

## EXERPTS FROM “Diagnosis: Dis-ease”

Here is the real deal. There is a dis-ease, a serious virus we have caught. We are not getting our share of prosperity. We are not having enough abundance and joy. I will call this disease *Prosperityitis*. Our bodies are not taking the wear and tear. It is called old age. We are croaking too early. What does the New Age say about this? It says that our bodies were designed to live over 900 years and we were born on this planet to enjoy all those things we want. It is our birthright. All we have to do is believe it and take it. Well, hello, is anybody home here? Why is everybody so poor and hungry and so busy fighting each other if it is so easy? Do these beliefs have any credibility? Is it just another scam to sell something? Perhaps we are just being misled, again?

So why have we missed out on the deal? Something is obviously not right here. Most of us do not seem to have a full sack of bolts. If it is a birthright to have prosperity and abundance, then there is something pretty crazy going on. It is no problem finding huge numbers of people who are not getting their fair share. So what does the New Age say about this? Well, the New Age tells us that our abilities to take our fair share have been hidden from us by a few elite people and that fear and hate have atrophied our ability to manifest prosperity and happiness. Our minds and brains are not functioning at full capacity. Our sack of bolts is missing the nuts.

The New Age says if we want to access prosperity and happiness, we need to love our neighbors a bit more than we have been (old news!). Fear and hate prevent the manifestation of abundance. Then, there are our bodies. We have effectively poisoned our bodies with toxins and fats and sugars that have made us chubby and lazy. We are physically and mentally dysfunctional and what’s worse, we are under constant stress. We are always fearful of something – debt, bills, loss, lawyers, terrorists, tax collectors, regulations, death and sickness. It never seems to end. We are always drumming to bankers, money, bosses, or “the system.” We are always listening to the bad news channels and reading the negative information in the newspapers.

The prognosis doesn’t look so good for an awful lot of people. The chances for recovery are slim unless you change your “evil” ways. We have a dysfunctional body, sluggish mind and atrophied spirituality. No wonder intent doesn’t manifest for us. We are weak from being fed a thirty thousand a year diet of lies and misdirection.

It seems like a losing battle, a lost war.

Or is it?

Not as far as I’m concerned. I think the dis-ease can be easily cured. It just takes a little will and intent. But we have to get started. The last thing we want to do is enhance the negativity, fear and dis-ease. As we approach 2012 and the zero point, doing that will only make things worse.

So stop the negativity, fear and decline. The New Age says there is a medicine to help. There is a medicine to fix the dysfunction and ease the dis-ease.

Let’s get on with it, shall we?

## EXERPTS FROM “Spiritual Healing: The Secret Laws of the Universe”

Alright, down to business. As noted above, my prescription for peace, prosperity and happiness is founded on mind, body and spirit. In my book, spiritual health and well-being are based on several Secret Laws of the Universe that I am about to reveal. Do not get me wrong, I’m not the only one to know these secrets. These have been my secrets but they

have also been the secrets of select few wealthy and influential people for many centuries. If I've learned one thing about the New Age in all my reading it is that the Old Age system of beliefs is staggeringly similar to the beliefs of the New Age. The only difference is, in the Old Age, the secrets were secrets. In the New Age, the secrets are being revealed. So, without further ado, here are the secret laws of the universe for your careful consideration.

### EXERPTS FROM "Spiritual Healing: The Secret Laws of the Universe"

**The Fifth Secret Law** is that energy attracts like energy. What you think about, you bring about. *Energy flows where attention goes.* What is crucial to this is that we are designed to always be manifesting energy and that the energy creation process does not care whether it is negative or positive. You have no idea when you will manifest something, however your mind will simply work towards manifesting it. Your thoughts work towards attracting the string of events needed to manifest your intent into reality. Think about how gravity and magnetism work. They are invisible forces pulling at things. The law of attraction, another invisible force, pulls like energy vibrations closer.

There are two ways to manifest things faster. The first is to focus on love to ascend so that you can invoke new powers to manifest things faster. The second is to make emotions strong and use positive visualizations. Fuel your visualizations with feelings of joy. Be happy as if you have already manifested.

Remember, the mind and brain are always at work but if the thoughts are fragmented, the power of the energy to manifest anything is weak. Focus attention and use sticky notes if necessary. The more persistent and insistent you are, the faster things will happen.

### EXERPTS FROM "Spiritual Healing: The Secret Laws of the Universe"

**The Sixth Secret Law** is that the Universe is literal. This means that you must pay careful attention to your intent. In other words, *be careful what you wish for.* In occupying your mind with thoughts, you must be careful to have a clear idea of what you want. If you use the word wish in your statement of needs, you will end up wishing. The more detail you have in your mind, the better. You can dream of a new house but also insure that no one is harmed by your wish. If your dream is for a new car, visualize exactly what it looks like in your mind. Be specific and detailed.

State and visualize things as if they are already done. Reinforce this with feelings of joy. Experience your dream as fact. *Believe, ask and receive* otherwise, you bring manifestations of what you think you are getting rid of. Guess what "fighting cancer" or "fighting for peace" or conducting "war on poverty" does as a manifestation? It doesn't eliminate poverty or disease, it strengthens it. Think about war and you manifest war. Think about poverty and you manifest it. Think about poverty as if it really exists and it does. We make things happen by acknowledgement of that which we are resisting.

Remember, *energy flows where attention goes.* What is usually in your mind? Do you have fears that occupy your mind. Are you afraid of being fired? Are you afraid of losing your lover? Are you afraid of Armageddon. Pay attention to the following statement. *What you resist, persists.* What you resist, you give space for in your consciousness and, since energy follows thought, what you resist you manifest.

Start from an empty slate. Act like a big dummy. Be specific with your mind. Be specific with the universe. Pay attention to what you are thinking about. Practice positive thinking. Practice meditation. Meditation is a great way to add a little discipline and control to your thoughts. Live in the world of your dreams and soon enough you will live in the world of your dreams.

## EXERPTS FROM “The Emotional/Mental Body: Right thinking, positive feeling.”

Physical, mental/emotional and spiritual. A prescription for 2012 has to work on all components together. You are what you think. You are what you eat. You are what you feel. You are what you do. When you pollute and encumber these bodies with negative energy, it manifests in poor health, bad attitude and disharmony. You know the result. When they are in harmony working together, they are powerful beyond your wildest dreams. So stick with the program. Here are seven ways to clean up the mind and emotions and make your body jump with joy.

## EXERPTS FROM “The physical body: You are what you eat”

“By now you will have realized that what you have achieved in your life is a result of your thoughts. You may have realized that the “think and grow rich,” “business assertions,” and “taking control of your life” motivational courses deploy some of these laws. Most important is that you have begun to understand that you must be very aware of yourself and your thoughts. You cannot allow movement to the “dark side.” You do not want to give the most powerful energy generator around, your mind, any negative thought or emotions to work on! But there is more. Your consciousness is just the start. You must also look after your body.”

**“Decontaminate it.** You have spent most of your life contaminating it with ridiculously unhealthy fuel and icky dark stress. You may want to go to a naturopath or dietician and find out what your food sensitivities are. If you are overweight or unhealthy, you will probably find that the things you like are not the best for you. That is your ego running the show. Do not feed that little monster. Get your body to tell you how it feels, not your ego. The body will thank you for a new eating plan.

It all goes to giving the body a chance to get into a better state so it can perform the way it was designed to perform. It was designed as a sophisticated creation device. It was designed to heal itself, but if your machinery is not functioning for want of proper food (physical food, spiritual food), it becomes dysfunctional, lowers its vibration and becomes susceptible to disease.

Booze, pharmaceuticals, processed foods, smoking, industrial contaminants, chemicals, are well-known contaminators and polluters. Make a plan to moderate and control them. Consider cleansing and detoxifying as a “kick-start” plan to get it to the point where it is capable of doing its own job.”

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**Lay out what you want out of life.** This is very important. You need to sit down and write out what it is you want in your life. Think about this as a Universal Catalogue of Goodies. It could be ascension, a healer, spiritual avatar, health, car, house, job, money, love,

business, success or whatever. Let us use an example of a new car as one of the items. There are three important things about manifesting this. First, you must *identity* it. Be clear about what it is. The best way is to write it down very clearly in a concise list. Second, you need to have a clear picture of the end result of having attained it. Try putting a picture of a Land Rover that you want on your desk so you can create a visual image of it. The third part is to bring in the emotional part. Visualize a clear picture of you sitting in or driving your Land Rover and feel the great experience of it. What you must capture are the feelings that you would have as a result of having it. Once this is done, these items reflect what your life is going to look like at some later time. Let us call it your "Life Plan." Make a little Life Plan Desire Movie of it if you like. These are your wishes, end results and feelings.

## EXERPTS FROM The Emotional/Mental Body: Right thinking, positive feeling.

**Set a program to ascend and increase vibrations.** The more of the ON-BUTTON emotions you bring into your life, the more you move into higher spiritual capabilities of your body and mind. It also becomes easier to manifest things and develop capabilities that you do not believe you have. Get rid of any false belief that can't manifest what you want. Universal prosperity is the gift of God to you. Know you have the power to manifest anything. Work to delete your supposedly harmless statements like "I hate," "I am not feeling good," "I am sick of," "I can't do it," "I'm not worthy," "That really pisses me off," "I can't stand it," and the likes from your negative inventory of expressions. They do not serve you well. Always look for ways to do good, feel compassion and serve others. A smile, a hand up, a few coins or perhaps things you have learned here and there. Always place forgiveness in your perception of any experience you have had or are having. Look for things to forgive. Know there is no wrong or right so do not judge. Show compassion without judgment. If you feel any anxiety, guilt or fear, look to the root cause and forgive that which caused it. Forgive yourself. Look for ways that can accelerate your ascension and vibrations, such as the special meditation provided at the end of this book. Remember, we are now in a position to activate our bodies into full power. To do that, you need to first show intent, accept the possibility and take the initial step.