

Chapter 1: The Human Spirit

Soft the Light

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

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

The Human Spirit is the essence of our individuality. Our spirit, though not technically immortal, exists far beyond what our mind can conceive.

The Human 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 the 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.

Composition of the Human Spirit

The Human Spirit consists of light and the absence of color, as we understand color. The Human Spirit also has substance. For example, **when the soul and spirit leave the body at the end of life, the body loses about eight ounces. A tiny amount of** that weight, approximately one eighth of an ounce, is from spirit and the rest is attributed to the soul, which is described in detail later in the book

Since we cannot see the Human Spirit, it remains a mystery; it may even have become a legend by now. However, without spirit animating the body at birth, the body is only 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 human body for life to exist, as we know it.

If you have ever known a person who has fallen into a coma, you may feel the presence of that person around the body. The presence may even be able to mount a squeeze reflex in the physical hand, but it will be very apparent that a person is not occupying that body.

Birth Experience

Remembering the birth of my second daughter is like remembering an hilarious comedy. I was almost two weeks overdue and had been partially dilated for four weeks. The doctor kept saying, “Anytime now,” but then another day would pass with no baby

This had not been an easy pregnancy, as I had developed toxemia and had also taken a bad spill down a flight of thirteen steps at home, resulting in my wearing a very heavy cast around my broken ankle, which helped make the last three months of gestation a little more exciting.

I had been at least partially dilated for quite a few days, so I think the nurses were making bets on when I would deliver. However, 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 home 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, with my two year-old climbing all over me. Arg @#% @ @?!!! Yet, where was Phil? I was going to deliver our baby any minute.

I yelled upstairs to him, but Phil (who had some hearing loss) did not respond. I was minutes from delivery, and yet I had to climb up thirteen steps to our bedroom with a cast covering my ankle and foot only to find that Phil had shut the 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 backseat of our car; however, we finally did get to the local community hospital before her birth occurred. I ran into the hospital building yelling, “I’m having a baby!” Looking back, it now seems unbelievable that, at that time, Becky was crowning.’

I was ushered toward the labor ward for delivery. When the nurse saw my baby’s crowning head, she screamed, “Oh my God, get the doctor!” However, not to worry; only moments later, the most perfect baby you have ever seen was placed in my arms.

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

Your Divine Human Blueprint – The Human Spirit

If you are a mother, you will always believe that the most important thing you did in this lifetime was give birth to your children. You can do other exceptional things, however, the miracle of birth and the miracle of your spirit's connection to that little baby, as well as everything you have done or are doing to provide for that child through its infancy (and beyond), are truly extraordinary!

Spirit-Body Connection

In this chapter, we will explore the nature of the relationship between the Human Spirit and the human body (animal level) and how spirit provides a multitude of key components for the successful operation of the physical body and the energy body. I've included a lot of new, never-before-seen material that will help you arrive at a more complete picture of the dynamic human experience.

The Human Spirit, when animating a human body, stimulates many of the physical body's operating systems. The Human Spirit supports the body's systems as follows:

Human Spirit Effect and Impact on Human Design

System	Function
Cardiovascular	Stimulation
Respiratory	Activation
Digestive	Operation
Nervous	Stimulation
Sense Perception, Touch, Hearing, Taste, Vision, Smell	Activation
Lymphatic	Stimulation
DNA programs (related to body function)	Activation
Chakras and Nadis	Development, Operation
Mental Body & Brain including Pituitary Gland & Hypothalamus	Stimulation
Golden Rings	Pattern

Other aspects of the human body and human incarnation that are affected by a person's spirit are the following:

- The thymus gland, which provides the body with operation information. This gland is the director of the body's immune system.
- The pancreas, which stabilizes the human spirit in its connection to the physical body.

Every part of the human body is somehow touched by spirit. Improving the connection between the Human Spirit and these important systems in the body can revitalize 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 any other version of Paradise, based on your tribal or religious programming.

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 attached karma or incomplete complications from a previous life that you had been given the opportunity to resolve in this life.

Upon your mother's successful impregnation, cells began to divide, creating the beginnings of your physical 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, the Human Spirit begins a journey into 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 will have in the development of the physical body. Then, upon first breath at the Miraculous event of birth, the incarnated Human Spirit begins to animate its new body.

While the baby's body is developing inside the womb, its spirit often dwells inside the mother's physical body, causing endless problems. Ideally (and what we teach in our Quantum Activations trainings), the baby's 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 its body to develop enough to be occupied. (Very few Human Spirits have this helpful information.)

Spirit-to-Baby Connection within the Womb

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

Michelle's symptoms included a serious gum infection, constant headaches, severe nausea and vomiting, and intestinal problems, including diarrhea.

Your Divine Human Blueprint – The Human Spirit

Michelle used to have a hypnotherapy practice until she was besieged by these intense symptoms; Mike was a corporate trainer. They were very nice, formerly successful couple who were now truly suffering. So, Michelle's yoga instructor, Kari, sent them to me for spiritual triage.

What I initially discovered was that Michelle's spirit connection had become a battlefield. Because the couple appeared to be such excellent potential parents, there were a number of baby spirits who wanted a place in Michelle's womb. In this case, none of the baby spirits was willing to wait for future possibilities at incarnation, so five of them fought it out until one finally achieved an ownership bond with the physical human body of the forming fetus by forging a new path through mommy's mouth and throat, down through her stomach and intestines, and finally connecting into the womb.

The battle for ownership of the unborn baby's body had taken approximately six hours. When I described the brawl among the baby spirits to Michelle, she could date when their fighting began and now understood more clearly why she had been so sick since then. I directed the victorious 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 remain peaceful and simply rest in the seventh layer of the mother's aura rather than dominating the middle of her body (which had been the cause of Michelle's unending nausea).

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

Michelle's infections were the result of leftover 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 sessions. 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 the time of birth, ready for motherhood, her heart was wide open to welcome her new child into her arms. By this time, Michelle and Mike have become excellent parents and are now raising two wonderful little humans.

The Human Spirit–Physical Body Connection

The definition of spirit is that which animates and infuses life into the physical body. The *Human Spirit* can be seen as the heavenly component of a human's non-material makeup in contrast to the *psyche*, which can refer to the ego, a 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 a human animal, begins at the time of conception and lives through only one incarnation. The physical human body supports human life on planet earth.

I have been present for a number of Human Spirit passings and have witnessed the spirit leaving its human body behind as it launched into a world of freedom, away from an ailing or elderly body that can no longer provide an enjoyable journey through life.

Nick, a real estate mogul and longtime client-friend, passed away in a powerfully memorable way. While he was 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 his paralysis occurred because of the prolonged time he spent without care. I knew him because I had provided him with in-home care and therapeutic massage.

At the time I treated Nick, my “Miraculous” healing abilities had not yet fully blossomed, but I was still able to provide a calm and enjoyable experience for him, whose very nature was to be agitated and rajasic (aggressive and irritable).

As a result of his stroke, his spirit had been thrown mostly out of his body; his limbs had become paralyzed, and he had suffered significant loss of brain function. To compensate for his disabilities, on several occasions I allowed Nick to share my auric field in order to help him access his memories and ability to think. Those were happy occasions for him. We used to sit and laugh together, as he told me 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 [living] yet; I need you here to help me.”

Your Divine Human Blueprint – The Human Spirit

When the end finally came, I had been treating Nick with daily therapeutic massage for six years. I had noticed a few weeks earlier that, first, one toe turned black, then a second. As it turned out, Nick's blackening toes were the result of gangrene, but because he had many other serious health conditions, Nick's doctors chose not to treat the condition.

When he finally had to go to the hospital, Nick pleaded with me to help him escape. He knew that his remaining in the hospital would end his life. He scolded me when I told him we would have to delay escaping. I remember his complaint to me clearly: "I am so disappointed in you," he said, "You have never let me down before." The next day, he choked on his own vomit and died. Hospital workers put him on a respirator to retain the appearance of life within his body while they called relatives to come say their last good-byes.

To his family, Nick was a wealthy "King." The passing of this King meant that his wealth would be distributed amongst his heirs.

It was interesting to be part of this passing. I was the only one touching him and singing to him as his spirit left the earth. However, Nick's daughter had asked all family members present to sing a show tune together, since Nick loved Sinatra-type songs. After all, he had been a "cool dude" in his day.

At the time of Nick's death, his nurse pulled his respirator plug and the life left his body. Nick's spirit rose up from his body and looked at me as if to say, "Is that it?" I didn't have time to answer. I and his other caretakers were immediately ushered out of his hospital room while his family stayed and said their good-byes 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 to 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 does just that. However, it is more typical for a spirit to stay on the earthly realm without a body for six weeks or longer. Nick did hang out for weeks, showing up at the oddest times to talk.

When I told Nick I didn't want him popping into my life like that, he offered to pay me. I assured him he could not pay me, since he no longer had a body. He disappeared then, but the following day, he popped in to say, "You were right! I cannot remain at this level." So I offered to help him ascend to the Catholic version of heaven, but he was not ready. I asked him where he was most happy, and he answered, "Las Vegas." He loved the scene there. So I sent him to Vegas to have fun with the other human spirits who had left their bodies but loved Las Vegas gaming.

Your Divine Human Blueprint – The Human Spirit

When a person's body can no longer support physical life on earth, his or her Human Spirit automatically detaches from the body.

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 the 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 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 the impact. I heard a loud thud, and then it became very dark. My spirit had been thrown out of my body; 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 and felt no pain or other physical sensations. I was looking out at my surroundings through 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 that my spirit was outside of my body, so I experienced the 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. Throughout the twenty minutes it took for the ambulance and emergency medical technicians (EMT) to arrive, the fellow who held my head kept asking me my name and my address. After asking me for what seemed like the tenth time, I

Your Divine Human Blueprint – The Human Spirit

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 but remained unaware of this fact. A male voice, one of my angels, also spoke to me but in a softer, gentler tone, repeating, “Stay close to your body, honey. We will help you. Stay close to your body, honey. It’s not your time.”

Most of all, my neighbor’s voice, throughout this traumatic injury, helped my spirit stay with my body. There is a quality in the human voice that delivers Human Spirit, making a human voice an important tool to preserve life in such situations.

I finally felt my body when the emergency medical technicians (EMT) arrived and began pressing their hands on my body to see what was broken. The brain injury was obvious, but I also had definite problems in my right leg. Therefore, what could have been a fatal accident became a long journey of recovery.

The frontal lobe and rear cortex brain injuries from the right-side impact with the car amplified other problems I had acquired. My right knee was broken; my right hip was pulled out of its socket, I had nerve damage on the right side of my body, 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 my feet and knees had turned off.

Years later, when I was finally able to get spirit permanently back into my legs, I could 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 spirit-body relationship. The parts where spirit is absent will not be animated. That’s a great way to imagine it.

Spiritual illness and Death

You might be wondering if spirit can get sick, injured, or die. Spirit can definitely develop an illness and can be injured, suffer illness, and die, but spiritual death is rare.

All of these things 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.

Your Divine Human Blueprint – The Human Spirit

As I scan over the eons, spiritual death has happened fewer than three hundred times since man's beginning. Considering the large number of human spirits, this is a miniscule number and should put to rest any concern of yours about your spirit coming to an end.

Spiritual illness often begins as a result of confusing information that does not have time to be understood prior to the untimely death of an individual.

Before we go into a longer definition of spiritual illness and death, I would like to give you a solid understanding of spirit-body intelligence.

Eight Spiritual Super Brains

From the time of our spirit's first incarnation, we accumulate 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 all information the collective gathering of a specific group of spirits has acquired.
2. ***Anatomy of Spirit in the Structure of Light*** – Information about the individual exists throughout the entirety of an individual's 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 individual spirit's journey has veered off its trajectory.
3. ***Soul Mind*** – A complete explanation of the function of the *soul* is included in Chapter 11. A 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 its previous incarnations, the pattern of *soul* specific to the individual's spirit continues to exist. The specific job of an individual's soul is to protect its spiritual light. Soul mind provides all structure and protection details for the individual's spirit.
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 the Human Spirit within an individual's body. They provide the essential intelligence to recreate health.

Your Divine Human Blueprint – The Human Spirit

6. ***Spirit DNA*** – Similar to our human DNA, the Spirit DNA 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 the final resolution of an event and/or entanglements. Timeline events become virtually imperceptible beyond nine incarnations following the event.
8. ***God Particle*** – This provides the source origin for all human life.

Definition of Spiritual Illness

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 one's experience of believing he or she is alone or otherwise unable 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 astonishingly 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.

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

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

Imagine that you are now in your next life as a young person. You are still 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 Illnesses

The following procedures are explained again in detail later in this book, but below are general instructions for their use to clear spiritual illness.

Your Divine Human Blueprint – The Human Spirit

You can easily test any issues you might suspect of being spiritual illnesses. You can then clear each illness by pumping Gold into the concept and getting a new, positive, and 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 timeline 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 and is a minuscule, yet possible, outcome. This is not related to suicide.

Akashic Records

As a spirit, in addition to your eight Super Brains, you have a personal encyclopedia referred to as the Akashic Records. Akashic Records serve to store your important lessons and can be accessed throughout your incarnations. This way, you don't need to bring the same challenging experience to resolution more than once. You can store what you are learning in the Akashic Records to reduce the impact of any event on your body. This allows you to move beyond that experience.

For example, once a serious issue, such as a brutal rape, is cleared from your physical, emotional, mental, and spiritual bodies, you will still have access to information learned without the damaging impact a traumatic event can have on your life. This is valuable information and should not be erased. Instead, the information can be stored away from the physical body. I believe that the purpose of the Akashic Records is to store all your accumulated (from lifetime-to-lifetime) research and development.