

RECENT THOUGHTS

by

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IMPORTANT

Any health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation which may appear herein.

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Introduction

The following thoughts were in response to raised questions, and are reproduced here for general interest.

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19 Sept 2012

The Measuring of Emotions Across Time

The concept of the measuring of emotions across time is indeed a fascinating one.

We are experiential beings and, as such, emotions influence and colour every aspect of our manifested physical world reality; however, in the physical plane (three dimensions and five senses), where we predominantly operate, emotions are manifested only in the "now", and because of their energy frequency they are not suitable for storing in our physical memory - moreover, our physical memory is problematic at best. Consequently, that is why it is so difficult to access, recall, or trace emotional experiences - we can often identify and trace the stimuli or events causal in the emotional manifestation; but the actual emotions themselves, which are very volatile and like an electrical charge, discharge/fade very quickly in the physical realm.

Our physical bodies are specifically designed for direct sensory stimulation (I sense) - taste, touch, sight, smell, and hearing - and though emotions do trigger physical reactions, and conversely, certain physical stimuli triggers emotions (as above so below; and as below so above), our physical bodies were definitely not designed with a directly interfaced emotional dimension in mind - Reason: for safety considerations (energy-flow and energy-surges) a buffer is needed (the physical/etheric interface).

Consequently, the true interface of our emotional experiential reality is our etheric body (I feel) - this is where actual emotions arise, are experienced, and are stored. Thus, to trace, measure, and explore our emotional energy it is first necessary to completely relax the physical body and then our consciousness can go up a notch and into complete etheric awareness. Then, with this etheric interface (I feel) we can explore emotions and the reflected symbols of the physical world (and as below so above, etc.). Additionally, we can also explore both our own personal experiential memory trace and the collective experiential memory trace (at least 3,600,000,000 years of our current universe's unfoldment) of where I (the individual) and where we (the collective) have been. It is important to remember that time per se does not apply to the etheric realm and therein all things manifest as both a single experiential whole as well as single identifiable component/symbolic realities.

What this really means is that by using the etheric body/interface an individual can explore their historical/physical past, their emotional past, and the collective past. Additionally, as everything follows identifiable cycles of unfoldment, future trends can be assessed and predicted.

However, there is a major problem and that is the physical plane is a flowing three dimensional space/time continuum, whereas the etheric plane is a non-dimensional timeless reality; consequently, it is very difficult to bring back and accurately translate etheric perceptions in the physical world.

Some individuals (e.g. genuine trance-mediums, etc.) have a natural ability to split their consciousness between the etheric and the physical bodies/planes and are able to more easily translate etheric symbology in the physical realm - but this is very rare. Nevertheless, though not everyone has this developed ability naturally, through self-guided relaxation and projection of consciousness any individual can become very proficient at accessing the higher levels of consciousness (etheric level) and gain greater insight into the incredible beings that we are.

Man reaches within for reality and by reaching within, the individual confirms the three dimensions of his existence:

- 1) Expression - The individual expresses what they are - a unique expanded consciousness to date.
- 2) Perception - The individual perceives what they are - a unique expanded consciousness to date. However, they also perceive other unique "expressions" of consciousness, external to themselves, which the individual is not.
- 3) Desire/will - The individual strongly desires to explore, experience, unify, and to be expanded by that which they are not; and that "will" is the experiential driving force.

Consequently, to live is to experience (physical, emotional, mental, and consciousness), and to expand is to find meaning in the experience.

Life is good; very, very, good!

End

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14 Sept 2012

Self-determination

There has been an interesting escalation of tension (Islamic ire at a certain film) in the East prior to 21st September - we are further down the line (or down the toilet) than we realise. Double confirmation - Quantitative Easing 3 introduced in the West by Fed chairman Ben Bernanke - this is bad - very, very bad...

However life will go on and the universe will unfold as it should - so, let's move on to a more relevant topic - self-determination.

Self-determination (doing what we want), rather than just being carried along by the flow of universal energy and the random consequences of the actions of others, is the primary objective of the enlightened one. In its ultimate expression the experiential universe, including our experiential bodies (physical, etheric, mental, and conscious), is nothing more than the energy substance/pool of our own experiential potential; and said energy is completely amoral without any duality (no right or wrong; no good or bad) whatever - it's just energy that can be used by us in any way that we choose.

Thus, through our experiential bodies that energy can be projected, manifested, and experienced in an infinite range of duality based (there must be contrast) experiences - good/bad, pleasure/pain, leaders/followers, and eagles/turkeys, etc. And each conscious entity (particularly you and I) has the free-will choice as to how they will uniquely express themselves and what it is that they desire (possibly have chosen) to perceive.

Thus we see around us an infinite spectrum of experiential reality, beings, and games/scenarios being played out. In reality, we can join in with existing games/scenarios or create new games/scenarios by ourselves. Experiential roles can range from being a god (in heaven if you choose) to being an exploited follower (on earth if you choose), from a Mother Teresa to an Adolf Hitler, from a Christ to a Lucifer - the choice is infinite; and the incredible thing is, the choice is ours!

In the final analysis it is all accrued experiential energy, and that accrued experiential energy will expand our consciousness.

Is there any morality? Only if we want there to be such; and only if we want to experience morality, or whatever, as such.

However, I must add, and emphasise, that from a 1st Cohort perspective there are certain "fundamental perspectives" that were loosely agreed upon when we set out to experience this chosen path/destiny/scenario, etc. (to play this current game on planet earth):

- 1) The secret of the universe is existence.
- 2) The purpose of life is to expand existence through personal experience.
- 3) The one universal law is that no conscious being may restrict, in any way, the expansion of another conscious being.

In the final analysis we each have to be happy with whom we are and what we want to do - and of course we have to get on and do it. This is a good test of any individual's progress - are they happy with who they currently are. If they are not, then that is the starting point for initiating cause and consequence to realise their desires.

This is where the etheric consciousness comes in. An individual may feel so trapped in their current circumstances in the physical plane that they have become learned helpless and are unable to move independently. So, relax the physical, move consciousness up one click to the etheric level, explore, consider, and visualise the fully manifested desire, and voila, cause and consequence is initiated which will result in that manifested reality.

To live is to experience, and to expand is to find meaning in the experience.

Goodness, it's the same old 1st Cohort mantra - but we are who we have chosen to be - and don't we just love it?

In these turbulent and worrying times it is good to remind ourselves of who we are and what we are actually doing here.

All we can do is just hang in there and keep the faith...

End

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06 Sep 1012

Cycles

I was pondering on some client questions that had been recently raised regarding cycles, and responded as follows:

As with many deep thinkers, you are correct when you say that you cannot share the reality of who you are and what you know with the majority of people around you. Unfortunately this is the lot of the enlightened - even if you did share your knowledge, experience and understanding, very few people would be able to grasp the import and significance of what you were saying. As I have mentioned in the past, you are in a peer group that represents 2% of 2% of the human species.

It is interesting that, with the current universal energy outpouring, many such individuals are discovering the principle that "all" is in continual motion - for this is indeed the underlying "causal will" to expand personal consciousness (that which you are) by that which it is not (that which you can become) and to unify with every-thing in perfect balance.

In the experiential planes we can reduce this concept into predictable cycles of motion and thereby can, to a degree, predict energy flow, frequency, and potential transformation into the specific plane's reality through the catalysing medium of our various experiential bodies (physical, etheric, mental, conscious/causal).

This concept is particularly reflected in the various cycles manifested in the physical plane (spring, summer, autumn, and winter as a simple example). Multiply this cyclic concept to the infinite degree and voilà you have unravelled the complete causal mechanism of our multi planar experiential reality.

Consequently, with reference to these "cycles", the esoteric existentialist is able to identify three universal principles that operate on all things in all planes:

1) There can be no effect without a cause.

There are no accidents. What is perceived as an accident is an event which was unforeseen or whose cause is not readily apparent - but does, nevertheless, have a cause. An effect will give rise to another effect, and thus every cause and effect is but a single component in many long series of causes and effects which have been in operation since the beginning of time. Consequently, free-will is an illusion created by a person's inability to perceive and to understand causes and effects. We are the sum total of our personal experiences to date, and our decisions are influenced/decided by our emotional and intellectual make-up, which, in reality, is the product of personal evolution, inheritance, and environmental influences, both past and present. The law of cause and effect is inexorable and we are carried forward irrespective of what decisions we make. Yes, we can make minor personal adjustments in the now, but the greater experiential reality is outside of our free-will control. Make no mistake, spring, summer, autumn and winter will unfold irrespective of any individual's free-will action.

2) No event occurs in isolation.

This is an extension of the principle of cause and effect, but it is less concerned with history and more concerned with the causes and effects in the "now" - particularly those causes and effects which tend to be imperceptible to the five human senses. When a small pebble is thrown into a pond, the ripples reach all sides of the pond, no matter how small the ripples or how large the pond. Consequently, amplification through higher consciousness may be required to perceive, interpret, understand, and respond to such cause and effect events. When the mind cannot perceive, the whole cannot achieve.

3) What has occurred before will occur again.

Time and space are inexorably and cyclically linked, and both identifiable and unidentifiable cycles are running an infinite course. Consequently, it can be said that there is "a certain sameness" about human nature and cycles; and the same or similar causes generally produce the same or similar effects. This is good, because this enables us to understand such cause and effect cycles and to

predict likely outcomes, and thus be able to adjust our situations as optimally as we can within said cycles.

Thus armed with this reality, the individual can better identify and understand himself, is better equipped to take control of (e.g. navigate better) their unfolding path, and consequently truly expand their consciousness in a self-determined and confident way. Is not this what we call the "veritas" experience - in mundane terms, Maslow termed it "self-actualisation".

You have a great intellect, and by focused and intensive thinking you will be able to answer all things and you will be able to achieve all things in your life. Always remember that it only takes one thought to start the cause and consequence chain reaction to any desired result.

It's indeed good to be alive!

Don't forget that the 21st of September is the start of a new transformative universal cycle (health, wealth, success, and happiness - amen to that!).

End

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29 Aug 2012

Chinese Health Hints

Introduction

Rule youth well, for age will rule itself.
(Chinese Proverb)

The following health hints are compiled from *Tong Sing*, The Book of Wisdom based on The Ancient Chinese Almanac:

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Health Hints

(1)

*Consult a physician at once if you have doubts about your health,
for prevention is better than cure.*

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(2)

*Treat minor ailments immediately so
that they do not have a chance to develop
into conditions which are acute or chronic or even incurable.*

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(3)

Think young in all that you say and do.

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(4)

*Adopt the Chinese diet.
Failing that, ensure that your meals are balanced and varied,
and consume more vegetables, fruit, cereals and fish,
and less red meat, animal fats, sugar, salt and
foods containing synthetic additives.*

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(5)

*Supplement your diet with Chinese-style health foods and
tonic medicines, including ageing inhibitors;
but do this only occasionally, not on a regular basis.*

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(6)

Do not eat or drink too much or too little.

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(7)

*Every day, consume one garlic clove,
preferably fresh, crushed and chopped.
[Garlic - 1,000 - 2,000 mg daily
in supplement form]*

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(8)

*Every day, before breakfast,
take a big drink of water which has been boiled.
[Spring water, filtered water, etc.]*

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(9)

*Take up a gentle form of the martial arts, such as tai chi chuan.
Failing that, take a long and gentle walk twice daily.*

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(10)

*Every day, do some deep breathing in clean air
- if you can find some clean air -
before an open window in the early morning and late evening.*

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(11)

*Be moderate and regular in all that you do
- diet, alcohol, exercise, rest, sleep, sex, work and play -
to prevent illness, injury and social friction.*

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(12)

*Avoid the vices of smoking, [drinking] drug-taking,
gambling and casual sex.*

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(13)

*Work with, not against, nature.
Avoid unnatural acts.*

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(14)

*Be clean personally and in handling food,
but do not become a hygiene crank,*

*for that would not help your body,
though it could upset your mind.*

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(15)

*Worry less,
laugh more and
do not miss out on sleep.*

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(16)

Avoid stressful situations as far as possible.

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(17)

*Consult the I Ching when you have a problem.
Its great wisdom may help you.*

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(18)

*Meditate when you have a problem.
This is best done in bed where,
alone and undisturbed,
you will be able to think deeply,
and also fantasize to give your mind a "holiday".*

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(19)

*Give yourself good fung shui by ensuring that your
living, working and leisure conditions are
favourable to your health and wellbeing.*

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(20)

*Keep a check on your heart by measuring your
weight [resting heart rate] and blood pressure occasionally.*

End

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22 Aug 2012

Chakras

Regarding Chakras, like everything else in the esoteric world, no one can agree upon how many there are and where they are actually located. In total, some 122 chakras (includes sub-chakras) have been identified, and practitioners can make a good living from offering a slew of chakra activation, manipulation, healing, and maintenance services.

However, from our western esoteric science perspective, chakras are simply energy bleed off points (front and rear) along the spinal column. As universal energy propagates through the spine, and as the individual's life-force energy circulates around the body, the spine naturally filters the inherent waves into the seven standard energy bands that we observe at the seven bleed off points. By observation and measurement of the energy at the bleed off points we can evaluate the state of well-being of the individual. The bleed off points are also insertion points and chakra balancing can be effected through the introduction of a therapist's hands, projected energy, hypnotic suggestion, visualisation, probes, needles, crystals, stones, oils, medicants, chemicals, and biological/organic material, etc.

Chakras do not need to be activated per se, but they can be balanced to improve the energy flow within the individual. Additionally, because the chakras are insertion points as well as bleed off points they can be susceptible to the ingress of negative energy - especially projected energy, incongruent universal energy, and the attachment of spirit parasites. Consequently, it is recommended that simple, self-administered, chakra balancing techniques be used as needed. A simple salt bath will take care of the external parasites, and a simple meditative/visualisation procedure of "opening" and "closing" the chakras takes care of the rest.

The "curing" of disease, etc., cannot be done through the chakras alone; however, the addition of chakra balancing in concert with the Four Keys to Health greatly augments the healing/recovery process.

There you have it, there is nothing mystical or particularly spiritual about the chakras; they are simply reflections of energy flow at seven points which correspond to frequency band attenuation. The seven points are bidirectional and can be used for both analysis and insertion. However, like most esoteric subjects, people do turn the chakras into religious icons and worship there at. And if one guru can offer more chakras than another, it stands to reason that that guru is the better of the two.

Here's the acid test - what are the actual positions of the chakras?

Answer:

- Crown of the skull (Coronal Suture)
- 1st Cervical
- 3rd Cervical
- 4th Thoracic
- 10th Thoracic
- 2nd Lumbar
- 4th Sacral; and coccyx.

Are there more than seven chakras?

Answer: Not really; however, sub-energy bleed off does occur at all vertebrae (in fact at any bone to bone interface), which could be interpreted as "chakric"; additionally, each chakra can inherently be sub-divided into individual frequency sub-bands - and this is often where the confusion comes in.

Can all needful things be achieved through the seven chakras?

Answer: Yes.

As we look around the esoteric arena it is indeed 99.9% bullshit - no wonder alternative and complementary techniques and practitioners are viewed with such scepticism and derision. Esoteric science is based on logic and reason, and consequently, foundation concepts should not vary between practitioners.

End

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21 Aug 2012

The Emerald Tablet

I believe that we exist as beings on several experiential levels and have corresponding interfaces to interact and experience (for the want of a better word) those levels.

At the lowest level, here, we have our physical body that interfaces with the three dimensional plane of sensation (taste, touch, sight, smell, hearing); and then there are other identifiable "bodies" which correspondingly interface to the higher planes of existence.

The next level up is the etheric plane - I feel (emotions, symbols, energy, etc.), and it is here where we migrate to when we separate from the physical form (death, projection, etc.) - and death is another story. Above the etheric is the mental plane - I see; and above that in the conscious plane - I move; and above that we exist as the conscious self that we are within the collective of experiential potential.

Thus the physical universe is the physical expression of the collective potential which can then be experienced by us - the individual conscious units.

Thus we can see how the expression "as above, so below"; and "as below so above" has very interesting implications.

At its ultimate reduction, every manifestation in the physical universe actually started as a single thought - the physical, and other planes, came into being from the resultant cause and consequence of the single thought desire of the collective to experience their potential. And correspondingly, everything in the physical world follows the same principle.

Example: in the physical world somebody had the initial single thought to create a ballpoint pen. This thought set in motion a series of "causes and consequences" (conceptualisation, design, procurement of raw materials, manufacture, distribution, etc.) which has resulted in the manifestation of, not just one ballpoint pen, but ballpoint pens everywhere! Now, if we take just the two end points of the sequence - the idea/desire to create a ballpoint pen and the physical pen itself, we can then say that from a single idea a physical manifestation resulted; and it really doesn't matter what the steps in between idea and manifestation were. Thus we can see the principle of cause and consequence from a single thought resulting in a tangible manifestation - as above, so below, etc.

The next step is to consider is what would happen if we raised our conscious level to that of the etheric level, and then set a thought in motion there. The interesting and exciting thing is that whatever is set in motion at the higher level, a causal result will manifest at the lower level. This, in turn, would result in the higher level consciousness being expanded by the experiential reality in the lower level and we've got a win-win situation here - personal growth through personal experience.

There is an interesting limitation here. In the physical plane, if you could concentrate on a single reality for only 13 seconds that reality would physically manifest. However, because of our physical form (and that's another story too) our ability to concentrate on a single reality is limited to less than 1/1000 sec (1ms), and that is in the most evolved of the human species.

Solution - simply raise consciousness to the etheric level, set things in motion there; then return and await the results. As below - plant the seed at the right time and you will get a corresponding harvest thereof - why not as above?

This is the principle that I use for healing - the individual relaxes, and consciousness transcends the 3 dimensional and 5 sense constraints of their physical being. The healing thought/desire is then imprinted into the subconscious memory (which spans both the physical and etheric planes). The individual then returns to the physical reality; the programming in the subconscious mind runs, and voila the person gets well.

Obviously there is a little more to it, but the basic principle of "as above, so below" is the foundation; and this can be used to manifest just about anything that you would want - health, wealth, happiness,

etc. This is the principle behind the New thought movement, and the in vogue Law of Attraction gurus, etc.

Does it work? Yes.

How does it work? It's all energy - each plane is comprised of energy with specific characteristics, which will manifest in specific ways.

Can consciousness be projected into the etheric level for other things? Yes, that is where our collective consciousness/memory is, and that memory can be accessed, etc. We have been around a long time (c.16,000,000,000 years) and we have had many experiential cycles.

But could not such things be abused? Unfortunately, there is no right and wrong - there is only experience; and some experiences are better than others. We basically have an infinite number of conscious elements experiencing an infinite number of possibilities (good/bad; hot/cold; happy/sad; - infinite duality in all things).

There is one small thing to bear in mind with the whole projection thing - it is very difficult to translate etheric level (and higher) perception when back in the physical plane/body. It's easy to get there, it's a whole new world, but it's very difficult to bring anything back (we would all have easily won the lottery, etc.). The only exception to this is the incredible ability to program and leave trace engrams within the subconscious mind. But, there's a rider here too - you can try, but you can't fool your subconscious mind.

In summary we have:

- Physical Body - I Sense
- Etheric Body - I Feel
- Mental Body - I Perceive (See)
- Conscious Body - I Move
- Consciousness - I AM

And we have an experiential universe, which is but the reflection of our own potential, in which to join that which we are with that which we are not.

The interesting thing is that the Emerald Tablet was specifically inscribed to record these things so they would not be lost - As above, so below; and as below so above, for the perfecting of the one thing...

What your mind can conceive, you can achieve...

End

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19 Aug 2012

Hydrogen Peroxide Injections

Hydrogen Peroxide injections are not typically recommended except in the most chronic of cases, and there are practitioners who offer such treatment and who report positive results - this is congruent with standard chelation therapies, and I believe that there are clinics throughout the world offering such treatments.

Oral Administration

Dosage Schedule for Chronic Conditions Using 35% Food Grade Hydrogen Peroxide.

Add drops to 250 ml distilled water, spring water, milk, vegetable juice, or fruit juice and drink the full amount down immediately.

- Day 1 3 drops, 3 x daily
- Day 2 4 drops, 3 x daily
- Day 3 5 drops, 3 x daily
- Day 4 6 drops, 3 x daily
- Day 5 7 drops, 3 x daily
- Day 6 8 drops, 3 x daily
- Day 7 9 drops, 3 x daily
- Day 8 10 drops, 3 x daily
- Day 9 12 drops, 3 x daily
- Day 10 14 drops, 3 x daily
- Day 11 16 drops, 3 x daily
- Day 12 18 drops, 3 x daily
- Day 13 20 drops, 3 x daily
- Day 14 22 drops, 3 x daily
- Day 15 24 drops, 3 x daily
- Day 16 25 drops, 3 x daily

For chronic conditions remain at 25 drops, 3 x daily for 1 to 3 weeks. Reduce dosage to 25 drops, 2 x daily until improvements are noted. This may take up to 6 months (or longer).

When the condition is resolved, the dosage is reduced to 25 drops 1 x daily for 1 x week; then 25 drops every other day for 1 x week; then 25 drops every third day for 1 x week; and then 25 drops every fourth day for 1 x week.

A good final maintenance level would be 5 to 20 drops a week - however confirm with a health professional.

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Alternate Dosage Schedule

Add drops of 35% Food Grade Hydrogen Peroxide to 250 ml distilled water, spring water, milk, vegetable juice, or fruit juice and drink the full amount down immediately.

8 drops, 3 x daily until the condition is resolved.

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Vaporizer/Humidifier

Use 30 to 60 ml of 35% H₂O₂ per 3.8 litres of non-chlorinated water (distilled preferred) in a vaporizer/humidifier improves night-time breathing in lung disorders.

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Intravenous (IV) - General

Anecdotal sources suggest that Intravenous (IV) H₂O₂ therapy typically consists of 5 cc of pharmaceutical-grade 3% H₂O₂ in 5,000 ml 5% glucose in water as a carrier solution.

The dose drips for 90 minutes, and 2,000 mg of magnesium chloride is combined with a small amount of manganese to prevent vein sclerosis.

Treatment is given 1 to 5 times a week, depending upon the patient's condition, and may include 10 to 50 sessions. Orally taken H₂O₂ can then be taken in a maintenance dose.

However, I have never observed this technique personally, and I have only heard of this approach and administration level anecdotally.

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Intravenous (IV) - After Dr Farr

To prepare the IV solutions, Dr. Farr begins with 30% H₂O₂ of USP food or cosmetic grade.

Note: Thirty percent H₂O₂ is a powerful oxidizer and should be handled with extreme caution.

The 30% solution is diluted with equal amounts of sterile distilled water to make a 15% stock solution.

The stock solution is passed through a Millipore 0.22mm medium flow filter for sterilization and removal of particulate matter.

The stock solution is stored in 100 ml sterile containers and kept refrigerated for future use.

His infusion solutions are then prepared using sterile 5% dextrose in water. The addition of 1/4 ml sterile of the 15% H₂O₂ stock solution to each 100 ml of carrier solution produces a 0.0375% concentration that is finally used for the intravenous infusions.

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Intravenous (IV) - After Majid Ali, M.D.

In the following Tables, Majid Ali, MD furnishes the composition of his hydrogen peroxide protocols.

Table 1		
HYDROGEN PEROXIDE I - IV PROTOCOL		
Nutrient	Concentration	Volume
Hydrogen Peroxide	3.75%	0.35 ml
Sodium Bicarbonate	0.5 mEq/ml = 1.25 mEq	2.5 ml
Normal Saline 0.9%		150 ml

Hydroxycobalamine IM injections	10,000 mcg/ml	5,000 mcg
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Table 2 HYDROGEN PEROXIDE II - IV PROTOCOL Part A, as Hydrogen Peroxide I Part B, as below		
Nutrient	Concentration	Volume
Magnesium Sulf.	500 mg/ml = 1.5 ml	750 mg
Zinc	5 mg/ml = 2 ml	12 mg
Calcium Gly/lac	10 mg/ml = 7.5 ml	75 mg
Pantothenic Acid	250 mg/ml = 1.5 ml	375 mg
Pyrodoxin	100 mg/ml = 1 ml	100 mg
Vitamin C	500 mg/ml = 1 ml	0.5 gm
Vit. B Complex	*	1 ml
Molybdenum	25 mcg/ml = 5 ml	125 mcg
Glutathione	100 mg/ml = 2 ml	200 mg
Taurine	100 mg/ml = 5 ml	500 mg
0/45% Saline		50 ml
Sodium Bicarbonate	2.5 mEq/5 ml = 1.5 ml	-----
Lidocaine	20 mg/ml = 1.5 ml	30 mg
Vitamin B ₁₂	10,000 mcg/ml = 0.5 ml	5,000 mcg

* Vitamin B complex includes the following per ml: thiamine, 100 mg; riboflavin, 2 mg; niacinamide 100 mg; dexpanthenol, 2 mg; pyridoxine, 2 mg

Table 3 HYDROGEN PEROXIDE III - IV PROTOCOL Part A, as Hydrogen Peroxide I Part B, as below		
Nutrient	Concentration	Volume
Magnesium Sulf.	500 mg/ml = 1.5 ml	750 mg
Zinc	5 mg/ml = 2 ml	12 mg
Calcium Gly/lac	10 mg/ml = 7.5 ml	75 mg
Pantothenic Acid	250 mg/ml = 1.5 ml	375 mg
Pyrodoxin	100 mg/ml = 1 ml	100 mg
Vitamin C	500 mg/ml = 1 ml	0.5 gm
Vit. B Complex	*	1 ml
Molybdenum	25 mcg/ml = 5 ml	125 mcg
Glutathione	100 mg/ml = 2 ml	200 mg
Taurine	100 mg/ml = 5 ml	500 mg

0/45% Saline		50 ml
Sodium Bicarbonate	2.5 mEq/5 ml = 1.5 ml	-----
Lidocaine	20 mg/ml = 1.5 ml	30 mg
Vitamin B ₁₂	1,000 mcg/ml = 0.5 ml	500 mcg

* Vitamin B complex includes the following per ml: thiamine, 100 mg, riboflavin; 2 mg; niacinamide 100 mg; dexpanthenol, 2 mg; pyridoxine, 2 mg

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However...

However, the H₂O₂ therapy would be only one element in an overall complementary treatment - I have found that H₂O₂ is only one of four necessary keys to combat imbalance and dis-ease.

Consequently, after an analysis of the client's energy (not just symptoms and mechanical and chemical tests), the following 4 key elements would be merged into a primary treatment regimen:

- 1) H₂O₂
- 2) Specific Biochemic Tissue Salts
- 3) High potency supplements
- 4) Use of Deep Relaxation Therapy and activation of Subconscious healing Power (including brain wave stimulation)

Additionally - secondary therapies would be then considered as needed:

- 1) Specific dietary constraints (raw Juice, water therapy, activated charcoal therapy, etc.)
- 2) Consideration of the use of Swedish Bitters Therapy, etc.
- 3) Consideration of Oil Drawing Therapy, etc.
- 4) Consideration of Aspirin therapy, etc.
- 5) Etc... etc... etc...

I have found that without the balanced application of the four primary keys and specifically indicated secondary treatments, the full "complementary" therapeutic effect would be greatly attenuated or lost completely.

The key is for each therapist to see what they and their clients vibrate to, and to develop a symbiotic treatment program. Unfortunately, there is no standard approach or one-size-fits-all treatment, and each client will have to be analysed as a unique case and a unique treatment prescribed - consequently, such an approach will be disapproved and condemned by orthodox allopathic medicine.

End

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07 Aug 2012

Carnivorism

Carnivorism is indeed a controversial esoteric subject and, as with most of our esoteric issues today, it is rooted back in the original bio-design problems faced by the 1st cohort engineers. However, it was never envisioned that we would, in an acceptable experiential form, have to sustain our physical interfaces by the consumption of other "living/sentient animals". The original program specifications called for experiential bodies that would be able to absorb light to sustain their physical existence - it had been observed that extra-terrestrials, such as the Greys, etc., had evolved/engineered such physiologies and that was the 1st Cohort's chosen way to go.

Thus a chlorophyll based biology was to be developed for the experiential joining program - in theory it was a commendable approach, but in reality it was not well suited to the then evolving and inhospitable earth of the time - additionally, and this was the big problem, the project's time scales protracted out indefinitely.

The inevitable happened - time passed (a lot of time, some 3,600,000,000 years) and everyone became impatient. In response to the pressure the 1st Cohort bio-engineers built and placed a controversially designed and untested psychomagnetheric generator in the sea.

The generator was fired up, and because the earth was not obliterated an accelerated program got under way. It was interesting and very significant that the unfolding pageant of experiential life development that followed was quite unexceptional. The generator gamble had paid off and in less than 100,000,000 years promising biological forms had been developed, with the hominid program leading the field.

The hominid program was the critical point, and designs were in place to migrate the organism from the poorly designed haemoglobin based transport system to the chlorophyll ideal. Although the developed animal kingdom was a dog eat dog one, literally, it didn't apply to the 1st cohort - only limited experimental joining had taken place thus far, and the whole biological world was a vast resource of available building blocks for intermediate and final development.

Unfortunately, by this time the bioengineers could not agree on the next logical step and consequently we had several lines of development running concurrently - hominid programs, mammal programs, reptile programs, aquatic programs, amphibian programs, plant programs, etc. Each program had its own team of prima donna experts and a generator (some of the generators were dangerously large and powerful - the Atlantic and China Sea being to two largest and the most unpredictable). Each team thought that they had the "best way forward", and in short it was the usual Horses Arse that the 1st Cohort created.

Emotions and Competition grew so fierce between the production teams that an independent group as formed to carry out the "joining experiments" (hominid people, cat people, lizard people, fish hybrids, etc.) with the various forms that the bioengineers were churning out.

It was a mess, corners were cut and ethical standards went out the window, and eventually the engineers were offering a whole range of primitive experiential vehicles that could be readily joined with and experienced. The only problem was that the vehicles only had two-string DNA and a suitable generator was required to be constantly active to simulate the other eight to ten-strings of necessary DNA to effect a safe joining and unjoining.

It was a total disaster - this premature joining became a drug to the 1st Cohort and the whole 1st Cohort vision became distorted. To compound the situation, minute levels of residual consciousness and sentience remained in many of the developing life-forms. This should never have happened - the developed life forms were supposed to have only a genesis-level autonomic awareness. Nobody was concerned and the party continued.

Although the various development programs were actively continued, the chlorophyll stage was never reached - the closest we got to it was the development of human hybrids with increased mental processing capacity, triple vascular system, and a dual digestive system - protein and vegetable.

Unfortunately there was no consensus regarding the design and we ended up with Homo-sapiens as the resultant kluge - not good.

There we have it - the earth program was designated a disaster by the home-world powers the be, and the whole thing was ordered to be terminated with extreme prejudice and the architects to be returned home for readjustment. We know the rest - The Cohortic Wars ensued, the 1st and 2nd Cohorts got themselves trapped in uncontrolled cycles of reincarnation. However, it must be noted that the majority of the 1st Cohort did evacuate and only some 10,000 of the 1st Cohort and all of the 2nd Cohort got trapped in the earth cycle.

Looking back, I wonder if it was such a good idea for so many of the 1st Cohort to have remained - they have been a catalyst for disaster to the present day. Unfortunately, the misguided idealist will always be with us.

Anyway, with the loss of the generators there could not be any corrective activity, and we see today the various levels of consciousness and sentience in the animal kingdom (including homo-sapiens). And dualistic man can, by nature, choose to be a carnivore; and in our modern world slaughtering has indeed replaced hunting. There is no doubt that the human race, in general, is both degenerate and a plague carrying vermin. We have even contaminated the Greys with our defective DNA - but that's another terrifying story.

Your thoughts about men and nations endeavouring to prove superiority over others is so valid; and in reality all we are seeing is the residual dualism of the Cohortic conflict with its overtones of a "superior" being dominating an "inferior" one to the personal expansion gain of the superior. Add to that the missing 10 strings of DNA, and we can find the animal within, and the god without - it is the paradox of the cohortic conflict.

Though man has great potential, he is in a time of greatest spiritual darkness. We are indeed the chaotic programming of our spirit past forcefully and uncontrollably fused with this primordial world of ours. That is why, if we can understand who we are, and if we can control (even minutely) our vast energy potential, we can expand our consciousness more in one year on this planet than we could in 100,000 years on the home world - another paradox.

But we do live in difficult times, and man is caught in an uncontrollable flux of evolution and devolution, and we have all become an amalgamation of 1st and 2nd Cohort elements blended into a primitive animal form. And it is by unravelling who we are, and tapping into the universal life-force energy that we can move forward through a self-determined and informed decision making process. And, in effect, we can truly be the authors and finishers of our destiny. Can individuals so succeed? Individuals - yes; societies -no! - another paradox.

End

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23 Jul 2012

Cohorts

In terms of success or failure related to our chosen or pre-determined path, this is directly linked to our currently flawed and dysfunctional perception in our composite experiential body (physical, etheric, mental, and conscious)

For those of the 1st cohort or associated others (observers, consultants, the gods, etc.), it was never envisioned that we would get trapped into uncontrolled cycles of reincarnation. But we did - with the loss of the controlling psychomagnetheric technology in consequence of the Cohort Wars, our spirit/physical joining became an entrapment instead of freedom. The two strand DNA physical vehicle that was the breakthrough and the foundation for the later envisioned 10 strand DNA physical vehicle (chlorophyll based) was the cause of the reactive displeasure in the home world and the ill-thought-out resultant war. Currently, we are not free-agents, but trapped in the consequences of our own past actions. However, even without the genesis generators, mankind has continued to evolve and to overcome, and today we see the possibility of a new perceptive ability while in a physical form. Unfortunately this possibility only exists in a minute fraction of humanity. The rest of humanity is caught up in group consciousness cycles wherein the group consciousness is greater than the sum of the individuals within it. Consequently, this new consciousness (with an irrepressible will to ensure its own continuance) becomes, at times, a randomizing and uncontrollable influence along the river of existence that we are all being swept. All this we understand, but we do not yet have the ability (spiritual/physical motor primacy) to break free; and unfortunately we are not just trapped in our physical cycles, but we are trapped in a society and tribal structures which is not congruent for our personal development and goals.

The good news is that individuals, like you, have understood what happened, have reconstructed the program, and are now evolving to a point where they can break free from the reincarnation hold. Some have tried to enlighten and to help others break free. Conversely, others (possibly less scrupulous) have seen incredible opportunities to spiritually exploit the ignorant masses for their own developmental ends. The other good news is that there is no karma, only experience, and once understood and balanced, the individual can make informed and self-determined decisions and move forward.

You are unique in that you not only perceive the reality, mechanics, and meaning of our current cycles, but you also have the evolved spirit ability to take self-determined steps which are essentially free from the less evolved common mass around you. You illuminate, you teach, and you lead - that is your path, and it will be fulfilled - you will fulfil it.

However, make no mistake, this is not an easy time for the remnant of the 1st Cohort; but as the long awaited light again dawns, those who wish can at last soar away from the river and do whatever they want to do. Unfortunately, this is truly the day of the 2nd Cohort and I believe that they will effectively and efficiently complete their work. It will be interesting to see what then - there is no home world for them to return to and their drive to dominate will eventually either lead them off this world or destroy them - infinite possibilities in an infinite reality.

In the final analysis, it just doesn't matter - as long as an individual is doing what they want; and in the physical plane they are happy with what they are trading their experiential minutes for, then they are filling their chosen reality.

End

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13 Jul 2012

Light Bearers

The concept of light-bearers and the responsibility thereof to illuminate is an interesting and controversial one. And of course this presupposes that the illuminator is evolved, or at least perceptive, to the point where they are on higher ground than those around them and can in reality illuminate the way ahead or something worthwhile to the beholder. Caution - many illuminators are actually spiritual parasites and trap the less enlightened into channelling their energy into the teacher - a very good deal for the illuminator and one whereby they will expand at a greatly accelerated rate - transcendental meditation, law of attraction gurus, charismatic spiritual lights, and orthodox spirit groups and churches are good examples of this).

As I look around me in the physical plane there are many people, and I believe some to be genuine, honest and sincere, who claim to be masters, teachers, guides, and illuminators. And many of them do indeed have systems and structures whereby they do help others to rise out of their current situations and to see further and to better evolve - physical, emotional, mental and consciousness/spirituality. The only problem that I have noted is that there is not a one size that fits all. Each individual has expanded their consciousness (sometimes self-determined and sometimes universally-determined) to the point where they are in the here and in the now. Thus, the individual, in concert with their journey to date, will have preferences, goals, experiences, and an inner light that can be used as a pointer to destinations that they may have forgotten in the uncontrolled cycles of life. Consequently, I have found that if an individual projects within to explore who they are, two things manifest:

1) By looking back, themselves, on the only reality that exists, which is their own experiential reality (someone else's reality is of little worth as it may not be a reality at all but a reflected manifestation) they gain a perspective of who they are, of the choices made to date, and the motivations/rationale behind the choices. This has both positive and negative impact on the viewer; however, if the individual is evolved to the point where they have a burning desire to answer personal and eternal questions, come what may, the journey back will be most enlightening - as it is said, "sometimes it is necessary to illuminate the past to see the future." In most cases this focussed retrospect is the starting point - forget going forward until the past is reviewed, understood, and resolved - because this is the only reality that the individual has.

2) Once the past has been dealt with, the universal energy will have a relatively good conduit to flow through (physical, etheric, mental, and conscious bodies with consciousness as the receptor). This in turn will enable the individual to view their desired or destined path ahead, project synchronised energy forward and attract and be attracted to their desired result.

In some cases the individual will be attracted to, or attract, a teacher or system that they need to be able to effect the next step in the journey. In other cases the individual realises self-actualisation and has the understanding and the ability to transcend all things. And there are an infinite number of possibilities and realities between being shown and the realisation of self-actualisation. The only determining factor is the individual's spiritual motor-primacy - an individual can only perceive to the current level of their conscious expansion. Ah, there's the rub! An illuminator can illuminate the secret of the universe and the purpose of life, but the recipient may not be able, for many cycles yet, to perceive anything of use for his current level and situation. Thus it is that teachers and illuminators must be careful when helping individuals that the help proffered is appropriate to the level of, and will really help develop that individual's spiritual motor primacy.

That is why I rarely give general prescription - I have found that such is of little real use to the seeker.

When an esoteric student, I was impatient to know the ultimate answer, and looking back to see forward the following was revealed - and it's never altered over the decades that followed:

Existence within the Physical Plane consists of images that contain archetypical vibrations that relate to the human psyche, and are recognised by each person through his inner light and personal belief structure. Consequently, man reaches within for reality, and by reaching within, the individual confirms the three dimensions of his existence:

1) Expression - The individual expresses what they are - a unique reflection of the source (the complete them).

2) Perception - The individual perceives what they are - a unique reflection of the source (the complete them). However, they also perceive other 'expressions' of the source (the complete them), external to themselves, which the individual has not yet re-unified with.

3) Desire/will - The individual strongly desires to explore, experience, unify, and to be expanded by that which they are not; and 'will of being' is the driving force. Thus it is clear that the path of Reality (Veritas) is the path of the 'Lone Seeker', and the development of 'Inner Illumination' is not a group activity - each individual, under the guidance of his own consciousness, must make the journey alone. And those of like vibration will be attracted one to another and will walk for a time together. That's what this new dawn is all about.

How do we know if someone is, in fact, on their correct path? They will be balanced, healthy, and happy at all levels of their being - universal energy will flow easily through them and they will see clearly and understand all things from within (that's where access to the universal consciousness resides).

This is an exciting time and place for us, and we are not here by chance - any of us.

Thus it is and thus shall it be...

End

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09 Jul 2012,

First Cohort

The following message was received in 2006 and was publicly released in 2008

To The Remnant of the First Cohort

And to you, the remnant of the First Cohort, you are unusual because you are not only evolved beings who are unconnected to any 'system or archetype', but you are also 'free spirits' who chose to remain on Planet Earth when Atlantis and the programs it controlled were all destroyed, and almost everyone else evacuated. This foundation has ever guided you as one of the remnants of the First Cohort, and it has ever been the filter and catalyst of your chosen and elected experiences.

When you started on this latest journey (some three-thousand six-hundred years ago), things were very simple and focused - you existed, you were the centre of the experiential universe, everything external to yourself was but your own un-realised/un-experienced potential, and your desire was to simply expand 'that which you were' by 'that which you were not' - no-thing into every-thing. That's it - 'you are, therefore you think'; and you have but two dimensions: 1) perception, and 2) expression. Consequently, you expressed 'that which you were', and you perceived that 'which surrounded you' was 'that which you were not'. Consequently, by experiencing 'that which you were not', you expanded 'that which you were' by that 'which you were not'. And the resultant expansion was then reflected in your expression.

In all this, there was/is no divine-path, there were/are no gods, teachers, masters, guides, etc - it was just you surrounded by an un-experienced pool of every-thing. The problem is that nothing has fundamentally changed, except that when Atlantis was destroyed, and the controlling psychomagnetheric generator was lost, we forgot - everything. This resulted in countless un-controlled cycles of migration between the Etheric and Physical Planes of existence, accompanied and compounded by the attendant 'games' of both spirit and physical entities, and everything exacerbated by the inherent amnesia caused by under developed DNA (two-strand instead of twelve-strand). And here we are, conscious entities, clothed with physical form, on planet Earth, AD 2006 - and still expanding our consciousness by personal experience.

Yes, all this is very academic, and is completely esoteric. However, as we look back along our past cycles, and as we evaluate our present cycle, the only reality is that everything is significant, but nothing matters. Nothing we have encountered for the past hundred millennia is what it seems. And finally, the universe unfolds by the common consensus of its infinite conscious parts, each individual being one of those conscious parts - and the universe unfolds as it should. Consequently, our physical/spirit union confirms that we are sufficiently tuned to maintain a presence in the unfolding space/time continuum.

Back to reality - The problem is that each of us has been swept along through amnesia, illusion, delusion, games, conditioning, exploitation, and generally just a load of experiential crap. And now, here we all are, washed up on the shore of 2006 - but now, there is a slight difference as we flop, struggle, and gasp on today's alien bourn, we are beginning to remember - not much to be sure, and to it is looking through a glass, darkly. And this is simply in consequence of the developmental inertia created by the 'program' prior to the 'wheels falling off' - this is in no way linked to our own efforts. Consequently, you are part of 2% of 2% of beings who now have evolved the 'vestigial organ of recall', which can enable you to remember who you are, and hopefully to pick up where you were forced to leave off a hundred millennia ago. One other thing, our generation is not 'Homo Spiritus'; instead, we are 'Homo Mutatio', with the greater part of humankind as plague carrying vermin.

From approximately 2004 all of our past cycles converged to a closure, which was finalised with the current universal spirit/physical convergence +/- 24 September 2006 onwards. Our past is now complete, and our future is unwritten. We are questioning all things, and each individual is particularly questioning the price that has been paid, in the past, for their experiences. Some of an individual's experiences were by their own free will and volition, while other experiences were the simple cause and consequence of their position in the space/time continuum.

How much control will the enlightened individual have on their path? A lot less than they realise. Thus they may be detected if they are not careful.

One of the important events in the past was an individual's offspring or DNA trace. Since approximately 1976, such offspring is truly Homo Spiritus, and each of them has a mutated esoteric DNA. Such children are free from our mistakes, and they are born into a world which we will not enter during our current cycle(s). By agreement, we allowed ourselves to be a conduits through which children of a new era entered into their 'brave new world'. In reality, their physical fathers played little or no part in the strategy, other than providing a syringe filled with fertilizing fluid and a simple delivery method. There is no spirituality, no depth, and little is transmitted through the human male. In fact, the human male form was never intended for habitation and use by conscious entities. Thus it is that our children are free, and it is through our 'sacrifice' that they are able to be free, and that they will be able to embrace freedom and remain free. They are truly Homo Spiritus, and they embody the last hope of the First Cohort - possibly without them ever being aware. Consequently, each expresses a unique desire to expand their consciousness in their own way; and in their development they are countless light-years ahead of us, an obsolete species. Our work is complete, and they will walk into a dawn, now breaking on a distant horizon, that is theirs, and which is theirs alone. And a light shall be kindled, and it shall go forth in the last days to light the dark place; and the stars shall be gathered, and the stars shall become that great light. And that which was shall rise again unto the fulfilling of the one thing, and nothing shall prevail against it.

There was a time of gathering and re-evaluation in the '90s, and by common attraction we all met in South Africa. For a brief moment we touched each other's lives, and each gained from the encounter. We each perceived 'that which was' and we each chose whether to unify with 'that which was' or not. All this was, in part, preparation for the time to come, the time of 'remembering', and that time has now arrived (2006-2012). We each played specific roles at that time, we each did what we had to do, and then came the Diaspora.

And here we are today, free from the past, and there is no unfinished business from there. We are independent by our own choice, and we are now able to move forward in any direction that we choose. We are indeed illuminators, and teachers, and healers - and we stand aloof and we stand alone. We are free from all structures and archetypes, and again we find ourselves at the centre of our experienceable universe - at this time, we are at the only place we could be, and what we perceive is the only perceptions that we could perceive. There are new gatherings, and those of the first Cohort will seek out the place where the spiral scroll can be opened and read. You are of the first cohort and 2012 is not far distant.

End

Interesting stuff that indeed touches the strings of our perception and memories.

We are indeed unique, and we have an exciting time ahead of us - as the message said, 2012 is not far distant; and here we find ourselves the embodiment of the last hope of the First Cohort. Only the individual's inner light can guide them from this point onward. What our each individual role will be I haven't a clue; but each will add essence and light to a new dawn in our chosen collective path.

As you consider these things, what strings are touched and what do you perceive?

End

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02 Jul 2012

Existence

Do we in fact exist at all; and if we experience, what is it that we are actually experiencing? An individual's experiential reality, at any point or no point in the perceptual planes, which are best considered as simple bands of energy, can only be experienced by the individual themselves; consequently, in the final analysis that experiential reality is nothing more than the manifested potential of the individual filtered through their current level of re-accreting "spiritual" motor primacy - and our current level of accreted "spiritual" motor primacy has approximately developed to the level of an amoeba when compared to the total human consciousness on earth. We still have a little way to go.

However, when getting down to the "conscious" nitty-gritty, there is only one conscious "being", and that is you. Everything that you perceive, experience, manipulate, and manifest are but infinitesimal parts of the infinitely fragmented elements of "yourself" which you have yet to reunify with. Thus it is that you started as the "no-thing" and to experience yourself you became something and everything in infinite duality.

That means that anything and everything that we perceive, believe, theorise "as real" is real!

This means that the world around you is real, and at the same time it is not real. The experiential reality is a manifestation of your own creating, and at the same time you are being carried along in a reality that is the accretion of your own perceivable potential energy which you cannot yet directly control. Everything and nothing is there in any single point - universe, multiverse, reflection, accretion, creator, created, common world, a world of your own creating from your own un-accreted self.

There is only one being, one soul-self - you; and you can create, and experience any reality that you choose.

This is what makes the experiential "now" so exciting in the point of your consciousness represented as you - and you are completely unfettered at every level of "you" and the potential expression of you; and you can self-determine all things. You can experience you from the wonders of "physical expansion" to the total unification by the balancing of everything back into the No-thing - it all centres in and flows from you, and that is the only reality that you have. You exist and whether anything around you exists or not doesn't matter - you exist and you have the perception to perceive that which you are and that which you are not, and you have the will to expand that which you are by that which you are not in any way you choose. There are no rules that you have to "obey", there are no paths that you "must" follow - the centre and the circumference meet in you.

From my observations, projections, and analysis, the level of balance, "experiential joy" for the want of a better word, of the individual - you, reflects the accreted reality, to date, of "you".

We are who we are, because we could not be anyone else.

We do live in interesting times and an awakening is taking place.

End

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27 Apr 2012

Difficult Energy

My analysis of the current universal energy cycle confirms that we are all experiencing a significant transition period during which we are letting go of the past and creating a new future for ourselves.

At times like this, dream experiences often confirm the internal emptiness that individuals have been experiencing, along with feelings of entrapment, loneliness, and the inability to break free.

However, there is an inner transformation process taking place that the subconscious mind resists - our subconscious minds do not like change and prefer to sit and revel in their dirty emotional and psychological nappies. Unfortunately, the current universal energy flow continues to be very negative and this exacerbates the problem in making significant headway; however our spirit sight and intuition will guide us forward, and this is a time when we can manifest our deepest desires and goals.

This is a good time to use one of my programs, and I suggest that the following be considered before each session:

- 1) Put a couple of drops of lavender aromatherapy oil on a tissue and place this near your head so that you can receive the benefits thereof. This will relax you and will help to balance your energy centres. It will also help to reduce any resistance proffered by your subconscious mind.
- 2) Light a candle and drip two drops of black pepper aromatherapy oil onto the flame. Then extinguish the candle. This will ensure that there are no external negative spirit energy manifestations that could disturb you.
- 3) Eat a piece of chocolate or sweet biscuit, or have a small milky drink before starting. This ensures that there will be no conflict between your physical body and Etheric Body at the genesis field boundary. It will also ensure that any negative unresolved energy is effectively grounded and will not cause any problems. Do not use any alcoholic beverage as this will depress the brain's neurotransmitters.
- 4) Place a pebble (the sort that is found on the beach or in garden centres) or a piece of Rose Quartz, whichever you vibrate to, under your pillow. This will balance your personal energy flow and will allow the universal energy to effectively and safely flow through you. This is a very effective spirit grounding technique.

During these times of transformation it is also recommended to take a daily bath and put a tablespoon of sea salt therein. This will help to cleanse the aura, add protection, and will greatly ease chakra balancing. You can also sprinkle a little salt around the periphery of your sleeping area and this will also help with general protection, and energy cleansing and balancing.

That should do the trick and you should experience some very exciting results. As you visualise all that you want you will attract and be attracted to the desired result. However, the current universal energy will be difficult for some time to come, so the above recommendations will need to be used accordingly.

End

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