

Your Divine Human Blueprint the Whole Enchilada: PEMER

1. Perception 2. Essence 3. Matter 4. Energy 5. Realms

1: Perception

To start living your powerful, enduring, wealthy, happy, and in-love-with-your-life “life,” you’ll need to clean house in your perception. This includes your mindset, emotions, influential group mind and thought forms. You need to open to your biggest, best self to allow the vision of the Quantum Mind to permeate all parts of you.

We’ll go much deeper into how perception affects the brain and your abilities as we work together. What is most important is to focus on your 100% outcome. You’ll notice as you clear a few key points that many others will naturally clear as they were related to the first issue. At the end of this chapter you’ll find a video demonstration and an action guide for clearing areas in perception related to access your quantum mind and also for clearing doubt.

Here’s why it’s so important:

Once you’ve achieved a level of clarity, focus and momentum you’ll want to support that process with a healthy lifestyle. If you’ve been living with perception that is not entirely yours means you are living an inauthentic life. It weakens your voice in the world. It weakens your power and your impact with others. As the new era supports naturalness and truth, moving into pure and powerful authenticity means you are seen as a leader in the global picture. Think about it: how many people do you know who live at full ‘creator god/goddess’ in any aspect of life? Imagine setting yourself into that special category of people who are living life, not only full on, but who are totally in charge of all aspects of life. In essence, you become the director of your own journey.

Maybe you already have a notion of the kind of impact living with Quantum Mindset mastery will mean for you. Honestly, very few people have ever

really considered this was possible, so they have never dared to dream what a life full on, on your own terms, would mean.

You may have been on a good health plan or protocol for years, incorporating a healthy diet, exercise, and meditation among other things that help you feel good, but have you really considered a life without limits? Maybe you are afraid to have it all or to take a chance on yourself. One of my clients said working with me was the first time she had given herself permission to put herself first. If you don't take this step for yourself, love yourself and improve your perception, you will always create and contribute from the "ground" of entanglements and "should."

I think about this verse from scripture attributed to Jesus Christ:

"Love your neighbor as yourself."

In other words, you must love yourself in the biggest way in order to give to others in the biggest way. "As within, so it is without." You cannot give more than you have. You cannot teach more than you know. You cannot live greater than the limitations you leave in your space.

The point is your Quantum Mindset is already within you waiting for an opportunity to be lived out to its fullest. All you need to do is take the first step. All you have to do is uncover, define, and clear what stands between you and your vision of life transform to your hearts desire. Then create perception for your very best life because that is what is already there for you to experience and live into. Perception positions you for your best life – the life you so deserve.

Everything is possible. There are no limitations just endless possibilities.

Step 2: Essence

The second part of your Divine Human Blueprint for restoring your unstoppable Quantum Mind and life is your Essence. Take a moment and feel into your spirit. Spirit is you – your essence – that which comes with you, whether you are in or out of the body.

You don't have to be religious to understand the workings of your spirit. If you are religious or spiritual, what I am going to tell you next may surprise you.

Your Human Essence is comprised of three important elements: Human Spirit, Soul, and Life Force.

In the good old days, the only place you were going to hear about Spirit was in a church or temple. You had to knuckle down with your catechism or study for your Bat Mitzvah to glean the tiniest details about Spirit. If you were lucky, a priest or rabbi would take you under his wing and help you comprehend "human spirit," that is, if they had a good grasp of it themselves. But truthfully, religion was not meant to teach you about the details of your personal spirit and its workings. Religion was, at its best, meant to inspire and direct an individual to the practice of communing with God. It is a beautiful practice when devotion, love, and prayer are combined to stir the heart to remembering its connection to God.

When it came to understanding your path in life as a human spirit, and the make-up of your essence, you had to trust the judgment and guidance of others. These individuals, perhaps church elders, were very likely no more an expert than you in the workings of human essence.

Having found few answers in traditional religion, you may have sought outside your traditional religious training to gain more knowledge about human spirit.

Or you may have never really wondered about it at all. Most of the information available on the subject of human essence is outdated, fragmented, or only partially right. I have never seen the complete picture presented in one place.

Even if you were to make a study of human essence, with all the differing viewpoints on the subject, it could easily take you a lifetime to understand the importance of human essence, and the important role it plays in your overall liveliness and vitality.

The “Big Gate Keepers,” the religious organizations throughout the world, determined what you would know about human spirit and what would remain hidden from your awareness. They created a group mind hypnosis to influence you to think that it is really dangerous to fully comprehend your essence, knowing that you would shy away from a natural curiosity to know yourself well.

Think about all the folks in the 60’s, 70’s and 80’s who swarmed to India in search of enlightenment. All these folks were on a quest, in search of their true nature. Ironically, they all adopted another culture and tradition in order to incorporate something different into their lives than what they knew from childhood. Still, the path of enlightenment was literally a path of moving away from bodily awareness and the mastery of the human experience towards a life of Spirit and the realm that is of spirit, which is accessed through meditation and prayer.

Joshua, who came to me after adrenal failure, asked me why all those enlightened masters he went to couldn’t help him with his body. Why could no one heal him? The answer is because, to be in the state of **enlightenment**, by most folks’ standards, is to **reject the physical nature** and hang out only in the higher realms of consciousness. Therefore, it was not uncommon for an enlightened individual to be sick, homeless and broke.

This is not my idea of enlightenment. Nor would I seek after a transformation that does not point the way to full mastery of the human experience. How can you call yourself awakened, when your body is left in darkness to struggle, your financial situation is dire, and you will have to rely on social security to see you through your senior years? In this kind of ‘enlightenment’ you have never taken the time necessary to know and love who you are, or clear away that which is not you.

There is no longer a need to remain unaware. We are in the age of knowledge and wise-elder wisdom. You can now have the information that was once hidden.

Simply Put, Human Essence Is:

1. Human Spirit needing care and repair from time to time. Essence is, as described earlier, that which is with you whether you are in or out of your body. It is your light, your information, your presence.
2. Human Soul. We have in our culture mistakenly used the word, "soul," to describe spirit. Your soul is different than spirit. Your soul is the protective chalice of spirit. It is like a thick skin surrounding and protecting your light. It wanes or reduces in strength and size when you are unwell or under attack.
3. Life force. Though you might have imagined life force as part of your energy body, it does indeed belong in Human Essence. When your life force is low, you will feel weak. Simply by pumping your life force up using a quantum energy technique, your strength, vitality and energy can come right back. Literally, this reversal can happen in a matter of minutes.

Essence is described beautifully in this song:

*This little light of mine
I'm gonna let it shine,
This little light of mine
I'm gonna let it shine,
Let it shine, let it shine, let it shine!*

*Hide it under a bushel, no!
I'm gonna let it shine,
Hide it under a bushel, no!
I'm gonna let it shine,
Let it shine, let it shine, let it shine!*

We'll get to the secret of keeping your Human Essence shining brightly shortly.

Once your life force, spirit, and soul are up to 100% expression, you will naturally have more energy, focus, and magnetism for living into the life of your dreams. Your mission and your blessing can then be shared with the world as your transformation begins.

The best part of tuning up your body and brain is that you are immediately brighter, clearer and focused. You feel more energy in your physical body, and you are attractive to what you are called to do. Being one with your essence does not require a third world visit, a priest's approval or a rabbi's sanctification. It's already part of you. You are the one in charge. You are in control. This, my dear friend, is a beautiful thing.

To ensure your light shines brightly in the world, daily meditation and the practice of appreciation and laughter are recommended.

3. Matter

Regardless of your personal or professional well-being, your life is worse when you are living a half-life and better when your brain and body functioning fully. What you bring to the table regarding your work, love, vitality and your connections to others, is greatly enhanced by your vibrancy and 100% healthy body.

In this section we are focused on your body. You need to take a few steps up in the area of human matter and bring your best body – with its natural force, focus, clarity and momentum – with you to the game.

Matter is the human body, cells, glands, and organs, and the fluid, bones, and ligaments that form the body you live in.

Maybe you're saying, *"But I am not very healthy. My brain is often foggy and that's what I'm used to or the way I've always been,"* or *"I have diabetes or fibromyalgia and this part of the path is never going to get better for me,"* or *"I'm cursed in love or business and nothing else has worked, so why would this?"* etc.

Let me say this again. It doesn't matter what shape you are in, physically or otherwise. There are a set of principles, keys and practices that surround living in a human body. You were created with an accessible design and were meant to be able to "self-diagnose and self-restore."

You've just got to access the knowledge of your design. My client, Alisa, who was an Immersion student, expressed her concern about having learned many modalities for healing, business, and relationships that sat dormant and virtually unused as she struggled both to support herself and get beyond a debilitating depression.

Learning to access your own Divine Human Blueprint, requires no more learning. There is no next modality to learn, as the original Divine Human Blueprint is the whole kit and caboodle.

The choice is yours as to how you are going to work to improve your circumstances. You can turn your brain health and function as well as your quantum mind access and your challenges around life as you sync up with your Divine Human Blueprint. Or you can find more healers and healthcare folks to help you manage your symptoms, or take yet another training to learn breakthrough strategies you already learned years ago and never could implement.

I use the term, "could" here, because I want you to know that a lot of the blocks in your Quantum Mindset and best body are **not** self-imposed. You have, literally, millions of programs running at any given moment in perception. In addition to perception, your DNA, which is a key part of matter, gangs up and gives you even more programs from family members. Imagine getting all the "loser" or "slave" programs from your ancestors. Ugh!

I'm going to say a strange thing here, so hang with me; I promise you will understand it in a few minutes.

You have to own your brain and body completely.

You have to then own and live in your body – cells, glands, and organs – 100%. And finally, to really get to the place where you can be fully in charge

and powerful, you have to *be* the Quantum Mindset that supports your healthy body. This includes your brain, nervous system, and all other systems, glands, organs, and every part of you that forms what we call, “matter.” This is your ticket to freedom and a life fully empowered.

Using the Divine Human Blueprint, your brain and body will be a primary source of joy and empowerment for you. You’ll have the opportunity to up-level your health to the highest human potential. Feeling great all the time, and being able to access the Divine Human Blueprint when something seems to be off, will give you an unstoppable and unending advantage in work, home, family, and love. Most importantly, your quantum mindset and healthy body will be the access point for going deeper into the fulfillment of your dreams. Wealth, fame, contribution, finding your soul mate, investing, running a marathon, becoming a marketing master or a bestselling author – whatever your big dreams are – they can only happen when your Quantum mindset and 100% healthy body can support your future vision.

Did you know momentum comes from the body? The forward movement of your momentum is accelerated by attuning your healthy muscles with a clear, focused mind. Suddenly, you are the mover and shaker. You’re in the limelight and able to give life your all. You can generate momentum in all areas of your life and get up to par with the body in its prime.

When you are in charge of and ‘own’, your matter (matter comprises all parts of your physical body), if you are an entrepreneur or business person (or want to be), you have something very powerful to bring to the table. You can actually offer your gifts in tangible and manifested ways, because you are physically and fully present; you are really there.

Ideally, you want your brain and body at 100% optimal performance. I want to stress the idea of “100%,” rather than the notion of perfection. Perfection tends to be a rabbit hole of deception and more a trick of the mind than a useful pursuit. Even when you are in the process of moving in the direction of your Quantum mindset mastery, you will be moving mountains and generating miracles in your world.

Soon, I'll guide you through the process that will unlock your pure authentic 100% healthy state of being. Together we can easily turn your brain and body into your beautiful, biological, dream machine.

The more proactive you can become in doing your activation meditations each day and following your Divine Human Blueprint formula, the faster you will get to the sought after space of empowerment, focused clarity, and juice!

Once you bring your inner being – including your cells, your brain, body and blood – into its fullest and best self, your outer world opens up. You can, with clarity, claim your outer world manifestations as perhaps a marketing genius, or a master healer, or whatever it is that you desire to create in your outer life.

But here's a quick piece of advice – pace yourself.

*"If you want your dreams to be
Take your time go slowly
Do a few things, but do them well
Heartfelt work grows purely*

*If you want to live life free
Take your time go slowly
Slow beginnings, truer ends
Heartfelt work grows purely."*

Thoughts attributed to St Francis from the movie; *"Brother Sun, Sister Moon"*

Don't let impatience or a "hurry up" mentality get the better of you. This can take you out of the game so fast. There is enough time, energy, and love to get you back to you. By pacing yourself, you are telling yourself there is no emergency, that you are not on high alert, and that you will not be moving onto the next new thing if this doesn't work. Instead, you are living naturally with the knowledge that you are changing, your mind is

working better and you are growing healthier and younger with each passing day. You trust in the Universe. You trust in your body to restore itself.

Once you have established great health, quantum mindset, and increased your energy, you will naturally go deeper into the fulfillment of your life's purpose and mission in the most meaningful and creative ways. You will be operating from a vantage point of being fully funded, and your own energetic field will support you like never before.

Energy

Once you have the right mindset and emotions in place, your perception has shifted, you've gathered a possibly fragmented Spirit, Soul and reduced Life Force and brought it back up to 100%, and you've accessed the Divine Human Blueprint formula to restore all aspects of the physical body (matter) to its very, very best self, what's the next step?

The final step is all about getting your energy up to your peak performance.

You need energy. You always need to have energy fueling your body. And it's easy when you know the simple steps to make it happen.

You wouldn't believe how many times I have spoken to doctors and holistic practitioners, energy workers, and people who meditate regularly, all of whom have virtually no way to restore their energy and their energy bodies. They may have some technique they call a chakra healing or aura cleansing, but those barely touch the root of the energy problem. Although I applaud their efforts to connect with their energy systems, time and time again, their efforts produce virtually no real, lasting results.

Back in the 60's when flower power was in and it was cool to have a guru to follow, hundreds of thousands of Americans made pilgrimage to the "Holy East" and hung out chanting and meditating at a guru's feet. Eventually they came back to their lives in the U.S. and filtered back into mainstream society, perhaps hanging on to a daily practice of meditation, or perhaps letting that fall away as they moved back into corporate and leadership

roles and left their hippie days well in the past. They got a shot at mastering the energy body, since many of the teachers knew quite a bit about the chakras (energy centers), nadis (mini chakras), aura (energy field surrounding the body), and meridians (lines of energy running throughout and connecting the body).

Although they may have gained some knowledge, less than 5% of these practicing meditators actually mastered the wisdom of the energy body. Most never built the energy knowledge into the bridge linking the perfection of the Divine Human Blueprint to the physical brain and body. They just didn't have the complete platform of knowledge.

Don't be that person. That's why "energy" is the next part of the system. Let me explain a little better why energy comes now: If you have done activations for all of the previous three steps, perception Essence and Matter~ energy will, and must, be the next part of the blueprint and the next area to practice activations.

Earlier we spoke of perception. "In the beginning was the word." Remember, much like our essence, perception defines how we will experience life. Although it does not have form, it is our intelligence, our "logos". From perception, human essence with spirit, soul and life force come into existence, and naturally must be restored to 100% light for your life to thrive.

Our spirit informs our DNA, even as we are cells dividing in our mother's womb, as to how to set up the game of life. Our life force activates as we separate from our mother's life force at the time of our birth. Once perception and essence are made right, matter – the human body in all its complexity – must be addressed. Finally, our energy body, and the fuel we need to keep our physical body alive, is addressed. Energy is originally designed by spirit programming, sent into the DNA and grown after the body emerges from the passage of birth. The energy body develops largely in the first seven years of life.

Energy, the most advertised and sought after commodity on the planet, is natural and free – and for 97% of the population is elusive and confusing. Don't fall into the group of folks who keep their head in the sand and think

that buying a six-pack of energy drinks is their way to sustaining energy. You are fully capable of accessing your quantum mind ~ focused clear and vibrant with your energy system up and running for the best life ever.

The Divine Human Blueprint is a self-sufficient system that puts you in the driver's seat. You direct where your attention goes and how your energy flows. You live life on your terms – fulfilling your mission and manifesting your dream life. By following this system you move into the extraordinary 3% who “do” and “know.”

Restore your energy. Your energy is your lifestyle currency. With energy you can wheel and deal, speak to the masses, appear on TV, and run a marathon. You can fulfill the dream of deep love, and have the energy and love wisdom to sustain it for your entire life. Having energy changes everything. Pristine, bright, sparkly, loving energy is magnetic in the world. Want to get your message out? Sparkle up your energy. Want to feel authentic and credible, as you show people your system for doing something great? Then, my friend, let your energy sing with bliss.

To me, the magic starts when you reach the fourth step because energy fuels and enhances everything else in life. And the best part is that this is the easiest step to implement and access.

Now we get to realms and bring the work out of theory into reality.

5 Realms

The fifth aspect of the 100% Healthy Divine Human Blueprint is divided into four unique areas, each related to the other. You will see why we have them lumped together as I explain more to you.

The Realms affecting humanity are unseen and powerfully influential. The four Realms are

- Origin
- Quantum
- Amplification

- Embodiment

Origin is where we came from and starts from the beginning of humanity. This realm dates back to original perception even before human spirit. This realm encompasses both historical and pure truth. It cannot be altered, as it just plainly “is.” It is our guidepost and a true Omega. It is our record, our history of fulfillment.

Embodiment is what allows us as human spirit to take form in a human body. The normal way to experience the realm of embodiment is to be born as an infant to parents. Some yogis are able to move in and out of the realm of embodiment, taking their corporeal bodies with them into different fields of existence, and return, appearing the same as when they left us.

Quantum is the realm of no time, no space, connection, and oneness. Human mastery provides a powerful quantum field surrounding the master – altering, bending, shifting, eliminating, and moving through time, space, health, wealth, love and all things we can imagine. It includes all things beyond imagination.

Amplification is, in effect, like ripples emanating from a pebble thrown into a pond, yet far more powerful. In this expanding realm, not unlike our expanding universe, more is possible. This realm is related also to Genesis. It is spontaneous. It is a realm that is ultimately the precursor to energy. Truthfully, you don’t really need to know much about the realms, very little in fact, to activate the Divine Human Blueprint and get yourself going in the direction of your “100% healthy, happy, wealthy, and in-love-with-your-life” life. The realms support the Blueprint as you may have already noticed. Most importantly, to understand the realms, notice in the area of perception, if there is anything that is getting in the way of you having a full, rich relationship with each of them. In other words, are you limited in being supported by one, or all of them, based on programs in perception or elsewhere in the Divine Human Blueprint? If so, these are areas you will correct.

To me, the combined information of the realms is really the magic chalice that supports your healthy body and life.

Note: the more you activate the Blueprint, in other words, focus your intentions on the full experience of the 100% Healthy formula, the more rapidly things in your life will improve. Talk about walking around and sparkling...you will become a bright beacon of light, guiding all your dreams to you effortlessly.

The Divine Human Blueprint will literally kick start your vitality, your career, and your love life, all at once. It will save you months or even years of struggle, instead of going endlessly from one health practitioner, business coach or therapist until you are overwhelmed with hopelessness and exhaustion. Instead, you will live and breathe in the light of blessedness and grace. How much is that worth to you?