

Chapter 1: The Human Spirit

*Soft the light and sweet the spirit
Gentle voices call our song
We are magic we are wonder
When we live beyond the veil*

*Human kind, please raise your thoughts
Bring a plane of peace and love
We the guardians of the pilgrims
We the authors of the play.*

“Human Spirit” is the essence of our individuality.

Our spirit, though not technically immortal, exists long beyond what our mind can conceive.

Our spirit functions in many ways. It is the carrier of our information and accumulated wisdom. It provides challenges we have yet to resolve and understand. It assembles the entanglements with others that we’ve left unresolved, waiting for the understanding to release them. Without human spirit being fully engaged in the body, many maladies can appear, as you will read in the upcoming chapters. Here we seek to understand how it is connected to us and why it is so important.

The human spirit consists of light and the absence of color, as we understand it.

Human spirit has substance

When the spirit leaves the body at the end of one’s life, the body loses eight ounces on the deathbed. A tiny amount of

that, about one eighth of an ounce, is from spirit and the rest of the weight loss is attributed to the soul, which is described in detail in Chapter 2.

Since we cannot see human spirit, for many, it is a mystery or even a legend. However without a human spirit animating the body at birth, the body becomes an empty shell with no possibility for breath, heartbeat or any other signs of life. Human spirit must be present and/or connected to the body for life as we know it.

If you have known a person in a coma, you may feel the presence of the person around the body. They may even be able to trigger a squeeze reflex in the hand, but it will be very apparent they are not occupying their body.

Remembering the birth of my daughter Becky is like remembering a hilarious comedy. I was almost two weeks overdue and had been dilated for four weeks. The Doctor kept saying, “Any time now,” and another day would pass with no B-A-B-Y. This had not been the easiest pregnancy as I had developed toxemia and had also taken a bad spill down thirteen steps, providing me with a very fancy boot and a broken ankle to help make the last three months of gestation a little more exciting.

I had been dilated for a few days and I think the nurses were making bets on when I would deliver. Becky had a mind of her own, and one fine day, later in the evening, she said, “NOW!” That was when the fireworks began.

My husband, Phil, had just come in from doing his chores. He was tired so he said he would clean up and join me later. I was downstairs, lying on the sofa in full-blown labor, and with my two year-old climbing all over me. Arg@#%@@?!!! Where was Phil? I was going to deliver

any minute.

I yelled upstairs, but Phil (who had some hearing loss) did not respond. I was minutes from delivery, and yet I had to climb up those thirteen steps with the boot on my ankle only to find that Phil had shut the bedroom door and gone to sleep (it took me two contractions to get up those steps, so you know I was ready to deliver).

I thought Becky would be born in the back seat of the car, however we finally did get to the local community hospital. I ran in saying, “I’m having a baby!” It seemed unbelievable now that Becky was crowning.

I was ushered towards the labor ward for delivery. When the nurse saw my baby’s crowning head, she screamed, “Oh my God, get the doctor!”

Moments later the most perfect baby you have ever seen was in my arms.

A human spirit with all its wonder and complexity had come into my life. Her personality was already clear and pronounced, announcing her uniqueness from the way she came in, to the way she now does everything. Her time her way, and oh so beautiful!

If you are a mother you will always say that the most important thing you did in this lifetime was give birth to your children. You can do other extraordinary things, however the miracle of birth and the miracle of connection of human spirit to the little baby body and what you provide for that child through infancy (and beyond) is truly extraordinary!

In this chapter we will explore the nature of the relationship

of human spirit to human body (animal) and how sport provides a multitude of key components for the successful operation of the body and the energy body. I've included a lot of new never before seen material, which will help you fill out a more complete picture of the dynamic human experience.

Human spirit, when animating a human body, stimulates many of the operating systems of the physical body.

Human Spirit Provides Systems Support as follows:

System	Function
Cardio-vascular	Stimulation
Respiratory	Activation
Digestive	Operation
Nervous	Stimulation
Sense Perception; Touch, Auditory, Taste, Visual, Smell	Activation
Lymphatic	Stimulation
DNA programs (related to body function)	Activation
Chakra and Nadis	Development, Operations
Mental Body & Brain Including Pituitary Gland & Hypothalamus	Stimulation
Golden Rings	Pattern

Other aspects of the human body and human incarnation influence or are affected by Human spirit:

- The thymus provides operation information for this director of the immune system.

- The pancreas stabilizes the human spirit in the physical body connection.

Every part of the human body is somehow touched by human spirit. Improving the connection between the human spirit and these important systems in the body can vitalize our lives and bring about a fully embodied human experience.

The process of human incarnation

Before conception, when you were just a twinkle in your father's eye, you existed. You were in a family spirit group, which could be experienced as Heaven, Nirvana, Shangri-La or another version of Paradise, based on your tribal or religious program.

Some of you worked out a path of learning and challenges for your highest and fastest path of growth, while others entered human incarnation with karma or incomplete complications from a previous life that you were given the opportunity to resolve.

Upon your mother's successful impregnation, cells begin to divide, creating the beginnings of a physical human body. At any time between two hours after implantation and five months gestation the human spirit takes ownership of the developing physical body. In so doing, it begins the journey of human incarnation.

While in the womb, the body movements are reflexive and instinctive. The earlier the human spirit connects to the forming body during gestation, the more influence the spirit has in the development of the physical body. Then, upon first breath at the miraculous event of birth, the human

spirit begins to animate its body.

While the baby's body is developing inside the womb, the spirit often dwells inside the mother's physical body, causing endless problems. Ideally (and what we teach in our Miraculous Living programs) the spirit needs to live in the outer layer of the mother's aura through the nine-month gestation period. This is the easiest location on the mother for baby's spirit to participate in the connection while waiting for the body to develop enough so it can be occupied. Very few human spirits have this helpful information.

Spirit to baby connection in the womb

Michelle and Mike came to me desperate for assistance. Michelle, in her fourth month of pregnancy, was overtaken by the worst inhabitation of an incoming spirit in a mother's body.

Michelle's symptoms included massive gum infection, a constant headache and severe nausea and vomiting, along with intestinal problems and diarrhea. Michelle had a hypnotherapy practice until besieged with these intense symptoms, and Mike was a corporate trainer. They were a really awesome couple who were truly suffering. Michelle's yoga instructor, Kari, sent them in to me for spiritual triage.

What I initially discovered was that the spirit connection was a battlefield. With such fantastic parents, there were a number of baby spirits who wanted them as parents. In this case, none of them were willing to wait. Five spirits brawled it out until one made the ownership bond by forging a new path through mommy's mouth and throat,

down through the stomach and intestines connecting into the womb.

The battle for ownership of the body had taken six hours. When I told Michelle what had happened, she could put a date to it and now understood more clearly why she was so sick. I directed the baby spirit to remove its energy from the mother's digestive tract and gums and assisted it in connecting through the base of mommy's spine and into the womb from the back. Then I showed it how to keep peaceful and to rest in the seventh layer of the aura rather than dominating the middle of mommy's body (which had been the cause of her unending nausea).

To the baby spirit, this was all news. We, as human spirit, set aside much of our accumulated information when we start life anew as an infant. Typically, the strongest spirit wins in a battle for an incarnation. While I have never seen another such situation this bad, I have from time to time seen two, or sometimes three, spirits attempting to gain control of and ownership of a developing body.

Michelle's infections were the result of left over fight energy, which had totally kicked her own spirit out of her gums. We were able to help her tremendously in the first session and restore much more in the second and third session. Part of the therapy for Michelle was to communicate with the baby while *in utero*. As you might imagine, the violence of her illness combined with her feelings of being overtaken had caused a rift in her affection for the child. Doing a number of sessions after the clearing helped her to find neutrality. She used her skills as a hypnotherapist to develop a loving dialogue with the gestating infant. At birth, ready for motherhood, her heart was wide open to welcome her new child into her arms.

Michelle and Mike are the most amazing parents and are now raising two wonderful little humans.

Human spirit - body connection

The definition of spirit is that which animates and infuses life in body. According to Wikipedia, the *human spirit* can be seen as the heavenly component of human's non-material makeup in contrast to the *psyche*, which can refer to the ego or lower element.

How I see it, is that the human spirit is the light that carries our information for eons from the very beginning of our being and continues on after the physical body passes. The physical body itself, which is human animal, begins at the time of conception and lives only one incarnation. It supports human life on planet Earth.

I have been present for a number of human spirit passages and have witnessed the spirit leaving its human body behind as it launches into a world of freedom, away from an ailing or elderly body, which can no longer provide an enjoyable journey.

Nic, a real Estate mogul and longtime client-friend, passed in a powerfully memorable way. While alone at home he had experienced a massive stroke and was left without care for nineteen hours. Much of the damage to his brain function and paralysis happened because of this prolonged time without care. I had come to work with him for in home care and therapeutic massage.

When I treated Nic, my 'miraculous' healing abilities had not yet fully blossomed, yet I was still able to provide a calm enjoyable experience for Nic, whose very nature was

agitated and rajasic (aggressive and irritable).

His stroke had left his spirit mostly out of his body; he had paralysis and a significant loss of brain function. On several occasions, I had Nic share my auric field in order to assist him in accessing his brain and memories. Those were happy days for him. We sat and laughed as he told one story after another, joyous to feel himself present once again.

On one occasion, his family decided to have a Catholic priest come in to do prayers for the sick and dying (essentially last rites) with his family present. He pleaded with me to be there, afraid the priest would pray him out of his body and end his life. He told me, “I am not done yet; I need you here to help me.”

When the end finally came, I had been treating Nic with daily therapeutic massage for six years. I had noticed a few weeks earlier that, first, one toe was going black, then a second. As it turns out, this blackening was gangrene. Because of many other serious extenuating health conditions, his doctors chose not to treat the condition.

In the hospital, Nic pleaded with me to help him escape the hospital. He knew that if he stayed, it would be his end. He scolded me when I told him we would have to wait. I remember this clearly, “I am so disappointed in you,” he said, “You have never let me down before.” The next day, he choked on vomit and died. They put him on a respirator to keep the appearance of life within his body while they called relatives to come for their last goodbyes.

To his family Nic was a wealthy “King.” The passing of the King meant wealth distributed amongst his heirs.

It was interesting to be part of this passing. I was the only

one touching him, singing to him as he left. His daughter then had the family sing a show tune together since Nic loved Sinatra type songs. After all he was a “cool dude” in his day.

The nurse pulled the respirator plug and the life had left his body. Nic rose up from his body and looked at me to say, “Is that it?” I didn’t have time to answer. I and his other caretakers were immediately ushered out while his family stayed and said their goodbyes to his vacant body. I went to the waiting room, sat down and he then joined me as a spirit to talk.

A human spirit will often stay “earthbound” to see the affairs of loved ones until all their loose ends are tied up. It is possible to ascend to a heavenly realm immediately. About one in thirty human spirits do just that. However, it is more typical for a spirit to stay on the earthly realm without a body for six weeks or longer.

Nic did hang out for weeks, showing up at the oddest times to talk. I told him I couldn’t have him popping in like that, so he said he would pay me. I assured him he could not do that since he no longer had his body. He disappeared then, but the following day he popped in to say, “You were right!” I offered to help him ascend to the Catholic version of heaven but he was not ready. Where was he most happy? He said Las Vegas. He loved the scene there. So we sent him to Vegas to have fun with the other human spirits who had left their bodies but loved the game.

When the body is done and can no longer support life, human spirit automatically detaches.

The role of spirit in human incarnation

We have now talked about two births; the birth into human existence and the birth into the spirit realm after a life well-lived. What is the role of spirit in the incarnation of an individual?

During waking hours, usually in the daytime, a spirit inhabits their body. The extent to which the spirit and body are bonded will influence how much the spirit can be a support to the body.

Here's a personal example of what can happen when spirit and body are not fully bonded:

One morning, I awoke early and made sweet passionate love to my new Sikh paramour. He, on a tight schedule, rushed off to the city to help change the world in his supporting role with Landmark Education. I moved from the bed to play my harp and when the moment was right, I dressed in workout clothes and went for my daily walk. I strolled in the sweet little Gerstle Park neighborhood of San Rafael. For me, all these activities celebrate life and joy.

As I walked, I experienced such bliss and ecstasy; my feet hardly touched the ground as I crossed the street at the corner, smiling inside. I had barely walked about three-quarters of the way across in the crosswalk, when a car came careening around the corner, not noticing me. The violent, life-changing impact was imminent.

I have no visual memory of impact. I heard a loud thud and then it became very dark. I had been thrown out of my body as a spirit. I had literally lost touch with my body. Moments later when I became aware of my body, I was on the ground far from the point of impact. I had been out of my body for about three minutes. I felt no pain. I had

literally no physical sensations. I was looking out of my eyes with blood streaming over them. The world was pink. I remember having an urgent sense that I needed to get to work. I had the feeling of, "Let's get the show on the road." But I could not feel my body. At the time, I didn't realize this, so it was an odd feeling of needing to get on with life without the capacity to do so.

One of my neighbors was holding my head and neck very still. It took twenty minutes for the ambulance to arrive. During that time, the fellow kept asking me my name and my address. After asking me for what seemed like the tenth time, I said, "Could you please just get a pen and write it down?" I thought, "Oh brother, this guy has a terrible memory." I still could not feel my body and remained unaware of this fact. A male voice, one of my angels, kept speaking in a soft gentle tone, "Stay close to your body, honey. We will help you. Stay close to your body, honey. It's not your time."

My neighbor's voice, during this traumatic injury, helped my spirit stay with my body. There is a quality in the human voice, which delivers human spirit and is an important tool to preserve life in such situations.

I finally felt my body when the EMTs arrived and began pressing their hands on me to see what was broken. The brain injury was obvious with definite problems in the right leg.

What could have been a fatal accident became a long journey of recovery.

The frontal lobe and rear cortex brain injuries from this right side impact amplified the other problems. My right knee was broken, my right hip was pulled out of its socket,

I had nerve damage on the right side and I was covered with cuts and bruises. My spirit no longer occupied the right side of my body. Unable to use my legs for walking, my spirit no longer inhabited either of my legs. The related energy centers at the feet and knees had turned off.

Years later, when I was finally able to get spirit permanently back in my legs, I could fully own my legs and use them again as they were meant to be used.

If you really think about it, this concept of spirit animating body will become apparent to you. You may have friends or relatives who have only a partial relationship of their spirit to body. The parts where spirit is absent will not be animated. That's a great way to imagine it.

Spiritual illness

You might be wondering if spirit can get sick, injured or die. Spirit can definitely develop a spiritual illness. And yes, it can be injured, suffer illness and it can indeed die.

All of these can happen to you in this life, but more likely the injury or illness began in another lifetime. Death of the spirit will not happen in a single lifetime. It happens when a human spirit incarnates one time and decides it never wants another incarnation. Then, over perhaps millions of years, the spirit loses connection to its humanity and eventually ceases to exist. As I scan over the eons, it has happened fewer than three hundred times since man's beginning. Considering the humongous number of human spirits, this is a miniscule number and should put to rest any concern of your spirit coming to an end.

Spiritual illness often begins with the impact of a confusing piece of information that does not have time to be

understood prior to the untimely death of the individual.

Before we go into a longer definition of this situation I would like to give you a good understanding of very real spiritual body intelligence.

Eight spiritual super brains

From the time of our spirit's first incarnation, we are accumulating memorable information. Our profound experiential information, including scientific, spiritual, emotional and mental, which includes our lives' research and studies, is stored in eight "super brains." What I mean by *super brains* is that these storage minds do not require a physical body to exist but instead transcend physical existence.

1. **Communal Spirit DNA Brain** – This aspect of the super brain provides individual access to the information the spirit group has gathered.

2. **Anatomy of Spirit in the Structure of Light** - Information about the individual exists throughout the entirety of the spirit in its light structure. The light structure provides information to others, such as the leaders of the spirit group, about the path and direction of each individual spirit, with the purpose of supporting course correction if the spirit journey has veered off its trajectory.

3. **Soul Mind** - A complete explanation of the function of the *soul* is included in Chapter 11. The human soul appears with each physical incarnation and stops existing once the physical body that it provided for dies. Although it will not consist of the same elements as in the previous incarnation, the pattern of *soul* specific to the individual's spirit still continues to exist. The specific job of the soul is to protect

the light of spirit. Soul mind provides all structure and protection details for the soul.

4. **Nucleus of Spirit** – This nucleus serves to produce embodiment. It provides all information for vitality.

5. **Miraculous System, including Golden Rings and Human Frequency** – The *Golden rings* and *human frequency* are directly related to mastery of human spirit in the body. They provide the essential intelligence to recreate health.

6. **Spirit DNA** – Similar to our human DNA, it provides programs for running the spiritual body, in and out of incarnation.

7. **Spiritual Timeline** – This is primary essential storage for historical data that will continue to affect future incarnations until final resolution of an event and/or entanglements. Timeline events become virtually imperceptible beyond nine incarnations following the event.

8. **God Particle** – This provides source origins for all human life.

If you are struggling with a spiritual illness, the outer world may diagnose it as a mental illness or a psychological abnormality. One of the characteristics of a spiritual illness is its relentless looping and constant dead-end thinking that takes you nowhere.

An example of a spiritual illness is the experience of believing you are alone and that you are not able to receive assistance from the Divine realm.

Imagine yourself having been a spiritual leader or perhaps a cantor in the Jewish faith during the time of the holocaust. Your role in life was to inspire and point direction to the Divine through your astonishing and pure connection and your authentic voice of devotion. Thousands upon thousands of ears have been lifted to the heights of spiritual bliss as a result of your pure voice and passion for the Divine.

Now, you are held captive in the prison camp. Yet, you do not give up your voice of love and connection. To the end you are telling others God will save and protect them. Then all at once, you are gassed and you all die a horrible death.

Your mind did not have time to resolve this crisis and you left feeling betrayed for the loving God of whom you sang. You did not have the chance to reach into the situation and alter it to what you thought it should be.

Imagine now you are now in your next life as a young person. You still lead and are passionate about God, but now you have deeply impressed on your timeline an unresolved betrayal issue. Since this is an internal spiritual picture you are working with, it will keep presenting itself in various forms for resolution until you are able to clear the idea of betrayal (which, by the way, will read as a true betrayal, thus making it a spiritual illness).

Resolution of spiritual illness

The following procedures are explained in detail in the Appendix. Here are instructions for their use to clear spiritual illness.

You can easily muscle test on a few issues you might

suspect to be a spiritual illness. You can then clear this illness by pumping gold into the concept and getting a new positive loving picture, thus replacing the illness picture.

You can also remove this from the timeline once you have understood what you wanted to learn from this situation. Imagine a timeline shooting out the back of you far into the distance. Then imagine a golden vacuum sweeping through the spiritual timeline, removing anything negative related to this event. Once the timeline has been cleared, pump gold energy through the time line with your right hand.

Damage or injury to the spiritual body is rare. It can happen in or out of the body, and you are responsible for the injury by what you leave undone. It can only happen with a blatant disregard for spirit, placing your spirit in harm's way while expressing a high level of self-loathing. Damage or injury to the spiritual body has happened fewer than four thousand times since the advent of the human race, a minuscule yet possible outcome. This is not related to suicide.

Akashic records

As a spirit, in addition to the eight super brains, you have a personal encyclopedia referred to as Akashic records. Akashic records serve to store your important lessons that will be accessed through out your incarnation. This way you don't need to repeat the same experience of challenge to resolution more than once. You can store what you are learning here to reduce the impact on your body of any event. This allows you to move beyond it.

For example, once a serious issue, such as a brutal rape, is cleared from the physical, emotional, mental and spiritual body, you will still have the information without the

damaging impact it can have on your life. This is valuable information and should not be erased, but instead can be stored away from the physical body. I see that the purpose of the Akashic records is to store all the research and development that you have accumulated from lifetime to lifetime.