

Your Divine Human Blueprint – Systems

The chapter on pain in this book has been very helpful in turning around Marty's somewhat cemented position, which is, "This is why I came back (survived horrendous situations). I survived in order to help others go through their painful, confusing lives."

You can't wish someone to change; they have to move themselves into a readiness for change and cultivate within themselves a personal desire to take responsibility for the change process.

Muscular-Skeletal System

You've got the power!

Muscles and bones make the human life we live possible. People who do not have use of their muscles and joints are thoughtlessly called "vegetables" and none of us wants to live in a vegetative state. For example, we take precautions even to the point of having legal documents drawn up that state, "In case of coma, do not resuscitate."

On the other hand, in the recent Olympics with a sense of wonder we enjoyed the beauty and artistry of the pure strength of athletes with gleaming muscles and strong healthy bones as they leapt, swam, ran, and cycled across our television screens in absolute majesty!

I would love for you to remember when you were in your peak body. Were you an athlete? How did you use your God-given gift of strength and power? Did you comprehend how absolutely amazing your body was?

Likely not, as you have never known anything different.

My Athletic History (and current athletic pursuits)

I have always loved being an athlete. In the past, I really didn't think about athletics as an abstraction; I thought about the training and skill athletics requires as well as my camaraderie/friendship with other team members. I also fondly recalled my sheer joy in running, skiing, skating, and playing ball.

In high school, before I got so sick, I was a powerhouse. I competed routinely in the 440-yard track and field race as well as cross-country running, skiing, and swimming. I was a red-cross- certified swimmer and could even do back flips off the high diving board.

I was fearless in my body and ran for the joy of running. I enjoyed skating on ice for the aesthetic beauty of the dance and the thrill of the twirl. I was ~~all~~ in" when it came to enjoying the body I had been gifted.

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Lately, I have again been hanging around young people who use their bodies this way, and I realized I had lost the "bar" (standard)) from which to measure the joy of a youthful, healthy body. With this in mind, I am once again doing all the activities of my youth, pacing back into a much more vibrant lifestyle.

I love the workouts I currently do. But after rappelling down a sheer rock face a couple of months ago where I got pretty bruised up and even broke my toe, I decided it was time to return to the youthful muscle strength I used to enjoy in my teens. Each day is an adventure in training. Of course, shooting Gold light into my muscles helps me reach my fitness goals faster. I am a practitioner of dance aerobics, lifting small weights, and yoga. I also practice a couple of super-fun sports I had forgotten I loved: swimming and ice-skating.

For my morning swim, I do forty laps, followed by some underwater spins and somersaults, a backwards dolphin move, and maybe a little underwater swimming. I even started diving. It might seem ridiculous to others that swimming is such a big deal in my life, but many years ago, while I was being treated for cancer, doctors told me that I should never swim again and that no swimming water would ever be clean enough for me because I could not fight off any infections to which the water might expose me. My doctors' reasoning was that having treated me for three years on antibiotics, and everything else they could think of to help me, the drugs and other treatments had finally put my immune systems into a weakened state.

Years later, now healthy, but still hearing those (PTSD) conversations running through my head, I thought, "It's natural to swim and it could even help me recover the knee strength I hurt when I used to run. Can it? I wonder; I wonder if I can swim."

Did someone tell you not to use your body in some way? That it's not ladylike or you should act your age? Did you begin to have an achy joint or an injury and take it as a sign you should back down on your activities? If so, I challenge you to do a big clearing of your timeline and all the "slowdowns" that got you to where you are now. Next pace back into your blissful youthful body with vim, vigor, and enthusiasm because, my friend, "It ain't over till it's over."

These are actually personal miasms. You might also be experiencing group mind miasms and memes regarding what you should or shouldn't do.

Clue: To be successful, be sure to remove muscular-skeletal system aging programs in the DNA.

I was visiting my folks a few years back. I was in good shape and was wearing a gorgeous designer blouse from Germany. It was see through with a camisole

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beneath. It was not a particularly racy blouse; it wasn't low cut and had long flowing sleeves. But my mom, so freaked out by the blouse, threw her size fourteen sweater on top of me, and said, –Cover up, my friends will think you're a prostitute!"

She was sending me the message, –You are not dressing in an appropriate way for your age," and she was sending strong control pictures to me. Have you had similar communications with friends or relatives about your health and wellbeing?

Recently my mother pulled me aside and said, –My friends and I have been talking. Do you know that you don't look your age?"

–Yes. Mom I know. I like it, and I am doing this on purpose."

–Ohhh."

Did you put on weight when a lover hurt you? Did someone tell you that you were too attractive or something was your fault because of your looks? That's the –garbage" we need to look out for when it comes to re-owning our bodies in a youthful and powerful way.

Healing Injury in Bones and Muscles

Bones and muscles are relatively easy to repair. They appear very different from the cellular body, the nerves, and brain. Think of this as the easy system. It is ready to regenerate and return to good shape.

Bone Protocols

1. When healing bones that are broken, proceed by clearing the dark colors from broken bone by pumping Gold Energy into the break.

As you pump Gold into the broken area as the bone will mend. It will appear as tree roots bonding together, from both sides until the mend is complete. This process can be done in as little as twenty minutes. The rapidity of the healing largely depends on the force and power of the Gold Energy you are administering to the break.

Christine's Story

Christine, seventy-five, came into our Miraculous Apprentice weekend feeling pretty miserable. She had taken a fall and was nursing two broken ribs as she struggled to stay focused on the process of learning.

It was a perfect segue, even though it wasn't included in the lesson plan to teach bone regeneration. We, as a group, read her and proceeded to pump

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Gold Energy. Christine reported feeling a warm, water-like experience where the bones were growing back. Within twenty minutes, we got a read that the healing was complete and a surprised Christine was without discomfort, filled with energy and more ready to learn than ever.

Ligaments and Tendons

It's pretty much the same only faster for ligaments and tendons. If you have ever had the misfortune of having a severed ligament, meaning there is no attachment of the ligament to the bone, it is still possible to mend this situation by using the Human Blueprint as you pump Gold into the system and watch the ligament or tendon grow back.

Mark's Story

I met Mark at a business-networking event. He was there with his business partner, Amy, promoting their joint venture and networking. My friend, Caral, is a super awesome connector, and she brought Mark into my room for the healing demonstration I was doing.

He raised his hand when I was done speaking and told me he had a torn ligament behind his knee. In a matter of seven minutes, we had gotten him out of pain and largely restored the ligament. He was happily surprised to discover that he had full flexibility in the joint and could stand on his leg without pain.

When regrowing any component of the muscular-skeletal system, I encourage you to do at least one follow-up session on the area. You will get a one hundred percent read on the follow-up healing; however, even if during your first session it's been set at one hundred percent it can slide down to a lower percentage and will really benefit from resetting several times till it holds firm.

Being set at one hundred percent doesn't mean that the results will show up instantly. But what it does mean is that everything is now set for the full experience. There will be days involved in the activation process that allow the physical body to heal fully. I have noticed that negative thinking, which ultimately turns into black magic, can affect or slow the healing process significantly. Restoration may take days, weeks, months, or even years, depending on the damage to the area and on the power and abilities of the health activator.

As you complete the protocols, you can get a read on how long you will have to wait before new growth begins. For example, you may see new bone growth start as soon as your current healing session, or you may not get it for another eleven days.

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The muscular-skeletal system is directed by part of the Second Brain, which is the emotional brain.

The DNA provides administrative programs for repair and regeneration.

Fifth Brain formats and shows how far you can access the power provided by this system. (The Fifth Brain is the angelic out-of-the-box thinking brain.)

Chakras move unwanted energies out efficiently and bring in the right nourishment for this system to thrive.

To take its place as the captain of the skeletal system, you might imagine the advantage of having a calcium-producing gland on your team to provide you with the necessary repair ingredient. This is exactly why the parathyroid gland is a good partner to rely on.

The mental body keeps a tally of the “wins” of the physical body. This is not the brain, but rather the mental body that stores information and brings it forward into future incarnations.

The Nervous System

Nancy is a well-loved girl's coach who'd formally worked in the Pentagon in brain-based learning. She is an amazing woman with a heart of Gold and has lived a life truly dedicated to service/contribution on a grand scale of love, love, love. Nancy sought me out for assistance with an anxiety problem that would not leave her in peace. Anxiety is a malfunctioning of the nervous system. Sometimes it comes from a condition of mental health, but, usually, I see it as stemming from emotions and the nervous system.

Imagine playing in this big in the world, having your own MTV show, and appearing on large stages all over the country, while struggling with panic and anxiety. It's just no fun.

Marty, my brother, had been in a terrible accident. His nerves were malfunctioning in every way you can imagine due to their being on high-alert all the time because of his pain. Despite his inability to feel his foot or even his leg, his back was “on fire” with nerve pain. This level of malfunction was truly making his life a living hell.

Kathy came from a family of amputees. As we spoke about her numb feet and legs, she recounted that all the grandparents and great grandparents on both sides had undergone leg and foot amputations. Now, at the same age, her DNA time bomb had blasted onto the scene. Her nerve pain and numbness were out of control.