do more. All experience has a reason and a purpose that serves us.

It all sounds great . . . right? Then why don't we recognize it as such? How is it that we get caught up in the emotions of the past and let them ruin our lives? Is there a reason why 90% of the estimated 65,000 complete thoughts that we have today, we had yesterday? What has happened to us? Is it that there is no new thought? No, we just have not begun to use the events in our lives as an education . . . as experience. We have not begun to direct our thoughts to control our focus on the future.

### The Past is Your Power{tc "The Past is Your Power" \l 3}

The real unnoticed problem here is we think we have a concrete past, and we have no committed vision or plans that we call our future. We have dedicated our thinking to review of the past, rather than preview of the future. Think of it. What percentage of your day is spent in review? What percentage of your day is spent in preview? We need to focus on coming attractions!

What burning desires do you really have? What have you made concrete in your thinking that empowers you? You are who you are today because of the things that you first imagined or decided. We would like our current world to be a material-evidence fact. We believe our memories of the past are material-evidence facts. They are not. We just think of them as evidential proof. Our past life must become nothing more than *experience*. The pain you associate with all those old memories is like the disease I call "TV." You have caught another Thought Virus. You have added thought viruses to your memories that hold you back. Throw them out! Don't listen to them. Make a commitment to deeply believe that yesterday is the education and not the pain. Live for today and think about and plan for tomorrow.

I know this is a major change for most of you. It will force you to realize that the past is the fuel of your rocket ship called tomorrow, that you can always fly toward the future. You walk, talk, dance, work, and are capable of constantly improving because of your past. No one else has it, or can have it, and no one can take it away from you. You must decide, however, that it is there for you to use. It is not there to use you. The past does not need to control your emotions and feelings . . . You do!

You have the future in your hands. It is this you can think about and change. The burning desires that you create will become invisible evidential thoughts that you turn into visible pictures, words and feelings by the processes described in this book. It is

only in the future that you can use this educational past to make your life bigger, brighter, in focus, louder, richer, clearer, more flexible, relaxed, soft, and special. The future is your unlimited Gold Card. Handle it with care. Remember your energy goes where you pay attention and what you intend is what you get.

### Let Go{tc "Let Go" \ 3}

Now, you may say, "But Gary, you just don't know! You just don't understand!" Gary says back, "Honest, I do! I too have lived such a life!" Have you forgotten my "story" already? Be glad you don't know it all. Suffice it to know I too have had difficulties. And I have learned to live, to *Celebrate Life*. To do this I had to come to grips with those things in my past that, wouldn't let go of me. Since they wouldn't let go of me, *I let go of them*.

I have forgiven others for things they had done, and I have forgiven myself. It was important that I recognize these steps as having *already taken place*. Forgiveness turns you into the Surgeon with the scalpel knife. Forgiveness removes the scars in your software. I knew that if forgiveness had not taken place then those memories would return to haunt me. When I decided no way could I forgive where I wasn't the one responsible, I continued to hold onto that experiential memory — those "Thought Viruses" — and the pain only intensified. I was getting the reward of my own thoughts: gut wrenching pain. Left untended long enough it became illness. I realized I couldn't continue to let someone else be responsible for my emotions. I had to take full responsibility, and whether I felt like the guilty party or not, I needed to set the prisoner free.

In spite of knowing the power of forgiveness, I was still left with limited emotions and they were not the kind I wanted to keep. One at a time I thought through each of the memories and then like a brave soldier I placed the memory in front of me in my mind, turned around and walked away. Never looking back. They are still somewhere 'out there', you just won't catch me trying to find them. Sometimes I am reminded of the excellent experiences from which I had to learn and grow. But the pain . . . what pain? Was it ever really there? Maybe I should just check to see if there are any strings trailing strings from thinking this though again. ...Snip . . . Great my scissors work fine, I knew I could count on those trusty shears . . . N E X T!!!!

You can do this with all those old thoughts, habits, and Thought Viruses that have so intensely held onto you. Sometimes when I work with people I will ask them to make snapshot pictures in their mind of all those memories, or to write down the names they give to the event or the feelings they associate with the event. When they have them all accumulated, we will put them into a big balloon like a weather station helium balloon. When they are ready, and only when they are ready, they let it go and watch with tears in their eyes as the balloon goes 'out there' somewhere . . . never to return.

### Become an Artist{tc "Become an Artist" \ 3}

Think of a memory that has bothered you in the past and still bothers you but not in a major way. When you have the memory imagine yourself outdoors in one of your

favorite locations on a bright sunny day. On an easel that you create, place just one picture that you feel can represent the entire memory. Just choose any one scene that you feel would best represent the whole.

Some people like to place a frame around the memory. What would you use? If you feel it needs better lighting, you can use one of those new solar powered lighting fixtures. There now you have a beautiful framed picture in a fine setting.

Make the picture black and white. Then make it so that it looks like it was done by a famous museum artist. Just study the picture you have created in your mind for a moment. Then feel what happens as you take ten giant steps backwards away from this picture. When you finally stop, notice how the picture feels. Then take ten more steps backwards.

Now that you are twenty steps away, notice that nearby there are groups of young children playing. A storm is fast approaching as the leaders of the group quickly gathering up all the children's belongings. Without a thought, you also head toward the safety of shelter. The painting? Well you know what is happening as the deluge of rain begins to come down. You can even see now how the images blur and run.

As you think about the total memory you once imagined bothered you, notice how different it has become. It has faded . . . gone. This is the way *your Empowering Spirit* remembers it now.

### Forgiveness{tc "Forgiveness" \ 3}

I truly believe *forgiveness is the heart of healing, and love is the healer*. The true healing mode is connectedness, not hopeless, helpless, or loneliness. Forgiveness makes us connected. It gives us a feeling of a total focus in the NOW without judgment or fear. We discover our body and our mind are at peace. Peace is another key to healing — at peace with yourself and others. I find peace leaves one with a much deeper centeredness. This is where love dwells, and where love dwells there is healing. Love is like a preventive medication. When you feel totally loved and connected you are without stress and your immune system is operating on full throttle. We are in a state of grace, and so many times we have all experienced it. I believe grace is the divine covering given to us by divine love. Maybe it's time you begin to figure out why you would want to be part of the separate flow of life when you can join the greater flow with the rest of us. Maybe it's time you set the prisoner free.

What a relief, to set the prisoner free. What prisons are you in? You know that everything in life has a purpose and a reason and that it serves you. Behind every behavior there is a positive intention. Take time to find success in freedom. Yes, freedom. Freedom of the mind. The right of control. Your control. Tears may flow, just understand that tears are healing. Your computer has a virus and you are now at the command keyboard. Press the delete key and search for past grievances no more.

### Permission{tc "Permission" \ 3}

A truly respected friend called from another area of the country and told me that he just felt like crying all the time. Events had been stacking up on him emotionally. He wanted to cry, but, he was a man and men don't cry! I am sure you've heard that before. His brain was asking for the cleansing chemical release and he was, by thought, holding it back. Allowing me to help him control his emotions, permission to cry was received. He pictured the upsetting events stacked up before him and as the tears fell the events began to crumble until the stack became a water logged mess. Finally I asked him if his kidneys had relocated to his brain, or was he now in control? He let go of the past and came back to *Now* having unloaded the stacked events. Rolling the wet soggy mess up, we tied it to a balloon and off they all went with another sign of relief. It's hard to say you heard somebody smile over the phone, but then some people say we can do anything.

### Life on Purpose{tc "Life on Purpose" \ 3 }

Reflecting on who we are and what we are capable of, reminds me that those thoughts that come back to bother us are invisible. They have no boundaries you can feel. They are a tiny part of our spiritual being. Just because they have been there doesn't mean they have to stay. You can use them to your advantage. They are part of that universal life force that never dies. Recognizing that this powerful life force is within, and for me it is God, obtain a knowing — a knowing that your life is on purpose. There really is a plan. We are not God, but we are connected to Him by the Spirit Being that lives inside. There is no way to separate you from God. Leave logic behind and don't rely on rational thinking. Just *a knowing that life is on purpose*. You and life are here for a reason and that reason is to serve others. Remember that all experience, life past and future, are there as your special education. Not to hurt you, just to give you a richer experience and greater ability to serve others.

### Thanksgiving{tc "Thanksgiving" \ 3 }

How interesting life becomes when we consider that we don't have to expect God will always say "Yes." The "request" is not necessary, *thanksgiving* is. Belief in the knowing that God has already answered before you asked! This thankfulness in advance is a result of your *knowing belief*. I would consider this the biggest key to the creation of the desires of your heart. For this desire, which means "of the Father," is the soul seeking at a gut-level to give you total certainty about God's availability. It is good to remember that what you desire, desires you. *Your Empowering Spirit* is waiting to produce the energy of attraction as though it were already there.

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

Life is Choice. Everything in life is choice. Even no decision is a decision. I know all the time I was sick there was a part of me that was reminding me of what I needed to do. You are not different. Keep up the mad pace like I was and you too may succumb. There were times when I said, "What me stop and rest? Who are you kidding, I have a wife and two children? What do you mean 'If I don't stop and rest you will make me?' Who do you think you are?" WHAM . . . MS.

The witness in me was going home, until I realized *Life is Choice!* I chose to live when I said, “No Way!” to death. From then on I worked hard to *always and only remember wellness.*

I believe you are now ready for your journey. The outcome is up to you. What are you willing to believe? What are you willing to have faith as possible? What is possible in this field of pure potentiality?

Kahlil Gibran said, “I have met the soul walking upon my path.” I am about to lead you down a path. Truly, you will find your soul waiting to meet you. In silence your heart and soul knows all the secrets. It is time to journey to the boundless . . . journey into the quantum. Time to find *You*. Time to *choose life*.



***Life  
becomes  
a Mirror Reflection  
of what is  
Thought  
on the inside.***

**CHAPTER ELEVEN{tc "CHAPTER ELEVEN"}**  
**JOURNEY TO THE BOUNDLESS . . .**  
**. . . JOURNEY TO THE QUANTUM{tc "JOURNEY TO THE**  
**BOUNDLESS . . .**  
**. . . JOURNEY TO THE QUANTUM" \12}**

**Quantum Frequencies{tc "Quantum Frequencies" \13}**

There is a wonderful quote from an ancient Indian text, The Upanishads, which says: *As is the human body, so is the cosmic body. As is the human mind, so is the cosmic mind. As is the microcosm, so is the macrocosm. As is the atom, so is the Universe.* Quantum physics teaches us much about the atoms of our bodies. It tells us that we are as space is — that our atoms are as far apart from each other as the stars in the heavens. It seems strange to think of our bodies as really looking as though the cells are the equivalent to stars with everything on our insides 99.999% empty space.

When physicists go to the core of every atom they find a void of nothingness, not a solid unit. Within this nothingness exists a vibrational frequency of life. I call this nothingness, this vibrational frequency, God. The scientists cannot quantify the nothingness yet. However they know it is there. Just as you once did not know that God was there inside, that did not prove that He was not there. When you think of Him as there, does that put Him there? No. He already is there within. Even those who deny His Omnipresence keep breathing Him in. He's there for free. A gift! Just because you were created in His image and He loves you.

To look at ourselves as not just flesh and bones, we must see ourselves or *our cells* as the stuff of Creation. We must know ourselves as Spirit. Then I believe we really can live the healing process. When we realize that we are connected with all things in the Quantum and become mindful that we are living in only this temporary shell called the body, changes take place. To begin to live as *a spiritual being having a human experience rather than a human being having a spiritual experience* provides the opportunities for healing to be made manifest. It is not enough to just say it.

When I created my own form of hell on Earth with illness, I know that God was always there unconditionally loving me and allowing me to use my free will to go through it. It was I who was refusing to love me and thus Him. My healing started the day I fell in love with me as Spirit — or at least the day I was forced to either love me *to life* or love me *to death*. And Spirit was surely taking me there. When I surrendered to that which was and made my choices to heal, then although I struggled greatly to make it, I recognize now that it is in the process of *not struggling*, of living with the knowing that I am healing, that healing succeeded. War within the systems is not necessary. It is the power of creative thinking and marvelous visualization that I've described that seems to



bring the greatest victory. I started learning to *be love* as a way of being, as a way of a new beginning in this world, as a way of serving mankind. I learned that to love my neighbor as I loved myself, meant that *self love came first* as the other was *only a reflection* of self love. I accepted what was there with knowledge that it was merely the temporary and that healing, the permanent, was about to be manifest. I wish I had understood the Quantum Experience at the time. I did not. This perceptual knowledge took years of research into who we are and how we function so that I could learn what I had been doing.

For the last eighteen years I have experienced nearly every way that people have healed through mind, body, and spirit techniques. Nowhere have I found anything more marvelous than the miracles *you* may now manifest. There is a spiritual awakening taking place all over this world. People everywhere are asking for more. People everywhere are opening to their heart energy. When I first understood the Quantum Experience, I truly felt I had found a way to live in spirit and not wrestle against flesh and blood, and at last to know myself as already a winner. What more can I say. I know you are ready. Let me start with the preparations.

### Quantum Preparation{tc "Quantum Preparation" \ 3}

Interesting how many people who say they can never concentrate don't realize that when they hear a good story, read a good book, or see a good movie their material surroundings just seem to disappear. The Quantum Experience uses this same power of concentration to slowly manifest *your Empowering Spirit* to recognize and allow you to use this energy of self to go all the way to the place of *silence*. At that point, realization comes spontaneously. The observer, the process of observation and the object of observation become one. The thinker and the thought are the same. The seer and the picture are one. This is Cyberphysiology: *The Experiential Science of Mind Body Spirit Healing*. I also call it *LOVE*.

The process is structured so that you can learn to control thought at the same time. As you learn this self control you will forever be able to think constructively and create the future you wish to manifest. This includes healing. You will get to where you can, "call those things into being, that be not, as though they are."

The experience you are about to undertake will provide the deepest revelations on Christ's teaching, "*Go into your inner chamber and shut the door, pray to your Father in secret, and He hearing in secret will reward you openly . . . for your Father knows what things you have need before you ask him.*" You are about to go inside to Spirit and turn off the outside world and connect with that which already knows what you are about to ask. Here you will take the desires of your heart to the place of silence. God, who already knows in advance, is waiting to produce the reward or manifestation.

### The Process{tc "The Process" \ 3}

We have already learned thought is the only reality we know. And conditions are the outward manifestations of thought. When thought changes, all conditions *must* change

in order to be in harmony with their creator, which is thought. Your quantum imagination is a divine gift of Spirit. It is with mental images that you build the new condition as *desire*. First comes the idea, then the visual representation by imagination. Next comes the planting of the seeds where God is waiting to say yes.

You do not need to tell God the details or ways and means by which to bring it about, you simply know that you planted the perfection of your desire as seeds — seedthoughts. With all your heart and mind and strength, hold onto that knowing as the law of attraction begins to bring healing home. *Expect nothing less*. Allow the internal world to be as it is — it is the eternal world that is making the changes. This is living in Spirit.

Before you continue with the process I call the Quantum Experience, I trust you realize you are about to undergo a life transforming experience. You will want to devote a minimum of an hour of uninterrupted time. If that's not possible now, it is to your advantage to wait. I urge that you DO NOT read on until you know you can take that amount of uninterrupted time. I desire only *your success*. Allow yourself your best opportunity to *find you*. The instructions I am about to give you will include all the detail that you will need to begin to find this quantum space. These instructions are always going to be right here, waiting for you.

To read ahead at this point would only cause imagination to begin to run wild from that which you have not completed. You are seeking success, *right?* Decide, when would now be the best time to agree to abide by these guidelines? Understand that this printed copy will still be here when you are done. Make your first Quantum Experience the one you will remember for a lifetime. From then on, you will never have a problem repeating it. It is structured to work like walking. We will do it in steps.

If for some reason you discover yourself seemingly not able to read and do the exercise at the same time, the Quantum Experience is available on CD from the web site. Some decide to go back to step one and begin again, before going all the way to the end of the Quantum Experience. Always take the time to fully associate into the experience and order the CD is necessary.

### Final Preparation{tc "Final Preparation" \ 3}

You are currently on a path, and in doing so, it is good to follow instructions as they are given. Thus, I will give them in parts. When I tell you to do so, simply stop reading and experience all that is available by following the directions. Use the minimum time recommended for each exercise before reading on. Should you desire a clock nearby for reference, you may. Using more time will never hurt. The Universe of Intelligence wants perfect success for you and will move you along in perfect timing so no clock is necessary. Since we understand the power of suggestion, and already know our connection, let's make the first trip a complete success.

Before you start, find an object. Any object will do, that you can easily hold in your hands. Make it a size between an egg and a grapefruit and not necessarily one of

these. With clients, I use a magnificent glass paper weight with a dandelion about to spread into nature inside. Just choose an object that is easy to hold in the cupped palms of both hands.

Let us begin: find yourself a comfortable chair. A chair which will absolutely support you, as you will become that relaxed as we go along. Since quantum work allows for the senses to seem to cease to exist, do be sure you are absolutely comfortable. Situate yourself, preferable in a near upright position, so that you can place the tips of all your fingers touching each other, hand to hand, with the object place in the center of the hollow. Your thumbs need not touch. However, your fingers are touching as this helps make connection in the energy fields of your whole body.

Keep these instructions on your legs just beyond where you are holding the object, so that you will not need to move to continue reading when required.

### *Step One*

With the object now in the cupped palms of your hands, your fingertips touching, begin to allow your **eyes to focus only** on the object. Using all your senses, **learn everything you can** about the object: size, shape, weight, color, texture, distance from you. Imagine if this object had a taste, what would it be? If this object had an odor, what would it smell like? Just take it in and imagine all that you can about this object. That's right . . . **now**. Do this part, then In a couple of minutes, read on.

Just as breathing in allows you to increase your air, so **letting go** causes you to **relax even more**. You will **become relaxed** as you **stare at this object**, allowing all outside sounds and noises to only allow you to **relax more deeply**. Allow this process to go for a minimum of five minutes. Do not read on until you have completed this stage. Remember you are creating success for yourself. You may begin to get a sense of drifting, or spacial shift, they are perfectly normal.

### *Step Two*

Having completed the looking phase, let's check your results. In a moment you will close your eyes and begin to **repeat what you did** above. It will be the same process, except with your **eyes closed**. Still **see the object** in your mind as in your hands out there. As you do, again notice the size, shape, weight, color, texture, distance from you. Imagine if this object had a taste, what would it be? If this object had a smell, what would that be? Just take it all in and imagine all that you can about the object. This is a very relaxing process. Allow yourself sufficient time to repeat the experience as you **remember everything** from above. A good three minutes would be appropriate as your **eyes close . . . now**. And you still **see the object out there . . .**

### *Step Three*

Open your eyes once more and notice that you are seeing the same object again, only this time notice that you are **seeing** the object **through your eyes** and not *with* your

eyes. Take the time necessary, about four minutes, to begin to **become deeply aware** of you there, seeing this object through the eyes, rather than with the eyes. Become very aware of **you, back there**, as **awareness begins to become aware of itself**. Spend at least two minutes . . . **now**.

#### *Step Four*

When you close your eyes once more, allow yourself, for a few minutes, the knowing that **you are** that **awareness** back there. Tap right into the **location of you** in awareness there and notice how much **more aware** you can become. Discover all that you can. **Find, and know** that there is more. Take time **growing this awareness**, as **awareness becomes aware of itself** even more. Close your eyes . . . **now . . . awareness**.

#### *Step Five*

Open your eyes once more, maintaining **awareness** looking at the object. Notice **all the perception** that is available looking from this position. Take four minutes to really **feel you in there, looking out there** at the object once more.

#### *Step Six*

Next when you close your eyes once more, see **how much more aware** you can become of **you in there**. Spend four minutes noticing how much greater your **awareness of awareness** has become. Find even more. Increase this awareness as much as possible. **Close your eyes. That's right**.

#### *Step Seven*

As you close your eyes once more, **think about what would happen if . . . if you went out and became the object**. And as the object **looking back** at your face, what would you see? Hair . . . forehead . . . eyebrows . . . eyes . . . nose . . . mouth . . . chin . . . go and notice what you see from out there. **That's right . . . go** right out there **now** and **look back**.

#### *Step Eight*

**Finding yourself** back inside now, simply keep your eyes closed and notice how much **more aware** you are of **you in there**. Allow at least three minutes for this **awareness**.

Do not proceed without a **good sense of self** awareness. If necessary, it might be better to **start again**, or ask a friend to read the instructions, as you just follow them. When you have a **good sense of awareness of self . . .**

#### *Step Nine*

Now, I wonder **what would happen if . . .** instead of the object that is in your hand, what would happen if you **replace that object with a mirror**. With your **eyes closed** rather than just looking into this mirror, **become the mirror**, and as the mirror **look back at you and go directly inside**. That's right, **look right in**, then **go deeper** into the you that is there . . .

#### *Step Ten*

Go deep inside and begin to **notice everything** that is within as you discover that there are **no walls**, no boundaries. This is **you, the observer** of the experience. **The thinker of the thought**. Just **explore** this *you* for awhile. Take plenty of time, just **explore Your Empowering Spirit**. Do it **now . . .**

#### *Step Eleven*

Notice where **thoughts come** from and where **thoughts go** as you just **drift deeper** into you. Go until you **find** the place of absolute **peace** or **calm**. That's right, **go now** and find absolute peace or calm. **Only return when they are found** and **you are ready to return**. Take as long as feels right . . .

#### *Step Twelve*

**Know that this is You, the Thinker of the thought, the Observer of the experience, The Co-creator** of your reality. This is the very **heart and soul** of who you are on the inside that connects you with Universal Intelligence, with **God**. Now, **explore some possibilities . . .**

#### *Step Thirteen*

Recognize this is **You** that you once thought of as being separate in the Universe. Here you have found the **Universe lies within**. **Everything** is here. **Nothing** is here. Go, **explore** the **vastness** of the Universe within. Go **deep within** until you find that place where **all is perfect peace and love**. Just allow the emotions and feelings to pull you deeper until all becomes **silence**. Just **drift into love and stay** as long as you desire . .

#### *Step Fourteen*

Coming back to maintaining the feeling of being **just behind the eyes**, **envision** there is a **balloon** about twelve inches out **in front** of you and **drift out** and **include** this balloon in the **aura of You**. When you **realize how comfortable you are . . . now . . . including the balloon . . .** come back . . .

#### *Step Fifteen*

**Create a balloon** behind You about 12 inches and **go out and include that balloon in you . . .** and your space . . . Come back only when you are **comfortable** feeling the **expansion . . .**

#### *Step Sixteen*

Think of **You now**, as a **calm pond of still water** where a stone is about to drop into your surface. As **it drops**, it allows **You** to **radiate out** like **ripples of energy** everywhere in all directions at once. Just see **how far can You** radiate out as the **pebble drops . . . now . . .** .close your eyes . . .

#### *Step Seventeen*

Increase the spread in all directions like a wave of energy. Go **out into the Universe** and find the stars. Then **drift** on and **beyond** as you **connect** with ***all that is***.

#### *Step Eighteen*

As you **journey out again**, think of **one** of those areas of your life that you **desire** to change, to **heal**. Out there, see the **end result** as having **already taken place**. Go **beyond the successful completion** and **find** the **emotions and feelings** that come from **already having the result**, then just **let it go** off and into the universe. **Journey back** with the **knowing** that it is yours.

#### *Step Nineteen*

Practice alternating **going in** and **finding You** and **expanding out** into this spirit connection with Universal Intelligence, with God. Do this several times, **travel** to different places, until you **develop the knowing** that **you can do this** at any time you desire.

#### *Step Twenty*

**Congratulations**, you have just achieved what man has been seeking all his life. To find his Soul while on his path, to find the connection with God through the Spirit of You — that which is eternal that has life independent of the physical body. Take some personal time and integrate what has just taken place. You are **creating things that be not, at though they are in Spirit**. You're using the **law of cause and effect** and the **law of attraction** to **manifest** the **desires of your heart** in a quantum Universal interconnectedness that always answers **YES**. There is no need to read on now.

In the previous step I had you practice the quick exit and re-entrance technique. This is very important because it will save you a great amount of time. You will not need to go through the complete procedure on a regular basis if you condition yourself to be able to go in and out in this quick process. Even now I recommend you **find yourself in there** and **burst right out** to someplace of your choosing.

Do this many more times and it will save you hours of repeated processing later. In the future there will be times you will be seeking peace and silence in your day, and you will quickly be able to go there as you learn this process of letting go of flesh and blood and living in Spirit. You will discover so many other values in this “day-dream” ability very soon. For now, you have become a Soul Traveler. From my perspective you have become a Spirit Being enjoying the process of discovering all you can about this human-potential plane on which you vibrate and command this shell as a body.

You have just completed the pattern of your future. You have turned on your potential power to manifest. Your Empowering Spirit is now connected with every resource that has ever been available. The law of cause and effect is absolute and will not fail. Your thought has proceeded and determined the actions and manifestations now taking place.

Just as a potter can sit at his wheel and mold clay into several different forms and shapes and then break it down and reshape again. You are the potter and now you have created the masterpiece that only must be looked upon as existing already. Your body has no choice but to conform to your desire. No changes are needed. No reforming to be done. Like sowing the seeds, you have done your part. Now live in Spirit with the knowing that it has been decreed and is so. Instead of, “Let there be light.”, think “Let there be health.” for it is so. There is no wish ever used, for a wish is a statement of unbelief. It exists already. Allow the manifestation to come.

In the past, life may have manifested a mistake in your energy field that is now being corrected. Within you is the image of God. Perfection and truth prevail. You will soon be free as every cell in your body now intelligently knows your desire and already is working out the manifestations as a direction from Spirit.

I am in awe that we have always had this ability of manifestation within ourselves. Our cell structure totally changes approximately every eleven months; smile and hold onto that knowing. Keep silent and go often to the *silence* of the Quantum Experience where **life becomes a mirror reflection of what is thought on the inside.**

Remember, with healing, to envision that within you that needs healing and take your image (energy) of that part out into this quantum space and release it as it is. Watch the part just drift away until it is gone. Then create a totally new part that is completely healed, a part which a much higher vibrational frequency, and bring this part back with you to place in your body. Hold onto those emotions and feelings that come from knowing that you now have a new healed part and allow God to complete the process. In this process you are creating an energy that is a stronger higher vibration that conquers lower diseased frequencies.

**Downloaded Book Note: This experience is available on CD, as used in healing training session, on the web site [CyberPhysiology.com](http://CyberPhysiology.com).** It is not available in stores.

The CD will also include Gary Sinclair speaking at IONS the Institute Of Noetic Sciences. When would now be the best time to order this gift for yourself or the printed book and CD for someone you know in need of healing in mind body and spirit?

In the introduction I reminded you that we are to walk not after the flesh, but after this Spirit. *Life is choice*. You now have a choice as to which way you desire to live. We struggle now not with flesh and blood but with Spirit. Truly you now have the choice to live from a different perspective. Congratulations once more. You have had a Journey to the Boundless . . . Journey to the Quantum . . . . Welcome to the home of The Quantum Experience.



***Today's  
thoughts  
are  
setting  
the energy of  
tomorrow's  
manifestations.***

**CHAPTER TWELVE**  
**HAPPY NEW HERE QUANTUM TRAVELER**  
**HERE QUANTUM TRAVELER**

Using the Quantum Experience

I trust by now you realize that you are not your dis-ease. Disease is **not** that which is eternal, and *you* are. From your new perspective, the Quantum Experience allows you to know that you've always been in control of all the functions of the body. You *are in control* of the direction of healing by the innate *laws of nature*. In each of us there lies a core of pure potentialities that was there prior to conception. It remains in all that is eternal about you. As that which is eternal, you are not the dis-ease. You were only holding onto it and claiming identity to it in the physical. Based upon these laws and your basic calling for the preservation of who you are, your body must come into alignment with your thoughts. Envisioning the perfect you, while in a quantum state, allows your body back there to begin to come into alignment with and by the energy you create.

Co-Create

What about manifesting a new destiny? *Today's thoughts are setting the energy of tomorrow's manifestations.* You become what you think about. *As a man thinketh in his heart so is he.* In the Quantum Experience you have the ability to co-create the desires of your heart. As you implant this energy, *your Empowering Spirit* makes literal truth out of whatever you think translating it as a command of action. Then the law of attraction goes to work for you. Within the frame work of pure potentiality what are you willing to believe is possible?

Co-creation is your opportunity to create change. You are that which is connected to everything with full potentiality. Not one good gift will God withhold. You have opened your window of heaven and the blessings are now available. Take the desires of your heart, because those have been promised, and simply cause those desires to be, as though they already are.

Don't Worry About the Details

Pay attention to this one. It is extremely important that you leave the details up to God. Don't try to add to the wisdom of God. Just attach the emotions and feelings that you know are yours as having received already and allow the God to handle the rest. You will become amazed at all the creative and fun ways God has of filling in the details. It will happen in ways that will cause you to truly understand that in letting go, you thus created it in faith. In many cases you will say, "Not in my wildest dreams did I ever think that it would come about this way."

Will it come as exactly what you desire? It may not. However, that which you truly desire, desires you. For this reason, I promise you will love what comes.

### Healing Another in Spirit{tc "Healing Another in Spirit" \l 3}

In a previous section we talked about doing healing work with others. Here again is your opportunity to go directly to the other person at *your Empowering Spirit* level. Just go into your Quantum Spirit space and as you begin your travel out there, focus on your intention to go directly to them in Spirit and pass on the commands of healing. In some cases you may want to do a little study on the person's condition so that you may better intend what is needed. As always, be sure that what you are actually passing on is love in its purest form. Just allow the white light of God's presence to totally permeate that which needs healing. However, know that spirit knows it all. You may think of connecting with another for healing as a form of prayer.

### Prayer{tc "Prayer" \l 3}

Think about prayer, your concerned good thoughts expressed to a loving God about current needs you or a loved one are experiencing. Imagine the power that is here. Larry Dossey, author *Prayer is Good Medicine*, is doing wonderful work showing the power of thought as prayer to affect the health of ourselves or another.<sup>2</sup> Since everything is done according to universal law, if any such prayer has ever been answered, yours can be also. If anyone has ever been successful in complete healing, the process can be duplicated. Life is not carried on by a hit-or-miss plan. For every effect there is always a cause. Get your causes lined up and bring them to a loving God with much thankfulness and the effects will take care of themselves. What you intensely desire is already trying to reach you and those you love. It has been seeking to get your attention so it can be made manifest out of the energy already existing.

### Adding Extras{tc "Adding Extras" \l 3}

You may find some times it just seems right to add music to your Quantum Experience. As you do so you can intently listen to each note imagining the vibrational energy spreading like a ripple to include all your body and surroundings. You may add color therapy in harmony with chakra training or aromatherapy recommended to calm and sooth your inner world. At times you may just see yourself as though you have healing hands and are working on your body or the body of another while reclining on a therapy table. In this case you just allow the energies of light, love and color to move to you and through you.

### Other Entrances{tc "Other Entrances" \l 3}

---

<sup>2</sup> Dossey, Larry. *Prayer is Good Medicine: How to Reap the Healing Benefits of Prayer*. (San Francisco, CA: HarperCollins, 1996).

There are many ways to reenter the space of Spirit. Use any method that allows you the remembrance of self so that you can find You in there. One quick way that I often use is simply to place my hands in front of my eyes as though my hands are my eyes. In my imagination I then begin to move my hands forward while recognizing that I am in there going backwards from these "eyes." When I am aware that I have traveled the distance of nearly an arms length, then I realize that I am "in that space" because I have traveled a distance greater than the thickness of my head. I am, in Spirit, out-of-body in experience already. Now I just expand to where I desire to go, connect with the person I desire to work on, or just seek the place of silence and peace.

Some of my students have been taught to take their hands and place them against their cheeks fingers pointing up. When they are aware of all the feeling that is there, they simply move the hands the slightest amount away from the face and continue to feel their presence. Some begin feeling their energy with the hands already away from the face. With this evoking of feeling, they increase the size of Spirit recognition so that they always include the space of the hands in front of them in spirit. When they have about six to eight inches of space included in the combination of who they are inside and outside as spirit, they simply burst out all around and keep right on going.

Another process I have used with groups is to begin to look at a specific place on your body such as the palm-facing of your hand. Become aware of your fingers, all the lines and creases, everything that is there so as to visualize the hand. Going to the center of the hand, pick one spot and as you close your eyes, begin to imagine that you are looking through a very powerful microscope. Begin to see the cells with all their connective tissue. As you keep increasing the power of the microscope you will be able to look right into the cells. You will find the heart and life of the cell and be able to just keep right on going into this spirit force center. Go on until you come to the atomic, sub-atomic, and finally the quantum presence. From here, I recommend that you go first to the place of peace and send peace back to this cell and all cells to which it connects. Find all the love that you can and send love back to this cell and all cells connected. Then allow yourself to go and rest in the silence of the void, the silence of being in the presence of God.

Some clients begin at their feet and merely relax all the muscle groups as they come up the body until they are so relaxed there is only one place left to go. Then out they go to the Quantum. One of the keys to a relaxation response method is to remind yourself to take deep breaths and then slowly exhale asking the feelings of relaxation to go directly to that part of the body that needs it.

### Cold Paralysis{tc "Cold Paralysis" \ 3 }

One symptomology that you may discover is that when you return from the Quantum Experience, your body is not quite ready to respond with movement. In fact it may take a few seconds and even minutes to get full mobility back. Remember that part of you which directs all body function has been on a most magnificent vacation. Only the part of you that was mandatory to stay to maintain bodily functions remained. You may also discover that your body temperature has cooled dramatically. Once again bodily

functions have slowed. I say, "Your body went to PEACE'es and fell in the Well of Love."

Dr. Albert Taylor who wrote *Soul Traveler* writes of having experienced such coldness and paralysis even as a child. I discovered his journal of journeys while completing this book. I recognize synchronicity at work in finding Dr. Taylor's book. Synchronicity is merely God's way of remaining anonymous. I believe the specific reason God lead me to his book had nothing to do with reading the travel journeys, it was that Dr. Taylor admits that his gift of thought made MS Multiple Sclerosis manifest in his life in 1992. You can guess what method of healing he used. He never believed his doctors had the final say. He had faith in his ability to manifest his desire. I say congratulations to Albert for knowing his connection and process.<sup>3</sup> I know I had paved the way for the energy of MS healing to be more available by belief some ten years before I was told that "no way" was healing possible. I just decided, as did Albert, that now was the best time for that lie to die and did all that I could to manifest healing using my connection with God.

### This Book{tc "This Book" \ 3}

As you begin to think about all that you have read in this book, you will realize that, since you have now gone into quantum, it will change your entire perspective as you read this book again, and again. Each time new morsels that are hidden in mere words will begin to grow in your very being, providing life to your flesh. This did not all come to me in a single experience. Spend much time in the Quantum Experience, living as a Spirit Being having a human experience, and *all of life* will transform for you. Learn to live as Spirit while at work, while driving the car, etc., and your powers of observation and knowledge will increase. Within the framework of pure potentiality, your story may become part of our book of *Personal Stories of Healing from a Quantum Experience?* Please let all of us at Celebrate Life know at our web site.

We must begin to teach others, especially our children, the lessons that you have just read. We entrust our children to school systems and expect that system to teach them all they need to know about life. I certainly never learned any of this in school. People are seeking hope, joy and love. All three can easily be given. Without it, they have no future.

Funny how you can change your world with just a thought. A thought put into action. Life is loaded with students and teachers and you are really both. Remember *when the student is ready, the teacher will appear*. You are there to give. You are there to receive. You have the opportunity to *live your life as an example* or a warning, and right now in front of all others you are doing one or the other.

You are *only limited by your beliefs*. The main focus with this book *Your Empowering Spirit* is to help you create the belief that gets you to where you begin to live "as and in"

---

<sup>3</sup> Taylor, Albert. *Soul Traveler*. (New York: Dutton, 1998). p.92.

Spirit. The proof that you are on the right path will be that living becomes more effortless.

Norman Cousins, best known to many for healing using laughter, as author of *Anatomy of an Illness* sums this book up appropriately as he writes, “We must learn to never underestimate the capacity of the human mind and body to regenerate — even when the prospects seem most wretched.”<sup>4</sup> To this I add . . . Amen . . . When would now be the best time to suspend your disbelief?

---

<sup>4</sup> Cousins, Norman. *Human Options*. (New York: W W Norton, 1981).

***When the  
Student  
is ready  
the Teacher  
will  
appear.***

## CHAPTER THIRTEEN {tc "CHAPTER THIRTEEN"} MY LIFE LESSONS {tc "MY LIFE LESSONS" \12}

### My Story Begins {tc "My Story Begins" \13}

I was born with defective lungs. In fact, my condition was so bad that when my parents returned me to the hospital totally blue with both lungs collapsed, the doctor told them that I probably would never make it. If I did, based on my condition, I certainly wouldn't make it through my growing years with all the deterioration that had already taken place. Somehow my parents didn't believe the doctor and didn't convey this message of desperation to me. As a result, it wasn't long before the little boy became a big boy and although I had all the conditions you would associate with a child who had a lung condition; asthma, allergies, etc., I survived the initial crisis. For the rest of my young life, I knew the hours of the day by the pills I took and the days of the week by the shots I received. I would generally go no more than thirty days without some type of antibiotic and/or steroids. I would come to know life as a "reject" and as "defective" with all the humiliation and shame associated with being different.

True, I lived a protected life. I was not allowed to walk anywhere alone and all physical activity was kept at a minimum. I was not to go outdoors in the rain because my parents said I would "catch a cold!" Yet many times I found a way outside and without even trying, "caught that cold." Sometimes I just opened the window and "caught the cold!" When I stuck my hand out in the rain, I knew exactly what I was doing. Soon it would be warm blankets, and chicken soup time. My *Empowering Spirit* was working properly.

I became an outcast in so many ways. I was the one that sat at the end of the gymnasium with the doctor's note that said, "Please dismiss...etc." In those days, Physical Education was a required curriculum for all students. In regard to my condition, no one was more cruel than those I wanted as friends. I was not like them, not wanted by them, and it hurt. It wasn't that I was in a wheelchair or had some great disfiguration that made me different. It was something that was going on inside me and they truly had no way of understanding. Little did they know that just breathing could hurt so. I learned to look at the floor as I walked from class to class to keep from seeing their eyes. Somehow life was easier if I could just convince myself that they were not there. Yet deep down inside, I knew the truth. I needed them to feel fulfilled.

I did have a couple of occasional friends. One was the shortest, skinniest runt of the class, while the other was the one with the misfortune of having his face nearly removed by a big dog in his pre-school years. To this day I can still see the scars and stitch marks. Some called him baseball face. Even though he was good at pitching back the replies, I knew it hurt.



### High School Days {tc "High School Days" \ 3 }

I found that every time the pressure of something began to build, even for such things as tests, my temperature would go up and my skin would begin to itch tremendously. This had happened before when we were on vacation in Canada. I thought at the time that it was a reaction to the sea fauna as I was already allergic to trees, grass, plants and flowers. Dr. White would give me shots to make the redness and itching stop. But as time progressed, he began to realize that if I was made to wait for a shot somehow my body knew what the end result would be and I would begin to relax and the reactions would go away on their own.

What a surprise, as a Sophomore in high school the day my parents took me from Caribou, Maine, to Bangor to see a new doctor, a hypnotist. He put me in some sort of trance and talked to me about my allergic problem leaving my body. I did my best to fool him as I stayed totally awake and heard every word he said. He told me to go to sleep. Ha! I showed him. One of the last things he said was something about if this itch and rash reaction should ever happen again I would only need to run the backs of my wrists under cold water and it would go totally away. "Who was he kidding!" I thought. "He certainly didn't have this stuff!" However, I did remember and rinsed in cold water once. The power of suggestion produced undeniable results. I was surprised when I was able to finish my mid-term exams. This is one of the first times I recognized the principals of *Your Empowering Spirit* at work. And that knowing stayed with me.

Ultimately, the doctor's suggestions allowed me to swim in the summer and ice skate in the winter, since there would be people around at the community facilities. With my new found freedom, although still not allowed to be alone, I began to work as hard as I could at both. I learned to swim well enough to get all the way across the short end of the pool. Thirty minutes later I would have the energy and breathing capacity to swim back.

Since there was more winter than summer in Caribou, I fell in love with ice skating. It filled my dreams and aspirations, regardless of my limitations. I watched the Olympics on television and drew wonderful stick men that imitated the motion of what it appeared they were doing. To my surprise, I learned to spin in circles on two feet. Then finally on one. I made scrap books of every tidbit I could find. I wrote to world champions and one, Aja Zanova, after I had met her at Ice Capades, wrote me back. She even arranged for me to get professional skates from a Stubbs and Burt Co. out of England. At least then, if I wasn't a professional, I had skates that were. I still have the scrap books, the stick men figures, the letters and all.

I remember one summer when the whole high school was outside in the park across from the school for a "fun day." I managed to sneak into the line for what would be called the quarter mile run. I knew that every guy on every sports team in my class would be in that race with an intent to win. Inside I knew that I could win if they would just let me run. I wish I could show you the look on their faces as I beat them all across the finish line. After that I collapsed trying to get my breath, however I managed not to

pass out. I apologized to the coach admitting I knew I was not allowed to run. I remember hearing something like, "Damn Sinclair, why can't you do that all the time? We need you on the track team." Those words became a reverberating echo of despair. How I wished . . . the track team. Even typing these words I feel the feelings of knowing reality as it was at that time. One thing I did know is that I beat them all and I still have the ribbon.

When there was a club to join or a position to be elected to, I gave it my all. Yet they treated me as they saw me. Last place was the norm for me, sorry, we have all the members we need now.

Much to my doctor's surprise, I made it into my teenage years. Since I was among the shortest in my Junior class, there was some concern as to the possibility of my surviving a growth spurt before my twenties. No one had told me that yet, however, so as I stood there third tallest in my Senior year, we had much to be thankful for.

### Life as an Award{tc "Life as an Award" \ 3 }

Just prior to graduation they held the annual awards ceremony. The principal of the school had called my home the night before to make sure I would be in school. Was I surprised. He told my brother to tell my parents that this was something they should come to. I got my pin for Projector Club, Key Club, Glee Club, Newspaper Club, Yearbook, and everything else I had managed to participate in.

Then when I knew the awards were over, after they had finished all the sports groups, Mr. Hamelin, the teacher that I had respected the most, took the microphone and began talking about another award the teachers themselves gave each year. It is normally given to the student whom they feel has had the most outstanding impact while at school. He announced that this year for the first time the decision was unanimous, and that they not only wanted to give it to this student for his impact in school, but for the life example that he lived outside of school. Boy . . . . whoever it was, I was sure thrilled for them. I couldn't begin to think of who it might be.

Then he called my name. I sat there stunned. I can't tell you how I got to the stage or what happened next. God had found a way to remind me that I am special. That no matter what I think I am going through, I am always more than that. God wants that in your life too. Life is truly something to be lived as an example or a warning to others. You never know who is watching.

I went on to college, graduated, got married, and started a family of two fine boys, Daniel and Jonathan. It felt good to build a life on my own. My wife Anne, Saint Anne as some now call her, God's gift to me, would become the support I needed to create miracles.

### Broken Elbow Time{tc "Broken Elbow Time" \ 3 }

While Daniel was our only child, Anne and I took a group of teens ice skating at an indoor arena in Marlboro, Massachusetts. When it came time to resurface the ice,

someone tried to skate between my legs. I say tried because I went over backwards and ended up with my elbow swollen to about the size of a football. The doctor showed us three x-rays. The first he called the total arm, so that you could see the bones from the top middle of the arm to near the wrist. The second was narrowed in on the elbow. With the third, he explained that "the cap area looked like a walnut run over by a steam roller."

He placed the arm in a wraparound sling and told me something like, "Whatever you do, do not move this arm as we need to preserve what is available to work with. We do not want the elbow to come totally apart. When the swelling goes down, then we can look at what we need to do to give you some type of cap that will hold the arm together." This was a Saturday night. By the middle of the following week, I had managed to get off all pain medication, however the swelling was major and it still hurt.

### The Vision{tc "The Vision" \l 3}

On Thursday night I went to bed, only to realize that I was just not tired. Without the pain medication, I was also in some discomfort. Just after midnight, I became aware of what seemed like a presence in the room. When I closed my eyes, I found a form coming through the brightness. He wore a white robe, had a beard, even nail prints through the palms of His hands. When I asked why he looked like this, He simply replied, "This is the way you recognize me." I opened my eyes and noted the time on the clock.

We talked for hours about personal things I had sought answers for but had refused to talk to others about. The next time I saw the clock was four and a half hours later. When we were finished, I asked could He at least send a bird or a butterfly or something by my car on the way to work so that I would know this was real. To my surprise He replied, "Yes, I am going to heal your elbow." "Oh," I said, "That is way too much, just send a bird or butterfly." He replied, "I am going to heal your elbow." Amazing how we try to add to the wisdom of God.

When I finally got up that morning I told my wife, "The Lord said he was going to heal my elbow today" as though it was normal conversation. In the same fashion she answered back, "That's nice," as our Northern Baptist heritage and Bible training would easily accept this possibility.

At the time, I was a Restaurant Manager in Burlington, Massachusetts, for a major retail store chain. When I arrived that day the hostess simply informed me that the State Health Inspectors had been in the area the previous day, and that I should be aware that the routine health inspection would probably take place soon. I said, "Thank You" and headed to the office area.

The next thing I remember was being on my way home, and realizing as I looked over to the right passenger seat, that what I was seeing was the sling that was not to be removed for any reason. I could hear the doctor's voice saying, "Whatever you do, do

not move this arm as we need to preserve what is available to work with.” Carefully I began to apply the brake and pulled to the side of the road to replace the sling.

Then it hit me. I suddenly remembered that as soon as I arrived at the office I had gone to the 10' X 10' walk-in freezer and 10' X 10' walk-in refrigerator and totally cleaned them. This is top to bottom cleaning. I took out the racks and even polished the walls. Not one employee of this 350 seat restaurant said, “Mr. Sinclair, you have a broken elbow.” Not one employee said, “Mr. Sinclair, may I help you?” Not one employee said, “Mr. Sinclair, this is lunch hour. Don’t you realize we are climbing in and out of this shelving in order to serve food.” I am still amazed at what God does to confound us all.

As soon as the car stopped on the side of the road, I extended my elbow only to find that it fully rotated. There was no pain. Even the funny coloration was nearly all gone. I was double jointed again.

### The Lesson{tc "The Lesson" \ 3}

Now I cannot say that this experience has been repeated over and over, however I can say that it happened for a reason and a purpose. This I find is true of everything in our lives. Here again I discovered in after-thought that there had been a definite message. I can remember in my conversation that night being told to tell all who will listen that the world is full of people saying, “Here I am God, use me!,” as they lay there, their arms outstretched waiting for God to miraculously intervene and do something. I was told that I was to teach everyone that “Motion creates Emotion,” and that it is through your emotion that God speaks to you best. The Lord said that he would love to use all these people. The problem is, He can’t get them to move! Teach them that it is through their emotions that I will open and close doors, and that as they head towards the desire of their heart, if it is not what is right, then through their emotion I will change their desire. I just need them to move. Focus on what it is they desire in their life and head towards it. Then as *motion creates emotion*, they will know *I am at work within*.

I guess you realize I never did have any replacement surgery. I even canceled my return doctor’s appointment. It didn’t make sense to pay good money to have him tell me it was healed.

### My Biggest Challenge{tc "My Biggest Challenge" \ 3}

Well life went on. As time passed, I found myself as Food Service Director of eight restaurants, (including the one I just told you about), eleven bakery counters, and six employee cafeterias covering five New England States. I tried to be in each one as much as possible on a weekly basis.

It was Valentine’s Day in my early twenties when I sat up in bed and fell face forward to the floor. I did not know what had happened. It seemed I could not figure out where up was, and there was numbness and a tingling sensation everywhere. I thought maybe it was a stroke. I realized, if it was, it would be okay, because I certainly had seen people

come back from a stroke. Anne and I had been to rehabilitation facilities and watched the work they do to bring stroke victims back from paralysis.

After weeks of testing, especially those terrible spinal taps, the doctors gave my wife and I the diagnosis. It hit home hard. MS . . . multiple sclerosis, a debilitating, crippling disease. They explained that although paralysis had already set in, it would not be until the next major episode that they would be able to do long range projections. They did tell me the inner ear on the left side was severely damaged, and that ice skating would definitely be a thing of the past.

My eyes were certainly something to behold, as the optic nerve had been affected. I saw two of everything. With every beat of my heart, whatever I looked at jumped as if over a hurdle. It was truly strange to see double of everything and especially have them not stand still. It made me sick to my stomach.

The specialists could not tell us what to expect next, except that there would be another major attack, and then they would be able to give us a more accurate prognosis. This became my living fear, the next attack.

Now I had good days and bad days. Things did begin to improve a little over time. Two months out of the hospital, my eyes began to settle a little, and I started to get really daring about trying to walk from one place to the next without needing to have my hands on a wall or another person for support to know upright.

Nausea was constantly present, and I never really knew whether the food I ate would stay down or decide to come back up. Anne learned that if I said I didn't want any food, not feeding me was the best thing to do. The floor became such a constant companion I would often say, "Just leave me here....I am fine....I just fell down!" My Jonathan would look and smile and say, "Drunk again?" as he would stick out his hand knowing that without a stabilizer, I would be staying right there.

I not only had the blessing of the right wife, God had allowed us two sons that truly supported me through all this and more. Many a day, they became my hands and feet. It was Valentine's Day, three years later when the next major attack happened and the doctors confirmed that a pattern had been established. They told me that I could expect another attack every three years and I, *My Empowering Spirit* on the inside, believed the doctors. Every three years on Valentine's Day I was in the hospital with another major setback. In fact, there were years when my wife would catch me getting ready two weeks in advance for my Valentine's Day hospital visit.

One Valentine's Day Sunday I can remember going to church and rejoicing that I did not have to go to the hospital. The service was two hours long and before it ended, I can remember looking at my wife and saying, "I am losing it. Get me out of here." As she looked around for strong arms, I slid to the floor. My next memory is something like going through the doors of the Emergency Room thinking, "Oh No! This wasn't supposed to be happening."

### Bleached Out Lungs{tc "Bleached Out Lungs" \3}

The lungs had slowly gone downhill, as they had all during my life. This only added to the complications of paralysis. As if all that had already happened was not enough, in my early thirties while employed as a Food Service Director in North Carolina, I was involved in an accident of sorts. A maintenance man poured a gallon of commercial strength bleach down a large kitchen drain as I sat nearby placing food orders. This bleach went in on top of all the other drain cleaners and openers used the last few days. Within seconds, my ability to breathe change without understanding that a caustic gas had been created. Since I was placing food orders, I just stayed on the phone as it got worse.

If you read the directions on the back of a bottle of bleach, you realize you don't mix this chemical with anything. Add to this the fact that commercial strength bleach is a hundred times stronger than regular bleach. Needless to say, it took the doctors two weeks to get the internal bleeding to stop, in what I had left for lungs. From this point on, medication would be twenty-four hours around the clock for the rest of my life. As if the MS was not enough, this I did not need.

As the years progressed, the levels of medication necessary to keep my lungs in operable condition increased such that I had to sit down twenty minutes after taking all the medications as my whole body just shook from the reactions. I felt more like an addict in withdrawals without ever realizing that I was an addict. I was up to four times the dosages that had stabilized me in the hospital, and the doctor said that based on my blood work, the levels would need to be doubled again.

### Do or Die{tc "Do or Die" \3}

With a worsening MS condition and the increasing medication levels round the clock, depression became a close adversary. Yet I knew the truth. *As a man thinketh in his heart . . . so is he.* I fought the mental anguish of the inevitable end. At thirty-six, with the left side nearly gone and the right side starting to catch up with MS, I realized that if I was to continue using my right arm, I would need to remove the heirloom watch my father gave me before his transition. It was a heavy watch that he brought home from the war in Europe. I sat and cried most of the day. Deciding that I needed help Anne said, "We're going to see the doctor. You're not living like this." She was right. Maybe a little sedative or something might make it easier. Just something to take the edge off to ease those feelings.

The surprise came when the doctors informed Anne and I that we needed to prepare for me to be wheelchair bound in the near future. In fact, he recommended that we purchase a wheelchair and practice what it would be like for me to be permanently in a wheelchair. This was sheer terror shock. Practice being in a wheelchair?

I tell you this story so that you can see the two parallel lives I lived. One in which I was not told everything about my lungs and without that knowledge of what "could be," I

survived, and the second life of every three years in the hospital, on plan, on schedule, with what the doctors had told me and I accepted in my mind "would be."

Now I was faced with a wheelchair in my future. This fact coupled with a worsening lung condition only made the end seem to draw nearer. It was more pain than I could bear as my mind spent five seconds in a wheelchair. With this I reached a pain threshold. It was time to do or die. "NO WAY" I said to the doctor, "NO WAY," and those words kept echoing inside my head as though in a chamber.

I told my doctor that I had visited stroke patients in the hospitals and had seen the marvelous things they were doing to bring back mobility even when it was lost by brain damage. I believed that if they could get it back...so could any MS patient. "You don't understand," he would keep repeating, "You have MS!"

With even stronger determination, I told the doctor that if he wanted to join my team and support me, I was going to prove that this was possible. If he didn't, I would find a research doctor who would. The doctor joined my team, only after realizing that I appeared to be completely serious. I was committed to what many still consider the impossible.

Thank God for Chiropractors {tc "Thank God for Chiropractors" \ 3 }

Enlisting the aid of a chiropractor, Dr. Matt Innis, I began a grueling war within myself and the nervous system that seemed to have given up. With all the stimulation equipment and extras like acupuncture, nutritional advice, etc., Matt was exactly what I needed. He would do what he describes as rolling pin massages from my toes to my nose, forcing out all the bad blood that had atrophied in the hundreds of muscle cramps all over my body, generally three to seven times a week. This was after I had been covered with soothing warm wet heating pads. My type of MS was one where the muscles would slowly go to sleep so that I would be in the same kind of pain you might experience when your leg goes to sleep and then begins to wake up. I would continue in this pain for fifteen to forty five days while my muscles slowly went to sleep. I can remember many times gritting my teeth and pleading with God to let the muscles finally go to sleep so that I could gain back enough strength to get on with the healing process.

My commitment to life and my new found belief that I can heal was rewarded. I can still remember the day when I lay there crying, realizing that one muscle group had begun to respond to all the combined work and the feelings had returned. Dr. Innis asked if I was okay. I told him, "Stop! Don't do any more today." I realized from then on that I knew that I knew. If one muscle and nerve center could be made to respond, they all could. Exactly as I had told the doctors.

Belief Systems {tc "Belief Systems" \ 3 }

I now know that everything we do in life we do based upon our belief system. Whether we can, or can't is based upon our beliefs. Our memories from the past get interpreted

in such a way that they allow us to progress, hold us back, or make us stand still. As I tell you my story, it is important that you recognize my belief systems.



1. My first beliefs were given to me by my parents.
- 2 The doctors supplied the next set of beliefs. And I bought them.
- 3 Now it was my turn and the third became "NO WAY." With a progressive lung condition, and now faced with a wheelchair, I saw the wheelchair as a death sentence, as my lungs would soon atrophy.
- 4 My fourth belief was that total and complete healing is confirmed by the receiving of Holy Communion.

I saw this as a sign, a seal, a covenant of the completeness of this work between God and I. Now maybe you don't have the same beliefs. It is important, however, that you realize this is how I function at the other-than-conscious belief level.

These beliefs were part of the strength that was giving me the rewards of success. Know that *all things are done unto you according to your belief*. This is a wonderful promise. If you believe you can, you can. If you believe you can't, you can't. Inside of you are the *seeds of equivalent miracles*.

### Communion{tc "Communion" \ 3}

One Friday night in my late thirties, I told my wife that when I took communion at church that Sunday, the MS would be gone. After partaking of the elements that Sunday morning, I confirmed to my wife that the MS was gone. Although Valentine's Day comes and goes each year, the disease has never returned. When you talk to me ... I know it WILL NEVER RETURN. It is not I "have" MS, it is I "HAD" MS. True, as of this writing I do not have a total balance mechanism on the left side of my head and there are a few muscles in the left leg that have not, as yet, come back, but, you would never know it. I think I could easily pass any test you would give me.

Remission is the term the doctor wrote on my records in 1986. I told him he could write anything he wanted. It didn't matter to me. When you know that you know . . . YOU KNOW. I knew I had *had* MS and that was all there was to it. How often I hear the name remission only to think of the word as really meaning permission. For most, remission as a word becomes the fear of permission to bring back that which should never be. *Your Empowering Spirit* is just waiting to recreate based on the power of the law of suggestion.

### Now the Lungs{tc "Now the Lungs" \ 3}

Well, I had the MS taken care of, but now what about those lungs? The change began the day I went back to the doctor to have my blood medication levels checked. I needed a new magic bullet. I shook so much from medicine that I needed the doctor to find something different. When the results of the blood work came back, he informed me that not only was there nothing else he could put me on, as I was already on the best of the best and in massive dosages, but that he would need to double my current medication levels. "NO WAY" I told him as once again the echo chamber in my head reverberated this message. "Just

give me enough pills so that I can make it two weeks and then if I am not better, I'll let you double the levels," I told him.

"You don't understand," he explained. "With the MS it took a year and a half to go into remission. You can't do this with your lungs in two weeks." I reminded him once again that I had "*had*" MS and that I really didn't care what he wrote in his notes. I finally got the prescriptions, as well as an appointment for two weeks later.

Remember, everybody does things based on their belief system. The following weekend, after hearing a sermon in Ft. Walton Beach Florida called "Take Your Limits Off God!" I finally decided that what I really needed to do was analyze my beliefs on why I wasn't totally healed already. To my surprise, this introspective thought caused me to discover a very simple belief that was the key to my problem. I turned to my wife and asked her, "If you went to the store and bought something that was broken or defective, what would you do?" She said, "It depends upon what it was worth?" I said, "A life!" She said, "I would take it back!"

Remember when I said I was born with defective lungs. That was it. *My problem belief*. I claimed that I was born defective and I believed that when you get something at the store that is broken or defective you simply take it back or suffer the consequences. That was the only way for it to be remedied. Ha! Fat chance of me being returned to the womb so that the process could be completed. Must be time to change my belief. I began to search the scriptures. "*They that wait upon the Lord shall mount up with wings as Eagles, shall run and not be weary, shall walk and not faint!*" was my verse for MS. And it worked. I checked with my church leaders only to be turned off by statements like, "Well, since *this is* how God created you!" "NO WAY" you could have heard me saying inside.

I was reading the Sermon on the Mount in Matthew one night when I pictured this throng of people who had come to hear Christ teach. It was on a mountain top, so he was at the peak and next to him in a circular row were the twelve disciples, then the multitude. I realized that the people who get the most out of any teaching are those who sit in the front row, so I just made the disciples move over to make room for me. As Jesus began The Lord's Prayer in that sermon, he simply turned to me and said, "Thy will be done on Earth as it is in Heaven! And since you're not going up there with MS, what makes you think you must go with a lung condition?" I said, "What? What?" and He said, "Thy will be done on Earth as it is in Heaven! And since you're not going up there with MS, what makes you think you must go with a lung condition?" I got goose bumps. Here was a scripture verse that not only supported healing for me, but for all mankind, and for every condition. I began to realize that I didn't plan on having defective lungs in Heaven and as this changed my thinking, so my beliefs came into alignment.

Communion Again{tc "Communion Again" \ 3}

The following Friday at nine p.m. I told my wife that when I take communion on Sunday my lungs will be totally healed. Out of force of habit, I took my afternoon medications with me Sunday as after church we had planned a trip into the mountains. At church when it came time for communion, the pastor announced that God had spoken to him on Friday evening about nine p.m. and told him that when people took communion that Sunday, lungs would be healed! Well that was all the boost I needed. After the taking of communion, I proceeded to the pastor and placed my afternoon portion of medication in his hands. With a funny look on his face, the pastor turned my hand back over and said, "Don't you think you should take these with you, just as a precaution?" I replied, "Whose faith are we to doubt, mine or God's?" With that the pastor kept the pills and GOD completed the work. It was a funny feeling to begin to breath way down deep in the lungs. I called it an interesting tickle. Cavities that only moments before held no air, now began to fill as the creative intelligence of the Universe honoring my beliefs began to complete a marvelous, miraculous, transformation.

### Miracle {tc "Miracle" \13}

When I went to the doctor the following week, he got a surprise as he began the routine listening with his stethoscope. "You have got to understand, this is not possible!" the doctor exclaimed. Yet, the breathing level was incredible. "Okay Sinclair... out with it!" I told him the whole story. Finally from his mouth I heard the words, "This one we have to call a miracle!" He picked up his pen and began to write.

With alarm in his voice, Dr. Blount began to talk about the new medicines that he would need to put me on to prevent the massive withdrawals that I was about to go through. I am sure you guessed my answer to that ..."NO WAY!" Do I even have to tell you the rest of that story, or have you created the belief *no way* like I now own as a way of being in this world.

From 1987 on, all medication was behind me to the point where even taking a vitamin seemed odd. No longer was my hand searching every four hours for the next dose. Exercise was now possible. My outlook took on a whole new dimension of possibility. All my life I was told what I could not do, and they were right most of the time. Now I could finally decide for myself and know that *I could do*.

This amazing, incredible story is certainly one that has enabled me to go on as a motivational empowerment coach and teach others what healing is really all about. I have had the marvelous delight of seeing, hearing and feeling life transformed by thought, by my belief in myself and my knowledge of the Universal Intelligence I here acknowledge for me as God. That power that says life is not to be known as "super-natural," but as natural done in a super way. It was me using the only gift that God had given me complete control over ...my thoughts. My thoughts to change my direction in life. My thoughts to live abundantly.

I learned that just as creative intelligence allows you to use your mind or thoughts to produce disease, so also it has the answers to our ability to be healed. Simply stated, *if the mind can make you sick, then the mind can make you well*. Disease in the mind produces disease in the body.

### Skating{tc "Skating" \l 3}

To answer your question in advance, can I ice skate? You bet! Five years later I even took a National Amateur Senior Olympic Freestyle Gold Medal competing in the twenty-one to forty year old category. I used my finger tips and the pressure of movement to help stabilize my balance.

One of those dreams I had as a child was being a solo performer with an ice show. It is a privilege to say that I did appear as a guest solo performer for Ice Capades. Ty and Randy were there as were many other Olympic champions. The local TV network held a competition at the local rink for advertising purposes with the prize being a guest appearance. Most knew that a small child would win. Why should a full grown adult even try? I guess the answer is because I believed I would win. The panel of judges said there wasn't any other choice. Spins, jumps, the works, I did them all. I still skate today. Wayne Dyer speaks of always remembering how to skate in his book and tape series, *Real Magic*.<sup>5</sup> This is one of my reading recommendations to my clients. Wayne, are you ready to create Real Magic on ICE?

I will always remember hearing Wayne say, "Examine what you believe to be impossible, and then change your beliefs. If anyone on the planet has ever overcome the diagnosis of "terminal," then know that such a capacity exists within all of us. This universal law that created miracles has not been repealed and never will be."<sup>6</sup>

### Celebrate Life{tc "Celebrate Life" \l 3}

**Celebrate Life** was the name my wife, Anne, and I gave our speaking and training sessions. Now, almost fourteen years after the start of my healing process, *Your Empowering Spirit* is somewhat of a composite understanding of what I teach in "live" Celebrate Life coaching sessions. Currently we reside in Fallbrook, California, where I do private *Cyberphysiology* training and *Spiritual Healing* work under the name of **Celebrate Life**. Much of my time is one-on-one healing sessions with special emphasis on the **Life Clean Out!** program I developed. I was honored in 1996 with "Outstanding Transpersonal Contribution in the Tradition of Bridging Mind, Body, Spirit," by the National Association of

---

<sup>5</sup> Dyer, Wayne. *Real Magic: Creating Miracles in Everyday Life*. (New York: HarperCollins, 1992).

<sup>6</sup> Ibid.

Transpersonal Hypnotherapists and the American Board of Hypnotherapy. I also do spiritual healing and laying-on-of-hands work as an energy therapist. My theme is empowering the person, and not so much doing it for them, as so many seek to have healing done. I find the healing sustains itself when the client "knows that they know" they did the processing.

### Significance of Frog{tc "Significance of Frog" \l 3}

My life is dedicated to giving, to helping others heal themselves and our Universe. On my hand I wear a large **FROG** ring as a sign of my commitment to **Future Results Of Growth** in other people. It is for that purpose in life...*giving*...that I write.

My Commitment{tc "My Commitment" \l 3}

When I was married some thirty-five years ago, everyone who was there heard me sing to Anne as we held hands after saying our vows. The words came from a famous prayer by Saint Francis. Although you are saved from hearing me sing, the resulting commitment shows in this book. The prayer goes like this:

***Prayer of St. Francis{tc "Prayer of St. Francis" \l 3}***

*Lord, make us instruments of your peace.*

*Where there is hatred, let us sow love.*

*Where there is injury, pardon.*

*Where there is doubt, faith.*

*Where there is despair, hope.*

*Where there is darkness, light.*

*Where there is sadness, joy.*

*Oh Divine Master, Grant that we may*

*not so much seek,*

*To be consoled, as to console.*

*To be understood, as to understand.*

*To be loved, as to love.*

*For it is in giving, that we receive.*

*It is in pardoning, that we are pardoned.*

*It is in dying that we are born to eternal life.*

If I were to add only one line to reflect our lives today it would say, **It is in giving that we are able to Celebrate Life.**

Thanks for reading *Your Empowering Spirit*. Since this book remains a work in progress, we would appreciate your comments, corrections, etc. through our web site at [CyberPhysiology.com](http://CyberPhysiology.com). Please help us meet our aim of helping others heal. Should you need or hear of a speaking opportunity, we would appreciate your contacting us. Anyone associated with news or media is a welcome contact. May all that you say and do only produce miracles in your life and the lives of those you come in contact with.

## APPENDIX {tc "APPENDIX"}

The CONCORDANCE and other features only appear in the printed version of this book. *Your Empowering Spirit* may be ordered in printed form from the web site CyberPhysiology.com. It comes with a CD containing the Quantum Experience from this book as well as Gary Sinclair speaking at IONS, the Institute Of Noetic Sciences. **CD only is available to those who downloaded the book.**

Please be sure to register the names of people with whom you share this book.

### **Additional Material by Gary Sinclair**

**CD -- The Quantum Healing Experiential Training and Gary Sinclair speaking at IONS. - \$12. US**

**BOOK -- Your Empowering Spirit & Training CD of Quantum Healing Experience- \$22. US**

***BOOK - Living In The Land Of La Lar Foo Fue. - \$10. US***

The values of life and perceived perceptions of self and others are wonderfully explained in this dialoging story Gary has with his Father at Christmas. A timely message for any inquiring mind. As always, there is healing work.

***BOOK - Your Best THOUGHTS Got You To Here - \$16. US***

While researching healing, Gary looked at the everyday success patterns of successful people. This book focuses on everyday living with emphasis on getting you into the top 5% of income producers while adding additional therapeutic work for healing in mind, body and spirit.

Additional Items are available at the web site. Consider wearing a **Celebrate Life** logo T-Shirt to present a positive message in your environment. You may qualify for a **free** shirt. Details are on the web.

**CyberPhysiology.com**

All of us at *Celebrate Life* wish you well.

REMINDER: Quantum Experience CD is available on the web site ONLY to those who have downloaded this book.



**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](http://InnerLightinc.com/CelebrateLife)  
[And InnerLightFoundation.com](http://InnerLightFoundation.com)**

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.

## TEACHING YOUR EMPOWERING SPIRIT TO A FRIEND {tc "TEACHING YOUR EMPOWERING SPIRIT TO A FRIEND"}

These instructions are given so that you might adapt the demonstration from the book which teaches the body's response to thought to a friend. To do so, just follow the instructions as given.

First having them stand straight and tall, ask them which arm is stronger, their left or their right? Which ever arm they say, simply have them place it straight out to that side of their body at shoulder height. They will only be using one arm for demonstration whereas you had used two.

Tell them to show you how truly strong they are, while you apply pressure with your hand at their wrist noting what strength it would take to push the arm down. You may discover that you cannot. If you can, be sure and note the amount of pressure and tell them your impression.

Say to them, "Now knowing that you are a worthy and strong person, I want to show you that the only gift God gave you complete responsibility for is thought, and that at the other-than-conscious level there dwells *your Empowering Spirit* as an obedient servant making literal truth out of whatever you think or say. To do this, I want you to just imagine that over there (point) somewhere, you create in your mind's eye a visual picture of someone that you see who is unworthy and weak. No for the sake of this example, let's make this "someone" a person that you do not know, in fact let's make it a complete lie. Just let me know when you have them created there as unworthy and weak.."

When they acknowledge they are ready, ask, "male or female." Then say, "In order for the Universe to know that you have created this image, I am going to ask you to say out loud, "He (or She) is unworthy and weak." ten times and I will simply point with fingers and nod my head so that you can know when you are at ten. Just say "He (or She) is unworthy and weak." now ten times out loud. You extend you fingers counting and nod your head up and down with each "He (or she) is unworthy and weak." until they have said ten.

When they are finished have them extend the same arm all the way back out and prepare to give you everything they have to show you how strong they are. Give them a few seconds to indicate they are ready and then press as you did before. With your pressure, the arm will go quickly limp. Often I repeat this test several times pointing out the fact that I am only using one finger or whatever it took to push the arm down. Give them a little time to process this reality.

When they are ready, have them repeat "I am worthy and strong." ten times and repeat the process. The demonstration will be complete.

In the extreme case where the arm does not go down, the person knows what you are doing in advance and has established an auto-suggestion that the arm will remain strong. I have worked with the strongest of weight lifters and dropped their arms with my little finger.

## **RELATED BIBLE SCRIPTURES{tc "RELATED BIBLE SCRIPTURES"}**

The following Bible references were mentioned in this book.

Romans 8:1  
Romans 8:9  
Ephesians 6:12  
John 14:20  
Luke 17:21  
John 10:34  
John 14:20  
Romans 12:2  
Philippians 2:5  
Matthew 12:25  
James 1:8  
Genesis 1:26  
Matthew 9:20-22  
Mark 11:22-24  
Matthew 17:19-20  
Matthew 2:36-40  
Matthew 24:35  
John 16:12-13  
Matthew 13:13-16  
Matthew 6:33  
Luke 17:12  
Matthew 9:18  
Mark 11:35  
Romans 4:17  
Mark 11:23  
Matthew 21:19  
Hebrews 11:3  
Malachi 3:10  
Proverbs 23:7  
Hebrews 4:12  
Matthew 6:6-8

An additional list of most of the miracles of Jesus is listed in the printed book copy.

<sup>1</sup>Register to hear Gary speak or schedule him as a speaker in your area on the web.

Obtain information on other services through the web.

Consider wearing a ***Celebrate Life LOGO T-Shirt*** to help spread the message that it is time to *Celebrate Life*. White logo comes on the front of a black shirt.

**[www.InnerLightINC.COM/CelebrateLife](http://www.InnerLightINC.COM/CelebrateLife)**

**Celebrate Life 760-451-3099**