



# Heal My Colitis

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## Introduction

If you are reading this book you were probably drawn to it by a small inner voice, suggesting that you give these thoughts some consideration. Probably, either you or someone you love is suffering from some sort of gastro-intestinal difficulty. As you read on you will see that I have explored this for many years and I have reached a new level of understanding regarding such "diseases." I place that word in quotes because it is my experience that such discomforts are reversible without the use of medicinal supplements. I believe with all certainty that such difficulties are related to our obstruction of the flow of energy through our bodies.

This book is divided into 4 sections. First, there is an introductory letter to a friend of mine. This conversation actually took place by phone as we talked regarding several episodes which she found confusing. It is presented here in the form of a letter to summarize the conversation and make it more concise.

Next, PART ONE is a very brief synopsis of the methods that I employed to bring my own gastro-intestinal system back into order. It is meant to be a reference, a sort of primer...remember these basics and employ them each day. You'll feel better. You'll find balance.

Actually, it has been my experience that these methods work for all ailments, but that's a later story.

PART TWO is a more in depth examination of why these actions work. This section is intended for those who wish to explore their being at greater depths. Each chapter is an examination of my understanding of what has affected me beyond the obvious. My doctors never seemed to understand the information in this section. But I never really understood why they were unwilling to do more than have me try this and that, hoping to stumble upon the terrible culprit which caused me to be sick 24 hours a day. So I guess that makes me hard headed as well. It's a shame that the medical community, in general, is unwilling to explore alternatives such as those presented in this text. Please understand that I am not seeking to disparage the medical community in any way. By all means, work with your doctor. It's just that answers to problems exist beyond a series of office visits and tests. We must be willing to seek answers which lie deeper than the surface. If we ask not, we

will receive not. Most importantly, when we find those answers, we must be willing to change our lives accordingly. This requires real soul searching.

PART THREE is the complete psychic reading given for me in 1984 by my dear friend, the wonderful psychic Al Miner and the Lama Sing Grouping. Were it not for Al's help, I am sure that I would not have survived to tell this story. The unedited reprint of an audio tape focuses upon food choices and spiritual changes which were suggested as I sought to find relief and healing. Many of the suggestions were physical in nature. **THE MOST IMPORTANT CHANGES WERE NOT.** The most important suggestions dealt with my spiritual development and how conflicts within me were resulting in a house divided. Once I understood that my spiritual balance coincided with my physical balance I could correct my illness.

Thanks so much for taking a look at these thoughts and experiences. It is my greatest hope that they will be of benefit along your path of healing.

## Letter to Lindsey

Dear Lindsey,

I'm very sorry to hear that you are having so much stomach distress. I've been there and no one should have to live that way. There are several things that you can do to help yourself. First of all make sure that you are examined by a gastrointestinal specialist to be sure of the nature of your distress. Then follow his or her recommendations to see if you can be healed. If you do not find total relief, please consider the following. It might help. It certainly helped me.

All of matter is energy. Your body is only energy vibrating at varying frequencies. This energy must be allowed to flow freely. Energy flows much like water. If its intended path is obstructed, it will either create a new path or it will build up until there is eventually an explosion and flood. I believe that you are blocking the flow of energy in your body and that is resulting in your sickness. The reason that your doctors have not been able to tell you exactly what is causing your problem is that they don't measure energy flow, and so they are unable to consider this as a possibility. Most of them will think that this explanation is hogwash. Their stomachs must not be hurting.

How are you blocking this energy flow? Well, strange as it may seem, you do it with your emotion. See, emotion is not just some random inconvenience with no consequence. Emotion is real. It is tangible. It is energy that we either properly or improperly direct. Remember when that first "love of your life" left? Remember how your stomach felt? Well, you were trying to deal with reactions such as sadness, betrayal, fear, anger, and the like as you tried to decide whether to cry, hurt him, or just get another boyfriend. And remember how you tried to act like nothing had happened... like you never really gave your heart to him in the first place! Well as you went through all of the possibilities, you tended to hold your flood of emotion inside. Usually folks send this emotion to their stomach area, and that's what you did. As you recovered from this first love trauma, over time, you released the emotion and your stomach stopped hurting. After you "got over" him, you even felt great, didn't you?

Imagine what would happen if you blocked your energy flow with your emotion every day. Sorta like breaking up with your boyfriend every day. (I hope that while you are reading these words, your stomach isn't hurting while you revisit that event and those emotions.... See how that works?)

I believe that your continuing gastrointestinal problems come from some emotional pattern that you revisit day after day. In my case, I always compared myself to others and decided that I wasn't quite good enough. This caused doubt and fear, which caused a blockage. Funny thing.... until I really cared about what others thought of me, I didn't have any trouble. As I started trying to be what I thought would be best and began to doubt my worthiness, I started to get into trouble. I hope you're not doing that.

All you have to do is stop blocking the flow of your body's energy. That's the adventure ahead. Identify what it is that caused you to shut down. What caused you to tense up at an emotional level? What caused you to block at an energetic level? For me, as it can be for so many people, it was a deep-seated fear of worthiness. Once I figured this out, I was able to look at all of the events of my life and understand what triggered the constant blocking of my energy. I began to meditate and learn from the process of meditation. I made sure that I dissipated the blockages and as I did this, I improved. Pretty simple actually, but it did require a lot of dedication on my part to change the patterns of my life that facilitated my emotion. I didn't avoid those patterns, I balanced with them. I learned from them. It actually was fun. And I discovered a great deal about myself. You will too.

Love,  
Chip

## Part I

If you are experiencing pain or any form of discomfort, you should do the following each day (not necessarily in this order):

1. Eat foods that have the proper acid / alkaline balance.  
Eat foods that are nutritionally balanced.  
Eat fresh foods which bring balance.  
Find the proper balance of spices.
2. Have regular and meaningful periods of prayer.
3. Meditate, Meditate, Meditate
4. Bring your emotions into balance.
5. Love yourself.

These steps are the basics. They will heal you. It is very simple. If you truly explore these steps at your deepest levels, which you must if you are to heal, you will be profoundly changed and healing will come naturally. It is your destiny to be balanced and in perfect health.

## Part II

The following is how I arrived at PART ONE, and additional thoughts regarding those suggestions.



## Chapter I The Beginning

*"...let the qualities of self interact in that nature on a friendly basis, on a warm and welcome state of esteem..."*

The words above are found in an early portion of a reading done for me by Al Miner on December 10, 1984 (when I was 29 years old). It changed my life.

Al Miner is a channel for the Lama Sing Grouping. Al's psychic readings have been a source of life-changing information since 1973. I did not know of Al at the time. He had been recommended to my sister, Renee, by Ursula Martens whom neither my sister nor I had met until Renee began to search for help for me beyond the established medical community.

My first occurrence of stomach pain manifested when I was challenged by several kids while I was in the 6th grade. I remember very distinctly being scared by my situation but even more fascinated by the fact that my stomach hurt as I tried to figure out some way to protect my 6th grade manhood.

The second occurrence of stomach pain happened in November, 1974 as I and several of my buddies from our college football team returned from an all-you-can-eat trip to a local seafood restaurant near Bristol, Virginia. As we returned to school, driving north on Interstate 85, my stomach discomfort grew. I distinctly remember wondering why my friends seemed unfazed by the food. Only my stomach was upset. I also remember being confused as to why this would occur when I was having so much enjoyment with friends. Why now?

The third event took place at the age of nineteen, in May of 1975. I sat at a stoplight, two blocks from a college math exam, waiting impatiently for the light to turn to green. I heard and felt an explosion. It rocked me and my car. Shocked, I looked from side to side to see which car or building had gone to meet its maker, but all was serene. I remember looking to the driver in the lane to my left and telepathically asking, "Didn't you hear that?" As the light changed and he drove off it was clear that only I had "heard" this big bang. As it dawned on me that I could barely move, I felt as if I had hit a wall. I also needed to quickly locate the nearest restroom. Lacking the strength to push the car accelerator, I realized that it was I who had exploded. I literally heard an explosion, I shook, the car shook, and my life changed forever. I don't

remember how many times the traffic light changed before I summoned the strength to drive from the intersection, but I do know that I did not make it two blocks to the math exam.

A happy-go-lucky party guy no longer lived. I had been dating my future wife, Janice, for several months and at the time of the "big bang" I weighed a solid 195 pounds. I was in the best physical shape of my life. I loved Janice very much, knew that I wanted to finish college, and I wanted to become a teacher and coach. Janice and I were planning to marry, start a family and live happily ever after.

I lost 40 pounds in 30 days. I spent more than a few days in two local hospitals, first under the care of my family physician and then under the care of specialists. I was poked, prodded, x-rayed, surveyed, and examined in every way known to man (and a few that should not be known to man) with the same result. "We don't know why each time you even think of food or sip water you must locate the closest bathroom. Perhaps you can learn to adjust to that pattern." "Great...this should be interesting," I thought in silence.

Too many tests to recount here (for your sake and mine) added up to the following. My stomach and large and small intestines were highly inflamed. The norm became chronic diarrhea, ever-present mucus, non-stop pain and frequent blood. After fluids or food I would be too sick to function. There were no ulcers yet the severity of my symptoms seemed to shock my physicians when an obvious cause did not appear on test results. My extreme symptoms seemed to indicate that I was in deep trouble, but what was the cause? I was told to eliminate "this food" and "that activity" to see which was at fault. As time went by I found that every food and every activity seemed to be the culprit, yet curiously, sometimes not. One day a certain food seemed to make me sick. The next day it did not.

I can go on and on here. For the next 9 1/2 years, I was practically incapacitated for 4 hours each time I ate or drank. Those of you diagnosed with irritable bowel syndrome, colitis, ulcerative colitis, Crohn's Disease or any similar gastrointestinal disorder know what that brings. Being sick, angry, on edge, embarrassed, unable to meet appointments or go to the mall. And God help you if you are determined to have dinner with someone you love and go to the movies. You shall be humbled. Every minute of every day must be clearly thought through to plot out one restroom stop after another. Did I mention to you that I enjoyed life before the "big bang?"

By late 1984, following an experiment with a drug that brought relief but

ultimately had too many side effects to be continued, I was despondent beyond measure. I had become a burden to my wife, Janice, as I was angry more than I was not while suffering almost constant pain. After nearly a decade of this, I truly did not want to live if I had to go on in this fashion. There was too much to be done, too many experiences being missed, too many goals to be set and met to live like this. Yet, what to do? The medical community had not even been able to tell me what was wrong, much less why it was wrong. Their only diagnosis was that too much stomach acid seemed to be flooding my intestines and this was causing the problem. I wondered, "How is this fixed?" In reply I heard, "Why don't you lay off milk, or maybe sugar, or maybe coffee or maybe something else? You'll just have to learn to live with it." Thanks, but no thanks.

Time moved on and my situation did not improve. As sick as I was, I began to give up. I truly began to wait for the day that they would find cancer and I could at least have a reason to stop letting others down.

My father had received a reading and a follow up from the psychic Edgar Cayce when he had been ill during his teens. He had later applied the same medical suggestions to overcome a similar illness when I was 12 years old and dad was in his forties. I was aware that Edgar Cayce's works had helped many thousands of people but I knew that his work had ended with his death in 1945. I had not considered that there was another who might do the same for me. Thank God for my sister's persistence.

When my reading from Al Miner and Lama Sing arrived in the mail, the first glimmer of true hope came with it. Keep in mind that Al and I had never met and he lived somewhere in Florida at the time. Amazingly, the tape recorded message psychically described me beyond a doubt. It described my illness and told me what to do to find relief. I was told that by temporarily following a certain diet and doing a couple of small things daily, I would find great improvement in three days with very significant improvement in three to five months. Those two small things... prayer and meditation. I can do that, I thought to myself. I already pray. I've heard of meditation. Those can't be the keys. It must be the diet. How could that be, however? I've tried every food combination for years. How is goat's milk going to do this? Watermelon seed tea? And how about the part that says, "Generally speaking, it is not a condition which needs to be lived with, it is rather a condition which causes thee to change thy life." Change my life? How?

It didn't take long to find out.

## Chapter 2 On the Path

*"We should think that the condition should be improved in three to five months with noteworthy improvement in three to five days..."*

As I opened the refrigerator to begin preparing breakfast, I noticed something was different. The ever-present pain that I felt on an empty stomach each morning had subsided. Before I removed any items from the shelves, I asked Janice over my shoulder what day it was.

I had received the Al Miner reading on Thursday and had immediately implemented the dietary changes Friday morning. Janice and I had left later that day to visit her sister and brother-in-law in Atlanta. We had arrived late Friday night and spent a pleasant Saturday and Sunday talking about the reading and its possibilities. But, as we sometimes gladly do on a vacation or visit, we had lost track of time. Had we remained at home in familiar surroundings, I am sure that I would have been capable of counting to three by days. But being away and preoccupied with renewing a family bond, disrupted by distance, both Janice and I had failed to monitor the three day passage of time.

Janice and I both laughed and stared at each other in semi-wonderment. This was too simple. I had adjusted my foods, begun a regimen of daily prayer and tried to figure out how to meditate. Was it truly this easy? After a less than five star breakfast of goat milk and cereal, much of the familiar pain returned but this was different. There had actually been a pause in the discomfort that had followed me for so long. I even had several moments of confidence. I didn't understand it and knew innately that a very long road lay ahead, but at least there was possibly a path to follow where for nearly a decade none had appeared.

We continued to look for the slightest signs of improvement while in Atlanta. By the time we returned to Virginia several days later, our confidence was growing. Upon our return home, I hit every health food store that I could

find looking for the recommended mint and sage teas, the watermelon tea and the other items suggested in the reading. I implemented the castor oil packs and Epsom salt soaks with a vengeance. I made an appointment with a physical therapist whom had been assigned to the college basketball team that I had served as an assistant coach, several years prior. He checked my lower back. I told him where it hurt and quizzed him regarding which vertebrae seemed to be tender. To my further confirmation, his appraisal echoed Lama Sing's in every way, even though I had only directed him to general areas, not specific spots. As you review the complete reading in the back of this book, keep in mind that my original questions asked nothing about my back. The back pain that I had been experiencing for several years had seemed to be more of a nuisance rather than a contributing factor to my gastrointestinal disorder. Now that a highly respected sports medicine clinician had confirmed what had been told to me on the tape, and without having knowledge of the reading, I was further empowered. I hadn't even asked Al Miner about my back. The minor pain there had been the least of my worries. Amazingly, I had been advised about something that was relevant even when I did not suspect it to be so.

My respect and wonderment continued to grow but I still knew that this was only a start. The tape had told me I would have to change my life. Couldn't I just eat a little differently? Push a few vertebrae back into place and be done with it? Why and how would I change a life that didn't seem unusual and certainly wasn't breaking any rules? As I found out later, I didn't fully understand "the rules." To my amazement, decades later "the rules" or the more correctly, the laws, become clearer and clearer.

In the meantime, I covered all known bases and began physical therapy while having the chiropractic adjustments that the reading had suggested. I bought a book on meditation from the Association For Enlightenment, the Edgar Cayce Foundation in Virginia Beach, Virginia. As directed, I started counting backwards from ten to one daily. My improvement was steady and noticeable. The pain was less severe and for shorter periods of time. My confidence grew and I felt physically stronger as well. I began to understand my body better and I began to see it less as what and who I was, but more as a portion of the total me. I began to understand that I could find balance, that somehow my body could be balanced by the real me and that my physical body could become an ally, rather than an out-of-control vehicle that was

dominating my existence. The real purpose of my life was beginning to come into focus. I began to allow my body to heal.

Over time, Al Miner and I became dear friends. I explored his other works and joined a wonderful group of people who shared insights and experiences while experimenting and learning more about meditation, prayer, dreams and other techniques of healing of self and self-awakening. Our group included teachers, salespeople, doctors, scientists and others from every vocation imaginable. Techniques of self-healing presented themselves over and over in our studies.

What follows is a chapter-by-chapter discussion of the leading aspects of this self-examination, as I understand them, and what I have learned as I have applied these works to myself. The topics will be discussed specifically with gastrointestinal distress in mind, but they apply to all illnesses. Please consider them as such.

We do not have to be sick. We should enjoy great health. We should be joyful and full of energy. Exploring each of the following topics and techniques enabled me to restore my health and recover my joy. It is my most profound hope that these words and my experiences will do the same for you.

## Chapter 3 Prayer

"There is a light within this body, Father....."

At first I prayed, "Father, please heal me," and I waited for an indication that it might be happening. There was rarely an immediate dissolution of pain or discomfort. If I felt frustrated or desperate, such attempts seemed to make my situation more intense. But over time, I began to notice that while in prayer, sometimes I was not in pain. Had I merely forgotten the discomfort? As I moved in and out of prayer, I noticed that my general comfort level seemed to vary with my focus. So was it a question of focus?

While the reading did not specifically mention prayer as a recommended part of my daily routine, the opening and closing, coupled with Al Miner's and Lama Sing's prayerful intent led me to understand the use of prayer to be essential to my recovery. As I embraced my meditative pursuits of oneness with God, an often used truism called to me time and again. *Prayer is talking with God and meditation is listening to God.* This explanation is found over and over in explorations of meditation and prayer, but in 1984, I did not truly understand the value of this. While meditation was new to me, prayer was not. But now as I sought to use prayer to heal myself, I had to examine more closely what prayer is and why some prayers seemed to be answered and others seemingly were not.

In 1988 I was part a group of individuals who, with the help of Al Miner and Lama Sing, entered into a study project on prayer. For roughly eight months we asked questions of Lama Sing and experimented with our prayerful intent. Much of what I will present here has its foundation in those works. My later awakenings built upon those experiences.

We found, through practice, that prayer is a tangible thing. Our thoughts are tangible as well. Prayer is the creative use of our thought in alignment with God. When our thoughts are not in alignment with our Creator, then they are not properly of prayerful intent. If our thoughts are energy in action, which they are, and our thoughts have power, which they do, then we must understand the implication of this relationship. In fact, our awakening to our true potential lies in our ability to

understand and be in harmony with our creative potential, in harmony while in thought and prayer. More to the point...we need to always be in a state of prayerful thought.

We operate at several levels. Without going too deeply into an explanation of those levels, it is nevertheless true that we are the sum total of our beingness at spiritual, mental, emotional and physical levels. It has been given by many sources that, "Spirit is the pattern, Mind is the builder, Emotion is the substance, and the Physical is the result." When I first encountered these concepts it took some effort to assimilate the meaning of this. In simple terms I came to understand that I draw my pattern from God and I shape who I am with my thoughts. My emotions become tools or obstacles, and my body is the product.

If you are experiencing discomfort, it did not have its origins at a physical level. It can be traced to your spiritual pattern. You might ask, "How can I know my spiritual pattern?" Very simple...pray and meditate. After you have explored these practices, foundational experiences will be recognized for reference. These experiences will form a baseline upon which you can build.

Unfortunately, prayer is often a rote function of memorized words while meditation seems at odds with the Western norm. There's a better way. We need to learn to function in our society while remaining married to our Spirit. It is imperative that we reconnect with that part of ourselves that we allow to frequently go unnoticed.

In my efforts to heal my stomach, I learned to connect with God through prayer, and to reference that feeling of oneness so that I could feel when I was moving out of that alignment. I heightened my sensitivity through prayer. I learned to know when I was balanced and in a state of health, or rather moving into a state of imbalance. I did this by comparing and measuring my state of ease to my feelings while in and out of balanced prayer.

At first, as I learned more about prayer, I went time and again to a location overlooking a lake. Alone and safe I opened myself to the serenity of nature and left my worries in another place. I prayed. As I did this consistently, day after day, I noticed subtle differences in my feelings. Sometimes I seemed



more connected. Other times the connection seemed distant. Why?

I prayed at sunrise, at sunset and at varying times in between, all the while referencing my different feelings. I prayed with inspirational music and without. I prayed in times of joy and in times of sorrow. I prayed during times that seemed mundane and I prayed during times that the masses recognize to be holy.

Always, I prayed that those who are in need would have their needs met, and I asked that I would be shown how to heal myself.

While in joyful prayer, I do not feel hurried or stressed. I feel loved and embraced. I am loved and embraced. In prayer, my energy reaches a level that is higher, more pure than I normally experience in my everyday duties, requirements and reactions. I have learned to, in the words of one of my dear friends, "Live my life as if it were a prayer." Once I did this and had established a benchmark to measure my level of oneness, I began to be healed. Actually I began to remove the blockages that were impeding my health.

Most of us pray when we see or experience a need. I'll restate an earlier statement for emphasis...early in my attempts to pray away my stomach pain, I asked God to heal me. Moreover, I looked at others whom I perceived to be in need as well, and prayed that they would be healed. I prayed for cancer to be healed, I prayed for dimmed eyesight to be healed. I prayed for asthma to be healed. Get the picture? Ever done that? The problem here was that I was asking God to fix something as if God was inattentive. It was as if God had forgotten that my stomach hurt or that a close friend had cancer or that my father was losing his sight or that the child that I was helping experienced periods when he could not breathe. I certainly gave God a lot of credit! I, Chip, could empathize with the pain of those around me but God must have forgotten, so I'll have to be vigilant and remind God. Nice job Chip. I also wondered if I should pray from a deistic approach and implore God to return to the Earth that God had obviously set in motion and ignored for the time being.

I realized eventually that God had not moved away from me. I and others had simply lost the recognition of our connection with, our oneness with God. But how could it be that I, and so many others, were in pain, calling to God, and God did not override our ignorance and intercede on our behalf?

Why wouldn't God heal us in spite of ourselves, as I had asked?

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If we are sick, there is a thought form associated with that sickness. That thought form may be weak. In other words we may be able to "shake off that cold." In other cases however, that thought pattern may be ingrained and difficult to balance. Stomach distress is a very powerful thought form. It is very hard to passively mask with pills. But the habit patterns that perpetuate its existence may be proactively dissipated through prayer.

The habit patterns that give energy to dis-ease may be dissipated by realigning our thoughts, attitudes and emotions, through prayer. We may do this by reclaiming our connection to God within. Our unconscious patterns that bring about imbalance may be overridden by reconnecting with that part of ourselves that is the perfect pattern. But doing this we release our resonance with sickness.

When we experience illness, over time we reorder our lives to live within adjustments to our schedules, relationships and expectations. We and others begin to accept the limitations and discomforts therein. We are not expected to do certain things, perform certain acts, or succeed in certain tasks and goals. "I can't do that now. I'm sick. Leave me alone."

Because of this pattern, my wife and sons expected less of me. Often, I was late or not in attendance at special events because I was ill. That was how I explained my actions when in truth, days earlier, I had allowed my periods of prayerful connection to lapse. I embraced patterns that would lead to illness down the road.

Illness can become such a way of life that we lose sight of the fears that have gradually brought us to that point. Ultimately, we no longer face our fears, because our day-to-day struggles surrounding our sickness blind us to its origin.

Prayer is an opening to reconnect with all that we have placed in abeyance. Through prayer I can reconnect with my Higher Self, I can reconnect with God. I can find a pathway through my fears back into life. Actually, I am reconnecting with who I am, with my unlimited potential, and ultimately with

all of the energy that exists. This time though, I am doing so in an orderly fashion. I am following the pathway of Oneness. I am following the connective pathway of God's energy. I am not blocking that pathway and reversing it upon myself so that it manifests as disease.

Prayer is the movement along the path of energy that connects me to the All. As I pray, I rediscover this and prayer becomes an active ally.

Prayer first becomes a tool. Then it becomes a way of life.

I became accustomed to praying each time I sensed a need. And I began to feel the difference in each situation.

1. Was there a feeling of resolution?
2. Did the prayer feel complete?
3. Did I feel connected to a Higher Power?
4. When and in what circumstances did I not?
5. What was that energy flow that I just felt surge through my body?
6. Why did I feel the surge certain times and not others?
7. Why did I sense that a certain prayer was more appropriate in specific instances?
8. What did it mean to "sense" that something was appropriate?
9. Is prayer appropriate in all instances?
10. Is there a universal prayer?

This goes on and on. But ultimately, I was led to question whether each prayer was different or was my creative intent at work here? All of these questions were answered in their time.

I was able through practice to establish an inner dialogue complete with my own inner language. Serenity meant openness. Sadness meant fear. Joy meant connection. Peace meant resolution. I learned to just "know" when I was done.

I began to recognize when I was blocking my energy. Through prayer I initiated an inner connection and practiced the conscious movement of energy both within and beyond myself. I would feel a pain, recognize it as an unbalanced energy flow, pray for guidance, center myself and allow my healing by redirecting the energy flow. If my stomach burned, I "knew" that

my energy was not flowing and was blocked in that region. So I would relax, release and feel a redirected flow. If you are more visually inclined you could "see" an energy flow moving upward away from the blockage. Personally, I seem to "feel" more readily than "see." You should seek to identify your most effective method of inner communication and start there. Do you "see," "feel," "hear," "know"? When you pray, how do you receive guidance?

I practiced knowing and feeling. I prayed and refined my ability to be at one with my own energy. I prayed and became at one with the Source of my energy. I learned to simply connect, feel the nature of my discomfort and let go, allowing a free flow to return. Prayer taught me how to do this. Prayerful intent became the opening, the entry point that I turned to time and again to sense blockages and initiate their removal. Meditation later became my preparatory platform for balance, but prayer became my immediate method of entry to initiate healing. Then, by remaining in a state of balance, I could live my life to the fullest and help others who had similarly forgotten how to do this.

There is much information available regarding prayer. There are many uplifting stories of the use of prayer to bring about what we refer to as miracles. There are also many wonderful analyses that attempt to investigate prayer from a nuts and bolts perspective, a sort of prayer 101 course. I certainly gained something from all of those sources. Still, I have gained greater comfort from my discovery that through active prayer I can be healed and I can be a pro-active participant in my spiritual development as well. What a bargain! If I seek through prayer, I will find through prayer those aspects of myself that have caused me discomfort. Then, I can be healed. And who knows? I might even be able to help others heal as well.

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There once was a man who focused upon his pain. As his desperation grew, his pain reminded him of events and situations that seemingly worsened his plight. He had to return his focus to his pain to avoid the fear of future failures or the memories of shortcomings. The sharp pain came back into focus. His mind wandered again to thoughts of obligations being unmet. He thought of those whom he disappointed. Into the pain crept sadness, followed by fatigue. In his fatigue he found that only prayer remained. And so he prayed. "Father, heal me of this pain." And in resignation to his seeming powerlessness he rested. He let down his guard and in the realization that he

knew not which direction to turn he quieted his thoughts and sought peace. Over time he sensed comfort. He began to realize that his fears and feeling of unworthiness seemed distant. If he stayed in that state, he felt healing take place. But the healing was different from the healing that he had consciously sought. He had asked for a cessation of physical pain. His prayers had been answered with the balancing of emotional pain. After many such episodes he realized that as he prayed, he actually was connecting with a greater Source and healing was being given. But it was not the limited healing that he had sought. It was the healing of his need. The greater healing indeed was a gift of which he had never dared dream. He was guided to the source of his own creative force. He was given the keys to his own being. And in finally recognizing this, in gratitude embracing his own role in his healing, his true healing began. And his desperation turned to hope. Then his hope turned to wonder and creation as he remembered who he was and awakened to the promise of whom he would be.

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## Chapter 4 Meditation

*"...there should be daily periods of meditation or reflection wherein the purposes and goals of self are examined and focused upon to evolve a state of idealic goal which can be the Light that guides..."*

I have found meditation to be a very personal experience. I once attended a class on meditation in which the leader instructed us to count back from 30, rest our palms on our lap and visualize a place of comfort. I was okay with this but being the hard head that I am, I asked, "Why?" The instructor was less than thrilled with my persistent questions. "Why back from 30? Why not 22 or 37 or 2? Why hold my palms up? What are we really seeking to accomplish here?"

I've been meditating for decades now, and I've heard or read so many different explanations and answers to questions surrounding meditation that I've lost count. I certainly do not write this to demean a specific meditative technique. It's just that I've heard so many people say that they have trouble meditating that my tone is intended to "demystify" the process for those who are new to the process. At first, I wondered if I could meditate. Then I wondered if I was meditating correctly. Then I wondered if I was "good enough." Please don't waste your energy on such doubts. Just begin the process and it will happen on its own. You'll realize that you've always meditated. You just did not recognize your actions as such.

This book is not a book on meditation. There are many, many books, tapes, and instructional videos on the market that fill that purpose quite wonderfully. So please understand that what I present here is in no way meant to take their place. I have achieved growth from all of these sources. But I have ultimately taken one very important understanding from my search that I wish I had known from the start. I wish that I had known that there is no one set of correct techniques for meditation. Meditation is a process, not a restrictive system of steps.

Still, there is only one goal to be ultimately achieved: Oneness with God.

Can you achieve this? Of course you can. You do so many times each day. The problem with us "stomach problem folks" is that we tend to fail to recognize God's gifts to us. Moreover, we often view those gifts as manifesting in ways that are less than joyful. We need to understand the nature of the gifts.

Meditation allows us to recognize God's manifestations, achieve oneness with God, heal ourselves and heal others. What more can we ask? Is it any wonder that many students of meditation report experiences which others seem unable to replicate? That's because we are all unique and thus our gifts and experiences will be unique as well. When I was first told to meditate, I believed that I would be embarking upon a mysterious path. Even today, many years later, only two or three family members and as many close personal friends, have any interest in meditation or my works therein. Most people who see me coach basketball or saw me in my role in business cannot rationalize how I could be involved in such seemingly contradictory passions. But that is the point. Meditative principles are found in all activities. Focused concentration, a relaxed and disciplined approach to seeking answers, "listening" for guidance, dedication to a process, and the wonder of achievement apply to all processes, whether that search is for a new car, a new way of life, or God. So, whether you've contemplated your naval for the last 30 years or just finished a day at the office, the results can be equally fulfilling. That's the beauty and wonder of meditation and you. You can do this. You already do this. You just need to recognize that you do, embrace this fact and invest the time and dedication to use meditation to bring about healing.

The unfortunate truth is that if you are experiencing stomach distress, it is because you are currently "meditating in reverse." You are blocking your oneness with God rather than experiencing that oneness by being co-creative in all things.

As I sought to learn to make meditation a part of my awareness and resultantly heal myself, I learned that I could raise the energy of my body both to a higher level of frequency and to higher points of physical intersect. Simply put, I learned to affect the flow of the energy from my head to my toe, increasing or decreasing the intensity.

I learned that there are seven main energy ports, roughly corresponding



to organs, and that disease is always related to the improper flow of energy to or from those related receptive centers and circuits. These chakras, as they are known to students of metaphysics, are very tangible and are extremely sensitive to our thoughts, attitudes, and emotions.

We cannot block our bodies' energy, God's energy, and not experience some form of distress. That distress, if not relieved, will eventually manifest in a way that we must pay attention. I must eventually acknowledge an upset stomach, whether I tend to mild discomfort or eventually experience bleeding and the like. Why does the medical profession not know why you have colitis or Chrohns disease or colon cancer? Because for the most part, they do acknowledge the role that these energy centers play in health and the lack of same.

In the quarter century plus that I have studied myself and others with physical illness, each person whom I have encountered with a physical illness or discomfort has had an energy blockage that was directly related. How sad that I had to suffer for so many years. How awful that I was sick for 12 hours each day, trying one medication after another to mask and control the symptoms. How sad that I was told, "You'll have to learn to live with it." Why? How had this happened? Why was I well at 1:05 PM yet unable to steer my car out of traffic at 1:06 PM and no one seemed to know how my body had betrayed me?

No one knew because my body did not betray me. I betrayed my body. Many in the medical profession still assume under the Newtonian approach that our bodies are machines whose parts wear out or malfunction. This could not be further from the truth. They assume that illness is an attack of invading microbes or toxins. Thus they seek to identify, reshape or remove the offending part.

My problem was that there were no invaders and luckily for me they found nothing to cut out. Still, I believe that if I had continued to block the energy paths of my body, the symptoms of disease, the pain, bleeding, fatigue and the associated progressive dysfunction would have continued until Chrohns or even cancer would have appeared.

We are not victims of disease. Any disease is a symptom in itself of a greater pattern of dis-ease. The disease is a blockage at either a spiritual,

mental or emotional level which results in a physical expression of that blockage. Thus meditation. Thus the removal of the blockage by reordering the non-physical pattern which leads to the blockage.

By becoming fully at one with our spiritual self, we begin to understand our purpose in life and how we may be to the left or right of our spiritual intention. A person cannot swim upstream without encountering resistance. To swim against the current of our spiritual purpose and design is to swim against the tide of our own energy. Just as a swimmer will eventually tire and falter, our physical body will, over time, manifest the symptoms of spiritual fatigue as well. If those symptoms (stomach burning, reflux, inflammation, spasm or pain) don't get our attention, what will? If you have these symptoms either regularly or irregularly, your body barometer is alerting you to an energy flow dysfunction.

Meditation aligns your energy centers and reconnects you with the Spiritual self that you constantly seek to mask so that you can meet the expectations of a non-spiritual world.

Should we quit our 8 to 16 hours a day job, and live in serenity in the forest? That is one path and a most honorable path at that, but it is not the only path. Few of us in the West will do so. The wonderful, joyful fact remains that we do not have to run from our works, homes and stresses to seek peace and good health. In fact, we may even do ourselves a spiritual disservice in doing so.

The job doesn't strain my heart. My reaction to the job, the fear of failure, my doubts and feelings of unworthiness cause energy blockages to a specific chakra or system. These blockages result in dysfunction. Whether it is heart, lung, liver, stomach, spleen, pancreatic or glandular in nature, the source is the same. Meditation opens these centers to the proper flow of healing energy and voila! The symptoms dissipate and eventually disappear.

Be careful however. These daily stresses and overwhelming concerns may become less important, even too insignificant to continue with as you fully connect with your spiritual self. Your job or obligations may not be able to send you into a tizzy again. Wouldn't that be awful? Well, possibly for the associates who find comfort in your discomfort. That is not an idle comment. When you embark upon daily meditation you will change. You will not be

frightened, reactive and that frantic type "A" or unsure type "B" that so many others around you have grown to know. You will change.

Often we build quite a castle upon the sand of our emotion. Curiously, as you find balance in all things, some things will seem less important. But that's the nature of balance. Monitor this. Do the following. To best judge the change over time, record your feelings, impulses and reactions for later review. You'll be surprised how seemingly simple steps are later recognized as milestones. Often personal growth and transformation goes unnoticed as it quietly manifests. We must train ourselves to recognize growth. It is ever-present and always apparent, when we learn to truly "see." Will you and others accept your new calm, your new health, your new worthiness?

So with that Western disclaimer out of the way, how does a person meditate? The basic principles which I always follow are:

1. Become aware of your spiritual ideal.

Why are you meditating? What is the intent of this work? For me very early on I decided that if I was to connect more directly with my spiritual nature, I would seek to be more Christ-like in my intent and purpose. To others this may mean the embodiment of Moses, Krishna or the Buddha. I resonate with the teachings of Jesus. Whatever your faith, follow the resonance of the Spirit of that faith and feel a resonance within. This will guide you and bring balance to your efforts.

2. Be as consistent as possible in the time and place of our regular meditations.

As you return again and again to that time and place of familiar comfort, you will be able to relax more easily and eliminate needless distractions.

3. Create a symbolic and literal environment which is conducive to your attunement.

In a symbolic sense, a candle's flame in a room of soft light not only inspires me in the majesty of it's simplicity, but it also represents all of those who have gone before me in this singular pursuit of oneness with God. A

candle's light creates a subtle shift in my awareness. I am no longer at work under fluorescent lights. I am no longer under the spotlight of a normal day's activities. Symbolically I am in a simpler time and space, able to cast off the responsibilities which seem to pull me from the gentle guidance of my spirit.

I prefer quiet music as well. There are many beautiful meditative selections on the market. I find some more to my liking than others. I believe there are several reasons for this, ranging from the composers intent to the tonal quality and its relationship to brain wave activity. My best advice here is that if you are moved by the music, use it. If not, don't. An interesting point however, at least in my case, is that I have found that certain selections resonate with me for a time and then it seems that they no longer fit. I believe that as I evolve in my meditative practice, my sources of musical inspiration evolve as well. The bottom line is that a pursuit as simplistic as finding the correct music is very instructive as to where we are in our attunement at any given point. Play with this. I guarantee that you will be fascinated with your findings. Why does this inspire me? Why not that music? Why does this CD that I enjoyed several months ago no longer inspire me? Try to approach this with fascination and a sense of wonder. You will discover so much about your development.

Finally, I always have water present. Whether this is a simple glass of water or a fountain, it is representative to me of God's spirit and the promise of my oneness with all that exists. Choose an environment that symbolically and literally brings joy.

4. Make sure that you wear comfortable clothing and that you are in a comfortable position.

I am always amazed how a watch, ring or restrictive piece of clothing that I had previously failed to notice can become such a distraction in meditation. Some books demand that your feet be firmly on the floor and that you sit straight and upright. I find that this varies and that I have more wonderful meditations when I recline. As you work with this you will find the position that is best for you. My rule is, to each their own. The discovery of the individuality of your search is wonderfully instructive. Have great fun noticing what works best for you and the effects of subtle variations that you apply to each meditative experience.

5. I always begin my meditations with a prayer.

Regarding meditative intent, the reasons are very straightforward here. I thank God for the opportunity to be in joyous Oneness and I ask for the highest and best guidance and healing at that time. I feel myself surrounded in God's loving embrace and I connect more fully through the words and intent of my prayer. Many who meditate involve the Lord's Prayer at this stage. Listen to your guidance and follow that voice within. Find out what is best for you and do that.

6. Many who meditate begin with affirmations at this point.

Thru the years I have not found great comfort in this. I know others however who find great growth using affirmations. Again follow your guidance.

7. Let your experiences teach you.

I know of many who see their guidance in symbolic or literal representations. Others hear. As I stated earlier, I seem to feel and know. I sense guidance and translate that guidance into words that bring clarity and direction. As the nature of the guidance becomes clear, I am able to resonate with it and make it my own. This is not mystical. It is merely a resonance with my higher self. My higher self gives me guidance through feelings and a knowingness that provides direction.

When I follow that path of oneness with my spirit I am one with God, and my physical body is one with God as well. How can I not heal? How can I not be in balance? How can any system out of balance not return to its righteous place of existence at one with our Father, Mother God; at this moment of our resonance in meditation with the totality of our being?

As you meditate, you will be guided along a path of consciousness which will open itself to you step by step, awakening upon awakening, confirmation upon confirmation. But the most telling and humbling awakening will be that you will heal naturally, without effort. You do not have to heal your body. While in meditation, your body will heal naturally because you have placed yourself in a state of perfect health, as you raise your own energetic vibration through meditation. Actually, you do not raise the

vibrational frequency of your body; you remove the barriers which have lowered you to a state of disease and imbalance. Remove the barriers of fear, doubt and separateness, even for a few moments, and you will experience healing which is totally disproportionate to the time in meditation. I've found that 25 minutes in meditation immediately brings me greater balance for the next 24 hours. As I began to regularly meditate, I stayed more in balance and more healthful. If I missed a day of meditation, I didn't slip as far back into the pattern of disease and could quickly regain my previous balance by simply resuming my meditative schedule. The most telling fact of all, however, is that whether you believe that you are being guided to healing or not... you are ...and you are being healed through these regular periods of unobstructed oneness with God. You will find if you will seek. Meditation is self-healing. It is the removal of all barriers and blockages to your perfect health and to the degree that you let go of patterns and habits which produce the blockages, you will be healed.

Do not make this less or more than it is. It is a creative experience. Some books are written for beginners and others are not. As you start to meditate begin with patience and the confidence that your experiences are worthy of your dedicated pursuit. They are. Do not be dissuaded by a comparative voice which whispers that "he or she does this better than me." No two people meditate the same and no two meditations are the same. You are the best meditator in your world. Meditate. Believe. Be healed. Be at One with God.

## Chapter 5 Energy

*"There is the ability within you to generate a considerable quantity of what we shall call quite simply, energy... for the energy involved here is interrupted by the presence of the thought pattern called emotion."*

At first, with very little experience in understanding the flow of the energy of my body, I clung to the healing promise of a regimen closely aligned to the regulation of my foods, supplemented by my ever increasing use of prayer and meditation. As time went on I realized that I was truly beginning to regulate the flow of my body's energy. There are those who would try to convince you that this is mystical in nature. It is not. It is our heritage. We must not look outside of ourselves for final answers. We must understand that we can and do shape our bodies to be that which we wish.

It is clearly recognized that we may engage in the strengthening of our physical body through exercise and the like. What many fail to do however, is take control of their energetic bodies. In my case, I had allowed fear to become a reactive catalyst leading to an unbalanced energy flow. The level of my indecision, doubt and fear dictated the result. I first had to recognize that I was bringing about the blockage of the naturally free flowing energy that is my body. Then through the daily examination of my reaction to various stimuli, I was able to recognize and balance with my doubts and fears to restore the natural flow of God's energy along my body's energetic pathways.

Through the years my exploration of body energy has led me to countless sources which in one way or another said the same thing. The central theme was always "the Kingdom is within." I have tried throughout this work to cite my experiences rather than present documented research. I have done so in the knowledge that much of what I am saying falls outside of the realm of "everyday belief." I have thus made these words my story rather than my research. Still, several wonderfully documented texts have confirmed my personal understanding. While I briefly cite several here, I additionally suggest that you might use these works as a starting point of confirmation

and inspiration during your continued exploration of body energy in general, and the specifics of your own energy patterns as well.

Among the many readily available "easy reads" on energy, three authors and their works particularly helped expand my understanding.

A wonderful instructional source is Donna Eden's *Energy Medicine*. Donna Eden is a master teacher and her works are extremely user friendly.

In Richard Gerber's Vibrational Medicine, (page 173) he writes:

*"We know through modern quantum physics that the physical body is actually a unique aggregation of physical particles of matter which, themselves, are points of frozen light. Interfaced with this physical body of light are additional light bodies composed of subtle energetic matter of higher frequency levels than that which the physical eye can perceive."*

In Energy Psychology, author Fred Gallo recounts Dr. John Diamond's 1985 writing in stating:

*"After an imbalance in life energy occurs, which can be caused by any number of physical and/or psychological factors, in time disease will ensue. ....However, the imbalance can be corrected in a number of ways, including a shift in mental attitude..."*

These works are only three of the many compilations available. They are possibly the only resources needed. Let your own guidance be the judge of that.

Beyond those studies and predating each for me was certainly the most profound source of healing information that I have studied. Contained in the works of Al Miner and Lama Sing, as I stated earlier, is information that is life-changing and in my case, life-saving. Those works explained and tied it all together for me.

In my case, I was never one to accept at face value that a shift in attitude was the answer to anything. I had to develop an understanding of the mechanics of such a shift and why healing would result. My search always



brought me back to the beginning. I had to remember that "the Kingdom is within." It was always the same. Eventually this quest for understanding became one of confirmation. Over time, every word, every sentence, every paragraph was an echo.

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From book to book, tape to tape, video to video, lecture to lecture, and meditation to meditation, I discovered the following about myself.

It is not revelation to physicists but it was an awakening to me that our entire being is energy in one form or another. Our bodies are pure energy vibrating at a level that allows us to experience form.

Interestingly, more than anything else, our cellular structure is proportionately overwhelmingly space. The atoms of our bodies are not compact packages of protons and electrons. They are actually the interaction of these particles within a vast cellular space. This space is so vast that scientists find it difficult to agree upon the nature of what is sometimes called the Zero Point Field. To me this "field" is the God space or space of creative consciousness that is within us and also connects us.

What I discovered was that I can truly change the nature of my cellular vibration through my intent. By focusing my consciousness, I can energetically alter the flow of my being. The metaphysical phrase that I stated earlier, "Spirit is the pattern, Mind is the builder, Emotion is the substance and the Physical is the result," again comes into clear focus here. When I mentally increase, or conversely decrease, the flow of energy to a cell in my body, I alter that cell. I alter the building blocks of that cell and I also impact its God space.

A positive or negative emotion does that. My intent or undirected emotion is actually the conscious or unconscious manipulation of the molecular construction and God space in the cellular structure of my body. When I am open and free-flowing, my cellular pattern is open and energetically free flowing. When I doubt or I am fearful, and thus restrictive in my creative thought, the universe of my cellular life mirrors that occluded pattern.

If I maintain a lowered state of energetic flow, a cellular alteration must occur. This may be merely discomfort or it may be worse over time, if I refuse to recognize the restrictive nature of my energetic flow. This may be the result of my reaction to a specific event, such as the loss of a loved one, or from a barely recognized long-term pattern, such as the stress of a job. Often, there is a worthiness issue involved as well.

All of the universe is energy. If we embrace this energy and flow with it by allowing our own receptive nature to resonate with all of existence, which is our natural state, then peace and health will manifest, beginning at a cellular level. As we do less than this, we are the product of what we will allow.

So, moving from a subatomic level through cellular structures to organs and finally to our bodies, we are fields of energy. We often believe that our lives are more or less random and that our illnesses are the result of our falling prey to one or more of the diseases floating around out there, ready to strike the unlucky. Until my "big bang," I never really gave it much thought. Others got sick. I went on with my life. Then I somehow joined the ranks of the ill. As I searched for answers no one mentioned energy to me. My doctors mentioned syndromes, disease, organs, acids, allergies, foods, alcohol and on and on. Not one clinician told me to explore my body's energy system. But the answer lay there.

Following my reading from Al Miner, I embarked upon a search of materials related to body energy. I studied acupuncture, chiropractic, kinesiology, Eastern healing methods, Rolfing, Reiki...you name it... anything that dealt with energy and healing. There are many, many scientific and not so scientific studies to be found. Numerous testimonials attest to the value of each method and technique.

The following is what I grew to understand about myself and what I needed to do to balance my own energies.

There are seven major centers of energy in our bodies. These main chakras are located along a pathway from our pelvic area up to the top of our heads. The lowest, the root chakra is located in the area of the coccyx. The

second is the sacral chakra, located just below the naval. The third is the solar plexus chakra located below the sternum. The fourth is the heart chakra located over the heart. The fifth is the throat chakra, over the thyroid gland. The sixth, the third eye or brain chakra is above the nose, between the eyebrows and slightly above. The seventh or crown chakra is on the top of the head. These are the major points of spiritual energy for the body. Some say that the different major and minor chakras of the body total 360 in number. A very extensive study may be done regarding the associated organs, endocrine, nerve and physiological systems of the body as relates to the chakras. You should do this at some point, but this work is an overview so I will proceed as I was introduced to this information in the broadest sense. In truth, I did not need to understand these systems to heal myself. I merely had to "move myself out of the way" so that the energy of my body could flow freely.

Many believe, and I have truly found that blockages at any of these energy centers will result in disease. In my case, the third center, the emotional center of my body was being disrupted by doubt and fear. Please keep in mind that I was not a cowering shell of a man, fearing that the sky was falling. It was more that I was uncertain...uncertain of my worthiness. Was I good enough for my job, my relationships, for God? No one knew of my insecurities. Heck, I had never categorized them as such. It was similar to an unpaid bill. I didn't talk about it or even concentrate upon it, but it was always there, silently and methodically blocking at levels of my being that I didn't consciously recognize. I have since met others with heart disease, who appear to be blocked in their heart chakra. Often those who are in conflict regarding their expression, manifest breathing difficulty as they are blocked at the throat chakra. Individual chakras seem to react according to their level of blockage.

Each chakra is a spiritual center of life and expression. Energy flows through these ports. When you shift your consciousness, you can see them. You can feel them. You can touch them. Ultimately, you can keep them open and free-flowing for a life expression of vitality and physical grace, embracing the free flowing nature of God's energy as it pulses through your body. This system of seven major centers must be given a free pathway to flow.

Further, our bodies have additional circuits of energy known as meridians. There are twelve major meridians. They are generally associated

with various organs in the body and may strengthen or weaken each system, depending upon their flow. The twelve major meridians are the liver, lung, large intestine, stomach, spleen, heart, small intestine, bladder, kidney, triple warmer, gall bladder and governing. For those who are sensitive, these energy circuits feel like electrical circuits, about 1/8 of an inch in diameter and pulsing with the flow of life. You are sensitive enough to feel them. Everyone is. Everyone also increases or decreases the flow of these meridians. Our level of health is the product of this.

Finally, within our bodies are capillary-like energy circuits which distribute energy throughout. Known as nadis, these circuits number in the tens of thousands according to various texts.

So, to bring this into focus, I will describe my body. Please apply these basics to your own body as appropriate.

I am very sensitive and open to the flow of energy. When I, through doubt and fear, restricted the flow of this energy, it occurred primarily at the level of the third chakra. Having blocked the upward free-flowing nature of my energy, I would send it downward. This affected the flow of energy primarily along my stomach, liver, spleen, large intestine and small intestine meridians. The energy would seek a path of flow which would literally reach flood stage. I was energetically burning myself up. I was on "fire." Secretions would result so that bile and the like would flood my gastrointestinal track. Pain, spasm, diarrhea and all of the related unpleasanties would ensue and it would be a long day. Every day became a long day.

But through dedicated prayer and meditation I was able to turn this around. Through these natural modalities I learned to refocus my errant energies. I learned to embrace my energetic potential rather than be governed by physical reactions to the misapplication of my body's energy. It could be said that I healed myself. But more accurately, once again, I didn't actually heal myself; I removed the energetic obstructions which led to a system in distress, a system of misdirected energy flow. And I continue to do this, day by day.

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When I was a child there were many small paths in the areas of play leading from our home. We did not pay much attention to their existence. We merely found joy there. These paths were our world. As we grew older the streets throughout our neighborhood became our paths of choice. Finally, those streets led us to the interstate. At first, our interstate had few travel lanes and its structure was sufficient for the traffic flow. Occasionally there would be an obstruction, but as the interstate had parallel roads which could handle the traffic volume for short periods, all was well.

But over time things changed. The focus of those using our interstate became more directed and intense. Instead of remaining merely a corridor of passage, the interstate became a conduit of intent relating to such as careers, protection, family, and commerce. Over time, the previously sleepy passageway became stressed and widened to meet the energy of more and more travelers. And just as the road itself sometimes suffered, as it sought to handle the ever-increasing passage of the travelers, the destinations of the travelers were challenged as well. Once calm beaches became crowded. Some destinations kept their name but their function failed. Others gave up their healing essence. Cities struggled to cope, sometimes losing their way as they were asked to handle intent which was at odds with the city's nature.

Usually, adaptations were accepted and the peace of the earlier time was forgotten. The shortcomings of the new environment were seen as "just the way things are." Those altered threads of connectivity began to be accepted. But the expansion was not without its effects. The pathways were forever changed.

So it is with our physical bodies.

The energy pathways of our bodies must be given a free flow. Our intent / energy may travel along a sleepy, balanced energy pathway for a time. But it is often demanded that the pathway expand to handle more energy. A passageway to our liver may become opened as a superhighway and this destination of our intent / energy may be stressed beyond tolerance. Then what? How can we bring this back into balance?

My experience has been that once an energy superhighway is opened,

as long as the intent remains, it is well-traveled. Often at random times, occasionally non-stop, but energy continues to flow along open pathways. It took much time and self-reflection to realize that this was possible within my body. Then it took much introspection and seeking to understand the methodology of balancing my energetic superhighway. I did this through prayer and meditation. Then each moment became a moment of connection. I gained insight into my energy of intent, my energy of fear, my energy of emotion and ultimately the balance of my Spiritual, mental, emotional and physical energies. I examined them as separate aspects of myself, to gain clarity and definition. Then, again through the use of prayer and meditation, I allowed my awareness of these aspects to function as one, in balance and harmony. They were no longer separate parts of me. They were me.

I no longer calm my liver. I calm me. I bring all aspects of myself into balance and my energetic superhighways become balanced pathways of life. But even more than that, because I began to see the meaning behind my illness, my once stressed superhighways have become an opportunity to know, understand, and love deeper aspects of myself than I would have fathomed without this journey.

May your path to understanding be filled with joyful discoveries and understanding as well.

## Chapter 6 Habit

*"...a certain attitude...which seems to prevent self from fully expressing joy..."*

Have you developed certain conditioned responses to given situations? As I examined my life I found that I was very uneasy in certain situations. When I happened to be with a person who somehow made me feel unworthy, I would compensate by turning to humor to help regain my balance. Often that humor was self-deprecating. Either way I would notice that my body would tense and I would need a short period of rebalancing following such events. Please understand that I went many years before I could characterize these episodes as such. It was just how I reacted. No big deal. But in fact it was and is a big deal. If there is a physical reaction there is an energetic reaction as well.

I developed certain verbal responses to situations. Ask me if things were going well, my response would always jokingly be, "As well as I deserve." Ask me if I had a good day, I'd jokingly reply, "It was day." As I write this book my current response to everyone and every event is "God bless you." Someone says "I hope all is well." I respond "God bless you." Someone says "I don't think you should do that." I respond "God bless you." The sky is falling... "Well, God bless you."

I believe that if you closely examine your life you will find that you have developed a series of situational responses that you pull out of your bag of reactions when the need calls. We pray when we see the need. We are defensive when threatened. We are outgoing when perfectly confident. We are introverted (or the opposite) when unsure. I tend to shift my body's energies accordingly. They are free and unobstructed when I am balanced. They are sluggish or even totally blocked when I am fearful.

The trick, however, is that I have relied upon little behavioral responses, body positions, facial expressions, postures and even energy alterations. I have called them forth to meet each situation. The problem is that I have become so fluent with their language, so skilled in their implementation that I've accepted them as me. If you imply that I'm a loser, I'll reply "God bless you", and I'll tense in my stomach region, obstruct the energy in my solar

plexus region, silently ask myself if I really am a loser, and buy into that to some degree, at some level. I've replied courageously, "God bless you," but I've died a little bit inside. That is a habit.

I thought that I was learning to cope when I developed these habitual responses. I thought that my stomach pain was random in relation to my responses. I thought that I was protecting my emotions and diffusing the energy associated with such situations. I was. But I did not recognize that merely coping with my reactions was doing nothing to prevent them. I hadn't developed an awareness of this habit. I became so accepting of my discomfort that I was willing to accept my habitual reactions as the best way to get by. These habits became an anesthetic. When scared, take a one liner. When unsure, take three self-deprecating jokes and call me when the situation eases.

I was in a habit of survival. I was not dealing with my underlying problem...fear. We approach our fears and become fear survivors through developed habits. We must identify these habits and transform them into proactive tools, not reactionary responses.

I have the habit of comparing myself to others. Who doesn't, right? But I did it to the extreme. I was never good enough, tall enough, fast enough, smart enough, anything enough. And you know what? There were and are always plenty of equally fearful folks out there whose adopted habit was to remind people such as me that we aren't ever good enough. My habit had been so keenly and masterfully developed that I would first give a conditioned response such as "You really think so?" Then I'd really think so. The truth was that "they" had developed a habit of projecting their fear (in the form of judgment) onto me and I'd developed a habit of internalizing the projections of others.

Do you remember your favorite teacher in school? Do you remember your least favorite? My least favorite teachers did not nurture my confidence. They seemed to love finding areas of my work that called for correction and hammering me with my failure. It seemed to me that no matter what I did they saw it as inferior to the work of those to whom I compared myself. I felt no love or respect from these teachers. There were other teachers, however, who somehow let me know that everything would be okay. They seemed to accept my shortcomings as a promise unfulfilled rather than a failure



confirmed. They might even drive me to the point of exhaustion but they would always lovingly inspire me with their confidence that I would eventually be and do more than I could conceive.

In the school of your life, which teachers dominate your day? What patterns have you embraced? Your habits are your teachers. God has a way of presenting situations that awaken us to our less than productive patterns. I never really was big, fast or strong enough to be much of an athlete. Yet, I was driven to play. I loved all sports. I loved the brotherhood of friendly competition. The problem was there was always someone bigger, stronger, faster. So I developed a habit of survival. When things were going well and people were patting me on the back, telling me that I had just thrown a great pass, I'd acknowledge that and thank them, but I'd internalize the joy of accomplishment and suppress it with the underlying knowledge that someone else probably could have done it better. So I'd walk along the sideline exhibiting a humble confidence but really feeling my world of insecurities welling up inside. That became my habit. Every success wasn't real until the scoreboard changed and I internalized my joy and turned it into a fear of the future. I fooled them this time. What if they find out I'm really not good enough?

Events such as these were my teachers. But they were demanding task masters who did not forgive. Because of the emotional pain that I felt, I created habits that allowed me to avoid fully examining my relationship with these events, these teachers. Instead of examining the doubt, guilt and fear that I was feeling when events did not reinforce my worthiness, I built habits of survival that became my everyday responses, my friends. I should have looked at those events and those habit teachers with compassion. I know better now and I forgive them as I hope others forgive me. But the important aspects to be examined here are the habits of survival to which you and I still cling.

Ultimately those who projected their fear onto me were givers of gifts. If I had not had self-doubt and fear, I would have found their projections foreign and they would have had no impact upon me. Yet I did resonate with the fear of others. I did find familiarity in their projections. The reflection of their unworthiness became the mirror of my insecurities. Had I been a balanced receiver, I would have reflected love to them and we would have embraced each other in renewal. But my habit was to appear strong, calm,

unmoved, maybe even defiant, all the while accepting my own degradation. These reminders were gifts unopened.

When I began to break my habit of reaction and stood up to these projections, I was able to begin to heal. Don't get me wrong, this was terribly, terribly hard at first. The nature of habit is that if you leave a habit behind, initially you are unsettled, you are unsure, somewhat akin to moving to a new neighborhood. Where will I find help when I need it? So if you tell me I'm probably not good enough and I can't reply "God bless you" and then internalize my fear that you might be correct, what can I do? How about replying, "God bless you" and sending a prayer of love and light that they too might find themselves worthy and no longer seek to add company to their misery? How about replacing a less-than-joyful habit with a joyful habit? Or better yet, know that we are all One in God's kingdom and that no habits are really needed. Just to love my neighbor as myself and myself as my neighbor. First however, I must love myself as God's child with all of the forgiveness and sense of worth that I truly deserve. This love then rises to the level of its intended meaning.

Our habits are our teachers. They provide a structural safety net until we can face the underlying causes of our sense of need. Habits serve as deflectors. They buy us a little time to regain our balance. We must be cautious, however, that they do not become a way of life. The child of an alcoholic develops habits of survival and protection. That child must someday realize that those early friends, those habits, may become later limitations. Habits are initially friends and teachers. As time passes, however, they may become ruts, comfort zones of self-denial, helping to maintain a facade of well-being which is actually a makeshift means of survival. Unproductive habits manifest as periods of ease followed by predictable periods of dis-ease.

We can learn from these teachers however. If we honestly examine our habits, we can embrace those which are born of love, and transform those which are given life through our fear. Ask, "Why did I feel that way?" Ask, "Why did I react that way?" "Why do I always meet this challenge with this habit?" "How does this habit heal me?" "How does this pattern benefit me?" "How does this habit facilitate my return to Oneness with God?" Answer honestly and with forgiveness to all, particularly yourself. Then balance with each fear through prayer and meditation and be the unobstructed, free-flowing child of God that you are meant to be.

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As a high school teacher, I once taught a student whom I'll refer to as Kari. She was frequently unable to attend class because her stomach would have "flare ups." She was very bright, yet I could sense that she just did not fit the mold of the average high school student. From my perspective she was somewhat out of place, in an environment which was foreign to her deepest instincts. I'm sure that school, and its one-size-fits- all tendency, had always been this way for her.

Kari was a young lady whose light shone brightly, though she seemed unaware. Across the room sat another brilliant young lady, whom I'll refer to as Mary. Mary was similar in her isolation in that she too had outgrown her surroundings. However, Mary seemed balanced and confident in whom she was growing to be. She seemed to understand that the greater comforts lay ahead as she labored in the unsettled environment of high school.

Still, it was not the landscape which was the key. Kari was in conflict with herself. Mary was not. How? Why? I confess that I do not know the intimate details of their lives and motivations; but, from an observational view, it was clear that Mary did not doubt her worthiness. I believe that Kari did. Worthiness in what respect? Who knows? More to the point, how on Earth is a 16- year-old unworthy of anything? Which of us would cast that stone? So while I and many others clearly recognized both young ladies to be brilliant children of God, their own recognition of that could not have been more different.

Mary was confident that her best effort was sufficient and that the outcome would bring joyful fruit. She met each challenge with calm fascination and resolve. She accepted the shortcomings of others.

You could feel resignation and sadness in Kari's efforts. Kari's step stones were met with fear as she sought to undo the seeming confirmation of her weakness. She seemed to hold those inside her, connecting and making them her own.

As my year with them wore on, I watched as their reactions manifested with predictable regularity. Their habits were seemingly ingrained. To others in

our class, the two girls were their habits. Their habits of response were all that we had seen. Experientially, our habits are who we believe ourselves to be from moment to moment, day to day. Habits are addictive in the sense that they hold us within their grasp as we repetitively set reactive patterns in motion. Habits have no life of their own but they take on such as we supply them with our energy.

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In the past, I engaged in many less-than-balanced habits which led to my repetitive digestive difficulties. Just as Kari and Mary, I became the momentary personification of my habits. How did I break that cycle to return to greater health? I brought myself into greater balance, day by day, by consciously connecting through a dialogue of prayer and meditation. I spoke and sought through prayer and I received through meditation. From that connection I examined who I had become and I removed the obstructions, the habits, which were redirecting the flow of my body's energy. Prayer and meditation brought healing and peace. Then I created new patterns which were joyful and balanced. Fearful habits were replaced with clear and unobstructed patterns. When challenges appeared, I was able to meet them with calm recognition that they were merely teachers. These reminders became practice sessions in my quest to recall my true self. In so doing, I began to manifest the potential which we all possess to be free, at peace, and at ease in a state of joy and balance in all things.

## Chapter 7 Thought – Mind is the Builder

*"...we note, first of all, dear friend, the presence of intensity of thought..."*

Sickness comes from an accompanying thought form. The stronger the thought form, the more persistent the illness. I have found that there are constantly openings of healing which I either accept and embrace, making the healing a part of my being, or that I push to the background, clinging rather to the pattern that I have created for the moment. Experiment with this... in the morning when you awaken, see how long it takes for you to remember that you are sick. It may take 5 seconds or 10 seconds or even 1/2 of a second to reclaim that feeling of discomfort. The point is that you were not sick for that degree of time. At first, in working with this concept I suspected that it took my nerves and mind a few seconds to wake up and get that "comfortable" sick feeling again. Over time however, I found that there was more involved. On some level, I actually had to reorder the discomfort. Then it would overwhelm me and I was my old sick self again. There is actually a switch that takes place as I awaken and remember the pattern that I have built for myself.

The habit pattern that perpetuates this may be dissipated by consciously realigning our thoughts, attitudes and emotions and reclaiming our perfect pattern through prayer and meditation. We reclaim our connection to God within. Our intent to do this must become greater than our intent to remain in ill health. We must release our investment in sickness. We must reorder our image of who we have become. We are not separate. The connection that we seek is found first within. Our thoughts are generated energy. They are our conscious or unconscious manipulation of the energy of the Universe, God's energy. That energy is free for the taking.

Our bodies are like sponges which gather energy from multiple sources. Obviously from forces of nature; the trees, the mountains, the ocean, all share their energy with us. That's why the ocean and mountains feel so wonderful. It is more than the peace of the location. There is an unobstructed energy field associated with each location that is powerful and healing.

But healing energy is everywhere, particularly within us. Through our thoughts we either give this energy a free-flowing pattern or we do not. A thought opens or blocks energy. Think and feel your happiest thought and you bring healing, re-balancing energy throughout your body. Think lesser thoughts and the flow becomes less as well. Think negative thoughts and unfortunately negativity will manifest.

Over time, we create pathways of disease if we consistently block our free flowing nature. Sometimes, paradoxically we open to energy and then block. Us "stomach problem" folks do this. We are wide open on an emotional level, inviting energy in and also directing vast amounts of our own energy. Then we go thru regular periods of doubt or fear and re-route the energy to a less than perfect path.

Our thoughts must have power to do this. Our thoughts must be real and tangible to have the power to block off one pathway in favor of another. If you are furious, you can feel the heat, you can feel the emotion. You can feel the thought. If you are deeply saddened, you can feel the overwhelming emotion, the heaviness and fatigue. An outside stimulus may have been the catalyst for the feeling, but our thoughts were the generators or tour directors for the energy.

Many years ago, I worked with a young man who served as a missionary. He could not have been more devout or, from my observations, pure in thought. His colitis was so severe that there were long periods that he was incapacitated. As I talked with him about his situation, he told me that he was overwhelmed with the misery of the world. He said that each night he would go to his knees and pray so intently that he would become ill. He told me that he could suffer through the sickness because he knew that his prayers would be answered and others would be helped. He felt that was his only gift.

He was a paradox. His prayers were answered but in his zeal to help others, he was not recognizing his own gifts as well. Through his love and dedication he had opened himself to the flow of glorious energy, but through his fears of unworthiness he simultaneously blocked much of that flow. His thought patterns served as an on / off valve. His intent was to serve as a conduit for healing energy for the world. This brought a bountiful flow of energy. Sadly, it was limited by his thought, which functioned as his energy

wall. At times he would flow, but fears of unworthiness would narrow the flow and illness would result.

The people who I have met with cancer are overwhelmed by a lack of joy on some level. They may keep a stiff upper lip but there is a deep emptiness that they will not allow to be filled. Over time they have blocked off a little energy here, a little more there, until their physical body is less than its perfect energetic pattern. Their thoughts are literally killing them. We members of the gastrointestinal distress club are doing the same in another fashion. By blocking off the intended free-flowing nature of our body's energy, we too are literally killing ourselves, albeit a little more subtly and over an extended period of time.

So, what is thought and how do we learn to unleash its potential, rather than unwittingly choosing to think ourselves sick?

Thought is creation. Thought is the power of God shaped to our will. Thought is the process where we tap into the ever flowing, always present and accessible energy of God to shape that gift in a constructive or less than constructive way. Using the substance of emotion as the building block of choice, we create a reality of our choosing. Some of us are so open to the energies available to us and we are so haphazard in their direction that we literally create a physical imbalance with our thoughts. When I open myself to God's energy and simultaneously misdirect that energy, what do I expect? One cannot think dark thoughts and not embody the darkness of their own creation. Neither can one think light thoughts and not be the manifestation of that generated light as well.

For many years I embraced a habit pattern whereby I approached life in fear. I took every event, every encounter, and every possibility as an opportunity for the reaffirmation of my insecurities. Please understand that this was very subtle. I did not realize that all interactions had become occasions for me to compare myself to arbitrary guideposts, so that I could embrace my feelings of unworthiness. I randomly clutched the unworthiness encounter du jour, which had been unconsciously, yet carefully placed along my highway of judgment. When I encountered a person, place or event which triggered feelings of unworthiness, the energy which flowed through me was directed along pathways which I had grown to accept as proper. I essentially

overloaded the energy circuits of my gastrointestinal system day after day, moment by moment. I was always "on fire."

My area of study is limited to my own experience. Still, during the decades that I have spent as a teacher, I have observed countless students who have sought to balance with such feelings of unworthiness through tobacco, alcohol and drug dependency. Excessive weight gain is also often related here. The same energetic principles which apply to gastrointestinal disorders apply to addiction. There is energy dependence as well, once the thought pattern becomes an energy superhighway which demands feeding.

So, using thought properly, what could I have done? First, I needed to recognize that I am an unlimited child of God and the fact that I am sick means nothing more than the fact that I have chosen that path. Happily, I may also make a choice to return to wellness. There are many paths to God, many paths to embracing my full potential as a co-creator in God's kingdom. I have merely chosen a given path on the way to my full understanding of my potential. In retrospect, I wish that I would have been a little more kind to myself, a little more accepting and loving of myself. You should too, don't you think? I should have awakened myself through love, not fear.

We can do this for our children as well. We can be *"...a light upon which others may gaze to draw learning."*

Secondly, I needed to become aware of my tendency to approach each moment of my life as a variation of a pattern. I should have seen each event as an opportunity and created with my thought (my tapping into God's energy) a mental pathway of the greatest joyful potential possible. I was too practical for that...didn't want to fool myself...so I lived behind my fear and projected an air of confidence where there was none. I had dimmed my own light. I would not use my creative power of God, my thought, to open and actively follow the pathway of my greatest possibility. Instead of using the substance of my joyful expression, my emotion of joy, to build a more perfect me, a more healthful me, I consciously and habitually chose a path which led to energetic blockages. I chose fear to shape the manifestations of my thought, my creative potential. I used doubt and fear to order the substance of emotion into blockages along the energetic passages of my body. I literally created illness with my thought. I should have broken free of that addictive



and habitual pattern to embrace joy, balance and light. It was my choice, even though I did not recognize it as such.

Once I began to see this, I reversed the pattern. I began to embrace the creative potential of thought and build with it. I was not the "victim" of disease. I was in charge of my dis-ease, as we all are, and I could reverse the process by "listening" to the perfect pattern of existence and resonating with it in a free-flowing way. I could allow my body to embrace its perfect pattern and be healed.

Remember, when we are perfectly balanced, our thoughts clearly draw upon the guidance which is always available, God's guidance. Past experiences, external influences...those that are "of this world"...and the subtle soul urgings pointing us toward our future... all coalesce to shape our moment to moment evaluations.

Meditation and prayer are essential to bring the greatest clarity to our thought processes. When balanced, we are less open to errant thoughts, and soul urges do not conflict with old, benchmark experiences. Those guidepost events, be they pleasant or disturbing, are over-lighted with a knowing which seems to vanquish concern. In this state of awareness we are able to think clearly and choose the highest and best.

This clarity allows us to shape the creative power of God... thought. Thought then becomes our ally, and ultimately a tool for healing on a personal or global level.

Emotions are a construct of thought. They are more solid and thus a physical manifestation of thought in a physical world. Intense thought gathers energy in an ordered fashion so that a tangible expression of that specific thought pattern is given structure, given expression, given life. These expressions may manifest as healing energy or the opposite. Remember, our body is actually a magnificent energy field, in and of itself. A blockage is energy fused at a given point in our body.

None of existence is random. All of existence is a thought form. Our reality is the sequential experiencing of manifested thought.

I first began to heal myself as I attempted to find and embrace an ideal. As I stated earlier, the Christ ideal became a roadmap to healing. As I sought to bring that ideal into my daily life, I began to manifest a higher vibration of my own energies. I began to recognize the subtle nature of my body energy. I then referenced that subtle energy against a backdrop of my daily experiences and began to notice patterns. I began to see the direct correlation between my thoughts and my wellness on a moment to moment basis. I learned to make my thoughts my tools for living in a balanced way. I began to balance with the flow of energy through my body. In doing so, I began to remove the blocks, the errant thoughts that were impeding my free-flowing health. The energy of my body was literally raised, in level of vibration and in physical directional flow, to become healing energy. My thoughts, the generated directional flow of God's energy, began to direct my recovery and continued health.

With my mind I began to build thoughts, energy patterns, which in turn opened me to my natural state of health. I continue to do this. And in so doing, I manifest a more perfect pattern of life along the clear road of the perfect pattern which is available to all.

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I remember it so clearly. Years ago I was on a school bus traveling along Route 360 with my basketball team, on the way to a game. I was feeling my customary coaching pre-game jitters when it really hit me. Here we were, on a 4 lane road in the middle of rush-hour traffic, navigating a series of stoplights, and I was suddenly so sick that I felt as if I would explode. I needed to be off of that bus, away from the energy of that situation as quickly as possible. Unfortunately, that was not an option. All of us "stomach problem folk" have been in similar situations. So in desperation I tried to practice what I preach. I tried to open myself so that all errant energy flowed through me rather than welling up inside. I visualized that energy moving up from my solar plexus region, up through my upper body, out the top of my head. I literally felt the flow of that energy moving up and out of my body, through the top of my head. And I focused upon that flow. I flowed with it. I felt it and stayed with it until I was unaware of anything but that flow. There was no idleness or chance to the process. My focus was so directed that I literally released errant energy to allow my body to regain its balance. And it did.

That sudden onset of distress called for real action, not theory. It is one thing to talk about these processes; but as one panics, controls the panic and then panics again, results had better be forthcoming. I did not intend initially to reach a higher level of consciousness. But as I continued to move with this energy up and out of my body, I found that a pillar of light, a stream of energy flowed up and out of the top of my head. No one else was aware of this. As it subsided and I became reacquainted with the bus ride, I knew that my players and assistant coaches were still talking among themselves or lost in their own thoughts. So for the remaining 15 minutes of our drive, I found peace in the open flow of my energy.

Through focused thought I had redirected my body's energy. My thought, coupled with my intent, pushed my energy up and out. In desperation I had "stumbled" upon a new tool. Today, as I have become more balanced in the relationship between my thought and my creative energy, such traumas are no longer a part of my life.

If we allow, such events will become our teachers. When we quiet our fears and allow that still, small voice within to become our "knowing," we transform and enlighten our reactive patterns. When we allow Faith to replace indecision, fear and pain, we are on the path to fully embracing the hope of our healing. Then hope becomes an awareness that we are actually healing. And we understand thought to be an active tool at the ready, to embrace and direct as we reclaim our perfect image.

## Chapter 8 Emotion

*"So again all of this returns as an emotion which is a stimulant..."*

Each of us experiences events which change our lives. We think of these events as somewhat rare and can usually count them on one hand. If we take a closer look however, we will notice that we experience life-altering events day after day, hour after hour.

For example, for years I have remembered a time on the playground of my kindergarten when I was fearful of several children. It was around the sliding board and I just knew that something bad was going to happen. It didn't. Nothing really bad ever happened in kindergarten. Nothing bad ever happened to me, period. So why did I live for many years with a sense of dread? What pattern did I establish for myself so that I blocked the proper energy flow of my body?

I can remember that kindergarten event. I can remember several similar events in elementary school, high school, college and my professional life. So what? We all have those memories which come and go constantly, don't we? Yes. That's the point. These memories keep coming back to us over and over to signal a pattern. They are red flags waving for our attention. They are showing the way to emotional blockages associated with life patterns which we have adopted, practiced and taken on as our reactionary method of facing the day. As I said earlier, when discussing habit, when we encounter similar situations we call upon our trusted reactions to meet the challenge of the moment.

The emotion associated with these patterns serves as the energy cornerstone for the structure of illness. When I feel insecure or fearful, I have unwittingly gathered available energy and shaped it into a roadblock along the energy pathways of my body. Energy plus fear, anger and the like equals a blockage. That blockage is as real as a clot or tumor. In fact such physical manifestations begin as such. I know, I know... some of us are genetically predisposed to such problems. That is no doubt true. But twins more often than not do not suffer from the same maladies. Certain people feed their bodies with a wonderful diet and nevertheless manifest cancer while others abuse their bodies and stay cancer-free. There has to be another factor

involved. My experience has proven to me that the X factor is emotion...emotion driven by intent.

All energy is of God. God's energy is meant to flow freely. When we block the free flowing of that gift, we are no longer nurturing the intended path of the energy and we are thus altering the perfect pattern. Our intent opens and closes the path. With our minds, we create patterns of reaction which shape God's energy into manifestation.

Do this. Hold your breath for ten seconds and notice the changes in your physical body.

Holding your energy flow for ten seconds does the same. Anger, fear, indecision, doubt...any lack of joy will cause a back up. If this back up, this wall, this blockage is fed by repetitious patterns of reaction, the blockage may as well be made of stone. Whatever blockage was reawakened or given original life on my kindergarten playground was given new life and greater substance each time that I applied the same reaction to a new event.

The kindergarten memory resurfaced over and over, trying to alert me to a pattern which was self-destructive. Each time, I treated the memory as if it meant nothing. In a split-second I pushed it away and refocused upon the task at hand. But it did mean something. A blockage was being called to my attention and I was not addressing and balancing with it. I was not removing it.

This is hard to do. Try it. Think of an unpleasant memory. Don't you feel your body shift? Now think of a similarly unpleasant event and remain open and flowing. Did you catch yourself altering the shift?

My kindergarten memory was not the problem. It was the underlying belief of unworthiness...the doubt and fear...which I applied to that event. Then I would employ the substance at hand. Yes, the substance at hand...emotion...and I would build the blocks which would eventually outweigh my balance. Emotion is a substance. It becomes a substance when we gather energy and use it to shape our being. Emotion becomes a referential material. Emotion is employed to illuminate a point of reference. Emotion is akin to a clarion call shouting, "Look over here! Look closer and deeper. The

pattern that you seek to balance is calling to you. It's here. Recognize it and lovingly embrace this portion of yourself that is in need of your love."

I can choose to ignore that call. I can remain "sick." I can time and again repeat the pattern. I could even "bury my emotion" and think of it as an enemy to be avoided at all costs.

But I should not wish to be emotionless. I should not wish to be devoid of this reference material. I could anesthetize my self in some way. I could build a figurative or literal protective wall. I could avoid those things which unbalance me. That may be acceptable in the short-term as I try to make sense of upheaval. But the events or circumstances which shake me are not the underlying cause. And to think of emotion as the enemy is to take away a tool, a material to be applied with joyful fascination. I must also forgive self for seeking safety along a path which is at present, just out of focus.

Emotion is a tool of substance. Emotion is a tool of self discovery and expression. As with any tool is must be properly applied. A tool may lie dormant on the shelf and do no harm. But it is also an unused opportunity as such. A tool used carelessly will reap careless results. Since emotion is coalesced energy, bound by intent, there is great potential here.

When I attempt to "control my emotions" I am merely seeking to channel this gathered energy in a fashion which will bring balance. When I am involved in a conflict, I am in a sea of errant emotions. When I am in conflict with my life purpose the same is true. What am I to do? How do I use this to nurture my growth?

Again, as always, prayer and meditation will show the way.

Revisit the events of the day. Revisit the events of your life in general to identify the patterns that replay over and over. I have found that I applied some degree of emotion to each event and pattern. Over time I came to understand that such events and the resulting emotional reactions served as a reference for identifying and balancing with my doubts and fears.

Why did I attract such events? For reference and understanding. I learned that in each case, an underlying pattern of unworthiness would be brought to the surface by some catalyst and I would react in a fearful fashion.

I would use emotion to cement an energetic blockage which would in turn cause a physical manifestation.

For me, it was gastrointestinal distress. It's where my energetic superhighway had been constructed. I would respond with doubt, anger or embarrassment to my initial reaction and start the cycle over again.

Over time, in one fashion or another, I would release the emotion, the emotional blockage, from my system and attempt to return to "normalcy." Some would say that I had "recovered." I had, for the time being. However, I had merely released the emotion, the substance which gathered as a reaction. I had not dealt with the underlying causes of the blockages; my doubt and fear. So, soon another trigger would be encountered, the underlying unbalanced pattern would manifest, emotion would block an energy passageway, and history would repeat itself. This would replay, day after day, year after year.

So I learned through prayer and meditation to open all blocked passageways and to allow all energy to flow. I recovered my life's purpose and in doing so, I was balanced. Emotion became a tool. It was no longer errant.

Embrace emotion and recognize it as real, substantive, and as an instrument of awakening. When in situations of high emotion, detach as much as possible, and peer through the dense energetic fog of the event to find the underlying portion of self which is in need of balance. When it is identified, allow the gathered emotion to merely dissipate. Replace it with the purest form of God's energy. Allow Love to manifest. Recognize the event as a gift of awakening.

Forgive self in every way and know that we truly are children of God moving along a path of self-knowing, each serving to illuminate the path of return for one another.

## Chapter 9 The Physical Is the Result – Your Body

*“So it’s, as we find it here, predicated almost totally upon the sensitivity, the blocking of energy by doubt or apprehension...”*

I am not a doctor. I am not a scientist. I am just a person who became very sick and found that medicine and science seemed to be satisfied that I learn to “manage” my illness. So I turned to an unusual source for information and was told in turn to look within myself for answers.

My physical body is foundationally a product of genetic predisposition. That genetic blueprint, passed on by my parents may suggest that I am statistically inclined to develop certain traits and features. Generically speaking, this is obvious.

But there are obvious exceptions which allow us to state that not all genetic coding is physical predestination. If my mother has colitis that does not mean that I will have colitis. If that were the case, my siblings and I would have similar physical experiences in that regard. We do not. Some might argue that I am ignoring the possibility that I alone received the genetic coding from my mother. I could accept that if I had not been able to find improvement through prayer and meditation. And finally, I’m sure that someone will utter the famous, “He grew out of it.” Funny how the most learned among us may have difficulty with my explanation of my healing, but they are willing to ever so casually say that a child “grew out of his illness.” How did that happen? Isn’t it more probable that there was a redirected energy flow?

My observations lead me to understand that if my mother and I share the same disease, it is because we share the same Spiritual, mental and emotional pattern. The physical manifestation is the result.

The preceding portions of this book have outlined what I have found to have resulted in who I am. My physical body is the result of my mental and emotional reactions in conjunction with my Spiritual pattern. I am who I have chosen to be, in every moment. Every physical strength or weakness is the product of my genetic palette shaped by the brush of my Spiritual, mental and emotional intent. It is the nature of my balance in that regard which governs the result.



It is incumbent upon all of us to pursue the meaning behind this. We live in a time of general reflection. The Earth's energies are shifting. This is readily apparent to all who are willing to see. The physical result of our creative choices, our physical bodies, may be viewed as a graded examination of our preparation and performance to the present. We can modify and reshape our future outcome or we can repeat past patterns, hoping for different results.

Still, overall there is only one true goal...to know who we truly are and to manifest the unobstructed expression of our being as children of God. The closer we are to personifying that reality, the closer we are to the perfect pattern we have the potential to be.

The perfect Spiritual pattern, the perfect mental pattern and the perfect emotional pattern will result in the perfect physical pattern. How do I find this? I start where I am and balance myself as best I can. Then through prayer and meditation the pathways are opened. And, in peace, I continue along the full and joyful journey of my unfolding awakening.

It is my most profound prayer that you find healing on all levels.

## Conclusion

It is my most profound hope that the thoughts presented here will meet your needs. I began putting these thoughts together over a decade ago and put it aside over and over again, questioning whether there was merit beyond my personal experiences.

What led me to finally complete this work was the repetitious nature of my sickness. Time and again I would apply these principles in countless yet dissimilar situations, and they proved true to their potential. Then as the years passed I met so many people who shared my difficulties, and as I tried to pass these thoughts on, it was clear that some sort of reference material would be helpful.

As the book progressed I shared what had been completed to that point with several friends who were in need and they seemed intrigued. Still, most wanted to use the work as a reference, picking it up, putting it down, and picking it up again as their experiences brought the need. Because of this, I have structured the book as Part One, for quick reference and Part Two, for times of greater introspection and reflection.

As we reach new levels of awakening, our existence becomes blurred if we try to define our experiences through the prism of explanations whose time has passed. We no longer need to mask physical symptoms with external substances. When we identify the true source of illness we understand that we are neither unlucky nor random recipients. In that realization we are also no longer powerless.

The joyful truth is that we can truly do this. We can heal ourselves. By diligently applying healing principles to reopen the way of our true journey and accessing our inner Light, our healing path is illuminated and all that we seek is before us.

The preceding pages are the gifts of rediscovery which were presented to me. They are universal. It is our heritage to be reawakened to our unlimited potential to heal ourselves. But most importantly, we can reawaken to our greater potential as co-creators in our Spiritual journey.

## Al Miner / Lama Sing Reading # 1

*This is December 10th, 1984. This reading is code number 3527. The reading is requested by Charles Logan McCoull V (and that's spelled M-c-C-o-u-l-l). His address is (deleted here) and Charles was born August 16th, 1955. That would be 8/16/55. He writes as follows:*

*1) Please give me a complete physical check-up, letting me know what you find and what can be done to bring the body into proper balance.*

*2) I have had abdominal pain with chronic diarrhea for about eight years. Every test has shown no obvious disorder. Originally diagnosed as colitis and told to live with it, I have recently been given cholestyramine (and that is spelled c-h-o-l-e-s-t-y-r-a-m-i-n-e) on an experimental basis. This treatment has given me a great degree of relief. My doctor stated that the results of this experiment indicate a liver dysfunction where excess bile is flooding the intestines, resulting in the diarrhea and pain. Is this the actual cause of the problem, and what can be done to correct the liver dysfunction? What was the cause of the original abnormality? Please focus specifically on the abdominal problems, giving the actual cause, treatment, and cure of this- the disorder as well as the ramifications of continued use of cholestyramine.*

*3) Is said condition primarily a physical disorder? Please explain the interrelationship between the physical, mental, emotional, and spiritual divisions of the body as relates to this problem and suggest steps that could be- that should be taken to bring the system back into balance.*

*4) How long will it take if I apply the recommended procedures before there will be relief?*

*5) Why specifically is this happening to me? What is its purpose and what are the solutions?*

*6) This situation seemed to begin with my career as a basketball coach and teacher. Is there a cause in effect in this relationship? A recent change in careers has brought no obvious relief, even though the physical and emotional strain are greatly reduced. Was my underlying belief that the basketball*

*coaching may have brought about an imbalance between the physical, emotional realm, and spiritual realm well-founded or misplaced?*

*7) Finally, would God's purpose for me and my own growth be best served in my former teaching and coaching career or my present career, and how does this relate to the physical, mental, emotional, and spiritual balance of this system?*

*We prayerfully present these questions now to You, Father, asking as we do that you would guide Charles to the highest and best information possible through this work which we are now about to do in his name. And if it be possible to give Charles some sort of healing during the course of this work, we offer ourselves and channels for that purpose if it be in accordance with your will. We ask all these things of you, Father, in the name of the Christ and we thank you.*

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*Yes, we have the channel then and, as well, those references which apply to the entity now present. As we begin with this work, we shall first pray in this manner: Oh, blessed Father, guide us now in this work so that it shall be in the fullest of accordance with Thy will and purpose. And grant further the presence of the Master, the Christ, so that these works shall impart his healing grace, love, compassion, and wisdom unto this entity called Charles now before Thee, Father. And, as well, we pray that these blessings might be given unto all those souls in all realms who are at present in some need. With humble joy for this opportunity, we thank You, Father. Amen.*

*As we seek to find the references and the information regarding this body physical, we note, first of all, dear friend, the presence of intensity of thought, of emotion. There is the ability within you to generate a considerable quantity of what we shall call quite simply energy. This energy needs to be allowed a free-flowing movement through self so-to-say, but when there is doubt or concern, uncertainty or whatnot, these effectively cloud or block or obstruct the flow of this energy causing it to be reversed back into self so-to-say, and therein cycling, causing the generation of a state of imbalance or a lack of ease. Know then that the portion of the body which is directly relative to this*

*generative process of energy flow is that of the solarplexi and the lower portion of the stomach region. Resultantly we would find here the disruptive force makes its manifestation most profoundly recognizable in this area.*

*We also find that in the body there are disruptions to the thought, to the emotions, as the result, and doubt and uncertainty are often present in this area. Is that not so? In these aspects, then, know that the interrelationship between these forces causes then an impact upon the neurological system, affecting essentially secretion or stimulation to the ductless and, as well, the cleansing organs of the body by way of stimulating enzymes and that sort, which further perpetuate a cycle which would otherwise be very moderate if at all even noteworthy. So the condition as we find it most clearly given here is one which does truly relate to the mental and to the emotional. It is a curious paradox perhaps for some in that outwardly there appears to be confidence and certainty in so many areas, and yet within self we find there to be a continual habit of measuring self against this or that outside of self and a certain attitude which we will attempt to define as best we can in your terms which seems to prevent self from fully expressing joy in a manner which limits and impedes the full potential of this lifetime. So again all of this returns as an emotion which is a stimulant, for the energy involved here is intensified by the presence of the thought pattern called emotion. Glandular secretion increases then, subsequently stimulating the metabolism and various lactations in the body, not only relative to the lymphatic but also in terms of stimulating enzymes which are of such a nature to penetrate or ooze effectively through the membranous tissues, through the actual walls of the elementary. These then, entering into the digestive chamber or combustive chamber, cause the production of the bile and the result is a condition that is irritation more-so than an infection, more-so than an improper alignment or an organic structure. See? So it's, as we find it here, predicated almost totally upon the sensitivity, the blocking of energy by doubt or apprehension and all that as we've given it above.*

*Now then, turning more-so toward your questions, as best we can, to a more literal sense, firstly it would be well to elevate the body in terms of the postural integration relative to the spinal and the branching or truncation of nerve centers from it, this easing somewhat the pressure on these centers, thusly alleviating any excessive reaction to stimulation from the acid stimulus*

*which is produced by the dendrites, or by the nerve fibers. So, we would lift the arch and the foot somewhat. Needn't be excessive, but a bit more inclination on the body more towards the ball of the foot. That would help perhaps curiously to you, but it will help. We would also keep the body in a north-south alignment when sleeping and we'd try to elevate the feet and legs just a bit more--so than the trunk of the body. This will increase, of course, the blood circulation and intensity or density in the stomach region and trunk of the body. This will improve the oxygenation and cleansing of the blood stream during the process of sleep. Needn't sleep this way each evening, but two or three evenings out of each Earth week would be very good for the body. And we would also do this occasionally throughout the Earth day when possible: that is to recline the body and elevate the feet. This further alleviates the effect of gravity upon the basal section of the spinal, the lower LUMBAR segments, which further causes stress or heightening of sensitivity in terms of the nerves and will cause a moderating effect to the digestion and to the stimulation as relates to the difficulty you've described.*

*We would also exercise this body, and one of the best of all would be to exercise in water, finding that as we do this we can negate somewhat the effects of the gravitational pull, and also the water contains or generates so-to-say an ionic field which is of a purifying and health-giving nature to your body energies. We find that collective pressure upon the spinal and increased sensitivity over the recent Earth years has caused some excessive pressure in the upper of the lumbar vertebrae segments here at the junctive between the second and third of the lumbar and moving upwards with gradual de-intensification, as we so do, until about the fifth to sixth of the thoracic or mid-spinal, dorsal as it might otherwise be called. Imagine or visualize this much in the form as a conical increasing pressure, tapering to a point at the top near the fifth of the dorsal and downwards to the lumbar segments junctive second and third at its broadest or base. The effect here upon the transverse branching is significant. Thus, we would also use massage and manipulation to this area and the placement of castor oil packs kept quite warm twice weekly as the very minimum, best if this were done each Earth day, that is daily, at the onset for ten to twenty Earth days then every other day thereafter, tapering the frequency down as suits the improvement here. See?*

*For the massage we would use this as a lubricant and balm: we'd blend these ingredients: Pine oil (one half part), three parts pure olive oil, one part peanut oil, one half part witch hazel, and one half part eucalyptus oil (See?), not spirits. We'd blend all of this and we'd use it very sparingly as a massage and manipulant or lotion when massaging. If need be, that is, if the reaction is too strong initially, clean this just as need be with mineral oil. See? Then, as you so do, massage upwards, commencing at the lower or sacral of the spinal upwards to the cervical, massaging the head, the shoulders, the arms, the hands, the fingers, then move down, massage the legs, the thighs, and conclude with a brisk massage, using the tips and edges of the fingers or knuckles on the toes and soles of feet. Now mind thee, this area must be approached slowly, building up with the pressure here, as it will be very uncomfortable to this body, given with a note of loving humor.*

*We'd soak the body often, this just aiding the body's digestion and the elimination of drosses circulating in the body which are of a high acid residual. Testing the body for acidity would be one way of indicating the progress here, and galvanic reaction can also be a good indicator of the improvement of the body's neurological balance, that's the skin galvanometer tests. The body should have exercise but not to strenuous in terms of lifting, pushing, running, or jogging. This would only cause further pressure upon the spinal. Rather, twisting, bending exercises, exaggerated brisk daily walks where the legs and arms would be moved in exaggerated motion (the body, the upper torso twisted in an exaggerated motion) so we would flex nicely (See?) the spinal and the musculature of the body but not harm it and not force further pressure upon the bodily membranes.*

*For this body then we would also be a bit watchful in the diet and we find these things to be helpful for the condition and for the body: when available, fresh cherries or their juice. This can be blended with such as cranberry juice as well or with grape juice. This will cause just a slight increase initially in the PERISTALTIC movement of the elementary but should gradually show improvement in terms of the body's tolerability to nerve-stimulating conditions. It is essentially a kin to fighting fire with fire for the type of acid lactins which are in this are of a beneficial reactive nature to the body and stimulate largely-cleansing and also purification to bacterial deposits, also are helpful in eroding mucal as are formed in the upper portion of the intestinal*

*somewhat as a reaction on the part of the body to be a protective mechanism. See? So the juice or the fresh berry or as you prefer a combination of same should be taken once or twice daily just two or three ounces of same, whether the fresh fruit or the juices of same. See? The body will benefit from cooked grains, lots of them. These should be clearly cooked and not in the raw or whole state as roughage. See? But cooked roughage. See?*

*Largely this will soothe and aid the body and also create a good acid-alkaline base from whence the body can then reference. Another way of expressing this is to indicate that the body will respond to lots of cooked grains by producing a different type of bile, a different type of enzyme generation, and the effect is beneficial here. We'd take baked or steamed squash, we'd take melons and melon seed tea, we'd take steamed or broiled Irish potato, the Jerusalem artichoke, Kohlrabi, we'd take some vine plants as beans, peas, and such legumes, but these should be cooked by steaming or boiling or as in soups or stews or that sort. We'd be very watchful with peppers, onion, garlic, cinnamon, celery, paprika, we'd be watchful with leaf greens such as cabbage and that family grouping, but we would take such as leaf spinach (here we'd steam it or cook it), we'd take some fresh leaf lettuce or head lettuce and we'd season this with such as chopped or boiled egg and olive oil and a side of vinegar as the garnishment. We might use here as well some rough-curd goat's cheese, we would use bits of chopped olive and that sort in this. We'd give the body prepared gelatin, not the capsules, we'd give the body steamed or baked fishes frequently but not the outer layer, not the epidermal or skin, we'd give the body poultry as prepared in stews or soups or baked and only that way but no red meats for the present. See? We'll pause a moment and continue on the reverse.*

*Very well, we are returned and we continue. Resuming with commentary regarding dietary and nutritive benefits for the body, be mindful that most foods which are processed to an excessive state, whether by excessive artificial heating for drying purposes or pressure by improper milling methods or by the addition of stabilizers, emulsifiers, preservatives, and whatnot, all of these in a healthy body can be converted or balanced with because of the perfect image in that body, but wherein the body or the image of same has some area of duress or dis-ease (that is a lack of ease), then these can be unsettling, disturbing so we'd be watchful of these in the more general sense*



*categorically as relates to the diet. It may seem curious, but you should not use dairy product in the diet except that we find that goat's milk is beneficial here, providing a soothing and healing nature to the digestive, we'd have several glasses of this daily and as is possible where this is unprocessed to any extensive degree, though in either instance both would be acceptable and of a healing benefit to the body. Watch dried pepper, watch many of the dried seasonings, for these are stimulants to the blood stream, to the gall (bladder), to the liver, to the bio-creation, they are irritants to the urinary tract, to the entirety essentially of the elementary or digestive system, so use these with care or moderation. Occasionally some cultured cheese other than goat's cheese such as yogurt or curd cheese can be taken to the body with no disruptive nature, but other than those, we'd avoid dairy products. We wouldn't have carbonated or alcoholic or distilled or fermented beverages in the diet, because these place a burden upon the liver and as well upon the kidneys, the cleansing organs in general. They also tend to disrupt the metabolism somewhat, and in this instance we shouldn't wish this. See?*

*For the betterment of the body, brewer's yeast would be good and we'd take about two tablets of this daily. We would take these with meals and as at equal intervals apart daily. We would watch any excessive use of sodium compounds or salt simply because this increases blood circulation to an extent, and increased blood circulation caused by this method does not generally provide an increase of oxygenation to the blood as it flows more rapidly, so it doesn't provide the benefit to the body and triggers a false stimulus to some of the secretive glands, and this can throw the digestion (off) a bit. Needn't do without this, but moderation watchfulness. See? The melon seed tea as we indicated it is soothing to the digestion. We would also make an equal blend of the sage and mint tea such as the American or English peppermint or variations of the mint. Blending this and brewing a medium strength tea, adding to it raw honey as suits thee, and drinking three to five cups of this daily. We find that melon seed tea: two or three cups of this daily. Don't worry; you'll become accustomed to this and you will grow to find it pleasant. See? The condition as we find it then is qualitative to the neurological or the involuntary nervous system. Generally speaking it is not a condition which needs to be lived with, it is rather a condition which causes thee to change thy life. Also we would find that the Cholestyramine is not essentially harmful, but continued use that is over a longer span of Earth years*

*can cause the body to become dependent upon external sources of controlling its own functions. To that end then we should find that this might ultimately cause nerve disorders or some displeasure, some conditions of nerve discord, a lack of harmony between the nerve functions. See? Though it would take a number of Earth years to reach that proportion so it's not a matter of immediate concern but one which over a long period of time should be a bit watched. See?*

*Exercise and strengthening the stomach muscles without placing pressure upon them is good. In the manner which we have indicated above exercise such, twisting, bending, flexing exercises but not those which put excessive pressure on the membranes and the sphincter, the connective fibers or tendons. The interrelationship between the physical, mental, emotional, spiritual is one which seeks to provide thee with a greater confidence and a state of peace and joy for self. For the intellect is high, the generative power of creative energy is also high, but these are hesitant, reluctant. There needs to be a greater confidence in this, yet this kept in balance with the desire to be cooperative and in harmony with others, not so as to elevate the self above others but to be equal and to live in a state of harmonious equality, recognizing your right to pursue your own works, your own joys and to be a unique individual and granting as well that same right to others in thy thinking, in thy actions. See?*

*The length of time for the procedures to be complete is unfortunately largely dependent on self, but given that as we see it here, we should think that the condition should be significantly improved in three to five Earth months with noteworthy improvement in three to five Earth days. Thereafter a continual evolvment of improvement to strengthening the musculature, balancing the energy in the body and its generation, and gaining more acceptance. To this end then there should be daily periods of meditation or reflection wherein the purposes and goals of self are examined and focused upon to evolve a state of idealic goal which can be the light that guides, the purpose which brings meaning into the life and the daily works. If one knows these, the life is filled with joy and hope and the forces of God can bring to you far greater opportunity through this as the permission to so do.*

*You have asked the reason for this occurring: it is only one way which is being*

*used to accomplish the soul's purpose in this lifetime, and that is to know the potential of self as an instrument or child of God or if you prefer, as an unlimited creative power in the Earth and in all realms and to keep that as a state of awareness and as a state of activity in harmony with the Universal Laws, namely the right of others to pursue their goals and their uniqueness as well. As we see it at present there is more-so doubt and concern inhibiting self than there is danger of dominance over others or of ego difficulties (the self, see?). Needs to be more confidence in the decisions, in the purpose for the decisions and in the righteousness of same. For it matters not if an action is later adjudged to have been an error, for that is a greater blessing than to have not made an attempt at all. See? An activity is the greatest burden of all. If there be such as called "sin," we should have to find that as it. See? Given with a note of loving humor. Thus your relationship with your career is not that which needs to be doubted. Choose that work which brings thee the greatest joy, for that's the Father's purpose and that's His intent for you and all ever. None should doubt this, for all can easily move to that level of consciousness and see that they would do the same. See? We wouldn't return to the teaching, the coaching; there's just too much energy in that, and it's too disrupting to you because of your tendency to take this energy and hold in you. You could consider it in another way stating that you hold the thoughts, the purposes, the limitations, and whatnot of others deep within you, letting them dwell there, causing an imbalance to self. Actually the flow of energy through you is of sufficient intensity and your capacity to focus this seems to be keen enough that you could use this as a healing energy if you had the belief and the will and confidence. See? More-so than you are that is, lovingly given. See?*

*So we would continue and we would look to the clarity and creative ability, the organizational quality, and the ability to know what is the right decision and follow it. It appears that you are progressing well, but doubt is limiting you. All of the world is called a learning sphere and each entity therein both scholar and teacher care that one further step, and consider within self there is a sphere, a world of consciousness and each of the aspects, traits or characteristics have that to give which can teach and that which can be learned. Let the qualities of self interact in that nature on a friendly basis, on a warm and welcome state of esteem. In this way then you won't fault self for this thing or that and seek to edify self for another but disassemble self in*

*terms of the traits, the habits, the characteristics. Examine these and find their value in terms of continuing with them or determine that they have fulfilled their purpose, then place them aside and replace them with a new goal, a new purpose, a new work. In this way you will make the greatest and most rapid change and you will eliminate doubt; you will replace this with confidence. Then that guidance which is present and available to all will become more profound and more clear and that will help the in your vocation, will it not? Investments and advice in this area will become clearer of mind, clearer in terms of guiding you, and you will become an example and a light to others, and that's as important in terms of teaching or guiding others if not more-so than the previous career.*

*It would be good for the future to look for opportunities to gain different perspective upon self, your life, to travel, to discuss and meet others, and to use this as a tools from whence you can accomplish the greater balance and joy within self. Ultimately then all of the dietary cautions and restraints could gradually be lessened, and we should think that the body, mind, and spirit would unify themselves into the full potential of your being. You see? Specifically we do not see God's purposes for you or your growth better served by teaching or coaching than to be an inventor, to be in business, to be an artist, to be one who tills the Earth, to be a carver, for it is the result (See?) that is important here. And the result from self is that which becomes the example upon which others will gaze, and from whence they shall draw learning. See? For the present then we must conclude. We ask as we so do, Father, that if it be in accordance with your will, let this prayer be heard, and let this body be healed in all aspects. Here is a light within this body, Father. Awaken it. Let it shine and radiate all throughout his consciousness. Let the entity Charles know himself to be a kindred soul unto that one called the Master, the Christ, knowing thusly himself to be capable of all those things which He has promised and far more. Let this temple now be perfect that those works might be done. Amen. For the present then we conclude. Fare the well then, dear friend.*