



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.



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.

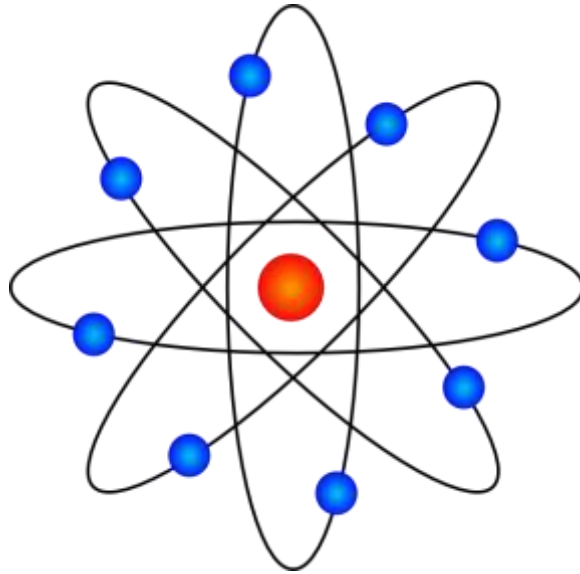
The Gnostic Way is a study and application of wholistic self healing. Body Electronics, Ayurveda, Kriya Yoga and Traditional teachings of Turtle Island merge to offer a unique comprehensive practice for the evolution of consciousness.

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), 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

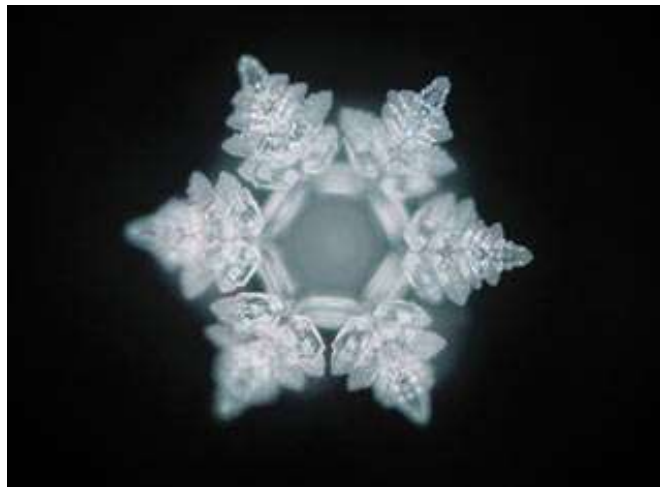
When the body becomes chronically dehydrated, the thirst mechanism shuts down. As we provide sufficient hydration consistently over a period of time, a natural thirst will return.

 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 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' during this practice. They disconnect the electromagnetics of the earth, and are environmentally unfriendly. A wool or cotton blanket works well.

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.



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"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.

More on the 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.

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, soy, corn.

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.

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.

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 though 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. 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 not be able to have the clear ability to visualize/remember that particular event.

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

We perceive 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 is accessed 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.

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.

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 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 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

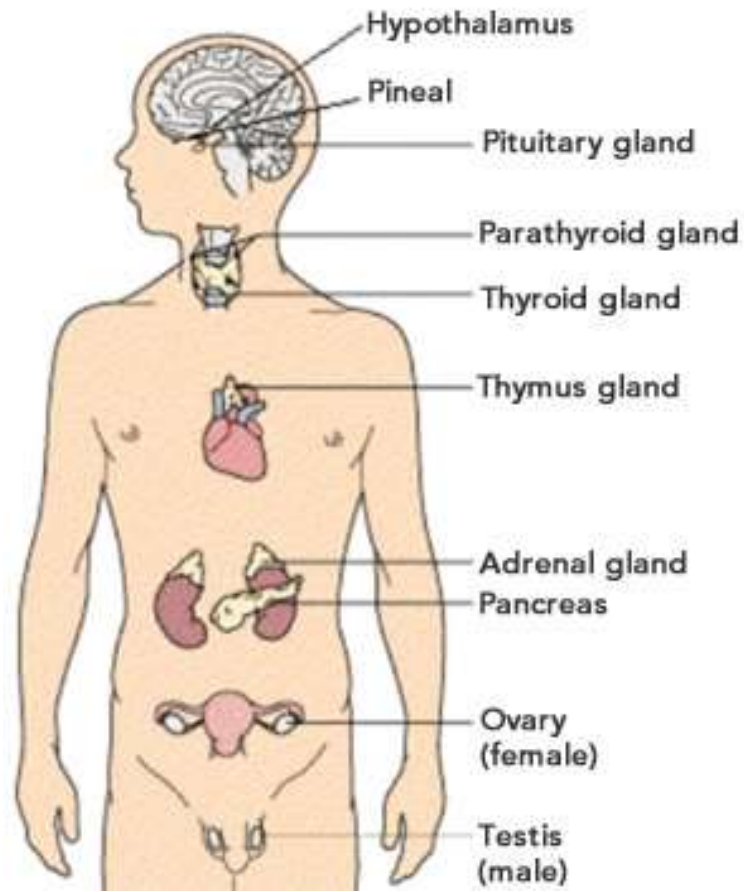
Creating a sacred space where you may privately practice transmutation and meditation is helpful to build the habit and energy.

- 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.

Emotional Levels ~ Endocrine Reflex

The Endocrine System





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

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.



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 without projection.

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)

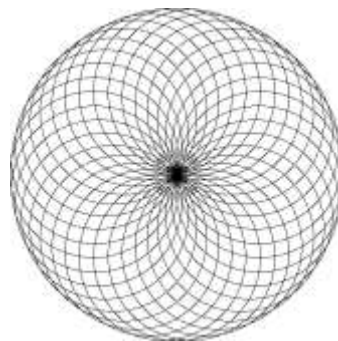
Sympathy vs. Empathy
(How We Heal pg. 316)

As we progress upscale, releasing resistance, the awareness 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. If we do, recognize, 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.



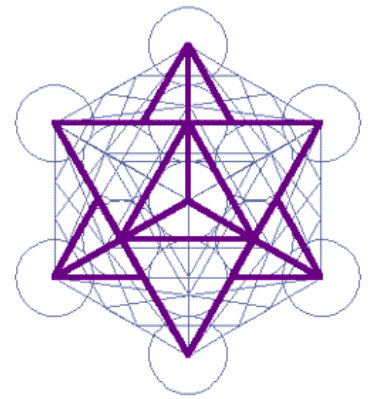
Stones~ Crystals

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. 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 Traditional First Nations 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- being outdoors with as little clothes as possible.

Water- soaking with quality salt/baking soda/ essential oils.
Enjoy Lakes, Oceans, Rivers and Hot Springs.



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. Prepare through study, the nutritional program and meditation with stillness and breath.

~ 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.



