



The Gnostic Way

With Illia Heart

**A 2 Day Introductory Course
On Wholistic Health &
Consciousness**



“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 centre 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

Wholistic health and self-healing~ Author's Note-

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 book contains an introduction to practical applications for conscious evolution and self- healing within a wholistic construct.

There is repetition in this booklet.



The information in this booklet is for educational purposes only. It is in no way intended to treat, nor to diagnose, cure or prescribe.

This publication is an introductory guide to the principles and preparations necessary for optimum results in the practice of The Gnostic Way introductory course taught by Illia Heart. How We Heal by Douglas Morrison is a great compliment to this work. HWH

The Gnostic Way is a study and application of wholistic self healing. Body Electronics, Ayurveda, Kriya Yoga and Traditional teachings of Turtle Island merge to offer a unique comprehensive practice for the evolution of consciousness.



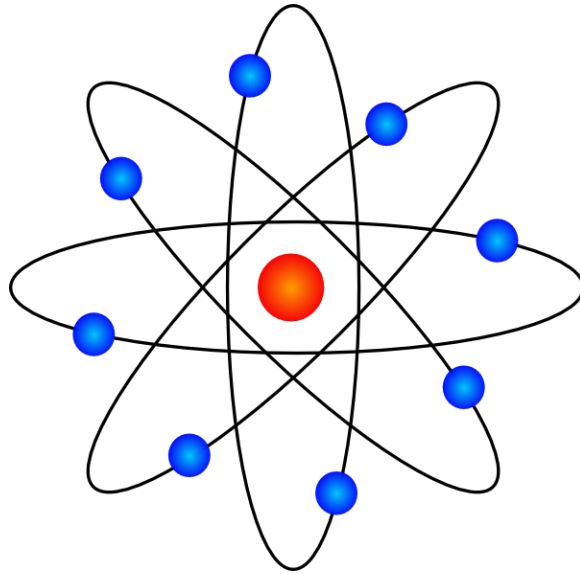
Artist- Kahlil Gibran

Physical Preparations

1. Nutrition~
2. Stillness~
3. Breath~

We are building upon physical principles as the foundation to consciousness change, and this requires increased application. We are improving nutrition and gradually (or sometimes not so gradually) detoxifying in order to feed the body what it requires for hormone production and electrical conductivity. Getting the endocrine system running efficiently is necessary to the process.

Be aware of reactive patterns with food and drink. Letting go of the foods we know are hindering and opening to those that assist. Before, during and after an event, it is especially necessary to give the body support by eating fresh, organic, raw and nutrient dense food that supports the healing crisis, avoiding substance that inhibits healing crisis such as sugars (especially glucose and hi-fructose corn syrup) and caffeine, alcohol etc. Drink sufficient amounts of pure water (spring) while upgrading nutrition to flush toxins. Physical law is the foundation to higher law. With that said, be aware of reactive patterns that make physical law the main focus to the exclusion of higher law; emotional/mental/spiritual.



Nutrition- Supplementation

What assists to get into the healing crisis (physical principles/nutrition) will assist to get through a healing crisis. This is a very important principle. (How We Heal pg. 369-The Role of Consciousness)

1. Enzymes- before meals.

2. Trace minerals may be first supplemented by an easily obtained product called Concentrace. Colloidal Mineral Capsules from Enzymes International (USA) as well as the Colloidal Liquid Minerals also from Enzymes International are of exceptional quality. Taken with a little grapefruit juice.

4. Probiotics- Prepared Caps

I take capsules with 50- 100 billion active bacteria.

As more suppression is accessed we may find it necessary to appropriately increase probiotics. You know you are taking enough when your stool and flatulence no longer has a foul odour.

5. EFA's- Hemp oil (refrigerate), Unrefined organic coconut oil, flax oil, quality butter. Oils are to be taken with food.

6. Magnesium

This assists in breaking up the melanin protein complex that acts as a barrier in the monoples. See HWH. There are a wide variety of magnesium combinations on the market. Find one that works for you. I take a Mag/Taurine/B6/ Zinc combo at bedtime.

7. Lymphatic Enzymes- Serrapeptase (Energex)

Taken between meals and at bedtime.

8. Raw Food/Protein

Eating raw food that has not been denatured by cooking, processing, pasteurization, etc., contains the natural enzymes necessary for hormone production. Eat prior to cooked food for optimum digestion. Unheated bee pollen and hemp hearts are good examples.

Physical energy is the end expression in the wholistic spectrum of creation. Physical creation begins in spirit (energy), comes through the mental body (thought/vision), the emotional body then into physical form. Applying physical principles supports steadfast movement through emotional and mental transmutation. In this way we quickly evolve. The following is a

practical outline to an evolutionary approach that works from the physical level up. The physical foundation facilitates emotional opening where the edification through transmutation is applied. When the emotional body is opening, access to the mental body occurs.

Nutrition (all things consumed), conscious breathing and stillness are three principles from where we begin our physical revitalization.

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. Hydrate sufficiently each day as top priority.

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

When 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.



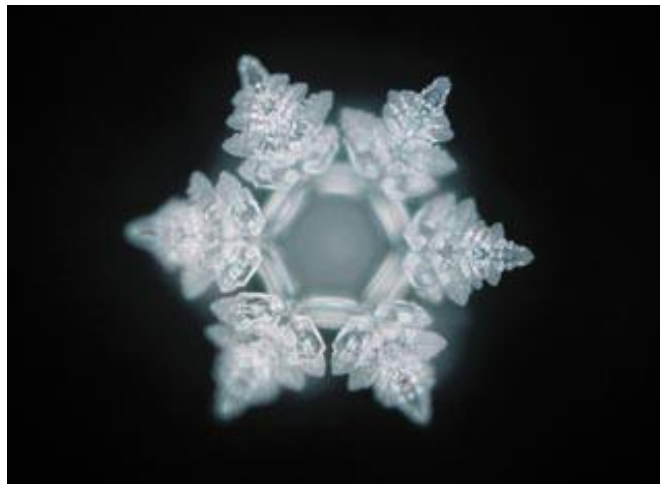
The Bodies Many Cries for Water –

Dr. Batmanghelidj is an excellent book on hydration and health.

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

The Hidden Messages In Water, by Dr. Emoto gives a more thorough explanation of these principles. “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



Be Still and Breathe

Practicing being perfectly still for one hour per day while breathing deep and regular prepares and strengthens the physical body for inner work.

These physical disciplines open the awareness to suppressed emotion.

Stillness-

Being still may be the most important physical activity we choose. Sit or lay in stillness, gently holding spine straight, with no voluntarily movement while breathing deep and even without pause. These two simple physical practices- stillness and conscious breath allow access to the emotional body with nutritional support.

Three part breath~

Sit comfortably with the spine held straight. A clean outdoor environment is optimum, yet for daily practice an alter space with a wool blanket is fine. 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 inhalation and exhalation- 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.

Alternate nostril breathing~

Rest thumbs on either side of nostrils, with the third fingers touching slightly at top of head. Press right thumb on nostril and breathe deeply and evenly through left nostril while counting to 12. Press thumbs on both nostrils and hold breath while counting to 12. Release thumb from right nostril and exhale evenly while counting to 12, pull abdomen in at the end of the exhale. Do not pause at end of exhalation, go directly into inhalation. Inhale through right nostril to 12. Press right thumb, hold breath to a count of 12, release left thumb and exhale from left nostril. Breathe in left nostril at a count of 12. Twelve rounds practiced twice daily. Count one round each time you inhale from right nostril. At the end of the twelfth inhalation through right nostril, release pressure on both nostrils and exhale completely through both nostrils. Breathe deeply through both nostrils, exhaling completely x 12.

When our nutrition is working to revitalize, adding stillness and conscious breathing practices strengthens the spine which in turn opens the pranic channels (subtle energy system). This creates the environment for expanding inner awareness. From here consciousness may be accessed and changed. Emotional suppression comes forth to be transmuted. With continuous practice in emotional clearing, the mental body will be accessed for its edification. The spiritual shroud in which the physical, emotional and mental bodies are contained is accessed in increments upon the

continuous evolution of the inner environment.

Please do not use 'yoga mats'. They disconnect the electromagnetics of the earth, and are environmentally unfriendly.

More Literature

Logic In Sequence Series~ found free on my site.

Book One- The Laws of Perfection

Book Two- Health and the Human Mind, The Healing Crisis

Book Three- Health and the Human Mind,

The Electrification of Matter by Dr. John Whitman Ray

How We Heal, by Doug Morrison

www.howweheal.com

The Body Electric- Electromagnetism and the Foundation of Life by Robert O. Becker, M.D. and Gary Selden

Biological Transmutation by Louis Kervran

Fluoride the Aging Factor- by Yiamiana

Grey's Anatomy (found online), familiarize yourself with the anatomy and physiology of the human body.

You will find this study and practice vast as you continue to explore. Simplicity to complexity to simplicity...



"Healing Crisis"

Hering's Law of Cure has been accepted for many years as the basic definition of the "healing crisis". This concept has been accepted by Natural Health Practitioners the world over including Chiropractic Physicians, Naturopaths, Homeopaths, Herbalists and a host of other valid natural health modalities.

HERING'S LAW OF CURE:

"All cure starts from within out, from the head down and in reverse order as the symptoms have appeared."

In addition to this the healing crisis begins with the willingness to do so, when an individual is ready both physiologically and psychologically. The basic foundation for healing crisis is nutritional. A healing crisis will begin from within out, in reverse order chronologically as to how the symptoms have appeared, tempered by the intensity of the trauma (physical- emotional- mental- spiritual). Poor nutrition over long periods is a trauma in itself. We process trauma of least severity (whatever we are ready and willing to process in that moment of time) is how the healing crisis unfolds. A healing crisis creates a hyper activity (intensification of symptoms), making it seem worse before getting better. Simple principle- what may get you into the healing crisis may assist to get you through it. In other words, during a HC, continue the nutritional and emotional

transmutation throughout. It is often a difficult thing to determine a HC from a disease crisis.

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 production and 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 physical 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), hemp hearts as well as 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 and to warm or cool the body (healthy thyroid function).

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.

Minerals are essential for electrical catalyst within the body.

Minerals

Written by Dr. John Ray ND

1. According to Senate Document No. 264, the official publication, 99 percent of American people are deficient in minerals, and a marked deficiency in any one of the more important minerals actually results in disease.
2. The body is equipped to chelate only a small amount of some inorganic elements from nature. Therefore, the body requires the minerals to come from plants in a chelated form that the minerals may be properly assimilated and utilized. The efficiency of each mineral is enhanced by balanced amounts of the others.
3. The body must maintain an adequate mineral supply to maintain a balance between internal and external pressures of the cells called osmotic equilibrium. This state must be maintained for normal cell function and continued youthful health.
4. All nutrients such as vitamins, proteins, enzymes, amino acids, carbohydrates, fats, sugars, oils, etc. require minerals for activity. All bodily processes depend upon the action of minerals.

5. Trace chelated minerals are more important in nutrition than vitamins. Vitamins can be synthesized by living matter, minerals cannot.
6. Vitamins are required for every biochemical activity of the body. Vitamins cannot function unless minerals are present.
7. Minerals are the catalysts that make enzyme functions possible. Chelated minerals combine with enzymes into an alkaline detoxifying agent which neutralizes the acid metabolic by-products of the cells and other toxic conditions within the body and prepares them for elimination.
8. Hormonal secretion of glands is dependent upon mineral stimulation.

3. Essential Fatty Acids - 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- Author of How We Heal

- Fats and oils are best consumed with food for proper assimilation.
 - Some healthy fats- Organic: hemp, avocado oil, quality butter, flax oil (provided it is fresh and kept cool).
 - Unhealthy fats- GMO canola, palm oil.

Essential Fatty Acids and Dietary Fats by Douglas W. Morrison

Fats that Heal, Fats that Kill by Udo Erasmus

Nourishing Traditions by Sally Fallon

Nutrition and Physical Degeneration by Weston Price

- 1. There are two essential fatty acids or EFAs; these essential nutrients have been shown by leading researchers to be necessary for both the optimum health of the body as well as for freedom from degenerative

disease. They are known as Omega 3 (alpha-linolenic acid or ALNA) and Omega 6 (linoleic acid or LA).

- 2. In addition to these two EFAs, there are certain derivatives of each that some people do not produce in adequate amounts themselves so as to meet their own needs. Therefore, some people will also require a dietary source of these EFA derivatives as well. Biochemical individuality is an important concept to comprehend in this regard. (Refer to *Biochemical Individuality* by Roger Williams for more info on this subject.) Among these EFA derivatives that some people may require from dietary sources are gamma-linolenic acid (GLA) and eicosapentaenoic acid (EPA).
- 3. Along with proteins, minerals, other lipids, and sugars, EFAs are building blocks of cell membranes and various internal cell structures.
- 4. EFAs are necessary for the metabolism and transportation of triglycerides and cholesterol.
- 5. EFAs are necessary for the development and the function of the human brain.
- 6. EFAs are necessary for proper function of the vision, nervous system, adrenal glands, and testes, playing a vital role in sperm formation and conception.
- 7. EFAs boost metabolism, metabolic rate, energy production, and oxygen uptake. Some researchers suggest EFAs are necessary in order for us to properly utilize sunlight.

- 8. EFAs, particularly Omega 3, have been shown to decrease growth of cancer cells, candida, and various anaerobic organisms destructive to the health of the human body.
- 9. In the November 1986 Journal of the National Cancer Institute, research indicated that Omega 3 and one of its derivatives as well as three of the derivatives of Omega 6 were seen to selectively destroy human cancer cells in tissue culture without damaging normal cells.
- 10. EFAs can be precursors to hormone like substances known as the prostaglandins. There are three main groups of these, which are known as PG1s, PG2s, and PG3s. Prostaglandins govern or influence many bodily processes including platelet stickiness in the blood, arterial muscle tone, inflammatory response, sodium and fluid excretion through the kidneys, and immune function.
- 11. PG1s are derived from the Omega 6 family of fatty acids. Omega 6 (LA) can be changed into gamma-linolenic acid (GLA), which in turn can be changed into dihomo-gamma-linolenic acid (DGLA). PG1s are made from DGLA. PG1s prevent blood platelets from sticking together, assist in removing excess sodium as well as fluid, relax blood vessels, decrease inflammation, help insulin work more efficiently, benefit nerve function, regulate calcium metabolism, and improve immune function. People whose bodies do not efficiently make

all of the above conversions may not manufacture sufficient PG1s from Omega 6 alone, but may require dietary sources of certain Omega 6 derivatives, most notably GLA.

- 12. PG2s are also derived from the Omega 6 family of fatty acids. As noted previously, LA can be converted into GLA, which can be converted into DGLA. DGLA in turn can be converted into arachidonic acid (AA). PG2s are derived from AA. Different PG2s can either prevent or promote blood platelet aggregation. PG2s can promote water and sodium retention as well as inflammation. In general, PG2s oppose the PG1s, and are secreted in response to stress. Left unchecked, overproduction of PG2s can lead to all sorts of health problems associated with increased inflammation, decreased immune function, constricted blood vessels, increased sodium and fluid retention, and increased platelet stickiness. Some of the many health problems that may be associated with unchecked PG2 production in response to stress include cardiovascular disease, strokes, arthritis, high blood pressure, diabetes, and various immune disorders. One basic mechanism of keeping the PG2s in check is a PG1 known as PGE1, which slows the release of AA thus preventing its conversion into PG2s.
- 13. PG3s are made from the Omega 3 family of fatty acids. Omega 3 (LNA) can be changed into stearidonic

acid (SDA). SDA can be converted into eicosatetraenoic acid (ETA), which in turn can be converted into eicosapentaenoic acid (EPA). PG3s are made from EPA. EPA is of enormous importance, as it also prevents AA from being available for PG2 production. As noted by Udo Erasmus, "EPA is the single most important factor limiting PG2 production." Certain fish oils are abundant sources of EPA. People whose bodies do not efficiently make all of the above conversions may require a dietary source of certain Omega 3 derivatives, most notably EPA. People whose ancestors consumed large amounts of EPA rich fish for many generations often do not efficiently manufacture their own EPA and must rely upon a dietary source such as certain types of fish.

- 14. The ratio of Omega 6 to Omega 3 is also crucial, as excess Omega 6 as compared to Omega 3 promotes tumor formation. Research suggests that the ratio of Omega 6 to Omega 3 should be no greater than 5:1. Many experts suggest that the ideal ratio is as low as 2:1 or even 1:1 based on the ratio found in many healthy traditional diets. A typical ratio in most people's diets is in excess of 20:1. This is largely the result of increased consumption of various vegetable oils in the past century or so, most of which contain massive amounts of omega 6 and little or no omega 3.
- 15. Highly unsaturated fats are chemically unstable and thus highly prone to rancidity and other detrimental

changes due to exposure to light, oxygen, or heat. This includes any rich source of EFAs and in fact any oil, whether from a plant or animal source. It is best to avoid any heated oils, or any oils that have had sufficient exposure to light, oxygen, or heat so as to damage them. For human consumption, oils need to be processed and stored in a highly specific manner, and consumed fairly soon after pressing. Any deviation from these standards can pose some degree of health risk from their consumption. The modern diet contains a huge quantity of vegetable oils that have been exposed to light, oxygen, and heat. This poses a massive health risk to anyone consuming such a diet. No matter the quality of an oil in its ideal state, once exposed sufficiently to light, oxygen, or heat, it becomes detrimental to our health. For this reason, any cooking done with fats should be done with fats that are largely saturated such as coconut oil or ghee.

- 16. Both Omega 3 and 6 are extremely sensitive to deterioration in the presence of light, oxygen, and heat. Any or all of these will cause oil to go rancid very rapidly, thus making it of no benefit and, in fact, detrimental to the health of our bodies. For this reason it is imperative that oil be manufactured, processed, stored, and shipped in the utter absence of light, oxygen, and heat. There are seed oils available that meet these exacting standards. Certified organic seeds are

processed, bottled and stored in the absence of light, oxygen, and heat. Any oils made from seeds or nuts should be organic, as most pesticides are fat soluble and will therefore concentrate in the oil. Inert black plastic bottles are used which will not react with the oil. Any type of glass container, even dark brown glass, allows enough light in to cause rancidity. Indeed, of the three factors mentioned, light is by far the most detrimental, causing rancidity over 1000 times as rapidly as the next worse, which is oxygen. Inert gas is utilized during manufacture and bottling to insure the absence of oxygen. A special technology is utilized to maintain low temperatures (below 96 degrees F) during processing. Most so-called "cold-pressed" oils have reached temperatures of 160 degrees F or more as a result of friction during the extraction process. Once opened, a bottle should be kept refrigerated and used within two to four weeks ideally. Unopened bottles are best kept frozen. (Freezing may extend shelf-life of unopened bottles to six months or even longer, but we encourage you to treat this oil as the perishable item that it is for best results).

- 17. Fish oils are also highly vulnerable to detrimental transformation due to light, oxygen, and heat exposure during processing. Fish oils from wild fish such as cod liver oil are the most abundant source of vitamin D by a wide margin. Yet there are legitimate concerns with the

presence of various chemicals potentially found in fish oils. (Note: mercury is not fat soluble and hence not a specific concern with fish oil, yet there are numerous other contaminants which are legitimate concerns.) There are sources of cod liver oil from Iceland available which have been extensively tested and shown to have extremely low levels of these toxins as compared to other sources. Anyone consuming fish oils would be wise to investigate their own source for this reason and assure that it is the purest available.

4. Probiotics-

Probiotics 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. When we begin a nutritional program it is advantageous to supplement high levels of probiotics, followed by a maintenance level indefinitely. 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.

Drinking alcoholic beverage also kills intestinal flora.

Twelve Points on Lactobacillus Acidophilus-

By John Ray ND

1. Lactobacillus bacteria are a group of aerobic, long, slender rods which produce large amounts of lactic acid in the fermentation of carbohydrates.
2. Daily dietary intake of Lactobacillus acidophilus helps maintain proper balance of healthy bacteria in the intestinal tract. (Some problems from a lack of "healthy" bacteria in the intestinal tract due to the proliferation of "unhealthy" bacteria are constipation, irritated colon and diarrhea. Acne, eczema and fever blisters may also be caused by "unhealthy" bacteria.
3. Lactobacillus acidophilus is essential to help synthesize and assimilate necessary vitamins in the intestinal tract.
4. Lactobacillus acidophilus has been found to help lower cholesterol levels in the blood stream.
5. Lactobacillus acidophilus has been known to help detoxify toxic and hazardous material found in the diet.
6. Lactobacillus acidophilus aids in producing enzymes which help the digestibility of food.
7. Lactobacillus acidophilus improves the digestibility of feed for animals and has been tested and used as a feed additive.
8. Lactobacillus acidophilus helps maintain the pH level of the intestine by producing lactic acid from carbohydrates thus preventing an increase of pH which could then allow the

proliferation of sensitive microbes which could produce various toxic substances harmful to the health of the body.

9. *Lactobacillus acidophilus* helps to replace normal healthy bacteria in the gastrointestinal tract after oral antibiotics have been administered. Oral antimicrobial drugs suppress the drug susceptible components of fecal flora (*L. acidophilus*) and thus allow, through increased pH, drug resistant strains to become predominant, resulting in loss of benefits derived from normal bacterial activity.

10. There is no known toxicity from ingesting too large a dose of *Lactobacillus acidophilus*.

11. *Lactobacillus acidophilus* in the intestinal tract are small in number compared to other organisms. It is, therefore, essential that the human body be assured a maintenance of the proper level of this particular culture by daily ingestion of *Lactobacillus acidophilus*.

12. *Lactobacillus acidophilus* is, therefore, justified as a supplemental dietary substance especially in these days when stress, uncertainty and unhealthy pollution of air, water and food predominate.

Food & Drink in the Modern World -Eating Clean

We have many considerations in this changing world in relation to food. Here are a few.

1. How the food is grown in relation to chemicals used. Non GMO that is not organic has high usage of toxic chemicals in production.
2. Has the food been grown with seed altered by genetic modifications? GMO
3. How is it processed and transported?
4. Where is it produced? Some countries have farming methods that are not ethical, and have learned legal ways to export around the world. This is happening with many foods. Sometimes the label indicates where it was last packaged, not where it was produced.
5. Spring water with organic lemon after 6 pm (unless it is a treat night).
6. Avoid fish high on the food chain such as tuna.
7. Removing certain grain, especially wheat, corn, rice and soy from the diet can significantly improve health by reducing inflammation. Replace with high quality nutrition whole food such as organic quinoa, hemp hearts, (refrigerate), sprouted beans etc.

Eating Seasonally

Spring- Time to Clean.

Here in Canada rhubarb is a welcome spring food that wakes up the system into detox. Spring offers abundant nutrients the winter lacks. It is excellent for the body to go through the stages the seasons provide. Nettles, greens of all kinds, dandelion, asparagus etc. come into abundance in the spring. Growing herbs bring early welcome tastes that stimulate the palate, such as chives. As fruit and vegetables grow and ripen in your area, (as long as they are nontoxic, organic, and not grown by a road side) graze heartily.

Summer- Light and Cool

Continue what is provided locally (farmers market), and keep heavy foods to a minimum. Foods that cool such as cucumbers and watermelon are excellent (organic of course). Tomatoes and basil pair beautifully. Remain hydrated with good spring water.

Fall- Building Nutrients/Fat

Nuts and seeds: walnuts, pine nuts, cashew, pumpkin seed etc. Nutrient dense and higher fat foods are appropriate when preparing for winter. Warming foods such as yams and squash are easily digested. Curry meals with extra ghee is welcomed. Begin using fermented food such as sauerkraut

from fall vegetables like cabbage. A little each day provides enzymes and probiotics as we eat more cooked food, especially in cold climates. I prepare a Chaga Chai tea that is excellent through fall and winter.

Winter- Sustaining

Root vegetables: beets, carrots, parsnips etc. and fruits that keep like apples sustain us through the darker and colder times when metabolism naturally slows. Fermented food and drinks each day through the winter month's keeps digestion on track. Soups and broth made with bones. Hearty stews. Quinoa, barley and dried beans and pulses are nourishing and warming. Warming spices such as cardamom and cayenne assists circulation.

Celebrate and give thanks all year through.

Healing Crisis

We all must be active participants in the unfolding of our own potentialities. The doorways through which all must pass is always open. We choose to become more aware. The path has infinite patience. We stepped into the four bodies sequentially; spiritual, mental, emotional and physical, in this order. Now in the process of transmutation we go back the way we came in reverse order. This may be called the Healing Crisis. HC
The Healing Crisis is earned.

- It feels worse before it feels better.
- Hyperactivity precedes relative level of balance.

In the first few years of embracing the Healing Crisis, I began to see aspects of myself I was previously unaware of. As awareness increased I became much more aware of resistance patterns I was previously unwilling to see, and so it goes.

The physical, emotional and mental aspects that come forth to be released are what we are capable of, yet at times this may feel overwhelming.

We all have spiritual assistance, ask and receive.

“In the physical body it has been discovered in every cell a nearly indestructible material which is composed of a melanin-protein complex. This is an organic computer chip full of stored memory, which acts in a stimulus- response manner. *This organic computer chip determines the reaction, which is stimulated by an environmental activity.* This “crystal” or stimulus- response structure is like a filtered prism, which allows only that information to pass which is programmed to pass. The receptors may be fully activated to receive environmental stimuli but the information received is programmed into reactive patterns of which the individual may or may not be aware. At best the individual is aware of the reaction but may not be aware of the stimulus that causes the reaction. Nearly all that is received at the level of the filtered prism or melanin protein complex is blocked and converted to a response pre-programmed to respond to a specific stimulus. *This stimulus-response conditioned mechanism inherent within the crystal below the awareness of the individual, being’ the end result of suppressed or resisted experiences.*

Only a small amount of the entire electromagnetic spectrum or energy field is allowed to penetrate or gain entry to our awareness through a limited window in the organic computer chip until we individually become capable of gradually expanding the opening or window to allow more “light” to penetrate without being blocked or converted into a response which is automatic. This additional light or understanding can only come with experience. We cannot perceive something, which we are incapable of experiencing on the mental level. We cannot remember that which is in a constant state of suppression through a continuation of a state of resistance. That which is consciously suppressed or is below the level of consciousness is physiologically manifested as a stimulus-response conditioned reflex. We cannot visualize that which we have suppressed. Remember, from Chapter Three in Book One of the Logic in Sequence Series, it has been clearly indicated that *pain a the capstone to memory and not until we have re-experienced on the mental level the emotional and/or physical pain, concerning a specified event, will we ever be able to have the clear ability to visualize that particular event.*

Resistance to a given specific event and visualization of the same event are incompatible, therefore *we cannot fully visualize until all resistance is overcome.*

All in all, we perceive only that which we have not denied or resisted, as determined by our unique hologram of thought, feeling and spoken word, as determined by our unique manner of resistance.



As we continue upscale movement through the emotional body, we observe/experience the constant changes reflected in our actions and reactions.

Gratitude- How We Heal, pg. 60-61

Faith- How We Heal, pg. 61-62

Love- How We Heal, pg. 57-59

The feeling/energy of what we call Love is what we access to transmute resistance within the emotional body. Emotional level of enthusiasm is love accessed relative to the level on the tone scale of 7X7.

Love that exists within us always...we continuously become ever more aware of this Power of Powers as we release resistance and steadfastly move upscale.

Ask/Receive



The Art Of Asking

Giving and receiving. This is really about higher and lower natural law. Physical being the lower, up to emotional, up to mental, up then to spiritual. Not that one is better or worse than another, they all have their place and purpose. So, when one puts themselves out there as a teacher, practitioner, elder, they take on a deep responsibility to educate on what I refer to as the *art of asking*. Traditional to Turtle Island is to offer Tobacco when a request is made. This may be to a person...or to the Land or Water in Prayer.

Asking, attuning to receiving is a natural inner process.

Morphogenetic Resonance

HWH-pg. 30-33

We may witness change in others as a result of change in ourselves. Some of this can be attributed to attitude (our change), yet some changes can only be explained by morphogenetic resonance.

This commonly occurs within family members (DNA pattern), yet is not limited to this. Like a tuning fork that vibrates out and whatever is in resonance, will begin to vibrate also.

So it is with the vibration of regeneration.

Humour-

Knowing when (or not) to apply humor, is very important during the facilitation of the inner work. Let the Spirit move you.

I have spent time with Ojibwe (Anishinaabe) people and have been shown over the years how humor is applied in just the right timing to 'lighten up' a very serious moment (teaching). As with everything, done in the spirit of nonresistance (love/compassion) is the key. Do not become emotionally involved or entertained in the story while facilitating.

Maintain impartiality.

Humility-

Humility is increasingly experienced as one moves upscale to greater levels of awareness. The gradual realization of oneness is deeply humbling.

Discernment- As with all things, this is constantly changing as we move upscale.

Self-Honesty- required in increasing amounts as one moves upscale, courageously looking deeper.

The Gnostic Way is a present day practice of
Omnipresence.

Truth remains the same.

The Emotional Body~

Moving upscale through the emotional body allows for increasing awareness of Love and Forgiveness and Gratitude. Start with what you can access and expand from there. Awareness gradually increases as we experience and release from unconsciousness to enthusiasm (7X7).

The Three Powers

Creating a sacred space where you may privately practice transmutation and meditation is helpful to build the habit and energy.

- 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 of this assists to maintain alignment in the emotional body as well as strengthens the ability to respond appropriately.

Independent practice of evolutionary principles, deepen our inner journey.

Level- Endocrine Reflex- Emotionality- Focused Expression

Level One- Pineal- Enthusiasm- Creativity

Level Two- Pituitary- Pain- Intuition

**Level Three- Thyroid- Anger- Power/Control ~
(Specific Memory)**

Level Four- Heart/Thymus- Fear- Security

**Level Five- Pancreas/Adrenals- Grief- Victimization
(General Memory)**

**Level Six- Spleen- Apathy- Involvement without
responsibility**

**Level Seven- Gonads- Unconsciousness- Sex and
reproduction**

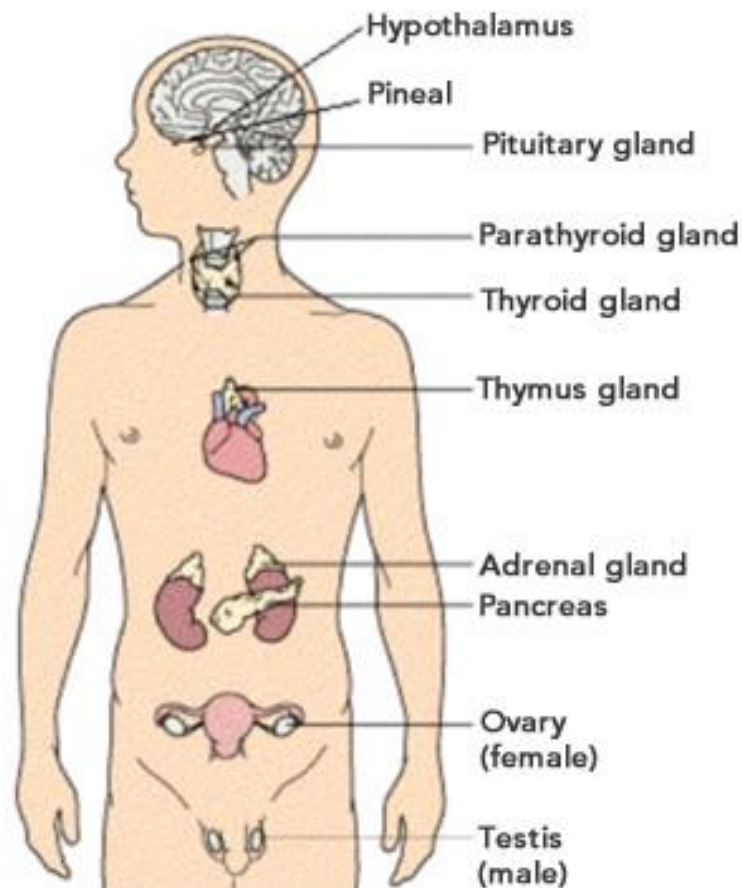
Seven Levels within Seven Levels

7X7

**The Mystery of the Seven Times Seven Explained in Chapter
13- LIS Book Two pg. 343**

Emotional Levels ~ Endocrine Reflex

The Endocrine System



We include the spleen reflexing with apathy (located between the gonads and adrenal/pancreas), and the heart/thymus reflexing to fear as one center.



The Clean Heart

The Holy Science- Sutra 30

‘Through true repentance (forgiveness/love) man reaches Maharloka (the ‘great world’). No longer subject to the influence of inner ignorance, he attains a clean heart. He enters the NATURAL state (“knowers of Brahma”). Then one becomes able to comprehend the Spiritual Light, Brahma, the Real Substance in the universe.

Not merely reflecting but manifesting Spiritual Light. Abandoning the vain idea of his separate existence, he enters Satyaloka, wherein he attains the state of final release or Kaivalya, oneness with Spirit.’

- Sri Yukteswar

Applying Love, Forgiveness and Gratitude

Transmutation of the Emotional Body

In the presence of enthusiasm (lovingly and willingly enduring all things), the 'crystals' in the human body begin to dissolve, yielding up the suppressed thoughts, feelings (emotionality) and words (word patterns present in the crystal). At this time we are given opportunity to actively participate in transmuting resistance patterns with the Power of Unconditional Love and Unconditional Forgiveness.

This requires the focus of intensifying what is unfolding and maintaining all three creative aspects simultaneously.

Memory -Emotion –Words~

Be in the sensory memory, in other words bring it into the ever present **NOW**. Feel what is there, say the words (out loud is the place to start) and encompass it **ALL** with Love and Forgiveness. It's simple, not always easy.

When the emotional body experiences transmutation, pathways are opened and movement occurs.

This is when movement upscale is experienced, in the seven times seven, in the emotional body.

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.

This can be described as simplicity moving into complexity, as we move through the emotion. Unconsciousness to fear, require endothermic reactions to process the energy, fear to enthusiasm require exothermic reactions. Again, look at the 7x7 within each emotional center is all emotion vibrating at this particular level.

This is experienced as an increased intensity (awareness) as one moves upscale through the seven times seven levels of emotionality. I have experienced simultaneous endothermic/exothermic reactions several times, freezing cold and burning up at the same time. In retrospect, I see these experiences predicated major consciousness change. This occurs at the level of FEAR!

The Hereditary Level – Genetics- DNA Imprints

Our soul is attracted to the genetic structure of the parents with which we come into physical being.

We often find similar/same resistance patterns in our ancestors and children. We also can ‘remember’ a relative’s memory.

Take what we get and work with it.

Transmutation of a genetic pattern creates a ripple effect through our connected ancestry, through morphogenetic resonance, regardless of where they are at present.

The Soul Level

We each have created a unique soul history. It is our stored patterns of resistance, often accompanied by trauma we are looking for, in order for it to be released. The patterns we are looking for exist in this life, although it is common to ‘find’ ourselves in past life (or occasional future) situations requiring release. Take what you get and work with it.

The Entity Level

'It should be clearly understood that an entity is not the cause of any of our resistances, but more of an effect. A particular resistance will create a hole in our energy /auric field.' HWH pg. 29

These self-created 'holes' will sometimes fill with separate intelligence, but mostly it is our own repeated programming that we judge as separate intelligence.

With love and respect, we offer it ALL to the great recycler, when we transmute the pattern.

Commanding with Love~

How We Heal pg. 26-30

LIS Book Book Two pg. 77-105

Trust

See LIS Book One-pg.131

True Trust (being in the moment without resistance) is a quality of higher consciousness.

Letting it happen/Making it happen simultaneously.

Trust is viewed/experienced differently as one moves up the scale of emotion.

DO NOT LET THE FOCUS ON THE OUTER INTERFERE WITH CONTINUAL INNER INTROSPECTION AND APPROPRIATE CHANGE IN CONSCIOUSNESS. JWR~

Application of Light to Duality

Transmutation of the Mental Body

When transmutation (embracing-intensifying-forgiving-loving, changing consciousness) has occurred within the emotional body, we gradually gain access to the mental body, where duality along with our judgement (to both sides) may be viewed.

We may then access the Violet Flame, making it possible to transmute the mental body by first encompassing the viewed duality. Beyond the Violet Flame of Transmutation is the Three Fold Flame, light vibrations of Love (pink), Light (gold) and Perfection of Power (blue). This Heart Flame resonates from the God Source within us all.

Observe, Receive, Recreate and Release.

READ- LIS-Book Three, pg. 928

Encompassment of Duality is applied (holding both sides with focused concentration), while accessing and directing the Violet Flame, until equanimity is experienced. The duality being observed will gradually become ONE/In Harmony once again when fully transmuted.

READ- LIS-Book Three, pg. 532

Zero Ohms Resistance & the Time/Space Continuum Warp

‘To experience the Time-Space-Continuum-Warp one must be capable of being cause and being effect simultaneously while re-creating the resistance to being both cause and effect and re-creating the resistance to the resistance of being both cause and effect’ JWR

LIS Book 3, pg 956

‘One encompasses darkness by focusing on the light. One encompasses death by focusing on life. One cannot learn about the light by focusing on darkness. The light comprehends darkness, but darkness does not comprehend light. Life comprehends death but death does not comprehend life. One cannot comprehend love by focusing on resistance, but by focusing on love the love encompasses, comprehends and dispels the resistance.’ JWR

I include this advanced material so we have knowledge of the vastness of consciousness change.

We begin from the bottom up, applying physical principles, emotional transmutation, mental (focused concentration) and spiritual practice.

ONE LEARNS TO EXPERIENCE THE YIN ASPECT OF LIFE WITH MENTAL NON-RESISTANCE, WHILE, SIMULTANEOUSLY, ONE LEARNS TO EXPERIENCE THE YANG ASPECT OF LIFE WITH MENTAL NON-RESISTANCE. JWR~

Spiritual/Natural Steps to Awareness

STEP ONE: Faith.

"through the acquisition of knowledge one foresees as having already happened the everpresent now".

One must have an increasing depth of perceptive awareness in the now to understand the deepening aspects of faith. It requires an act of faith to acknowledge the yin energies of life as the end result of the creative aspects of yang.

Responsibility is claiming the perceptual nowness as one's own creation, which is a first step of responsibility.

STEP TWO: Virtue.

Responsibility is awareness through application of transmutation.

STEP THREE: Knowledge.

Through application, results knowledge.

Knowledge can only come from experience.

Knowledge cannot be bought as an intellectual curiosity in the market place but must be earned through the assiduous application of transmutation.

STEP FOUR: Temperance.

Awareness of higher and lower law, when and how to apply

them to oneself and to others. This is known as temperance. Temperance, then, is wisdom self-applied to a given area resulting in choices or alternatives of solution.

STEP FIVE: Patience.

The fifth step is patience. Here is where one lovingly and willingly experiences according to the dictates of her/his own conscious and at one's own rate of speed. Each pathway is planned to be traveled according to the unique rhythm of that individual traveler.

The free agency of the soul is to be honored and respected and never denied as long as the actions do not interfere with the free agency of another.

STEP SIX: Kindness:

The sixth step is kindness, which simply is the exercise of the Golden Rule. "Do unto others as you would have them do unto you." This is true as long as we can place ourselves fully into the viewpoint and understanding of the other with his/her expectations and conditions, and his/her level of awareness of enduring ability to the experiences of life.

STEP SEVEN: Wisdom

The ability to administer as a mother or father would administer the law to his or her own children.

In this arena of responsibility all is designed for the gradual release of the soul from restriction as one helps the other to become independent.

One helps the other become more proficient at the choice of his own interest, directing that interest until it encompasses

every phase of life's activity without resistance.

STEP EIGHT: Charity.

Christ Consciousness

Made manifest through outer acts with no condition or expectation. Love is manifested, ever sustained and ever outflowing, without judgement, as love can only come from non-resistance and discernment.

STEP NINE: Humility.

One is humble when awareness of the multidimensional point of view that all is one. That all is one continuous, uninterrupted cause of life which is simultaneously cause and effect.

This is the beginning of understanding the true position of "Unity in Diversity".

TEN: Diligence.

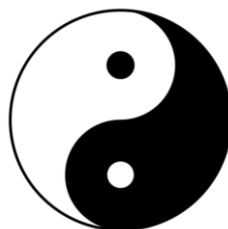
Mastery of our hologramic oneness encompassing simultaneous yin/ yang activity in each event of life as it is served up sequentially and hologramically. *Responsibility, therefore, is spiritual qualities appropriately applied in our lives, individually and collectively, as we love, communicate, and create while we dance the dance of life.*

One must first receive before one can give.

One must first of all be willing to be the effect before he/she can become cause, then simultaneously cause and effect.

Yin/Yang

One was first cause, then one's creation was resisted thus crystallizing this creation in the universe to form a continuous outer (yin) manifestation of the that which was resisted (and is being resisted constantly in the ever present now). Then one resisted the outer manifestation (resisted the resistance) and further crystallized oneself. Now, all this must be undone in reverse order. We first of all must be willing to be the effect of the "yin" manifestations around us (non-resist the resistance). This entails the perfect development of the application of the concept of non-resistance. Once one is willing to be the effect and can encompass the concept of resistance - non-resistance in reference to any given outer event, then we are capable of dealing with the cause. We must then be willing to be cause and encompass the resistance we once had to being cause where we denied our part in the creative process. This entails responsibility which includes lovingly and willingly enduring all things", which includes embracing our causal relationship to life with resistance - non-resistance. This is not an intellectual exercise but an experiential adventure, wherein one plunges oneself into the dance of life with enthusiasm and non-resistance with the understanding that one must re-experience the resistance to being "cause" before he can come to the point of non-resistance to the specified function of a specific creative act, (yang), and thus view the inner essence, the source of creativity.



Contraindications:

Pregnancy- This work is postponed during pregnancy and breastfeeding.

Varicose veins- do not apply any amount of pressure or massage on or near varicosities. We are responsible to inform the people holding our points.

I.U.D.s- Intra-uterine device- no pelvic points, bladder lift, or lower spinal points to be held when IUD is present.

Psychiatric Patients- a person who has taken drugs to suppress mental symptoms must be supported (indefinitely) by willing medical professionals. It is the responsibility of the person choosing to open the suppressed areas of consciousness to know what support is available.

Tumors- no application of pressure on or near a tumor

Osteoporosis- extreme care/gentleness when applying pressure on points

Paralysis or numbness- extreme care when applying pressure. This applies to spinal cord injuries, diabetic nerve damage or any condition where circulation is impaired.

Pinch test general nerve sensitivity by comparing the sensation from the inner soft tissue under your arm at the armpit, pinching down the inner arm to the end of your third finger.

Do not put pressure near the abdominal aorta, or arteries.
See How We Heal pg. 276

Addiction-Habits-Self Medication

The unconscious/subconscious program to not feel stimulates the compulsion to self-medicate with substances such as caffeine, sugar, tobacco, alcohol, recreational drugs, excessive exercise, shopping, sex, internet etc. which become distraction to the present moment in which lies our discomfort.

Abstaining from addictive substance and behavior before, during and after an event is necessary to the development of the Healing Crisis, and the swift movement through it.

Suppression-Venting-Control

Suppression is held in the physical/emotional/mental/spiritual unconscious.

We are asking for this to be revealed to us sequentially. As it is observed enthusiastically, we begin to feel more.

Venting is a necessary part of the transmutation process.

When thorough release (applying Love/Light) of the held memory/emotion and words has been experienced, only then we attempt to control the emotion.

Following sufficient venting (intensified and released) in a particular area, we then move to control (contain) the emotion within. Holding the emotion without emoting, the feeling (awareness) of the emotion increases.

By control, we move upscale.

If there isn't an increase of intensity of the present emotion when we contain (control) then we go back to venting.

Applying Sustained Acupressure

In holding acupressure points we discover increasingly greater ability to give as well as to receive.

The acupressure process requires study and experience.

It is not a mechanical process, in other words;

This is an increasingly intuitive process within a framework of application. Acupressure is applied sequentially as seen on the flow sheet, and as directed by the Instructor.

BODY ELECTRONICS FLOW SHEET

- | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1 _____ STO</p> <p style="padding-left: 40px;">plus _____ Pancreas</p> <p style="padding-left: 80px;">_____ Heart</p> <p style="padding-left: 80px;">_____ Heart Firing</p> <p style="padding-left: 80px;">_____ Other</p> | <p>20 _____ Large Intestine</p> <p>21 _____ Eyes</p> <p>22 _____ Ears</p> <p>23 _____ Spine--Atlas--1st Cervical</p> <p>24 _____ Spine--Axis--2nd Cervical</p> |
| <p>2 _____ Pineal</p> <p>3 _____ Hypothalamus</p> <p>4 _____ Pituitary</p> <p>5 _____ Medulla</p> <p>6 _____ Thyroid/Parathyroid</p> <p>7 _____ Thymus</p> <p>8 _____ Heart-Bronchials-Lungs</p> <p>9 _____ Heart firing mechanism</p> <p>10 _____ Solar Plexus</p> <p>11 _____ Pancreas</p> <p>12 _____ Adrenals-Kidneys</p> <p>13 _____ Spleen</p> <p>14 _____ Liver-Gall Bladder</p> <p>15 _____ Gonads-Ovaries-Testes</p> <p>16 _____ Prostate-Uterus</p> <p>17 _____ Bladder</p> <p>18 _____ Stomach</p> <p>19 _____ Small Intestine</p> | <p>25 _____ Spine--Cervicals</p> <p>26 _____ Spine--Thoracic</p> <p>27 _____ Spine--Lumbar</p> <p>28 _____ Spine--Sacrum</p> <p>29 _____ Spine--Coccyx</p> <p>30 _____ Spine--Curvature</p> <p>31 _____ Anterior Cervicals</p> <p>32 _____ Triple Axis Clavicle</p> <p>33 _____ Pubic Bone</p> <p>34 _____ Ischial Tuberosity</p> <p>35 _____ Sternum</p> <p>36 _____ Cranial</p> <p>37 _____ Bladder Lift</p> <p>38 _____ Hiatus Hernia</p> <p>39 _____ Other</p> <p>40 _____ Other</p> <p>41 _____ Other</p> <p>42 _____ Other</p> |

Once this basic sequence has been completed, one is well advised to return to earlier stages, where greater and deeper results can then be attained.

Electric Shock N.D.E. Heart Attack Stroke Cancer Coma Tie-Ins:

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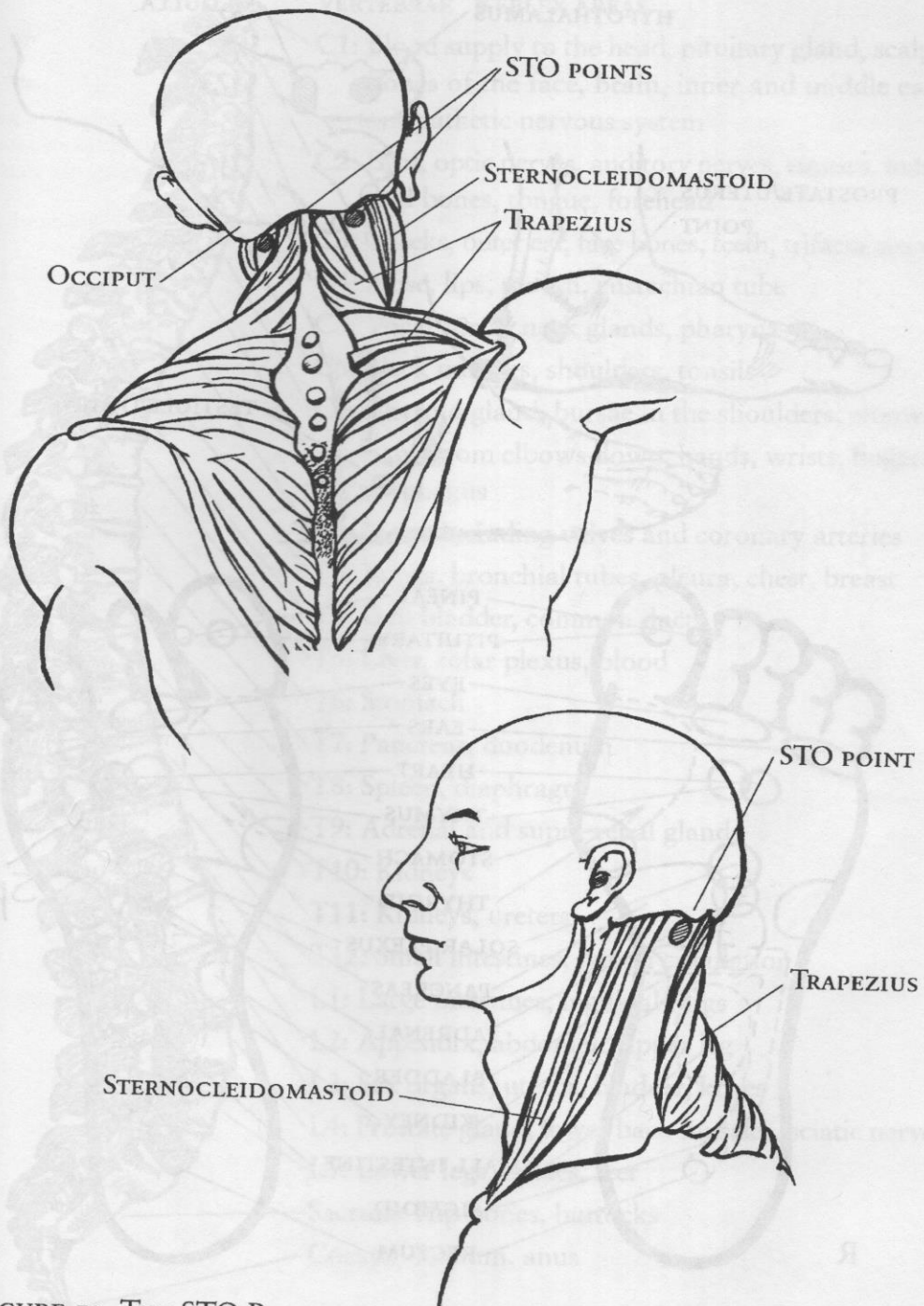


FIGURE 12: THE STO POINTS

Locating and Holding Points

Holding the STO points- see diagram

Find the 'valley between the Sternocleidomastoid and Trapezius muscles, follow it upward toward the occiput (bone at base of cranium) fall back off of the occiput slightly and apply correct directional pressure.

Directional pressure- in toward the spine (medial), up toward the ceiling (anterior), and back toward the top of the head (superior). With concentrated effort see the pressure directed to the centre of the forehead.

STO's reflex to circulation and nerve supply.

They are the first points on the flow sheet for this reason, typically held with the middle fingers.

There is often a great deal of numbness with this point. When holding points be aware of the positioning at all times. Do not allow the fingers to slide toward the ear, use the vision, if fingers/hands become numb.

Acupressure gradually increases focus and concentration, be patient with yourself.

SPINAL REFLEX TABLE

Vertebra	Central Nervous System Reflex Areas
C1	Blood supply to the head, pituitary gland, scalp, bones of the face, brain, inner and middle ear, sympathetic nervous system
C2	Eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead
C3	Cheeks, outer ear, face bones, teeth, trifacial nerve
C4	Nose, lips, mouth, eustachian tube
C5	Vocal cords, neck glands, pharynx
C6	Neck muscles, shoulders, tonsils
C7	Thyroid gland, bursae in the shoulders, elbows
T1	Arms from elbows down, hands, wrists, fingers, oesophagus
T2	Heart including valves and coronary arteries
T3	Lungs, bronchial tubes, pleura, chest, breast
T4	Gall bladder, common duct
T5	Liver, solar plexus, blood
T6	Stomach
T7	Pancreas, duodenum
T8	Spleen, diaphragm
T9	Adrenal or supra-renal glands
T10	Kidneys
T11	Kidneys, ureters
T12	Small intestines, lymph circulation
L1	Large intestines, inguinal rings
L2	Appendix, abdomen, upper leg
L3	Sex organs, uterus, bladder, knees
L4	Prostate gland, lower back muscles, sciatic nerve
L5	Lower legs, ankles, feet
Sacrum	Hip bones, buttocks
Coccyx	Rectum, Anus



NOTE THAT THE NERVES SUPPLYING EACH AREA MAY ALSO BE SUPPLIED FROM THE ADJACENT TWO VERTEBRAE TO A LESSER EXTENT.

The crystals are encoded thought patterns, with word patterns and emotion that are held by the crystal in a state of continual creation twenty-four hours a day. Changing our thinking is not enough. Making affirmations is not enough. We have to undo from the inside out. We have to dissolve the crystal through application of appropriate transmutation as we become aware of the thought patterns, word patterns and emotionality. We recreate the encoding of the crystal and thus are given opportunity to release the emotionality with the associated word patterns and sensory experience with the transmuting power of enthusiasm/love. As we move upscale the mental body makes itself known. The physical body is the doorway to the emotional and mental bodies, supported by the physical foundation.

Inner Work On the Table

This is where the inner essence is viewed and transmutation applied. Thought (sensory memory), emotionality and word pattern, with Unconditional Love and Forgiveness, moving upscale toward greater access to the mental body. During a session the pressure/stimuli to break down crystalline formations that hold the memory, with facilitation aids in the ability to access our unique past. It is our 'job' on the table to find what's there, and work with it.

Being perfectly still and breathing deep and regular are the first principles to apply. (if we are on the table we are already nutritionally prepared).

Intensifying and encompassing with Love and Forgiveness leads to consciousness change.

Physical sensations we may feel while on the table range from numbness, electricity, throbbing, aching, pain, vibrations, heat and cold. When we feel these sensations we intensify them to get to the fullness of memory, emotion and words, in the everpresent moment we are given the opportunity to apply the principles.

“Redefine your relationship with pain.” I still hear Doug’s voice reverberating within me. Enthusiastically feel it with Love and allow it to release out of the body.

Life can be a session, when we have the commitment to see, feel and find the words associated in the moment of resistance. If we are aware of opportunities to transmute in daily lives (they are all around us), in this way we can also transmute/change consciousness.

Self-responsibility increases and we get to the place where we can ‘work’ internally on releasing patterns of resistance as they are presented in daily life for conscious observation. Seeing experience as an opportunity to see what is there, what is less than Love, and change it within.

Lovingly and willing experience.

As we inevitably (with commitment and perseverance) move up the scale of emotions, we will begin to discover more and more parts of our self we were previously unaware of, this is the point. We find more of the **SENSORY MEMORY/ WORD PATTERN/EMOTIONALTY** that had been stored in the unconscious. This eventually results in becoming aware of the pain stored in the bodies, physical, emotional, mental and spiritual. The required willingness to experience and release increases, as one goes upscale through all the bodies in reverse order.

It is important to study and prepare.

Check in with your self while on the table (or off). Am I willing for the pain to increase (physical, emotional, mental), last as long as necessary, forever?

Access Forgiveness.... It's not as simple as saying you are sorry...true repentance, requires FEELING, really feeling forgiveness, to the other, to the self.

Feel Love. Enthusiastically feel.

Gratitude can be expressed in words, but without feeling the words are empty.

Practice feeling Forgiveness, Love, Gratitude, and it will make it much easier to access when on the table, sometimes during excruciating burning searing pain.

Before Table Work;

Checklist

1. Nails trimmed and filed
2. Pillows/chairs etc. required
3. Decision for points to hold (consult instructor)

The suppressed enthusiasm, pain, anger, fear, grief, apathy, and unconsciousness exists within. Held in the crystalline structure of spiritual, mental emotional and the physical bodies. Acupressure allows the crystal to begin to be dissolved, which is the 'computer chip' that holds resistance in a constant state of creation.

Acupressure does not cause pain (further trauma). It is a sensitive technique to hold the points with continuous focused pressure to unlock/release the pain which is already present.

Directional change without disconnecting from the point often assists to access more of the encoded crystal.

To summarize, some of the principles to apply are;

-do not give anyone any more pressure than they can lovingly and willingly experience.

-when in doubt, **DON'T!**

-we hold the points with focus, staying on the point until the session is complete.

When our fingers become numb, and we can't feel where we are on the point, use vision to make sure you are on the point.

-maintain as much continuous pressure as possible.

The person on the table is responsible for communicating for more or less pressure, with that said, a facilitator may check in from time to time and ask.

Having attachment/non attachment to outcome, goals, ideas about healing, etc. can greatly inhibit/assist the session.

Common sensations occur. These include numbness, heat, electricity, pain and throbbing to varying degrees. See *How We Heal* pg.257

What we resist persists. JWR

Resistance made manifest~

There are three main ways we may see our resistance patterns reflected to us by our environment. When we feel an emotional response/reactive trigger we may observe the external pattern as the **same** reactive 'position' we hold, the **opposite** of what we are holding, or we may hold the minutest amount of **same**, still in the area of honest observation, or a combination of the above. All are opportunities to apply the laws of Unconditional Love and

Forgiveness if we choose. We become more and more aware of our patterns of behavior. This allows for greater responsibility (ability to respond appropriately). Be aware of when you get triggered emotions. By projecting emotion attached to resistance into the environment, we miss the opportunity to contain (control) and transmute. If this happens forgive yourself, and know another opportunity (trigger) will come. With disciplined effort it gets easier to see the opportunities as they present themselves, and accessing forgiveness and love becomes a natural part of the process. When we do not miss these opportunities, and recognize the pattern with its emotional quality, while lovingly and willingly enduring (active), the transmutation is taking place **within** and the change is reflected in the outer condition. Self responsibility (owning your pattern and emotion) is key here. This is where justification ceases to exist. In summation, our resistance patterns fit perfectly with our environment, by the law of attraction until we first become aware of it, then choose to change it.

Facilitation~ TO MAKE EASY~

To facilitate is an increasingly intuitive process (directly related to where we resonate on the scale of emotion).

Transmutation is done as an internal process within the person on the table. As we are gaining in self-responsibility, the 'need' for external assistance diminishes.

One responsibility of the facilitator is to keep the person breathing deep and regular (no pausing between breaths), and holding the body perfectly still. Gentle reminders are usually enough, intuition rules. Sometimes I speak softly, sometimes loudly if the person is really

foggy, and requires this. Watch for your own resistance patterns here regarding communication.

Mastering physical discipline of breathing and being still leads to the access of the emotional body.

Facilitating requires focus, without involvement. In other words, what the person is going through on the table is their process, be there for that person to the best of our current ability. The facilitator doesn't require the story of what's going on. It is entirely up to the person on the table how much is shared. The focus is on finding and maintaining the word patterns, emotion and sensory memory, putting them together simultaneously, and accessing/applying the Power of Love and Forgiveness. Until such a time that the mental body is accessed, via pain and one is then capable of seeing both sides. At this time the facilitator reminds the person to focus in the **VIOLET FIRE**. As you practice the transmutation of dualities you will find your intuition gradually returning. As a result you often see, feel and hear what the person on the table is experiencing sometimes before they do. We do not hurry or make suggestions. The joy of self-discovery is very important. It's up to us, when we are on the table to find and transmute. Again the facilitator is nothing more than a guide.

We do not ask 'why' during facilitation, as 'why' brings the focus to an intellectual one, which is sidetracking the process. Be aware of our own communication resistance while facilitating, and begin to change them. If you have a pattern of being afraid to speak, for example, recognize this as an opportunity to change this. Speak up. Likewise, if it's your pattern to compulsively speak, then take a breath before speaking and ask yourself what to say that is appropriate-responsible in the moment.

We do not share what happens on the table with anyone else without the consent of that person. Confidentiality!

Common questions/comments as a facilitator are;

-‘what’s happening now?’

- ‘where are you?’

-‘can you find a time you felt this way before?’

-‘intensify that’

When you hear the person on the table talking in past tense, this is telling a story, this is not the experience, remind the person to ‘be there now’.

If a person is observing their memory like watching a movie, it is of utmost importance that they get in the body. We say something like, ‘ok, you’ve got the memory, now get in your body and experience it from there’.

Often we leave our bodies during trauma, because we resisted experiencing it at that time. Getting back into the body is a step toward willingness of re-experience, required for release.

Lovingly and willingly experience.

Word Patterns~

Word patterns are the words encoded within the crystal, most often, simple and short.

When found, we begin by intensifying externally increasing volume if necessary. It usually requires persistent external expression, to increase intensity. When the outward expression (venting) has completed, then repeat internally intensifying by containing.

Affirmations/decrees are not word patterns.

In fact this adds another layer to undo. If the person on the table is saying what is considered an affirmation, such as 'I am a being of light'...this is blocking the process of transmutation, by overlaying (like putting a wet blanket on a fire) upon that which is to come forth and be released.

Feel WHAT you feel WITH love simultaneously~

Feel Love while feeling angry for example.

Honesty to one's self is increasingly required.

Again, guide the person in finding the word pattern.

When a person is saying 'I'm angry, or I'm scared..etc., this is a description of emotion, not the word pattern, so a facilitator will say something like "intensify the feeling and look for the words', or 'Ok you got the feeling, now find the words' then when found, such as "leave me alone", the facilitator will guide by saying, 'now put the feeling into the words'.....'are you in the memory?'. Remember you are guiding the person on the table to keep what they've found and find the rest, until they have all three simultaneously- word pattern, sensory memory and emotionality.

Expand/Intensify from there, and transmute.

At this point the facilitator may ask, 'is there something about this you can love?'. If the answer is no, then 'what do you really feel?', "intensify that" , the person can feel disappointed they feel angry, or embarrassed/ashamed.

This is felt and released (feel WHAT you feel with Love) to get to the underlying emotion, this is called resistance to the resistance.

Be willing as facilitator's to make mistakes. New mistakes every day~

As we gain experience on the table this also improves our skills at being effective facilitator's.

Sexual Energy

Upon activation of the Healing Crisis at the level of unconsciousness hyperactivity of the gonads occurs. Remember this occurs in unconsciousness at every new level of emotion in the seven times seven.

This hyperactivity (increased awareness) is experienced as sexual energy.

It is important to remember the H.C. at this point. In the same way as when we have hyperactivity of anger or any other emotion, we remind ourselves of the H.C. in the moment as it is happening, and we catch it before projecting it outward. There will be a relative level of balance experienced from a more sensitive perspective after the Healing Crisis has been worked with. Individually and collectively we hold sexual trauma. It is prudent to work with the associated memory, words and emotion related to sexuality.

Over the years I have practiced methods of moving the sexual energy with breath, while working through layers of emotional/mental patterns involved.

This assists in an expanding awareness and release of emotional resistance that is held in regards to sexual energy. Stored potentialities of creation are present within the fluids and complex energetic composition of Sexual Energy.

Natural Beauty

In recent years an increase has occurred in many forms of augmenting the physicality. Teeth whitening (proven to cause oral cancers), breast implants, botox (and other forms of nerve toxins injected for wrinkle reduction), tanning, facial reconstruction, lipo suction etc. etc.~

The healing crisis requires we go back through the way we came, undoing suppression physically, emotionally, mentally and spiritually. For this reason remaining as natural and using natural products is prudent.

Be Beauty, from the inside out.

Iridology-Sclerology

By familiarizing ourselves with the study of the iris and sclera, we have another tool to guide us toward nutritional necessity, acupuncture priorities, genetic overlays, and consciousness change as it is reflected in the eyes.

I recommend a self- examination mirror.

To practice Iridology, making recommendations by evaluating the iris/sclera requires study and application over many years. See HWH for eye charts.

Biological Transmutations~ by Louis Kervran
(How We Heal pg. 376)

Sympathy vs. Empathy
(How We Heal pg. 316)

Holding the Light

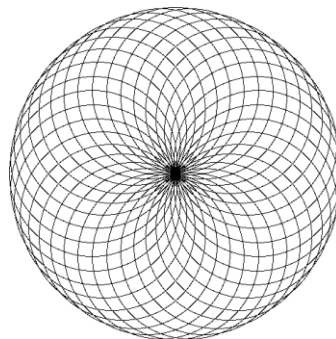
As we progress upscale, releasing resistance, the awareness (new level of light- vibration) that is now present must be consciously maintained. Being aware when old habits/patterns present themselves, (we are given opportunity to see) and consciously maintain the newly acquired freedom in consciousness, by not repeating the old pattern. When we do, forgive and carry on.

As you continue to transmute the higher emotion of anger and pain, resistance held within the pituitary and pineal glands open and release.

Upon this dissolution you will experience the inner antennae of the third eye restoring;
inner vision- clairvoyance,
inner auditory- clairaudience,
telepathy,
inner knowing- clairsentience.

These are natural spiritual qualities.

Sunset-Sunrise~
Spending a few
concentrated gratitude



Moonrise-Moonset
moments in

each day.

Music!

Listening to music, and making music!

Dance~ Sing~ Celebrate

Fasting/ Detoxing

For health benefits, one day vegetable juice fasting (organic celery, cilantro, cucumber etc.) or 1-3 day watermelon juice fasting (not combining vegetables and fruit) with lots of good spring water in addition is a good cleanse and may assist to alkalize. Fasting from substances we know are not supportive of the healing crisis is prudent. A long term fast, more than three days is a spiritual calling. Fasting is assisted by salt and baking soda sweat baths. Sometimes I use mustard powder and basil oil in the bath as well, not too much.

There are many 'superfoods' / nutrient dense food on the market today. Vitamineral Green by Healthforce is quick and easy. Good for travelling.

Betaine Hydrochloride- taken 30 minutes after meals for digestion aide.

Magnesium, Co-enzyme Q-10- Heart, circulation

An Ojibwe Herbal Detoxification Formula

This formula of bark, root, and herb was given freely by an

Anishinaabe Medicine Man upon the request of a nurse named Rene Caisse. This took place in the 1930's. She did so out of concern for the cancer patients in her care. She named it Essiac, her name spelled backwards.

A blend of:

1 part sheep sorrel

1 part burdock root

1 part slippery elm bark (powdered)

1/2 part turkey rhubarb root (powdered)

Mix plants together as you feel gratitude, asking the plants for what you need..

1/2 cup of dry formula to 11 cups water

Bring to boil, simmer gently for 20 minutes, let cool

Stir. Cover and let sit. I use the herbs 3 times to get all the goodness the plants have to offer.

Stay well hydrated.

I have witnessed many people heal with the assistance of this formula, including my own father. My Dad was 'given' 3 months to live by convention cancer specialists. He went to bed in a depressed state and prepared to die.

I was given a man's name in Ottawa who would make it up and shipped it to someone near where I lived and he would drive it out to me. It was all very 'underground'.

Mom and Dad were farmers who had always grown their own food, ate organically, local, free range, raw etc. before these terms were made up. One of the problems though, was that the water supply (well) had been contaminated with chemical runoff from the onset of chemical agriculture/farming methods. They began drinking pure water, mostly stopped eating white bread (flour) and sugar, took probiotics as well as religiously

taking this Ojibwe herbal formula daily. Dad recovered from 4th stage Multiple Myeloma and he lived healthy and pain free for nine more years. They travelled and fulfilled desires they had put off for their retirement years (not recommended). He passed consciously (wide awake) without pain or medication, with my Mom holding his hand in calm supportive Love (cancer free).

Further Supplementation

Benfotiamine- Vitamin B1-excellent for supporting nerve regeneration and kidney support (damage from sugars, type 2 diabetes and alcoholism)

Vision Support- 'Forsight' from New Roots (Canada) I've been using this product for several years with excellent results. After rereading some of The Body Electric I wonder if it's effectiveness in part is due to its copper content.

Some Herbal Support

The endocrine system begins to move/open from the bottom up (unconsciousness to enthusiasm), we apply acupuncture and support it from the top down to clear the way for the energy to have open access to move. Herbs may assist the process, keeping in mind many herbs have a diuretic effect, requiring compensation with hydration.

Kelp- thyroid support

Cedar Berries- pancreas

Licorice root- adrenals

Juniper berries- kidneys
Gingko Biloba- circulation to brain
Hawthorn berries/leaf/bark/flowers- Heart tonic
Cayenne- circulatory
Dandelion root, milk thistle- liver support
Saw Palmetto- prostate
Royal Jelly- for women, strengthening of the
reproductive organs.
Olive Leaf- immune
Vegetal Silica- hair nails skin

For several years I've been taking Colloidal and
Monotomic forms of gold. It is best used in very minute
amounts. As one chooses to take gold, be aware to
remain sensitive to the quantity as time goes on,
as your sensitivity increases the amount required decreases.
I also take humic/fulvic acids from Leaf Source
www.leafsource.com

Recognize your growing sensitivity as you evolve.

External oil application for nerve and joint pain~

Castor oil~ hexane free from the Heritage Company~
2 oz. of castor oil to 50 drops of pure essential
oil of peppermint.

Apply externally, cover with a thin cloth.

Apply heat from a hot water bottle for 20 minutes or so.

Morning and evening~

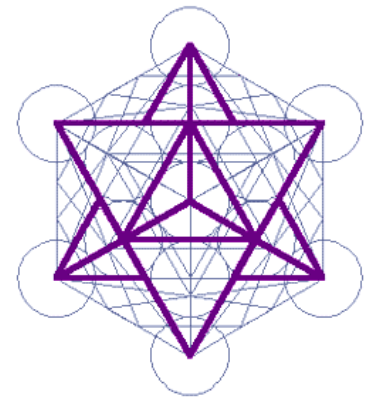
Stones~ Crystals

The five platonic solids make an interesting study.

I listen to my intuition in regards to wearing stones, and having them in my environment. They are alive with concentrated consciousness and history.

Some stones are best left where they belong, such as lava. Each person has a unique experience/assistance from the energetic complex structures of stones.

1. **Stones are a way to connect to the earth. I find a natural connection to where the stones originally resided. This offers opportunity for shamanic insight. Africa has been the focus for me the past few years with African Citrine, Kunzite, Tanzanite, Fluorite, Azurite and more. I have developed trusting relationships with stone harvesters over the years, working with people who love the stones.**



2. **Stones are alive and have consciousness.** They are helpers in the spirit realm. This is at many different levels of consciousness. Beads, polished, cut and unloved stones (harshly harvested, treated without respect) can lose some of their qualities, yet still may offer a reflection of beauty whereby a person may experience gratitude.

3. **They offer human consciousness a potential increase in thought, emotion and intent.** It is essentially between the person

and the stone. What is appropriate for one isn't necessarily for another. A clear quartz for example may increase the person clarity of thought and emotion in meditation. This offers a opportunity to fine tune our thoughts and emotion prior to them coming into manifestation.

4. Stones communicate.

5. Like all living beings stones love to be loved.



Essential Oils~ Burning Scents



Essential oils are part of my daily practice, particularly for the emotional body. In the bath, fragrance has assisted me through many a healing crisis.

By using beneficial essential oils, the healing crisis may be encouraged.

Eastern Yogic/Ayurvedic and Western Native natural ways have been given by our elder Brothers and Sisters who assist us. We come from Love, and we are making our way back to Love. On the way I have found plant medicine important.

Flat white Sage leaf, flat Cedar, Sweetgrass, and Tobacco are the four traditional sacred medicines of Turtle Island. They assist to remind to be in Gratitude, Love and Prayer within our daily walk.

EARTH~ WATER~AIR~ FIRE

Here are some simple daily practices that naturally provide support and healing.

Sunbathing- every person's skin is unique- and the sun is

different each day- morning and evening is when I spend the most time in the sun.

Air bathing-

Self massage- with some organic unrefined oil after bathing.

Water Bathing- soaking with quality salt/baking soda/ essential oils. Hydration and mineralization required.

Enjoy Lakes, Oceans, Rivers and Hot Springs.

Simply taking a walk in a natural environment, or going for a swim, connecting with the plants, animals, birds and trees.

Watching the sun rise and set assists the process of the H.C.

Events

www.wholehealthcentre.com for upcoming events and further reading. Email me at wholehealthcentre@yahoo.com

Feel free to print this booklet and bring it to the event. It will serve as a guide and provide the flow sheet for your records. Prepare through study, the nutritional program and meditation with stillness and breath.

IT WOULD BE WISE TO REMEMBER THAT THERE ARE DUALITIES WHICH ARE BASED ON DUALITIES WHICH IN TURN ARE BASED ON EVEN MORE SUBTLE DUALITIES UNTIL WE REACH THE SERIES OF BASIC TRUTH-RESISTED TRUTH DUALITIES WHICH BIND US TO THE ACTIVITIES IN THE PHYSICAL WORLD. AS THE TRUTH-RESISTED TRUTH DUALITIES ARE INDIVIDUALLY EXPERIENCED ONE SHALL THEN EXPERIENCE THE TIME -SPACE-CONTINUUM-WARP. JWR ~

~ Illia's Brief Biography and Acknowledgements ~

I was raised on a farm near the shores of Lake Huron. As a child I began listening to and feeling the water, trees,

birds...beside a little creek, where the water was clean enough to drink.

In my twenties, (1980's) I travelled to the West coast of Canada. I was drawn to live on Salt Spring Is. A Tibetan Buddhist Monastery atop Mount Tuam is where I met Kalu Rinpoche in 1986.

I have owned and operated a health food store and bookstore as well as a 'Wholistic Health Centre'.

From 1988-1997 I participated with a Bhakti Yoga Ashram devoted to practicing the Kriya teachings given by Mahavatar Babaji, the lineage of Lahiri Mahasaya, Sri Yukteswar, and Paramahansa Yoganada. During this time I earned a degree in Ayurveda: Upa Vaidya (Ayurvedic Therapist) specializing in Pancha Karma, and taught numerous workshops on Yogic and Ayurvedic principles and practices in Toronto Canada.

In 1999 I became aware of Body Electronics. I studied and practiced with Doug Morrison. I attended two complete Instructor's Courses of five weeks each, as well as the Visualization and Consciousness course of four weeks and numerous Pointholding Intensives. In later years apprenticed teaching with Doug totaling over 50 weeks of participation. Practicing and teaching Body Electronics has changed my life~ to say the least.



**Doug Morrison and Illia after the completion of the
Visualization and Consciousness Course-2005**

To Whom It May Concern;

Illia has been studying Body Electronics with great dedication since attending her first BE seminar in January 2002. Over the next four years, Illia attended over forty weeks of BE seminars with me. This included attendance at two complete B.E. Instructors seminars of five weeks duration each, as well as numerous B.E. Intensives. At my invitation, Illia has also helped me teach several BE Intensives. At these, Illia did a fine job, both with the lecture portion as well as the pointholding. Illia has also been active for the past few years teaching B.E. seminars to enthusiastic participants in her native country, Canada. Illia also attended the four week Visualization & Consciousness seminar in 2005. While in attendance at this advanced seminar, Illia had the experience of reaching zero ohms resistance, as measured by a sensitive galvanometer, a

total of four times. This took place over two days, and was witnessed by two separate facilitators. This is a significant milestone. For those interested in learning Body Electronics under the expert guidance of a dedicated and compassionate instructor, allow me to highly recommend that you study with Illia.

Yours in Health,

Douglas W. Morrison

New Cumberland, Pennsylvania, October 1, 2006

Native/First Nation/Indigenous teachings and Ceremony on Turtle Island have had a profound influence in my life. The name Illia was given in Ceremony in Peru. It means 'Light'.

I studied with Drunvalo Melchizedek over a ten year period. Beginning with Earth/Sky in 2003 then Living In the Heart 2004-2010. With him I participated in the Call of the Condor and Eagle Ceremonies in Peru, in 2004. He writes of this in Serpent of Light. In 2011, I received certification from Drunvalo as a teacher of Awakening the Illuminated Heart. These teachings have been a profound experience.

My gratitude and respect to the teachers,
mentors and friends along the way.

Thank you for the Guidance, Compassion, Protection and
greatest of all, Love.

~

Jane Brown ~ Kalu Rinpoche~ Yogi Narayana~
John Whitman Ray ~ Doug Morrison~
Richard and Jean Bressette~
Drunvalo Melchizedek~

~~~~~

Great Spirit-

Bless us as we celebrate life on this great planet, may we 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.



