

Ilia Heart



*Wholistic Health
Made Easy*

Physical~ Emotional~ Mental~ Spiritual

Wholistic health and Self-healing~

The wholistic model may be simplistically defined as the interconnection of the physical, emotional, mental and spiritual energies within all life. Each of these aspects is governed by natural principles, in which we operate individually and interdependently. This booklet contains practical applications for conscious evolution and self-healing within a wholistic construct.

Regeneration occurs within the healing process, following a degeneration process we may term the 'healing crisis'. During which the body attempts to clear and rearrange as efficiently as possible.

"Hyperactivity precedes relative level of balance" is a statement made by the founder of Body Electronics describing the healing crisis- John Whitman Ray. I attempt here to bring complex and critical information for the layperson to practice a healthy lifestyle. This information is in no way meant to replace any form of medical treatment, nor to diagnose or prescribe.



“Then I was standing on the highest Mountain of them all, and round about beneath me was the whole hoop of the world. And while I stood there I saw more than I can tell and I understood more than I saw; for I was seeing in a sacred manner the shapes

of all things in the spirit, and the shape of all shapes as they must live together as one being. And I saw that the sacred hoop of my people was one of many hoops that made one circle, wide as daylight and as starlight, and in the center grew one mighty flowering tree to shelter all the children of one mother and one father. And I saw that it was holy”

Black Elk~

Let's Get Physical

Physical energy is an end expression in the wholistic spectrum of creation.

Physical creation begins in spirit (energy), comes through the mental body (thought/vision), through the emotional body into the physical form. What we have created that is less than love- a resisted experience, may be transmuted (changed) beginning with the willingness to do so. Physical principles support steadfast movement through emotional resistance, mental polarities and spiritual unconsciousness. In this way we evolve, harmonizing with natural law. The following is a practical outline to an evolutionary approach that works from the bottom up. The physical foundation facilitates emotional opening which facilitates access to the mental body, then spirit, in this order. Nutrition- all things consumed, conscious breathing and stillness are the three principles from where we begin our physical revitalization. Beside each star is a book for further research.

Water- Crystals of Life

Providing the internal environment where watery bodies may thrive is paramount to wholistic health. The first on the list of importance is hydration. Find the best spring water source available.

- Staying hydrated; One half the body's weight in ounces of water per day, compensating for the dehydrating effects of caffeine, alcohol, teas, exercise, diuretics etc.
- 150 lbs body weight= 75 oz. water per day

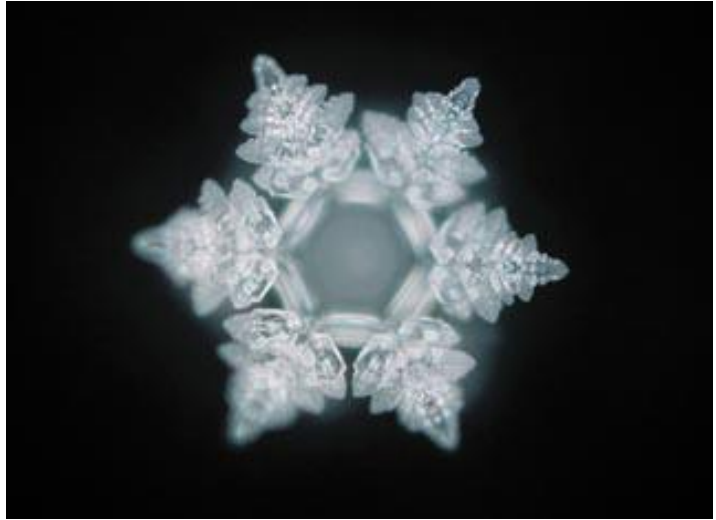
As the body becomes chronically dehydrated, the thirst mechanism shuts down. As we provide sufficient hydration consistently over a period of time, a natural thirst will return



The Bodies Many Cries for Water-

- Dr. Batmanghelidj

“Pollution originated within our own consciousness. We started to think we wanted a bountiful and convenient lifestyle at any cost, and this selfishness led to the pollution of the environment that now affects every corner of the globe.” Dr. Masaru and Kazuko Emoto



☆ **The Hidden Messages In Water.**

Water is acutely affected by emotional energy, thought vibration and sound. Love, Gratitude and Forgiveness brings water into a cohesive structure. This cohesiveness then has the ability to communicate more clearly. With sufficient hydration, we lay the most important physical foundation for a healthy wholistic life.

Be Still and Breathe~

Being still may be the most important physical activity we choose. Sitting in stillness holding spine straight, with no voluntarily movement while breathing deep and even without pause. These two simple practices allow access to suppression within our own consciousness.

Three part breath~

Sit comfortably with the spine held straight. Through the nostrils breathe deeply into the abdomen, filling the lungs from the bottom up until at full capacity. Let the belly expand. Exhale evenly, through the nostrils from the top down pulling the abdomen in tightly at the end of the exhale. Do not pause between inhalations and exhalations.....a smooth and steady flow. Making time each day to practice conscious breathing is helpful to bring increases oxygen to cells. This may strengthen the spine where the flow of cerebral spinal fluid affects the whole system.

Nutritional Foundation

1. Enzymes- Raw Protein- Amino Acids

These three work interdependently within the body. Enzymes are necessary for digestion and assimilation of nutrients, carbohydrates/sugars, fats and proteins. Raw protein digested efficiently provides the nutritional profile for the production of nine essential amino acids. When provided, the other nonessential amino acids may be synthesized within the body. This provides the endocrine system the necessary nutrition for the production of hormones. When stress is put on one endocrine gland, the effects are felt throughout the system, effecting hormonal balance. The modern diet may consist of a bombardment of sugars, fats etc., where our pancreas is under constant stress to provide necessary enzymes. Supplementation of high quality enzymes may assist to ease this digestive stress, eventually allowing for regeneration.

- Enzymes and raw protein provide the nutrition for the formation of amino acids, precursor to hormone production.
 - Protein does not perform its function unless broken down into amino acids. Hence the importance of sufficient enzyme activity. Enzymes help extract chelated minerals from food. Enzymes transform chelated minerals into an alkaline detoxifying agent which combines with acid cellular wastes and toxic settlements within the body assisting to neutralize, preparing them for elimination.
 - Raw bee pollen- preferably from a local apiary. (digest efficiently by crushing and taken with a little honey) and many bean sprouts are good sources of raw protein.
- Two of 9 essential amino acids, tryptophan and lysine, are destroyed by heating/cooking at approximately 110 degrees F. Proteins, sugars and fats may require supplemented enzymes to digest efficiently. Hormones act within the body as a catalyst in every metabolic function, endothermic and exothermic reactions which are necessary for biological transmutation; to

heal and regenerate tissues, to warm or cool the body (healthy thyroid function) to name a few.

2. Minerals & Trace Minerals~

The body requires minerals to come from plants, or fossilized sea beds providing the extraction process does not damage the natural qualities. Minerals combine with enzymes making an alkaline agent which neutralizes the acid metabolic by-products of the cells and other toxic conditions within the body and prepares them for elimination. “The acid-alkaline balance (pH) of the tissue fluid is controlled by minerals.” John Ray ND
Minerals are essential for most bodily functions and as electrical catalyst within the body.

3. EFA's-

Fats the body requires. Essential fatty acids are required for the development and function of the human brain, especially in the young.

“EFAs are especially necessary for proper function of the vision, nervous system, adrenal glands, and testes, playing a vital role in sperm formation and conception. Dr. Johanna Budwig, a German M.D. and biochemist, discovered that the

blood of cancer patients was deficient in EFAs. a yellow-green pigment was found in place of the normal red blood pigment or hemoglobin. Along with certain dietary improvements, she gave her patients one and a half ounces (45 ml) or more of fresh flax oil as a means of getting EFAs into the body (flax oil is 55-65% Omega 3 and 15-25% Omega 6). The flax oil was consumed in combination with various dairy products (organic cottage cheese) to provide the sulfur proteins which Budwig considered necessary for the EFAs to be properly utilized by the body. On this program, which included no other supplements, she found that within three months the yellow-green was replaced by red blood pigment”.

Douglas Morrison-

- Fats and oils are best consumed with food for proper assimilation.
- Some healthy fats- Organic: hemp, chia, avocado oil, butter, flax oil.

4. Probiotics- Fermentation

Various Lactobacillus Strains such as Acidophilus, Delbruekii, Caseii, Bulgaricus, Causasicus, Fermenti, Plantarum, Brevis, Heleveticus, Leichmannii, Lactis, & Bifidus may be found in commercially prepared probiotic supplements and fermented foods. Yeast strains that are aerobic in nature are not the harmful yeast strains that are associated with candida and thrush. Probiotic action in the gut assists digestion and assimilation of nutrients. Beta-Carotene is converted to Vitamin A in the intestine through the action of Lactobacillus for example. The lack of foul odour from stool and flatulence indicates a healthy balance of intestinal bacteria. I find it necessary to supplement probiotics consistently.

- Reestablish intestinal flora with sufficient amounts of probiotics following the use of antibiotics which may kill both friendly and unfriendly bacteria. This applies also to natural antibiotics such as oregano and garlic.**

Food & Drink in the Modern World - Eating Clean

I determine clean food by two major factors.
Water quality with which the food is grown is a third important influence.

1. How the food is grown in relation to chemicals used; from seed, through growth and transport process.

2. Has the food been altered by genetic engineering.

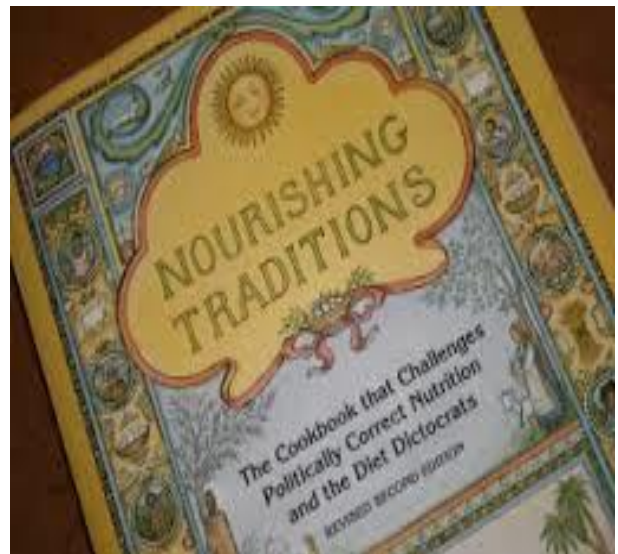
If you purchase organic food grown with heirloom seed, you avoid both of these major food adulterations.



Genetics and Nutrition

Our ancestor's give us a unique genetic make-up, that includes a historical predisposition in regards to nutrition. It is widely known that the First Nations- Native People of 'Turtle Island' (North America) is under an epidemic of diabetes. The inability to process sugars, is an example of this.

Alcohol, white flour and white sugars/ corn syrups are destroying health for these people in early age. No one's heredity has prepared us for the overconsumption of sugars in today's



modern diet. Yet, the First Nations are especially sensitive. I suspect from a traditional diet low in sugars and no alcohol.

Consider our ancestors when choosing food and drink.

✧ Nourishing Traditions by Sally Fallon

Salt- Find a salt source that has a high mineral content, is environmentally clean, unbleached and without chemical processing. Nutritious salt is essential to health. Bolivian Rose out of the Andes Mountains is my current favourite.

Sweet-

- Keep it simple, keep it clean.
- Organic: maple syrup, raw unheated honey. Avoid sugars derived from G.M.O. corn and beet, found in most prepared, packaged, restaurant/fast food and candy. Keep a healthy limit on intake of foods high on the glycemic index such as corn (be aware of gluten free food being made from G.M.O. corn and rice), wheat, potatoes, alcohol, most fruit and fruit juices, and their byproducts. This may sound simple but it isn't always easy. It took me over a year of vigilant effort to get through the initial cravings to unhealthy sugars. These sugars are food for the bad bacteria, fungi and yeasts that proliferate in the gastrointestinal system. They

cry out to be fed, creating an overwhelming urge to eat or drink something that turns to sugars. Probiotic intake is important here. This provides for healthy bacterial balance.

- Avoid artificial sweeteners.
- Research products and read labels.

Balanced amounts of high quality clean and simple food, consumed in right quantity, prepared and eaten by following basic food combining, may provide not only good nutrition but a celebratory atmosphere around food and drink. This encourages slow savouring and development of the palate as well as aids optimal digestion. Food prepared with loving intent and shared with family and friends encourages an atmosphere of gratitude essential to good health.

Whole food has not been heated, processed, changed in any way unless sprouted, soaked or fermented to enhance digestibility.

Superfood has become a popularized word. It simply refers to nutrient dense food. Digestibility

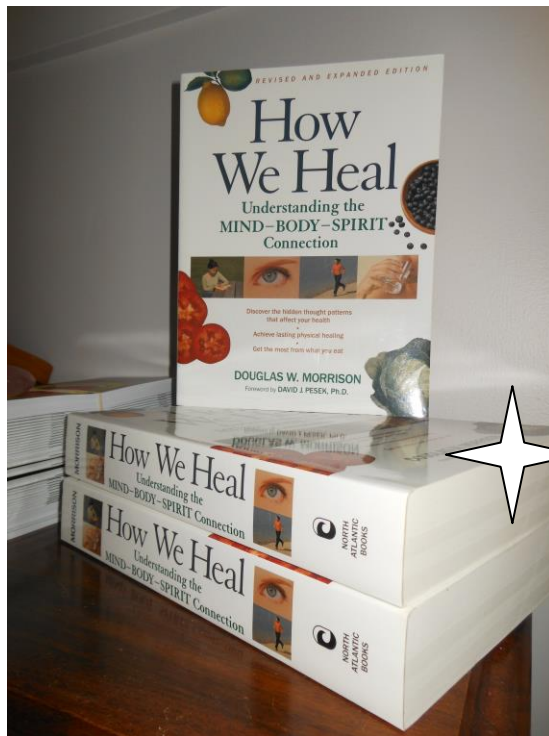
and assimilation is worthy of consideration. A little goes a long way. Some popular superfoods are Maca (*Lepidium meyenii*, known commonly as Peruvian Ginseng), Ashwaganda (*Withania somnifera* – Indian Ginseng), Goji berries, Pumpkin seeds. Chaga, Cacao, Camu Camu.

When choosing food and drink, 75%+ could be providing necessary nutrition. The rest may be considered treats. As Douglas Morrison puts it, ‘treat, don’t cheat’.

Green/Raw Protein Drinks

Firstly, do not mix any fruit or fruit juices with protein or green drinks. This creates an acidic post digestion condition as the fruit digests faster turning to sugars. Dehydrated greens are completely acceptable. A green drink may be sipped all day to provide balanced nutrition and energy. Be mindful of product ingredients, keeping it organic. Chia seeds give texture and E.F.A.’s.

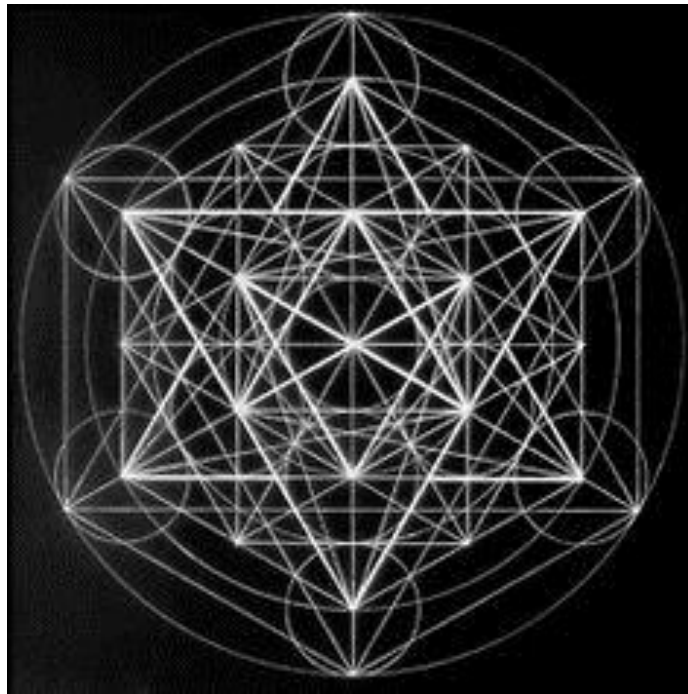
More physical factors: Maintain good posture. Stretch and strengthen with exercise you enjoy, preferably outdoors. Breathe deeply and consciously. Keep bedroom free from excessive electromagnetic pollution by keeping computers and other devices far from the sleeping environment. Sleep and work as far away from wifi modems and smart meters as possible. Keep an open window while sleeping- air out the home regularly. Wholistic dentistry is an important consideration.



Physical health may lay the foundation to emotional, mental and spiritual health.

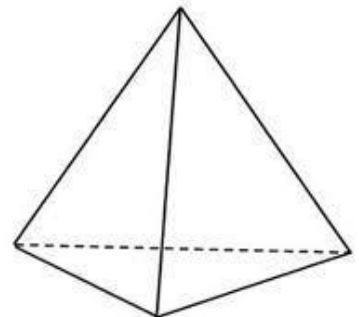
How We Heal by Douglas Morrison offers many more considerations.

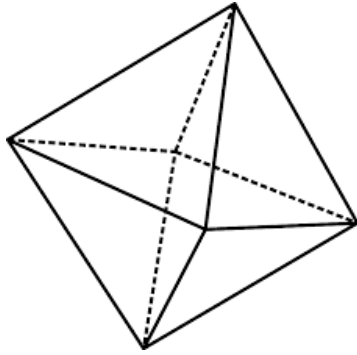
The Five Platonic Solids



The geometries nested here are known as the building blocks of physical creation. Frequency (energy) coming into physical form. We may observe this as the crystalline structure seen in water, salt, minerals, etc.

Tourmaline has a natural tetrahedral formation. This is considered connected with the element of fire.



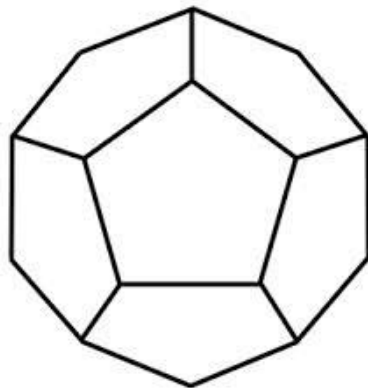
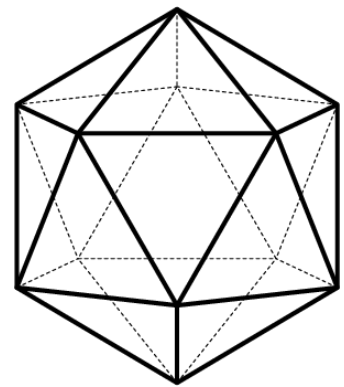


Fluorite has a natural octahedral formation and is linked to air.

The cube as seen is pyrites is connected with the element of earth.

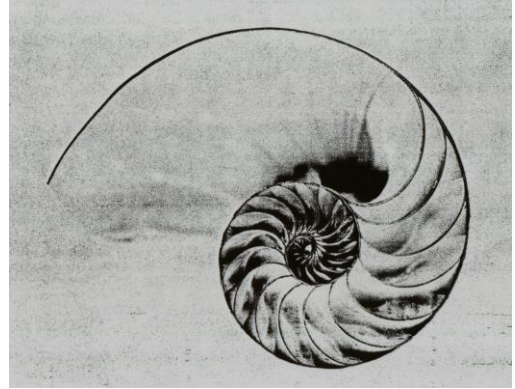
Icosahedron is water's geometrical formation.

Dodecahedron is related to the element of ether or spirit. This is natural law.



I find this a fascinating study on the creation process, which helps us to understand our nature, creation and ultimately conscious uncreation.

✧ The Fibonacci sequence is a mathematical formulation of how nature (energy) moves in the creation process. The nautilus shell is a good visual example of



this, as is pinecones and sunflowers. The mathematic sequence is $1+1=2$, $2+1=3$, $3+2=5$, $5+3=8$, $8+5=13$, $13+8=21$, $21+13=34$, $34+21=55$, $55+34=89$, $89+55=144$

✧ My Big Toe Trilogy by Thomas Campbell

The understandings of physics are naturally changing with continued conscious awakenings.

Emotion~ Doorways to Change

Suppression~ Venting~ Control

Suppression is held in the physical/emotional/mental/spiritual unconscious. As the suppression gradually releases to the emotional awareness we begin to feel what's there, and vent. Venting is a necessary part of the transmutation process. Venting/allowing the expression of emotion is in no way projection upon anyone or anything. Following sufficient venting (intensified and held) we then move to control (contain) the emotion within. Holding the emotion intensely without emoting, then the feeling of the emotion will increase. If this occurs and we enthusiastically contain within, encompassing in unconditional love, forgiveness and gratitude for the experience, then we experience a thorough transmutation and rapid upscale emotional movement. If there isn't an increase of intensity of the present emotion when we contain (control) then we go back to venting. When the three physical principles are applied, nutrition, stillness, breath, then the opening of the suppressed emotion begins. The emotional and physical bodies are directly

connected. They affect each other continuously. The energy centers of the emotional body usually moves and changes from the bottom up. The root center resonates with unconsciousness.

Unconsciousness is all things we are unaware of. This includes suppressed emotion, memory with associated words we were unable to experience in the moment that it occurred. This is a natural defense mechanism, when something is resisted being experienced. When we request change, suppressed emotion surface to our awareness where they then may be released. We require the three aspects of creativity simultaneously to transmute efficiently.

- Word pattern- Emotion- Memory

When all three are present, they may be released by applying one or more of 'the three powers'.

- Forgiveness Love Gratitude

This process requires steadfastness and an increasing willingness to face one's own emotional wounds and traumas. Self-compassion and good friends are extremely important here, as is a sense of humour.

- Feel what we feel **WITH** love, gratitude and or forgiveness.
- Willingness to change, willingness to feel, and a willingness to let go.
- Own and maintain emotional responsibility. Non projection.

These are key components to emotional transmutation. Welcome the emotion like an old friend. This energy is present and creating our experience in an unconscious way. By making it conscious, we are then in a position to release the stagnant energies. Changing emotional consciousness requires ever increasing self-responsibility, avoiding blame or justifications. When an outer circumstance triggers a reactive emotional response, be aware of the presence of the three powers. Recognize the trigger as our opportunity to see/feel a pattern of emotion present within, shown for our perusal and edification. Practice gratitude for the triggers. Keep the emotion close without projection on anything or anyone external. Observe the internal process. Observe the words that accompany the

emotion. When we are aware of what is there, from here it may be changed. Transmuted emotional energy provides the whole system with the opportunity for renewed capacity.

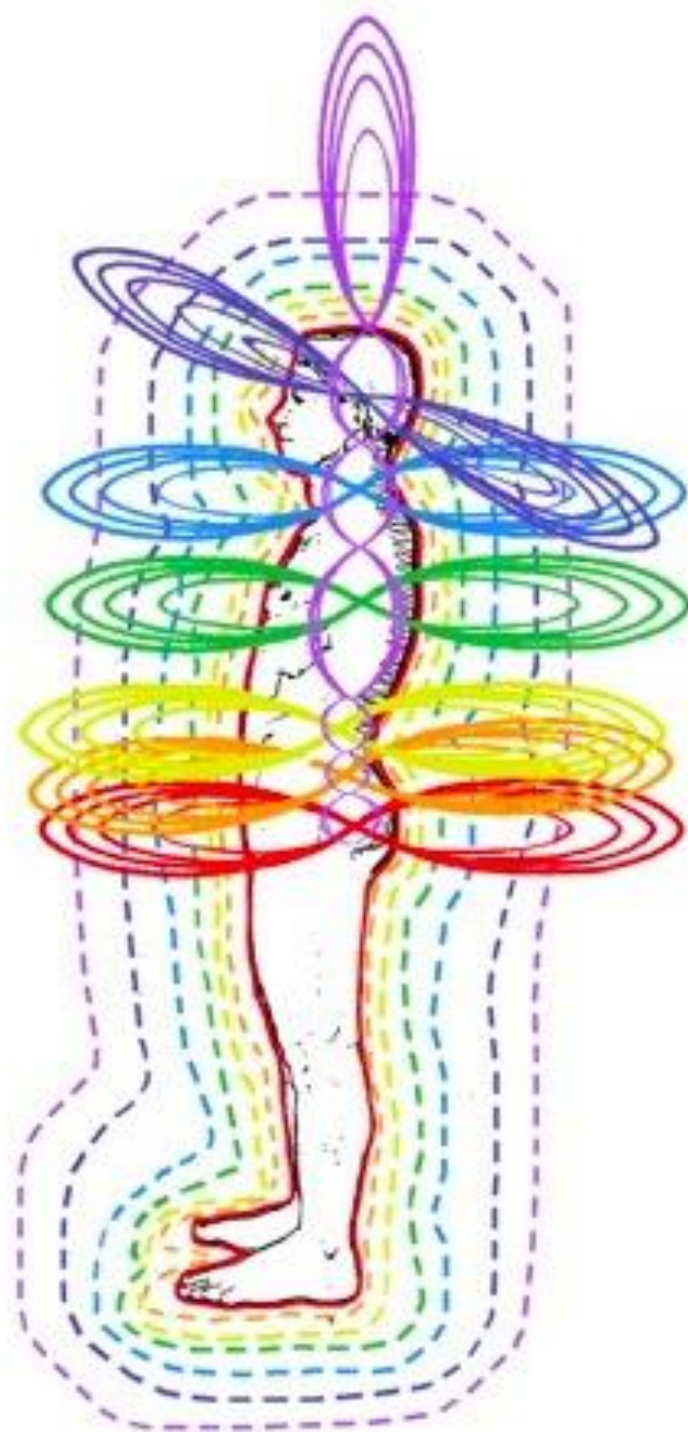
When we find ourselves in emotional reactivity in daily life, have compassion for self, forgiveness for self, love for self, then extend that to all.

Understanding the Emotional Body Construct

The seven energy centers within the human body correspond to physical organs. These centers are where the emotional body concentrates its energy. Each emotional center contains all seven levels of emotion, nested in spheres equaling 49.

The awareness of all emotional levels increases exponentially with upscale movement from level 7 to level 1 (root to crown).

At the top of each level is the access point to that particular level of love, enough to transmute all beneath it.



Qualities of the Emotional Centers

Level 1~ Love= Enthusiasm and Creativity

- feeling love~ accessible at all 7 levels, with the power to transmute all levels of emotionality beneath it.
- Corresponds with the pineal

Level 2~ Emotional Pain~ Unity

- see/feel multidimensional viewpoints.
- Corresponds with the pituitary

Level 3~ Anger~ Truth

- power and control issues.
- Corresponding with the thyroid/parathyroid

Level 4~ Fear~ Freedom

- becoming aware of choice.
- Corresponds with the heart/thymus

Level 5~ Grief~ Joy

- Pattern; the feeling of loss/victimization~ 'why me'.
- Corresponding with the pancreas/adrenals

Level 6~ Apathy~ Compassion

- the feeling of 'who cares'.
- Corresponding with the spleen

Level 7~ Unconsciousness~ Self Awareness

- black/white, right/wrong, all or nothing.
- Corresponding with the gonads (testes in male, ovaries in female)

All levels are interconnected, making a flow of upward energy within the body.

This construct was taught by Tibetan Buddhism, and adopted in the practice of Body Electronics with which thousands of people underwent consciousness change that included emotional transmutation.



Summation on Emotional Transmutation

- Choose a private environment.
- Sit or lay with the spine straight.
- Breathe deeply and evenly without pause.
- Remain perfectly still.

Welcome the emotional energy.

Take whatever you get and work with that.

Do not involve others, blame or project upon anyone or anything- overtly or covertly (silently).

Be willing to intensify the feeling and allow it to last as long as it needs to be felt.

Now feel the emotion with Love. If you cannot access Love, feel with forgiveness for self and/or others. If you cannot access Forgiveness, feel with Gratitude. If you cannot access any of the three powers, feel how you feel about the emotion. For example, you may feel ashamed of the anger, afraid of the pain, so feel that, see if you can love that, forgive that, be grateful for that. It will unravel in this way back to the core emotion, where you will again have the opportunity to feel with Love, Forgiveness and Gratitude.

Attachment to outcome such as how, when, what;

may distract the process. Be alert to expectations, doubt, disappointment, etc., transmuting as they arise. When emotional pain is accessed and transmuted with some degree of enthusiasm/love, we access the mental body at that level of progression. At this specific level we begin to see 'both' sides of a resisted duality. This is considered entering the mental body. The word pattern and memory are present here. Bring the three creative energies together simultaneously, release with forgiveness, love and gratitude. This is full transmutation. This takes perseverance. The further up we go on the emotional scale, the more expanded the awareness of the mental body. Here is where meditation and exercise in focused concentration becomes increasingly important. As we move emotionally upscale, we become increasingly sensitive, and aware. Enjoy that.

Higher and Lower Law

Simplistically speaking emotional law is higher than physical law, mental higher than physical and emotional, and spiritual law higher than them all. The paradox is physical law must be observed and maintained to be aware of the higher laws of

emotion. Emotional law must be maintained to observe the mental law, etc. Within emotion, there are higher and lower law, and this becomes more and more complex before coming into simplicity. This may be observed as a sine wave. From unconsciousness to fear, we move from simplicity to complexity. From fear to enthusiasm we move from complexity into higher levels of simplicity. Now apply this within each level, 7X7.

When emotion is transmuted it has the capacity to transmute emotions beneath (see scale of emotion). Enthusiasm (love) is at the top of each emotional level x 7. When accessed and applied to transmutation this effects all emotion under that particular level. Coldness in and around the body is what can be explained in terms of atomic endothermic reaction. (see How We Heal, 363-64) Simplistically, the body is using energy (drawing it in) to change it into something else. (biological transmutation). The atomic exothermic reaction is experienced as heat in and around the body. The body is releasing the energy. More on this provided in the in depth writings of the Logic in Sequence series by John Whitman Ray- found on my website.

The Mental Body

Transmutation & Visualization

As the emotional body (specifically pain at level 6 within all 7 levels of emotion) opens and clears with transmutation, we become aware of an increased ability to see from the mental body. Inner visualization becomes clear, in colour, motion picture, auditory, a full inner sensory experience. This is natural as pain is released, and the pineal functions more fully. Moving to transmute the mental body prior to emotional transmutation is futile. From the mental body we begin to see how we created our individual life experience. Patterns of thought (that became experience) become clear. From here mental transmutation is possible. We gain access to the mental body incrementally, with upscale transmutation of emotion. This is a universal 'fail safe'. With this awareness, focus to the encompassment of a specific dualistic pattern, using inner sight, accessing and directing the violet light brings the patterns of the mental body into harmony.

Encompassment of Duality is applied (holding both sides with focused concentration), while accessing and directing the Violet Flame, until the duality experienced with equanimity on both sides. This allows the reconnection of the duality in perfect harmony. The duality being observed and transmuted will gradually become a harmonious interplay.

Summation on Mental Transmutation-

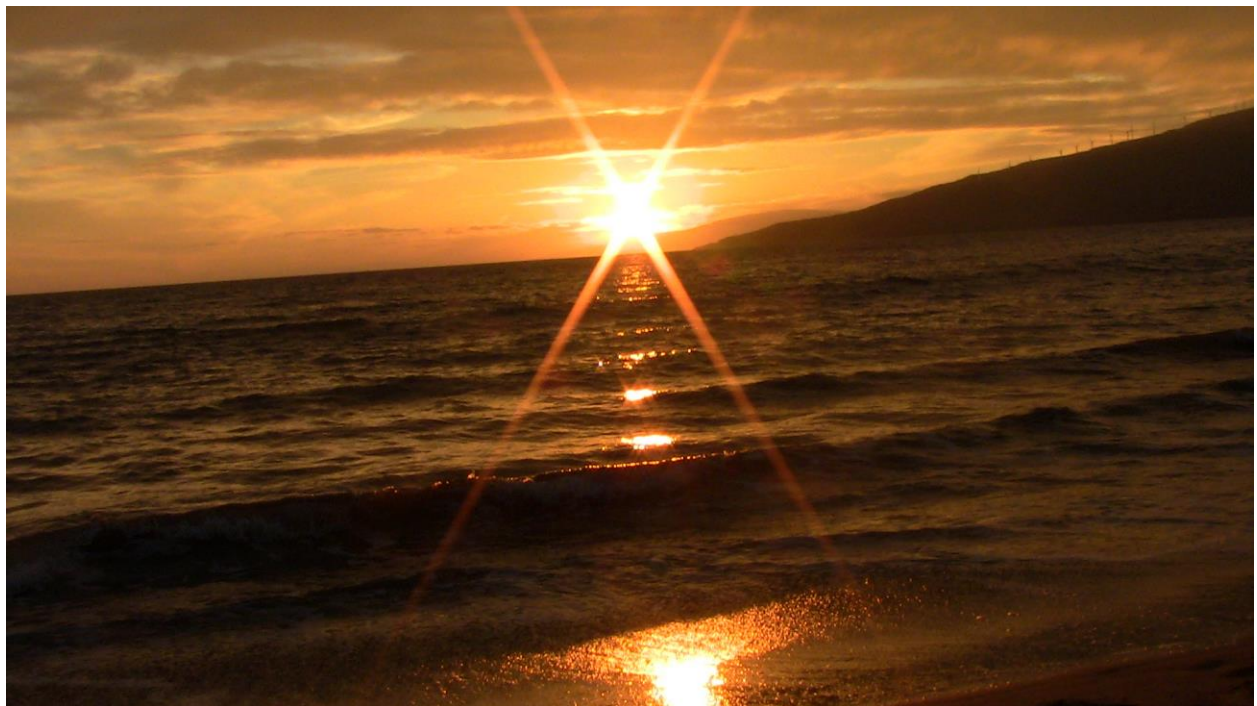
- Inner sight- awareness of the duality.
- Encompassment of the specific pattern (both sides).
- Awareness of the violet light/fire.
- Bring both sides together while allowing.
- Make it happen/let it happen simultaneously.
- Stay with it to completion/harmonization, usually accompanied with a flash of white light.
- This practice required focused concentration.

- At this point we are practicing physical, emotional and mental principles simultaneously.
- Increased self- responsibility is natural as we become increasingly aware of our capacity to create and un-create.
- Intuition gradually returns to awareness.
- Transmutation changes consciousness in an evolutionary way.
- Regeneration/healing is a pleasant side effect of consciousness change.

Higher and lower law becomes increasingly apparent as we move upscale and have greater and greater access to the mental body, from where thought/inner vision views our creative experience. The bottom up approach as outlined here begins with applying physical applications, that naturally supports emotional opening- emotional transmutation clears the way for mental awareness. The practice of mental principles brings one to spiritual awareness from where spiritual harmony exists always. Every effort we make in the evolutionary path is not lost.

- Meditate in the energy of unconditional love.
- Meditate in the energy of gratitude.
- Meditate in the energy of unconditional forgiveness.

Allow these energies to move through your body- they will radiate naturally in the auric field when integrated physically. Daily practice assists to maintain alignment in natural law.



Spirit~

Spirit contains pure creative potential. As human beings we have developed as a wholistic construct of nature that began as spirit/energy. The physical experience is fully equipped with the spiritual capacity for conscious evolution. It is how we choose to live that determines the speed and depth of the evolutionary process. As we consistently practice the release of anything less than love, we are attended to by spiritual support. I have found inner asking for guidance and understanding has been of great blessing. Some may call this prayer. Listening- practicing awareness of the internal and external environment- paying attention.

Intent of equality and reciprocity, when practiced may be naturally developed and applied appropriately.

**“The word yoga
itself means
“union” of the
individual
consciousness with
the Universal
Consciousness or
Spirit. Yoga is a
profound science
of unfolding the
infinite potentials
of the human
mind and soul.”**



Paramahansa Yogananda-

Illia Heart~

In her early years Illia was influenced greatly by her maternal Grandmother, her name was Velma. As a young woman she owned and operated a health food store a metaphysical book shop and later a wholistic health centre. In 1999 she began many years of study in the field of Body Electronics.

Douglas Morrison certified Illia as a Body Electronics Instructor in 2003. She continued to study with Douglas until 2007.

Throughout her life, oral tradition from elders stands in the forefront of her education.

From 2003 to 2013 Illia received teachings from Drunvalo

Melchizedek. She was certified as a teacher of Awakening the Illuminated Heart by Drunvalo in 2011.

She has raised four children into adulthood.

Illia presently resides on Salt Spring Island, B.C. where she holds retreats, and a wholistic health practice.

“Self-actualization is an inner process of discovery and change.” Illia~



Great Spirit-

**Bless us as we celebrate life on this great planet,
may be do so in Grace. May we be good Brothers
and Sisters, assisting each other to live happy
healthy lives. May we see the integral part we
play, on Earth and in the Heavens-**

Giving and Receiving joyfully.

From our Heart we give thanks.

We are All Related.