

Chapter 17: The Endocrine System

Our endocrine system is the physical sibling to our spirit. The functions of the endocrine system in the physical body resemble functions of the spirit in the body. Men and women share the joys of owning a human body and many similar endocrine functions however they experience their hormonal bodies in unique ways.

Having a happy hormonal system can make life a sheer joy. On the other hand, having challenges in this complex system can make the body fragile and even threaten life.

There are many illnesses and related to this magical chemistry that make life possible. The hormones of a woman are like a fully orchestrated symphony creating a rich diversity and beauty beyond imagination. The steadfastness of a healthy man's hormones supports his power and focus.

The endocrine system is a particularly important area of research and discovery for me. It is instrumental in rebuilding and restoring the human body. For example, when I was exposed to nuclear radiation as a child, my body began to lose healthy thyroid function. As a result, when I was twenty-four, my thyroid experienced the ravages of a toxic world. The diagnosis of follicular thyroid cancer with papillary tendencies indicated "trouble in River City." My very sick thyroid demanded my attention. I had to wake up to the fact my compromised endocrine system was at best struggling to adequately function.

Just prior to this, I had wrestled with the unpredictable condition of pancreas distress and hypoglycemia. Years later I faced complete adrenal failure. The grand finale to my long and arduous life of toil came with the removal of my ovaries and all of my "baby making equipment." My poisoned, diseased female gear shocked my gynecologist. He reported his frightening findings to me after the difficult surgery. He told me that my uterus appeared as a grey brain exposing ten large tumors with angry red spots.

I stopped seeking treatment with Western medicine at that point. I believe the work Western medical professionals do is a good service and offers solutions to very real and challenging illnesses. However, all the three doctors I was seeing post-surgery were sending me death pictures. What that means is others and myself would pick up on telepathic images. Here is what those images were saying: "If your uterus is in that bad of a condition, the rest of your organs must be that bad or worse. You are going to die, there is no way you can survive this."

Having Western medicine as your health plan can be a little like wearing a

Your Divine Human Blueprint – The Endocrine System

hospital gown. You think you are covered. Vibrant health, I've discovered, is so much more than the treatment of illness. The overall Human Blueprint includes spiritual, emotional, mental, and physical aspects of life. Treating illness is anecdotal, and will largely miss the deeper causes and even the life meanings of the challenges occurring in the body.

After both the first and the last surgery the surgeons were traumatized by the appearance of tumors. Both times, they appeared to be in shock when they spoke to me.

At one point during my treatment, I remember the endocrinologist offering to put me on antidepressants. I had come in with a list of twelve significant health concerns. Her solution—one I refused—was to treat me with serotonin uptake inhibitors. She thought I would have more resilience to deal with the advancing and destructive breakdown of my body if I were on an antidepressant.

I removed myself from the medical health care system. It was at that point I understood a project I had unconsciously been working on over a lifetime. I was attempting to use the illness and overcoming disease/adverse-conditions-against-all-odds as a shining example to Western medical professionals that there is, indeed, more to us than we know. I was attempting, instinctively, to document my survival and recovery. Though the old patriarchal system of Western medicine was recording my survival, I realized this was not the right path for changing the way we think about illness and health, globally.

As I pulled out of the HMO, I hoped to exemplify, through my own recovery, the concepts I now teach, without an illness taking me close to death's door. I committed myself to a new course of action, a conscious plan to transform how I think about my wellness and eventually a way of teaching what I have learned through the years. I can now show how all people can access their unique Miraculous system and enjoy a long and very happy, healthy life. Not long after I made this shift, I began receiving "the downloads" I will share with you now.

When entering into the healing sanctuary of restoring the endocrine system, unless there is an urgent problem in one specific gland, you should begin with the glands of the brain. Then proceed down to the glands and organs that have hormonal function and are located in the neck and torso.

The Hypothalamus

In the center of the brain, though not a gland itself, the hypothalamus plays the role of producer and director to the entire body. This director releases chemical communications into the body to instruct the system players when to

Your Divine Human Blueprint – The Endocrine System

activate and when to release the hormones and chemistry necessary for a healthy vibrant existence.

When observing the hypothalamus, use kinesiology to evaluate the percentage of function and color of this gland/director.

Best and Worst Colors for the Hypothalamus

Yellow	100%
Light Green	80%
Pink	6%
Orange	3%
Red	1%
Black	Indicates a serious malfunction; signals a death energy
White	Represents control energy
Pink	The color pink and other colors not mentioned above represent a malfunction of the director/hypothalamus

Fuel for the hypothalamus is energy provided from the sixth and seventh chakras. The fuel or energy that helps the hypothalamus complete its tasks is provided by Chakra 6 (the brow chakra) and Chakra 7 (the crown chakra).

Protocols for healing the hypothalamus

- Bring Gold Energy through the back of your head, down your right arm, and out your right finger tips. Pump Gold towards the hypothalamus, bringing the percentage up to one hundred. Clear colors, again, by simply pumping the Gold Energy
- Once you have completed the healing of color and percentage, use kinesiology to ask if the healing is complete or if Cellular Neo-Genesis (the restoring of the healthy cell) should be the next step
- If Yes, do all the steps indicated for the Cellular Neo-Genesis process, found in Chapter 3

If the master cell in the hypothalamus is black, perform Cellular Neo-Genesis. Check the condition of the DNA strand while performing the Cellular Neo-Genesis protocol, as the strand is likely broken. The DNA is part of the intelligence of the cell, as is the membrane and nucleus. In order to get the best result, they must all be repaired and restored at the same time

Your Divine Human Blueprint – The Endocrine System

After you perform the Cellular Neo-Genesis procedure, take the following steps:

- Flood the area with Gold and mirror the master cell to the entirety of cells in the hypothalamus
- Using kinesiology, test cellular improvement, and also test to find the percentage of cells that have received the new information
- Test the number of future days of new cell growth
- Test if the healing is complete at the end of the designated healing day or if there should be even more steps ahead for further healings
- If the answer is No, or if the answer is that the hypothalamus/director will still be functioning at a reduced level, check for when the body would be ready for its next healing

Note: With the hypothalamus gland functioning poorly, a person generally experiences poor health and erratic, unpredictable problems. He or she tends to struggle in life, and friends and family have a difficult time relating to that person because the large number of challenges he or she is experiencing seem overwhelming.

Doctors often miss diagnosing the role the hypothalamus plays in a larger health problem. They may look to one of the low functioning glands in the main part of the body and treat that area rather than the original source of the problem, which is often in the hypothalamus.

Take heart. If this is one of your challenges, you can, over time, get much better. By doing a full healing of your endocrine system, you will be able to restore healthy communication within your body. With intention and the beautiful design of the Human Blueprint activation, function, and chemistry will get better and you will return to a normal, healthy life.

The Pituitary Gland

The pituitary gland is our “fountain of youth.” Its function is to provide the body with human growth hormone (HGH). A healthy child will grow and mature thanks to the assistance of this wonderful gland. There are children who do not have a pituitary gland at full function. Even though they were born at a normal birth weight, they are slow to grow once outside the womb.

Your Divine Human Blueprint – The Endocrine System

Several years ago, I sat in on a lecture on low growth rate for infants and children and the treatment option of injecting HGH. The hormone boosters helped get into a normal height and weight range two twelve year-old children that were in a test group. The doctor reporting his study was happy with those results and spoke on some of the complications and issues of maturing. At a certain point, boys in this category may also need testosterone injections to reach full male maturity.

I found this lecture to be fascinating and to be one I have pondered. The common slowing of pituitary gland functioning happens at about age twenty-seven. This gland's sluggishness corresponds to a young adult's advance into the first major Saturn-return, a cycle in a person's astrological chart. The Saturn-return phenomenon happens when a person is about age twenty-eight and signals his or her step into adulthood.

Throughout human development, sluggishness of the pituitary gland has not always occurred when a person is twenty-eight, an early age. The last fifteen hundred years of progressive human health history have yielded a quickening of life in modern times. Therefore, some of our current-day bodily mechanisms have by now become obsolete because we humans no longer require them to deal with the brutal aspects of existence from our primitive past.

Since modern humans commonly live fifty to eighty years, they do not need the gland bearing the "fountain of youth" label to produce hormones at the same level as they did when they were young. Think about supply and demand here and it will make sense.

As a young wife on a family farm, I acquired some organic knowledge about Nature. My in-laws, somehow, had not acquired this information. At the time of our marriage, the farm had been in my in-law's family for one hundred and thirty- seven years. The homestead we lived on was considered a heritage farm.

My former husband's ancestors had been among the first to settle in the area. They had brought their love of the land, willingness to do hard work, and pioneer spirit with them from Sweden. Britta, the elder, was the fifth generation of farmers in our family and was also the great grandmother to my own daughter Britta. This Britta, the elder, was likewise the midwife of the area. She was a small, stout woman who could haul a hundred pound sack of dry goods all the way home from town (a ten mile hike) carrying the satchel on her back. She is a legend in the family. Likely, she was the one, in her senior years, to have adorned the farm homestead area with the now ancient but still fragrant lilac trees, the perennial lilies and tulips, and an old apple

Your Divine Human Blueprint – The Endocrine System

tree.

The apple tree had been ignored for so many years it was considered a nuisance. After a spring and summer season of not being watered or cared for, it would drop almost a hundred wormy apples on the ground, and then, in alternate years, no apples would come at all.

I had the strong sense that the reason the tree did not produce was because it knew, on some level, that it was not needed. No one was eating the apples. Both my in-laws and my husband discouraged the notion that we could get usable apples from this rotten hundred-year-old tree. As a matter of fact, they told me we should cut it down. We were not going to do that, however, because of the stump and root system that would require days of work to remove. Since the farm was already surrounded by a hundred and sixty acres of vegetation to care for, there were already too many undone tasks to think of adding tree removal to the list, so that was not going to happen.

I decided that I could make a difference, but I needed to perform my apple tree resurrection project with stealth, so I watered it with the garden hose several times weekly during the heat of summer and spoke to the tree lovingly when I was around it. For some unknown reason, this tree that was on its barren year, produced a big harvest of wormy fruit.

Actually, hundreds of apples adorned the tree that year. When they were ripe, they started to fall to the ground. I would go out to the backyard where the tree stood and pick up every single fallen apple. Whether they were wormy, rotten, or usable, they were all removed from under the tree.

Into the old farmhouse kitchen, I brought my treasures for cleaning. As a newlywed, I painted the kitchen a lime green to show my sense of hopefulness. The kitchen held sizeable radiators (heaters), and ancient, century-old glass covered the windows. The room also had high ceilings and an antique linoleum floor that routinely required me to scrub and wax it on my hands and knees.

The dining room displayed colorful textured glass in smaller windowpanes, similar to stained glass. The colorful windows were a lovely reminder of the home in Sweden that the family had left behind for their new life in America. There was a simplistic elegance to the rustic, saltbox farmstead. Each Sunday the entire family (all wearing smart, clean clothes) would gather for dinner, sitting at an oak table that was beautifully dressed with silver and fine china.

It is at that same old, round table that I sat with my bucket of apples. This very table had also provided the space for thousands of meals to be both prepared and served to hungry field-hands and hard-working family members.

Your Divine Human Blueprint – The Endocrine System

Apples in hand, I cut around the worms and cored, seeded, and stemmed them. Buckets of the cut away produce went to the pigs; they enjoyed a heyday when I delivered the pail of inedible apple parts. From what I had left over, I cooked up some super-yummy applesauce. I used a First Lutheran Church cookbook recipe for a cinnamon-enhanced apple butter to spread on some home-baked bread I had made for my babies. I also deposited many beautiful apple slices in my grandmother Grace's incredible piecrust recipe, producing the best ever award-winning apple pies! (I won a blue ribbon at the Nobles County Fair for my baked goods, pies being among my entries.) I made enough additional pies for our farm hands and for various church functions.

As I cut the apples up, I sang the Johnny Appleseed song:

*Apples, Apples, Apples are fun to eat
Apples, Apples, Apples, a real good treat.
Harlems and Jonathans and by gosh
Golden Delicious Applesauce
UMMM Ummm Ummm
Apples, Apples, Apples are
Fun to EAT!*

By the end of the season, I had made up many bags of pie apples for the freezer and umpteen jars of applesauce, enough to carry us through the winter and have some to give away. As the weather turned chilly, I went out to the ageless apple tree to clean her up. As I removed the last of the hanging wormy apples, I sang to the tree. My baby girl, Britta Carrie, played under the tree laughing and singing with mommy, as I filled the final bucket of apples I'd picked. I used a ladder to get every last one.

Mother tree was cleaned properly. I knew if I did not leave any apples on the tree or on the ground, the tree would then have a reason to produce more.

When I first started cleaning apples my relatives said, –Oh, just throw them away; they're no good." But I could see there were small parts of the apple that were actually delicious and unaffected by worms, so I cleaned those apples up and used them.

Did the tree know her apples were being used to feed children and farm workers? Definitely, yes.

Years later I read a brilliant book by author Cleve Backster, best known for his sixties experiments with bio-communication in plant and animal cells, using a polygraph machine. He had begun his career as an interrogation specialist with the CIA. Plants are amazingly tuned in and connected. The truth is, they stay connected with their parts, just as the apple tree had stayed connected with the apples it yielded.

Your Divine Human Blueprint – The Endocrine System

Fruit itself is an offering or the giving back from a tree. For our beloved apple tree, the apples became the gifts of the tree. They were what she had to offer towards nurturing those with whom she shared mother earth.

At that time I was about nineteen years old, and I was a terrible housekeeper. I had moved into a large four-bedroom farmhouse filled with my in-law's stuff, so my then husband and I basically lived in a nest. But our nest was truly a mess. I hardly ever washed the dishes; there just was way too much living that needed to happen. I can understand now why my in-laws might have thought they should discourage me from spending hours cleaning wormy apples.

After the amazing result of the large yield of apples from the apple tree, however, I was told, "Well that's that, because the tree produced fruit this year, so there will be no apples next year." I am sure they believed it, but I did not. I felt that the ancient apple tree now knew she was needed and would respond appropriately with another high yield of apples.

I asked my husband to prune her, and he was sweet enough to comply. He dutifully butchered the branches, which worried me a bit. But, you know, mother tree didn't mind at all. She was happy to provide new limbs and, by the following spring, we received a wondrous surprise!

The tree produced blooms as it had not done for eighty years. Honestly there were thousands of blossoms the following spring, and many healthy apples grew from the renewed tree, to the chagrin and total surprise of the meme (group mind) dominating the homestead. I continued to care for the tree and other living beings on the farm in the same way.

This was a profound lesson in supply and demand. If you understand that our current human lifestyle does not demand or appreciate the regeneration abilities provided by our amazing pituitary gland, this gland will slow its production of hormones and eventually produce minimal results.

As I scan back over the centuries, this gland at one point used to function at full strength for many more years into a human lifespan than it now does. Imagine having full access to the regeneration capabilities of human growth hormone for seventy-five years!

There has been much experimentation on the use of fetal stem cells and HGH. (human growth hormone). I have only observed from a distance as an acquaintance took treatment from a doctor (under the radar) many years ago. My acquaintance reported feeling euphoric and blissful for days after the doctor implanted embryonic stem cells into her inner thigh.

Your Divine Human Blueprint – The Endocrine System

What I am excited about is the ability we now have to apply what medical researchers only explored years ago: a natural non-harmful (in other words, no aborted fetuses involved) way of renewing vibrant health and youthful bliss to the human body.

When I was studying the pituitary gland, in addition to its color and function percentage, I found that it was also important to see if the gland had been encapsulated in calcium, for calcium can be problematic. If calcium entombment is the case, the person in whom the gland resides may be getting no benefit or have no delivery of the gland's good chemistry throughout the body.

Healing the pituitary gland follows the same protocol as above, with the exception of a calcium encapsulation healing if needed.

When observing the pituitary gland, using kinesiology, you can evaluate the color and the percentage of function of the gland.

Best and Worst Colors for Pituitary Gland

Pink	100%
Deep blue	98%
Dark Green	
Light Green	90%
Purple	20% serious malfunction
Yellow	3%
White	Represents control energy
Black, Grey or Brown	Indicates a serious malfunction signaling a death energy

- With the Gold Energy coming through the back of your head down through your right arm and out your right finger tips, pump the percentage up to one hundred percent, and clear colors simply by pumping the Gold Energy.
- Complete the color and percentage healing.
- Use kinesiology, check for the calcium encapsulation.
- If Yes, do the following healing; if No, go to the next step.

The Clearing Process for Calcium Encapsulation

- The technique requires using both hands in a kind of chopping motion. In this case there is **no color**, rather it is like a sculptor chipping away at marble.
- Check every few minutes, making sure the percentage of calcium is going down. Do this procedure for ten minutes.

Your Divine Human Blueprint – The Endocrine System

- Even if you haven't achieved a one hundred percent clear message, stop at the ten minute point.
- Document what you were able to do and move on to the next step.
- Ask if the healing is complete.
- If Yes, stop here fill with Gold.
- Next step, proceed to the recessive DNA Obliterations process followed by a family DNA clearing and reset.
- If No, ask if Cellular Neo Genesis (the restoring of the healthy cell) is the next step.
- If Yes, do all steps laid out for Cellular Neo Genesis process. If the pituitary gland was black grey or brown you must regenerate the master cell by doing Cellular Neo Genesis on the DNA strand as it is likely broken.
- Upon completion, flood the area with Gold and mirror the master cell to all the cells in the pituitary gland. This is vital.
- Read the cell improvement, and percentage of cells that received the new information.
- Test for the number of days new cells will be growing.
- Test to see if the healing is complete at the end of the designated healing day.
- If the answer is No, or you test that the fountain of youth gland will still be at a reduced level, check on when the body would be ready for the next healing.

It is possible, once you have completed Cellular Neo Genesis, that you will be directed to the recessive DNA obliteration process or to perform an additional next step.

- Continue to ask the body:
 - (1) What's next?
 - (2) If the body has received enough healing for the day

It's conceivable that after forty minutes or an hour of healing the body will need time (hours, days, or even weeks) to integrate the shifts produced from the healing. Do not overtax the body and put it into a healing crisis just because you can do more. Listen to the body, it will tell you how much and when to stop, and it will tell you how many days to wait till the next healing.

Your Divine Human Blueprint – The Endocrine System

Without good function from the pituitary gland people generally experience a very slow healing process and a rapid aging. From a poor functioning pituitary gland and also poor DNA programs for the cellular body, we see the answer to why some folks look older than others in the same age group.

Mae's Story

I was totally blown away by my client Mae. She was a coaching client in her mid-forties. She was a stay-at-home mom and brilliant attorney. Married to a medical doctor, she was looking to find more balance and happiness for her and her family. As we worked together, she was learning about how to have a more balanced life and human relationships, especially with her family members.

At one point in her coaching she felt it would add to her life to do a physical tune-up and cleanse. I was able to rapidly tune up her systems, glands, and organs, as well as her energetic body. She loved the refreshed energy and vitality she felt and thought it was coming from our work together.

As I read her physical body I discovered that Mae had a pituitary gland reading of a hundred percent. Honestly, at that point in my practice, I had never seen a forty-six year-old woman with a perfect pituitary gland! WOW! I hadn't even seen a thirty year-old at a hundred percent!

She obviously was not doing sessions with me to enhance her health, because, as you can imagine, her health was already stellar.

Looking further, she mentioned that her father's pituitary function had followed a similar path. In his mid-seventies, he was still an active marathon runner and a big thinker. When I looked at his pituitary function, it was still up over sixty percent.

What was responsible for this wonderful situation was a strong pattern in the DNA. Other than toxicity or illness, the DNA is in charge of the programs of function in glands through the years (as an individual ages). Once you have tuned up the pituitary, or any other gland, it is an excellent idea to clear the DNA through the Recessive DNA Obliteration process (previously described). Then reset the DNA to the new higher percentage.

Pineal Gland

Sleeping Beauty had a pineal gland that worked way too well! The pineal gland is the gland that provides deep and restful sleep and calm, serene meditation. How it accomplishes this is through the chemical melatonin. The pineal gland looks a little like a coffee bean.

Your Divine Human Blueprint – The Endocrine System

How many people do you know who have the issue of restless, sleeplessness, or they say they have an inability to meditate? I have always been a good sleeper, indicating that my pineal gland functions at a very high level.

Best and Worst Colors for the Pineal Gland

Medium Brown	100%
Deep Brown	90%
Green	30%, serious malfunction
Orange	5%
Red	3%
White	Represents control energy
Black, Grey, or Brown	Indicates a serious malfunction, signaling death energy

Healing the pineal Gland

- With the Gold Energy coming through the back of your head down through your right arm and out your right finger tips, pump the percentage up to one hundred percent and clear the colors simply by pumping in Gold Energy
- Once you have completed the color and percentage healing, ask if the healing is complete
- If Yes, stop here; fill with Gold. Go to the DNA Obliteration process and then reset
- If No, is Cellular Neo Genesis (the restoring of the healthy cell) the next step?
- If Yes, do all steps laid out for Cellular Neo Genesis process
- If the pineal gland was black or grey you must regenerate the master cell by doing Cellular Neo Genesis
- Check on the DNA strand as it is likely broken. This is a specialized healing taught in the Miraculous Living Apprentice program. To find out more go to www.julierennee.com/mlapprentice
- A good temporary solution for bonding broken DNA is to pump Gold Energy into the broken strand, visualizing the pieces coming back together. This will give you a partial result
- Upon completion, flood the area with Gold and mirror the master cell to all other cells in the pineal gland
- Test cellular improvement and percentage of cells that have received the new information

Your Divine Human Blueprint – The Endocrine System

- Test to see how many days new cells will be growing
- Test to find out if the healing is complete at the end of the designated healing day
- If the answer is No, or that the pineal gland will still function at a reduced level after the current healing, check for when the body would be ready for the next healing

Without good function in the pineal gland, people generally experience difficulty sleeping and meditating. Once you've tuned up this gland, if the individual still has difficulty sleeping, it is likely a problem in the nervous system and/or the adrenal glands. It is amazing how this simple tune-up, for a woman in peri-menopause, will help quite a bit.

Lana was a busy medical professional with a lot on her plate. She always seemed to be burning the candle at three ends – bottom, top and middle. She was jump-starting a reinvented career as well as taking care of her two (children), dogs, and elderly parents. She had virtually no free time.

I was able to provide a fabulous healing for Lana by working diligently on her pineal gland and getting her adrenal function up to a much higher number. Her restful sleep returned, and, for many weeks, Lana was a happy camper. She practiced her *–From Fatigued to Fabulous–* meditation daily and returned to sleeping like a baby.

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I provided her with the tools for living life in balance, and the *Balance Your Life Now* book and *Balance Your Life* action guide. '

To be successful in maintaining this healing, you need to take personal responsibility for how you design your life. Lana stopped doing her practice, moved, lost one of her dogs to old age, and hired a couple of new employees.

When you have a lot of chaos in your life, you need to step back and look at what you are creating. This is a real lesson in self-love and planning for life. In Lana's case, I could see the chaos coming and gently reminded her to stay on track. She was coached and agreed to meditate, eat well, and, as much as possible, get out in nature for quiet rejuvenation time.

Four months after her initial healing, Lana was back to not sleeping, feeling irritable, and wanting her next fix. Since I am not a *–dealer–* for healing junkies, I did not provide her with the next healing. It would have been a waste of my time and hers, as she was unable to make the shifts she needed to

Your Divine Human Blueprint – The Endocrine System

make in order to maintain vibrant health.

Over the past twenty years, I've discovered that not everyone treasures or values Miraculous Healings. Some people get it; they understand that this process provides results well beyond what traditional medical models are able to accomplish. Things that appear to have no solution are possible to heal completely. The people who treasure Miraculous Healings are the people who can incorporate the changes in lifestyle and attitude to maintain good health. Others, however, disrespect themselves and the preciousness of the miracle. They squander away their increased health results. Which one are you?

Do you love yourself enough to embrace a new healthy lifestyle? If you are not there yet, what would it take to get there? Towards the end of this book, I have included a wonderful chapter on letting go of pain. Please review this chapter a few times until you understand what payoff(s) you get out of the unhealthy life and habits. Look at what thoughts you need to adjust in order to take a step up in self-care and self-nurturing.

You don't have to unplug from your current life. You might however, temporarily, need to adjust and slow life down to get back to vibrant health. It's all about finding the balance and living in authentic joy. If you are so massively busy and stressed, where is the joy in that?

What I have come to understand is that sometimes your cells are ~~running~~ "running you." This phenomenon happens when your strong family programs override your own wishes and desires. This is a perfect situation to make use of the Recessive DNA Obliteration process. You will discover the programs that are causing the challenges. For example, family DNA programs that keep you unloved and unprotected. You can get better; everyone can. It is important to keep the vibrant health picture in mind, and choose your lifestyle consciously.

The Thyroid Gland

The thyroid gland provides many wonderful happenings for the body, including producing and releasing the powerful hormones T3 and T4, which support healthy metabolism, temperature, and weight.

On the front line, this gland is most susceptible to contaminants. It will be first to go when exposed to radiation poisoning from nuclear waste, Agent Orange, and other bio-warfare toxins.

In the endocrine system, the second ~~top~~ "top dog" is the thyroid gland. Without it or the chemical equivalent (replacement), your body will not live.

Best and Worst Colors for the Thyroid Gland

Blue	100%
Green	70%
Purple	60%
Pink	40%, serious malfunction
Yellow	3%
White	Represents control energy
Black, Grey or Brown	Indicates a serious malfunction signaling a death energy

Energy is provided for the thyroid gland from the fifth chakra.

Healing the Thyroid Gland

- Pump Gold energy into the thyroid until it reads one hundred percent. Clear other colors by simply pumping in Gold Energy
- Once you have completed the color and percentage healing, use kinesiology to test if the healing is complete or if Cellular Neo Genesis (restoring the healthy cell) should be the next step
- If Yes, do all steps laid out for the Cellular Neo Genesis process

Note: If the master cell in the thyroid is black or grey, you will need to do Cellular Neo Genesis

- If it continues to appear white, pump Gold Energy to remove the medical control energy
- Check the condition of the DNA strand while doing Cellular Neo Genesis, as it is likely broken. The DNA is susceptible to breaking or even totally disappearing, especially when biological weapons and nuclear radiation have damaged the gland
- The DNA strand is necessary in the master cell and all thyroid cells. So DNA must be repaired and restored to get a great result
- At the completion of Cellular Neo Genesis, flood the area with Gold and mirror the healthy master cell to the entirety of cells in the thyroid
- Test for cellular improvement, and percentage of cells that received the new information
- Test for the number of days of new cell growth
- Test to see if healing is complete at the end of the designated healing day or if there will be steps ahead for more healings

Your Divine Human Blueprint – The Endocrine System

- If the answer is No, or that the thyroid will still be functioning at a reduced level, check on when the body would be ready for the next healing

My Story of Determination

Because of exposure to underground nuclear testing as a child, my thyroid became ill. The appearance of the illness started at around age twenty-one, when I was not able to keep my weight up. While pregnant, I would eat five plates of food at a time and weigh in at a hundred and ten pounds. As the pregnancy progressed, the baby and baby fluids would help my weight go up twenty-three or twenty-five pounds, but as soon as the baby was born I was back to being super-skinny.

At age twenty-four and pregnant with baby number three, I got the news I had a very serious cancer affecting more than half of my anvil-shaped gland. For my life to be saved, I would have to undergo a four-hour surgical procedure during my son's fourth month of gestation. I was in bad shape emotionally and in a loveless marriage. I had no physical energy to care for my daughters, and now this. However, the shock of the news served to focus my energy. I needed to rally. I needed to survive for the sake of the life growing inside my womb. Had I not been pregnant, I seriously wonder if I would have used so much of my will to keep myself alive.

Whenever a person definitely commits to a course of action, nothing can stop people from reaching their chosen goals. Know this to be true, because I am here, alive and writing these words. Born to live, even when doctors told my family and friends that my survival was unlikely, I would live; I did!

It was a truly wretched surgery. I was left with a frightening external scar on my neck, and my vocal chords (so precious for the singing I loved to do) were paralyzed. Not only that, but several parts of me near my thyroid, such as the parathyroid, were nicked and permanently damaged.

I had descended to a living hell on earth. I returned home unable to care well for my home or children. In addition, I had no help with the children or household. Dishes mounded to stacks upon stacks all over the kitchen. Neighbors didn't realize I was pregnant till the seventh month. I was gaunt, frail, and very depressed. But I pulled through for my son and daughters. Children will inspire heroic acts and my sweet little angels did just that.

Two months later I had a third surgery. I had a tumor removed from my back while I was six months pregnant. Doctors removed the second half of the thyroid four and a half months later when Peter was six weeks old. For the next ten years additional thyroid cells appeared on cancer scans, and I was given massive doses of radiation to kill all of them.

Your Divine Human Blueprint – The Endocrine System

In the past, I experimented with Cellular Neo Genesis and by now have produced some healthy thyroid cellular growth. However, at the time of this writing, I have yet to entirely regrow thyroid cells so as to use a healthy thyroid gland of my own.

Last year, I was able to go for nine months with no thyroid medication or supplements; however, it was a challenge for my body. So I decided that when I could fully dedicate myself to regrowth of my thyroid gland, that would be the best time to stop taking my usual medication for it. Therefore, instead of trying to regrow my thyroid gland, I now focus my efforts on research and development for the entire Divine Human Blueprint. It is my intention in a future book to report to you a success story on the regrowth of my thyroid gland.

The Parathyroid Gland

This gland is responsible for calcium levels in the body. Touching the thyroid gland, it consists of four little ball-shapes in two stacks of two, one ball on top of the other. This is the only gland or organ that appears white or light blue when healthy. White is generally considered to be a control energy; however, in this case, the color is related to the function of the gland, which is to produce calcium.

The function of this gland is often at a hundred percent. However women who are prone to osteoporosis and seniors with fragile bones are likely candidates for this upgrade/healing. This parathyroid gland typically stays at full function until around age forty-three, and it will often stay at over ninety percent functionality until age eighty.

Best and Worst Colors for the Parathyroid

White	100%
Light Blue	96%
Pale White,	80%, malfunction
Pale Grey	40%, serious malfunction
Pink	30%
Red	3%
Layered White	Can represent control. You will know if the gland reads white but has low function. Test to see if it is multilayered, and clear the control energy
Grey	Serious malfunction; represents death energy

Energy for the parathyroid is provided by the fifth chakra.

Healing the Parathyroid Gland

- Pump Gold Energy into the parathyroid until it tests at one hundred percent, and clear colors simply by pumping up Gold Energy
- Once you have completed the color and percentage healing fill with Gold
- If necessary, proceed to the DNA Obliteration process and reset
- This gland receives Cellular Neo Genesis in the case of injury or disease. Look for a missing nucleus if you are guided to do cellular regeneration

It's rare to have a problem with this gland, as it is sturdy, resilient, and has only one function. I did, however, receive damage to my parathyroid from the surgical mishap mentioned earlier. Plenty of folks other than me have undergone thyroid surgery, but this is one of the possible complications. DNA programming is a second possible cause for poor functioning of the parathyroid gland.

While in the hospital with my first surgery, I felt miserable all the time, no matter how many special measures were taken by hospital staff to support my nutritional and cellular needs. In my second thyroid surgery, which was performed at the Mayo clinic, I had a different experience but learned just how bad you can feel when those innocent little glands aren't functioning as they should.

I clearly remember my surgeon, Dr. Michael Brennan (from Ireland), a "hotshot" surgeon who specialized in treating three kinds of thyroid cancer. He was very young to possess as much expertise as he apparently did; I would place him in his mid to late thirties at the time he delivered my medical procedure. Yet he was confident and very caring. He carefully explained to me what would happen in my upcoming thyroid surgery, and we spoke of my concerns. Seeing the damage to my neck, he brought in plastic surgery experts to repair the scar tissue and make sure I had a much better result from this operation. It was then I met the team Dr. Brennan had brought in to repair the frightening Frankenstein-like scar at the base of my neck. He made me feel I was in good hands.

I was in Rochester with my husband, my best friend Darcy, and my six-week old son (who coincidentally now works at that very same Mayo Clinic with his wife, who is also employed there). If all went well the doctors wanted to send me home in two days; these days, a hospital stay for an operation includes one surgical day and a second day for the hospital medical

Your Divine Human Blueprint – The Endocrine System

professionals to observe recovery.

However, it was explained to me there was a chance I would not survive the operation. I took this admonition very seriously and waited six weeks so that my blonde-haired, pink-skinned, long-lashed little boy could have some bonding time with his mommy before she could possibly die.

It was my intention to breast feed for at least six months with Peter, so I had my girlfriend, and her two year-old still nursing, accompany me to the hospital. That way she could nurse Peter while I was in surgery and recovery. I was attempting to make my having an operation as easy as possible on my little man.

Again, the surgery took longer than expected; only his time, it wasn't from an inept surgeon but was the result of multiple procedures and some very fine surgical handiwork.

I awoke in the recovery room dazed but happy to be alive.

Doc Brennan popped his head in to say, “It went well.” He spent time describing what he found and gave me a good prognosis for my recovery from the surgery.

The plastic surgery team also came in and explained how they had removed the damaged skin and done a multi-layered under-stitch that would result in showing no surface stitches or an unsightly scar. They explained that, over time, the scar would become virtually undetectable and end up looking only like a thin line at the base of my neck.

I was wheeled on a gurney from the recovery room to my shared room, where I settled in with my family and new baby. I thought to myself; “Okay, I can do this.”

After a while an odd thing started to happen. My hands were going numb and my eyes and upper cheeks were twitching. Upon my pressing a button, a nurse appeared, followed quickly by the doctor.

My body was going into shock, apparently from the parathyroid being damaged or removed altogether. The doctor actually didn't know. His surgery did not remove any tissue other than the thyroid, but he said it could have stimulated problems remaining from my previous surgery. He actually didn't know if there were any of the four balls of the parathyroid left. He was resting on the idea that there must have been at least one left because, when I arrived at the hospital, my parathyroid gland was functioning.

Your Divine Human Blueprint – The Endocrine System

The surgery and the removal of all thyroid tissue meant I would need thyroid medication for the rest of my life. If the parathyroid glands were gone, I would also be on a medicinal dose of calcium forever. (Of course none of us knew about a Miraculous system back then). Now, if I am called in on this kind of a case, I clear the medical control energy and regenerate the damaged, traumatized, or injured cells.

The treatment for this development was to feed me dairy, as much as I could get down, for the next few hours to see if the remaining pieces of the parathyroid would awaken and function.

Victory! After several helpings of ice cream, cottage cheese, pudding, milk, American cheese, and yogurt, the twitching and numbness stopped and I was back in business. I was retained for another day for observation and finally went home to the farm. At the time of my arrival, I was as thin as a rail and had an extremely low Life Force reading. However, at least I found out that one ball of my parathyroid gland was still operational.

The Thymus Gland

The thymus provides the immune system with instructions and can be considered the director of the immune system.

I respectfully refer to this gland as the Harvard Law School of the body, as it is the educational center for the T-cells. In this gland, the T-cells learn how to protect the body. If this gland is strong and healthy, you will have a great professor. If the gland is weak, you may end up with T-cells that act like they are preschoolers attending a community college. These less educated cells may gobble up healthy cells and let damaging invaders run rampant because they don't have the training and discernment to know how to act any better.

Best and Worst Colors for the Thymus

Light Green	100%
All Shades of Green	90%
Yellow	90%
Orange	20%, serious malfunction
Red	3%
White	Represents control energy
Black	Indicates a serious malfunction, signals death energy

Energy is provided for the thymus gland from the fourth and fifth chakras.

Healing the Thymus Gland

- With Gold Energy, pump the percentage up to one hundred percent. Clear other colors simply by pumping in Gold Energy
- Once you have completed the color and percentage of healing, using kinesiology, ask if the healing is complete or if Cellular Neo Genesis should be the next step
- If Yes, do all steps laid out for the Cellular Neo Genesis process

Special note: Since the thymus is an education center, the DNA strand, which provides a great deal of program and process information, is particularly important to the master and all other thymus cells. The DNA must all be repaired, replaced, and restored to get a superior result
- At the completion of Cellular Neo Genesis, flood the area with Gold and mirror the healthy master cell to the entirety of cells in the thymus
- Test to determine the amount of cellular improvement and percentage of cells that have received the new information
- Test to see how many future days will be required for new cellular growth
- Test to find out if the healing is complete at the end of the designated healing day, or if there will be further steps required for future healings
- If the answer is No, or that the thymus will operate at a reduced level after the current healing, check for when the body will be ready for further healings

The Heart

The heart assists many structures in the human body including the cardiovascular, circulatory, and respiratory systems. One of the lesser functions of the heart is the process of providing an anti-cramp hormone to the muscles.

Best and Worst Colors for the Heart

Pink	100%
Red	99%
Green	96%
Peach	70%
Purple	50%, malfunction
Orange	30%, serious malfunction
Blue	10%
Yellow	3%
White	Represents control energy
Black or Grey	Indicates a serious malfunction, signals a death energy

Energy is provided for the heart from the fourth chakra

Healing the Hormonal Heart Function

- With Gold Energy, pump the percentage up to one hundred percent. Clear other colors simply by pumping in Gold Energy
- Once you have completed the color and percentage healing, using kinesiology, ask if the healing is complete or if Cellular Neo Genesis should be the next step
- If Yes, do all steps laid out for the Cellular Neo-Genesis process found from pages 39 to 43.
- If the master cell in the heart is black or grey, you will need to perform Cellular Neo Genesis

Note: Since the early nineties, we have known that the heart also has some brain function. The neurons of the heart assist an individual in making many important choices. In addition, there is good reason for the heart to be associated with love. This is because the intelligence of the heart is uniquely related to understanding and responding to all relationships. The DNA strand provides tremendous input into this arena. All DNA must be repaired and restored to get a great result.

- At the completion of Cellular Neo Genesis, flood the area with Gold, and mirror the healthy master cell to the entirety of cells in the heart
- Test to discover the degree of cell improvement and the percentage of cells that received the new information. Test for improved heart chemistry, but if the healing procedure for improved heart chemistry did not make the energy go up, pump Gold Energy into the heart to improve the heart's chemistry

Your Divine Human Blueprint – The Endocrine System

- Test for how many future days will be needed for new cell growth
- Test to see if healing is complete at the end of the designated healing day, or if there will be further steps required for a complete healing
- If the answer is No, or that the heart will operate at a reduced level after the current healing, check on when the body will be ready for the next healing

The Pancreas

A healthy pancreas is a joy to behold! The pancreas provides insulin, supporting healthy energy and blood sugar. Illnesses from an unhealthy pancreas include diabetes, hypoglycemia, pancreatitis, and pancreatic cancer.

Almost as sensitive as the thyroid, the pancreas can be poisoned by toxins and too much sugar.

In terms of shape, this potent gland looks like a combination of a hotdog and an ear of corn. This is also an enormously intelligent gland, both in chemistry and physical power. It supports an individual's wisdom for self-love.

Best and Worst Colors for the Pancreas

Light Pink	100%
Light Blue	97%
Light Green	88%
Yellow	10% Serious malfunction
Red	1%
White	Represents control energy
Grey	Indicates a serious malfunction, signals a death energy

Energy is provided for the Pancreas from the third chakra.

Healing the Pancreas

- With Gold Energy, pump the percentage up to one hundred percent. Clear all colors simply by pumping in Gold Energy
- Once you have completed the color and percentage healings, use kinesiology to ask if the healing is complete or if Cellular Neo Genesis should be the next step
- If Yes, do all steps laid out for the Cellular Neo Genesis process
- If the master cell in the pancreas is grey, you will need to do the Cellular Neo Genesis procedure
- At the completion of the Cellular Neo Genesis procedure, flood

Your Divine Human Blueprint – The Endocrine System

the area with Gold. Then mirror the healthy master cell to the entirety of cells in the pancreas

- Test to determine if there has been any cellular improvement, and additionally test to find the percentage of cells that have received the new information
- Test the chemical function of the pancreas. If chemistry is not at one hundred percent, you can pump additional Gold into the pancreas and return to the pancreas for additional healings in the future. Test to find out the number of future days new cell growth will require
- Test to see if the healing is complete at the end of the designated number of healing days or if further steps will be required for even more healings
- If the answer is No, or that the pancreas will still function at a reduced level after the current healing, check for when the body will be ready for the next healing

The Adrenals

The adrenal glands provide adrenaline, cortisol, testosterone, and many other hormones and chemicals the body needs. These glands are a veritable chemical factory for the body. The two small, acorn-shaped glands have their work cut out for them, being responsible for supplying survival energy to the entire organism.

You can think of these glands as the power plant of the body, quickly providing a person with enough energy to run away from a saber tooth tiger, or other physical threat. This gland also will help you keep running by pumping cortisol into your body, so you can store fat as extra fuel in reserve to power your next narrow escape from danger. If these glands malfunction they will make it virtually impossible for a person to lose weight.

Best and Worst Colors for the Adrenals

Caramel	100%
Brown	85%
Green	82%
Yellow	60%, malfunction
Red	50%, serious malfunction
Blue	14%
Orange	11%
Purple	6%
White	Represents control energy
Black or Grey	Indicates a serious malfunction, signals a death energy

Energy is provided for the adrenals from the third chakra.

Healing the Adrenal Glands

- With Gold Energy, pump the percentage up to one hundred percent. Clear all colors simply by pumping in Gold Energy
- Once you have completed the color and percentage of healing, use kinesiology to determine if the healing is complete or if Cellular Neo- Genesis should be the next step
- If Yes, do all steps laid out for the Cellular Neo- Genesis process
- If the master cell in the adrenals is black or grey, you will also need to perform Cellular Neo-Genesis
- At the completion of Cellular Neo-Genesis, flood the area with Gold and mirror the healthy master cell to the entirety of cells in the thyroid. This is a vital step
- Test for cellular improvement and percentage of cells that have received the new information
- Test to find out the number of future days new cell growth will require
- Test to see if the healing is complete at the end of the designated healing day, or if further steps will be required for a complete healing.
- If the answer is No, or that the adrenals will still operate at a reduced level, check for when the body will be ready for the next healing
- When at low function from stress, the adrenals will take time to reestablish health. To support their healing, we have provided a free daily meditation for you called “From Fatigued to Fabulous” at www.Miraculous-livingtoday.com

If you do this every day for twelve weeks, you will notice that your adrenals and nervous system are completely refreshed and revitalized

Ovaries

Healthy ovaries provide estrogen, progesterone, testosterone, and other chemicals for the body as well as healthy eggs for reproduction. The ovaries are egg-shaped glands connected by a flower-like stem (the fallopian tubes) to the uterus. They sit surprisingly low in the pelvic cradle.

Best Colors for the Ovaries:

Pink	100%
Green	98%
Yellow	96%
Orange	60%, malfunction
Purple	42%
Red	5%
Blue	4%
White	Represents control energy
Black or Grey	Indicates a serious malfunction, signals a death energy

Energy is provided for the ovaries from the second chakra

Healing the Ovaries

- Using Gold Energy, pump the percentage up to one hundred percent. Clear out all colors simply by pumping in Gold Energy
- Once you have completed the color and percentage healing, use kinesiology to ask if the healing is complete or if Cellular Neo-Genesis should be the next step
- If Yes, do all steps laid out for the Cellular Neo Genesis process
- If the master cell in the ovary is black, grey, or brown, you will need to perform Cellular Neo Genesis
- At the completion of Cellular Neo-Genesis, flood the area with Gold. Mirror the healthy master cell to the entirety of cells in the ovary
- Test for cellular improvement and determine the percentage of cells that have received the new information
- Test for the number of future days new cell growth will require
- Test to see if the healing is complete at the end of the designated healing day or if there will be more steps needed ahead in future healings
- If the answer is No, or that the ovaries will still operate but at a reduced level, check for when the body will be ready for the next healing session

Note: I use one master cell for both ovaries and improve them both. From time to time you will see one much worse than the other. Use the master cell in the Cellular Neo Genesis process for the worst one.

Your Divine Human Blueprint – The Endocrine System

All our Miraculous Living meditations include an ovary clear out. If this is a significant challenge for you, I recommend you use the Happy Hormone program, which features a full length healing of female baby-making parts. Add this meditation to your regular practice once a week until a healthy balance has been restored.

The energetic function of the ovaries is to assist a woman with her healing projects. Consider their location in the woman's body. New life and babies are nurtured from this area. What happens when there is no new life growing? A woman still has this potent healing power to love and care for her family and friends. Without realizing where the energy is coming from, all women are using their ovaries for healing others.

Even when the physical ovaries have been removed surgically, the ovary imprint (or spiritual ovaries) continue to exist. Women continue to do healings from this area.

Ovaries lose their physical potency around age thirty-eight. In human development this was not always the situation. There was a time when ovaries were providing healthy hormones to women in their eighties. The eggs stopped becoming viable in the sixties.

The Medicine Woman

I love the tropics I've vacationed in rural Mexico off and on for fifteen years. Early in my travels I came in contact with the little circle of artisans who are native to Mexico, the Huichol Indians. Their artwork and traditions are amazingly detailed and beautiful.

While in Puerto Vallarta in 1996, I met a Mexican woman, Ana, who admired the native people very much. We met on the streets of PV and decided to head over to a little café for a glass of ice tea and a chat. Ana relayed a story to me of a Huichol medicine woman in the mountain region of Jalisco.

Ana said, –She [the medicine woman] was an extraordinary woman, keeping to the diet and traditions of her tribe and delivering the babies for her community. Through the years she moved farther into the wilds as the modern world's pollution and unnatural ways began to overtake her home. For her, it was a natural occurrence for life to expand as the times were right and food was ample. The body would naturally know it was safe to give birth again and happily conceive to bring a healthy baby to join the world.”

As Ana spoke, I thought of the problems of the West, including women out of sync with their bodies and struggling in male designed careers. They lose their

Your Divine Human Blueprint – The Endocrine System

fertility as early as thirty-one and become out-of-touch with their own natural rhythms. I, too, began to admire the old medicine woman's ways.

Ana continued to reveal the final chapter of the medicine woman's story to me, as follows:

—At age sixty-seven this woman gave birth to her ninth child. After the birth she told her community, “That is enough now! No more babies for me!” And as simply as that, she decided she had fulfilled her birthing and tribal responsibility for contributing children to the tribe.”

I thanked Ana for sharing this amazing story with me, for it opened my eyes to the naturalness of healthy hormones that support healthy, prolonged, and natural fertility.

Factors/Reasons for the Western Fertility Crisis (and how to turn it all around)

I have assisted a hundred and forty gestations and births, classified as high risk, as well as assisting numerous medically infertile couples conceive and joyfully receive children of their own.

How did we get to the point of having such a large portion of our female population in childbearing years with reduced fertility or complete infertility?

There are some who blame the problem on our cultural mores; when the process of fertility and birth was institutionalized and largely put into the hands of male doctors. Birth and conception became a regulated and unnatural experience. There is of course truth in this idea, but it is a small part of a much larger problem. Humanity is moving away from a natural lifestyle. They are no longer well in their bodies and they have forgotten their natural rhythms, such as rising with the sun and drifting into sleep as the sun sets.

Unless you are one of those observing a Paleolithic diet (considered fringe) you are likely eating a lot of non-food foods that contain harmful chemicals and toxic amounts of refined sugars, saturated fats, and salt. The common diet of a Westerner is a diet lacking life-force energy or vitality, and it will poison the body causing an early demise, dementia, cancer, and every other disease you can imagine.

Earlier in this section we saw how toxicity can cause glands to fail. Fertility, which requires a tremendous amount of life-force, is unsupported by the Western diet. I estimate forty percent of infants born are born malnourished. The mother's diet of fast and manufactured food does not convert to high enough nutrition to give the fetus the best possible nourishment. Taking one

Your Divine Human Blueprint – The Endocrine System

vitamin a day to make up for a poor diet is not enough.

Childhood obesity also represents malnourishment.

Another big factor in infertility is a stressful lifestyle. When the woman's body is under stress and duress, she stays in the sympathetic nervous system.

The sympathetic system is designed to pull all the energy from the main part of the body and send it out to the limbs in order to help a person escape from a charging bear. The sympathetic adrenal function pours adrenaline and cortisol into the mix, so you can hold onto your fat reserves. That means that if you are in danger for a few days, unable to get to food, your fat reserves will fuel your body in order to keep your feet and legs running.

Our stress system was never upgraded to handle the kinds of stress we are now encountering. Our design is an ancient design that worked well thousands of years ago and which hasn't completely adapted to our current situation.

In ancient times, perhaps two or three times monthly your alarms would trigger you into the sympathetic system. These triggers would respond to imminent danger and stimulate action so you could get to safety by being fully supported in your body, even if it took hours or days, because your body was wired for this.

Your body was not wired for the lifestyle you are likely living today. Here are ten sympathetic triggers you could change:

Blasting Alarm Clock: Many folks wake up with loud sounds which trigger the sympathetic system. To rectify this you could go to bed at a reasonable hour and awaken naturally, or have chimes or bells gently signaling morning.

Time Pressures in the Morning: This can be experienced as an internal stress whether you live alone or with others: –We've got to get going," –Get in the car!" –Finish your breakfast." These stressors trigger high alert. The solution? Create a new pattern. Get up early enough, enjoy a naturally healthy meal and be out the door in a happy joyous mood.

Car, Late or Gotta Get There Now. Just getting in the car will, for many, trigger high-alert. Think about it. Your life is in danger from other cars on the road. The added element of pushing to get somewhere will get you into the sympathetic system and get your adrenals pumping.

Horns Honking, Sirens, Work Alarms: These trigger reptilian brain responses and send you off into stress. When I became conscious of this I made an effort to avoid places that had this going on. However I live in a populated area, so if I hear a siren or horn, I notice it and breathe deeply,

Your Divine Human Blueprint – The Endocrine System

assuring my body that it is safe and all is well. Instead of matching the alarm energy, I immediately go into self-love and self-soothing, if needed.

Phones Ringing, Computer Sounds, Technology Sounds: You have a choice about the technology sounds that come out of your equipment. I have harp arpeggio announcing an incoming call and soft chimes to announce a text. My landline phones are set to a sweet, soft, and easy frequency, and I have turned off a majority of computer sounds. What can you make easier on the nerves?

Pain: If you are in pain, your sympathetic system is on high alert. That's a fact. Why are you in pain? Are you not getting enough rest? Do you need sleep? Are you letting stress at work or in your relationship get to you? Stop and smell the roses. Rest if you need to and get into a balanced lifestyle. If your pain is from illness or injury you might consider natural healings at the Miraculous Living weekends. A large majority of our participants leave much improved in both health and ease in their bodies.

Violent Films: When watching violent films, your body doesn't know the violence is not for real and thinks you are really in danger. Think about it: you are getting the adrenaline rush as if you were in the car chase or dodging bullets. Give yourself a break - stop watching violent or frightening films.

Fast Food on the Run: In high school there was a popular quote: "Run for fun!" This does not mean you should be on the run, shoving food down your throat while you rush to the next thing. Stop the madness. I recommend not eating in your car. I recommend not eating highly fatty and sugary unnatural foods. Preplanning works so well for me. I always have a wild rice and seaweed combo prepared for a quick meal. Seeds, nuts, chopped raw veggies, a ripe apple, these are excellent choices. Chew your food well so you get the benefit of the digestive enzymes in your saliva. You miss thirty percent of the food processing enzymes if you gobble your food.

Screaming Children: If your child is screaming he or she is likely expressing your overwhelm. However if you let your progeny scream, the screams impact your nervous system, making matters worse. You might need a time out. Calm and soothe yourself for a few minutes with the child in their room, then rock and soothe your child. You need to calm yourself, understanding your child's emotions play off of you, especially if you are the mommy.

Financial Pressures: I add this topic, as it is something that never allows your body to calm down. You will stay on high-alert with financial pressure. Notice how everything is some shade of grey, that life isn't really enjoyable. Make it a priority to resolve the financial situation and

Your Divine Human Blueprint – The Endocrine System

get back into a happy, balanced life. Many students have enjoyed real significant breakthroughs in wealth with our free seven-day wealth jumpstart. To receive your free wealth program visit www.Miraculouslivingwealth.com/jumpstart.

Stressors and Diet (as major culprits to infertility)

We will now consider the effects of *lifestyle*. Career women often use their brain in a similar fashion to their male counterparts. Rather than working towards creating environments that nurture a woman's gifts of multitasking and diffuse awareness, she seeks to match her male equals. If a woman doesn't shift out of male brain activity when she returns home, she begins to lose parts of her female nature. She will appear to others more male-like in her affect and behavior. Her brain operations will begin to alter the priority of chemical distribution and will signal to the ovaries and pituitary gland a significantly reduced need for baby making hormones. On the supply and demand scale, she will then have fewer female hormones available to her.

The culprit is not work, nor is the solution to stop working. Rather, the question is, —How can I honor my female nature while in the career I love?—

Another challenge I see is *the thin standard*. Without enough fat, the body will choose not to conceive, feeling there is not enough nutrition at this time to support life. We have an odd trend of overly-thin young women and many overweight and obese women in our culture. Natural health means having some fat on your body.

Spiritual imbalances can cause a baby not to be able to implant itself, despite a promising conception. Here is an example.

Miraculous Balance (brings long awaited conception)

Cindy and Ken really wanted a baby and a lifestyle that included family and community. Cindy was a midwife and specialized in home birth. Ken worked with the EPA, and was a big mountain man with shoulder-length hair. This couple fit in with the —Granola— crowd. When they found me they had been attempting conception for three years and were at each other's throats in frustration. Cindy knew all the natural remedies and felt the pain of disappointment with the onset of each cycle.

I suggested she bring her husband in for her session; I felt that what was in the way had to do with what they were co-creating. As we progressed through the session, I found their aura and chakras were literally short circuiting the other's energy bodies. I was able to restore both of their energy bodies, and then align them with the other's. Both their chakras and auras were now

flowing joyously and harmoniously.

Six hours after the session they successfully conceived the daughter they now have. The power of alignment can produce a Miraculous conception!

The Testicles

The male body is quite remarkable. Because too much heat destroys the potency of sperm, the testicles are the only endocrine gland to hang outside the body. This provides a cooler resting place for the impregnating sperm to flourish. Essential oils from the jasmine flower are a wonderful male enhancement for love making. Think of the jasmine flower with hundreds of tiny fragrant white flowers and know that this aphrodisiac oil supports semen/sperm. The testicles provide testosterone.

Best Colors for the Testicles

Green	100%
Red	80%
Orange	60%
Yellow	26%, serious malfunction
Blue	2%
White	Represents control energy (is experienced as extremely unpleasant)
Black or Grey	Indicates a serious malfunction, signals a death energy

Energy is provided for the testicles from the first chakra.

Healing the Testicles

- With Gold Energy, pump the percentage up to one hundred percent. Clear colors simply by pumping Gold Energy
- Once you have completed the color and percentage healing, use kinesiology to ask if the healing is complete or if Cellular Neo Genesis should be the next step
- If Yes, do all the steps indicated for Cellular Neo- Genesis
- If the master cell in the testicles is black, you will need to do the Cellular Neo Genesis
- If it continues to appear white, pump Gold Energy into it to remove control energy (which, in this case, is often female control energy)
- Test the cellular improvement and the percentage of cells that have received new information

Your Divine Human Blueprint – The Endocrine System

- Test for the number of days of new cell growth
- Test if the healing is complete at the end of the designated healing day or if there will be steps ahead for more healings
- If the answer is No, or that the testicles will still function but at a reduced level, check on when the body will be ready for the next healing

Note: You can also check on the chemistry function related to the testicles. Sometimes men will have too much testosterone in their systems (making them prone to rage) or too little (causing lethargy and/or a reduction of musculature and motivation).

If you get a high reading on the chemistry, meaning too much testosterone, check to see if the direction for too much testosterone is being sent from the brain or the gland itself.

Program Alteration (for excess of testosterone)

Three nadis (small energy centers similar to chakras) contain the endocrine system program information. Two of these nadis are located slightly to the left of the hypothalamus, while one sits under the hypothalamus, slightly forward and up from the center of the head.

You will likely notice an orange color on the hypothalamus, indicating this failure. Focus Gold Energy into the area of the nadis and hypothalamus gland and return the hypothalamus and nadis to yellow. The program that was set at the incorrect balance is now ready to shift to the proper hormone distribution for the testicles.

Focus Gold Energy on the three nadis with the intention of returning to the correct balance. This may require a number of healings for high blood pressure, emotional timeline, relationship and karma clearing, depression, and anxiety. Too much testosterone means too much fire, so look for where the body is on fire.