

## Chapter 6 – GUARDING THE MIND

*If we put the knowledge of what we know into intelligent use, we produce wisdom and enlightenment.*

We know that the mind is used for much more than the simple control of our physical body, and it is used for more than the storage and retrieval of memories and intellect. The brain can be considered a central processing unit, but the mind is a conglomeration of intellect and inspiration. We are all part of a great holographic-style matrix, all connected to each other and connected to everything around us. Understanding the interconnection we all have with every aspect of the universe, it is no longer possible to say that lack of belief makes us immune. Ignoring something only allows one to be more negatively effected by it. For example, ignoring the fact that infrared rays will burn the pigment of the skin will not prevent a sunburn after prolonged exposure. Principles of physics and quantum physics are in place, and the disruption will continue to come whether you choose to believe or not.

With the knowledge that has been presented up to this point, we must consider the electromagnetic pollution that is bombarding our electromagnetic fields, which is truly the essence of who we are. Remember that our electromagnetic field is governed by our mind, so anything that can affect our field must also affect the mind, or I should say that to affect our field, it must first infiltrate our mind. Thus to protect the body in the sense of prevention or treatment, we must not only be aware of what is occurring in the electromagnetic spectrum, but be able to deal with it. The fact is, negative thoughts poison the atmosphere around us and we can only be as healthy as the thoughts around us. That includes those close to you, but also electromagnetic wave patters that you may not even be aware of. Remember that the universe at large is made of electromagnetic patters that become signals interpreted by your DNA and end in ‘electro’ chemical properties which dictate what you actually feel in your carbon shell (physical body).

### **Entrainment**

Entrainment has been defined as “the tendency for two oscillating bodies to lock into phase so that they vibrate in harmony. It is also defined as a synchronization of two or more rhythmic cycles, Like resonance, the principle of entrainment is universal, appearing in chemistry, pharmacology, biology, psychology, sociology, astronomy, architecture, and more.” (Hyson, 2004) What this means is that your body will track and match the core frequency and phase of any signal that comes into contact with it whether the source of that frequency is sound, light or electrical. These can be outside the range that your eyes and ears can detect. Entrainment causes systems to move in synchrony. If the phase of two oscillations match, the most energy will transfer between them. If they do not match, the weaker signal will tend to attune to the strong one. This phenomenon can be evidenced when you place two guitars equally tuned in a room, and pluck one of the strings on one of them. You have just created an oscillation in the air. What you will find is that the same string on the other guitar will begin to vibrate, even if it is many feet apart from the string you plucked. Why does this happen? Because another string tuned to the same key will vibrate at the same oscillation. Supply the vibration in the room and anything with the potential to hold that vibrational pattern will hum. The cells in the body are the same way. Every molecule is naturally able to produce a vibrational pattern. Thus any vibration, frequency or oscillation you expose your body to, which can come in the form of acoustics, electromagnetics, or even thoughts from other people, will influence the molecular response in your body. This is important for where we are heading in this chapter because we are continually being exposed to frequencies of all kinds, seen and unseen.

### **Mind Control** –follow the leader

To fully comprehend the nature of this section, you really need to read the extensive reports and research available in *Healing Codes for the Biological Apocalypse*, by Leonard G. Horowitz. Part of the book explains how common childhood immunizations (and most vaccinations) as well as a specific kind of fungal spore genetically spliced into the most common foods, along with music, the news networks and many of the most accepted aspects of life as we know it are all on a mission to steal your mind. I know that this may sound a bit too “conspiracy theory” for many, but unless you gain some knowledge in what is occurring, you are likely one of the innocent being led down a road that you don’t even know you are on. Of course, the whole point of the “conspiracy” is to get you there without your knowledge so you won’t resist the process. As a matter of fact, the institutions that have this agenda want you to think this is nothing more than a conspiracy theory. With all the facts I have explained in the previous pages, if you really believe this is just a conspiracy theory, this book and its content in general will be of little use to you. But even if I am wrong, what have you got to loose? I am only asking you to learn how to guard your mind, not invest money in a marketing scheme. You should consider it because if the people documenting these things are right, you are the wiser for now knowing and having taken steps to protect yourself.

From *Healing Codes for the Biological Apocalypse*, by Leonard G. Horowitz:

“In one experiment, Dr. Adey analyzed the brain waves of chimpanzees who were performing tasks that involved learning. He established that there were two very distinct brain-wave patterns which accompanied correct and incorrect decisions. Building on this, Dr. Adey attempted to control the rate at which the chimps learned by applying force fields to the outside of the head to alter behavior, moods, and attention. Dr. Adey’s research indicated that his subjects were able to remember new information faster and better with this force field stimulation. Dr. Adey was promoting the brain wave patterns that applied to ‘correct’ decisions.” If technology and understanding of its use are available, what if the opposite waves were used? I don’t want to get into all the technology that is now being used to that goal, but if you are curious about things like HAARP, I refer you to the mentioned book.

### Frequencies of the Brain

1. Delta waves (1-3 Hz) are characteristic for dreamless deep sleep and coma conditions.
2. Theta waves (4-7 Hz) are characteristic for the dream sleep.
3. Alpha waves (8-12 Hz) arise in meditation or briefly before falling asleep and/or immediately after awaking.
4. Beta waves (13-40 Hz) are dominant in the normal awake condition.

The earth naturally produces 7.83 Hz, according to Schumann frequency analysis in the nineteen-fifties. This same frequency is reached by the brain in times of meditation, as seen above, so it is no wonder that people at this stage of meditation can have premonitions, ESP and other such phenomenon that would occur outside of the five senses. Meditation is when the brain is at a place where it can be outside of conscious thinking and enter a state of hyper-communication. During the cycle of a day, your brain should enter into a phase where it is receptive to any frequency between 1 and 40 Hz. When the brain is emitting any of the wave patterns, it is not only being subjected to the positive attributes of that frequency, but to all varieties. Because of Entrainment, we are able to take dominion of the earth, but entrainment also indicates that the strongest vibrational oscillation will influence weaker ones. Have you ever considered how many radio, gamma, microwave and other broadcast frequencies are bombarded into our air every second? Combine that to the Hz emissions of all the electrical appliances all around you, from your cell phone to the light on your desk. How much entrainment is occurring every second? And who is emitting the stronger oscillations? You or your environment? The ionospheric wave guide oscillates at eight hertz, which naturally makes it a good harmonic carrier of low-frequency sound waves according to investigative journalist Walter Bowart. This is significant because mind control occurs at eight hertz. Also see page 431 of Horowitz's book.

### Failure as caretakers

Humans were created and placed as stewards of the earth. What was the potential symbiotic relationship of humans and the planet? You can think of it like a good relationship between a child and a parent. The child is pretty much completely dependent on the parent, but there is nothing like that sweet hug that comes from the child to cheer up a day or rejuvenate a moment of stress. Humans were supposed to take care of the earth. Not just in terms of controlling pollution and mass excavation of minerals. Because of the earth's vibration, I see that as the human brain travels through its natural state of frequency rotation, the collective minds would have a kind of rejuvenating effect on the earth itself. The reward is lush lands, healthy animals and a rejuvenating magnetic field. As stewards we have done poorly, perhaps failed altogether. The result is a change that is possibly devastating to humanity as a whole. Collective consciousness as a whole today is negative as best, completely destructive at worst. The frequencies created by the music generated in night clubs and the general actions of people committing evils of every kind makes you wonder what the impact to the earth and cosmos is. The evidence is clear when you look at the amount of natural disasters occurring world wide increase every year because everything affects everything and in general, humanity has failed one of their primary tasks. Global warming, polar shifting, frozen tundras in some areas and deserts in others. The areas full of trees for production of oxygen and fertile soil is cut and burned to make room for cattle. If we are having such a negative effect on the earth, do you think the frequency will change? Well guess what? The Schumann frequency measured in the earth is no longer what it used to be. There are all kinds of variations, spikes and generally disturbing patterns being emitted by the earth today. The book of Revelations in the Bible talks about great turmoil of the earth in the last days and many believe that to be part of the great judgment, but if the changes in frequency signature mean anything, the earth is simply sick. Earthquakes, tornadoes, hurricanes and all of nature's fury has increased fifty fold from one hundred years ago. These things are the direct result of entrainment. Because we were given the task of caretakers, what we do or don't do will have a direct impact on all of creation. What kind of consequence might there be by changing the entire electromagnetic spectrum of the planet? If there is an "end of the world," it can easily be triggered as a consequence of steward failure. Interesting that the mark of the "antichrist," in Bible terms, is 666, which is the Biblical symbol for man.

Changing things will take a collective effort that is probably beyond a miraculous possibility from my insignificant view point. Humanity as a whole is driven by greed and whatever pleases emotional self at the moment. Look at the history of every culture that has ever lived and you can see that pattern unmistakably repeated over and over. And we may well be in the most self-righteous of all generations. So now I need to tell you to get on board so we can save the universe. But I don't believe that. To me, it is about realizing the truth of the matter and looking at self, changing self, making a change in only one individual - me. Only a strong person can step out of the box, out of mass recognized, accepted normal. Thus if you make a change, you will naturally entrain others just be being. Why? Strongest oscillation wins and if you were able to see what needed to be done and do it, you are certainly stronger than average. Making the mental change is not the hard part. Keeping it is. Realize that there is no safe place on earth. The electromagnetic spectrum is everywhere and all is connected, right. But you can minimize your exposure to those things that will entrain you the wrong direction. The Bible says we are to live in the world but not be of the world. Some people believe they can be in the middle of what the world is, participate in its "advantages" yet remain beyond the influence. I think we need to be more discerning with what we subject our minds to. The brain will naturally synchronize to the frequency of its weakest link. Perhaps that is why praying without ceasing, positive affirmations, thinking on things that are positive and so forth all play a part in keeping our minds set on Godly things. Take a look at the majority of your thoughts and you will see what your brain is synchronizing with. Take a look at how you act when you are stressed out (the weak link in your chain) and you will know what your brain is naturally programmed to synchronize to.

### **Neutralizing electromagnetic radiation**

It will take time, discipline, will, training, exercise (literally) and knowledge to move away from where collective consciousness might have our minds at the moment. Some of you will read this book and feel connected and ready to find your potential. But some will find it an entire shift in paradigm. A change in lifestyle is hard for most people, changing a paradigm is even harder. But if you try to do everything at once, you will probably get discouraged and fail. So let's start with steps and climb our way to greater possibilities. We will cover these steps in the next chapter, right now, keep learning; information is powerful.

Electromagnetic fields vibrating at 60hz surround nearly every person on earth. These are being created from the wires along the road and appliances at home to machinery at work and your cellular phone. AC magnetic fields vibrating at 100 to 10,000hz emanate from antitheft systems in stores and libraries, and from metal detectors in airports. The simple starting and stopping of an electric train turns the power rail into a giant antenna that radiates extra-low frequency waves for over 100 miles. HF and VHF channels are filled with chatter from the nation's 35 million CB radios, as well as short-wave bands for more ham radios, air and sea navigational systems, military uses, spy satellites, and police and taxi radios. VHF television and FM radio also inhabit this region. There are now over ten thousand commercial radio and television stations in the US alone, and seven million other transmitters, not counting the millions operated by the military. Weather satellites, some kinds of radar, diathermy machines, upward of 10 million microwave ovens, more police and cab radios, automatic garage-door openers, highway emergency call boxes, and UHF television compete for the low microwave frequencies. Higher microwave bands are crowded with more military talk channels and radar, navigational beacons, commercial communication satellites, various kinds of walkie-talkies, and America's two hundred and fifty thousand microwave phone and television relay towers. The density of radio waves around us is now 100 million to 200 million times the natural level reaching us from the sun.

Allen Frey discovered that certain pulsed microwave beams increase the permeability of the blood-brain barrier; this could be turned into a supplement weapon to enhance the effects of drugs, bacteria or poison. In the 1960's, Frey also reported that he could speed up, slow down, or stop isolated frog hearts by synchronizing the pulse rate of a microwave beam with the beat of the frog heart. Similar results have been obtained using live frogs, indicating that it is technically feasible to produce heart attacks with a microwave ray designed to penetrate the human chest.

Dr. Joseph C. Sharp of the Walter Reed Army Institute of Research, using himself as a test object, heard and understood spoken words delivered to him in an echo-free isolation chamber through a pulsed microwave audiogram beamed into his brain. If they had these sort of devices in 1973, I am sure there are devices designed now that could drive a person insane, literally. With this technology you would think you were hearing a voice; you thought you were crazy, but you might actually have been hearing sounds being projected into your head!

Ross Adey and his colleagues proved that certain microwaves modulated in various ways can force specific electrical patterns upon parts of the brain. Without getting too technical, they are controlling the brain's electrical impulses and essentially controlling the body and thought process. This has been demonstrated many times with animals, and it is shown to be very effective, although it leaves dead brain tissue. But hey, we are conditioned to expect side effects, thanks to the pharmaceutical companies.

The fact is that all abnormal, man-made electromagnetic fields, regardless of their frequencies, produce the same biological effects: effects on growing cells, such as increase in the rate of cancer cell division; increases in the incidence of certain cancers; developmental abnormalities in embryos; alterations in neurochemicals resulting in behavioral abnormalities (such as suicide); alterations in biological cycles; alterations in learning abilities; and a stress response that decreases immune response.

Every living organism, including the human being, is made of cells. Cells make tissues, and tissues make organs. Cells reproduce by splitting and making a replica of the old cell; DNA is what orders the cell to reproduce. Electro-magnetics, those produced by man anyway, actually retard the DNA of cells and cause them to reproduce without end. This sounds great until you consider that virus, bacteria, and other microbes harmful to the body react in the same way. We all know that each person carries cancer cells, but some people's cells begin to multiply out of control. This is the person diagnosed with cancer. What causes this? Is it possible, at least in some people, that the electromagnetics spidering through the walls and being stored in the transformer on the corner of the lot are contributing to this problem? According to The American Journal of Epidemiology, the homes of children who developed cancer were found unduly often near electric lines carrying high currents. Dr. Nancy Wertheimer, an epidemiologist, discovered that 60 cycle magnetic fields with strength of only 3 milligauss (less than the government safety level) were significantly related to childhood cancer. The magnetic field level of a standard 60hz transmission line running across the street, fifty feet away, is 100 milligauss. Your alarm clock, two feet away, generally between 5-10 milligauss. Your hairdryer, 50 milligauss. Many studies have proven the relationship between electromagnetics and many human health problems. Unfortunately, it is usually written off as coincidence. I don't believe there is one single cause for cancer; all disease is caused by the accumulation of factors. But if we can cut down on the amount of accumulations we are exposed to, we live longer.

Yuri Alexander Kholdv, a Russian inventor, discovered that strong magnetic or electrical fields cause a stress level that is high enough to cause brain lesions, or cell death of the brain. Studies have been done in controlled projects, and the people who worked in these fields for only a few hours show altered pulse rates and blood pressure, fatigue, drowsiness, headaches, and other symptoms. The Naval Aerospace Medical Research Laboratories in Pensacola, Florida, found that only a one-day exposure to an antenna running at 45-60hz produces a significant increase in serum triglyceride levels in nine out of ten people.

Studies on rats exposed to 60hz power fields for long periods of time showed results that were equal to some controlled rats subjected to stress but no electricity. We know that stress lowers the immune system, which leaves the body with less fighting power. British physician, Dr. Perry, in a rural area of England, observed that those patients living near electric power lines had higher incidences of mental disturbance and suicide. The highest degree of electricity is probably generated from the power lines that run coast to coast along every street. The level of harm is highest in the secondary lines, or those power lines that come from the transformers. These are the wires that run directly to the meter on your home. These are the worst because the voltage itself is not the problem: it's the 60hz that comes into your home via the lines from the transformer.

So why has no one done anything about this problem? The fact is, by the time it was noticed, we were dependent on electricity for our very livelihoods. Now that it is all in place, it is too much of a personal agenda for certain parties to consider the effects. Power and money corrupt, not to mention the loss the government would take if electricity were eliminated. Did you know that a computer screen puts out enough radiation so that it can be perfectly monitored one-half mile away? What effect do you think this has on your health, especially with your face directly in front of it?

We cannot run from electricity today. Your best chance in fighting its negative effects is to keep your body healthy and nutritionally strong. Proper hydration is particularly important because water conducts electricity, but it will first conduct the body's natural electric currents which work for you to counteract the man-made electric currents. The nervous system is one of the first systems to become ill from electrical exposure, and the nerves need lots of good fats to stay healthy. Don't eat low fat diets, just eat the right kinds of fats. Look in Book 01 for information about that, and consider Antarctic Krill Oil as a supplement for essential fats.

#### **Suggested reading for this section's topic:**

- *The Body Electric* by Robert Becker and Gary Selden explains how the body is electric and how it responds and heals when introduced to electrical currents.
- *Cross Currents* by Robert Becker is the best reference for the effects of power lines and the effect man made electricity has on the body.
- *Geopathic Stress* by Jane Thurnell-Read is perhaps the book you need to read after reading this article. This book teaches you how to test to see if the electromagnetic stress is too high in your area and various ways of counteracting negative electromagnetics.

#### **What is Prayer?**

Every church prays and likely teaches its congregation to pray, so most of us have a mental picture of what prayer looks like. I imagine that the average person associates prayer with something done at church or church related functions. Perhaps prayer is something that extends beyond church to a prerequisite of dinner with the family or even at your child's bed side at night. Or maybe prayer is for the "religious" people. With so many religions and beliefs, what is prayer? Is one kind of prayer better than another? So many have thrown out the beauty of prayer believing it to be synonymous with church or religion. No matter what your view of church and religion, please understand that religion, church and prayer are not synonymous with each other. You do not have to have one to do the other. What I would like to share about prayer has absolutely nothing to do with church or religion. I say this because so many people today seem to have a negative experience with church-religion, but I don't want you to miss something your heart could benefit from simply because you lump prayer in with the negative background.

I already mentioned that you don't have to be in church to pray and you don't have to be religious, while I am at it, I might as well mention that you don't even have to belong to a religion. Prayer is not something you do for the sake of man, it is an intimate act performed between the individual and the Creator of the individual. God, biblically referred to as YHVH, does not care what church you go to or if you go to church at all. He does not care if you are a man or woman or what you look like. If you think of the creator as the parent, would you love your child any less because it went to one school over another, or because it had on a certain outfit? You might think your child looks more attractive a certain way, but God cares nothing about the outside of His children. The heart is the only thing that matters, and that is a part that none of us can see in each other.

So what is prayer? What do you use it for and what makes one prayer better than another? When is the best time to pray? What is the protocol, what are the right words? The answers to all of these are difficult to answer for many reasons. If you have pondered these questions you know what I mean. If you are only now beginning to think on these things, then you will soon learn that the answer is very individual to some extent. Prayer is not something that you do because you are religious, it is something you do because you choose to be spiritual. Prayer is the means of communication with the creator. Prayer is a tool required to reach the deeper aspects of

DNA, of who we really are. Prayer is the single most important key to connecting to the Creator of all that is. If you want to access the full potential of who you can be, your reason, your purpose, your destiny, then you must access that which holds the universe together. God is outside of time so He can see what has been, is and will be. Think of sitting on the street corner watching a parade. All you see is what goes by you. But if you were in a helicopter, you could see what was coming to those on the street before it got there as well as where it went after it passed them and went around the corner. If you really want to know what's going on, you are wisest to communicate with the person in the helicopter, the one outside of our linear time. And yet, the results of prayer are not contingent on praying to anyone or anything. Prayer is essentially, or should be, a statement of faith. We tend to use prayer in the form of asking for things to be done. This is in large because of what it says in the Biblical book of John 16:23 in the Kings James Version: "Verily, verily I say unto you, Whatsoever ye shall ask the Father in my name, he will give it you." The original, retranslated Aramaic version of that passage says: "All things that you ask straightly, directly . . . from inside my name, you will be given. So far you have not done this. Ask without hidden motive and be surrounded by your answer. Be enveloped by what you desire, that your gladness be full." Neil Douglas-Klotz, *Prayers of the Cosmos: Meditations on the Aramaic Words of Jesus* (New York: HarperSanFrancisco, 1994), 86-87.

Prayer should be used by all, for all. So many people are in the habit of using prayer for requests—asking for something. But how would you feel if your children only came to you when they wanted something? No, God wants to share in every part of your life, and that is what prayer is for. The more your children show appreciation for what they have and diligently do the things that you ask of them, the more you feel like rewarding them, right? Why would God be any different? Sure God will hear all your problems and if you ask will help guide you. But prayer needs to express all the feelings and emotions of your heart. There is no protocol. You don't have to be alone or on your knees, you simply need to share your heart. All of it. More than you tell your best friend or your internet chat friends. God knows it all anyway, but He wants to communicate mutually about it. Too many religions teach a protocol to prayer. You probably grew up with a 'bless the food' prayer, or a 'repentance' prayer or a 'bedside' prayer or 'please don't let so and so die' prayer. The essence of prayer is not the words you speak, it is the feeling of the prayer. You might say it is the nature of the heart's expression. Feeling is not one of the components that make prayer effective, it is *the* component that makes prayer effective. Thought and emotion create the feeling. Without the feeling, you simply have a wish. As you grow in your spirituality, your connection to God will grow and you will find your own protocol and the words that best express your heart.

If feeling your prayer is the key to communication, then what you feel in association with your prayer will also influence it. The ultimate emotion is love. Its opposite is generally described as fear with all other emotions from these. What you must consider is what emotion drives the feeling in your prayers. God is love, in every way. If you desire to connect to that love, it would be wise to entrain with love. This means that you express what you wish to attract. If you pray about something because you fear a potential outcome, then you are hindering your connection. Take time to learn the loving, the positive attributes of feeling when you pray. Remember that the key to prayer is not the eloquence of words, not protocol, not the day or time that you pray, it is the thought driven by emotion that will ultimately create the feeling which is key to your results. How do we know this is true? Because we know that thought and intention will literally change the shape of molecules, as discussed in much of this book and evidenced in Dr. Emoto's water experiments.

The Bible tells us to "pray without ceasing." Does this mean we are all to become monks? How do you go through daily life in a continual prayer? You can't have a heart to heart talk with anyone if you are in the middle of a party, but you can talk. Take special times where you truly have heart to heart expressions of your heart with the Creator, but remember that you can, and should, communicate from moment to moment. There is no better time to pray than this moment. I believe that "pray without ceasing" is a state of mind, not an act. Continual portrayal of an attitude and being that manifests Godly attributes through your manifestations is praying without ceasing. You won't be able to manifest Godly attributes all the time or you will be perfect, but practice does make you better. And three-quarters of your DNA do express God, only one-quarter is man. Prayer is your ticket to connection with that potential.

Human nature always wants more, that is why we get in the habit of using prayer to ask for stuff. God is not a Jeanie, He is the Creator that simply wants to be a part of your life. I try to start each day with thanksgiving. That simply means a positive, thankful expression of something. Another day to enjoy my children, to love my wife, to eat great food, to discover my destiny, to help needy people, whatever! How about, "I am thankful I am alive." You can't get more basic than that. It can always get worst, and it might if your perspective does not change. Concentrate on the loving feelings and become a part in creating your reality through prayer. Since learning about the fact that I am already made out of the same elements that symbolize the residence of God, I have a new awe for prayer. Not because I hear voices coming from the clouds or burning bushes, but because I know that God is there. No matter what I have done wrong, God is still hard wired into my DNA. All I have to do is access it; that is what prayer is for! It doesn't matter how much someone else goes to church or what status they have in any religion, they don't have anything that connects them to God that you don't have. It is not a question of worthy, it is a question of want to. If the heart is consumed with guilt and pain, then you may have a hard time feeling as if your prayers work, as if you don't connect to God. But this is not a spiritual issue; God has not disconnected, you have.

God as a supreme being does oversee all things, but we create most of our reality because of free will. When bad things happen in the world, many stop believing in God saying that if God were a loving God, then innocent babies, for example, would not suffer. The Bible clearly tells us that we can have the desires of our heart. We simply have not realized that we are outputting desire with every emotion we experience. The reality of our world is an expression of our conglomerated feelings. Earlier chapters of this book explain the reality we can create with thoughts (perception is reality), but more accurately said, thoughts go out to the universe, feelings go out to the heavens, the symbolic place where God dwells.

### **The secret to prayer**

The secret to answered prayer is to ‘see’ the miracle has already happened and to ‘feel’ joy and thanks for that completion. It sounds rather simple, and it is simple, if we can put things like doubt and guilt out of the way. The reality for most of us makes it very hard to feel only love, joy and thanks for something that we are stressed or worried about. It is very difficult to “see” and “feel” a positive outcome when there are negative thoughts and feelings. It is such a human attribute though, isn’t it? In addition to seeing and feeling the positive, you must resolve guilt to bring success to prayer. If you have guilt about anything, it creates walls that keep you from connecting with the Creator. You need to address those areas of guilt so you can renew your connection. Most guilt can be erased by forgiving. God forgives when you ask him to, and if you have to ask a person for forgiveness, you are free of your burden. Your being forgiven is not contingent on them forgiving you. It is our responsibility to forgive if we are asked. Thus if someone denies you forgiveness, it now becomes their issue, not yours. But the hardest thing of all is forgiving self. We are our own worst enemy. Thus the greatest inhibition to the results you seek in prayer are you.

### **Is prayer a choice?**

When you unite what is being said here with the latest discoveries in quantum physics, prayer may not be an option as much as a broadcast of the kind of prayer you issue. We have learned that every thought creates an actual change in the physical body by influencing the speed and rate of electron movement. If every thought is considered a part of the reality that we are continually creating for ourselves, would that not be as a prayer? Perhaps you believe that prayer is a kind of request that goes to the heavens and bounces off of God as He decides to approve it or not. But if you take the information outlined in chapter 1 into account, God dwells in us and the expression of each moment is essentially the “prayer of our heart.” There is no such thing as a bystander in life, and if all the information presented in the book is true, there is no choice in whether you pray or not. The question is not if you pray, the question is what you pray in the depths of your emotional heart. Your prayers may not be conscious, but the actions of your life are as a prayer. Thus the option is not to pray or not, it is what prayer you choose to make and live up to.

### **Musical Programming**

Music is a very powerful influencing factor, perhaps the most powerful of all. You know that words create sounds, or tones, and that tones were used to create the universe itself (described in the following pages). Because music combines words and tones, it can be more powerful than words alone. Understanding this principle is seen in the study done with water, but can be seen further if reverse speech is studied. More about music is discussed in the following chapter under the Solfeggio section.

**Reverse Speech-** This section taken from [http://www.reversespeech.com/words\\_of\\_creation.htm](http://www.reversespeech.com/words_of_creation.htm)

It has been called the discovery of the 7th sense. The research into this phenomenon has been described as being of “Nobel caliber.” It has been featured in numerous publications around the world, and in the United States it became a household name in the late 90s. It is called Reverse Speech, the phenomenon of hidden backward messages in speech. It initially gained worldwide fame in the early 80s as those strange backward messages in rock and roll. Since that time, research has progressed significantly and it is now known to exist in all forms of human speech.

If human speech is recorded and played backwards, mixed amongst the gibberish at regular intervals can be heard very clear statements. These statements usually appear in short sentence form and are nearly always related to the forward speech. It appears constantly throughout language, so much so in fact, that it is believed to be a natural part of our speech processes.

The pioneer and 20 year veteran of this field, Australian David John Oates, describes Reverse Speech as another form of human communication. He states that language is bi-level, forward and reverse. As the human brain constructs the sounds of speech, it forms those sounds in such a way that two messages are delivered simultaneously. One forwards, which is the conscious mind speaking, and the other in reverse, which is the unconscious mind speaking.

The applications of this discovery are exciting. On the surface level, it can act as a sort of Truth Detector as Reverse Speech will usually correct the inconsistencies of forward speech. If a lie is spoken forwards, the truth may be communicated in reverse. If pertinent facts are left out of forward speech these may also be unconsciously spoken in reverse. It can reveal hidden motive and agenda and other conscious thought processes. At deeper levels, Reverse Speech can reveal thought patterns that are unconscious, including reasons behind behavior and disease.

(1) Human speech has two distinctive yet complementary functions and modes. The Overt mode is spoken forwards and is primarily under conscious control. The Covert mode is spoken backward and is not under conscious control. The backward mode of speech occurs simultaneously with the forward mode and is a reversal of the forward speech sounds.

(2) These two modes of speech, forward and backward, are dependent upon each other and form an integral part of human communication. One mode cannot be fully understood without the other mode. In the dynamics of interpersonal communication, both modes of speech combined communicate the total psyche of the person, conscious as well as unconscious.

(3) Covert speech develops before overt speech. Children speak backwards before they do forwards. Then, as forward speech commences, the two modes of speech gradually combine into one, forming an overall bi-level communication process.

Reverse Speech has now come back to Australia, where it was initially discovered. If you are looking for a new and challenging career, you might want to consider training and becoming one of the pioneers of this field. If you have an important decision to make or behavioral issue you want address, Reverse Speech may be able to help you.

Although still a new and emerging field, Reverse Speech is already making its mark felt in many areas. It has been used successfully in business negotiations and corporate mergers as means of providing extra information. In the state of Oregon, it has been used in criminal investigation and its results independently verified by DNA testing in one case.

See what you are outputting continually by recording yourself answering the following questions and uploading them in .wav format to <http://www.talkbackwards.com>. This site will play your recording back to you in reverse speech. The technical answer to the following questions is not about right or wrong. All we need is the energy produced when the brain enters the mode of emotion when trying to access these three areas. You just need a minute or two in each category.

- Give directions. It might be from work to home, or home to work or how to get to the movies.
- Describe one of the long standing stresses in your life.
- List some of the places you want to go in the future, or things you want to accomplish long term.

### **Intimate Exchange With Others**

I have talked to people who seem progressive in their thinking, along the lines of this book's topic, who feel that sex is a spiritual act of love that is to be shared. As long as it is done out of love, sharing sex is a good thing. But sex is much more than a satisfying experience for the physical body or just a higher experience of sharing love. When you have sex with someone, you exchange pieces of your holographic pattern with them. No matter what your intention, whether it was a mistake or it was or wasn't in the confines of marriage, the holographic energy exchange. Unfortunately, females loose a lot more than the man because of the closer heart connection that sex represents in a woman. If the man ejaculates in the woman, whether it is for the purpose of procreation or not, that is even more energy taken on by the woman. We all want to be desired, but humans have a spiritual responsibility that sets them apart from animals. To allow sex to become an animal instinct pattern is to loose the spiritual experience of the act. Not that sex has to have a deep meaningful occasion at every occasion. Fun and spontaneity are highly encouraged. Humans were created to have one partner for their entire life. Like an eagle, you pick your mate and you stick with them for life, "Till death do us part," as the ceremony says. But many people have been married before, or have a background that was less educated in the matter, so there may be a continued holographic connection with some or all of the people who have had sexual relationships with you from your past. If you have had sex (intercourse, oral or even a thought fantasy) with more than the one person you are now in love with and physically with, it is important to release the energetic, the holographic connection with those people. From the perspective of quantum physics, any person you have had sex with creates a link in the continuum on a non-local level. That means that it does not matter where you are, how far you are from them, if you think of them or even hate that person today, if the link is not severed, a certain amount of your "being" is continually linked to that person. It doesn't matter if you think "it's in the past, it didn't mean anything." Your conscious thoughts on the matter don't mean anything. What you believe in your conscious mind is not what creates the reality of this issue, it is what occurred on the electromagnetic level that needs to be dealt with.

Sex is more of an act for most men than an emotional or spiritual experience. It is said that the average man has a sexual thought about every minute and a half, so the 'animal instinct' is much stronger in men than woman. If you look at nature, it is the females that control the mating rituals, the males just has to earn the right to show up and get the job done. From what I have seen and studied, I believe humans are the same way. Women simply have a power, which is really a gift, in being able to seduce a man. If you doubt that for a second, look at the power that strip clubs and pornography have on men. If a man finds himself addicted to pornography, it means that the act of sex fulfills an emotional lack, even if the sexual experience is a mental fantasy achieved from magazines or internet or night clubs or whatever. The emotional lack is probably because there was a lack of feeling nurtured by the mother. Sex in some way symbolizes love for this person. If a woman needs sex to fulfill her self esteem, to make her feel important, wanted, needed, it is probably because they did not feel nurtured by their father. This isn't supposed to make the desire for sex bad, but there is natural desire and there is obsession. A balance in all things is good.

We now know how powerful thoughts are and Yeshua tells us that if you think it in your heart, it is as if you had done it. Because men have so many sexual thoughts, they probably don't remember all the times they projected themselves on a holographic level that needs to be reclaimed. Thus releasing the holographic connection would be wise to include a general statement that includes any thought related situation, or fantasy, that might have occurred. On this note, take some time to emotionally release any sexual partner, act or thought you have had in the past. Generally speaking it is good to start with the one that comes to mind first. Whatever you feel on a conscious level is probably what the body recorded as the most traumatic. Don't think of traumatic as something you "feel" in a negative way, you may think it was the best sexual experience of your life, but if you are not currently in love and physically with that person, then your electromagnetic field is distorted by that experience. If you find that you use sex to fulfill an emotional gap, which means you are addicted to sex or some act of sex like pornography, you need to do something to heal the reason for this.

Women need to consider the area of gynecology as well. Nothing about what occurs at a gynecologist's office is natural or normal to the human body if you view it in terms of creationism. Taking it one step further, to have a man do any kind of gynecological activity on a woman is a complete violation to her spiritual being. I suggest you follow the same cleansing/release protocols for any gynecological experience you have had, particularly if a male was involved.

A prayer is the best way to release your potential tie to past connections. I don't think that a prewritten prayer is the best option since the power of prayer is in the seeing and feeling of it. To be most effective, the wording must be individual to something you can relate to enough to see and feel it be so. But some sort of guideline might be something like, "At this time, I release myself from any connection I created by being sexually active with so and so. I forgive myself and give myself permission to give every level of myself to my current (or future) mate." You may be able to lump all your experiences into one on the "so and so," or you may need to use your statement several times replacing the so and so with the most important people or experiences that come to mind.

Since we are talking about sex, perhaps the issue of homosexuality, or same sex relationships, should be discussed. Like everything else, take away religion, take away judgments, just the math. We talked about the fact that everything alive has a frequency that creates an oscillation. Humans as a whole have a frequency and each animal has a frequency. Book 02 breaks these down into sub categories for man having a particular frequency and woman and even identical twins have a different subfrequency. In terms of mathematic vibration, to combine two identical frequencies as occurs in a sexual experience with the holographic exchange, you get a submolecular short circuit. If you think of trying to stick two magnets together at the same pole. Opposite poles attract, but the same poles repel each other. You don't find same sex breeding in nature, where instinct is still in tact overall. For two of the same sex to attract there has to be a severe loss of some instinctual magnetism. The result is similar to that which makes one obsessively addicted to sex; there is some deep emotional pattern that was created out of pain.

### **Everything has an effect**

This book has discussed the fact that everything carries and creates an electromagnetic resonance and that the body is continually being influenced by them all. Eating healthy, exercising and drinking plenty of water are part of the foundation, but only a piece of the complete puzzle. Everything you eat affects you physically, and that will have an effect on your emotional and spiritual health or balance. What you expose yourself to emotionally and spiritually will have the same counter effect on the rest of you. Remember that you are made of spirit, soul and body and they are all interlinked on a level that will literally allow manifestation once it accumulates to a certain point. Living perfect is not the final goal, that is not possible as long as you have a physical body made with carbon. Balance most of the time is the key. If you obsess about doing everything and acting perfect, you will create an imbalance just in having that mentality. Learn to trust your intuition, that "still, small voice", the spiritual part of you. We are all unique and reactive to different stimuli. What may send one of your areas into a spiral, may not affect me at all, and vice versa. We need to learn to respect that sensitivity in ourselves and then in each other. People who think this way are not crazy, they are progressive, they are outside the common box that is spiraling into abomination. Watch what you eat, what you read, what you watch, what you do, what you listen to, who you are around, etc, etc. Everything has a profound effect on the essence of who you are, a spiritual being living a human experience.

### **Are we to Subdue (tame) or be Subdued?**

God created man and placed him in charge of everything in the garden where man was created, which represented the entire world at that point. So who was in charge at that point? Who had authority over the largest animals and the smallest microbes such as parasites, fungus, bacteria, virus, and any other microbe we now find in the human body causing every kind of illness, disease and death? Doesn't it seem backwards that humans were given dominion over creation and yet microbes that are so small they can't be seen are invading our body's and causing death? Everything God made was good, so the issue is not that these microbes are bad and need to be eradicated, they are simply out of place. Or are they? Is it possible that we the humans are the ones out of place? These microbes thrive in places that will host them. They are simply following their instinct, an instinct set up by the creator. The human body has the ability to eliminate these microbes naturally, simply by passing them on through the body. Why are we hosting them instead of passing them through? If your body is in a position to host these microbes, you are out of order, out of place in creation law. The microbe is not the problem, you are.

When the electromagnetic field comes into contact with something that is positive, the body uses that frequency to feed or repair any part or function that might benefit from it. Remember that through induction, which simply means contact, electron whirling is influenced. When we encounter something potentially harmful, the brain is able to instantaneously create a response so that the energy of the body will shift and adapt to a resonance that would do one of two things. 1. Keep the microbes from being ingested altogether by initiating a feeling in your neural network (intuition) that make you feel as if you should stay away from that item or contaminated food. 2. Setting up some sort of defense mechanism that would send the microbe through the body without causing any harm. When your energy field comes near an object or person the brain automatically gives you a sense of what the reaction will be if you continue. If the response is positive, you feel good about it. If it is negative, you get a bad feeling, assuming you can listen to your own senses. Now tell me the body is not fearfully and wonderfully made!

I truly believe the human being should be able to subdue the rest of creation, which does not mean dominate, by the way, but to live in harmony with. If creation were in order, or more accurately, if we were to rise to our rightful positions in creation, nothing in nature would be able to harm the body. We do not have a perfect creation, and in most cases humans believe themselves to be subject to it (fear of snakes, fear of the water in Mexico, etc.) But our ability and calling is infinitely superior to our present use. The human body should be able to adapt to anything. Adaptation, in this reference, means change or compromise without causing harm. When the body's electromagnetic field senses a magnetic field that is antagonistic, it gives off a micro-voltage signal. If you learn to feel it, which generally means becoming more intuitive, more 'feeling,' your body would show you that it is far more intelligent than the best computer in NASA. But there are so many people sick and diseased because of the microbes which we are supposed to be subduing. Why isn't the electromagnetic field doing its job? It is! The problem is not the magnetic field, it is the people who fail to listen to the responses (signals) being sent by the brain. Most people don't know this potential even exists, so why would they be listening? Those few who do believe in it are scoffed by the narrow minded or scorned by the ignorant. It isn't proper to be 'weird'. To accept the magnitude of our potential is part of who we are, nothing specially out of the ordinary. What price are we paying to remain socially acceptable?

True health is much more than diet, lifestyle and alternative medicine. It is progression to a state of potential that is so advanced, current accepted thinking will not even be able to receive the concept, much less grow in their potential. While many of the religious groups scoff at all that relates to energy, little do they know that they are rebuking the most wonderful gift God offered us, and the very nature of who we are.