

~ Chapter Two ~
Inner Harmony for Spiritual Awareness

When a schoolteacher writes “I” on a blackboard and asks the students what they see, most of them will answer that they see the word “I.” It’s rare for one of them to say “I see a blackboard with ‘I’ written on it.” Just as the large blackboard is ignored in favor of a single letter, we ignore the awareness that is the permanent background to our life experiences. We tend to ignore this in the same way that we forget the television when we are watching a show or the screen on which a movie is projected. The television and the movie screen are the permanent factors, yet they never become involved. The show or movie may depict a romantic scene, a crashing ocean, a long winding road, a murder, or a forest fire; but the screen will not react, get wet, move from place to place, bleed, or burn. Awareness itself remains unaffected and pure.

Awareness is the consistent and permanent factor in and behind all life experiences, yet it most easily escapes our attention. Attention is not the same as awareness. Our brain is designed in such a way that giving attention to something automatically implies that we ignore something else. We see the stars and ignore the space; we read this text and ignore the page; we see the movie and ignore the screen; yet it is obvious that the ignored space, page, and screen are as fundamental to our observations as the stars, the text, and the movie which hold our attention. It’s important for us to recognize this difference, for attention often is confused with awareness. Attention is at work when we notice one thing and ignore another. Awareness occupies the dual space of being noticed and ignored. Attention requires effort. Awareness merely is. Everything that exists in creation is embraced by awareness, including those things and people that are not ‘part of ourselves’ – such as our cars, houses, employers etc. On the other hand, our emotions, thoughts and feelings are experienced as ‘inner parts of ourselves’. So in this sense, awareness is as much in our body and our mind as the body and mind is in our awareness. For example – we can compare awareness to a glass. The glass contains space and at the same time is contained by space. If the glass were to break, the space would not be affected.

There is an essential balance between physical chemistry and awareness. The chemistry in our

physical body can often become unbalanced during periods of intense inner work or even spiritual healing work. It is during these times that our systems produce energy at a rate never before required – not even during physical exertion. The conditions present in our inner selves will produce whatever chemical agents are needed to continue. This energy will then explode into revelations or insights for even greater spiritual awareness - enlightenment.

Remaining emotionally balanced during these times must be given serious consideration and effort. When we “explode” emotionally, we let off enormous amounts of energy. Such an explosion can destroy the awareness process taking place within us. Remember that even in a scientific experiment, when reactive agents are placed in a container, a constant temperature must be maintained for a given period of time in order to have a result.

Our ability to completely surrender during an emotional situation is actually a barometer of our ability to evolve. Each life experience is an opportunity for growth – for the building of compassion. Our level of compassion is directly based on our level of life experience. Even reading a book about various experiences does not fully prepare us for the same experience when it occurs in our own life.

It is this unique work and surrendering of self that makes our growing into a compassionate individual even possible. It requires us to work towards a quiet mind, one that is open, non-judgmental, all-accepting and aware of the need to surrender all control to the creative flow. Compassion requires that we recognize there is no point to holding onto anything – thoughts, ideas, feelings and emotions. It requires we surrender our past and be in the moment. Our potential for spiritual awareness is directly related to the dynamics of energy with which we are involved in each of our moments. Being present and focused in the moment, allows us to be the active creator of our lives and the observer of miracles.

Miracles are the results of certain electrical events in our bodies. These forces are products of psychological change which bring about even more, newer chemical conditions. When we can remain balanced with our inner work, these conditions will activate the chemical agents required for greater spiritual changes to occur. These changes bring about miracles – our own indication of inner process or spiritual development. While many miracles occur throughout our lives, we may only recognize a few. Our process of spiritual development produces miracles, which then produces awareness.

~ Chapter Sixteen ~
Emotion=Energy=Stress=
Disease=Consciousness=Cancer

Within our physical body and our etheric energy body, here is a field of energy that extends out from our hearts. Researchers discovered that this field continually rotates and when we experience love, gratitude and joy, the electromagnetic field of the heart opens up and fans out into the body, feeding the endocrine glands. When we experience emotions of fear, guilt and anger, this field literally collapses back on itself, pulling energy out of the endocrine system. Modern science has determined that our immune systems, when subjected to a high intensity state of fear, guilt or anger, can be damaged within a matter of a short time – just days. If a prolonged state of these emotions is experienced, the immune system can be severely compromised.

Our inability to handle stress is a primary factor in disease. In the case of chronic illness it is the individual, not the disease, who is in need of healing. Stress, with all its manifest causes and effects, involves virtually every organ and chemical constituent of the human body. Stress results when we resist the natural flow of *Prana - Life Force*.

Anger and intense worry can create stress which in turn, can leave our bodies susceptible to all types of diseases. Negative emotions cause disturbances in our energy body, so that our entire physical body becomes sick. We have all had the experience of being physically exhausted or even sick after an intense argument or highly emotional feelings of fear. This was because both the energy and visible physical bodies have been drained of prana, or life energy.

We live in a powerful, dynamic and yet potentially toxic time. Each of us live our daily lives with literally thousands of different energetic patterns. Sometimes, the energy we wear can be like armor, trapping us in a toxic environment of our own creation. For many people, just the idea of looking at our own patterns, vibrations and emotional attachments can be a daunting project – one that is best put off until absolutely necessary. So we deal with the resulting stress of daily life in many ways. Our bodies become the road maps of our emotional experiences. We become our experiences. Often on the run, in a hurry or

feeling like there is always 'not enough time' can lead to fast foods and unhealthy diets. Our days roll into our nights and our minds can not seem to quiet themselves to afford us the restful sleep that we need for the proper function of all levels of our being: mental, emotional, spiritual and physical. This type of living can play havoc with our psyche until we begin to ask: Why me, Why this or Why now? Our nervous system affects our emotional body, which in turn becomes frail, allowing our physical self to feel the pressure of a stressful life.

Sounds pretty grim, we would all agree. Yet every day we ask people during a session the same questions. You might try asking them to yourself, right now: How much psychic weight has this been on your body? How much emotional weight has this been on your body? How many pounds of pressure has this been on your body? The average answer to these questions would surprise you – or maybe not. Would you believe the responses to each of those questions are: hundreds - thousands of pounds, and even - tons! Again, our bodies become the road maps of our emotional experiences. We have become our experiences. The path of our life is reflected each day to us in our physical body.

It does not even appear to make a difference if we are the most religious or spiritual person in the world. It does not appear to matter the part of the world in which we live. People all over the world are seeing a rise in disease and disharmony in their own bodies.

Over the years, we have encouraged everyone we meet, work with or teach, about the necessity of energetic clearing on a daily basis; the release of old patterns; the avoidance of energetic looping with other people and many other tools to help lead a healthy life. In the average human life today, it is a fast world with fast food and often, a search for fast fixes. Often tools to do our own work are not easily accepted. After all, if we don't have the time to take care of the things filling our world now, how can we possibly find even more time to do anything else?

Many factors work against us and our body; such as age, relationships, family, job, financial situations, religious organization, environment, place of residence and more. There are so many negative, unhealthy energies present in our every-day lives, that our bodies are experiencing an actual chemical reaction. And what are these toxic energetics and vibrations? Oh, just the usual: sadness, fear, rejection, anger, stress, helplessness, hopelessness, depression (just to name a few).

Even some of the most powerful metaphysical teaching schools in the world today have healers who are becoming sick with cancer or other illnesses. Big corporations contain so much dysfunction and stress within the workplace that their employees are becoming ill.

Cancer is not discriminatory. By far, we believe it ranks right up there with the largest of the world collectives of consciousness. So, will it take the diagnosis of a terminal disease or a traumatic event to force you to become aware of the energetic vibration and mind-set that you create on a daily basis? We have to begin to take care of ourselves. We have to begin to create balance with ourselves and our relationship to God or the Creator.

There are so many times that stress and toxic emotions have become part of our lives. Many of our emotions have mixed with each other and forced complex energy changes. When we cannot let go or release these negative vibrations of anger, hurt, stress or pain, they build up in our bodies and eventually result in cancer. We must learn to forgive ourselves and others before it's too late. We hope you hear what we are saying.

Deepak Chopra has said that the average person has about sixty thousand thoughts a day. Ninety percent of them are thoughts of yesterday. If you think about it, there are probably millions of negative thoughts that are and always have been a part of our lives and are literally killing us. When we hold on to these deadly emotions over a period of years, this negative energy weakens the cells of our immune system. The result is illness and sickness.

For example, let's say we have a relationship with a person and it does not work out. We are in pain over the loss of this relationship. We are angry, hurt and sad. We want to get revenge or maybe we feel guilty. We must find a way to forgive ourselves and that person and move on. To continue to harbor those feelings of anger, bitterness or pain will wear us down. We will become sick emotionally, spiritually and eventually, even physically. This is not just an opinion, this has now become medically proven – it is a fact. We have to learn to change the way we think, feel and interact with others.

We get literally hundreds of phone calls from people all over the world who want help because they have some form of illness. It only takes about five minutes of talking to them to discern the apparent cause or root of their physical disease. They are holding onto their past hurt, pain and anger.

How can we begin to fight back against these unhealthy ways of being? How can we begin to heal ourselves? First, we suggest that eating a healthy diet, drinking a lot of water and getting plenty of rest is where to begin. Also, stop reacting to the outside world, letting it dictate who you are, what you should do, or how you should be anything, other than the way that you are. Another good idea would be to find fifteen minutes a day and make it your quiet time. Be still, be quiet and just "BE". It is during this quiet, meditative time that you will find that center point of balance within yourself. Then you can move forward to a closer relationship with God - Creator - Source. Finally (and this is the most important), forgive yourself and forgive all others who have wronged you. Be gentle with yourself.

None of us are immune. If you have read our own stories in monthly newsletters over the years, you know that we too have created many different experiences for ourselves; and not all of them wonderful, pleasant or easy. Our experiences have shown us over and over that we must stick with the basics: loving ourselves unconditionally and having unconditional compassion for all creation, continually practicing the energy clearing technique, being present in the moment and staying in our own energetic space. So, we guess you could say that we have found a practice that we enjoy and can live with.

We are both cancer survivors. Cancer is only one type of energy in the vast collectives of consciousness. Certainly for many of us, other types of energy could have the same dramatic effects upon us. We have learned how to become quiet with the energetics of the world. We can show you how to find that place of Oneness within yourself. There are many easy and simple techniques that this manuscript provides to assist you in healing yourself. You can do this. *'We are all spiritual beings having a human experience'*. If you practice and are willing to do your own work, you will change your vibrations. You will become lighter. You can avoid disease and disharmony in your own body. You can become 'cancer' free. You can win at 'The Game of Life'

The following series of **eight (8) graphic charts** is designed to clearly demonstrate our evolution as a soul and provide a pathway to the soul's purpose. The first chart is the simplest of all the charts - it shows the beginning of our journey in helping anyone else to heal. The balance of the charts become increasingly more dynamic in the way the information is presented. Each chart contains a full description which provides more insight into the graphics and flow of that chart.

Together with written descriptions, these charts provide:

the answers on karma
the dynamics of all energy
time changing reality
how to find the parts of us that are lost
releasing all fears
releasing attachments with others
the truth about the Akashic records
how we affect the weather
how to change your past completely
how to take all your own power and keep it safe
how to find the balance of your male and female aspects
and more.

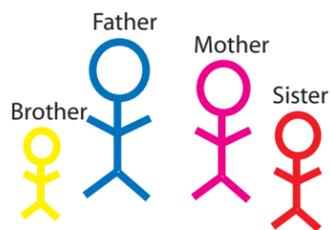
There are many new ways of looking at old problems. This manuscript and these charts contain everything we have learned in our lives. Remember - everything really is different than we have been told. Find out the truth for yourself. There is a better way of living. There is a better way to BE who you are, where you are and why you are.

The problem with Love is: We only know how to love based on the way we have been loved or how we have loved - our own life experiences and our past life conditions.

IS THIS BASED ON FEELINGS OR EMOTIONS WE HAVE IN OUR OWN LIFE?

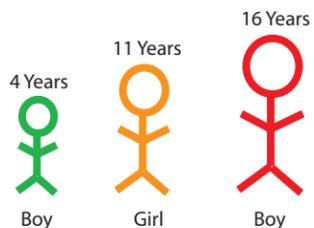
We only need to love what we do not like about ourselves 1% more than we have in the past to change our vibration.

Our Family is Our Past



*** Other Factors Include:**
CULTURE
NATIONALITY
RELIGION
MALE VS. FEMALE

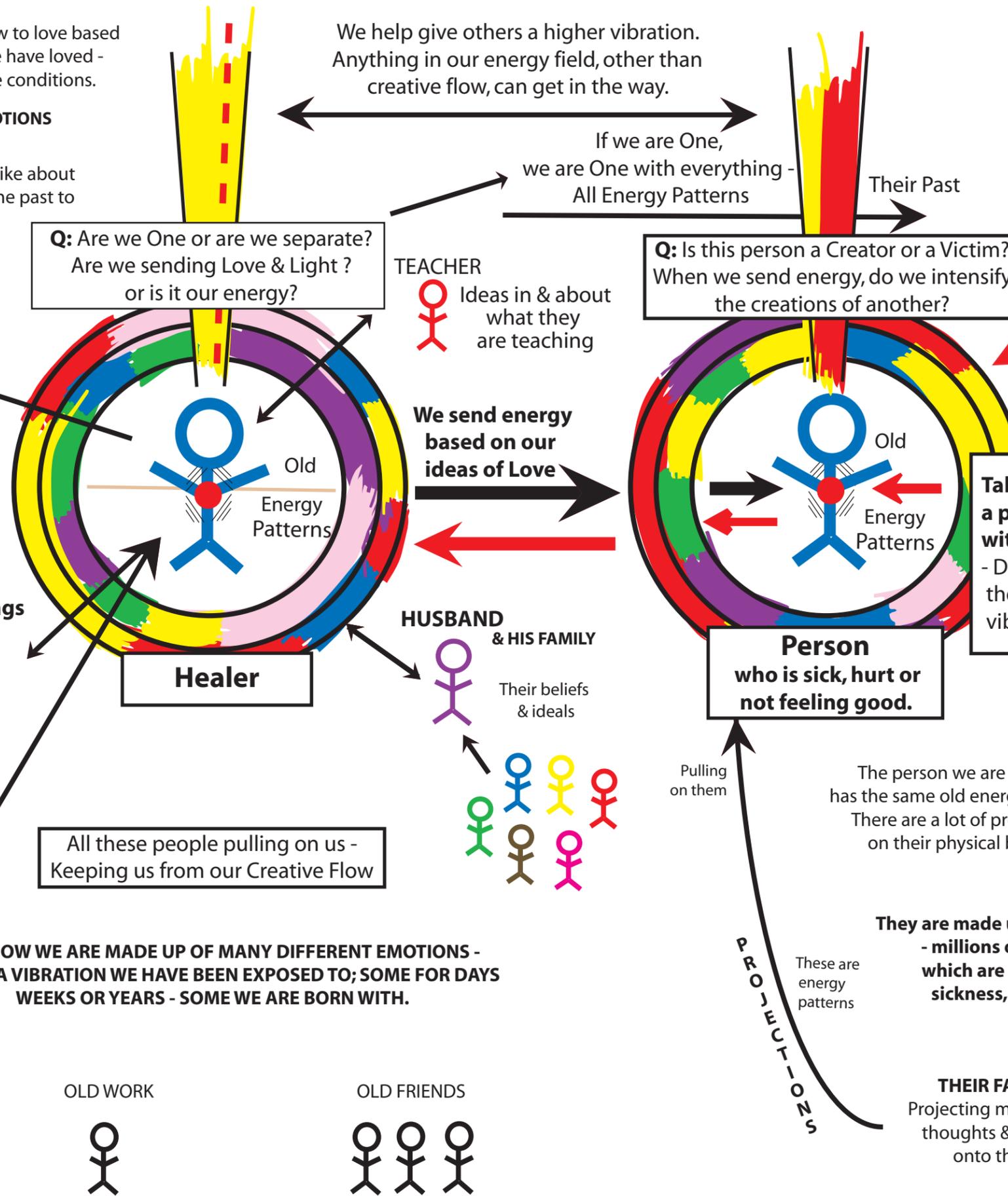
Our Children And Their Feelings And Energy Patterns



Their friends, family, even the energy surrounding schools are all examples of the dynamic patterns that involve them

There are hundreds of vibrations around us in our energy field.

Past relations unresolved



We help give others a higher vibration. Anything in our energy field, other than creative flow, can get in the way.

If we are One, we are One with everything - All Energy Patterns

Q: Are we One or are we separate? Are we sending Love & Light? or is it our energy?

TEACHER

Ideas in & about what they are teaching

We send energy based on our ideas of Love

HUSBAND & HIS FAMILY

Their beliefs & ideals

All these people pulling on us - Keeping us from our Creative Flow

WE KNOW WE ARE MADE UP OF MANY DIFFERENT EMOTIONS - EACH IS A VIBRATION WE HAVE BEEN EXPOSED TO; SOME FOR DAYS WEEKS OR YEARS - SOME WE ARE BORN WITH.

OLD WORK



When we Heal; do we have to heal our past?

OLD FRIENDS



Q: Is this person a Creator or a Victim? When we send energy, do we intensify the creations of another?

Their Past

Remember- cancer is made up of different energies or past emotions.

Person who is sick, hurt or not feeling good.

Pulling on them

The person we are helping has the same old energy patterns. There are a lot of projections on their physical bodies.

They are made up of all vibrations - millions of emotions - which are all related to sickness, hurt & pain.

PROJECTIONS
These are energy patterns

THEIR FAMILY
Projecting more ideas, thoughts & energy onto them.

The sick person also has this kind of past.

Made up of old patterns - old energy

So, there is a vibration of cancer made by the feelings & emotions from the 5,000,000 people who have cancer

Is this collective consciousness attracted to its Creator or is it energy made up from history? - Almost all energy patterns come from the past

OTHER PEOPLE WHO HAVE EVER HAD CANCER

A. Healer - When we send energy by our thoughts, intentions, ideas (projections), does that affect our other relationships? Is there a form of transference based on what we have not yet looked at or are not yet aware of?

B. Do we intensify another persons creation (sickness/hurt/pain)?

C. Does a collective consciousness see us as merely more energy or does it see us as Creators?

D. Afterwards - Do we find ourselves feeling like we have just been run over by something or someone? It could even be days before we begin to feel better.

E. When we heal, do we heal our past? OR are we helping to heal the old energy of the collective consciousness?

Chart F

Description for chart One:

We as healers (helpers of others) do not realize that our primary job is to 'heal' ourselves. We continue to energetically attract others who reflect the issues we most need to view and learn. Can we heal another when we have not healed ourselves? When we heal ourselves, maybe we have to heal this life and all past experiences forever to truly free ourselves from our past. In this chart, we are depicting one 'healer' who is helping another individual with cancer. We must be aware of all the distractions that both of the individuals have in their lives. Their families, their children, the people around them and their partner/spouse all create situations that would take the 'healer' out of their own creative flow of Higher Self. These become interferences of healing energy.

While we may intend to send love and light; in actuality, it is our energy we are sending – full of our own intentions, thoughts and ideas – all of which filter our connection to Higher Self. When we send energy, that energy actually intensifies our own dynamics. Is the other person a creator or a victim? Eventually, we will understand and come to the same conclusion: we are all creators. The other person is a creator, victimized by the emotions of their own creations.

Is it possible that when we send our thoughts, intentions or energy to another person, it could intensify their sickness or add even more chaos to what they have created? Is it also possible that the collective consciousness attached to them (in this case, cancer) – could be attracted to our energy as the 'healer/sender'? We are either creators learning from our own creations and experiences – One with all creation - or we are Separate. Those around us will most probably ask us to remain separate, and continue to reflect the same energy as in the past. Others around us will also most probably continue to act as victims energetically attached to past dynamics.