

# THE BIOLOGY OF PEACE

Dr. Nick Good

Foreword by David Wolfe

Contributions by Jared Port and Julia Corbett

*“When health is absent, wisdom cannot reveal itself, strength cannot be exerted, wealth is useless and reason is powerless.”*

~Herophiles 300 B.C.

*“Nothing is so fragile as action without prayer.”*

~Buddhist Proverb

The power of prayer is legendary. These are the times to use it. Little is truly understood in the world today about the power of God moving the world through prayer.

Prayer is a cleanser of the psyche. It nourishes soul consciousness and empowers the spirit. That spirit shines through the cellular structure. The brighter our light shines the healthier we are. Prayer helps us to shine brighter.

The Light of God surrounds us.

The Love of God enfolds us.

The Power of God protects us.

The Presence of God watches over us.

Wherever I am God is.

For I am a being of God's own Light.

And all is well.

Explore the power of prayer at [www.howardwills.com](http://www.howardwills.com)

© Copyright Charles Nicholas Good and David Avocado Wolfe 2009

Whilst Nick Good and Dave Wolfe offer this information in good faith, neither they nor the Living in Magic Group can take personal responsibility for the consequences of any individual if they choose to apply these principles.

The contents of this book are presented within the context of a holistic healing system and designed to be applied together. Understand the principles, apply them and share them.

Application of this program is subject to the above terms and conditions.

## Dedication by Nick

I dedicate this book to my long-suffering mother, Margaret “Bumble” Ann Good, whose many pleas of “why can’t you just be normal like everybody else?” fell constantly upon my deaf ears. My mum is an inspiration and the embodiment of joviality in the face of all adversity. Inspired by the Bumble Bee which breaks the laws of aerodynamics, my dear mother, by existing on a diet of mainly butter and ice cream, (according to my observations), defies the laws that govern biology, chemistry and physics. Having been informed of the details of my outrageous adventures during two decades of international travel, she is, without doubt, the living proof that an open mind and an open heart are indeed the foundations of a long and healthy life. Dear lady, it is with great appreciation and the fondest affection that I dedicate this work to you. Thank you for everything, Mum.

## Table of Contents

Foreword by David Wolfe .....	6
A Few Words from Nick.....	7
Preface.....	8
So-Called Incurable Disease is Curable.....	9
The New Health Order.....	11
The New Consciousness of Biology.....	13
New Information.....	14
The Single Most Critical Factor In The Healing Process.....	15
The Mission: Fulfilling Your Highest Destiny.....	16
The 100th Monkey.....	17
<b>Author's Introduction.....</b>	<b>20</b>
The Power of Thought.....	21
The Power of Vision.....	22
Resistance.....	22
The Power of Prayer.....	23
The Truth About Cancer and The Law of Harmony.....	24
Know Thyself.....	25
Co-Factors Associated with Disease and The New Health Paradigm.....	25
Our Inner Potential.....	26
The Still Small Voice.....	26
The Return To Innocence.....	27
The True Holistic Health Model.....	27
<b>The Natural Goodness Program: Part One (Medicinal Nutrition and Cellular Consciousness).....</b>	<b>.....</b>
Introduction.....	29
Acidity and Dehydration: The Two Most Common Factors In All Cellular Disease...31	
Heart Disease – Constricted Love?.....	31
Cellular Purity.....	32
Cellular Structure.....	33
Key Points Recap.....	34
Getting Started.....	34
The Three L's of Cellular Health.....	35
The Unified Field of Infinite Possibility.....	36
The Inner Climate.....	36
Disharmony = Disease.....	.....
Raja Yoga Meditation...	
Merging The Fields...	
Feelings and Vision...	
The Holy Spirit and Manamanabhav: Spiritual Super-Food...	
Be Still and Know...	
The Normal Waking State...	
The Journey Begins...	
Integration...	
Consequences...	

The Facts...	
Forces of Destruction...	
Identity...	
Conflict Resolved...	
Relationship	
<b>Part Two: Detoxifying The Physical Body.....</b>	<b>50</b>
Introduction...	
Disclaimer...	
Health facts...	
What's Going On?...	
Did You Know?...	
Extracts From Rational Fasting by Arnold Ehret...	
What's Going Wrong?..	
Cells Need To Eat, Drink and Breathe...	
The Law of Diffusion...	
In The Heart	
Disease from Over Eating Poor Food...	
Supporting Natural Bodily Rhythms...	
Program Overview...	
<b>The Program.....</b>	<b>63</b>
The Daily Strategy...	
A.M. Morning Program...	
Jungle Juice	
Glandular Balancing	
Other Hydrating A.M. Suggestions	
Breakfast Options	
Mid-Morning	
Lunch	
Mid Afternoon	
Evening Meal	
Bliss Chemical Evening Program	
Power Foods for the Superhero	
Weekly Fast	
Recap of Daily Consumption Strategy	
Integrating the NPG into the Working Week	
Additional Recipes	
Autumn/Winter...	
Spring/Summer...	
Living Foods	
Balancing Raw and Cooked Foods...	
Don't Go Nuts	
Mucous	
Antioxidants	
Hydration	
Prepare All Food with Love	
Sprouts	

Hot Tip!  
Miracle of Fasting  
Elimination Tips  
Healthy Points  
A Few Words on Sugar  
What About Meat, Eggs and Dairy?  
Worried About Protein?  
Supplements  
Conclusion  
The Seven Fold Peace  
Appendix A: Liver Cleanse  
Appendix B: Superfoods  
Appendix C: Food Combining  
Appendix D: Natural Cellular Defense  
Appendix E: More Articles  
Resources

## **Foreword by David Wolfe**

The time for peace is now. The word is out. All disease is curable. Cancer, for example, is not only treatable but healable. Cancer has an answer. And it is not what we were told or sold by allopathic doctors, pharmaceutical/chemical companies, lab-coat scientists or mass media.

The answer to cancer lies in the unexpected, the astonishing, yet the reasonable and inspirational. Cancer, as we now understand it, is a physical, mental, emotional and spiritual illness that is consistently indicating to us that something in our internal and external environment is out of balance. By truly understanding this holistic principle at every level of our being, and by rebalancing ourselves and our behavior, we start our way back towards safe and effective treatments and solutions to cancer.

As you search your feelings on this insight, you will realize that it is correct. Cancer is not going to be solved by a drug. That point is moot. That whole direction of “medicine” has already been tossed into the ashbin of history by solution-oriented individuals.

The author of this book, Nick Good, is a friend, a lover of life and a cancer survivor. He speaks from experience, where both his father and brother were taken down into their graves by the same cancer that afflicted Nick, he chose another route — a route towards complete holistic healing. A route that incorporates all important aspects of healing including: prayer, positive thought-word-action, vision, purpose, opening to the mystery, excellent nutrition, pure water, clean air, bodily cleansing, a fitness program, an attitude of gratitude towards life, love-filled relationships and more. This is the Natural Goodness Program which puts you directly in touch with your destiny. The Natural Goodness Program works because it systematically brings you in touch with the power of your life-force and your soul.

Throughout this book, Nick Good indicates to us that it is soul revival and transformation that is (underneath all the illusions) our grand calling. This is an awareness. This awareness involves a complete turning towards our destiny in our thoughts and our everyday actions. It means completely aligning ourselves up with the noble aspects of living, so that our soul is healed and we can become even more actively engaged in the healing and evolution of our planet.

Take action immediately on the information Nick Good has delivered within these pages. Do what you can now as best you can. Simply begin the program. There is no right or wrong, only a direction — and our direction determines destination. You can succeed. You can live in natural magic. You can completely heal yourself. You can love more. You can experience the best day ever every day!

May the power of grace and prayer guide your journey.

David Wolfe, JD, ([www.davidwolfe.com](http://www.davidwolfe.com)), author of Naked Chocolate, The Sunfood Diet Success System, Eating for Beauty

## A Few Words From Nick Good

*“Be not deceived, God is not mocked, for whatsoever a man soweth (in his heart) that shall he also reap.”*

~Galatians 6-7

The understanding of health and the factors which impact it, negatively or positively, has become very clear. Although, as in the case of every investigation into a deeper truth, mountains of information and disinformation exist. Every one of those mountains, it seems, will support a different point of view, often presented by individuals with impressive credentials. This can become extremely confusing and many simply give up. Well, you can take heart from this work because I have dedicated 25 years of focused commitment to uncovering the principles of health, and I present them here to you. I am not a scientist nor a medical doctor, but I am someone who has been very close to death and returned to tell the tale.

Very simply put, the essence of this book is this: You are a Spiritual Being. The more you ignore it the more you suffer. If you nurture your spirituality through a focused, loving, tender, internal and deep relationship with your spiritual source, you will shine bright with life. If you combine that with an attitude of mercy, forgiveness, compassion, agape love to everyone and everything (especially yourself), you will support that shining light with optimal feelings for health. Finally, if you do both of those and live a healthy lifestyle, which includes nourishing, natural foods prepared with love, *eaten minimally and appropriately combined*, along with moderate exercise you enjoy then you have the fundamental secrets to a healthy, prosperous and very happy life.

Now, it's up to you. You don't even have to read the rest of this book. Should you choose to read on, please forgive me for any offenses my choice of words may cause. Everyone has their own view of spirituality, and I have tried to present principles that are free of dogma and the politics of religion. It is for that reason I have chosen the terminology of yoga as the model to communicate spiritual concepts through. I consider this to be the most neutral model. Again, please forgive me for my offenses.

Feel free to substitute your favorite names for Source anytime you wish. You may choose God, Jesus, Allah or whatever; it's up to you. Although you will not find any promotion of Christianity here, I feel it is only fair for me to say I not only believe in God but feel and speak to that Holy Presence every day. I love Jesus and consider it a private, personal relationship so deep and timeless that it transcends all labels and names.

May you experience blessings of peace and enlightened understanding as you read these pages.

Nick Good. England. 2010.

## Preface

Before reading the contents of this book, I must issue a word of warning: if you choose to absorb this knowledge and apply the principles contained herein, you will change. That, my friend, is certain. Not only will you become healthier but your whole world will shift. The way you perceive reality and your understanding of yourself will transform, as if by magic, in accord with the findings of the most intelligent revolutionaries of modern times.

Your soul purpose, possibly for the first time in your life, will become consciously clear. It will become impossible to ignore the calling for which you were born. If you do not wish to join this natural revolution then please read no further, and bury your head deeply in the sand. For no longer will you have an excuse for carrying on the ways that are contributing to, not only your own personal stress, neurosis and disease but the dis-ease of the world. I make no apologies for the sharpness of these words. The gloves are off. These are the end times. It is time for *The Rainbow Warriors* to strike.

Almighty winds of change are sweeping across the toxic plains of a modern industrial civilization. Tiny flowers, everywhere, are squeezing through the cracks in deep, thick layers of concrete, driven by an unstoppable power. The birds are singing with it, and its message is blowing high in the treetops. The sunrise and sunsets are broadcasting it, and every wave that breaks is delivering the same good news. That power, that Life Force, that *Natural Goodness*, is as strong in you as it is in anything else. The great challenge of the times is *will you allow yourself to fully express it?*

The main reason, as a modern culture, that we experience disease is because we are living unnaturally. That does not necessarily mean we should be swinging about in the trees, but it does mean we are ignoring the natural wonder of ourselves and choosing to live in a way that destroys us.

A massive shift in understanding the true nature of disease is occurring within the world today. Thanks to the World Wide Web, it is possible for leading-edge researchers, revolutionaries of our modern times, to publish their works and unite together under a flying flag of Truth. The astonishing news is that by applying the revolutionary principles that naturally restore optimal holistic health, we step onto a *magic carpet* which is designed to carry us along the path of our highest destiny. Even though the modern world resembles a battlefield, where the forces of darkness prevail, that flag of Truth *is* flying high. Even so, the time is now and the need is great to apply the magical principles of Truth, so the forces of *Natural Goodness* active within our world uplift the lives of us all.

*“Let one who seeks not stop seeking until one finds. When he finds, he will be troubled. When he is troubled, he will be astonished, and will rule over all.”*

~Jesus, from *The Gospel of Thomas* or *The Hidden Sayings of Jesus*

The information required to allow ourselves to experience the full joy of aliveness is now available to us all. The dark ages are over. Thanks to the research of a growing army of cutting-edge medical researchers, progressive thinkers, doctors and scientists, such as Dr. Gabriel Cousens, Dr. Len Horowitz, David Wolfe, Dr. Richard Hawkins, Dr. Bruce Lipton, Candace Pert, Dr. Deepak Chopra, Dr. Richard Schulze and many more, *the true reasons* why we suffer are being identified and translated into a language that anyone can understand.

We can access this information and apply the common principles, unifying this international body of seemingly unrelated individuals, for the betterment our own personal health, that of our families, our societies and thus the human race. Thanks to the information age, all of us can benefit from the research and findings of the most active revolutionaries of, not only modern times, but also from years gone by.

There is an overload of information available today. Much of it is disinformation and/or plain nonsense. Anyone who wishes to publish an opinion about anything is free to do so. Time and time again, it has been proven that impressive educational qualifications *do not* necessarily guarantee an accurate, honest representation of facts. Of course, this point is sharply illustrated by the political realm which has its fingers in the pharmaceutical pie. The words which follow are forged from the fire of experience. My conclusion is simple and can be summed up in the following statement: *suffering is a choice*.

The contents of this book represent over 20 years exploration, discovery, application, distillation and synthesis of the “best of the best” information I have been able to find. Everything I have written about in this book, I have applied myself to enable me to recover from a horrific chapter in my life. During a period of 13 months, having been diagnosed with the same disease myself, I watched my father and younger brother die of cancer. They both accepted the diagnosis, prognosis and treatment of the conventional medical system. I did not. Previous to that sobering chapter of my life, I spent the greater part of two decades traveling internationally, working as a personal trainer, motivator and masseur to professional athletes. During this time, I learned about the power of the mind and how to focus it. The roots of disease exist in a sick mind. The reason disease is at epidemic proportions in the world is because the modern human mind is sick. The new health paradigm is saying it is not enough to treat symptoms. We must go to the cause. This is a journey we are all advised to undertake. What I am about to describe here is a holistic healing experience: the harmonization of a physical, mental, emotional and spiritual unit, a human being. I have returned from the depths of hell on a mission, with a message: so-called incurable disease is curable.

### **So-Called Incurable Disease is Curable**

Disease is the consequence of unnatural, disharmonic ways which disturb the natural environment most favorable for the development of an evolving organism. Disease is a signal from the body that we are out of harmony with nature. Surely disease is not nature’s plan. Is it God’s plan? We are out of harmony with nature’s way because we are out of harmony with *our inner nature*. Within every single one of us is the energetic blueprints for a perfectly healthy life. We do not become diseased because we are programmed genetically to do so. *We become diseased because we create an*

*environment which promotes it.* This does not mean that faulty genetic combinations do not exist, but it does mean, in the vast majority of cases, we can do something about them.

The whole modern industrial world is diseased. We are a modern civilization in decay. Our ignorance, decadence and arrogance have left the door wide open for evil to run amok. Now, we are at a critical point in our unfolding as an evolving race. We are faced with a dramatic choice. The choice is very simple: do we wish to continue with our journey into the pits of hell or do we wish to create an alternative future? For those of us who do, the information, method and technologies to fortify that choice are here and now.

You are not going to read about these things in mainstream media outlets. Nor will you learn about them in the current institutionalized educational systems. The current modern medical system, notwithstanding the compassion and good heartedness of many of its employees, is a rigged deck that is married to the interests of pharmaceutical companies and commercial organizations that benefit only from treatment *and not from cure*. It is not in the financial interests of the powers that be to provide cures. It *is* in their interests to perpetuate the façade that most disease is incurable with no known cause and that their treatment is the best way. This mindset serves a modern industrial military complex that has economy as its most superficial *raison d'être*. Even at the expense of the ecology and the health of its citizens, the industrialized system, driven by a handful of the worlds most powerful and wealthiest individuals, ploughs mercilessly along perpetuating ignorance for its own self-serving purposes. It is a system that achieves consistently pathetic results in terms of curing so-called terminal disease (around 16% of all individuals treated by conventional means for cancer actually achieve remission). And according to one body of research, death by reactions to prescription drugs and hospitalization has now jumped from third on the list to *the* biggest killer in America. Many individuals, like myself, have found a better way. The good news is this more natural way is powered by *the unstoppable forces of natural goodness*. No matter how bad things may seem, nor how dreadful they may become, once you have turned to unite with that which gives you life, victory is guaranteed.

By aligning yourself with the principles contained within these pages, you are adding your weight to the momentum of a great revolution that is sweeping the world today. Millions of individuals are becoming increasingly aware that our political governments, controlling agencies, and super-power military industrial organizations cannot be trusted. Our “controllers” are in league with forces of unthinkable darkness which function behind the scenes, orchestrating events of appalling magnitude and seriousness. I share these thoughts not to unduly alarm you but to establish the full context of the situation and draw your attention to the seriousness of the times. The big news is that quantum science, optimal performance technologies, ancient tribal wisdom, spiritual truth and fundamental holistic health principles are now united under the same banner of truth. The name on that banner is *Revolution*.

By choosing to take full responsibility for our own health and the expression of our own truth, we are fulfilling a mission that is coded within our souls. The holistic healing experience is nothing less than living our highest destiny, consciously aligning with the powerfully transformative forces of natural goodness which are here for our ascension.

What other purpose is there for us to achieve? Life is a mystical, wondrous journey, and we are allowing ourselves to turn it into a modern, industrial toxic hell. One of the consequences of this misdirection of our creative energies is the misery of human disease. The good news is that the keys to unlock the chains of misconception have been found. Now, it's up to us to use them.

## **The New Health Order**

Thanks to researchers like Dr. Bruce Lipton, it is now a scientifically supported fact that the way we think and feel is *the major factor* in the health equation. Energy medicine is fast becoming the new language of health. Our bodies are each an amazing combination of energy systems that require harmony and free flow in order to function properly. Although diet and exercise are vital factors as well, the new health paradigm reveals that *what you hold in your awareness is the overriding determining factor of genetic expression*.

In other words, what we are aware of is the pivotal point around which our experience spins. What we believe and how we orient our existence according to those beliefs, determines which genes are activated and therefore how much of our human potential we can enjoy. Underneath it all, deep down within our soul is a perfect song being sung. It is the song of nature within the seed of the soul. If our thoughts, words, actions, and therefore our feelings, are out of tune with this inner natural song, discord and disease result. Getting in tune with the will of life, emanating from within, requires full awareness of the deeper truths of life, the nature of yourself and what your purpose is within existence. This is a mystical, alchemical process, a wondrous, never-ending journey of the mystery being revealed as who I Am. Along this path, which follows obediently behind, if we turn to see, is the zigzagging motion of our corrections and adjustments in just the same way as a ship crosses the sea. The main qualification for captaining this magical ship is honesty with oneself.

No longer are these concepts the realm of the mystic or the jealously-guarded property of religion. The word is out. Follow the path of your happiness with courage, patience, wisdom, certainty, compassion and joy. By doing so, you will experience clarity, depth, generosity, abundance and, best of all, become a truly great lover.

The new health order alerts us to the fact that attitudes and feeling states impact the biology in such a way that it actually changes its physical form in accord with our dominant feeling states. Constant repetitive thought and internal dialogue of a depressed and negative nature impacts the brain in such a way that a neural web is formed in harmony with the electrochemical and biochemical events which are being caused by the thinking-feeling processes. What scientists have observed is that the brain will produce chemical messenger hormones, neuropeptides, of a similar nature to the dominant thoughts and feelings.

These messenger chemicals then travel to every cell in the body. This communication is virtually instantaneous. The cells, in order to receive these chemical messages, have to produce specific receptor sites. The receptor sites have to be like a lock that fits only one key, the exact match for the messenger hormones. The more a specific type of peptide is

produced by the body, defined by dominant emotions and thoughts, the more receptors are required. There is only a certain amount of space on the outer wall of the individual cells, so in order to accommodate these receptors that HAVE to be there in order to receive the communication. Consequently, there will be less receptors available for ingestion of nutrition and excretion of waste, etc. When the cell divides, the daughter cells are born with the same characteristics as the parent. Thus, if we have invested years in internal negative self-talk, depression, or other consequences of a sick mind, then eventually we create bodies made of cells that simply cannot absorb nutrition no matter how good it is. As we are all born into a dysfunctional modern world system, we are all affected by it. Some of us may not be dying of terminal disease yet, but the facts remain the same: the modern industrial world robs us of our spiritual vision, redefines our sense of self and generates inner feeling states and attitudes that depress and stress the biology. As an essential part of the foundation for health, to support nutritional changes, we need to *reprogram our subconscious minds*. The subconscious mind is like a reservoir, where all of the recordings and vibrations of the accumulated thought forms exist. That is why I have developed the Natural Goodness Program (NGP), a three-part series with a foundation in subconscious reprogramming. Within the subconscious realm, there exists a wonderful, natural harmonious state. All we have to do is uncover it. That exciting journey begins with changing our awareness.

### **The New Consciousness of Biology**

*“All disease is a consequence of disharmony between the actions of the personality and the will of the soul.”*

~Dr. Edward Bach, 1931

There are so many factors involved in each equation of health that the subtle cause of illness and disorder cannot be seen under a microscope. It will never be found in a single parasite or germ. There is a primary underlying reason why we suffer. Disease is an accumulation of factors impacting the physiology over a given period of time. Although an appropriate cleansing and nourishing diet is a foundational factor in the clearing of disease from the biology, there are far deeper reasons which affect health than isolated considerations such as “am I eating too much red meat?” Dr. M. Scott Peck, author of *The Road less Traveled*, assures us there is no authentic success in healing “without a significant underlying shift in one’s attitude towards, and awareness of, the deeper questions in life.” Taking responsibility to ponder the mysteries of yourself is an essential component in any healing modality. Without the appropriate adjustment to your feeling-thinking attitude towards life, the Source of your life, and your relationship to it, there *is* no healing. Symptoms may be relieved for a while, but their causes carry on affecting our health on a deeper level and are bound to reappear in some other form, for our meeting with them is part of our destiny.

The efforts of the reductionist scientists and theorists of material-based conventional thought cannot kill the wonder of life. We only have to look upwards on a starry night, and no matter how detached from our true inner nature we are, something inside us is bound to stir. The whole history of scientific research, though truly marvelous and worthy of immense respect, is based on the dissection of what can be seen and quantified.

Yet the very same body of science has ascertained that, in fact, physicality comprises only about 2% of the subatomic realm, which includes our cellular biology and the whole of the physical world. When magnified strongly enough, the very nature of our biological being, almost the totality of our cellular structure, reveals vast distances of space. This, however, is no dead space but what Dr. Deepak Chopra calls *a unified field of infinite possibility*. It is within this quantum field that our awareness, largely in the form of vibrational thoughts and feelings, interfaces. It is here, where spirit and matter come together, that our destinies are determined. It has also been established by researchers of DNA that most of us, when behaving normally and, therefore, operating in something termed *the normal waking state*, function on barely 2% of our available capacity. Add to this the fact that our sensory perception permits us to accurately perceive only a tiny fragment of the quantifiable energy spectrum (0.01%).

The efforts of the establishment hitherto, pertaining to the understanding of life and our relationship to it, have been focused on the 2% of quantifiable form, interpreted through a mindset that is 99.99% blind, by biological entities only expressing 2% of their available life force. Is it possible that we as a human race have placed conceptual understanding or informed opinion, no matter how incomplete, before experience? It seems we are on the verge of a quantum leap, not only in understanding the true nature of our being but in *experiencing* it.

We are now living in unprecedented times. It is an age of awakening where a critical mass of individualized points of consciousness, or souls if you prefer, realize our true inner nature and emerge from the cocoon of the living dead, otherwise known as the normal waking state, and get on with the joyful mission of expressing it. The secrets of human being that, when accessed, will allow us to evolve to the next level of conscious creative expression are now available to us all. To my knowledge, no one but the Living in Natural Magic Team has distilled them and synthesized them into one ultra-potent, personal optimization program.

### **New Information**

So much information is becoming available pertaining to the true nature of human being, our relationship with life, our purpose within existence, how we interface with the medium of creation, the consequences of ignorance, the manifestations of the forces of good and evil, (particularly within the political, religious and world monarchies, extra terrestrial intelligences, the true nature of disease etc.) that conscious evolution seems to be accelerating at an unprecedented rate. Many individuals can sense impending change of a gargantuan nature now affecting our world. Scientific research is now documenting extraordinary changes and climatic events, not only on this planet but every planet in the solar system. Could it be that something so huge and unusual, certainly to the mindset of the normal waking state, is impacting our collective reality that we simply have no reference point to accommodate it?

### **The Single Most Critical Factor in the Healing Process**

*The single most critical factor in the healing process is the identification with one's True Self.* The shift away from the habitual, fearful, often compulsive, neurotic drive of the

shadowy ego into the original, eternal light and love of the soul is the great key to unlocking the treasure chest of the magic that *you are*. The discovery of the authentic beauty of *I* is the most important journey you will ever undertake. The attitude which fosters constant health is a wonder-love-gratitude attitude. By living from the heart, in a constant state of simple adoration and awe of the infinite wonder of life, we automatically resonate with a quality of being which inspires and magnetizes a magical, natural goodness into our lives. By living in the subtle feeling experience of atonement with *The One Love*, which fuels every particle of the subatomic world, we automatically return to the underlying state of balanced perfection that we eternally are.

There is an aspect of our being which is constantly at one with The Source of Life. If we are ignoring the relationship with our inner most being, we are functioning without the guidance of our wisest component, and our whole lives, as a consequence, will reflect this lack of harmonious orientation. If we take an honest look at the way the modern industrial world is accelerating and the impact of its way of being on the natural world, we can honestly say to ourselves: now is the time to awaken from my dream of separation from that which Loves me most.

*“It was nature, wildness, this undomesticated spirit that fled when it got enslaved, insulted, maimed, beaten or scared off. This trespass on one’s personal nature or soul is what Mayan Shamans considered the prime source of illness to humans. People simply forgot that the non-ritual inventions of the human mind insulted the human soul, which, like a deer, was frightened by the unnatural.”*

~Martin Prechtel in *Secrets of The Talking Jaguar*

Even though, to many schools of thought, humanity is teetering upon the edge of extinction, an unprecedented unification is occurring within our modern world. Quantum science is now joining forces with ancient wisdom and the purest spiritual perspectives. From this enlightened trinity, what is becoming increasingly clear is that the energetic presence of life has a definite *quality of being* which responds to our intent.

Our thoughts, words and actions constantly strike chords with this ever-present, unified energy field, and it is the degree of harmony produced that defines the levels of health we experience as individuals and as a culture. Most of us are out of tune with our inner nature. This is not an individual problem. It is the consequence of the current human condition. However, as individuals, we can choose to take responsibility for our own health and, in doing so, make a much-needed, positive, significant and *immediate* contribution to the growing dilemma of our world. The old paradigm, or collective idea, which saw revolution as something to be achieved outside of oneself has now been superceded by a more enlightened perspective. We now know that *as we change the world changes*.

Like individual cells in the body of humankind, the more of us who begin to vibrate with genuine health, the more the body, as a whole, will reflect this and thus our world will transform. We should be aware that the physical body is the level of effect, not cause. Symptoms, classified as illness, disease or disorder are a consequence of underlying causes. Until these causes are identified and changed, physical breakdown will persist. It

may be possible to alleviate symptoms but not to cure. The roots of disease run deep in us all. The human condition is sick because it is living disharmoniously.

*“All that is occurring on the present world stage is in necessary fulfillment of a greater script in which the old must be cleared away in order for the new to manifest in supreme purity. From this point of view, the cycle of history is in the nature of a bad fever that has to be worked out, full of nightmares and visions, but once the fever has passed, a new purified soul emerges. Such a perspective fulfills many prophecies of the coming of The Golden Age, a New Heaven and a New Earth, New Jerusalem or Shambhalla, the mending of the Hoop of Nations, the Flowering of the World Tree after a long winter of the soul.”*

~Jose Arguelles in *Valum Votan*

### **The Mission: Fulfilling Your Highest Destiny**

*“The tragedy of life is not in the fact of death but in what dies inside of us while we live.”*

~Norman Cousins

Are you on a mission? Are you living your Life Purpose? Imagine if you had a mission in life. A specific purpose, a destiny, something only you could fulfill and in living that purpose you would experience complete fulfillment. Would you be interested in living it? Imagine if the secrets of perfect contentment were already sown, like a seed, deep inside you and all you had to do was water that seed, and, in doing so, you could change not only your own life for the better but also that of the whole world. Would you do it? This mission is about doing exactly that: watering the seed of the wonderful being that you are, that we all are.

Great changes are taking place within the world right now. The most significant is our understanding of who we are and what our relationship is with life. Quantum science, ancient wisdom and the purest spiritual perspectives are beginning to merge as one. It is through this emerging lens of clarity that we can begin to see the path upon which we all yearn to tread. Fulfilling your destiny, living your purpose, having the courage *to be who you truly are*. This is the mission for which the time calls.

*“The destiny of man is in his own soul.”*

~Herodotus

As modern civilization creaks and groans under the pressure of its own disharmony, we witness the systems within it breaking down. The Titanic of the modern world has hit the iceberg. As this becomes more apparent, the necessity of reclaiming responsibility for our own personal futures returns to ourselves. The situation the world is in will not be solved politically. The more we realize that *as individual points of consciousness we constantly affect the whole of which we are part*, the more we will be inspired to choose the thoughts, words and actions that will sculpt the future we wish to live. The soul is a seed and the holographic universe is the garden. Within that seed are the blueprints for perfect human expression. The impressions of the experience of the plant or tree are recorded in

the seed. There are some trees on the northwestern seaboard of North America, very often exposed to violent stormy winds, so much so that they are bent over backwards, twisted and contorted, their leaves almost touching the ground. If you were to take a seed from one of those trees and plant it 100 miles inland, in perfect soil and climatic conditions, would it grow a straight tree? The answer is no, nor would it do so for successive generations. This is because following generations will grow according to the latest impressions that have been recorded in the seed not according to the original program. We see this clearly in the world today, and this fact is the hidden spiritual truth in the old testament scripture: "I The Lord thy God am a vengeful and jealous God visiting the iniquities of the fathers upon the children unto the third and fourth generations." This does not mean God is jealous. How can perfect love experience jealousy? What it does mean, however, is that there are natural laws which govern creation and, if we break those laws, the consequences will be felt through successive generations. The great challenge facing this generation, the *Rainbow Generation*, is to ignore the impulses of the latest recordings within the soul seed. These are material-based recordings stemming from ego attachment, fear of survival and greed. The challenge for us all is to go a little deeper into our being and access the original instructions. In doing so, we build a rainbow bridge from this world, which for many is living hell, into a heaven-on-earth. This is the will of our creator, the nature of life, and our own inner nature. By accessing the true nature of our being and allowing it to express through us, *as us*, we allow the natural mystery *we are* to unfold in perfect accord with the unlimited wonder of infinite life.

Every moment of every day we are striking harmonic or disharmonic chords with a natural law: *the law which draws potentiality into the world of form*. Every thought, word and action has an immediate energetic consequence. Our attitude magnetizes experience. Our imagination sculpts it into form. The only way to purify the soul seed and erase the recordings of disharmonious behavior is to go within and find that central core of pure peace, love and beauty and exist from it. This simple act has the greatest benefit for not only our own personal health but for that of humanity.

### **The 100<sup>th</sup> Monkey**

According to tests on the consciousness of monkeys, there is something called "the 100<sup>th</sup> monkey effect." What the results of these tests clearly demonstrate is how new information of a life-changing nature, being assimilated by members of the culture or tribe, affects the culture as a whole. The tests were run at the same time on monkeys living on different neighboring islands and involved feeding dirty sweet potatoes to one group on one island. Once one monkey had figured out how to wash the potatoes, the information was passed to its neighbors who also began to do the same. The interesting thing was once the number of monkeys had reached a critical threshold, 100 monkeys, *all* of the monkeys on *all* of the islands simultaneously began to wash their potatoes. What this indicates is that once a certain percentage of individuals have integrated new information into *the collective consciousness* then the whole tribe changes. The collective consciousness is the invisible database with which all human minds are connected. It is the collective reservoir of human thoughts to which we are all contributing daily, transmitting and receiving thought energy with our minds.

The new information that is being downloaded by members of the modern human tribe is based on the realization that the way we are living is less than optimal, in the sense that it creates dreadful disharmony and disease. The great revelation, however, is that there is a better way and it is our responsibility to make the choices to live that way. By doing so, we harmonize our way of being with the very Force of Life, itself, and nothing can bring us more alive than that.

The disharmonious way most of us live our daily lives, and the impact of the thoughts, words and actions associated with that way, are the cause of all disease and misery in the world. No matter what we have inherited from our ancestors, no one other than ourselves is responsible for this fact, and the time is ripe to change our ways. No matter who you are, where you are, or what you do, you *can* change your life for the better, and, in doing so, add to the momentum that is growing very quickly. You could be the 100<sup>th</sup> monkey. *Research, investigate, and live your dreams, whatever they may be.* You are not here to just make up the numbers. You are here to be who you are destined to be, who life wants you to be. It's inside you; it's inside us all. It is who you truly are. The shifts in human consciousness that we are witnessing today are nothing short of a complete revolution, a peaceful loving revolution, which requires every one of us to invest in self acceptance, forgiveness and love--to get on with the mission of being who we are designed to be, originally and naturally. The codes that define our identity are recorded in the seed of our being, the soul. Now is the time to water that seed, and we need not wait for anyone or anything to give us their approval to do exactly that.

The 100<sup>th</sup> monkey effect proves that on some level we are all one. As Kahlil Gibrain so eloquently puts it, "not a single leaf turns yellow without the silent knowledge of the whole tree."

All ill health and disease has a cause. If the body is weak there is a reason. If someone is stuck in dysfunctional behavioral patterns and a destructive attitude, there is an underlying reason why. One could say that the whole world is stuck in self-destruct mode. This is no coincidence. As long as we choose to function without the guidance of our Highest Source, we are bound to destroy ourselves. This is as true for an individual as it is for a nation. Before the subject of health can be discussed accurately, the question of identity must be clarified and resolved. Just exactly who is ill? Is the soul sick and the consequences of this sickness manifesting in the body? If so, how does one heal the soul? Is the dis-ease of the soul responsible for the dis-ease in the world? Is the fact that we are out of touch with our pure inner nature the reason why modern civilization is in such a mess?

*"What we feel we attract. What we believe we become."*

~Dr. Joseph Murphy

The sixth rule of Huna (ancient Hawaiian healing wisdom) is Pono which, roughly translated, means "harmony is a measure of truth." Are you in or out of harmony with your inner nature? Get in harmony is what this mission calls for. In Hopi Indian tradition there is an ancient prophecy referring to the emergence of a tribe called *The Rainbow Warriors*. The prophecy foretold the destruction of their race and of the earth and many

of the birds and animals, etc. It also predicts the emergence of a group of individuals who, when the world is on the brink of absolute catastrophe, rise from the delusion of ignorance and become an embodiment of truth. The keynote of this prophecy was also the central theme of the message of Jesus, Buddha, Mohammed and the many others who have borne witness to the extra-ordinary potential that lies within us all.

*“Have I not said that ye are gods?”*

~Jesus Christ

This tribe has no leader or political organization and is made up of people from all nations, religions and cultures. The members of this tribe are united in spirit, in consciousness; their mission is to transform the world by being an embodiment of peaceful natural goodness and by holding a golden vision, a vision of a perfect and wonderful world.

*“The world is created through vision.”*

~Siv Baba

Are you of that tribe? In every town, every city and every village in the world are scattered the seeds of this tribe. If you truly desire to make a difference, and, in this exciting time of wonderful opportunity, lend the full weight of your soul purpose to this peaceful, silent revolution, simply have the courage to uncover and be your *natural self*, to become soul conscious and to take the power of God. This process is greatly enhanced by being still and becoming focused and at one with your inner being. It requires recognizing the distinction between *the natural self* that life wills humanity to accept, honor and express and the self-destructive, habitual ego-identity, whose fearful sphere of action, thought and word creates suffering and delays the experience of the higher life. The golden key to unlocking the mystery of the Self is to understand you are an eternal soul and life is your playground, your canvas upon which to express. It is from this subtle focal point that you can have an accurate relationship with your Source. Without contemplation of the soul, there is no accurate basis for relationship with Source. In other words, if I don't know myself then how can I know God? And if I don't know God then how can I know myself?

*“Every human being alive today, modern or tribal, primal or over-domesticated, has a soul that is original, natural and above all, indigenous in one way or another. Like all indigenous peoples today, that indigenous soul of the modern person has either been banished to some far reaches of the dream world or is under direct attack by the modern mind...For there to be a world at all, every indigenous, natural thing must start singing its song, dancing its dance, moving and breathing according to its own nature, saying its name, manifesting simultaneously its secret spiritual signature.”*

~Martin Prechtel, *Secrets of The Talking Jaguar*

## Author's Introduction

*"Per ardua ad astra: Through hardship to the stars."*

~Royal Air Force motto

My professional background is as a motivator and personal trainer to world-class athletes. This work is a synergy of cutting-edge holistic health principles, pure universal wisdom and the most efficient positive reality creation systems I have unearthed during more than two decades of international exploration and endeavor. I recommend you saturate yourself in the positive, uplifting information I am sharing here.

The main body of the work and the other programs I recommend are a phenomenal source of supercharged holistic health information gleaned from more than 20 years of continuing research. By applying the principles, following the links, reading the recommended books *and by discovering your own research* there is enough power here to completely transform your experience of reality. Enjoy the ride!

*"No man can reveal aught but that which already lies half asleep in the dawning of your own knowledge."*

~ Kahlil Gibrain

Several years ago I was faced with a great crisis. My father and younger brother were both receiving conventional medical treatment for cancer. At this time, I was also told that I had a similar form of lymphatic cancer to that of my younger brother.

Eventually, my father died and then some weeks later my brother. They had both chosen the conventional medical healing path. I chose a different one. Now I am sharing this knowledge in the hope of helping anyone who may be receptive and in need of effective, healing wisdom.

Prior to this time in my life, I began the study of natural healing methods, including how to use natural foods to detoxify and rid the body of certain blockages that diminish and prevent the flow of normal physical functions. The men and women whose work I studied are the pioneers of *a modern medical revolution*. Time and time again, these brave souls have used the power of natural goodness to heal where modern medicine had given up. Individuals, such as Arnold Ehret, Jethro Kloss, Drs. John Christopher and Richard Schulze, Dr. Bernard Jensen, Dr. Deepak Chopra, Dr. Robert O. Young, Dr. Gabriel Cousens, Dr. Candace Pert, Paul Bragg, Dr. Ann Wigmore, Rev. Viktoras Kulvinskis, Dr. Richard Anderson, and many more.

For several years, Richard Schulze ran a clinic that only accepted cases that were deemed incurable. Some of these case studies are astonishing, and an undeniable testimony of the regenerative power of the human body, provided it is supported in the appropriate way.

It would be inappropriate, not to mention illegal, for me to say this program cures cancer and other forms of disease. However, it is a fact that individuals all over the world are using natural means to assist in healing themselves of even the most advanced stages of terminal disorder. A recent study on Natural Cellular Defense, an all-natural product containing *Zeolite* (see Appendix D), powerfully illustrates this point. **Seventy-eight percent of a 65-person control group with stage three and stage four (terminal) cancer, classified as beyond the capabilities of modern medicine to cure, achieved complete remission within 14 months of taking the product.**

As anyone who has studied the research of the success rate of conventional medical treatment of cancer knows, these figures are simply astonishing.

### **The Power of Thought**

*“Do you know that it is a scientific proven fact that the self-talk going on in your head right now programs your DNA for sickness or health for life or death at every given moment?”*

~Dr. John Jay Harper, *Ancient Vision of Modern Wisdom*

In addition to the aforementioned facts, there is plenty of documented videotape evidence of a clinic in China where the doctors use non-surgical means to dissolve cancerous tumors *on a daily basis*. Patients are brought into the operating room, and the whole procedure is viewed on closed-circuit TV screens. The Doctors, all practitioners of Chi Gong (energy healing), simply direct their energies to the area of disease and witness the tumors dissolve on a screen. As they cure multiple patients in this manner, they affirm one thing vocally: “It is done.” This unshakeable mindset of accomplishment is an integral aspect of achievement. Whatever it is you want to achieve, “*it is done*” is the optimum attitude to embody. Not just once but constantly. The power inherent in the focused mind of a human being functioning from selfless good heartedness is simply unstoppable.

*“You are not what you think you are, rather, what you think, you are.”*

~David Wolfe

A new way of thinking, aligned with these wonderful, natural healing events, is sweeping through the field of human consciousness like wildfire. If you are not already ablaze with the wonder and potency of its message, then it is my sincere wish that by reading this work you very soon will be.

I mention this example, and there are many more, to illustrate a very important point: what seems to be incurable is nothing of the sort. If you did not already know: *your thoughts and beliefs are the most critical determinants in not only the health equation but in the very way your whole life unfolds.*

## **The Power of Vision**

It says in the Bible that “where there is no vision the people perish.” What is your vision? How open is your heart and your mind? Do you see life as an eternal adventure or is it a mundane, predictable affair full of struggle and despair? Without vision you will not achieve the levels of health and happiness that are your birthright. Disease and all other forms of misery have a corresponding mental/emotional attitude that goes with them. If you are reading these words, your time has come to upgrade your vision. If you’re not walking on water then you probably still have a bit of work to do. Life is an eternal journey of Self discovery in wonder. As we begin to discover who we truly are, we climb aboard a magic carpet. Health, wealth and the deep happiness of personal fulfillment are a natural consequence of seeing the highest vision and creating the corresponding reality. It all begins in the mind. Tell yourself over and over: “I am a wonder-filled soul and my journey is full of magic.” Sing it, dance it, feel it and *be* it. The human being experiencing itself to full capacity is magical.

## **Resistance**

Resistance to positive change comes from the ego construct. The ego construct is a distortion within our own sense of self. In other words, we think we are our egos and allow ourselves to be driven by the impulses of the ego. According to the work of Dr. Carolyn Myss, an expert in the understanding of the dysfunctional human psyche, there are four major archetypal components to the modern human ego. From the thousands of treatments she gave, four common factors were isolated in every case. One of these factors is something called “the saboteur.” The saboteur is the aspect of the collective ego-mind which infiltrates our individual thoughts and urges us to do that which undermines our joyful experience of ascension, causing the process to become painful or otherwise discordant. The saboteur resists the highest good for the individual and maintains existing structures, no matter the pain they cause. It is a fear-based response which guarantees sorrow. Consider how the saboteur may be active in your mind, and whenever you find resistance to the information in this book, question it.

I know a lot about resistance. If you feel resistance to these words, challenge that resistance. Investigate it. Dr. Myss and many others, including myself, contend that we are often driven by internal forces which may be powerful negative influences in our lives. We do not need to obey the commands of the ego without questioning its motive. However, what are words? Merely symbols which affect us only by what we associate them with. Those associations are always based on past experiences, memory. Many of us do not have happy associations with God or Love. I could not even say the word God until I was 30 years old, let alone contemplate communion with. Also, other than on television, I never actually witnessed an adult male and female acting affectionately towards each other until I was 22 years old. Love, for me, like many of us was both frightening and repulsive. I am not trying to sell you anything here. If you experience resistance to these concepts, these symbols called “words,” and what they represent, go to nature with an open, yearning heart and immerse yourself in an experience *that shifts something in you*. After my father and brother died, I went surfing. Learning to surf was

some of the best medicine I ever took. Nature will birth you if you allow it. Holistic health is about becoming whole.

The Ancient Essenes, who were the Love Revolutionaries of their time, had three means of activating their full potential as human beings: the study of nature (which is science), the study of ancient wisdom and communion with The Source. Significant change *is* required. The energy that must shift is a change of mind, perception, attitude and awareness, so something Divinely natural may flow and express through your being. Herein lies the mystery and purpose of our existence. Harmonizing our thoughts, words and actions with this Force, consciously and willingly, is the fast track to living in natural magic.

### **The Power of Prayer**

There is a place in Portugal called Fatima. Here, over the years, thousands of pilgrims visit to experience healing in the form of what they call miracles. Fatima is famous for the visions people have seen of the Virgin Mary. Many healings of extra-ordinary note have been documented there. Years ago, a very thorough study was conducted to ascertain why some people had been healed while experiencing the vision and others not. There was only one thing *everyone* who saw the visions had in common. At the time they received their healings, they were all praying for *someone else*. I shall not expand anymore here on this concept but instead recommend the works of Earth Scientist, Greg Braden, (check out *The Isaiah Effect, The Lost Mode of Prayer and Beyond Zero Point*, all available on audio CD). The power of prayer is fact. What I am proposing, supported by the work of Braden and spoken in the words of Jesus, “whatsoever a man soweth in his heart that shall he also reap,” is that your way of being *is* your prayer. Rest assured, the reality you perceive is the response to that prayer. The way you feel toward others is the key factor in the prayer equation.

*“I looked around upon the world and saw that it was shadowed by sorrow and suffering. And I looked for the cause... I looked in books but could not find it. I looked within, and found there both the cause and the self-made nature of that cause. I looked again and deeper and found the remedy. I found one law, the law of love; one Life, the Life of adjustment to that Law; one Truth, the Truth of a conquered mind and a quiet and obedient heart.”*

~James Russel

### **The Truth About Cancer and The Law of Harmony**

*“Cancer is no mystery. It is the result of an inefficient immune system. Simplify your approach, address the real problem, and enjoy vibrant health.”*

~Linda Brooks

Cancer, and virtually every other form of disease, is a *condition defined by its symptoms*, (you can read what Dr. Robert O. Young has to say about this in his open letter in Appendix D). We do not catch cancer. We create the condition by breaking the biological laws which, when respected, maintain a constant state of health. Thoughts and feelings

create an internal environment. If that environment is out of harmony with the energetic presence of life which fills cellular space, a condition of disease is bound to manifest. If we dissolve the condition by respecting those laws, the body will rebalance itself. The Natural Goodness Program (NGP) is full of information to help you realign harmonically with the laws that govern your biology. A very obvious means of assisting this process is to strengthen the immune system. One of the simplest and most efficient means of achieving this feat is to practice *rebounding* on a daily basis. If you don't already have a rebounder, go out and buy one.

Check out the fabulous work of Albert E. Carter on the immune system and his book *The Cancer Answer* and his video *The Immune System* (see Resources). Here are some of the statements from Albert's work:

- Cancer cannot exist in the body that has an efficient immune system.
- Rather than attack the cancer in ways that weaken the immune system let us strengthen the immune system.
- This strategy comes under the heading of *immunology*.
- Mainly because immunology is not in the financial interests of the establishment, information about it has been uniformly suppressed.

Juicing is another powerful method of boosting the immune system. Someone once said if you can't afford a juicer, sell your car and get one. The healing process requires commitment. Everything you need to restore balance to your being is within your capacity to attain. I call it *Natural Goodness*. The soul you are in is full of it and so is nature.

Great changes are sweeping through the collective mind of modern humanity. Seemingly invincible, unbendable, unsinkable structures of traditional attitudes and thought are dissolving before the eternal light of Truth. The vast realm of health is being purified in the fires of revolution. *Nature heals cancer. Natural Love heals cancer. Natural Love is our inner nature. Love is who I am.*

## **Know Thyself**

Something I learned very quickly on my journey is that only you can take responsibility for your health. No one knows you better than you do. Only one statement was engraved above the entrance to all the healing temples of ancient Greece: *Know Thy Self and Nothing in Excess*. Self-knowledge, through the wisdom of experience, is the foundation of harmonious being. Life, lived in natural magic, is a great adventure in the eternal journey of Self-discovery through compassionate, creative expression. All disease is a signal that somehow we have gotten off course. In Truth, you are your own physician. I urge you to take advantage of the knowledge contained within this document and to experiment with the principles outlined. These are not only guidelines for health but, more importantly, directions to access a hidden potential that exists inside each of us. One of the most exciting discoveries of modern times is the connection between the expression of our inner potential and holistic wellness, for it is in the becoming of the full glory of human being that we experience the true meaning of health and vitality.

## **Co-Factors Associated with Disease and the New Health Paradigm**

According to Dr. Richard Schulze, there thousands of co-factors associated with disease. These include the influence of our ancestors, family, friends, lifestyle, environment, lack of knowledge, destructive thought/feeling, lack of consciousness, diet, exposure to toxins, viruses, bacteria, yeast, parasitic animals and many more. The modern traditional emphasis, when considering the treatment of disease, leans heavily to the visible (i.e. drugs, machinery and surgery). Is it a coincidence that even with all the remarkable advances in science and conventional medicine, physical and mental/emotional disease is at epidemic proportions? During my research into the most effective present-day healing models, I have noticed a definite and significant shift in attitudes towards the application of *non-visible solutions* to health problems. This shift rests upon a deeper understanding of what the human being truly is. The call from the more enlightened sectors of health practitioners today is for a new paradigm, one that sees physical disease as an indicator, a signal from the physiology, that within the core of the being all is not well. Pay heed to these signals and make the necessary adjustments to the underlying behaviors and attitudes causing them.

This shift in approach to defining disease suggests that our consciousness is the primary causal factor in the health equation, and matter is at the secondary level of effect. In other words, it is the state of our inner space that defines the health of our outward physical form. This puts the ball in the court of the individual as the creator and, ultimately, the healer of his or her own disease. The power is in our own hands or, more accurately, our own minds.

*“We can create more damaging body acids by mis-thinking than we can neutralize with all the alkaline-forming broths we can take.”*

~Dr. Bernard Jensen

## **Our Inner Potential**

The practice of holism is nothing less than becoming whole, becoming complete. During my studies, which began in New Zealand working with world-champion athletes, I discovered there is an incredible potential within us all that is bursting to be expressed. But for most of us, life in the modern world prevents us from experiencing that potential, and this is a root cause of stress and disease.

The human body has a will of its own, and it is when we are out of harmony with the intention, the song of that will, that we make decisions that cause harm. This includes choosing what to think, speak and do. It is the sum total of our thoughts, words and actions that generates the way we feel and the levels of happiness we can experience. Good health is merely a natural by-product of alignment with the will of this internal resource. When our thoughts, words and actions are not in harmony with our original design, we become diseased. As Jesus says in *Love Without End Jesus Speaks* by Glenda Green (a must read!), “be the Love that you are.” The simple Truth is that we were created by a Living Love. As seeds of that love, we were planted in wonder and granted

the gift of *free will*. Now, look what we have done to ourselves and our world. Surely there is a better way.

This inner potential is like a seed: when we are not aligned with the will of this seed, the natural instructions within us that allow us to unfold our destiny, we are resisting the will of nature. This is like the seed of an oak tree pretending it is a chicken. Sounds crazy, I know, but it's true. Out of all the things I am sharing within this work, if there was one thing I want you to retain it is this: *within us all is the very Force of life itself. This Force is one with the will of our creator. At any given moment we can access that Force by becoming peacefully still and at one with it.* In doing so, we can exist in harmony with it. Herein lies the purpose of our lives. Any deviation from this purpose is bound to cause dis-ease. How could it be any other way? May you be at one with The Force that *is* with you.

### **The Still Small Voice**

*“Not following the paths of righteousness and not following the dictates of conscience are the root causes of all diseases.”*

~Dr.V.B. Athavale

We all have a small voice within us that whispers guidance along the way, and it is when we ignore our conscience that we suffer. One may ask, what about the suffering of those who do not know about these natural internal resources? I, myself, was one such person. During my continuing education I have become aware of answers to these questions. It was an education without which I would not be writing these words for you. Life has prepared me to share with you information that I have synthesized from some of the most effective healing systems on planet earth. I absolutely guarantee that if you apply the principles contained here, not only will your health improve, but you will begin to access the natural internal resources that are your birthright. We all know we are living unnaturally. Why not make the effort to get in tune? It surely is the best experience in Life.

### **The Return to Innocence**

*“The Only Thing worth Living For is Innocence and Magic. Amen.”*

~David Grey

These are indeed exciting times for we are returning to our own original, eternal and natural power, recreating our own reality and therefore our world. Amazing research is being done all over the planet that is not covered by mainstream media organizations. The fact that individuals, like myself, are using natural holistic methods to overcome serious disease is part of this global awakening phenomenon. This awakening is nothing less than the purification and flowering of human consciousness. After the flower comes the fruit.

When dealing with disease we need to understand that symptoms are the effect of underlying causes. These causes have deep roots within our own psyche. The human

psyche, the reservoir of thought/feeling and creative energy, is a fertile garden. In it, we plant, by virtue of our conscious thinking/feeling processes, the very seeds that determine the levels of health we shall experience in our outward physical form. Not only our own personal health is grown from this inner garden but also the health of our communities, our culture and our world. Genuine healing requires recognition of this fact and an acceptance of the responsibility for sowing the seeds of not only our physical health but a brave new world based on the vision of an enlightened mind. What we are witnessing in the modern industrial world are the well-prophesied *end of times*. It is, however, only the end of what no longer serves. The old way of being, which goes with this diseased culture, is no longer appropriate. It is time to learn the lessons and move on.

### **The True Holistic Health Model**

Physical regeneration is a constant and natural process based upon certain fundamental principles which, if ignored, will destroy the body's attempts to rid itself of disease. In the case of my father and brother, the modern medical institution ignored those principles to a very significant degree, and, therefore, guaranteed and even hastened their physical demise. I do not mention this in malice but to clearly draw attention to the fact that the current conventional medical model, with all its high-tech advance and goodwill, is incomplete. The simple fault of that model lies in its non-holistic perspective.

What I am about to do is present a healing model which unites two schools of polarized thought existing within our modern world today. One is the purely mechanistic idea that the body can only be healed through physical means: diet, exercise and medical intervention. The other is more psycho/spiritual and encourages us to pay attention to our thoughts and feelings and to embrace our spirituality. A truly holistic health model is a fusion of both these points of view. We know about the importance of diet and exercise, detoxification and relaxation. What we are now being asked to embrace is a deeper medicine. This new wonder cure is nothing less than our very own illuminated mind and fully connected sacred heart, flowing with the magical natural goodness of an awakened soul.

*"Anamnesis: All knowledge is remembering what you always and forever know."*

~Plato

## **The Natural Goodness Program** (Medicinal Nutrition and Cellular Consciousness)

### **Introduction**

In this introduction I will give a brief overview of the factors involved in the physiological disease equation. These factors will all be discussed in greater detail later in the work.

Even though ill health has myriad manifestations in the form of symptomatic disorder, there are certain common denominators that are found in virtually *every* cellular disease profile.

Those common factors can be grouped together under one simple heading: *toxic constipation of tiny biological channels*. The NGP1, therefore, is a detoxification strategy that unclogs the tiny channels of our biology so our cellular structure can breathe, eat, sing and dance. This may appear to be a nonsensical statement but, in fact, the work of Dr. Candace Pert, as chronicled in *The Molecules of Emotion*, states the same. The information I have provided will allow you to understand just how, knowingly or not, we undermine our bodily health simply by adopting, unquestioningly, the modern-day lifestyle. The main solvent for dissolving these blockages is pure and simple: *water*. It is no coincidence that the most potent natural medicine we can imbibe is water. Water is also the element associated with feeling and emotion. Feelings of peace-filled love are simply the best medicine there is.

The key to physical health is providing the cells with the natural goodness they need and making sure that the systems designed to transfer the nutrients are fully functional. Through our own hands, largely by what we consume and the way we consume it, how our minds are oriented and the attitude we hold in our hearts, most of us are accelerating an ageing process that nature has designed to be far less traumatic.

Let us go over some of the key points we are about to consider:

- The whole body is a vast network of cellular structure that has been formed by Nature.
- Every aspect of our physiology, including the brain, heart, glands, muscles, skin, lungs, liver, kidneys etc., is made up of these natural cells.
- Every cell requires natural microelements digested from natural foods in order to function efficiently.
- Oxygen is the most important nutrient. So deep, even rhythmic breathing is essential. This occurs naturally in a peaceful being.
- These nutrients travel via the blood system and the lymphatic system. The tiny channels along which bodily fluids flow are like fresh running rivers. Over time, these rivers become polluted. This is the major cause of breakdown in bodily circulation.

- Almost all cooked, processed and packaged foods have some acidifying effect on the blood.
- Almost all cooked, processed and packaged foods have a dehydrating affect on the blood.
- Acidity, dehydration and cellular nutrient starvation are the constant factors in all disease situations.
- Blood acidifies and thickens as a direct result of the over-consumption of cooked, processed, packaged and unnatural foods and drinks. It is also affected by stress.
- As soon as the blood acidifies and thickens, lymphatic flow begins to slow and internal fluid begins to stagnate.
- Internal stagnancy creates toxic overload. Cellular degeneration is accelerated, as is mutation. Cells mutate and become destructive.
- As the internal environment changes, the many micro-organisms, bacteria and flora essential to healthy internal stasis begin to mutate according to the environment and start to display characteristics that are utterly destructive and guaranteed to generate breakdown in the weakest areas of physical function. They also generate large amounts of acidity and other forms of toxicity. This adds momentum to a cycle of imbalance.
- This shift in internal environment is largely caused by the unnatural consumption of unnatural foods and drinks and can be reversed through the introduction of copious quantities of natural raw foods and juices.
- Lack of oxygen at the cell site is a fundamental factor in all disease situations. An overstuffed toxic and stagnant system that is not oxygenated is going to break down. In cancer profiles, cells mutate from aerobic activity to fermentation. Because they are denied the oxygen they need, they change their nature and become sugar-holics. Remind you of anyone you know?
- Because the liver is the major filter in the body for all the blood, digested or partially digested foodstuff enters the blood, the liver can become very blocked. Anyone seriously interested in reversing biological breakdown should cleanse the liver. See appendix for the recommended liver/gall bladder flush. The NGP is excellent preparation for a liver flush: follow its principles before, during and after the cleanse.
- Light exercise daily is essential for lymphatic flow. Walking and rebounding are efficient and sufficient if you are out of shape or unused to exercise. Take it gently at first, and make sure you get your heart and lungs working.
- The body will pull alkaline minerals from bones, muscle and organs in order to balance acid/alkaline levels. We replace alkaline minerals through drinking and eating plenty of sea vegetables, organic vegetables and their juices.
- Acidity settles particularly in the weakest parts of the body.

## **Acidity and Dehydration–The Two Most Common Factors in All Cellular Disease**

Disease is not something that occurs overnight. It is often the result of a constant sabotage of natural bodily functions. In very young children, disease can be inherited from the parents, and there are various other factors such as genetic disposition that create constitutional weakness, which will manifest as breakdown in health. Toxic conditions will always accumulate at bodily weak points. Each individual has a specific history and unique constitution which pre-disposes him or her to certain areas of weakness. There are also a few other factors to consider, which we will touch upon later in this work. But the solution is always the same: if you support the natural bodily functions by alkalizing and hydrating the internal environment and provide the nutrients essential for cellular regeneration, the body will bring itself back into balance.

The main way in which health is undermined is through our daily intake of inappropriate food and drink. Everything we consume, combined with our daily thoughts, words and actions, affects the purity and quality of intracellular fluid. As soon as we improve the quality of our intake, primarily through the introduction of pure water, fresh fruit, vegetables and their juices, appropriate dehydrated green foods, and a lifestyle which generates the optimal thoughts and feelings most conducive to cellular health, the degeneration process is reversed and normal bodily health can resume. The time required for the body to rebalance itself is directly proportionate to the duration and nature of the negative lifestyle.

Negative thoughts and low-frequency feelings, like anger and fear, produce an electro-chemical effect which acidifies the blood. Most of what we eat and drink in the modern western world has the combined effect of acidifying the blood and dehydrating the cells. The two most common factors in all disease situations are acidity and dehydration. Disease is the end result of the natural process of cellular regeneration being undermined. The name given to the disease is the name that describes that particular set of symptoms.

### **Heart Disease – Constricted Love?**

The body breaks down in an infinite number of ways. One of the main diseases in western society is heart disease. *Heart disease allegedly kills more people than all the cancers put together.* Heart disease is the result of unnatural substances adhering to the inner walls of the veins and arteries. Blood travels along the venous and arterial pathways. On a physiological level, heart disease is the result of too many unnatural substances flowing through the blood system. It is as simple as that.

Within the context of the observations of Drs. Edward Bach and V.B. Athavale, heart disease would be considered a physiological manifestation of resistance to opening the heart to love and allowing love to flow through us and out into the world. Conventionalists may scoff at this but from my experiences, both personally and professionally, this is entirely accurate. What else are we here to do other than express love and receive love? Who doesn't want to love and to be loved? How much love do we experience within the context of the normal working day? Jesus says: "Love The Lord Thy God with all your heart and mind and soul and love thy neighbor as thyself?"

The NGP is based on a three-level approach to personal nourishment: 1) Spiritual Love, 2) Loving thoughts and feelings, and 3) Love-filled food and living environment. Without these essential ingredients in our health equation, we will always feel unfulfilled and, therefore, experience dis-ease in some way.

### **Cellular Purity**

There is somewhere between 50 to 100 trillion cells within the human body. When we are talking about physical health, what we are really talking about is cellular health. Cellular health is in its optimal state when the electrochemical, electromagnetic and biochemical factors which interface within biology are in perfect balance and stasis. It's a bit like getting the ingredients of a soup just right. A little bit too much of this or that and the flavor just isn't the same. These electrochemical, biochemical and magnetic factors are largely determined by our thoughts and feelings. The fluid within and surrounding the cells is a critical factor in the cellular health equation and is also affected by thoughts, feelings, and what we eat and drink.

The purity of intracellular fluid is maintained largely by the lymphatic system. Oxygen and nutrients absorbed from food through digestion are transferred to the cells via the blood and lymphatic system. The lymphatic system exchanges nutrients for the chemical waste within the cell, which is a natural bi-product of cellular activity. The cell wall is a semi-permeable membrane. Nutrients pass from the lymphatic fluid into the cell through the semi-permeable membrane and chemical waste passes out of the cell into the lymphatic fluid. This waste is then moved through the lymphatic system and eventually excreted from the body.

When this process is undermined, cells are denied the food they require and chemical waste builds up inside them generating, at the very least, a great deal of stress. We experience this precursor to serious ill health in a variety of symptoms, ranging from fatigue to depression. Very often, the common cold is nothing more than the body, triggered by some microbe or other, throwing out the accumulated toxicity that has occurred as a direct result of the constant self poisoning that we have indulged in since the day (and before) we were born. In a normal healthy body, with the lymphatics flowing properly and with nutrient-rich fluid, any microbe would be incinerated swiftly and effortlessly by our robust immune systems.

A constant strain is caused by the constant intake of combinations of food that the body cannot possibly purify. The biochemical and electrochemical consequences of low-energy feeling states contributes massively to a buildup of internal fluids which do not support optimal cellular health or biological function. This toxic cocktail is the arena which NGP specifically addresses. Add to this the hectic life in the modern world, and it is easy to see why ill health is such an accepted part of life. In truth, it is extremely unnatural and the result of biochemical catastrophe and the total disturbance of the most important process in the body, the transfer of nutrients to the cells and the transfer of waste away. This slow, steady poisoning constantly stresses the immune system. Because every component of our physiology is constructed from cells, our health eventually breaks down and we experience the symptoms of disease.

## Cellular Structure

Remember: the whole of the physical form is composed of cellular structure. Before we can fully appreciate how our normal eating habits undermine cellular regeneration we have to understand some important biological principles.

The transfer of nutrients to the cells and the removal of toxic waste (the byproduct of normal biochemical activity) from the cells are governed by a natural law called *diffusion*. The law of diffusion states that elements being transferred through the cell membrane can only pass from a *higher* concentration to a *lower* concentration. It is not possible for elements to pass from a lower concentration to the higher. The law of diffusion will not allow it. This point is fundamental in understanding how modern eating habits sabotage our health. The two key factors in all dis-ease, from the common cold to terminal cancer, are acidity and dehydration.

Now, how does diffusion occur?

All nutrients supplied to the cells, including oxygen and the microelements synthesized by digestion, travel via the blood. The blood is the great reservoir that determines the levels of physical health we can hope to enjoy. Into this reservoir flows the lymphatic system. There is several times more lymph in the body as there is blood. The lymphatic system is like an intricate network of rivers and tributaries. *Every single cell is floating in lymphatic fluid*. The nutrients that arrive in the blood via digestion are then transferred to the lymphatic fluid and carried to the individual cells. The lymphatic fluid also takes away the biochemical waste produced by normal cellular metabolism. That's the natural byproduct of around 100 trillion cells in constant biochemical activity. The lymphatic system is the only means of removing the biochemical waste from the cell site.

The whole of this process is governed by the law of diffusion. Nutrients and toxic elements can only pass from a higher concentration to the lower. That means the toxic levels in the lymphatic fluid surrounding the cell must be lower than inside the individual cell in order for the law of diffusion to be upheld so that a successful transfer of biochemical waste in exchange for nutrients can occur.

What happens to most of us, who have grown up on traditional western food, is that the blood begins to acidify and thicken. As soon as this acidifying and thickening process occurs the toxicity factor increases. This gradually slows lymphatic flow until it eventually stops, and the whole system gets backed up all the way to the cells. Consequently, the cells cannot release their toxic load because the toxicity levels outside the cell in the lymphatic fluid have increased to the point where the law of diffusion prevents the transfer of elements through the cell wall. Cells then, literally, begin to drown in the toxic waste of their own excretions and suffocate from starvation of the oxygen they need. Consider how it must feel inside to have billions of cells starving and suffocating. Remember, our physical bodies *are* these cells. A large part of our physicality is literally drowning in chemical waste, being poisoned to death and starved of its essential requirement: oxygen. Is there any wonder dis-ease is experienced? The whole process is completely reliant on lymphatic flow, and the key to stimulating lymphatic flow is to introduce oxygen and alkaline-forming foods into the blood via the

process of digestion. Because the lymphatic system has no pump, light exercise and rhythmic breathing will assist the removal of toxic waste. As soon as acidity decreases in the blood, the normal flow of lymphatic fluid will continue and the body will be able to rid itself of its backlog of toxicity and cellular regeneration will resume.

If this process of degeneration is not reversed, we will experience accelerated ageing and the miseries that go hand-in-hand with a constantly depressed immune system. As the body continues to creak and groan on a cellular level, the consequences manifest as breakdown in the areas most susceptible to stress, according to the particular behavioral habits, genetic make up and constitutional strength of the individual.

## **Key Points Recap**

The NGP is essentially very simple; and although it recommends certain dietary choices, it does not rely exclusively on any so-called medicinal or healing foods. *The best medicine is to rest the digestive organs and to allow the body to heal itself.* This can be achieved most efficiently through short periods (up to 72 hours) of complete abstinence and drinking only the purest water and honey. At all times, the brain needs to be fuelled and, as glucose is its food, fresh raw honey provides that nourishment perfectly. Raw honey also contains a perfect mineral content. These periods of fasting should be blended with an *appropriate nutritional program* based on the information that follows. During a fast is also an opportune time to enter into a deeper relationship with your spiritual source.

Make sure you read Arnold Ehret's books; *Rational Fasting* and *The Mucusless Diet Healing System*. Fasting permits the body to breakdown stored accumulations of toxic residues. If a lot of poisons have built up over the years, this can be a dangerous process and should be overseen by a qualified medical practitioner. A good understanding of the process can be gleaned from the study of the two works mentioned by Arnold Ehret and by thoroughly reading this document. Check out our website as well. I run a variety of healing retreats and adventure holidays which include a basic education in all of these principles.

## **Getting Started**

*“Paradoxically but true, (so called) civilized men starve to death through ten times too much overeating of wrong, destructive foods; the sack (stomach) of digestion is enlarged and sunken, prolapsed, which condition dislocates and interferes with the proper functioning of the other organs. Its glands and pores of the walls are totally constipated and its elasticity as well as that of the intestines, with its vital function almost paralyzed. The abdomen is an abnormally large sack of fatty, watery, dislocated organs through which half or even more of the decayed foods of civilization slide, fermenting more and more into feces such as no animal has and this is called digestion!”*

~Arnold Ehret

The NGP is designed to improve the quality of bodily fluids and the circulatory systems responsible for their distribution. The basis of the program is a constant, steady intake of fresh, natural fruits and vegetables, in whole form and as juices. Combine this foundation

with an appropriate intake of preferred whole foods, supplemented with pure water and periodic fasting. Fasting gives the system a complete rest and allows the vital forces to be utilized for the reparation of cellular tissue. It is a scientific fact, according to some very well-qualified schools of thought, that the process of cellular regeneration is so active that within one to seven years almost every single cell in the body is replaced. The NGP supports that natural process of rejuvenation, by not only providing the body with the best nutriment for building physiology but also to create the optimum mind/feeling (psychological) environment through an uplifting inner vision.

You may be thinking, “but I only want to know how to lose a bit of weight or feel a little healthier.” If that is the case, then use the program as an investment in your long-term health. Disease does not occur overnight, rather, it is the result of years of poor choices resulting in silently shifting cellular pathology. The choices we make today have an accumulative affect that guarantees enjoyment or suffering in the future. The fact that we are undernourished or overweight today, or experiencing the mildest symptoms of physiological dysfunction, indicates that we have already subjected our bodies to the stress that, *if continued*, will only be amplified.

Even so, changing dietary strategy, no matter how effectively, is still only attending to the superficial manifestation of a deeper problem. What we need, as a modern society in decay, is a shift in consciousness. There are many good books available that concentrate on diet alone and this is not one of them. If you are looking for a “band aid” approach to healing then this is not the program for you. But if you want to achieve the highest experience of health, this program will guide you through the methods to do that. The ultimate choice and responsibility comes through your own mind.

### **The Three ‘L’s’ of Cellular Health**

The three ‘L’s’ of cellular health stand for love, liquid and light:

*Loving* feelings, actions and internal dialogue.

Pure *liquid* in the form of healthy internal bodily fluids.

*Enlightened* thoughts coming from pure consciousness.

There are three ‘L’s’ in cellular. If we want our cells, and therefore our physiology, to be healthy, we need to look after all three departments because together they create the environment with which our biology must interface. Like everything natural, an optimal environment will allow the organism to flourish. Physiology is composed of cellular structure. Everything is made of cells: hair, teeth, nails, bones, organs, muscles, skin-- simply *everything* in our biology. Even the smallest cell in your body is a billion times bigger than its smallest component. Thousands of components make up a single cell: chemical compounds, amino acids, hormones, enzymes, mitochondria, organelles, chromosomes, genes RNA and DNA. Each mini universe of a cell is so small it would take 10,000 layers of its structure to form the width of one piece of paper. Consider that for a moment. Each one of those layers is a tiny envelope within which biochemical and electrical activity takes place. When we talk about physical health what we are really talking about is cellular health.

## **The Unified Field of Infinite Possibility**

The findings of the world's most cutting-edge science, *Quantum Science*, suggest that what we think and feel has a definite impact on cellular health. Cells are made of molecules and molecules are composed of atoms. The largest thing inside an atom is its nucleus. If an atom were the size of a cathedral then the nucleus would only be as big as a penny. The rest of the atom is composed of space. This is not an empty space, however. It is what Dr. Deepak Chopra and Greg Braden call "a unified field of infinite possibility." It is with this energy field that our thoughts, words, actions and feelings interface. It is here, in this inner space, that we affect and define our reality. Our health, the world we attract, is sculpted with the tools of thoughts, words and actions. The individualized point of consciousness that we each are is constantly interfacing with the consciousness of life. It is on this level, according to the level of harmony we achieve, that we cause health or disease. Within inner space is the causal level of reality. Our physical body is the level of effect. We are consciousness interfacing with creation through biology. The premise upon which NGP is founded is that in order to optimize the life experience, we need to purify our consciousness and interface harmoniously with the medium of creation through healthy organic biology.

## **The Inner Climate**

Feeling-charged thoughts cause the release of certain biochemicals from the brain, which, in turn, affect every cell in the body. Constant thought activity of a specific nature creates a corresponding structure within the neural web of the brain. This has a corresponding impact on every cell in the body. For instance, if someone has been prone to negativity, depression and suffers from low self-esteem, the thought activity associated with this condition will have formed structures in the brain in accordance with this pattern. The chemical messages that the cells receive, based on this structure, will actually shut down and diminish cellular function to the point where cells cannot even absorb nutrition. Along with any dietary changes we make, we need to have an honest look at the quality of our emotionalized thoughts. It is the nature of the way we think, our inner vision, and how we represent those thoughts to ourselves in the form of our *internal dialogue* that are the most significant factors in our personal health equation. By investing in years of self-deprecating negativity, we are literally programming ourselves to die and cells will respond accordingly. If we wish to turn this situation around and enjoy the consequences of that shift through a healthy biology, the whole inner climate needs to be shifted to one that is far more conducive to health. (For a deeper understanding of these concepts, I recommend you check out [www.whatthebleep.com](http://www.whatthebleep.com)).

*"How you feel is not the result of what is happening in your life – it is your interpretation of what is happening."*

~Anthony Robbins

*"Emancipate yourselves from mental slavery, none but ourselves can free our minds. Have no fear for atomic energy, none of them can stop the time."*

~Bob Marley

## **Disharmony = Disease**

Because physical matter, on a subatomic level, is more than 98% consciousness, the purer our consciousness becomes, the healthier our physiology will be. Consciousness, the subtle sense of being, is purified by spending time in a heart-focused meditative state. Such a state allows a unified experience, of being at one with a deeper, higher, fully-present living energy of life. Whoever you consider yourself to be (your identity) is the central hub of your existence, the point from out of which your thoughts, words and actions vibrate. The level of consciousness you express, through your way of being, is constantly felt by the underlying energy field that composes virtually all of your being. Disharmony creates discord and disease. This is as true for an individual as it is for a nation, a culture or a race.

## **Raja Yoga Meditation**

The most efficient way to re-attune to life's ever-present silent song is to simply be at peace with yourself. Sitting meditatively, simply observing with love, compassion and forgiveness, in a quiet beautiful space (if possible), permits the restoration of a critical natural harmonic.

The most potent form of meditation I know is Raja Yoga. The best definition of Raja Yoga I have read was in a book called *Breaking the Death Habit* by Leonard Orr. The definition was simply one word: *wonder*. Spiritual practice without the experience of wonder is like going to the beach on a cloudy day and not going in the ocean. You can still have a good time, but the main ingredients are not fully experienced.

The difference between Raja Yoga and many other forms of meditation is that God is seen as a pure point of consciousness, a pure reference point, so to speak. Quantum science would say this point is both localized and non-localized (i.e. it can be experienced anywhere and everywhere, depending upon the attitude of the observer). Raja Yoga would say that this point *is* localized and not of this world and that some mystical inner journey must be undertaken in order to experience communion with our Source. What we are really talking about is a change in state, facilitated by contact with the true ground of our being. This is a deeply personal experience. What we are after is contact, union, magnetic interface--communion. There are many artificial experiences available in the inner world, but there is only one genuine experience. How do we know when we are having it? Simple. It makes you feel GREAT! We know we have made genuine contact when we experience a deep abiding peace. The blissful states, which are a natural consequence of communion with "the most high," are the states which activate optimal homeostasis. In other words, the blissful states we may achieve simply by communing within ourselves, with our Source, trigger the optimal electrochemical and biochemical response from the biology which, in turn, creates the optimal cellular environment. When this is supported by a nourishing nutritional program, the full potential of the human being experience is available.

As we are made in the image and likeness of God, according to the Raja Yoga model, we, too, are points of consciousness which have the same qualities of being as our Source. However, depending upon our sense of self and the orientation of our thoughts, words

and actions based upon that sense of self, we may be ignoring this relationship with our Divine inner nature. The subtle challenge is being consciously aware of this relationship and nurturing it. This is nothing less than being centered in your true identity. In other words, the challenge of the times is TO GET REAL. This requires a redirection of the satellite dish within our minds, a fine tuning of the inner radio dial to the God frequency.

Thanks to quantum science, we now know we live in a holographic universe, any part of which contains the whole. The individualized point of consciousness that we are is like a diamond with many facets. This diamond is shining into a universe which reflects, like a holographic mirror, every thought, word and action into various energy formations which we call reality, the dream world or imagination, depending on how real we perceive it to be. According to *A Course in Miracles*, God did not create the world we perceive as reality. After all, how could perfect love create such a distortion?

We have fallen into a hypnotic state where we are enchanted by the reflections of this wonderland. This theme is common to many fairytales, mythology and indigenous perspectives. The game then is to awaken from our trance-like state. As we do, the world around us changes accordingly. The amazing thing, however, is that as we awaken from the dream, we become more empowered within it. The more fully realized we become, the further we shift away from the disease-ridden states of normality into an experience of being. This is nothing less than the manifestation into the world of form of our unlimited Divine potential. The key to this whole experience is found in a gentle, compassionate, loving relationship within oneself. The technological aspects and scientific perspectives of the quantum science and Raja Yoga models are fascinating and worthy of contemplation, but relationship is the keynote of the experience. And feeling is the keynote of relationship.

There is a very close relationship between these two models, and it is not worth our while to pursue a technical argument when what we are after is a feeling experience of Love. Every time we attempt to rationalize a mystical experience, we lose our sense of wonder and deny ourselves the experience. Meditation is a mystical communion with sweet Love Divine, it transcends all concepts and is beyond the realm of the theologian, the philosopher, the scientist and even the poet. It is the realm of the mystic.

The wonder of the soul is that it contains the qualities of God. The wonder of the God point is that its presence can be felt anywhere and everywhere all of the time. The nature of light is that it is both wave form and particle, depending on the presence of the observer. The wave forms emanating from the energy field of our being and the Source of that being, affect every particle of creation.

### **Merging the Fields**

Raja Yoga meditation should not be a theoretical concept. It is an actual experience of union in love. It is during this experience that you become aware of yourself as you truly are: a loving, peaceful being lacking absolutely nothing.

Yoga is often defined as communion. It is through yoga, the simple act of loving communion, we can merge the two points or wave fields. Remember, there are no gaps in

creation. These two points are generating an energy field. Harmonization of these fields is the key to blissful states of being. The point of *I* and the point of God are pulled together only by love. That is how we get on the same frequency and wavelength as God. It is a fusion of energies in mind. A distorted ego-driven mind is not in harmony with the God mind. We cannot use rational thinking processes or normal feeling states to make this connection. Even though, in truth, we have never become separate, we have imagined that we are and our sense of identity has wandered over a great divide into the realm of the physical. As a soul expressing itself through an energy field in the world of form, we have become over-identified with our physical bodies and the external manifestations of the material world.

This loss of accurate sense of Self *is* the foundation of dis-ease. As spiritual beings with eternal freedom, we have become somewhat enmeshed, through our minds, in an invisible net of interlaced energy fields. This is a holographic experience—a universal hall of mirrors in which diamond-like souls are sparkling away, shining the light into the world. Because of certain distortions within the subconscious soul mind, we imagine ourselves trapped in the great drama of life, caught in a sticky web to which we are attached with the glue of misconception. This karmic web is the great drama of life. We have created such a dilemma for ourselves that now we are faced with either oblivion into the depths of hell or a miraculous ascension requiring the energy of miracle.

These are such exciting times to dream. Our attachments to the material world are easily dissolved when we experience the magnificent benedictions of the love and peace of God. This is a mystical experience far removed from the limitations of the material world. If we cannot experience this love relationship with our Source, it is because within our subconscious minds there exists distortions that bind us energetically to the matrix of a disharmonic world. The good news is that there is an antidote for that situation: surrendering to the Love of God.

The point of consciousness known as God does not lose its sense of identity because its perspective is constantly unified and clear. The clarity that we can experience through communion with this perfect reference point feeds us with spiritual love and light. This is the highest and most necessary form of nourishment.

The highest point of consciousness is the focal point called God. The best thing for one's health is to *focus lovingly* on that point, to bathe in its unified field. Within the Christian model of the Holy Trinity, this field is The Holy Spirit. In Greg Braden's latest work: *The Power of The Blessing*, he informs us that this field, The Holy Spirit, responds to our intent. According to *A Course In Miracles*, The Holy Spirit is the intermediary between our minds and God's mind and may intercede in our lives, impacting them in such a way as to cause, what we perceive as miracles. Whatever model you choose to embrace, understand that a loving relationship based on subtle sensitive communication is the foundation here.

## **Feelings and Vision**

Our *feeling relationship* with the Source of life is the key factor in this equation. Integrity is its keynote. Ask yourself: "what is my motivation for this contact? Is it selfish or are

there deeper reasons that are driving me?” Through loving communion with that point of light within our own consciousness, which interfaces from the soul point of *I*, every cell in the body receives an immediate charge. And when you bring the physical body into the highest level of health, through the appropriate use of natural liquids and foods, exercise, rest and oxygenation than you experience maximum benefit from this process.

As we create our world through vision, if we have the highest, purest vision, we create the highest, purest world. Communion with the God point elevates and purifies our inner vision. Through yoga, we charge ourselves with the highest form of light. The experience of disease within our bodies is the consequence of the accumulation of factors impacting the cellular structure over a period of time. So, too, is it with disease in the world. If we want to enjoy a healthy future in a perfect world, we need to begin holding the corresponding harmonic vision.

*“Where there is purity and cleanliness, there can be no trace of sorrow.”*

~Siv Baba

### **The Holy Spirit and Manmanabhav: Spiritual Super Food**

We are not physical beings with a spiritual component. We are spiritual beings expressing through a bodily form. Nourishment for the soul comes from within and is magnetized by the power of love. The old Sanskrit word for this spiritual food is *manmanabhav*. In Christian terms, this is the *manna from heaven provided by the Holy Spirit*. It means allowing our mind and God’s mind to become one. This requires a redirection of the satellite dish in our heads, a turning away from the surface manifestations of the outside world and a turning towards the higher frequency inner world which lies beyond the boundaries of physical form. It requires an inward ascent up and away from our own ideas and five-sensory input into a still place where we can absorb the natural goodness constantly transmitted by God. It requires entering that level of reality which inspired the words: *the peace of God which passeth all understanding*.

It has been said there is no peace without love; no love without peace. This means the loving-feeling experience is essential in allowing one to access the natural levels of peace within our original state of being. We don’t have to seek peace because we *are* peace. If we are not experiencing peace, we are not centered in our true identity. Relaxing into being is an act of love. Relaxing into love is an act of peace. This allows us to experience brain activity on delta wave level which is the slowest cycle of cerebral activity, and it feels simply divine. When the brain is functioning on this level, biological functions are at their optimum. This puts us into our most resourceful state. In the Christian Bible, this re-orientation of our internal satellite dish is illustrated when Moses brought the Israelites (symbolic of the children of God) out of the slavery (the bondage of ignorance) of Egypt (representing the gross material commercial world). During the Israelites sojourn through the desert, they were sustained by *Mana* (bread from heaven). *Mana*, in the ancient Hawaiian tradition of Huna, means, “all my power is inside of me.” *Manawa* means: “Now is the moment to access that power.”

The simple act of yoga (communion with the highest point of consciousness) is being fully present, undisturbed by the future or past, and accepting this nourishment of *manmanabhav* with the gratitude of one who has been released from a lifetime of slavery. The story of Moses and the Israelites leaving bondage and arriving in the Promised Land, like many other stories, is an allegorical illustration of a spiritual journey. This is the journey of the purification of the soul. It begins with a shift in consciousness, as illustrated by the parting of the sea. What this aspect of the story communicates is that we are not prisoners of the world of form. The age of gross materialism has turned us into its slaves. Our destiny, however, *The Promised Land*, is the purification of our own consciousness. This is facilitated by an act of surrendered stillness and acceptance of the divinity within. The keynote of this relationship is loving communion. This communion occurs on the mountaintop of our own inner landscape. The greatest challenge in life is *to be the love that we are*. Within this simple attitude is the means to experiencing the full wonder of being.

*“I just want to do God’s Will and He’s allowed me up to go up to the mountain and I’ve looked over and I’ve seen The Promised Land. I want you to know tonight that we as a people will get to the promised land.”*

~Martin Luther King

### **Be Still and Know**

Modern scientists are calling our DNA the biological internet. When we are at one with life from the integrity of focused, pure intent, we can organically access any information. This information is in the form of a living Truth. It is not information in the sense of knowledge but a living Truth expressed through our being. Whatever your mission in life, if you lack the information for the next step, simply access it through being. This is the evolution of human consciousness expressing through biology. “Be Still and Know” means be still within and be certain that you are one with life. Instructions, guidance etc. will flow through as intuition and flashes of inspiration and clarity, illuminating the next step on the path. The mystery is revealed in us, through us, piece by piece, according to the necessity of the moment.

### **The Normal Waking State**

*“The most beautiful emotion one can experience is the mystical. It is the source of all true art and science. If we are a stranger to this emotion then we are as good as dead.”*

~Albert Einstein

Several years ago, scientists from Stanford University were conducting studies on human DNA. During their testing, they were amazed to find that a staggering 98% of our genetic material has no known function in what is termed *the normal waking state*. The normal waking state is the psycho-emotional-physical state we experience when awake and acting “normally” within the context of modern industrial society. In other words, the body-mind-feeling state we experience as a consequence of dancing the rhythm of the modern industrial system, only allows us to experience 2% of who we actually are. The psycho-emotional prison of the normal waking state is a mental construct, a web of

reinforced ideas, based on an inherited (programmed) misconception of reality. It is this inaccurate and disharmonious attitude of awareness that prevents the inflow of our natural potential. This mental format also redirects creative life force into unnatural forms causing us to construct through thoughts, words and actions an unnatural world system that keeps us imprisoned in our own reflected ideas. One of the consequences of being within this prison is ill health or dis-ease. The trick is knowing how to get out.

*“A man can be free without being great but no man can be great without being free.”*

~Kahlil Gibrain

Dr. M. Scott Peck, author of *The Road Less Traveled*, claimed in his work on mental disorders that if we truly desire health then we need to start asking the deeper questions in life. The same scientists from Stanford, working on the DNA, found that one of the ways to activate the dormant information in the mind was by engaging the feelings, especially the higher-frequency, shorter-wavelength feelings like love and compassion.

The attitude we experience in the normal waking state takes our spiritual energy down and out into the material world. This drains the power of the soul and creates karmic attachments. The attitude of *manmanabhav* is a loving internal upward movement which charges and purifies the soul.

Whatever your ideas are about God, meditation, yoga, Self discovery etc., I invite you to surrender them now upon the altar of innocent perception and, in a simple act of loving communion, with an upward internal orientation, nourish yourself with nature's number one superfood: *mamanabhav*.

Bodily detoxification is one of the most important and effective strategies we can employ if we are interested in experiencing maximum health. Spiritual detoxification is *more* important. When combined, these two strategies permit the individual to embark upon a conscious journey in proportionate harmony with the wonder of creation. However, as we well know, a journey of a thousand miles begins with the first step.

### **The Journey Begins**

*“The longest journey is the journey inwards of him who has chosen his destiny, who has started upon the quest for the source of his being.”*

~Dag Hammarskjold

The basis for healing, becoming whole, requires an accurate understanding of what is “wrong.” This is wisdom. The human body is essentially a vehicle for the expression of pure consciousness in the world of form. The spiritual component is what quantum science calls an individualized point of consciousness. In spiritual or religious terminology we would call it a soul. This soul is the point of *I*. The understanding of how consciousness and biology interface is the cutting edge of scientific research. This interfacing occurs through our DNA. Just as the light of the sun illuminates every particle of creation, the light of the soul illuminates every particle of our biology. DNA is the most important component of cellular structure. The way DNA interfaces with the

holographic universe is the way consciousness interfaces with life. Differences in combinations of only four simple components of DNA are the causal factors of all the differences in natural organic creation. Becoming who we truly are and fully experiencing that requires a certain feeling experience which earth scientist Greg Braden has termed *the science of compassion*. Genetic material, containing the codes of who we are, is activated by the feeling experience of our purest thoughts and feelings.

*“In organic life, DNA is constructed to conduct the complex and mysterious function of love.”*

~Jesus Speaks by Glenda Green

Thoughts and feelings are electrochemical events which affect biochemical stasis within the body. Perfect stasis is the combination of natural foods, neither eaten to excess nor improperly combined, and actions inspired by thoughts and feelings generated from a peaceful, enlightened spiritual core.

This spiritual core is who we truly are. It is our authentic identity. Every urge, impulse and drive to seek nourishment from the outer world, including all our addictions to food, people, places, situations and things, *is a misdirected attempt by our wandering sense of self-identity to fill a spiritual gap.*

If we were to remove all DNA from the 100 trillion cells that compose the human body we could contain it in something the size of an ice cube. However, because DNA is in the form of a double helix spiral, if we were to unravel the contents of the ice cube it would reach to the sun and back 50 times. Russian scientists estimate there is over 100 billion miles of DNA within the cellular structure. DNA is now being called *the biological internet*. It composes more than 90% of our being. Less than 10% of DNA is being used for building proteins.

The most effective method for achieving health is to experience pure consciousness. This is our original nature. Beyond thought, supported by vision and feeling, consciousness is a state of being focused and at one in love and peace with the point of life. The individualized point of consciousness, or *soul*, has a natural state or original nature. This state is purely peaceful, giving and loving. It is when we go beyond thought (fragments of consciousness) and experience the underlying unified field of awareness that we begin to know ourselves as we truly are. The personality that has been forged from our experiences in the modern world is, for many of us, definitely not in harmony with the original nature of the soul.

Bringing light into the soul and the love we experience in the deep peace of introspection has an immediate beneficial effect upon our cellular structure, restoring a natural harmonic which is critical to our sense of wellbeing. Underpinning this with an effective nutritional strategy, designed to detoxify and nourish, is the perfect way to support this new harmonic.

*“All disease is a result of conflict between the actions of the personality and the will of the soul.”*

~Dr. Edward Bach, 1931

The breakthroughs of quantum science now confirm that what and how we think and feel, has a massive impact on health. This is the starting point from which we begin the exciting journey into holistic health. *Manmanabhav* empowers and purifies the mind; however, if we are to experience this spiritual nourishment on every level of our being, we should support it as follows:

- positive internal dialogue
- a healthy emotional status (see Emotional Freedom Technique in Appendix)
- a positive, inspired mindset
- a holistic lifestyle dedicated to the living of your highest purpose

### **Integration**

Integrating our lives on the physical plane with our natural intuitions is an essential step in leading a healthy life. If we think of ourselves as limited physical personalities, we are denying our core identity – this is when we experience the conflict of personality and spirit that Dr. Bach spoke of in 1931. Ignorance of one's eternal identity spawns behavior which clouds our vision.

Cloudy vision drives us off our highest path, creating sorrow and disease; such suffering is a physiological cry for help, indicating we are out of tune with our higher will. The natural state of the soul is bliss, peace, wonder and love. This is the soul's original nature. Its form is light, pure light. This spark is what activates biology. Biology can still function without soul presence. It is possible to keep cells alive indefinitely provided the intracellular fluids are changed. According to B.K. Nityanand, the inherent attribute of the soul or psyche is consciousness, and consciousness is the source of metaphysical energy.

Consciousness is not an epiphenomenon of the brain or the electromagnetic forces at work in the body, nor can it be considered a product of chemical reactions taking place at a cellular level. It is the soul that experiences, through the sense organs of the physical form. You are not the body. The key factor in holistic health is the re-education of the sense of *I*. As with any organ or muscle, if one does not use it for a long time it will atrophy. In order to reawaken our full capacity we need to know who we truly are and get on with the mission of expressing it.

*“The extent the fragment re-focuses to Source equals the degree of totality that Source is brought into the fragments known as reality.”*

~Handbook For The New Paradigm

*“You are your own devil, you are your own god; you fashioned the paths your footsteps have trod. And no-one can save you from error or sin until you have hearkened to the spirit within.”*

~My Law- Tieme Ranapiri

*“You cannot know the meaning of your life until you are connected to the power that created you. Meditation is the only way out: when you meditate, you are in silence. You are in thoughtless awareness, then the growth of awareness takes place.*

~Mataji Devi

## **Consequences**

The consequence of becoming more soul conscious is a healthier physiology fueled by a more powerful and peaceful brain. This experience can be enjoyed to the fullest when it is supported by pure foods, the stimulation of the circulatory systems through exercise, appropriate amount of rest and creativity. When we lose the inner peace and sense of fulfillment that only comes from being centered in our true identity (soul consciousness), we look to sensory gratification and stimulation as a replacement for that experience.

Cells require a constant transfer of fluids. It is this flow of fluids that is undermined, or supported, by what and how we eat and drink. Diseases such as cancer, heart disease and diabetes are diseases of toxic excess. Partially digested, unnatural foodstuffs simply clog up the fine mesh of our biology, preventing the normal and natural flow of biochemical fluids. Overeating unnatural foods is a primary cause of physiological breakdown. The fact that we are continually stuffing ourselves to death has its roots in a global identity crisis. The soul is the driver of the bodily vehicle *not the vehicle itself*.

These are very important points to understand and, from my experience, essential to the success of the healing journey. As individuals born into the world today we have inherited a condition. The consequences of the thoughts, words and actions of the previous generations are being experienced by all of us in the world today. When seeking freedom from our own personal experience of disease, we are well advised to consider its depth. The truth is that if you could retrace the steps of humanity, you would find that the point where the seeds of suffering were sown was the point where we began to ignore our guiding light.

Where we are today is far from that beginning. All motion is curved and all curvature is spiral. Time is cyclic. Our distant past, whether we realize it or not, could very well be our immediate future. Quantum science and the wisdom of many ancient traditions tells us that all potentialities, all probable and possible futures, are occurring right now, and it is our energetic resonance with these potentialities that attracts them. The linear idea of time moving from past to future through now is definitely not the whole story.

The wonder of this realization is that healing occurs this instant. The power of Now contains what my friend David Wolfe calls “the X factor.” It means in any given moment we can access the power to dissolve the limitations that bind us and are the causal factors of all human disease. This is the most exciting revelation of the modern health revolution:

we are not bound eternally to the karmic consequences of our disharmonious actions. A Greater power is accessible any time of the night or day which dissolves all impurities of the soul. The challenge is will we commune with that power?

One of the most fascinating studies done on this subject is from the work of Dr. David Hawkins. While calibrating levels of consciousness, using kinesiology, he stated that 85% of the general human populace is at a level of consciousness which attracts negativity and therefore the corresponding reality. He also discovered that even though there were only a few souls at the highest levels of consciousness, the power of these souls was enough to offset the combined effect of the vast numbers of humanity vibrating on the lower frequencies. This means that at any given moment we can access the levels of consciousness that not only heal our bodies but purify our world.

*“All streams flow into the sea, yet the sea is never full. To the place the streams come from, there they return again, what has been done, will be done again; there is nothing new under the sun.”*

~Ecclesiastes 1. 7-9

*“The philosophy of reincarnation is not that simple. It does affirm your continuity and that is good. However, there is a twist in it which defers your immortality back to structure and linearity, which is not true. Your immortality is not imprisoned in a wheel of life, or pathway of cause and effect. Neither are you the product of linear evolvement. You were created in the perfection of perfect love and you do continue to re-manifest infinitely, but it is according to The Will of The Father, and according to your own purposes, your own love and your own place of service and learning.....The soul is the totality of your love, awareness, experience, ability, memory, emotions, and potential which comprise your immortality.”*

~Jesus Speaks by Glenda Green

## **The Facts**

*“So let us not talk falsely now, the hour is getting late.”*

~Bob Dylan

There are certain universal laws which govern the natural world, and living in harmony with these laws allows us, as physical individuals, to flourish. Living out of harmony with these laws guarantees our demise.

In many cases, physical disease and the various psycho-emotional illnesses associated with health breakdown are a consequence of our imbalanced behavior and attitude. The dilemma of the human condition runs deep. The shift away from our love-light nature and the manifestation of ego, the false persona with its attendant vices, is the birth of so-called evil in the world. The root of all evil can be found here at this critical point. What we are witnessing in the crises challenging the modern world is the external crystallization of *the inner human condition*.

The evolution of the distorted perception of *I* has produced a twisted society. It is the result of the refraction of the light and love inherent within the soul, creating automatically but discordantly through the laws of a fallen nature. A pure soul generates a pure world. A soul soiled by the impressions of its own distorted actions will create a world in proportionate discordance. Multiply this by lifetimes of billions of souls and you have some insight into the tangled web of karmic affairs. According to the Raja Yogic tradition, the primary vices that accompany ego are attachment, anger, lust and greed. According to Greek mythology, the nature of ego, the false persona, has three components: 1. Insecurity, a form of fear, hence the need to attach; 2. Ignorance, specifically of the fact of the soul and relationship to Source; 3. Arrogance or pride, the ego is proud of its achievements and becomes angry if anything threatens them.

Even the grossest manifestations of evil are nourished by these roots. These dark powers that haunt the labyrinth of the human psyche must be brought into the light. That is to say, it is up to us to bring the light into the darkest recesses of our minds to purify the soul. To do this, we need to take our minds up to God's mind, have fusion and purify through the merging of consciousness known as *manmanabhav* or, in Christian terms, *The Holy Spirit*. One of the ways this is achieved is through soul-conscious meditation. It is an act of spiritual communion. A subtle spiritual practice of silent, sensitive introspection in love. Using the intellect and an open heart, we can reach out to the inner light. In doing so, we not only do a great service for ourselves but for every soul in the world. We get back control of our lives from the dark forces of our own creation and fortify our ability to discern and discriminate appropriately.

### **Forces of Destruction**

Imbalanced human behavior appears to have been going on for quite some time. A great deal of negative momentum has been generated which, collectively and individually, we are now paying for. This theme is echoed in the various prophecies of pending doom abound. When the internal environment within a physical body becomes imbalanced, and the stasis shifts from optimum to non-supportive, then otherwise friendly organisms become destructive. This is called *pleomorphic activity*, whereby these organisms will actually mutate upwards and develop into creatures that "they are not supposed to be." As the internal environment gets out of balance, organisms such as yeast, bacteria and fungus, formerly a friendly composting and waste disposal system, proliferate and attack. In other words, nature allows this to happen so the host organism is destroyed. This is a perfect example of what in the Hindi language is termed *vinash* forces, or forces of destruction. Any evolving species out of harmony with life's will or tone automatically generates *vinash* forces. How these forces manifest is infinitely variable. But they *always* destroy.

Humanity is part of a whole. That whole is life, and there are certain rules that need to be understood and lived by in order to get the best out of life. War, disease, famine, crime, greed, hatred etc. are not natural forms of expression; they are the consequence of unnatural living based on concepts founded upon ignorance of the soul, our essential identity and the innate peaceful, loving qualities of the soul. The key to resolving this situation is to take responsibility as individuals NOW for the future we are creating collectively and express, through being, the natural potential of who we actually are.

## Identity

Who we experience ourselves to be is a very personal thing and often simply condensed into attitude. The shifting sense of *I*, however, is critical in determining how we perceive the world and our relation to it. It is from this perspective that our sphere of expression is determined, from the hub of *I*, at the center of this spiraling sphere we create. This strikes chords with life that are immediately recognized as harmonious or otherwise.

Our sphere of expression is divided into clear arenas of identity within which we define ourselves and interface with other individual points of awareness spiraling out from their centers. It is in this way that the karmic web is formed. Consider the concept of reincarnation and what a tangled affair it all must be. What or who is going to sort all this out? Are you?

*“Though I speak with the tongues of men and of angels, but have not love, I am sounding brass or a tinkling cymbal. Though I tell what is to come, and know all secrets, and all wisdom; and though I have faith strong as the storm which lifts mountains from their seat but have not love, I am nothing. And though I bestow all my goods to feed the poor, and give all my fire that I have received from my Father, but have not love, I am in no wise profited....”*

~Jesus Christ

*“The place that Solomon made to worship in, called the Far Mosque, is not built of earth and water and stone, but of intention and mystical conversation and of compassionate action.”*

~Rumi

The reality of who we truly are cannot be nourished by any *thing*. A spiritual being requires spiritual nourishment from a spiritual source. Nourishment, however, is only partially derived from the inflow of natural goodness from this inner relationship. For an individual to enjoy complete nourishment, there must also be an outflow of this energy. The love and light that comes to us from within must be extended out. The true secret to perfect health is based upon our attitude. *If there is an accurate understanding of our spiritual nature and cultivation of that nature through introversion and a loving relationship with internal source then we have a basis for true health.*

The modern world has formed out of ignorance of that essential identity and relationship. Like the old body, so too, the old world will be destroyed. We are not the body, and the world of form which we perceive as solid, is in fact made out of light. If we are to make the best of what will be, we need to start embracing our spirituality within the context of what lies ahead. The train tracks we have constructed in our insanity are heading for the cliff. We are in the train. It's time to find our wings because, very shortly, we are going to need them.

The truth, the human being is an instrument for the expression of a higher love. It is when we contact that love and allow its nature to purify our human nature that we become truly healthy and indeed nourished. The addiction to food, which is a significant factor in

almost everyone's health equation, is equivalent to the driver of a car eating and drinking oil and petrol. In our ignorance of the deeper truths of life and our own essential identity, the driver of the car, the spiritual essence, has become hypnotized in such a way that he now believes *he is the car*. Starving through lack of true nourishment and poisoned by guzzling the cars, he goes about his business in the world conducting insanity. Physical disease is merely an obvious and unavoidable consequence of this madness, and we are all, to one degree or another, contributing to its epidemic.

What I am attempting to do here is share the "map" I am following in my journey towards wholeness. It is a great challenge to negotiate the great divide that separates our false sense of self from who we truly are. It is a journey that requires courage, fortitude, and, above all else, the certainty that you are destined to succeed.

### **Conflict Resolved**

Lymphatic cancer and the emotional and mental devastation of losing my family was no easy puzzle to solve. Anyone who has taken the trouble to investigate will tell you there is an abundance of health-related information available. Much of this information is so contradictory that one can easily become confused and eventually disillusioned with it all. *What is required is a clear understanding of the basic principles that underpin natural bodily functions and knowledge of how to support them.* This, you find within the NGP. It is a simple, effective strategy that can provide a solid foundation for health. The reason it works is because it is based upon the pillars of truth that Dr. Bach made known to the medical world almost 75 years ago: "the root cause of disease is conflict between personality and soul."

It has taken me years to fully appreciate that statement, but now I know it to be true. It is only when we embrace the fact of the soul, our essential, eternal spiritual identity, and realign our actions, thoughts and words with this great center of wellbeing within us, that we can truly enjoy a sense of holistic health and experience true success upon the playing fields of life. At first this was an alien concept which I struggled to grasp. However, when I began to accept that there was a false persona to which I had become too strongly identified and that a key factor in my quest for health was realignment with my true inner nature, things began to take a completely different shape. It is this inner relationship that forms the backbone of this work. Not just the backbone but the whole cellular structure.

It is when we turn our backs to the sun that we follow our shadow, and it is when we turn to the light that the shadow falls behind.

To complement this spiritual research, my study of nutritional medicine has been thorough, continuous and deep. However, this aspect of holistic healing can only supply the physiology with the raw materials for its renewal. But what of the scars to the psyche? The wounds to the emotional body? And how to eradicate the destructive tendencies, addictions and attitudes that are driving the dysfunctional behavior that is creating the physical disease? Again, from my own experience, I know that this arena is healed only by coming into alignment with the light of one's own soul, such is the power of natural goodness found in one's true identity, the essential Self. This question of identity (who am I? What am I?) is the key factor in this healing program.

It is when we can answer those questions honestly that a great door, hitherto closed, swings open. Behind this door is another world. A world of a mightily different consciousness to the one we have inherited from our over-identification with materialism. It is only in this world, in this other consciousness based on an accurate sense of who “I” am, that I find the love and peace which, in vain, I have sought externally. When we feel this love, we realize that it was only the lack of its contact from which we suffered. This love emanates from the Source of creation. It is the turning away in ignorance from this point of love that is the single cause of all human suffering. It is the soul that suffers and this suffering manifests as physical disorder.

*“You own two shops, and you run back and forth. Try to close the one that’s a fearful trap, getting always smaller. Checkmate this way. Checkmate that.”*

~Rumi

## **Relationship**

The more we reorient our life focus towards this internal relationship, the more the disease of the soul is relieved. This is an act of love; the internal dynamic is of a long-lost child reunited with its father/mother. This tangible, deeply personal relationship with the parental aspect of our most potent resource, our very own Source, has been overlooked for far too long. The mother and child re-union is the keynote of the best medicine in the world. The magic word is relationship.

I have heard it said that happiness is the best medicine. Well, there is nothing in the outer world to compare with the bliss one can experience through this re-union of soul and Source. This pure inner happiness is a perfectly natural state. It is the automatic consequence of being aligned with nature’s original will transmitted in waves from the father/mother Source. The nature of light is such that as soon as one is focused upon it the light waves change to particles. Waves of possibility become particles of experience. Quantum science informs us that unlimited possibilities exist simultaneously and that, as observers, we choose through our focused awareness which potential reality collapses into our experience. Think about this. This phenomenon is occurring constantly in the lives of us all. The collective effect of this is what we call our outer world.

In the inner world, the Ocean of Love, from which we all have come, pulses in waves of light. It is when we turn our attention towards this inner communion that the waves also become a beam of light particles or *photons* and we can take a powerful infusion of light which charges our spiritual batteries with exactly what they lack. This is why the internal attitude of meditation, yoga and pure prayer is one of an intense focus blended with a complete surrendering to love and letting go.

*“In the human spirit, as in the universe, nothing is higher or lower; everything has equal rights to a common center which manifests its hidden existence precisely through this harmonic relationship between every part and itself.”*

~Goethe

So much of the stress, frustration and inner sorrow that we experience is a direct result of the demands of the ego identity and the unnatural world that has formed accordingly. This split in the psyche drives a wedge between who we are and who we pretend to be. Like insane actors on a stage, we have forgotten our real identity and become obsessed with the character part we are playing. It is by using the key of introversion that we can unlock the chains of misconception. As we reunite essence and Source, we heal the cause of our disease.

The latest breakthroughs in quantum theory confirm that it is energy, not matter, that defines our experience. Conscious energy is what we are, and in my holistic health model, the definition of soul is a metaphysical point of conscious energy. Genes do not define us, they adapt. Consciousness interfaces with the medium of creation through the DNA. It is the science of compassion which awakens DNA and allows our potential to flow through into this realm so we can experience through our creative expression the wonderful gifts of who we are designed to be. The wonder of nature lies within us all. The soul seed contains these secrets, and all we have to do is allow it through. Creating sacred time for that essential internal communion is of paramount importance if we are truly committed to the amazing process of holistic self-activation.

Quantum science also reveals how DNA becomes tense in stressful situations and requires an alkaline environment in which to flourish. Alkaline/acid levels are significantly affected by what we think, feel, eat and drink.

*“The body is the soul’s house. Shouldn’t we take care of our house so it doesn’t fall into ruin?”*

~Philo

The NGP embraces body and soul. In it is the essence of the most potent healing modalities I have been able to uncover. We are all aware of the environmental and social problems facing our world right now: global warming, war and poverty are just a few of the factors we have to deal with. Yet within the world today there is also a massive synthesis of information that has been distilled from brilliant minds, who are keen to discover the root causes of such problems, so that we can become aware and responsible individuals. Some scientists are now certain that a massive transformation is taking place in the form of energy waves impacting the current human reality. My understanding is that this change is causing both devastation and renewal; ultimately, it will lead to a shift of consciousness that enables us to live in tune with our higher nature. The Mayan calendar (an ancient yet astronomically advanced system of dividing time) points to December 21, 2012 as the date when this cycle of events peaks. Nostradamus weighs in with dire predictions within the same time frame. Geoff Stray has amazing insight into this subject in his superb book *Beyond 2012*. Drunvalo Melchizadek suggests that according to original Mayan calculations, the date is February 2013. For some of us this crucial time will lead to a heightened sense of awareness and responsibility, but if we do not correct the things we are doing wrong (i.e. things that are out of sync with our higher nature) then we may experience great pain. Do you know that we reap what we sow? Every little action has its own reaction. This time is an opportunity to sow seeds of health, peace and harmony.

We all know that our physical lives are a temporary manifestation, and it is time to embrace the examination of physical death as a highly probable imminent experience. However, if we embrace the reality of the amazing journey that is life, we can begin to harmonize with our higher nature, become more aware of what lies beyond physicality and make the most of our lives in the present. Do you feel that what you are doing now reflects the best manifestation of your Self? Why not stop wasting anymore time and start living our wildest dreams?

*“...let us reconvene in 2013, when we are beyond 2012, and talk about what accompanies us unscathed through the eye of the needle, the Sun Door at Worlds End, the Ginnungagap between The Ages, the eschatological symplegades, the still-point threshold crossing – the nexus between death and rebirth.”*

~John Major Jenkins

One of the undeniable and fundamental sources of disease is our disharmony with the natural world. Every living thing in creation is part of a wondrous symphonic harmonic that defies the boundaries of conception. Getting in tune with the natural rhythm of things requires a definite shift in our current way of being. We are all well advised to consider our daily routine and see where we can adjust according to our inner intuitions. We are like seeds planted in the fertile soil of creation, and the properties to become complete are already within us; whether you call it intuition or DNA, that fact of our inner knowing is undeniable.

I wish you well on your adventure. Rest assured that turning your mind to the natural frequencies of creation is a most wondrous aspect of the return to wholeness. And so the journey begins.

The soul's natural impulse is to give of its essence. The original nature of the soul is peace-filled and compassionate. Its attitude is forgiving. The soul is for giving.

While you read on, try to breathe soft, natural circular breaths. Allow the body to breathe itself somewhat. Focus on the inhalation and let go on the exhalation. Enjoy.

*“The soul is the totality of your love, awareness, experience, ability, memory, emotions, and potential which comprise your immortality.”*

~Love Without End. Jesus Speaks by Glenda Green

Vincit omnia veritas: Truth Conquers All