

Dynamism

We hear a lot of talk about '**energy**'. Whether a fuel source that can deliver energy or something of spirit, energy surrounds us. As a commodity, it is the most sought after which means that controlling, enhancing, and manufacturing energy is a very well-compensated business. Mobil Oil and the 5-Hour-Energy-Drink manufacturers are just two examples of how lucrative this market is.

What is energy?

Energy is the dynamic aspect of life that has no form or weight; it is light and movement. *When you are filled with energy you are capable of turning your thoughts into physical reality.*

Our DNA is encoded with the programs for the Divine Human Blueprint and the miraculous system of energy support. It becomes activated as life begins. Our energy support system consists of the chakras, our aura, our life force, our spirit, and the Golden Rings as well as the mental body and the light of cell. The chakras develop over the first seven years of life, receiving their directions from the DNA programs, as well as the aura, life force, spirit and Golden Rings!

The physical energy systems of our bodies consist of the thyroid, heart, pancreas, mitochondria, neurons-brain, and adrenals.

How does proper distribution of energy support the body? A healthy life lived in balance emotionally, physically, and spiritually provides abundant energy, yielding a symphony of energy reserves that can be accessed throughout the journey of existence.

Golden Rings

Starting with your halo and moving upwards, the Golden Rings provide you with the energy to literally transform you, as well as others, to vibrant health. This golden ring energy is the transformative cellular quantum mechanical energy we have explored throughout the pages of this book. When you have mastered the ability to access and direct the use of this energy, it is virtually without limits. It is your creator god power.

You can use this source of golden light to restore energy centers in any failing physical and energetic and generally juice up all your body's systems, even reverse the process of aging. The dynamic energy of the Golden Rings is your "Ticket to Ride!"

Human Spirit

Human Spirit must be present in a human animal for life to begin at birth. Ideally, for the best mental and physical health, the spirit should be well-ensconced in the body, extending out to our extremities. Surprisingly, large numbers of individuals do not get well-established in their bodies and live only partially connected to their spirits, usually just through the head and part of the torso.

How can this be? Without a spiritual midwife present during birth, for example, spirit is left to its own devices to sort out how it relates to the body it occupies.

My estimate is that upwards of seventy percent of individuals never get their spirits into their limbs, hands or feet, and approximately forty percent have little to no relationship with their torso.

Connecting spirit into body, or rather a failure to connect, has been a unique development in our spiritual societal evolution. Is our condition of disconnectedness a failure of human spirit? I think not. We must consider our journey as one of experimentation and discovery. The process of learning and growing is one of the unique features of humanity's individuation process.

As more spiritual researchers like myself are able to identify and refine how we function, advance, and, finally, how we perfect our relationship of the human spirit to human physique, our evolutionary process, just like the exploration into space, will experience a time of rapid internal growth.

As I write this Neil Armstrong has just passed at the age of eighty-two. *'One small step for man one giant leap for mankind!'* Mr. Armstrong, a shy, very talented pilot, holds the distinction of being the first man to walk on the moon. From that time to the present, our technological advances have been off the charts.

Similarly, there will be a skyrocketing in human evolution over the coming fifty years. Medicine has given us pieces of the puzzle, the understanding of the physical body. Seeing ourselves as purely physical is only part of the story. As in an original Star Trek episode, Doctor Leonard McCoy ('Bones') observes a person treated for cancer in his past and declares the treatment 'Barbaric.'

As we advance in our understanding of the human spirit our understanding of the physical body connection, of how imbalances affect the dis-ease process, and our ability to heal the 'whole' human essence will advance rapidly. For example, if you know that you are less connected than you could be for optimum health, well-being, and vibrancy, you will begin to take actions to correct that situation.

A pessimistic response to this is: "Oh no, another thing that's got to be fixed." This could actually be the first response of many. However, once we establish a group consciousness around full connection of spirit to body, future generations will be blessed with the connection without effort.

An optimistic response to this situation is: "Fantastic, I can make things even better than they already are! How cool is that!"

How you respond will support or detract from your next step. I often ask my students, "Are You Ready for a Miracle? Say yes!" Be the "yes" and the enthusiastic response to this news.

Does a fully embodied human spirit in its physical body provide more energy? In this case, the word is "strength": *you have more strength*. Super-human feats have been attributed to a full human-spirit embodiment. When your human spirit fully fills out your entire human/animal body, as you might imagine, it fortifies your muscles and bones.

Neurons

Brain, nerves and skin are fortified by healthy neurons. Neurons provide the current or electricity of the body. The neurons support movement as well as provide energy to the five senses. Your ability to feel a feather across your skin comes from neuron responsiveness. Neurons transmit the signal needed for taste buds to receive and understand the information.

As I test myself, I have sixty percent of the neurons active for optimal vibrancy and enjoyment of the human life. I will begin my gold pumping with the right hand to increase the percentage of responsive neurons in my body. I test that three fifteen minute restorations will get me to my hundred percent.

When you don't have the optimum number of neurons responding, no other system can pick up the slack, you are just depleted. For example, cancer treatments and radiation significantly reduce the fraction of responsive neurons, leaving you tired and worn out.

Eighty percent of the body uses the electric fuel neurons provide.

Chakras And Aura

The chakras and the aura provide a great deal of support to specific areas in and around the body. The chakras, appearing like vortexes, provide an influx of energetic fuel to the system, gland, or organ it is providing for.

The colors of the aura have a direct bearing on how you appear energetically to others. The dark colors will drag you down physically as well as spiritually, mentally and emotionally. Tuning up the auric field and seven layers to bright colors can significantly assist you in feeling better, stronger more vibrant and vital.

Light Of Cell

The light of cell is found primarily in the master or stem cells and in all cells that are in the process of healing or regenerating. I have used this blessed system to literally alter and reverse the damage of illness and radiation and restore my body to a significantly younger state.

Light of cell provides the miracle energy on a cellular level to grow new cells, and literally grow back glands and organs as well as restore damaged tissue to a healthy state.

Mitochondria

Mitochondria are the cells generator, the individualized fuel source for the cells. They resemble a funny sort of caterpillar in appearance. The mitochondria will lose functionality significantly if the fluid surrounding your cells is contaminated. I call this '*carrier fluid*', the fluid that surrounds the cell.

The mitochondria are directly affected by the health and purity of the carrier fluid. This discovery was made after I restored the cellular body working specifically on restoring glands and organs. After the healing, I was often surprised when function and percentage activation would mysteriously go down. After some research, I learned just how important clean carrier fluid is on maintaining full restoration. If your body's glands and organs are marinating in toxic fluid they can't possibly hold the upgrades permanently.

My mitochondria had grown dangerously low giving me only fifteen percent of the energy I required to operate my physical body. When the mitochondria read low, you are overcome by a feeling of weakness and a fatigue that rest does not restore.

I used to wonder and worry about this odd situation: I seemed to be more fatigued and ill when I took a whole day to rest. I did better being up and moving around.

In order to restore your energy you need to first clear carrier fluid, then pump up the mitochondria, in that order.

Life Force

Reading your life force reveals how strong you are in your body. Many people are able to maintain a hundred percent reading even without a healthy lifestyle. The major determinant in strength of your life

force is found in your DNA. If your family is known for having a strong constitution, this goes hand in hand with a strong life force.

If on the other hand your family is known for illness, breakdown, and disease, such as a delicate constitution, your life force, even with a very healthy lifestyle, may read as low or weak.

When life force drops, the protection afforded your spirit from soul also drops.

The program for constitution is derived from the spiritual body and it's initial connections with your new fetus/body. Your spirit essentially gives your DNA the program for this life in relationship to how much illness and fragility you are planning to experience in order to get the spiritual growth for which you aspire.

Adrenals

The adrenals are the emergency backup that provides a life saving burst of energy when you are under extreme duress. The adrenals accomplish this task by rapidly and intensely dispersing chemicals that provide thirty times the regular energy to muscles, including the entire cardio-vascular system and extremities. Adrenalin and cortisol are only the tip of the iceberg as forty-eight other chemicals boost energy for enduring danger and attack.

A major challenge we face, however, in our modern day world is that adrenal function is not hard wired for technology. The adrenals are ancient glands whose function has not evolved rapidly enough for the conditions humans now find themselves in. In a matter of just a few centuries, we have gotten away from dangers found in the wild but instead routinely have alarms, whistles, and jackhammers triggering our adrenals to react.

Where adrenals used to respond to dangerous situations once every few days or so, they are now firing off one hundred or more times a day. This has led to a new and alarming trend of strained and failing adrenals, especially in the young.

If a child is computer savvy, which most are, they might be on the computer and on some kind of technology for hours each day. In these hours, they are barraged with adrenal-stimulating alarms. Consider a computer game with all its noises, beeps, and bells, which trigger a fast response. These stimulate the reptilian brain and the adrenals (adrenalin rush). Now for the first time in human history, children as young as age fourteen are suffering from debilitating adrenal fatigue.

Entrepreneurs and business people alike are overworking and under-managing healthy balanced living. Adrenal fatigue and adrenal failure is rampant in the self-employed and self-starters.

The popularity of drinks like Red Bull and 5-Hour-Energy directly relate to a culture that clearly does not understand yet how to care for the emergency system. Rather than understand their situation and shift to a new lifestyle supporting healthy adrenal function, so many individuals chug down an energy drink and, like a slave driver, push their unstable human body by pumping in new and foreign stimulating chemicals.

The free meditation program "From Fatigued to Fabulous" on our website (miraculouslivingtoday.com) offers a great deal of support to restoring the adrenals to their healthy state.

Heart

The heart is part of the electric system and provides strength and endurance.

Thyroid

The thyroid provides both heat and metabolism. If you have good metabolism, and heat, your body is self-sufficient and self-regulating. You experience a freedom to come and go as you please, and in many ways are 'low maintenance'. For example, you are at a friend's house watching a movie. As your body relaxes, it has adjusted to the room temperature. You are warm enough and need no extra blanket. Although you notice when you're in hot weather, your body's natural cooling system kicks in, you begin sweating, and your core temperature drops.

If however your thyroid is not up to par, you will not have the dynamic energy to burn fat or maintain the constant desirable body weight.

Muscles

Determined by DNA and enhanced by exercise and nutrition, the muscles in your body support power and perseverance. Think about someone who is called a weakling: they are small and underdeveloped and bring little to the table that is energetic. Think of someone called muscle bound, or a muscle head. They are going to provide a ton of energy to a situation, perhaps moving mountains.

To use and keep muscles strong is much of what keeps us young and juiced up. There is a strong correlation between muscle mass and healthy brain function as well.

Nine years ago, when I moved house, shortly after the accident, I had to be super careful with the funds I had and I wasn't capable of much lifting. I invited some of my he-man friends to assist me in the moving process. When you've got three or four big guys on your team to do something physical, you are in luck. They are fast, efficient, and magically they seem have the pulley and ropes in the truck to get the oversized sofa and chair up from ground level, over the balcony and safely into the living room with no damage or scratches. They can muscle their way up over the fence or railing because they have the brute strength to get-er-done!

Muscles can turn black energetically from illness or lack of use. They can also lose potency and power in DNA aging programs. These circumstances are all correctable. You must first clear the dark color, remove the DNA patterns or illness, and possibly regenerate cells.

Make sure you use your muscles. I work out an hour or two everyday. Since writing is very stationary, I am doing an hour of aerobic dance and an hour of swimming with some gentle weight training and stretching. I am improving my muscle tone while writing a book.

Pancreas

Everybody knows sugar creates a burst of energy. The pancreas is your sugar regulator. If your blood sugar is too high, the pancreas distributes insulin to the body to bring it back to normal levels. When it is too low, it secretes glucagon to release energy stored as fat in your body.

When you think about an individual who has a pancreatic issue, perhaps a friend of yours who is diabetic, do they embody strength, or stamina?

Without stable blood sugar, inner confidence disappears and folks look outside themselves and their body for praise, approval and validation to fortify the weakened energy aspect.

Mental Body

One of my favorite workout trainers from Beach body is Charlene Johnson. I use her turbo fire workouts to sculpt and tone my body. She is always saying during her workouts, *'Your energy comes from your mind. If you tell yourself you're tired, then guess what? You're tired. But if you tell yourself, I have lots of energy, then that's what you get, more energy'*

Well, as we have discovered, energy comes from a lot of places. However, she is right: if you tell yourself 'I am tired,' you will accomplish that result. Your mind believes what you are saying. It does its best to deliver those results. If you tell yourself, "I am energized," even if it isn't a hundred percent true, your body will give you more energy. This is because you are giving your mental body that program to work with.

Creative Brain

The creative brain enhances energy. Creativity is an antidote for depletion. Engaging the creative brain will bring in creative energy. Creative energy is the same energy as creator Fod energy, in other words the power of creation.

Feeling low? Pick up an instrument or your paintbrush and enjoying the gentle flow of creation energy begin to fill your limbs your body and your being. This is directly juxtaposed to the slave 'picture' of us guzzling down a 5-hour-energy drink to force the body to work more and deplete it further. I invite you back to your divine creator self, and experience union, even reunion with the god/goddess energy of creation.

What is your energy enhancer? How do you return to vibrancy? Are you willing to live a lifestyle that is in harmony with your energy centers and supports a natural fully embodied life?

Likely one of the biggest moneymakers in America is the production of energy, and when you think about what you pay and require daily (such as coffee, sodas, sugars, carbs and pills) to keep your energy up and at peak, you'll be surprised.

I will suggest you are not wrong to want peak energy. Energy is good; feeling strong and vibrant is awesome. Ask yourself in what areas you might begin to return yourself to the natural production of energy. Use the healings described throughout the book to improve these key energy promoters and thrive. After all you are reading this book, which means: **it's your time to shine!**