The Miracle of You and Your Cells
A Practical, Powerful Solution for Living Abundantly

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Written by Enlightened Journey Enterprises
Founder/CEO Chuck Danes

In this enlightening, empowering and groundbreaking E-Book, you’ll discover how tens of thousands of people globally including Doctors, are Healing Illness, Disease and Emotional Issues spontaneously without modern medicine as well as Resolving Emotional, Financial, Relational, and Spiritual issues as well. Rest assured, it’s not nearly as complex or complicated as so many in the world today believe it to be.

You’re Just Moments Away from Discovering Little Known Insider Information That Can and Will Open New Doors of Awareness, Understanding and Life Transformation If You'll Choose to Allow It to

Written as a labor of Love by Chuck Danes and provided
Courtesy of Enlightened Journey Enterprises

http://abundance-and-happiness.com
There’s Something Significant and Vitally Important for You to Know
That Far Too Few in Today’s Busy, Hustle, Bustle and Often Times,
Hectic World Truly Grasp or Understand. And it’s This…

The Key to Experiencing an Extraordinary Quality
of Life Physically, Financially, Relationally,
Emotionally and/or Spiritually is as Simple as
Eliminating Physiological Stress

Whether you’re currently aware of it or not, you truly can Be, Do and
Have whatever you aspire to create in life should you choose to become
aware of what draws it to you, what's “truly” keeping it from you and
once understood, choosing to “Make The Shift.” Now you’ll know how to
do so in a very Simple, Logical, Practical, Powerful and Proven Way.

We each without exception aspire to be, do and/or have more in life. Yet many...most
perhaps, are unaware of what enables the physical, financial, relational, emotional and/or
spiritual harmony that so many consistently seek, to become and remain a way of life.
It’s not nearly as complex, complicated or difficult to achieve as so many believe yet at
the same time, there’s substantial proof that exists today which reveals in a very clear,
logical and rational kind of way, why that’s so. And in a word, the answer is...stress.

Unbeknownst to many, cutting edge scientific research is validating that 95% or more of
all the diseases and emotional issues plaguing humanity are created by stress. But the
implications go far beyond health of a biological or physical nature. It stretches far
beyond physical health. Stress impacts the financial, relational, emotional and spiritual
aspects of our lives as well. But the good news is that science is also discovering how to
transform every aspect of our lives in tangible, measurable and very significant ways.

But contrary to the way most attempt to resolve their own mental, emotional and
physical symptoms which also show up in our finances, our relationships etc., it's not a
form of stress that can be effectively dealt with and eliminated with push button quick
fixes and/or a regimen of pharmaceutical drugs. In fact it's this all too common “one size
fits all” way of “doing” things that only serves to cover up and mask the “true cause” of
stress and the impact it has in other areas which only serves to snowball and create
additional stress as well as additional complications in each and every area of life.

The Miracle of You and Your Cells will clearly reveal in easy to digest and clearly
understandable language, if you nullify your stress, your body’s natural healing system
can overcome almost anything; pain, ailments, illness, phobias or disease as well as
enable you to begin creating and experiencing harmony and fulfillment in EVERY area of
your life...
...but first you must understand what stress **REALLY** is, where it comes from, what’s “truly” causing it and how to effectively eliminate it at its source once and for all.

Yes, it’s going to require some “doing” on your part, yet at the same time...It's a much simpler and far more easily accomplished form of doing than most understand or are even aware of.

**When you've finished reading The Miracle of You and Your Cells, you'll know, understand and possess insider information clearly revealing how to safely, naturally and effectively:**

- Super Charge your immune system.
- **Help your body heal itself.**
- Eliminate ALL your pain, stress, fear, depression and disease.
- Turn your body's Defensive Cells into super Growth Cells that will not allow illness to develop within you!
- Awaken you to an empowering and transformational approach for making the “internal shift” from fear, doubt and worry to an entirely new paradigm of PERSONAL POWER.
- Experience a kind and quality of life that few understand is, always has been and always will be readily available to you.

Then it's simply a matter of choosing to apply what you've come to know and understand...or not. The really great thing about it all is that you do have a choice. We each have far more control and say so over the physical, financial, relational, emotional and spiritual aspects of our lives than you might think. And it's all about **your** choices.

The “truly exciting thing” about that statement is that each choice you do make has much more power in molding, shaping and determining the kind and quality of your life than most are aware of and truly understand. Once you know how to choose consciously, purposefully and intentionally, you’ll become fully empowered to reclaim and consciously utilize your personal power and control. A more accurate statement would be that your choice to relinquish control in the sense of the word that most define control, is what will enable you to create and experience many more of the things you “truly desire” in your life whether it be physically, financially, relationally, emotionally and/or spiritually.

That’s what The Miracle of You and Your Cells is going to assist you in understanding and doing...Reclaiming your power...Your “True Power.” On that note, let’s begin, shall we?
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Foreword from Enlightened Journey Founder
And CEO Chuck Danes

There are an ever increasing number of people in the world today who are seeking answers, alternatives and solutions. A “better and more efficient way” of doing things that will both enable and empower them to be, do and/or have more; more specifically a greater and more fulfilling quality of life that so many of the traditionally established methodologies, institutions, educational systems and other “external” sources so many have looked to and depended on in years past are unable to provide.

It's not that these external “things” don't have their place, because they most certainly do. In fact, they're vitally important. The “problem” arises when we place all of our hope, faith and trust in them exclusively, and in doing so we limit ourselves to finite results that “external resources” always have and always will be limited by.

And that is precisely what has so many consistently “looking for answers, alternatives and solutions” only to find that where they’re looking and what they often find as a result, always depend on and often use, has them consistently looking for something more. And that’s needlessly creating some unnecessary havoc in a lot of people’s lives. “Perceived havoc” that is.

Depending exclusively on and looking toward many of these “externally based” solutions for answers has many believing that they are victims of life's circumstances. And in far too many cases, due to making that choice, they overlook the “Higher Truth” that they are in fact active participants with much more power and control than they might currently “believe.” Essentially, they become blinded to what’s truly available to them and remain unaware; in many cases oblivious to the “Higher Truth” regarding both how and why each of the events, conditions and circumstances in their lives unfold.

And that's where “the problem” lies. The “perceived” problem that is. And this “perceived” problem often remains real and constant due to what so many “believe” to be true about themselves, their capabilities, the results they feel they can or can't achieve and in the bigger scheme of things about life in general.

I want to cut straight to the chase and assure you that regardless of where you might be in life right now...regardless of the kind and quality of results that you are experiencing, have experienced or will experience at some future point in time, there's greatness inside you. It's a form of greatness that makes possibility and potential; your individual potential and the possibilities available to you far more than just “possible” but probable. And these probabilities and the potential you hold to be, do and have more of whatever it might be that you aspire to create more of in and for your life are quite literally infinite in nature.
In fact, that's where your “true power” lies. And due to its infinite nature, it’s an unlimited form of power that far exceeds what most “perceive” and define power to be which is, in more cases than not the very way of looking at, seeing and perceiving things that is suppressing, snuffing out and keeping their Real Power from shining through in a desirable kind of way. Because what most believe to be power is more often than not, created by force, authority, domination and/or fear. It's a very limited form of power derived and made real from a predominantly, and in some cases based on a strictly “external” way of looking at, seeing and doing things which always has and is always going to be limited to and by its physical and finite nature.

Yes… force, authority, domination and fear do create and project a form of power without a doubt. But it’s not Real Power. And there is a difference…a tremendous difference. External power is not “Real Power.” External power is physical and finite. External power requires that some win and some lose. It's a power based on “force” or status. Internal power is “Real Power.” It's infinite in nature. There is no “force”, only Real Power. No one loses and EVERYONE wins when internal power is used “consciously and intentionally.”Everybody wins and each receives what they truly desire when it’s used consciously and intentionally.

The really exciting thing is the fact that we've all been provided equal access to this power. And the really awesome and amazing thing is the fact that we can use and exercise it whenever and if ever we choose to do so.

It simply requires a willingness to enhance your awareness and get to the place where you understand; truly understand that we all have it...we've each been freely provided with it and that we truly can use it whenever we choose. The fact of the matter is, we are already using it. All of us are always. Some just don’t know that. So, to begin using it in such a way that reveals and unleashes this “Real Power”, your “true power” in a desirable kind of way, it's first necessary to understand that you do have it and that you are in fact using it already. Once you know that, it’s simply a matter of mastering and honing your inherent ability to begin using it consciously, intentionally and purposefully.

And making that choice can and does differentiate between creating and experiencing an entirely new quality of life or consistently repeating the very same self-limiting and self-sabotaging choices while at the same time feeding the seemingly inescapable cycles that stem from these habitual and unconscious patterns.

Everything in life is made real due to patterns and cycles. As it pertains to you, these patterns and the cycles they create, regardless of how perceived, are derived from and made real due to habits. These habitual and more often than not “unconsciously engaged in habitual patterns” create and unfold into seemingly self-replicating cycles of various kinds and qualities which determine
the kind and quality of our physical, financial, relational, emotional and spiritual results. When we unconsciously, habitually and consistently engage in the same habitual patterns that conflict with the more desirable cycles that we hope, wish and pray we could create and experience, we are without knowing or understanding how or why, choosing to remain “seemingly trapped” within these “seemingly inescapable” and less than desirable cycles. And it’s these less than desirable cycles that we see and experience in life which only serve to solidify in our own minds how inescapable they are due to the realness of the experience.

That’s why beliefs and perceptions are so vitally important. It’s our beliefs and perceptions which determine not only why but how we’ll respond or react to what’s taking place in our lives. Habitual reactions triggered by fear, in essence feed and sustain these less than desirable cycles which result in recreating and re-living over and over again the very events, conditions and/or circumstances that we often claim that we don’t want to experience, yet feel helpless (often hopeless) and believe we are unable to change or do anything about.

But these fear based reactions and the less than desirable cycles that this choice feeds and creates are only enabled to persist due to our own individual choice to remain unaware, essentially blinded and oblivious to the Real Power freely provided and readily available to each of us without exception. And this seemingly elusive Real Power only seems limited based on our individual beliefs and perceptions that a physical and finite form of power that so many depend on, consistently engage in and “perceive” as being so “real” is all there is.

Our only requirement...all that's necessary to access, begin utilizing and experiencing this Real Power for ourselves is to recognize what’s taking place at the seed level and once understood making a conscious and intentional choice to “Get to the heart of the matter.” Getting to the heart of the matter requires nothing more or less than choosing to become keenly aware of, recognizing and consciously bypassing the limited programming of the mind and making a conscious, intentional and purposeful choice to open, tune into and begin following the lead and guidance that exists within and is always being communicated through our hearts.

That's where we rediscover and become enabled and empowered to begin consciously and intentionally using our Real Power. That’s where our “true power” is found; in our hearts. We’ll be covering more about how and why things work that way as we move forward.

The bottom line is, we have much more say so over our experiences in life, whether it be our health, our finances, our relationships, our emotional and mental states than most are currently aware of, although the word is getting out and spreading globally, more so today than any other time in history.

As true as that is, many still choose to overlook, remain unconscious and as a
result unaware of the information being discovered and made readily available to anyone who will simply choose to look beyond their “perceived” difficulties and imagined limitations just long enough to find it.

Yet it's a choice. And it’s an individual choice that we each have the right, the ability and the free will to make or not. Those who choose the latter never discover the boundless potential they already possess to be, do and have more of whatever they aspire to be, do and have more of in life.

Many...perhaps most, aren’t aware of that. They simply don’t know that. In some cases, they don’t believe that. As a result they’re unable to see that and don’t get more of whatever it might be that they desire...what they “truly” desire.

But that doesn't mean the potential and the probability to enable our heart based desires to become real, tangible and measurable doesn't exist because as you'll soon discover, if you're not already aware, it most certainly does. The first step in discovering and personally experiencing your potential; your “true potential” and enhancing the probability that you can and will receive whatever your heartfelt desire/s might be, requires nothing more or less than choosing to become consciously aware of how real, true, powerful and transformational making that choice is.

To do so; to be, do and have more, you must become more.

To reach new heights...to experience something greater than you have whether physically, financially, relationally, emotionally or spiritually requires becoming more. We all desire more of something. It's our nature. It's ingrained in our DNA. But to do more...to have more and to experience more of whatever it might be that we desire individually, first requires a conscious choice as well as a commitment to become more.

And contrary to what most “believe” and as a result, how most choose to go about attempting to become more, doing so is an inside job. It requires nothing more or less than making the internal shifts which enables our Real Power to become KNOWN. And once it’s KNOWN, understood and the choice is made to begin consciously utilizing it, we begin to see and understand just how powerful we “truly are.” We get to see in a tangible and measurable kind of way, how what we have desired, do desire or will at some future point in time desire, has always been attainable and well within our grasp.

Ironically, thanks to the latest in scientific research, a growing number of people globally are being provided with information that shows them how to make the “internal shifts” that always, without fail dramatically enhance external results. They're discovering like no other time in history that we as a species are not; nor ever have we been victims or creatures of circumstance but rather are and always have been creators; or if you prefer co-creators of circumstance.
That's where many miss the boat and why so many never discover nor fully utilize their true power and potential. It's due to the "limited perceptions" we hold based on what we've been taught, have come to "believe" and "know" to be true with regard to what "becoming more" means. It's equally true that due to what we've been taught is necessary, believe, and as a result how we are "choosing" to go about it, it's a very limited approach at best. And this limited way of "doing things" is in turn turning results...desirable tangible results that we each have the ability to create, experience and enjoy in every area of our lives.

Due to what we "know" we often overlook "the gift" that we've each been provided which is the ability to consciously and consistently utilize the power we've all been freely provided to create a quality of life far more fulfilling and harmonious than so many "perceive and believe" to be possible.

And due to these "limited" perceptions, beliefs and unconscious way of doing things, we become and in far too many cases remain limited. But unbeknownst to many, we are, without exception "unconsciously choosing" to limit ourselves.

Yet what 21st century science is now validating, the ancients, mystics, sages and masters of the past have always shared. Modern day science is clearly revealing what's truly and readily available to each of us; what’s really possible, the kind, quality and quantity of which is limited only by the perceptions and beliefs that we choose for ourselves.

That's where so many get seemingly stuck; in their own self-limiting beliefs and perceptions. They want to believe...they have great intentions and high hopes of fulfilling “heartfelt desires” in various aspects of their lives, yet something keeps them from elevating the quality of the beliefs they choose to hold to heights that enable them to experience whatever hopes, dreams and desires they aspire to create for themselves.

Contrary to the limiting and self-defeating perceptions many hold, the reasons why are not only quite logical but easily overcome when we make a "conscious choice" to do so.

We'll be exploring the reasons why that's "true" in depth as well as provide you with a practical and tangible approach as to HOW you might begin "consciously choosing" as we progress. Soon, you'll clearly understand what is creating this "perceived" limitation as well as how to transcend these self-created illusions that so many "perceive" to be so real and in the vast majority of cases "believe" are just too difficult and/or impossible to rise above.

But they’re NOT and they never have been. That’s what I hope to effectively convey to you in a simple to understand and easily applicable kind of way.
The Miracle of You and Your Cells was written as a labor of love to provide you with an uncommon understanding that I and many like me have found addresses the underlying and often overlooked root cause that impacts every aspect of your life. This same “root cause” can either limit or enable you to reach heights that align and harmonize with whatever you truly desire in life.

Although we'll be looking at and focusing primarily on how to do so as it relates to physical health, the information that follows will empower you in far greater ways. Because it's truly not limited in any way shape or form. It's one and the same “cause” that determines harmony and fulfillment in life physically, financially, relationally, emotionally and spiritually as well as the “polar opposite.”

The first step in reclaiming your Real Power comes through understanding and believing how “true” that is and once understood “consciously choosing” to make “the internal shifts” that enable and empower you to do so both consciously and consistently.

Before we can do that though, it requires understanding what this “root cause” is. It requires developing an enhanced understanding which also enables us to enhance our beliefs to a “can do” level first, which in turn greatly enhances our ability to “do” the things that harmonize with “getting what we want” and doing so consciously, intentionally and purposefully to ensure that we receive them.

At the conclusion of this book, you'll know. You'll have that understanding.

It will assist you in seeing, acknowledging, understanding and addressing any “less than desirable” issues you may be experiencing personally as well as enable you to explore and reach new heights...to do and have more whether physically, financially, relationally, emotionally or spiritually should you make the choice to do so.

The bottom line is this. The information that follows has the potential to transform your life...each and every aspect of your life without exception.

That's not based on airy fairy theory or speculation. As you'll soon see and understand for yourself it's based on fact; rock solid, substantiated fact that's readily available and can be easily verified through exploring the ancient texts from all cultures around the world and in more recent history is becoming increasingly recognized, supported and validated in tangible ways by 21st century science.

Biologists, neurobiologists, physicists, neuro-physicists, doctors and others in every area of scientific and health care circles are coming forward in growing numbers and revealing just how “real and true” that is. But as real, true and powerful as the information is, the potential that this information holds for you individually depends on you and the choices that you yourself choose to make.
It's what you choose to do or not do with it that will determine if it can or can't, if it will or won't create the desired changes for you.

This is certainly nothing new. The information can be easily substantiated and validated. It's easy enough to substantiate through doing your own due diligence to find out just how “true” it is. And that will elevate your understanding and perhaps even, your “belief” to an even greater extent. That too is a choice.

The fact of the matter is, the information conveyed in this book; in and of itself will provide no lasting benefit with the exception of providing you with an enhanced understanding. Although understanding is a vital first step toward becoming more and creating greater results, as true as that is, understanding and even believing in the information in and of itself isn't enough to change and enhance “less than desired” and/or mediocre results into something greater.

It's going to require some “doing.” As the master from the Christian faith made very clear...

“Faith without works is dead.”

Point being...the data contained in this e-book, as powerful as it's proven to be in the lives of millions of people globally, in and of itself will not and cannot create sustainable and long term transformation. To experience the “tangible and seemingly miraculous results” that this information can and will provide will require application.

More specifically, it’s going to require conscious, intentional and practical application. Application is King as it always has been and always will be.

But a choice to do so; a conscious, intentional choice combined with a personal commitment to apply what you'll discover will enable you to rediscover, tap into, reclaim and most importantly enable you to begin seeing in tangible and measurable ways the power you already hold...your “true power.”

We exist in exciting times you and I. The world has evolved in recent years from an industrial age into a new, exciting and extremely empowering information age. We have the ability to access a body of knowledge in a span of time that, from a technological perspective has never before been possible in the history of the world.

What at one point in the not so distant past had to be taken on blind faith is being substantiated and documented in tangible ways.

You could say that knowledge, wisdom and understanding are the new currency. And it’s a form of currency that extends well beyond and yields far greater and more pleasing results than any amount of physical monetary currency could ever
possibly provide.

Yet at the same time, just as it's necessary to use monetary currency to experience the desired benefit, in the same way...knowledge, wisdom and understanding...the new currency requires using and applying it to experience the tangible and measurable benefit as well. Point being, the knowledge acquired through this book must be used and applied to personally experience the benefit in a tangible and measurable kind of way.

Contrary to widespread opinion and the self-limiting beliefs and perceptions held by so many based on “traditionally established teachings”...knowledge is not power. Knowledge is only data. Knowledge in and of itself can't, won't, never has and never will enable and empower you to utilize and exercise your “Real Power.”

Properly applied knowledge is what stirs, ignites, creates and releases your Real Power in the most desirable kind of way. And make no mistake; it’s a far greater form of power that transcends and extends well beyond traditionally established logic, rationale and reason.

Should you choose to internalize and apply the knowledge you're about to discover, I believe based on my own experiences as well as the experiences of countless others globally, that you will become enabled to access and reclaim your power...your true power. A form of power that stirs and ignites renewed hope...restores confidence, elevates self-esteem and leads to experiencing a quality of life far greater than you and perhaps millions like you are even aware that is, always has been and always will be available to you.

Admittedly, I haven't always understood, believed nor grasped the truth and the power behind that. In fact in the past I was quite convinced based on what “I knew”, understood and believed at that time, that quite the opposite was “true.”

And guess what? It became and remained my experience just as I believed it would. And it kept showing up in the very same way until I decided that enough was enough. That’s when I made the commitment to explore, understand, internalize and began applying what “I didn’t know” prior to making that choice. I also went through a stage where; even though I began to clearly see and believe what I KNOW to be true today, due to not consistently applying and taking action that aligned and harmonized with these newly acquired beliefs, my experience didn't change.

Neither will yours nor anyone else’s.

I’ve walked a lot of “paths”, done a lot of seeking and experienced a number of “growth lessons” over the course of my life. I believe the information that follows will enable you to bypass any unnecessary growth lessons, seeking and point you toward what I’ve found and refer to today as the short path.
What I’ll be sharing in the chapters that follow comes from years of personal experience derived through more than 3 decades of searching, exploring and experimenting with various philosophies, theories and techniques in a vast number of areas. It also comes from a number of real life experiences; some “seemingly horrific” and still others that are far too immense and profound to accurately describe in a volume of books. Yet in retrospect, even those “seemingly horrific growth lessons” served as guides. I see them today as amazing and cherished gifts which illuminated and pointed out the path that inevitably led to where I truly desired to be all along.

That’s why I refer to it today as the short path. But I only became enabled to find through choosing to remain open, embrace, accept, adopt and apply what I’ve discovered to be a Higher Truth than the truth I previously held. The personal benefits I’ve experienced in my own life through practical application of this knowledge, as well as the countless testimonials I receive on a daily basis from around the globe whose lives this information has impacted as well, further supports and substantiates in both intangible as well as in a tangible and measurable kind of way, the literally indescribable and incomprehensible power behind it.

What I and so many others have concluded and come to know through our own experiences; as you’ll soon see for yourself, is also being substantiated in tangible ways...“logical and practical” ways by some of the leading thinkers of our time as technology advances, new scientific discoveries are being made and new frontiers are being discovered and explored.

Although the information isn’t “new” in any sense of the word, (and neither are the frontiers being explored) thanks to an ever growing body of researchers, scientists and institutions...the ancient timeless wisdom...what many philosophers, the ancient texts, mystics, sages and masters since antiquity have known and conveyed for thousands of years is being explored, substantiated and presented in such a way that millions around the world are awakening and discovering for themselves as never before, the power we've each been freely provided to create and experience a kind and quality of life limited only by what we ourselves choose for ourselves.

And based on what most today believe and perceive, it’s a quality of life that is often thought of as being reserved for the “lucky and fortunate few.” I used to “think and believe” the same. And so it was. The same will hold true for those who choose to hold such a mindset and believe that it is. That’s what it will be. As the ancient texts have always conveyed and made crystal clear, “As a man thinketh in his heart, so is he.” That fact never has and never will change.

The only thing that will change anything in life...the only possible way to enhance our individual results can only become possible through a willingness to enhance
and expand upon what we know to be true regarding life, ourselves and the world at large.

**One thing is certain...**

Our understanding of ourselves, our world and what is understood about the unerring, unwavering and never ending process of creation and the cycles that sustain it is expanding...evolving into an extremely exciting and empowering body of knowledge. And it’s a body of knowledge that has the potential to transform every aspect of your life. What is being explored, discovered and shared in ways that we can easily grasp, understand and apply in “practical ways” in our everyday lives is more than just exciting...it's flat out exhilarating and it's transforming the lives of those who choose to embrace, understand and apply it on a global scale.

It can do the same for you too. It can that is...if you'll allow it to.

Whether you currently believe that to be true or not, can't doesn't and never will change the facts that have existed since time itself began. These same facts have been clearly conveyed since antiquity. Facts that modern day science is now validating. The “Higher Truth” is, we as individuals and on a larger scale, a human species were each provided the very same power. There is no one who has more or less than anyone else. That is unless you believe something less which will, without fail and with unwavering certainty, reflect in each and every aspect of your life just as you believe.

But you’ll still be using this same power as we all are. You’ll just be doing so blindly and unconsciously.

At one point in the not so distant past, there was a division between science and Higher Truth. But the recent facts and discoveries being revealed in 21st century scientific circles as well as information and guidance shared and conveyed for thousands of years are quickly merging into one and the same understanding. And each points to the undeniable and irrevocable fact that you, I and everyone else is powerful beyond measure. No one is excluded.

As one of the spiritual masters clearly conveyed...

“*As you believe, you receive.*” “*As you seek you find.*” *The doors you knock on DO open.*

There's more “truth” and Real Power behind that statement than most are willing to acknowledge, embrace and fully understand.

Our individually held beliefs and perceptions about ourselves and life in general are always reflected, just as we choose in the various aspects of our lives. What
we choose to believe, whatever we choose to seek out and whatever doors that we might knock on regardless of how conscious or unconscious we might be as we do so, reveals and unfolds into the events, conditions, circumstances that we experience individually as well as collectively in life.

I've come to understand after years of searching, exploring and experimenting; as I hope you will, that there's a vast difference in what we think we know and what there is to know. In fact what there is to know is quite literally infinite in nature.

The Higher Truth is the fact that truth is eternal. It's infinite in nature. In the bigger scheme of things, there is no truth or untruth...only individually held perceptions that are reflected back to us in exact proportion to whatever choices we ourselves make. What we perceive as being true, what we choose to believe will reflect in all that we think, say and do and unfold in the various areas of our lives just as we believe it will. When those beliefs, perceptions, choices and actions are consciously aligned and harmonized with Higher Truth, experiencing desirable miracles becomes a way of life. When they're not, undesirable and seemingly inescapable cycles take hold.

That fact never has and will never change. What has and is consistently being expanded upon is what science has and is discovering with regard to just how “real and true” that is.

The plan...what I refer to as The Perfect Plan was created at the beginning of time itself. Our chosen beliefs and perceptions can't change or alter the plan. The immutable and unwavering process put in place to sustain the Universe has always existed and always will. We only need discover the importance of acquiring and applying a kind and quality of knowledge that will enable us to “consciously align and harmonize” with this “plan” to begin experiencing more of whatever “desirable miracles” we aspire to create in and for our lives.

The information following will provide you with an opportunity as well as the ability to discern and determine for yourself if what I share based on my own experiences, will or will not positively impact your life. Although I know it can, it's what you believe and do that matters and it's the quality of choices that you make that determine without fail, the kind, quality and quantity of your individual results.

That's the “real beauty” of life. We're all provided the right as well as the ability to choose our own paths in life. And as a result we get to experience the inevitable outcomes that those choices ultimately lead us to and through just as we choose.

It's an incredible and irrevocable gift that we've all been provided without exception...the gift of free will. Because of that gift, we get to choose our paths in life as well as the kind and quality of miracles that we'll see and experience in our
own lives. It's how we choose to utilize this gift individually...whether we do so consciously or unconsciously that without fail determines the paths we walk and navigate as well as the kind and quality of results that we create and experience individually.

As Albert Einstein so eloquently stated many years ago...

“There are only 2 ways to live your life. One is as if everything is a miracle and the other is as if nothing is a miracle.”

Make no mistake; you get to choose that for yourself. But regardless of what you choose, regardless of what you “believe and perceive”, the tangible and measurable as well as the intangible and non-measurable events, conditions, circumstances and encounters you experience in your life, it’s ALL a miracle...ALL of it without exception.

Before closing, I’d like to share something of vital importance with you.

There is no “right or wrong way”, there are no good or bad paths, yet choosing to pick out and navigate our chosen paths consciously and intentionally always provides predictable results which unfold and reveal themselves as the desirable miracles that so many hope, wish and blindly pray for, yet seldom if ever actually see.

As I’ve touched on already, my own choices have led me down a diverse number of paths. Some pleasant and some quite unpleasant as I was experiencing them but all have served a greater purpose and have led me to where I am today...doing what I love and am passionate about which is sharing what I’ve spent so many years discovering with those who are open, willing to listen and who truly desire to begin “consciously creating” a more fulfilling and wholesome quality of life for themselves. It's a form of “doing” that I love that provides the kind and quality of tangible and measurable results that I love as well. You could call it my “Soul Purpose.”

Had I not experienced some of the “less than desired” outcomes that I have, chances are good...almost certain in fact, that I wouldn't have walked down and explored some of the paths I have. It’s those very paths which enable me to share and do what I do today. Each and every experience in my life, regardless of how I “perceived” it at the time has served a far greater and more meaningful purpose than I could have possibly imagined back then. Regardless of what I believed regarding these experiences as they were unfolding, aside from how “bad” or unpleasant I believed them to be at the time they were being experienced; each experience has evolved into a deeper understanding and ultimately a greater good. Regardless of how I looked at them at the time, it’s very clear today that they were in fact miracles. I just wasn’t allowing myself to see and KNOW that. Today I Do KNOW.
And the same possibility holds true for you. Perhaps what I share can assist you in seeing and KNOWING that as well. That's a choice that only you can make for yourself.

Life and how our lives evolve individually are all about the choices that we ourselves make. You may or may not be ready to accept that. I'm fairly certain, based on the number of hands that this book reaches, many will find that what they currently "know" and believe to be true will be challenged, at which point they'll be provided with yet another choice which is to decide to make some new choices or not.

It's not my intent to question, challenge, demean or change your beliefs. Only to provide my perspective based on the paths that I've personally walked with the hope and intention that it might assist you in elevating your understanding...enhance your awareness...expand upon your current beliefs and point you toward paths that will enable and empower you to be, do and have more of whatever it might be that you truly desire in life. Paths that I've found provide the most fulfilling, harmonious and “miraculous results” in the shortest time possible for reaching whatever your ultimate outcome might be...your “desired” destination...wherever or whatever that might be for you individually.

It's my sincere hope that the information following will assist you in some way, whether now or at some point in the future as you venture down your chosen life paths seeking the physical, financial, relational, emotional and/or spiritual harmony that underlies each of our individually held hopes, dreams, and desires.

I and countless others like me, believe that what you'll discover as you proceed can and will dramatically enhance your ability to be, do and have whatever it might be that you desire for yourself should you choose to internalize the knowledge that follows, take the action necessary and begin to consciously and consistently apply it in your life.

Should you find what I share beneficial, do yourself and those who might also benefit a favor and pay it forward. The personal as well as the collective benefits are enormous...much greater in fact than you may currently realize.

That's only one of many insights that I hope you'll gain from this e-book. The more you give, the more you'll receive and the kind and quality of that giving without fail determines the kind and quality of experience that is reflected back to you. Giving...providing value with the proper “intention” is a form of “doing” that will transform every aspect of your life. As Albert Einstein so eloquently stated...“Don't look to become a person of success. Look to become a person of value.”

Becoming a person of greater value requires nothing more than choosing to
contribute to others in the best way you know how based on where you are. Contributing value to others always yields a harvest that will continue to multiply over and over and over again. Forwarding this to those you know won't “cost you” anything. It's a form of contributing without cost and could produce a bountiful harvest.

That's up to you.

One plant produces many seeds which produces many more plants which multiply into more seeds into more plants into more seeds into an ever greater harvest. Get the idea? But make no mistake. The kind and quality of the harvest ALWAYS, without fail is determined by the kind and quality of the seeds that you sow. It never fails, it never wavers and it never misses.

Are you “truly ready” for an awesome harvest?

“Be the change you wish to see in the world.” Plant your seeds consciously. Choose to give consciously. Choose to think, speak and act consciously, intentionally and purposefully and you'll see your world transform right before your eyes. And it’s a kind, quality and quantity of transformation that many “perceive” as being irrational, illogical and outside the scope of possibility.

For those who “choose that way of seeing things, they’ll get to be right.

But the Higher Truth is that it's not irrational, illogical nor outside the scope of possibility at all and it never has been. It simply requires a choice and a willingness to harmonize, consciously plant and nurture our chosen seeds with the kind and quality of harvest we desire. In a more “personal light”, it’s our job to think, speak and act consciously and intentionally, get out of our own way and simply “allow” nature to do her job just as she was designed and intended to do.

It’s my hope and intention that The Miracle of You and Your Cells will assist you in making that choice for not only yourself but for our world. The benefits and the tangible results are often “perceived” and labeled and as miraculous.

Your Partner In Growth and Deeper Understanding,

Chuck Danes

http://abundance-and-happiness.com
http://7hiddenkeys.com
The Seemingly Miraculous Discoveries of 21st Century Science

Let’s talk for a few minutes about “Health and Wellness”

There are a number of new and exciting discoveries being made almost daily in the scientific and medical community with regard to what’s “truly going on” in the area of health and wellness...more specifically what’s necessary to create and maintain optimum health in YOUR body both physically and emotionally as well as how to reverse currently existing health and emotional issues that plague so many.

These discoveries extend far beyond “physical health” and as more discoveries are made...as new frontiers are being explored, all point to the same ultimate cause which we'll be covering in depth as we progress.

Although it’s still widely “perceived” as being a secret, as science advances and more discoveries are being made the secret is getting out, spreading far and wide, making what is so often “perceived” as being “a Secret” quite un-secretive!!

We exist in an extremely exciting age.

Based on cutting edge scientific research and the incredible breakthroughs being made in relation to health, wholeness and your ability to create these “desired outcomes” in your own life by becoming aware of how to consciously utilize the incredible tools you already possess, the possibilities being made available to those who choose to do so is mind boggling to say the least.

Miraculous some might call it. And from the limited perspective that many hold regarding what miracles are, it is quite miraculous.

What once may have seemed and was often “perceived” as being esoteric, “out there”, defying common logic and rationale is now rapidly becoming common knowledge. Modern day science has evolved in such a way that is providing those with the desire to understand and learn with the means to substantiate what the ancients, mystics, sages and masters have shared for thousands of years.

Events, conditions and circumstances that previously defied commonly held “perceptions” of what's possible or not possible and have in times past been labeled and perceived as being “miracles” are evolving at an ever increasing pace into an understanding that supports and substantiates what Christian philosopher Saint Augustine understood and conveyed thousands of years ago.

"Miracles happen, not in opposition to nature, but in opposition to what
we know of nature.“ - St. Augustine

Thanks to quantum leaps in technological advancements science is clearly showing just how “true” that statement was. The willingness of an ever growing and open minded scientific community with a passion and desire to understand the underlying and until recently overlooked aspects of nature, how nature operated, how it sustains itself and the simplicity and perfection that governs the process, what was once considered to be complex, unexplainable and outside the scope of human comprehension is now being utilized, opening doors of understanding and clearly revealing in real and tangible ways a whole new paradigm of personal power.

It’s a form of power that we all possess without exception. A form of power that we always have, currently do and always will have access to. We're all using this power already. Many just use it unconsciously and perceive themselves as having no power. That has become very clear in a “tangible and verifiable” way. To exercise and initiate this power for yourself is simply a matter of choosing to acknowledge, recognize and develop the ability to utilize it in a “conscious and intentional” way.

And as you'll soon understand it's as simple as getting to the heart of things...to the core of what determines the kind and quality of our lives as the ancients, mystics, sages and masters have always shared and attempted to make clear.

The sciences of 21st century quantum physics, quantum biology, neuroscience, etc., have opened doors of understanding that in times past were never considered, understood or at the very least underestimated...dramatically underestimated in the mainstream scientific community.

These sciences and the discoveries being made as a result are clearly showing that the limited understanding the vast majority, even today “know to be true” based on Newtonian physics...a 300 plus year old science that is still widely taught in our current educational systems, is quite outdated...or more accurately quite limited in comparison to what there is to know and understand regarding you, your life, how your life unfolds, the role you play in it and what is truly available to and for each of us in the physical world.

Granted, Newtonian physics is and always will be accurate and true from a strictly physical perspective, yet as 21st century science has and is continually progressing in discovering...Newtonian physics...what most refer to and “perceive” as being the one “true reality” is only one small piece of a far more vast and until recently, what seemed to be and was widely “perceived” as being an extremely complex and seemingly incomprehensible puzzle.

But as 21st century science has and is still discovering, it's not. In fact, as technologies evolve, the more scientists discover and as awareness is enhanced
as a result, the more simple, profound and empowering it becomes. The simplicity and perfection of the process, as well as the direction being made available to those who are truly seeking change, is being revealed.

What the masters of the past have always taught is now being substantiated and documented through new scientific discoveries. You could say that the “perceived gap” that has existed between science and spirituality in years passed is being bridged...BIG TIME.

And amazingly, as you'll discover soon, regardless of which avenue you choose to explore, it points to one and the same cause.

The old science...outdated science...namely Newtonian physics, in many ways seemed to conflict with what the wise ones of the past shared. 21st century science is supporting and substantiating what these masters have always understood and conveyed for thousands of years.

Their discoveries are enabling us to recognize, understand and if we choose consciously utilize that understanding to create greater and more pleasing results. We're being provided information that we can latch on to, sink our teeth into and if we choose, act on to personally experience the far reaching benefits that choosing to do so always enables us to see and experience in tangible form.

Yet those who choose not to; those who might choose to remain seemingly trapped within a world of “perceived limitation”, fully believing and perceiving that life just delivers what it will randomly and chaotically. They “consciously” and sometimes even, “unconsciously” choose to remain oblivious and see the world and their lives as complex, random, chaotic and discordant. They often perceive that reclaiming and consciously utilizing the power provided to each of us is, in some way, shape or form, irrational and illogical at best.

But as modern day science is continually progressing in understanding, the reasons why we can are quite simple, logical, and rational yet at the same time profound.

Newtonian physics looked at the world as a machine...as physical things made up of physical matter and as such limited in scope. Although they understood that the world and everything in it was comprised of atoms they “thought” that was as deep as they could go.

Newtonian physics never explored beyond “matter.” They didn’t look and as a result of that choice, were unable to see beyond the effects that always reveal themselves in the physical world. Things of a spiritual/metaphysical/unseen nature were considered as being somehow separate from the physical world. They were “perceived” as being “out there” somewhere.
And then 21\textsuperscript{st} century science discovered they weren't separate or “out there” at all.

The new science...21\textsuperscript{st} century science has discovered that all matter...all physical events, conditions, circumstances and things are derived from “a place” that is not physical at all. A place they often refer to as “the field.” This new understanding has prompted scientists to explore the nature of atoms themselves enabling them to make a most profound discovery. That discovery led them to the understanding that all atoms are comprised of energy.

Atoms are without question the particle that makes physical life real but energy...what scientists refer to as quantum wave functions collectively joined with a “wave field of infinite probability” is what makes the creation of atoms possible.

And although you may not currently understand how that can impact the physical, financial, relational, emotional and or spiritual aspects of your life, should you choose remain with me attentively throughout this entire book, you'll clearly how and why in a way that will both enable and empower you to enhance any aspect of your life that you choose to. That is, IF you’ll choose to.

As we progress we'll be exploring how and why what science has discovered and what the ancients have always shared can benefit you in real and tangible ways without limitation of any form.

And here's why...

The new discoveries being made in 21\textsuperscript{st} century science has clearly shown that you can't separate the spiritual/metaphysical/unseen and the physical. It's one “place” if you will and it's all comprised of the same “stuff.” In other words it's not 2 worlds but rather exists together and simultaneously in the form of seen and unseen energy. There is no “out there or in here.” There is no “over here or over there” or separation of any form. It's all connected and continually interacting to determine what we experience in physical form without exception.

It's these new scientific discoveries that have bridged the gap between what was once “perceived” as esoteric and non-applicable in daily life to an understanding that clearly shows it has everything to do with life, with your life, how our lives unfold and how we can use this information to enhance our lives. And so there is no margin for misunderstanding that means EVERY aspect our lives.

It's simply a matter of choice.

But, bridging the gap in your own mind...putting the “seemingly separate” pieces of the puzzle together by exploring these various avenues of understanding requires a willingness on your part to understand it first of all, which will, if you'll
allow it to, precipitate a paradigm shift. Making this shift requires nothing more than a willingness to enhance and expand your awareness. Doing so requires a willingness to stretch outside of your own self-created and self-limiting borders of comprehension just long enough to enhance and elevate the quality of consciousness...of understanding...of knowing...of believing what's “truly” available to and for you and each of us without exception.

In essence it's nothing more than choosing to get out of our heads and into our hearts. The information here will assist you in doing just that if you'll “allow” it to.

And once understood...once the knowledge is acquired and a “conscious choice” to apply that knowledge is made, you can clearly see and more importantly experience for yourself just how “true” that is and begin consciously utilizing the power made available to all of us as a result.

It's not a requirement but rather an option. Yet it's an option that if chosen is one that I, a number of scientists and countless others who have “seen and experienced” it for themselves, believe will enable and empower you to experience an uncommon quality of life. It will enable you to clearly see, consciously utilize and personally experience the miracle creating power that is...always has been and always will be available to us all.

A form of power that the masters of the past spoke of often and have always taught, claimed and clearly conveyed through their teachings, as always being available to and equally accessible by each of us.

Although we'll be focusing primarily on “practical and tangible” ways to utilize that power in the area of physical health specifically, we'll also be exploring and touching on what some may “perceive” as being unrelated and perhaps irrelevant as it pertains to creating whatever hopes, dreams and desires they may aspire to create for themselves through the understanding that modern day science has and is still discovering.

As we progress, some of the pieces of the puzzle will come together...the “light bulb” will come on and you'll begin to see how it all ties in together and does play an important, meaningful and defining role in every aspect of your life.

Before we do that, let's go back in time a few years to a recent blockbuster release that was viewed by millions and has gained global recognition.

It's been dubbed as “The Secret.” Although an incredible production as well as a phenomenal marketing concept that garnered global attention, it’s NOT nor ever has been “A Secret” in the literal sense of the word. But it did provide some extremely exciting, enlightening and empowering information that, although the information itself has existed since man’s arrival on earth, the Secret production translated and presented that information in such a way that even the novice
could grasp, understand and apply the power behind it.

The surface level understanding of it that is.

And many initially became extremely excited by the message The Secret conveyed. But since its release, almost as many have become disheartened. Not because the information shared wasn’t “true” or accurate, but rather because many failed to look below the surface to grasp the deeper meaning behind it and just as importantly how to use the information in tangible and practical ways consciously and consistently to produce desired results.

As great and exciting as The Secret was, it was only able to reveal “part of the story.” It was a very important but only a small part. There’s more.

That’s the purpose of this book. To do my best to provide the “rest of the story” as the infamous Paul Harvey used to say.

Through it, I’m going to do the best I’m able as we progress, to fill in some of the blanks that The Secret didn’t and couldn’t reveal based on my own research and experiences. I do so with the hope and intention that it might enable and empower you to experience a greater quality of life for yourself.

I might add early on that my journey has led through more than 3 decades of exploration and experience which we’ll talk a bit about soon. First we’ll lay the foundation and build on it as we progress so you might personally grasp and benefit fully from what I’ll be sharing. Let’s start by exploring the “real secret” behind “The Secret”; the Real Secret that so many have “unknowingly and/or unconsciously chosen” to overlook.

The Real Secret that can and will enable you to recognize, understand and begin utilizing your true power…your Real Power.
The Real Secret Behind The Secret

Here's what "The Secret" wasn't able to tell you or fully convey about The REAL Secret...

If you’re one of millions, perhaps you’ve had the opportunity to watch the widely distributed DVD production, or read the book, The Secret.

As enlightening and informative as the 2006 production 'The Secret' was in introducing the world to the fact that The Law of Attraction is REAL, and that energy is what makes up everything in the entire Universe, what the creators of The Secret were unable to effectively convey in their 90 minute production at any depth was **HOW to use and apply this understanding** and make it work for you in a desirable kind of way consistently.

Although The Secret production provided invaluable information regarding what modern day science has discovered regarding energy, resonance, attraction and how our thoughts, beliefs and emotions tie into and interact with this all pervasive essence of energy which without fail determines our individual experiences in life, it was unable to provide specifics as to how to “apply it” and make it work consistently in the lives of those who viewed it and who initially became so excited by it.

It was unable to explore in depth how to harmonize the physiological and the neurological processes of the “physical us” in a way that aligns and harmonizes with what we want.

Due to this lack of understanding, a number of people developed “beliefs” that The Secret doesn't work or at the least that it didn't work for them.

But it always works. It can't not work. It's a law. A law put in place at the beginning of time itself. We only have to understand how to align and harmonize ourselves, our thoughts, our words and our actions with it to in a conscious and intentional way to make it work for us consistently.

As you'll soon understand, it's not so much learning as it is an “unlearning” many of the “beliefs” we currently hold which form our “perceptions.” It more often than not requires unlearning much of what we know to be “true” about life and ourselves. And “applying what The Secret” shares isn't so much an application that happens at the mind level although that is “partially” true, it's more about tuning in and becoming consciously aware of what's going on at “the heart level.”

The Secret didn't really cover anything at depth with regard to “heart based emotion” although they did mention many times the importance of “feeling.” They
also were unable to clearly show how to integrate what it shared with the physiological and neurological aspects of us that so many are finding to be the “difficult” part of making the shift that The Secret spoke of.

It's my hope and intention that this book will assist you with gaining a deeper understanding and more importantly how to consciously and consistently apply this understanding in your life, starting right now, to begin experiencing more of the desired outcomes that you aspire to create for yourself, whatever they might be.

You'll also discover that it’s through developing peace of mind and healthy radiant emotional wellbeing which can be initiated and experienced quite naturally, that enables the other areas of life to fall into place in a desirable kind of way as well.

Rather than covering the “seemingly esoteric” and unseen aspects regarding The Law of Attraction, energy etc., we’ll be looking at more tangible ways that modern day science has and still is discovering that will assist in utilizing the information shared in The Secret in practical and logical ways to begin producing greater and more pleasing “tangible results.”

We will be touching on areas initially that you may find and “perceive” as being unrelated. If that's the case I'll ask that you stay with me and read those as well. It's a vital part of becoming aware of, comprehending and understanding the BIG picture view and if you'll agree to do that, I'm quite sure that all the pieces will come together as they have for so many before you.

I suppose you could say we'll be sorting through some of the often “perceived complexity” so we can clearly comprehend, see and grasp the simplicity. And it is quite simple. Profoundly simple as I hope you'll see, know and clearly understand for yourself very soon.

One of the areas that we'll be predominantly focusing on is health...more specifically your physical and emotional health and how this information combined with what was disclosed in The Secret can be utilized and merged in a “tangible kind of way” to provide immense benefit in this important area.

After all, that's what we're all looking for isn't it? Greater results...tangible results enabling us to experience a greater and more fulfilling quality of life whether physically, financially, relationally, emotionally or spiritually.

But without vibrant and radiant health what good is all the other? From my perspective none of it would really mean anything as it relates to physical life.

We could have all the money in the world. We could have the greatest relationships and be surrounded by the most loving and caring people and possess all the toys and stuff that money can buy. But without vibrant and radiant
health...absent the ability to fully utilize and enjoy all this physical stuff, would it really mean anything?

As great as The Secret was...as beneficial as it's proven to be in the lives of so many, it focused primarily on “stuff.” What most every teacher in the Secret talked about was mostly about how to “get more stuff.” And I suppose they did that because based on where most people are, based on the understanding that most people have, the vast majority of people in fact, they equate having stuff...the money...the toys and all the other material stuff that’s “out there” and available to us, with creating and experiencing happiness.

So in the 90 minutes they had, the creators of The Secret did a tremendous job. They met people where most are in their understanding. They understood that to give people what they need, it’s essential to give them what they want. And that is where most people are. They’re always trying to figure out how to get more stuff.

Don't misunderstand, I like and enjoy stuff as much as anyone. But I also know from personal experience, that to get more stuff in the quickest, simplest and most effortless way possible, it’s going to require doing something else first. It’s something that the vast majority doesn’t and/or won’t do which is why so few have the amount of stuff that they claim they want and truly desire to have.

It's not because they can't it's only because they overlook and choose not to explore and understand what enables them to have it or not have it. They choose not to delve below the surface which reveals the cause...the real cause that begins prior to what “most perceive” the cause to be which is limited to what they do in a physical sense. We'll delve a bit deeper and touch on that a bit more in a little while.

One thing is certain, most people...the vast majority of people “believe and perceive” that “stuff” and money and toys is what will make us happy. I can tell you, coming from a place of experience and walking a very diverse and large number of paths in life, that isn't the case. It simply isn't true. Allow me to rephrase that. It’s not aligned and harmonized with nor based on a Higher Truth.

We're taught for the most part it is “true.” As a result of what we're taught, we believe it to be “true.” Some even spend their whole lives attempting to find their happiness and health in that way. They find themselves frantically running around trying to get more stuff only to find that if and when they achieve it, once they acquire this “stuff”, they discover it doesn't make them happy either.

And I personally know a lot of people that have “been there and done that” as well. Really good hard working and driven people that spent a great portion of their lives chasing this stuff, acquired it and came to the very same realization that I did when money and “stuff” didn’t fill the void for me.
And the reason that’s “true” is simply because it's not true. It’s not based on a Higher Truth which is why we can acquire so much stuff only to find at some point that it can never make you happy or healthy.

It's nice to have money and “stuff” for sure. No question there. It can contribute immensely to having more fun in life. It can serve us immensely by providing us the ability to give to others as well and experience the fulfillment derived from doing so. But it's certainly not important nor necessary on a personal level for experiencing happiness. And if you don't have the quality of health to fully enjoy it and benefit from it personally, it's quite worthless.

Health is more important than material stuff for being happy. Yet amazingly, the health and all the stuff can become ours when we become “happy and whole” first. In fact it starts showing up in ways that we never dreamed it could. And it does so in seemingly miraculous ways at times.

From a strictly physical perspective, regardless of how much “stuff” you have, without health there is no wealth. Not “real wealth.”

And to me...from my perspective personally, unless you possess both physical and spiritual health, you'll never know what it is to experience real harmony and real fulfillment in life regardless of how much “stuff” you might have.

Allow me to make an important clarification about spiritual.

When I mention spiritual, I don't associate my use or meaning of it with any form of man-made religion in any sense of the word. Not that I have anything against structured religion. I explored and learned much from many religions. It was a very enlightening and a very important part of my growth process personally. It was one of the many paths I personally explored quite extensively. It proved to be a very beneficial path in the bigger scheme of things.

But when I mention the word spiritual or spirituality it doesn't have anything to do with structured religion. I thought it important to make that clear.

What I refer to as spiritual is unseen in nature. I guess you could say “holistic” in nature. When we can learn to connect with and choose to understand more about the unseen, whatever you might choose to call and label that unseen space individually, that's when life becomes full, enjoyable, rewarding, fulfilling and satisfying.

It's what enables us to get more money and “stuff” too, if that's a desire we have and should we choose to.

What “spiritual” means for each of us is unique to and for each of us. We all have
our own unique and individual perception as to what that is. It's a very personal thing that isn't and can't be defined in “one way.” I guess you could say that the term “spiritual” has an infinite number of possibilities and many labels as well.

But health of a physical nature isn't such a broad term. Physical health is one or the other. It's not only a common desire we all have, there is no gray area. Either we have and experience it or we don't. Either we're healthy or were not.

And it really doesn't matter if you personally view spirituality as important or not at this point although, even though science has discovered you can't separate the physical and the spiritual. They might choose to call it something different. They might choose to label it with other words than “spiritual”, but I think as you'll see whether you choose to call it quantum or metaphysical or unseen or field of energy or Source, it all exists as one and the same thing. It's the one common thread that ties us all together.

In a more physical sense what ties us all together, a common desire we all have is a desire to be healthy, happy and whole.

The Secret didn't delve deeply into how to do that either although they did “touch on it.” And it's vitally important. And it’s way more important than all the other “stuff.” In fact it’s the main thing as it pertains to us and the quality of life that we’re quite capable of achieving and experiencing.

That's why it will be the predominant focus for what we'll be exploring. Because I don't personally know anyone that “consciously” wants to be unhealthy. So let's get into the exploration of becoming healthy AND happy so we can best get more of the “stuff” that we all desire whatever that stuff might be.

But as you'll soon see, even acquiring vibrant and radiant health isn't a Secret and never has been. But it is often “perceived” that way.

**Let me ask you...**

Why do you suppose the originator, director, and CEO of the movie The Secret all call Dr. Alex Loyd to get help for their friends and family's health problems?

And why would Dr. Loyd’s Healing Codes partner Dr. Ben Johnson (who was one of the featured teachers in The Secret) who has three medical degrees leave his highly successful cancer clinic in Atlanta, Georgia to become a partner in a small, virtually unknown and relatively new company with Dr. Loyd?

Well...as you'll soon discover the reasons are flat out exciting and really GREAT news for those who are open and receptive to a NOT SO NEW yet “non-traditional approach” to getting to and resolving “core issues” that are all too often overlooked, while at the same time achieving optimum levels of health and
wellness that the multi trillion dollar pharmaceutical giants and the bureaucratic systems that drive the conventional medical machine can't seem to provide or duplicate.

We'll get to and address each of those questions in detail in just a little bit...first let's delve a bit deeper into what has recently been “labeled” as "The Secret” aka The Law of Attraction.

If you saw The Secret production personally, you’re well aware and at some level understand what The Law of Attraction is. In case you haven’t, the big picture view is that whatever you consistently think about, feel, say, or in other words, vibrate or resonate at an energetic level determines what you attract to you in life. Not only certain areas of life but in **EVERY** area of life.

This phenomenon has resulted in what’s recently been labeled and is now being called The Law of Attraction. Although the Law of Attraction isn’t anything new and most certainly isn't a secret either, it was just recently provided a new label.

That’s another story altogether that we’ll save for another book.

Based on what The Secret production revealed and the way it was presented, you would think that it would be pretty easy to visualize, focus on what you want and then, once you’ve done that, simply “kick back” and allow the Law of Attraction to bring whatever stuff it is that you want individually, to you.

And that’s precisely the message that many got from The Secret. That you can get all the stuff you could ever want by consistently thinking about it, placing focus on it, visualizing and getting into a place that you “feel as if” the desire is already fulfilled.

And there's a lot of truth to that. In fact it's dead on target. As the Secret clearly conveyed, it’s how we “feel” that determines what we're resonating at the energetic level and based on the quality of that resonance, we attract to ourselves events, conditions and circumstances that are harmonious or “resonate” at the same vibrational intensity.

Yet as “true” as that is, what was conveyed regarding how we feel, only provided a surface level understanding. It didn't delve deeply into nor provide any specific instruction as to “how” to harmonize the “physical aspects” of you...the physiological and the neurological aspects of you to get into and stay in that “feel as if” place. It didn't really provide enough detailed instruction that enables people to get to the heart of things. The place that determines what emotions we experience which in turn determines how we feel which in turn determines what “vibes” we’re sending out.

Many became extremely excited by the message but didn't delve in deeply to
learn and master the ability to apply in a “conscious kind of way” what the message so clearly conveyed.

The primary reason for that was because The Secret didn't provide any real depth or substance as to why some have an extremely difficult time “feeling as if” what they desire is already a “tangible reality” in their lives when in fact...based on a strictly physical Newtonian perspective...because of what we are seeing and experiencing in the world of shape and form that we call reality... many aren't able to get into a “feel as if” mindset and as a result aren't attracting, seeing and experiencing their “heartfelt desires” become real and tangible in the various areas of their lives.

But there's a simple and logical explanation...

What The Secret didn’t reveal or explore at any depth, was the importance of nor how to effectively address the “underlying subconscious issues” that keep so many from “feeling as if” their desires are already here, which as The Secret revealed is such an important and vital part of harmonizing with and attracting whatever “desired outcomes” we might have individually.

Based on my daily interactions with people from around the globe, I believe that's one of the main things that keeps so many from “consciously, consistently and successfully” using the information shared in The Secret to consistently attract and experience desired results.

They got the “surface level” message but didn't delve deeply enough to get to the heart of things.

I can't even begin to count the times that people have said...“Well, according to The Secret, we get what we want. I guess it just doesn't work for me.”

But as I’ve already mentioned, it ALWAYS does work and always will. Most just overlook how it works, why it does and the vital role they play in the process. Once you get to the core of how and why it works, you begin to break through all the “perceived complexity” to grasp and fully comprehend the simplicity and perfection.

But even after you get there...once you understand and grasp the simplicity and perfection of it, there's more to “do.” To make it work in a desirable kind of way consistently requires developing a “conscious awareness” of its existence and once acquired making the choice to master our individual ability to consciously and consistently harmonize ourselves with whatever the desire might be.

That's where many are “missing the boat” so to speak. That's why so many “unknowingly and unconsciously perceive” that the Law of Attraction is hit and
miss or doesn't exist at all. They chose to only grasp the surface level understanding.

Here are 3 very important things that the Secret “clearly revealed” yet many missed…

#1) The Law of Attraction is ALWAYS at work and ALWAYS works for EVERYONE.

#2) It's the resonance that YOU CHOOSE to project that determines what YOU attract and experience in life.

#3) What we attract is without question, whether we choose to do so “consciously or unconsciously” our personal responsibility.

It's only due to misunderstanding HOW it works and a lack of understanding how we fit into the bigger picture...our active role in determining the kind and quality of result created which determines what is experienced in life by us individually.

Not surprisingly almost EVERYONE heard that we can attract what we want...that using the information that The Secret revealed could enable us to get more stuff. But they didn't tune into the fact that to get what we want it's essential that we are in harmony with whatever that might be. In other words we must emit and project a “resonance” that harmonizes with the thing or things desired.

It's equally as “true” that we can and do attract what we don't want when the “resonance” that we project is “disharmonious with attracting the “desired” result.

And this resonance is where we begin to get to the “heart of the matter.”

The process itself is NEVER disharmonious. The operation and unwavering nature of The Law of Attraction and the process of creation itself is always harmonious. We always attract what we choose to attract. Most just choose to remain unconscious of what it is they’re asking for and how that asking is being done resulting in a “perception” of disharmony which can only serve to draw more of the same.

They’re for the most part unconscious of how and why their getting whatever results their getting.

And that may sound a bit complicated and complex at this point. But as you'll soon understand it's quite simple. In fact it’s profoundly simple. As we progress it's my hope that you'll grasp just how simple, perfect yet at the same time just how profound it is.

First let's address the misconception that we “get what we want” in a bit more
depth.

The fact of the matter is that you DON'T get what you want but rather you get what you are choosing to get. And what you’re choosing is dependent on what you’re resonating at an energetic level. More specifically it’s the resonance that you project at the energetic level through your thoughts, beliefs and emotions that determines what you attract and receive. And make no mistake. It works without fail.

That's why so many “perceive” the Secret as being hit and miss at best and why still others “perceive” that it doesn't work for them at all. They simply aren't “conscious of” what they are “resonating” or their individual role in determining the quality of “resonance” that's being projected.

The reason this “perception” is held is only due to a lack of understanding how to harmonize the conscious attributes of mind and body with the often overlooked, under the radar subconscious processes that affect each of us.

Subconscious processes at “the heart level.” Not the “physical heart” necessarily. I’m referring to the heart that uses the physical heart. To clarify it's much like the mind that utilizes the brain to process data. The heart, in the same way has a...let's call it a “subconscious heart” that impacts and effects how the physical heart works and in far greater ways than most are aware of which also affects and determines the health of the “physical heart.”

Although The Secret did emphasize the importance of “feeling and emotion” it wasn't able to delve deeply into the importance of this “unconscious heart” thing to provide a greater ability to consciously and consistently guide and direct emotions so that we can “feel good” more often.

There was also little emphasis placed on the fact that once you begin attracting the ways and means to make your desires real and tangible that conscious, intentional and deliberate action is a necessary part of the process.

Although it WAS mentioned several times, most chose NOT to hear it.

While it's “true” that we can and do “attract” the ways and means to make desired outcomes real...ways and means that feel good to us, that we are passionate about and love engaging in, we must remain open and receptive as these ways and means show up and take action on those ways and means when they do show up.

The Law of Attraction is much more than some “feel good” concept. It’s a law. A Universal Law or if you prefer a Spiritual Law or Law of Nature that is as consistent, precise, unfailing and unwavering as the law of gravity or cause and
effect.

Just like the law of gravity and cause and effect, the Law of Attraction is at work every second of every minute of every day and determines the kind and quality of experiences that you, I and on a larger scale the collective population of the world encounter in life.

In fact it goes beyond that even. The Law of Attraction, working in conjunction with other Universal Laws, oversee and govern the entire cosmos. The cycles of nature consistently and effortlessly repeat themselves, are able to sustain themselves and remain the cycles of nature operating consistently, flawlessly and without fail due to these same laws.

It's why the tide comes in and goes out every time without fail. It's why the sun comes up in the east and settles in the west every time without fail. It's why seeds planted produce a harvest and effortlessly produces new seeds every time without fail when they're planted in healthy soil and given the necessary nutrients to ensure that they grow. These laws, not the least of which is the Law of Attraction, is what sustains these cycles and keeps them operating effortlessly, perfectly and simply without fail ALL the time.

Another way to look at it is that The Law of Attraction (as it's now being called) is the governing and never wavering law that ensures that cause and effect happens at all.

It doesn't “work for some” better than others and makes no distinctions as to who it works for...how it works...or when it works. It works for you, me and everyone in the same fashion. It is non-discerning...non prejudice...doesn't differentiate between “good and bad” people, the color of our skin, our country of origin, our religious preference and only requires understanding how it works and how to consciously harmonize yourself with it to make it work consistently for you to bring about “desired” results.

Let's use the law of gravity as a reference. It doesn't seem so “esoteric” and mysterious since we're all familiar with it and understand through experience that it never fails, wavers or discriminates in its operation.

In the case of the law of gravity, if you attempted to utilize it without understanding its operation, you could experience some “less than desired” results. It's not because it's broken or flawed. It's simply because you chose to remain unaware of how it worked and due to your “unconscious choice” used it in a way that created an unpleasant result.

It's not because it doesn't exist or it's broken or flawed or only works “sometimes.” It doesn't work for some and not for others. It's only necessary to become “conscious of” it's operation and once you are, learning how to use it in a
way that enables you to experience the “desired result.”

The same holds true with the Law of Attraction. It's only necessary to become aware of it...understand your role in determining what it is that you are instructing it to bring to you...how to “consciously harmonize” with it to create desired results which it always is...always has...and ALWAYS will when you're aware of how to utilize it “properly” and choose to do so.

The Law of Attraction isn't as “eerie, esoteric and mysterious” as many perceive. If you choose to remain unaware of it, it can be “perceived” as such but it's quite logical and practical. It's simply a law that more or less governs the process of cause and effect.

And that brings us into another important area of distinction...discerning and becoming “consciously aware” of the difference between cause and effect. Understanding at a “deeper than average level” what the cause is and what the effects are.

As “simple”, rational and logical as it is, I think you'll be blown away once the simplicity is seen and understood. Like all profoundly transformational things are, it is quite simple. And as I’ve mentioned already, it is profoundly simple and always perfect.

Yet it's a distinction that can make all the difference for you should you choose to grasp, understand and apply it in your life.

Ah yes...more choices.

Let’s move on so you might become better enabled and empowered to make whatever choice/choices you might make, consciously, intentionally, purposefully, meaningfully and potentially transformational.

Shall we?
The True Cause of All Effects

The only reason that so many who discover the Law of Attraction often “perceive” that it's hit and miss or that consciously creating our realities is so complex and so “seemingly difficult” to master is due to the fact that they confuse effects and cause. In other words they're unaware of the “true cause” that creates the effects and the power they possess within themselves that without fail determines the kind and quality of effects they attract and experience individually in their lives.

They don't grasp the fact that cause isn't what we “do” in the physical sense of the word. What we do in a physical sense...our work...raising our kids...etc. is an “effect” of the “real cause.” The real cause that determines what we do or don't do is initiated at the level of thought. It's the quality of consciousness that we each have been provided the gift to choose to engage ourselves in as well as the ability to determine the quality of for ourselves which points to the real cause as it pertains to us individually.

By the same token, many who have become aware and truly do believe that such a power does exist, they often lack the understanding and as a result the ability to make the lasting “internal shifts” that harmonize at an energetic level with what they want which does without fail enable them to consistently attract, create and experience the “desired effects.” And this internal shift is accomplished at the heart level. The “unconscious heart” level.

The latest cutting edge scientific discoveries clearly reveal a connection between the seen and unseen. And it's the thoughts and the emotions that those chosen thoughts ignite which play a major role in determining what frequencies we project. You could refer to these frequencies as “vibes” if you like. Vibes created based on your chosen thought processes and the emotions they create. It's these chosen frequencies...outward frequencies that we have the ability to choose or not choose that determine without fail what we attract.

I suppose you could call it a heart/mind/body connection that is very real and equally as powerful. Profoundly powerful. It's where your “true power” is found. A form of power that you consistently use, have 24/7 access to and once you understand how, can begin using consciously and consistently any time you choose to do so.

You're never NOT using this power. We all do. We always are. We just aren't aware for the most part that we are and in the vast majority of cases perceiving that we have none. But we do. We ALL do.

Looked at from a more tangible and practical perspective as it relates to everyday life, as you think about your finances, your relationships and even your health,
what you're feeling deeply within yourself as it relates to these areas, that is what determines and becomes the resonance that is not only limited to you, it becomes part of who you are, determines the “unconscious message” or the “vibes” that you send to others. And without fail, this message; these “vibes” determine what is “attracted” to you.

And that process of attraction works on all levels. The seen and the unseen but the resonance that determines the quality of the attraction is derived from the “unseen.”

It begins at the level of “consciousness” and based on the quality of that consciousness draws from the unseen...what scientists refer to as the field, the plenum, the quantum hologram or as spiritual circles refer to it...The Kingdom...results that always harmonize with the quality of consciousness that we ourselves choose.

And in more cases than not...far more cases than not, it’s an unconscious quality of consciousness that is being projected by you, which is being determined by what's going on at “the heart” level.

And as we'll be exploring soon, this resonance is also felt and absorbed by the cells of your body, determining the resonance that the estimated 50 – 70 trillion cells that make our body “physical” which absorb, emit and also project a “resonance” as well, which in turn has a direct impact on determining the quality of our physical and emotional health.

And regardless if it's being done “consciously or unconsciously” it creates, without fail, a measurable energy frequency that is both determined by you and being emitted from you.

The quality of the “resonance” emitted and projected determines the quality of the attraction.

Here's how it applies to the “tangible aspects” of your life.

If you've struggled with self-repeating patterns in life...cycles that seem impossible to break free from, it's due to the habitual thoughts and beliefs held which have created an “unconscious pattern.” This “unconscious pattern” in turn causes specific emotions to ignite when we engage in or encounter events, conditions and/or circumstances that have previously been experienced.

These “emotions” are easily and consistently felt and if you'll take just a minute right now and think about whatever undesirable results you are or have experienced, results which this self-repeating pattern has created, you'll clearly see and understand how and why the cycles can “seem” to be inescapable.
It automatically ignites “emotions” that don't “feel” very good. The reason being is because they have been ingrained and recorded at a subconscious level due to our strong emotional attachment based on the experience and the “perceptions” we chose and formed regarding them.

Due to our strong emotional attachment, whether it's of a “good or bad” quality, it becomes stored at a “subconscious level.”

We find that as much as we'd like to...as much as we wish that we could consciously change these “undesirable patterns”, these stored and deeply embedded “subconscious patterns”, the conscious mind can't do it on its own which is the way that so many “try” to do it.

The latest in biological, neurological and quantum science and the discoveries these sciences have made, clearly reveal the power of the subconscious mind. In fact many scientists claim that the “subconscious mind” is as much as a million times more powerful than the conscious mind.

That's why we can “consciously desire” a specific outcome but can't seem to break through what we “perceive to be” the impenetrable walls and barriers to make the thing desired “real” with conscious intention alone regardless of how badly we might want it.

It's due to these “subconscious and seemingly inescapable patterns” that fuel and provides additional power to these “undesirable patterns or cycles” that cause your old momentums to continue which in turn unfolds in the various “tangible outcomes” they create whether it is in the physical, financial, relational, emotional and/or spiritual aspects of life.

But since we have new information, should we choose to become “conscious of it” and choose to apply what the information clearly reveals, we can know how to break free from “undesirable patterns”...interrupt the undesirable and seemingly inescapable cycles and begin “consciously attracting” and creating something new. Something that is more consistent and harmonious with what we want.

And thanks to this understanding there are many simple yet extremely powerful and transformational techniques that can be used to guide and assist us in making the shift. And the results experienced as a result can and often are “perceived” as being miraculous in scope.

But the power is only revealed and realized by “doing things” in a way that often conflicts with the ways we've been taught and developed “beliefs” about which essentially leads to and keeps us trapped within the limitation of engaging in what's “perceived” as being rational and logical due to what most have been taught, believe and perceive to be rational and logical.
This common approach...this way that the vast majority have been taught to do things, results in the vast majority engaging in an “outside in” approach to life.

To personally experience this power, to begin consciously and consistently attracting and experiencing “desired results”, it's necessary to make the shift from the “common way” that the vast majority perceive to be the “logical and rational” way to do things and make the shift inside...shift from the outside in approach to an “inside out” approach to life.

When you make that choice...when you learn and understand how to make the “internal shifts” and change what's going on inside, changing the resonance emitted and projected, you'll find without fail and with almost eerie certainty, that things on the outside...the events, conditions and circumstances in your external world begin to reflect those changes.

A kind and quality of change that can and does produce results that many who choose to do so, “perceive” to be miraculous in scope. The extent of the change though is dependent on you. There are no boundaries. The only boundaries that exist are the ones you place on yourself.

This inner change...choosing to make “the shift” from an outside in approach to life to the inside approach, precipitates a paradigm shift. This paradigm shift elevates and enhances beliefs. And when you shift your paradigm, when you elevate and enhance beliefs at the deepest levels...at the “unconscious heart” level, you automatically “allow” the results to shift...the “tangible results” that show up in the various aspects of your life.

And it never, ever fails. Not ever.

It's not limited to ANY area of life. It applies to the physical, financial, relational, emotional and spiritual aspects that collectively determine the kind and quality of life that you experience.

**One thing is absolute and it’s CERTAINLY not nor ever has been a Secret.**

You CAN attract “Whatsoever ye desire” as the mystics, ancients and masters since antiquity have openly and freely shared whether it be vibrant health, financial fulfillment, your dream career, wholesome and fulfilling relationships - or WHATEVER you have a desire to experience...you CAN “Move any mountain”...

...Once you understand how to get to and address the “root cause” that without fail brings it to and/or keeps it from you.
But there’s certainly more to receiving desired outcomes in life than simply wanting and desiring. That’s a conscious process. We all want and desire something but there's no question or doubt that we don't always get those things.

But it most certainly doesn't mean that we can't. In fact we can without fail and with predictable certainty. The reason that so many don't is simply because there’s often something going on under the radar, that most are not “consciously” aware of and it’s necessary...vital in fact to understand and address this VITAL yet often overlooked aspect of attraction before you can expect to make the shift that enables you to attract and experience “desirable outcomes” consistently.

But first, it's vital that we get to “the heart of the matter.” We have to both understand how to do that and once understood, choose to “do it” once that understanding is acquired.

At the conclusion of this book it's my hope that you'll be armed with that understanding. It’s not only my sole purpose for writing it; it’s my “Soul Purpose” as well. And I’m writing it the way I am, in as simple, non-scientific, easy to grasp language as I possibly can with the hope and intention of enabling and empowering you to utilize it in tangible ways to begin getting more of what you want and less of what you don't.

It's an understanding that will enable and empower you to reclaim the power that the mystics, sages and masters consistently spoke of...a power that a rapidly growing number of scientists are now validating and documenting in the most prestigious and respected scientific journals regarding how very real this power is and which, if applied will enable you to consistently utilize your power...a power that you already possess...that we all possess...to begin attracting, creating and experiencing more of the “desired outcomes” in your life.

The Law of Attraction isn't limited to mystical and esoteric teachings. In fact, there’s an exact and very precise science to attraction that is mentioned in The Secret as well as documented in a vast number of peer reviewed scientific journals.

That's what we'll be addressing as we progress for the most part. What scientists have discovered regarding our conscious and unconscious thoughts...the deeply embedded subconscious processes...the physiological systems that are activated as a result and how they directly impact the tangible aspects of our lives including but not limited to our health.

We'll also be addressing how you can begin to use what you discover in a tangible kind of way to begin attracting, creating and experiencing the results that you desire including but not limited to radiant and vibrant health.

And we'll be doing that in due time but first it's important to spend a bit more
time on how you fit into the bigger picture...how and why you attract whatever you might be attracting and how to begin “consciously and consistently” attracting something different if you find that what you're attracting is less than you “truly desire.”

What we'll explore will provide a more “logical and practical” approach and lay the necessary foundation for you to build upon. Although it can and will build on what was conveyed in The Secret, we'll be relating to it in a way that's geared more toward understanding how to use that information while exploring more depth with regard to physiological and neurological functions of the body.

For now, let's just refer to it as the heart/mind/brain connection.

Here's what The Secret didn’t delve into deeply about 'The Secret' that 21st century scientists today do understand...

More than 90% of all our thoughts are under the radar habitual subconscious thoughts and feelings that run like a tape loop without you even being aware of them.

OK...great. So what's THAT got to do with you getting what you want?

What that means and how it’s applicable to you in your life is that it can seem REALLY hard initially to get into the place of “feeling as if” your desires are already fulfilled when you can't actually see and experience them in tangible form.

I mean let's face it, with everything going on in the world around us, with all the “perceived” disharmony, discord and what's often “perceived” as chaos, admittedly it's a difficult task at best. The inner feelings generated due to these “appearances” and the habitual thought processes that follow are what conflict with “feeling as if” we already have them and keeps so many from receiving what so many want which is the ONLY THING that keeps it from them.

We have to be able to master the ability to “Judge not by appearances” so we can enable ourselves to get into this “feel as if” place.

In other words as we've touched on...the “resonance” that YOU project based on what you “perceive” as being so real...the debt...the “lack of money”...the illness and countless other “undesirable” things that you can see, touch, taste, smell and feel with the limitations of the physical senses creates “perceptions”...instills “fear” and as a result emits and projects a “resonance” that pushes what you “truly desire” AWAY from you rather than attracting it TO YOU.

Your predominant focus remains “fixated” on what you “DON’T Want”, what you “need to avoid” and what you hope NOT to experience instead of seeing above
and beyond it enabling you to stay fixated in “your minds eye” on what you DO want.

That's why the rich get richer and the poor get poorer. But it doesn't have to be that way unless and until you choose it for yourself. You can make the shift whenever you choose to do so. But it requires a choice. And it’s an individual choice. You aren’t required to make it. You don’t have to make it. It’s only necessary if you truly desire to experience greater results and really want to begin seeing those results take tangible form.

So how do you make the shift?

Based on many of the processes and methodologies that are taught today it can require many years of practice and discipline initially. But the reason is because of the approach. Many of them don't enable you to delve directly into “the heart of things.” A number of them require utilizing the “conscious aspect of mind” to delve into the “subconscious or unconscious” aspects of mind that are determining the quality of result that you’re getting.

And there's also a “cookie cutter” approach that many “claim” will resolve all issues. But this “cookie cutter approach” that so many of these programs instruct you to engage in doesn't address the broad range of diversity and the unique circumstances that apply to us individually.

Another approach requires you to become and remain consciously aware of the predominant thoughts that you consistently think which exposes the underlying beliefs those thoughts are derived from and should you make it that far, requires becoming keenly and consciously aware of how these two things make you “feel.” Once accomplished, it requires a number of other steps to remove the layers one by one. It requires discipline and consistency, yet through repetition it proves effective. But again, the success rate isn't high because it requires a more “conscious approach” initially.

Most don't and won't hang with it that long. And admittedly, although beneficial, that can be a daunting process. More than daunting it can be seemingly impossible for some. Most “perceive” themselves as having too little time to DO what they already have to DO, let alone take any more TIME out of their already overloaded schedules to DO anything else!!

But those who think this way, those who choose this approach, have lost sight of the main thing. And the main thing is discovering what causing and creating all this desirable as well as the undesirable stuff that’s showing up in your life, that far too many “believe and perceive” they have no control over.

The fact of the matter is, in a fast paced world and the “I want it now without having to do too much” mentality that most hold, the vast majority won't even
take the first step nor put forth the little effort necessary which is as simple as slowing down a bit, setting aside some time to get quiet, focus and become consciously aware of the consistent subconscious thought patterns that surface and consistently run through their minds.

And rest assured it's that process...the habitual thought processes that we engage in “unconsciously”...thought processes that are embedded deeply at a “heart level” which are creating, emitting and projecting a resonance that determines what we attract to us and in the vast majority of cases “attracting” more of what we don't want than what we do want.

Although everyone wants, far fewer are willing to become conscious of and clearly define what they want, let alone become consciously aware of what they're consistently thinking about which ALWAYS points to the underlying subconscious processes that inevitably draws it to or keeps it from them.

What's more...It can be really really hard to become conscious of these thoughts, let alone change those thoughts, feelings and beliefs about something at will...because in EVERY case, there are MANY that are so deeply embedded at a “subconscious level” you're not even “consciously aware” that they exist at all let alone what they are! And without fail they are impacting every aspect of our lives physically, financially, relationally, emotionally and spiritually.

And as vitally important as it is to get to these “root causes” to begin getting more of what we want and less of what we don't, the vast majority choose to not take the time to address them.

So let's start there. Let’s begin where the vast majority is so we might shed some light on the topic and impact the greatest number of people. Since lack of time and discipline is a mindset and “perception” that most hold...let's work with that. Let's start from where the vast majority find themselves.

Let's start by looking at how we sabotage our “consciously held” desires.

As I teach and write about extensively at abundance-and-happiness.com, your predominant ATTENTION...meaning what you focus on most, both consciously and subconsciously determines your INTENTION which also determines the resonance you project and determines what you project out into the cosmos. This projection determines the kind and quality of what you attract to you. Your “conscious intention”...what you want and desire...is often overwritten, canceled out and sabotaged by the habitual and self-repeating “subconscious processes” running under the radar outside of or underneath your conscious awareness.

It's this process...this unconscious process that so often sabotages and/or delays the manifestation of the consciously held hopes, dreams and desires that so many have, keeps them from receiving them and in a number of cases...due to
“unconsciously attracting” the polar opposite of what they truly do want, it solidifies beliefs and perceptions in our minds that these desired outcomes simply weren't meant to be.

In other words, in the vast majority of cases your attention is being directed to the polar opposite of what you “consciously desire” at a depth that escapes your conscious awareness and in essence you’re “unconsciously asking” for something other than you “think” you are. And without fail The Law of Attraction (what’s recently been labeled as The Secret) brings it to you...ALWAYS in ALL WAYS!!

It never fails...it never wavers and never stops working.

And although we are utilizing the power provided to us, we are doing so “unconsciously”, drawing events, conditions and circumstances that we are “perceiving” to happen by fate, luck or chance and solidifying our “belief” that the world is random and chaotic, instilling additional fear based “beliefs and perceptions, recording them at a deep “subconscious level” sustaining, strengthening yet still unconsciously projecting these “vibes” that conflict with what we want, and ultimately trapping ourselves in “seemingly inescapable” cycles.

And although we often do get stuck in these “seemingly” inescapable cycles “perceiving and believing” that they're inescapable, they're NOT inescapable at all. We just “perceive and believe” they are which makes it “true” for us.

As it relates to The Law of Attraction, a number of people develop “beliefs and perceptions” that the Law of Attraction isn't real or that it simply doesn't work for them.

Rest assured, the Law of Attraction is very real, is ALWAYS working and it never fails or wavers. Many “perceive” that it does yet it's only because they are unaware of how it works, that it exists at all and how their “unconscious participation” in the process is creating in “tangible form” events, conditions and circumstances that they DON'T want.

As science has clearly revealed, although some scientists might choose to call it something different, The Law of Attraction always works and it's working for you, me and everyone else on this planet this very second. It always does, always has and always will. It's only necessary to accept responsibility and become “consciously aware” that something is happening within ourselves that's making it work the way it is.

It's necessary to “wake up” and see that, accept responsibility and make a conscious choice to recognize and understand how and why it's happening before we can take the initiative and “allow ourselves” to address, enhance and shift the core issues.
Make no mistake...

It's what's going on inside...within ourselves that determines what we experience in life. It's an incredible and irrevocable gift that we've each been equally provided. And it's vital that we become “consciously aware” of that fact and accept responsibility at some point if we truly desire to create change.

But in more cases than not, what's going on “inside” isn't our fault. There is no fault here. Assigning fault isn’t the way to begin consciously attracting. Accepting responsibility in the way I'm using the term has absolutely nothing to do with finding fault or doing things “wrong.” In fact finding fault, pointing the finger and attempting to blame someone or something, including yourself, only serves to draw more of what we don't want to us. So it has nothing to do with blame, fault or finger pointing.

But it does have everything to do with becoming conscious of what is happening, accepting responsibility that it's us that is now responsible for addressing whatever that is, whether good or bad and should we find that what we're experiencing is “less than desired” making the shifts at the subconscious level...the “heart level”, which enables us to “consciously enhance and shift” the internal processes that are attracting and creating our “less than desired” outcomes.

Accepting responsibility simply means to look within ourselves...to quit looking for reasons and excuses outside of ourselves for blame or fault or why something isn't working in our lives, which enables us to reclaim our power.

It's this chosen way of doing things that enables us to rediscover and reclaim our power and equally as important become enabled to begin consistently using that power consciously, intentionally and purposefully.

A choice to look outside of ourselves, believing that externals are the “cause” of our undesirable outcomes is a choice to relinquish our power. If I truly believe that something outside of me is responsible for my outcomes whether they be desired or undesired, guess what? I’m choosing to believe that I have no power. And we can do that if we choose to, but it's not a choice that will enable us to make the shifts within ourselves...to enhance our belief to the level of Higher Truth which is where our “true power” comes from.

To make certain I'm being clear and that you fully grasp and understand what accepting responsibility means in the way I'm using it, consider this...

If I believe that my neighbor or my wife or my kids or any event, condition and/or circumstance in my “external environment” is responsible for my outcomes...that they're the cause of my unpleasant emotions and reactions whether it be
unhappiness, anger, happiness or whatever way of “being” that I choose for myself, will I ever get to the place that I accept full responsibility for my experiences? No. I couldn't. That's a victim mentality. It's a creature of circumstance way of “perceiving things.” If I “truly believe” that externals of any form can control my life...that these “externals determine how I respond and/or react, I'm going to remain a victim and/or creature of circumstance.

No one or nothing (NO thing) external to me can affect me unless and until I choose to allow them to. Unless and until I accept that fact and recognize how “true” that is, I'll never get to the place that enables me to fully utilize the power that we've all been provided in a “conscious and intentional” way.

**Let's look at it from a spiritual perspective...**

From a more “spiritual perspective”, if I fail to understand that the Source...whatever the Source of your understanding might be, provided me, you and everyone else with the ability to choose...the ability to utilize and exercise our inalienable right of “free will” to make choices which determine what we experience in life, it can even seem at times that “unanswered prayer” is real.

I've studied many of the texts from many cultures and such a thing as “unanswered prayer” doesn't exist. It's widely taught in some of the circles I engaged in, but I believe it's quite “untrue.” I've since come to understand that we “perceive” unanswered prayer as being “real” due to the fact that we believe it which automatically puts us in the place that we in fact, “unconscious” of what we're asking for.

If we choose not to understand the depth and power behind “As you sow you reap”, WHATSOEVER ye desire when ye pray, we can remain stuck within the often times self-limiting and self-sabotaging indoctrination and social programming that is so prevalent in the world and in essence choose to stay trapped in our “seemingly random, chaotic, inescapable cycles.”

There is no such thing as unanswered prayer from my perspective. I use to think so. I was taught that there was. I believed it too for many years. And it's that very belief...what I've come to believe to be a traditionally established “false belief” that kept me from fully and consciously exercising the power that Source provided to me, you and everyone else equally.

And it will keep anyone who chooses to believe it from fully exercising and utilizing in a “conscious and intentional way” the power that the Source of their understanding has provided to them. It can and often does further sabotage “self-esteem”, elevating “beliefs” of unworthiness which further supports and substantiates our dis-empowering beliefs and draws more of what we “don't want.”
And here's why my “belief” has changed with regard to prayer and how Source NEVER...EVER says no.

Many people today believe that because they pray for something and don't get that thing, whatever it might be, that it was an “unanswered prayer.”

**Here's a KEY and potentially transformational understanding that is VITAL to grasp if you “truly do” want to begin “consciously praying” if you choose prayer as a means to communicate and “consciously attracting” more of what you DO want and LESS of what you DON'T want...**

The Law of Attraction doesn't respond to physical words or consciously desired outcomes, it responds without fail to resonance.

It responds and provides without fail based on the “resonance” that we choose to project from within ourselves through our thoughts and emotions which are derived from the “heart level.” Verbal prayers regardless of how sincere or earnest spoken or felt with a disharmonious resonance...without the internal “knowing and assurance”...the quality of resonance that “heartfelt knowing” creates and projects, sends a disharmonious message...a message that projects “vibes” which are counter to and conflict with what we're asking for verbally and “consciously desire.” And the Law of Attraction provides it to us just as we are asking. The promise holds true. As we believe we receive. Whateves we desire when we pray we get. As we ask, we receive. The doors we knock on open. And the “light” shines upon our ways.

Point being; our physical words don’t determine what we’re asking for. Physical words are physical and finite. Physical words are the tools we use to communicate here in the Newtonian world of shape and form which are spoken in a “physical fashion.” They're great for communicating here. They serve their purpose. But they don't do the communicating at the energy level...the level of resonance or if you prefer, the unseen/spiritual level where all physical things are derived from.

It's resonance that determines what is being communicated to the unseen/spiritual realm and determines without fail what is received as a result. Resonance is determined by what you’re feeling. Resonance is the spiritual/metaphysical communication device that we use to communicate with. Resonance determined by “heart based” beliefs are the quantum language that the quantum/metaphysical/spiritual realm utilizes to determine what we're asking for and ALWAYS in ALL WAYS provides us with.

**And for the analytical and I need to know why from a logical perspective type, here's why it does based on what modern day science has discovered...**
As science has clearly shown and proven, we exist in a vibrational Universe. The Universe; the entire cosmos is an infinite field of wave energy or frequencies. The vibrational intensity of our individually chosen thoughts, feelings, beliefs and emotions impacts, molds and shapes the “stuff” our Universe is made of. by being projected outward, joining with harmonious vibrations in what scientists refer to as “the field” which determines what we attract to us and experience in every area our lives.

As science has discovered the resonance that we project through our predominant thoughts and emotions (wave frequencies) intersect with the wave frequencies that exist in the field joining with those that are of a harmonious resonance in this field, turning “waves of probability” (an infinite number of wave frequencies existing in the field) into “particles of matter.”

In laymen’s terms the quality of our predominant thoughts ignites emotions which determine how we feel which create and project a resonance which activates the Law of Attraction which in turn determines the quality of the tangible things that show up creating the various experiences we’ll have in our lives.

And that can get into some really deep and complex stuff...some really mind twisting stuff in some cases which we won't be doing. But do some research on quantum physics and quantum mechanics and you'll see just how “true” it is.

But here's what's exciting.

The ancients, mystics, sages and spiritual masters of the past have always conveyed EXACTLY the same thing, only presented it in different terminology. As a specific example what the masters referred to as “The Kingdom” and what modern day science now refers to as “the field”...”the plenum”...the “Quantum Hologram”...”The Mind of Nature” etc. are one and the same thing.

More are “getting that” now since scientists are validating and conveying their discoveries in ways that we can wrap our rational minds around enabling us to grasp and understand from a “logical” perspective, how and why it's “true.”

Science has also validated what the master conveyed when he said...

“You are the light of the world.”

Scientists have discovered that one of the most basic elements of EVERYTHING that exists in physical form is “photons.” Guess what photons are? Light. Light packets of energy. Science also says that everything that we see, touch, taste, smell and hear as well as those unseen things that the 5 physical sense can’t experience is 99.9999% pure light. And guess what is really exciting to me and a lot of other people I know? This master didn't have a microscope.
And at the same time science is also, due to their discoveries, enabling and empowering us to make some of what this same master shared obsolete. That was...

"You have ears but you do not hear. You have eyes but you do not see."

Science is enabling us to see and hear how and why our lives are unfolding as they do. It's being presented and revealed in real, tangible, verifiable and digestible ways that enables us to both see and hear the underlying and unseen process that determines how and why our lives unfold as they do. More importantly we’re becoming enabled to study and learn in tangible ways just how real and true it is, which is elevating and enhancing the “beliefs” of those who need validation and tangible proof which in turn is enabling them to enhance their own beliefs and understanding and experience more of the desired results and less of the undesired.

It's also enabling us to see the wisdom, power and necessity behind what the same master shared when he taught...

“Be transformed by the renewing of your mind.”

We're also provided very specific direction as to how to engage ourselves to ensure that the YES of Source always harmonizes with what we “ask for.”

“Be anxious for nothing, but in ALL things through prayer and supplication with thanksgiving make your requests known unto God and the peace of God that transcends all understanding will guard your hearts and minds through Christ Jesus.

When we choose to make the shift at the level of thought...the level of consciousness...at the deepest “heart levels”...eliminating fear, doubt and worry based on what we see going on around us...when we choose to get to the place where we can “judge not by appearances” we can and will experience the “peace of mind” that projects a “resonance” that harmonizes with and enables us to attract and receive “Whatsoever ye desire.”

Should we choose to engage in the “physical action” of prayer...when we choose to pray “consciously and intentionally” absent “anxiousness and anxiety” attached...prayers projected with thanksgiving and/or gratitude, absent fear, doubt and worry is profoundly powerful and will always produce outcomes...tangible outcomes that harmonize with what is being asked.

Unanswered prayer is nothing more or less than a “perception”...a dis-empowering “perception” that changes the resonance from “knowing” to doubting or wondering at best.
But it's NOT the physical act of prayer that provides it. It's the resonance generated and projected at “the heart level.” The “heart based feelings” that are doing the communicating which always harmonize with the quality of the belief held.

The Law of Attraction as it's now being called, provides it. And it does so without fail, without wavering...Unconditionally.

And choosing to not follow that wisdom “consciously and intentionally” will also enable us to experience outcomes that we “perceive” as being unanswered prayer. But it's not. It's only that we're asking “unconsciously” with deeply embedded “beliefs” at the heart level that project a resonance which sabotages what we “consciously desire” and based on our “conscious awareness” and the physical words that we use, believe that we're asking for.

Point being, science is providing us with tangible proof...something that we can both see and hear, further validating and substantiating what the masters from all cultures were attempting to get their followers to see and hear.

There are those who will choose to remain unaware or in some cases even choose not to believe it simply because they haven't made the choice to dig deeply enough into the “core and untainted message” the masters from ALL cultures taught nor choose to discover just how “real and true” 21st century science is showing that what has been conveyed for thousands of years is quite logical and practical.

It's only a choice. And it’s an individual choice that we've each been provided the ability to make or not. There are no “right or wrong” choices. Only choices that deliver tangible outcomes just as we ourselves choose.

There are a number of people today who truly do want to believe it yet due to choosing to remain “unconscious” of their role in the process...choosing NOT to accept responsibility for their direct role in what they receive and the predominant thought processes they engage in as a result and the physiological effects that follow which determine what they “get” or “don't get”, they perceive themselves as powerless, helpless or in a number of cases, unworthy to create desired outcomes in their lives.

In essence, they're choosing to DO things in such a way that is nothing more or less than a choice to relinquish and give their “true power” away.

And like EVERYTHING in our lives...we CERTAINLY have that choice. But it's not a choice that we're “stuck with” or have to make. Choosing to become “conscious, intentional and purposeful” is optional. We can choose to remain in the self-limited understanding that the world gives us...choose to maintain the victim and creature of circumstance mentality that the vast majority chooses and experience
the limited results that the vast majority in the world receives.

Or, we can, if ever and whenever WE decide to, choose to make changes. Profoundly empowering and transformational changes at “the heart level.”

We have the right to choose to remain “unconscious”...“asleep” and hold on to whatever limiting beliefs and perceptions that we choose or become “conscious”, enhance our “beliefs” and understanding...to “Be transformed by the renewing of our mind” and experience the inevitable rewards that follow.

Because regardless of what someone might choose to believe, the real facts are...the “Higher Truth” is, whether you choose to gain the understanding from science, the masters or both is the fact that we ALWAYS get what we intend to get as it pertains to us individually.

Many don’t understand or believe that simply because in the vast majority of cases their predominant focus...their “unconscious intention” is “unconsciously fixated” on the opposite of their consciously desired outcomes. And they get what they ask without even being aware of the fact that they are asking for it.

Point being as we’ve already covered...

We are ALWAYS receiving just as we ask, many are simply unconscious of what we're asking for and how the asking is being communicated.

In fact as mentioned earlier, of the 60,000 thoughts per day that the experts claim we think, in the vast majority of cases, we’re unaware of what approximately 90% of those thoughts are. The reason we're unaware is simply because they're “subconscious thought processes.” We're NOT aware of WHAT we're consistently “thinking” about and focusing on.

Well that seems futile and hopeless doesn't it? How can you possibly become conscious of what you’re asking for and make the necessary “shifts” and adjustments if you aren’t consciously aware of more than 90% of the thoughts that you think?

More importantly, how can you possibly make this Law of Attraction thing work for you in a “desirable kind of way” consistently if that's truly the case?

Well it's not as difficult as most think. In fact it's quite simple and profoundly powerful as many around the world are discovering for themselves. Yet it's also a choice.

It begins by first of all becoming “conscious” and aware of the importance of addressing what's going on “unconsciously or subconsciously.” It's about “being aware that it's happening” first of all, accepting responsibility and then choosing
to commit to making the necessary changes at the unconscious levels once the awareness is acquired.

These “unconscious processes” are derived from a number of areas and are unique to each of us. You may have traumatic memories you have suppressed, “unfounded beliefs” you have inherited or been indoctrinated with at some point in your life which you, for any number of reasons have buried, aren't even “consciously aware of” and “perceive” as having absolutely no connection to what you're experiencing now.

And these deeply embedded “unconscious beliefs” can be considered to be “issues of the heart.”

It's these “unconscious functions”...these “unconscious memories and beliefs” that create internal stress which create a resonance that conflicts with attracting “consciously held” desires.

How do you change stress creating memories and their frequencies if you don't even know they are there?

At the least it requires a willingness on your part to enhance your awareness to discover tools and techniques that can and will assist you in making the transition. That's where the “application part” comes into play.

Change requires action. It requires a willingness to change followed with action that harmonizes with that choice which makes the change real and tangible. Thinking about it, intending to do it, wanting to do it, doesn’t get it done.

In essence a choice to remain “unconscious” or oblivious to how the process works, the laws that govern the process and how we fit into the bigger picture individually to determine what we experience in life leaves many wandering blindly through life hoping, wishing and praying that life will deal them a “good hand.”

That's precisely why the vast majority in the world today “settle” for what “they perceive” life delivers to them without having any say so in the matter and as a result spend their entire lives “getting by”...settling and never experiencing even a tiny fraction of all the really great and pleasing “stuff” that life has to offer them.

They “perceive” themselves as creatures or worse, victims of circumstance rather than grasping the “Higher Truth” that they are both CREATORS and co-creators of circumstance, yet at the same time “Unconsciously creating” the circumstances that they find themselves limited by each and every day.

That's also why perceptions that the world is random and chaotic are so
Many choose to remain stuck in their current understanding. An understanding derived through cultural programming and indoctrination. They refuse to expand their awareness beyond what they've been taught, developed beliefs about and as a result have come to “know” to be true. They choose to get and stay in their own way.

But it's only a choice. An individual choice that we each have the right and ability to make anytime we choose to.

We don't have to. We can make the choice not to or we can make no choice about the matter at all. But understand this...NOT choosing is also a choice. Yet it's NOT a choice that will enable you to fulfill the heartfelt desires that so many “hope, wish and pray” they could but “perceive” themselves as being unable to make real and tangible. And that's a choice that we each have the right and the ability to make as well.

Again, there are no right or wrong choices in the bigger scheme of things, only choices that determine what we attract and experience in our lives.

One thing is as certain as gravity and the Law of Attraction. If nothing changes nothing changes. Change requires a willingness to change. In the area that we're talking about here, the changes aren't physically challenging or exhausting. It doesn't require more physical doing through physical exertion that so many “perceive” as being necessary...as “the cause” for their experiences in life and the quality of them.

It's simply a matter of becoming “consciously aware” of and addressing what's going on under the radar...what's going on within ourselves by harmonizing these under the radar processes...these “root causes”...the “REAL cause” consciously, intentionally and purposefully with what is desired.

Change requires nothing more or less than a choice to change. We can choose to ignore or choose to change whatever issues we might be facing. We can choose to remain where we are or choose to break through and make whatever we desire real and tangible.

And that's where so many get stuck. Because they fail to see and understand that change is nothing more or less than a choice. It isn't complicated. What makes it “seem complicated” is due to what we've been taught and as a result “believe” about how change needs to happen for us. We're taught that change is hard, complex in many cases and is limited to what we do in “strictly physical” kind of way. A physical and finite way and as a result of choosing to believe and follow this finite form of approach that overcoming certain obstacles and achieving certain goals is illogical, irrational, impossible and outside of our ability.
And from a “strictly physical” perspective, that is perhaps more often true than not true. But we're not limited to “physical solutions” which always produce limited finite results. It goes back to cause and effect. The physical isn't the “cause” the unseen/spiritual/quantum realm or if you prefer The Kingdom is where all physical things come from and the quality of “consciousness” that we choose is the essence...the unseen essence that determines what is drawn from there.

Since we're predominantly taught and indoctrinated that we can change certain things, certain areas but the really big things, the things that are most important to us in many cases, are beyond our control.

But they're not and they never have been. It's only become that way because we choose to believe that it is that way. We choose to hold onto the limiting beliefs we have about what's necessary to create whatever change we desire.

Creating desirable change of a physical or a non-physical nature, whether physically, financially, relationally, emotionally or spiritually is quite simple. Profoundly simple. Whatever tangible or non-tangible thing that we truly desire to change is far more “simple” than most understand when we know how.

Although simple in concept, it's not always easy to accomplish due to the way that so many...including a number of those who grasp and understand the Law of Attraction “try” to do it.

In fact many who discover the Law of Attraction and become so excited by it initially, after “trying unsuccessfully” give up prematurely and develop solidified beliefs that The Law of Attraction isn't “real” at all or that they are just unable to make it work for them for any number of reasons.

But the fact is you can make it work for you in a desirable kind of way...consciously...consistently...intentionally and purposefully and it doesn't require years of searching, exploring or engaging in learning about esoteric principles, science, biology or Universal Laws to do so as so many believe.

The Law of Attraction isn't a magic wand. It's a law. And it’s a law that operates perfectly, precisely, unwaveringly and without fail whether we choose to acknowledge that or not. To make it work “consciously and consistently” in a way that we desire requires understanding the importance and the vital nature of what's going on at the unconscious levels. To “become conscious of” and make the choice to address what's going on at the “subconscious level.” To make the choice to understand and shift the under the radar processes that are creating all
this physical stuff that we so want to change but “believe and perceive” that we can't.

But we can.

There is a simple way to address and align these underlying root causes...these unconscious communications with what you do desire. There is a way to effectively and permanently eliminate this conflicting and self-sabotaging underlying root cause that is impacting your health as well as the other aspects of life that so many “falsely believe” themselves to be helpless to address.

In fact there are a number of ways. Some require much more time, discipline and understanding to implement than others. We'll be looking at a way that I've found, after “trying” a number of them and, based on my own experience, believe to be the easiest, simplest and quickest way which doesn't require years of searching and discipline to experience what many refer to as miraculous results.

It addresses the often overlooked “issues of the heart” that keep so many “feeling” stuck and all the while perceiving there's nothing they can do about it.

I walked a number of paths before I discovered it. I've tried and explored more processes, techniques, “cookie cutter approaches”, etc than I can possibly cover here or even care to think about.

This is the technology that the originator, director, and CEO of the movie The Secret all wanted for their friends and family's healing. This is the same technology Dr. Ben Johnson used to release his Lou Gehrig's Disease which based on the awareness and understanding he possessed at the time, based on his many years of medical training which was necessary to acquire 3 medical degrees, he believed at the time, was a certain death sentence. He knew, based on his training in conventional medicine, that there was no answer for him which is why he left his cancer treatment practice in Atlanta to join Dr. Loyd in “spreading the word” when he personally discovered that there was and how powerfully effective this technology was.

You could say that Dr. Johnson didn’t know what he didn’t know. But by choosing to explore outside the boundaries of what he and the conventional medical community did know, he discovered something that he didn’t know was possible or that even existed.

It’s also the technology that tens of thousands from around the globe are crediting with assisting them to eliminate and rid themselves of countless illnesses and emotional issues from a-z including Lou Gehrig’s Disease, depression, athletes foot, poison ivy, cancers, ADHD, bi-polar disorder and on and on and on.
And it didn't “cure” their issues of a physical and external nature. It assisted them to get to and resolve the “heart issues” which are at the core of all of our undesirable results in life. And we'll be discussing soon how real, tangible and practical that is.

In addition to assisting countless individuals to resolve health issues, countless more have utilized it to resolve financial, relational and emotional issues as well.

They’ve all come to know that there does exist a set of Healing Codes which get to and address the root beliefs, thoughts, and feelings and changes them at the source...at the frequency level so that you can get and remain focused on what you want, both consciously and subconsciously which brings it to you.

Let's call these root issues “heart junk” for the sake of simplicity. That’s what Dr. Alex Loyd refers to them as, “heart junk” or “issues of the heart.”

And we'll be covering why that's “true” and explore in a rational, tangible and practical kind of way to appease the intellectual aspects of our minds.

And we'll be doing that by exploring various areas of research and study I've personally engaged over a period of many years with the intention of satisfying the intellectual aspects of my own mind which also solidified my rational understanding of why I had experienced what I once “perceived and believed” to be some irrational and non-tangible experiences that I currently relate to as being profound. Beyond rational, logical, practical or feasible experiences as most define these things, which I personally experienced which in turn precipitated the launch of my intellectually focused journey.

It’s not because I had to. It’s not because I didn’t “know” that what I had experienced was profound and indescribable and revealed things about myself and life in general that could serve others, but rather I felt led to so I might accurately convey to those who were ready and willing to listen, that there is a much shorter, simpler, easier and quicker path to what we all truly desire than most are aware of.

It's because I wanted to understand why I had them, what they were and how it was that I could experience them but others didn't seem to be able to. And what I discovered is that we all can whenever we choose to. We just need to understand the importance of and then learn how to choose, ask and receive “consciously and intentionally.

But it's not absolutely necessary to understand Universal Law, the Law of Attraction, resonance, the subconscious mind, the physiological and neurological processes or anything else for that matter. Although that's a path I chose for
myself, and a path that I’m quite glad I did walk down, it's a path that took many years to explore and understand. It took a lot of digging, exploring, seeking and experimenting. There was a lot of “trial and error” experienced as I walked down these numerous “self-chosen paths.”

The way I personally chose to do it is what I now often refer to as “The Long Path.” But as I've since discovered, it's not a requirement that you take this ”long path” yourself, although it is a choice that you can make or not make.

What it does require is becoming conscious of, understanding and becoming keenly aware of what's going on within yourself...at the deepest places within yourself at the mental, emotional and physiological level in order to develop the understanding and belief that a “short path” exists at all.

I can assure you after seeing and personally exploring the paths I have, that they are far more vast and far greater in number than we’ll ever be able to fully know or understand. But we don’t have to.

As you'll soon understand, all of these paths...regardless of where they might lead or how far we might “perceive” they take us from our “desired destination” work together to determine our individual experiences in life and it's what's happening at these various levels that determines which paths we’ll walk individually which also determines without fail what The Law of Attraction draws to us.

But you know what I've found through all my “path walking” that I find MOST amazing? Whatever paths we choose for ourselves ALWAYS provide us with the ability to learn and grow if we choose to do so. And what's even more amazing is that all paths lead back to ONE unified path..to one unified understanding.

And it's not only extremely exciting, it’s also profoundly simple.

My personal path toward deeper understanding began with a number of experiences that defied common logic. Those experiences provided me with a “profound and unexplainable kind of knowing” but since they didn't make “logical sense”...weren't rational based on what I learned, knew and understood at that time to be “logical and rational”, I had to explore deeper.

I had to sort through all the “perceived complexity” based on what I “knew” at the time to be true about life and myself.

Being a left brained analytical type and being the kind of guy that likes to know how the airplane works before I get on it, in the same way I had to know what precipitated these profound experiences and why I had them. I knew where they came from, I knew how profound they were, I just didn't know why or what made them happen.
That hunger led me down a number of paths that I've since traveled. Various religions, science, studying the neurological and biological functions of the body, the ancient texts, psychology, cosmology, you name it, if there's a path of exploration relating to life, human potential and how we can enhance it, I've walked and explored the majority of them. As I walked those paths I also encountered and tried a number of techniques, programs, seminars and read more books than most choose to read in 3 lifetimes.

What I discovered through all this path walking is that where I began...those “experiences” that I had initially...were as far as I needed to go. Everything I explored and experienced afterward all led back to the very same place where I started. To the simplicity and perfection that's of a far more profound nature than any words or scientific language could possibly describe accurately.

And now for me it's all quite logical, rational and simple, although at one point it wasn't. At a number of points I was quite convinced that it was hard and in some cases impossible to get to where I had a desire to go.

And then I discovered it wasn't. I simply didn’t know what I didn’t know.

And although I'm glad I personally did all that “path walking”, to explore and understand what I didn’t know, it's not necessary. Here we'll be exploring, in a simplified and condensed way, what I discovered during that period that I believe based on my communications with so many, to be a path of exploration and transformation that can and will benefit everyone who chooses to allow it to.

And I think it’s important to emphasize the fact that although I and many like me know it can, it's you that must make the choice and “allow it” to benefit you.

We'll begin by exploring a path that is more logical and practical based on the mindset that the majority holds. The physiological and just a wee bit of the neurological functions of the body and how these functions impact, affect and determine the tangible outcomes we experience.

That's what we'll be doing. We'll be looking at and exploring what many scientists have discovered regarding this physiological process which is ultimately determined by our mental and emotional states and as you'll soon see and understand is quite logical, practical and yes...simple even.

It's the shortest path I'm aware of that integrates and allows people to grasp the power of merging the tangible with the intangible in a rational, logical and intellectual kind of way, yet still provides incredible results if you choose to internalize, believe and apply it.
So if that's “true”...if this “short path” exists, why aren't you and everyone else already aware of it?

Probably the biggest reason is because more don't and haven't taken the initiative to look for it. The information is and most certainly always has been available. Many just aren't aware of it or understand the power made available to them simply because they haven't been exposed to it nor made a “conscious choice” to venture out a bit beyond what they know to be true to discover it for themselves.

It's kind of like the information the Secret revealed. It's been around since time began yet based on the immense and record breaking sales of both the book and the movie, it's quite obvious that many people “perceived” it as being “new information.” They also “perceived” it as being A Secret which is why so many copies were sold and so many sales records were broken.

But it's NOT new and it NEVER has been a Secret. It's existed since time itself began. It's not even “new” in scientific circles. It's been understood and talked about for hundreds and hundreds of years by many forward thinking scientists, philosophers, etc.

But based on what so many believed and “knew” to be true, they didn't buy it until it began being documented through modern day science. But even modern science discovered and began documenting it in great numbers almost a hundred years ago.

In fact, the scientific equation that was discussed in The Secret...E=MC2 was discovered in 1925 by a brilliant scientist who would later become a Nobel Prize Laureate. His name is Albert Einstein.

Einstein also discovered and clearly conveyed based on his discoveries a most profound statement that everyone can benefit from. Actually he made a number of profound statements that when first made were “perceived” as being unrealistic, illogical, irrational and quite inapplicable to reality and how our lives unfold.

That statement is...

“Imagination is the greatest creative force in the Universe.”

And as many understood prior to Einstein documenting it in a scientific kind of way and many more have discovered since, he was right. And if you'll grasp the truth and power behind that statement and develop the ability to utilize your imagination consciously and intentionally, you can benefit just as much as anyone else who has grasped and “consciously” utilized it prior to you learning about it.

Because if you think about it...really think about it, the power made available to
all of us once we choose to use our imaginations “consciously and intentionally” becomes really really simple, quite logical yet profoundly powerful beyond what most think they know.

So think about this. Really think about this and you'll see for yourself in just a few seconds, just how “simple and powerful” it is.

There is nothing...absolutely nothing in the world that exists that wasn't first imagined. Nothing can happen, ever has happened or ever will happen unless and until a thought is first conceived.

And the other statement Einstein made which is equally as “simple, logical, rational, true and powerful” is...

"The definition of insanity is doing the same thing over and over again and expecting different results."

And again he was right. But he wasn't referring to a form of doing that's of a “physical nature.” He was referring to a form of doing at the level of cause. He was pointing to and showing us the level where all things physical begin. And that “level” is at the “imagination level.” It’s at the “consciousness level” where EVERYTHING begins.

To become aware and utilize that awareness to create greater results in your life consciously, intentionally and consistently requires a willingness and openness to explore areas that may stretch outside of your current “belief zone.” This belief zone is also known and referred to as your “comfort zone.” In EVERY case, if we “truly do” expect to create desirable and meaningful change and expand what we know in order to consciously and intentionally expand and enhance our experience borders, it requires a willingness to expand them first of all. And once done, once you “know”, choosing to step outside of them. That's not a place where the masses choose to go.

But the reasoning behind why is quite simple and logical as well. It's because of belief filters that we've each acquired throughout our lives. These filters often limit our imagination. They constrict our ability to conceive, imagine and determine the quality of our thought processes. And as a result, that limits our tangible results.

Many choose not to explore and understand that we ALL have belief filters that often blind us to whatever solution we might have a conscious desire to find. These filters limit our imagination. They always lead us to attracting to ourselves events, conditions and circumstances that harmonize with whatever these filters limit us to.

And for most, because of the fact that they never choose to stretch and venture
outside of where those filters keep them, most never discover it.

So in a number of cases it's necessary IF you truly desire to experience change and a greater quality of life, to explore and understand the intellectual paths that show you how true it is and that doing so can, if we allow it to reveal how logical, practical and simple getting what we want is.

Rest assured we ALWAYS get what we're looking for. The Law of Attraction ALWAYS brings us “precisely that.” Sometimes we're just “unconscious” of what that is and in some cases choose not to eliminate the belief filters that keep what we consciously desire out there somewhere on “someday isle” which the Law of Attraction delivers just as we ask as well. It remains “someday” because that is precisely what we are asking for.

As one of the spiritual masters clearly conveyed...“Seek and you will find.” That's not an empty promise as those who choose to “consciously seek”, find. :)

Yet when you really explore the wisdom and the deeper meaning behind that statement...when you choose to look deeper than the “physical words” that were spoken...when you choose to “really see and hear”, you also find that this “seeking” that the master spoke of and what we find as a result is not limited to things that we want or consciously desire for ourselves.

It meant much more than implying that if we look for answers to questions we have about life and ourselves that we'll find it. It covers that for sure, but it also covers more.

It means “precisely” what was said...

As we seek we find. What we look for, we get...without fail. Many are seeking “unconsciously” without even realizing that they're “seeking at all.” They're choosing to seek in ways that limit them due to the filters they've acquired and in many cases don't even realize they have. And these filters keep many unnecessarily blind, “unconscious” to a world that's far more vast and “miraculous” than they can conceive. It stretches beyond where their limited imagination enables them to go which is the only thing that keeps them from experiencing the “vastness” and the miracles that exist everywhere within it.

You could say they choose to remain “unconscious.”

And due to “unconsciously seeking” we often get exactly the opposite of what we “consciously desire” but it is us who is seeking and asking for it. We just don't “know” it. We're not “conscious” of what it is. The reason we're not is because as mentioned, all of the subconscious thought processes that we habitually and unconsciously engage in daily.
And it's this “unconscious way of doing things” that always leads us to wherever we are choosing to go.

There are also those who do “consciously seek” for a while yet fail to venture outside of what they “know to be true.” They attempt to create desired changes with the same quality of consciousness that created what they're attempting and wanting so bad to escape from. And we can do that too if we choose. We can continue “seeking” within the same self-limiting borders that have provided the answers as well as the results that we've received. There’s nothing “right or wrong” with that either. But it won’t yield any different results.

And as Einstein so correctly stated attempting to “do things” in this way...in this same way we have while expecting different results is...insanity.

It's VITAL that we expand our imaginations!! We must learn to begin “consciously asking” for something different than we have. It's imperative to knock on some new doors if we TRULY DO expect new doors to open to receive greater results.

Or we can if we choose continue with the same insanity that has produced the outcomes that it has.

To have and do more we have to become more. We have to be willing to stretch outside our self-limiting “belief borders.” To eliminate what we may “perceive and know to be true” based on what we've been told and taught is “true” and seek a “Higher Truth.”

If nothing changes, nothing changes. Without a willingness to change “the cause”...the effects cannot and will not change.

There are also those who are seeking change and “truly desiring” greater results but consistently focus on and think about what they “don't want” somehow thinking that doing so is going to bring them what they do want. That’s “insanity thinking” as well.

It can't work. Never has, never will. Not in the desirable kind of way at least. It’s working. It’s only working in such a way that is drawing the polar opposite of what we hope, wish, pray and claim we want. Thanks to what modern day science has discovered we can clearly see why. It goes back to “resonance.”

If we consistently focus on what we don't want, what we don't have, how bad things are, we are in essence asking for that and will get more of the same. Our attention states our intention...determines what we're asking for, what we’re seeking and just as promised we find...just as we ourselves are choosing. Our chosen way of “imagining”, which is the “greatest creative force in the universe”, delivers to us events, conditions, circumstances, people and information that harmonize with our choice.
We don’t get what we want in life. We get precisely what we expect to get in life. We attract it. There’s no limitation as to what we attract. We can attract good, bad, right, wrong, or whatever we choose. We can attract what we love or attract what we fear.

The possibilities are quite literally infinite. As science has discovered and explains, the field consists of and contains an infinite number of “probabilities.” As they explain ALL probabilities already exist. There is NO probability that doesn’t. If we can conceive it, we can bring it from the “unseen field”...this wave field of infinite probability and make it “real and tangible.”

What most are “conceiving”, as “unconscious” as that might be, consists of a world of lack, limitation, disharmony, discord, hard earned results, lack of money etc. And they’re receiving just as they ask.

They are not looking beyond what they can see due to their belief filters. In essence they’re choosing not to recognize the power and wisdom conveyed by Einstein so many years ago nor what the masters from EVERY culture around the world have shared and taught long before science had a clue.

They simply choose to ignore the transformational wisdom to “Be transformed by the renewing of our minds.” They continue to stay stuck in the same cycles...receiving the same less than desired results by choosing NOT to discover the power and wisdom behind “Judge not by appearances.”

And that is precisely why so many feel stuck...unable to make the shift...“perceiving and believing” that the world is random and chaotic and haphazard which is the only thing that keeps it that way for those who choose that path personally and on a larger scale collectively.

But for now, let’s step out of “infinite probability” and “spiritual” land. Let’s look at what most perceive and can grasp as being “practical and logical” reasons how and why it happens that way.

**Let’s look at how it pertains to us individually in our day to day life...in the Newtonian world of duality/polarity.**

Whatever opinions, beliefs, or perceptions you, I or anyone else might hold individually; you can look and find an opposing opinion, belief or perception. The polar opposite exists somewhere. If I look for it, I can certainly find it.

It's the way the Newtonian world is...the way it was created. It's a world filled with polarity and duality.

If I look for the good, I'll find it. If I look for the bad, I'll find it.
Let's use The Law of Attraction as a specific example. I can and do find an overwhelming amount of people, scientific discoveries and all kinds of information that supports that the Law of Attraction is real...that it is an all pervasive force which determines without fail, based on my individual choices what I'll attract and experience in my life.

By the same token I can if I choose to, look for and find an overwhelming amount of people, scientific discoveries and all kinds of information that attempts to discredit and “disprove” that the Law of Attraction is real.

In other words if I consistently “seek” information and outcomes that support and solidify my “disbelief” in something...I certainly can and will find it.

**The “promise” is fulfilled. What I choose to seek I'll find.**

Based on “my choices” I solidify the “disbelief” that I can attract “desired outcomes” and insure, based on my “disbelief” that I attract just as I choose. In other words the “polar opposite” of what I want.

By the same token, if I choose to seek and find information and outcomes that support my “belief” in something, I can just as easily find that as well.

**The “promise” is fulfilled.**

Based on “my choices” I enhance and solidify the “belief” that I can attract “desired outcomes” and insure, based on my “enhanced and elevated belief” I attract just as I choose. In other words, events, conditions and circumstances that “harmonize” with what I want.

Point being, I can, do and will attract whatever I choose. Whichever I choose I get to be right. Source always says YES.

Whatever I choose to find, immerse myself in and “allow” to mold, shape, define and form my “beliefs”, it will without fail unfold in my life just as I believe it will.

**Let's revert back for just a minute and look at it from a bit deeper and more “spiritual” perspective...**

Ask and you shall receive. Seek and you will find. Knock and the door will be opened unto you. For everyone who asks receives. He who seeks finds and to him that knocks the door shall be opened.

That profound wisdom doesn't differentiate between what I choose to ask for...seek...or which door I knock on. It only promises that I'll receive as I ask...what I seek and whatever door I choose to knock on that door will open. I
choose it...and WHATEVER I choose, I receive.

I'm provided the inalienable right of free will to ask as I choose...seek what I choose...knock on whatever doors I choose.

I can consistently immerse myself in the negativity of the 6:00 news. I can listen to how the world's going to hell in a hand basket and allow myself to absorb the negativity that I can and will certainly find if I "seek it out." And that choice, habitually repeated, inevitably finds its way into my "subconscious" mind impacting and determining my "unconscious thought processes." And inevitably, due to my choice I can and will “allow it” to adversely impact my life. I can consistently seek out all the limiting “external reasons” why I'm broke, how what's going on “out there” is the cause of my lack which supports, substantiates and solidifies my limiting beliefs around money and receive just as I choose.

I can if I choose seek out and associate with those who tell me how illogical and impractical my hopes, dreams and desires are and “allow” the constant barrage of negativity based on “their opinions and perceptions” to penetrate the “subconscious aspects of mind” which will inevitably create those outcomes in my life.

I can, if I choose “seek” the evil and demonic forces that so many have been taught exist in the world which are out to steal my joy. I can consistently place my focus on “fearing” that these forces are going to show their ugly little heads and do whatever they can to make sure that I receive bad results and have experiences based on my choice.

I can also believe that there's a God...a Source...an all pervasive force that loves me unconditionally which provides what I ask for unconditionally...without judgment...without discernment...without conditions or qualifications and provides just as I ask.

It's my choice as to which I seek...what doors I knock on and what I choose to believe...but the inevitable outcome...will always in ALL ways support and harmonize with whichever "ways of being” that I choose.

My choices WILL without fail form my belief filters at the neurological level and ALWAYS harmonize with the events, conditions and circumstances that I experience in life. And each of these events, conditions and circumstances are of my own choosing.

That's how the plan was created. We attract what we expect to attract. Life delivers what we “expect” it will. No more, no less.

That's why the quality of our imagination is so important. That's why choosing to "judge not by appearances” is vital. That's why choosing to enhance and elevate
our beliefs...discovering and exploring a “Higher Truth” that harmonizes with our “desired outcomes” which always delivers them just as we choose is necessary to immerse ourselves in if we hope to experience greater and more pleasing results.

You'll ALWAYS find precisely what you're seeking. Put in another way you get in life precisely what you expect to get. Your expectation, whether “conscious or unconscious” serves as the asking, reinforces what you're seeking and the Universe, God, Source Energy, the field of infinite probability, the plenum, the quantum hologram or whatever the Source of your understanding might be ALWAYS delivers.

It never fails and it never wavers.

**Life always delivers what you ask...no more no less. The “promise” is always fulfilled and always will be. The promise has existed since time itself began and will into infinity and there’s nothing that you, I or anyone else can do to change that “Higher Truth.”**

If you “get that” and you understand at an intellectual level how “true” that is yet you're consistently experiencing less than you “consciously desire”, you are at some level “unconsciously asking” for something different. You have filters that are blinding you to and keeping you from being, doing and having what you “consciously desire.” You have “heart junk” that is keeping it from you.

The promise NEVER changes...it's only our individual “perceptions” and the choices we make or don't make that creates outcomes that we “perceive” as conflicting with the promise that has stood the test of time.

To make “the shift” simply requires becoming conscious of how true that is and making choices that enable and empower us to remove the filters, eliminate the “heart junk”, step outside of the self-limiting boundaries of what we “know” to be true and we'll begin to attract and create more “desirable outcomes.”

It's also necessary to become aware of the fact that we've learned and been indoctrinated in most cases throughout our lives with data and information that is and will continue providing less than desired results unless and until we get to the core...the “subconscious level”...the heart level and make the necessary changes...the shifts.

It's these “subconscious processes”...these deeply embedded “heart issues”, that are impacting our lives and the countless unconscious choices we are consistently making even though we may “consciously desire” something different...something better.

Rest assured that whatever is happening in the world around you...regardless of how good or bad you might currently “perceive” it to be is a direct reflection of
what's happening within yourself at some level...EVERYTHING. And again, that is the first VITAL step that MUST be taken to shift the undesirable to the desirable.

Accepting the fact of just how “true” that is.

Since we are “unconscious” of many of those choices...choices that we ourselves are making at a subconscious level which escape our “conscious awareness” we simply don't grasp the fact that the promise is always fulfilled and that we always get just what we ourselves are asking for.

Let’s take a “below the surface look” at how and why it works this way at a bit deeper level based on what modern day science has discovered which only supports and substantiates the wisdom that the masters of the past have always shared.
Energy: The Root of Everything

If you haven't seen The Secret, you may still be asking...“What does energy and wave fields of probability and resonance have to do with health and wellness, or anything relating to your life for that matter?”

The answer is...Absolutely everything!!

It’s nothing new and certainly no secret that energy is the driving force...the underlying essence of what enables the universe and everything within it to exist. In fact as science has clearly shown, the universe and everything within it is comprised of energy. Energy is the source of everything. Everything...literally everything whether solid, liquid, gas, both the seen and unseen are vibrating packets of energy in their purest and most basic form.

As we touched on briefly, this was proven by Albert Einstein in 1925 and disclosed to the scientific community in an equation which is known today as E=MC2.

What that equation means broken down into laymen’s terms is that energy times the speed of light squared (2) is what the universe and everything within it is comprised of.

No need to get into any depth about that. In a nutshell E=MC2 means that energy is everything. There is nothing that energy is not.

From the most solid tangible thing in the world whether rocks, your furniture, your house, your body, your car to the unseen and non-observable microscopic subatomic particles that make everything real, it’s all comprised of energy.

ALL of it is comprised of energy.

All energy consists of and consistently emits a frequency. The intensity of the frequency is determined by the vibratory rate or resonance of the energy. The entire physical universe works on and exists because of frequencies. That's what E=Mc2 means.

Put anything under a powerful microscope and you find that it's not solid. It’s consistently vibrating energy packets that we perceive as being solid due to the limitations of our physical senses. There is more empty space in between the particles (matter) that make things “appear” as real and solid than there are particles.

Point being, regardless of how you see and perceive your body, although we see ourselves as being solid and physical beings with a brain, skin, bones and complex internal systems that enable our bodies to function...at our core, we are
not solid physical beings but rather vibrating energy packets!!

And so is everything else. And I do mean EVERYTHING else. That's not based on my individual believes and perceptions. It's not only based on some far out there esoteric understanding, it's based on hard science.

If that's a bit cold and scientific for you, you could say that the essence of what we are which is energy and the indistinguishable forms of energy that we can't see, smell, taste, touch or hear makes up the “spiritual us.” The “true essence” of who we are.

We are in fact spiritual beings having a “physical” experience, NOT physical beings having a spiritual experience.

**We ourselves are, both the physical and the non-physical aspects of us, frequencies of energy experiencing a physical world that appears and that we “perceive”...based on the limitations of the 5 physical senses as being solid.**

Does that sound a bit “out there”...woo woo...irrational and illogical? Unless you've been exposed to what 21st century science has discovered, it very well could and probably does.

Admittedly, I thought it was quite “out there” at one point, until I discovered that it wasn't. You could say that I didn't know what I didn't know until I took the initiative to learn and understand it. In fact once I made the choice to dig a bit beyond what I was “told”, taught and as a result “believed” to be true, I found that it was quite “logical and practical.”

More importantly as I studied what scientists have discovered over the years it became quite obvious as to how simple and perfect everything is. It began to become VERY CLEAR that the mystics, sages and masters of the past knew what they were talking about long before the technology that currently exists to validate it was “real” and available to us.

But I most certainly wasn't taught what I discovered as a result of my “self-education” in school. In fact I “hated” science.

Let's take some of the mystery and the “esoteric” “perceptions” so many have about energy and “unseen things” and make it logical, feasible, rational, practical as well as “simple” to grasp and understand.

Let's use science to do that since it's a “tangible” form of exploration. The scientific approach provides us with something we can rationalize and sink our teeth into.
Perhaps you remember learning about atoms and subatomic particles in school. Subatomic particles like protons, neutrons and electrons which make up atoms are energy. These subatomic particles are not observable with the naked eye but as science has discovered and proven, they exist. You could say, as we’ve already covered, that energy is the unseen essence that makes everything in our physical existence real.

When these “subatomic particles” join together, (these vibrating energy packets) the vibrational intensity is brought into a “resonance” that enables us to see, hear, touch, taste and smell them.

But it's not limited to physical things.

In the same way your thoughts, emotions, feelings, colors, sounds, oxygen...EVERYTHING is made real and enabled to exist because of energy. More specifically, these energy vibrations or frequencies. Vibrations and frequencies that consistently emit and project a specific resonance.

Scientists have clearly shown that we exist within an infinite field of electromagnetic energy. It's all around us. There's nowhere that it's not. It’s everywhere. We just can't see it or experience it with the 5 senses. But scientists can, have and do measure it. And what they’ve discovered thus far is that it's what enables life to be. Without it life wouldn't be possible. It simply couldn't and wouldn't happen.

Energy is the source of life. All of life without exception.

As such your physical body is dependent on and requires energy to exist. It's the unseen force that enables you to exist and function. It's what allows the electrical impulses in your body to trigger and ignite enabling your body to function. Electro-magnetic energy is converted in your body and transmutes into electrical energy allowing the functions of the brain to initiate, operate, sends electrical impulses throughout your body which enables the body to function. So you could say energy is the force...the unseen essence that powers your body.

But our body is physical you say. You “perceive” your body as being physical. Our body at one point was transmuted from the electro-magnetic field and made physical just like ALL physical things are.

You could say that your body is a field of energy operating within a field of energy. And the only difference in the kind and quality of energy that determines what you can see, hear, touch, taste and smell and the unseen, undetectable forms of energy that are above or below our comprehension is the frequency of the energy which is defined by scientists as hertz. (HZ)

And although we “perceive and believe” that all this physical stuff including our
bodies is solid, it's not. None of it is truly solid. Take anything that you “perceive and believe as being solid, place it under a powerful microscope and you'll be able to see for yourself that it's not “solid and physical” at all.

In fact there's more space between the subatomic particles that make the physical appear physical and solid than there are subatomic particles that make it up. There's MUCH MORE empty space than there are particles. It's the vibrational intensity of these “particles” that gives “physical things” the appearance of solidity INCLUDING your body.

The ONLY thing that makes you “perceive” your body as being solid is the vibrational intensity of the “subatomic particles” that collectively make it up giving it the “appearance” of solidity.

Let's look at other “things” that are derived from and exist because of energy.

Let’s use colors such as red, yellow, blue, green, etc. as examples. Have you ever thought about what differentiates the color blue from the color red? Chances are, if you're fairly new to understanding this “energy and frequency thing” the answer is no.

The answer is simple and quite “logical” when you choose to explore and understand it.

The difference is nothing more or less than the vibrational intensity of the energy which determines its frequency. The frequency or “resonance” of the energy is what makes the color blue look different than red. That's the only thing that makes it different. Ask any optometrist and they'll tell you the same thing. We don't see with our eyes. We see through our eyes. Our eyes simply translate and convert energy frequencies...vibrating light packets of energy called photons (vibrating subatomic packets of light) that enable the things that we see to be seen...things that have the “appearance” and that we “perceive“ as being solid.

What enables us to see are photoreceptor neurons (what science calls photoreceptors) found in the retina. These photoreceptors collect the light and send signals to a network of neurons that generate electrical impulses that go to the brain. The brain processes those impulses and gives us information providing us with a “perception” about what we are seeing.

But what we are seeing, perceiving and processing isn't real and solid. It’s not real and solid in the way that we “perceive” things as being real and solid. It's real, but it's only frequencies. We “perceive” it as solid but it's nothing more than waves of light which ignite an electrochemical process in the brain transmuting these waves of light into electrical energy. This electrical energy makes its way through the neuro-pathways in our brains which is what determines our perception of solidity.
There is a device at the back of our brain that translates energy frequencies creating the “perception” that all this “physical stuff” around us is solid. But it's not. It's vibrating energy packets existing as a frequency...a vibrational intensity that gives what we believe and perceive to be solid and physical things the appearance of being solid and “physical.”

In the same way digital information is dependent on energy and the corresponding vibrational frequency of the energy determines the quality of the data. What's enabling you to read this information right now is only due to a vibrational frequency. It's a measurable frequency that exists at a vibrational intensity that’s enabling you to see it. Your eyes translate this energy frequency into what you “perceive” as being real and solid.

It's the same with ALL the other senses. They simply translate energy frequency which makes what we see, hear, touch, taste and smell observable and experiencable in a “physical kind of way.”

What you see with your eyes isn't solid, it a translation of vibration...of energy...of frequency. What you smell with your nose is a translation of vibration. What you feel with your fingers is a translation of vibration. What you hear with your ears and taste with your tongue is a translation of vibration. You...more specifically the 5 physical senses provided to you for experiencing physical life are vibrational interpreters. And due to the way they interpret energy vibrations and frequencies we “perceive” all this energy and the frequencies emitted as a result as being real and solid.

And it's our individually held “perceptions and beliefs” that determine how we translate these vibrations individually. In other words your eyes actually show you and reveal what you believe and “perceive”, not what you see. That's why 2 people can look at, observe and experience the very same person, event, condition or circumstance in the world and have 2 very different interpretations about it.

It's their individually chosen “perception” based on their individually chosen “beliefs” that determine how they see and view the world. And each of these “perceptions and beliefs” are formed due to what we're taught. That doesn't make what we're taught right or true necessarily. It only forms our individually held perceptions and beliefs which makes it “right and/or true” in our lives individually. It also forms our individually held perceptions and beliefs regarding what’s “wrong and untrue” in our lives.

The quality of our beliefs and perceptions unfolds in our lives just as we “perceive and believe” they will.

That's the ONLY thing that differentiates between the “lucky people” and the
“unlucky people.” It's the ONLY thing that differentiates those who are financially wealthy from those who consistently struggle with finances. And it's also the ONLY thing that differentiates and sets those who enjoy vibrant and radiant health apart from those who consistently struggle with, fight and battle with illness and disease.

Point being it's our individually held perceptions and beliefs that determine the kind and quality of our lives. As we believe, we receive.

As 21st science has clearly shown and documented, we exist in a “subjective” reality. What that means is that the field...this infinite wave field of electromagnetic energy...the Kingdom if you prefer, isn't objective...it's subjective. It's a continuously moving and always changing field of subatomic particles of energy, subject to our individual determinations, some of which exists at a “frequency” that we can see and perceive and some of which we can't...a vibrational intensity that makes the experience of physical life possible and our beliefs and perceptions about life unique to and for ourselves.

It's subjective. It's always changing. And because it's subjective it's only limited to providing what YOU personally choose to believe and perceive. Whatever that choice is, you will experience in tangible form.

As scientists have discovered through a number of experiments...one of those known today as the “Observer Effect”...the world of shape and form that you personally experience...the quality of your life is based on and only limited to the quality of consciousness that you choose for yourself.

Our individually chosen quality of consciousness converts wave forms of probability into particles of matter. Our quality of choice...meaning what we choose to “believe and perceive” determines the quality of “particle” created.

In layman's terms...The kind and quality of consciousness that you choose, determines the kind and quality of life you'll experience.

To change your quality of life it's only necessary that you change the beliefs and perceptions that are creating your current reality. And you can do that whenever and IF ever you choose.

And that could turn into an entire mind bending science lesson. That's not the intention of this book. It's covered briefly here to lead into what's truly important which is showing you how you can begin using what science has discovered, taking all the mind bending equations out of the mix, simplifying and presenting their findings in a “logical, practical and understandable way enabling even the novice to use, in a conscious and intentional way” what is so evident, to begin creating and experiencing a greater quality of life for yourself.
So...enough about science and the “seemingly esoteric nature” of this unseen energy...

Let's take a look at some “logical and practical” examples of modern day technology that we use every single day and how these modern day technologies are utilized and made both possible and usable as the result of energy, frequency, vibration and “resonance” in our everyday lives. We'll do so in tangible and practical ways so it won't “seem” so esoteric and “out there.”

Once we cover this a bit to show you how “real and tangible” this energy, frequency and resonance thing is, we'll delve into how to begin using it to keep you healthy, happy and fulfilled in the physical, financial, relational, emotional and spiritual aspects of your life.

First let's look at a few practical and tangible ways that we utilize energy but may be “unaware and/or unconscious of” and the vital role they play in our “physical life.” Again, we'll use practical and tangible examples that make life more pleasing and simple.

Although we use and benefit from energy and frequency in the "Physical World" every day in very “practical ways”, most still aren't "consciously aware" of the fact that it's what drives and powers everything.

Consider this...

Energy is what powers our refrigerators, our stoves, or furnaces, air conditioners, our stereo systems etc. We see it working all around us. It's a “harnessed” form of energy.

This kind of energy is measured by volts and amperes. It's an electrical form of energy.

And as science has discovered all unseen energy has a measurable frequency as well. Even the kind that we “can't see” or experience with the limitations of the 5 senses can be measured. This unseen type of energy is electro-magnetic energy as we referred to earlier and is measured based on frequencies. You could say that these frequencies are measurable based on the “resonance” of the frequency.

Let’s look at how this frequency form of energy works in the “physical world” even though we may not be able to “see it” so we can keep it really simple and basic but still “get it”, elevate our "belief" with regard to how these “frequencies” impact every aspect of our lives and more importantly how to use them in a beneficial way to begin getting more of what we want.

Let’s use an automatic garage door opener as an example.
When you push the button on your garage door opener remote as you’re pulling up to the house what happens? The garage door opens right? Have you ever thought about why it does?

The reason it does is because when you push the button on the remote it emits and projects a frequency. Not just any random frequency though. It’s a harmonized frequency. When you push the button on the remote it initiates an "energy" that projects a "frequency" that "harmonizes" with the preset code on the garage door opener that you set.

Basically this projected frequency "communicates" to the garage door opener telling it to open the door. Because of the preset code that you programmed, the frequencies match (harmonize) when you push the button which flips the switch on the garage door openers motor and wallah…the garage door opens.

Simple enough right? Nothing weird, far-fetched, woo woo or esoteric about that. In fact it's quite "logical."

Let’s look at another everyday device that many use every day...

When you push the button on your keyless entry as you’re approaching your car what happens? The door either locks or unlocks right? Ok, why? You guessed it...frequency...a "harmonious frequency" that is emitted and projected from the remote which "communicates" with the mechanism that locks and unlocks the car door.

The codes set within the remote and the unlock mechanism built into the car door match or harmonize and communicate to one another to lock or unlock the door.

Pretty basic and obvious stuff isn’t it? Nothing woo woo or esoteric about that.

One more example...

When you hit a button on the remote for your TV and tune into a station that you want to watch what happens? It goes to that station and you get to watch the desired programming right?

Why?

Because the "frequency" projected from the remote harmonizes with the sensor on the TV and flips the TV to that channel. Then once it’s on that channel the frequency matches that of the TV station tower from where the signal comes from and enables you to see the “desired” show that you “intended” to watch.

You can't "see, feel, touch, taste or smell this frequency", probably don’t understand exactly how or why it works the way it does, maybe even have no desire to understand it, but it all still works, right?
The only time it DOESN'T work is if the frequencies don't harmonize with one another. If you change the code on your garage door opener but don't harmonize the remote with the newly programmed frequency, the remote won't open the door when you push the button.

The point...even at the "physical" level, it's all about frequency.

There are COUNTLESS "physical" examples where this frequency is apparent and used in our day to day "physical" lives. Cell phones, wireless home phones, motion detectors, medical equipment and on and on.

It's ALL around us!! We use it EVERYDAY yet the mass majority are still unaware of what a very real and vital part of our lives it is.

So, what's that got to do with getting what you want?

It's the same with our thoughts, beliefs and emotions. When we conceive, believe and perceive something it emits and projects a frequency into what scientists call the field. Based on the quality of the conceptualization, the belief and the perception...the frequency that we project...we attract to ourselves events, conditions and circumstances that "harmonize" with our choices.

The difference between the field and the garage door opener or the car remote is that "the field" consists of every "probability." Remember earlier when we mentioned the fact that ALL probabilities already exist within the field?

The frequencies existing in the field are literally "infinite" in nature. Every conceivable and non-conceivable "probability" exists as a wave form of potentiality within the field. Some scientists refer to this infinite probability of waves a quantum wave function.

What we draw from the field...what transmutes from "wave forms of probability" into "particles of matter is determined by the frequency that we project due to our individually held thoughts, beliefs, emotions and perceptions.

If we project a frequency that is "disharmonious" with what we want...what we consciously desire...the "field" isn't limited like the garage door opener that's set to and only receptive to one specific frequency. The frequencies that exist within the "field" are infinite in nature and the field reflects back to us events, conditions and circumstances that ALWAYS align and harmonize with our choice.

The frequency that we choose to project ALWAYS in ALL WAYS determines the specific outcome that we experience individually.

In other words we can "consciously desire" more money, better relationships,
greater health, etc. but if the “subconscious or unconscious” beliefs we hold aren't aligned and harmonious with our consciously held desire, we'll receive without fail the polar opposite of what we want.

If we're “unconscious” of what we're projecting and emitting it can “seem like” the world is random and chaotic. That receiving what we want and don't want is just a random occurrence based on fate, luck or chance. But it never is.

If it “seems that way” and we’re consistently getting much of what we don’t want, it's simply because we are unconsciously and unknowingly asking for something different and unaware of that fact.

Let’s look at how energy, frequency, vibration and resonance is utilized in the health industry. More specifically medical technologies utilized each and every day in the health industry for diagnostic purposes.

It will show you in yet another very “logical and practical” way, why energy and frequencies are relevant with regard to your health. It will even reveal how and why many illnesses and diseases are discovered and diagnosed with current medical technologies by measuring these same energy frequencies we’ve been discussing.

Much of the medical equipment today that’s utilized to diagnose health issues utilizes energy technology. The reason it can is because as science has discovered...all energy has a measurable frequency.

Let's take a brief peak at just a few of these technologies and then we'll cover what that means for you and how it fits into the bigger picture with regard to you and your health.

In current medical technology, energy frequencies are measured with a number of diagnostic tools. MRI's, CAT scans, PET scans, EEG’s, and a number of others.

MRIs are considered to be the safest and the most widely used diagnostic tools today for detecting abnormalities in soft tissue and doesn't utilize radiation. It measures electromagnetic energy frequencies.

MRI stands for **“magnetic resonance imaging.”** MRIs work because they project strong magnetic fields into the body providing caregivers with detailed visual images of what's going on in the body. MRIs are used predominantly for diagnosing issues that develop in soft tissue...organs etc.

When these magnetic fields produced by MRI imaging equipment are projected toward and reach the organ, they create an interference pattern. This interference pattern is made possible due to the vibrational intensity of the electromagnetic energy projected which, when it reaches the organ provides
caregivers with a visual image that is created due to these 2 fields of energy colliding.

The organ being looked at, like everything in the universe is comprised of energy. When these 2 frequencies meet, they create an “interference pattern” providing a visual image that health care providers can use to determine and diagnose the problem.

CAT scans or CT scans (computed tomography) utilize radiation and are most effective for looking at bones. Radiation has proven to be a “less than safe” procedure for diagnosis. You could say it's a form of energy that doesn't harmonize with healthy functions of the body.

PET scans - (positron emission tomography) is a nuclear medicine imaging technique that utilizes….you guessed it “nuclear energy” to diagnose health issues. PET scans produce a three-dimensional image or picture of functional processes in the body and in many cases is combined with CT scans to assist in making an accurate diagnosis.

EEG - (electroencephalogram) measures electrical impulses in the brain. Brain electrical activity has certain frequencies (the number of waves per second) that are considered normal based on different levels of consciousness.

What creates this measurable electrical activity in the brain is a transmutation of energy (subatomic particles) that when processed by the brain turns these unseen “waves of energy” into electrical energy…a form of energy that we can see and use.

It's not necessary to get into any depth about the functions of these diagnostic tools. I cover that only to show you that energy isn't some esoteric, woo woo theory. Modern day medicine uses energy technology each and every day to diagnose illness and disease. Without it, they'd be set back hundreds of years.

But energy is also used in modern day medicine that extends beyond diagnostic equipment. In some cases, such as kidney stone removal, energy is even utilized in conventional medical procedures to alleviate the problem…the “surface problem” that is.

**Here’s how...**

When a kidney stone is diagnosed, one of the common therapies utilized to remove it consists of raising the frequency (hertz) of the kidney stone to a vibrational intensity which causes it to explode internally enabling the body to take over and remove the remains.

Here's how and why that's relevant for you as it relates to achieving and
maintaining optimal and vibrant health specifically.

Sadly, most conventional medical approaches don’t utilize energy therapy for countless other illnesses and disease and even in the case of kidney stone removal, only deal with symptoms (effects) rather than looking at, finding and addressing the root cause which enabled the condition to become real in the first place. Overlooking this root cause and not dealing with it at the level of cause, is in essence, allowing future symptoms to continue recreating the problem.

Here’s why that so relevant as it pertains to you and your health.

The widely held “perception”, whether it's a “kidney stone”, cancer, heart disease or any other countless number of illnesses and diseases is that the thing diagnosed is the cause of the illness. The illness being diagnosed is considered as being “the problem. But It's NOT!!

It's an effect. It's a symptom of the real problem. In other words it’s a physical manifestation that was derived from and made “real” due to a “deeper cause.” This deeper cause is the “root problem” and the physical manifestation is simply an effect resulting from this “deeper cause.”

What is the “root problem?” It’s the vibrational intensity of the energy being projected within the individual experiencing the symptom. An “unhealthy frequency” created and based on the thoughts, beliefs and emotions of the person experiencing the symptom, which, as we covered earlier are for the most part “subconscious!!”

Let's digress and revert back to energy for just a minute. EVERYTHING is energy correct? Our thoughts, emotions, feelings, things that we see, can’t see, sounds, colors, the air we breathe...EVERYTHING is energy.

Here's why that's relevant to your health.

Every problem is an energy problem just as everything good and pleasing is finds it’s root at the energy level which at its core, everything is.

Consider this...prior to a kidney stone becoming a kidney stone and being diagnosed, where was it? It wasn't there but now it is right?

So where was it? That's the million dollar question isn't it? Where did it come from and how was it created? It, like everything else in the universe BEGAN as a wave frequency which attracted harmonious frequencies which transmute into particles of matter and becomes a real and observable thing.

The kidney stone isn't the “CAUSE”...it's an effect that was made possible due to the “REAL CAUSE” which began as an unhealthy frequency.
What determined the frequency that allowed it to form? It was the quality of consciousness of the patient or his thoughts. In the vast majority of cases, “unconscious below the radar thoughts.” Thoughts that are disharmonious with what you want for sure...but thoughts nonetheless which emit and project a specific frequency which attracts harmonious frequencies resulting in a tangible and physical thing that now needs to be removed...in this case a kidney stone.

It's not limited to kidney stones. It's not limited to anything. Everything is derived from a frequency. Everything is made real beginning from the “energy” level.

**With that being “true” as science has clearly shown it is, consider this...**

Since it began as a frequency, isn't it only logical that it can be dealt with at the frequency level prior to becoming a physical impairment? Doesn't it seem rational and logical that since EVERYTHING begins as a “wave form of probability” and the kind and quality of the “physical thing” created is determined by the “quality of the frequency” projected...the “real source” of the physical manifestation...that dealing with and changing whatever it might be can also be changed by changing the frequency that created it?

To me it's quite logical and precisely what a number of doctors, scientists and a growing number of health care providers have discovered and believe to be the “logical answer” for dealing with health issues...the root cause of them...as well.

Yet conventional western medicine...the system that drives conventional medicine practices...refuses to utilize or at the least acknowledge such an approach in preventive healthcare. That's where it needs to be dealt with prior to becoming a problem...at the frequency level!!

Because when it is, no adverse or undesirable physical manifestation can occur. When the “frequency is elevated” the physical manifestation changes.

Illness and disease emits and projects a certain frequency. Health and wellness exists as, emits and projects a frequency as well. For the sake of simplicity let's refer to vibrant health and wellness as an “elevated frequency.” They're BOTH derived from frequencies. One simply creates a different “physical manifestation” than the other.

To change illness into wellness is as simple as elevating and changing the frequency. But it's not limited to health. The same applies to the financial, relational, emotional and spiritual aspects of your life.

They are ALL derived from the same source. They ALL begin at the frequency level and transmute into physical and tangible form the kind, quality and quantity of which is only determined by the original frequency.
For now though, let's stick with health specifically.

Pharmaceutical drugs are another primary example. While in many cases they do temporarily alleviate and “mask” the symptom, they don’t address, deal with and eliminate the “real problem” at its core. It’s nothing more than a Band-Aid approach. Pharmaceuticals are a temporary fix, sometimes nothing more than a mask that deals with or covers up effects temporarily but overlooks and ignores the underlying cause...the “real cause”...and in many cases causes adverse side effects creating imbalance and far greater complications in other areas of the body than the thing it was attempting to correct in the first place.

Although the evidence is exhaustive and far too vast to cover here, let's look at just one single example of a synthetically created pharmaceutical drug to clarify...

Let's look at a commonly prescribed drug...Valium...that the conventional medical machine commonly utilized and which the pharmaceutical industry has created which millions around the world have used and in many cases still use to deal with the “effects” of anxiety and stress.

First allow me to clarify WHY it's not as widely used for anxiety and depression as it “once was”...

Addiction to Valium...what's known as Valium toxicity developed into one of the greatest chemically induced diseases known in the history of the pharmaceutical machine. In other words, it created addiction in the patients who used it. At one point there were 31 Valium toxicity clinics in the U.S. created to deal with Valium addiction specifically.

So where does Valium come from? Although a synthetically manufactured drug, the main ingredient that was modeled to create the synthetically produced Valium came from a plant family known as Valerianaceae. This natural substance is what Valerian tea is made from. In its natural form it has been used for thousands of years as an herbal form of medicine utilized for inducing relaxation and sleep.

In its natural form Valerianaceae proved to be an effective and safe alternative. But it was a “natural” alternative. A source of relief derived from nature.

Pharmaceutical drugs aren't. They're manufactured from synthetic substances.

Synthetically manufactured Valium...more specifically its main ingredient, diazepam, artificially elevates the creation of dopamine in the brain, which is achieved by boosting the action of a neurotransmitter in the brain.

But created and used in the way that pharmaceutical companies do...a synthetically manufactured approach...it eliminates the vitamins, minerals and
trace elements that exist in the plant Valerianaccae, in its natural form creating an imbalance or “disharmony” in the body.

One of the many side effects of Valium and so many other psychotropic drugs that are currently manufactured and provided to patients, is that although it addressed and seemed to alleviate anxiety and panic attacks initially, after a short time it's clearly documented that in a number of cases, it actually causes and intensifies them!!

This isn't limited to Valium. It is the case with a NUMBER of psychotropic drugs prescribed to treat depression, anxiety and countless other mental and emotional issues.

Think back over the years and recall the staggering number of pharmaceutical drugs that have been recalled after doing GREAT harm to a large number of people although initially we were “assured” they were safe for human consumption.

Point being, synthetically created pharmaceutical drugs do not and will never replicate or replace nature or the body's ability to create safe and natural chemicals to ensure proper physical, mental and emotional health which it's quite capable of doing when the root causes are understood, acknowledged and addressed.

In fact, in far too many cases to list here they've proven to do just the opposite.

**Let's look at the most common medical procedure utilized to treat additional effects...**

In the same way, conventional medical procedures....namely surgical procedures remove diseased organs through operations, yet overlook and never address and deal with the root cause that allowed the diseased organ to develop disease to begin with.

The diseased organ is often “perceived” as being the cause of an ailment. It's NOT!! A diseased organ is an effect...a physical manifestation of the “root cause.”

The thoughts that we consistently engage in are an effect. The beliefs that we choose to hold is an effect. What underlies EVERYTHING in the entire universe? Energy. It's the FREQUENCY of the energy that is determined by these choices which will ALWAYS without fail point to THE TRUE CAUSE of everything as it pertains to us and what we have control over individually.

I think it’s important to note here that there are various levels of cause. The Cause, meaning whatever the Source of your understanding might be, is exactly that; The Cause. Nothing we can do about changing that fact. But we can and
must change the levels that The Cause does enable us to and gave us a free will to control or not. And we can and must take charge of what we do have control over if we desire a different quality of result.

And as it pertains to us it’s our quality of consciousness, our beliefs, perceptions, thoughts, feelings and the emotional responses ignited through these areas that we do or at least can take conscious control of if and when we choose to.

The root cause of these ailments we’ve covered exists at and can always be traced to the energy level. In the case of medicine and physical health specifically, it’s the frequency of energy that is sustained and stored at the cellular level.

As modern day science has clearly shown, all health problems...ALL health problems have a toxic or aberrant frequency in the involved cells. A healthy liver cell has a different frequency than a diseased liver cell in the same person. A cancerous cell has a different frequency than a healthy non-cancerous cell.

In fact, although most aren’t aware of this fact, we all have cancer cells in our bodies. Yes, all of us. So why is it that some develop cancer and others don't? Why do you consistently hear of actual cases where someone who is actually diagnosed with cancer and told in a number of cases that they only have a limited amount of time left on this planet often reverse it and go into remission?

When the toxic frequency within the cell is changed and maintained, the cell can do the job it was intended to do and keep itself healthy. But it also does more than keep itself healthy. A healthy cell...a cell that emits and projects a “healthy frequency” also serves as a positive healing force for surrounding cells.

It's all about frequency at the cellular level when it comes to vibrant health or ill health. It's all about “frequency” when it comes to ANY outcome in life. It's NOT limited to physical health in any way, shape or form.

We'll touch on cellular memory in a bit more depth as we progress. For now let's stay focused on health and wellness.

**Consider this...**

Have you ever given any thought as to why in such a high tech age with trillions of dollars per year being spent on health care that illness and disease is still so rampant and “seemingly uncontrollable?”

Why do you suppose, in conventional western medicine, with the progress science has made in understanding energy, frequencies and resonance that there is still no cure for diabetes, or migraines, or arthritis?
Why do you suppose that an estimated 559,888 people in the US alone still have to hear the dreaded words, "you've got cancer," or another estimated 631,636 per year that hear the words "you've got heart disease?"

Why do you suppose that so many people still battle depression, anxiety or, uncontrollable anger, ADD, ADHD, bi-polar disorder and a growing number of what are referred to by conventional medicine as “causes” of emotional and mental issues and those experiencing them are led to believe that pharmaceutical drugs are the only “logical” and “safe” solution for resolving them even though countless documented cases of harmful side effects and even death brought on by pharmaceutical drugs, show otherwise?

And why, in our advanced and educated society, do we still struggle with something as simple as the common cold?

Are these physical issues that impact our lives at a physical level? Absolutely. What are ALL physical things made up of? Wave forms of ENERGY, correct? What determines the shape and form that each and every one of these physical things take form as? A specific FREQUENCY of energy, right?

With that being “true” isn't it logical, rational and realistic to think that since illness and wellness are both derived from and created at the frequency level, that they can also be addressed and maintained at the same level?

When we become “conscious of” the importance and vital nature of “frequency” and we make the choice to become conscious of the “frequency” we project through our thoughts, beliefs and emotions...once we're “consciously aware” of them we can address and shift the “unhealthy frequencies” that make us ill, allowing our bodies to do the job that they were created and have the ability to do.

Most people don't understand and are quite “unaware” of the fact that our immune system has the ability to sustain itself. They're also for the most part unaware that we already possess the single most powerful tool known to man to deal with illness and disease and it's, you guessed it, our very own immune system.

There are countless thousands of issues, physical, mental and emotional, that are still being synthetically medicated, addressed through surgical procedures and talked through daily through psychiatry and psychology, but the problems still remain and consistently resurface.

Why aren't these issues being resolved? Have you ever really given that any thought...deep thought?

From my perspective as well as the perspective of a rapidly growing number of
scientists, doctors and many others in the scientific and medical fields, it's due to a failure to address these issues at the level of "cause"...the "frequency level"...the energy level where they could be addressed prior to them becoming issues at all.

It would seem that as technologically advanced as modern day science has become that mortality rates would drop.

**Here are some statistics that clearly reveal that they're not.**

It's widely publicized that the number 1 and 2 health issues plaguing humanity is cancer and heart disease.

Here are some eye opening statistics published by The American Counsel Of Science and Health...

In 2002 there were 557,271 cancer deaths in the U.S.

In 2003 there were 556,902 cancer deaths in the U.S.

In 2003 it was also estimated by the World Health Organization (WHO) that an average of 16.7 million people globally dies of cardiovascular disease each year.

In 2004 heart disease in males accounted for 27.2% of all deaths in the U.S.

In the same year, cancer in males accounted for 24.3% of all deaths.

**Now let’s jump forward a few years and take a look at the 2006 Mortality rates related to cancer and heart disease...**

In 2006 there were 559,888 cancer related deaths and 631,636 heart disease related deaths in the USA.

There's no questioning the fact that death is inevitable at some point. That's a “fact of life.”

But ask yourself these questions...

Is it possible....just possible that many of these deaths could be avoided and wouldn't have to happen prematurely as they do? I and a number of doctors, scientists and those who discover the power of dealing with illness and disease at its source level personally think it is quite possible, far more “logical” and immensely more effective than dealing with the effects that are being labeled as the cause yet aren’t any more the real cause than jumping in front of a moving train is the cause of someone’s untimely death. Something is going on deeper
that precipitate the actions which lead to doing such things.

Is the external approach...the dealing with symptoms approach that is the predominantly utilized method in the western world currently the best and most effective approach?

Not according to a large and ever growing number of well-credentialed professionals. It's an approach that creates repeat customers for sure. It's an approach that generates repeat customers and trillions of dollars without question. But it's not an approach that acknowledges, deals with and eliminates root causes.

**Here's something that many aren't aware of....something that may shock you and that clearly reveals that something is amiss in conventional medicine...**

**Cancer and Heart disease ARE NOT the number 1 and 2 causes of death in the U.S.**

**Do you know what is?**

**The medical procedures utilized and the pharmaceutical drugs that are supposed to alleviate pain, suffering and lower mortality rates FAR exceeds the death rate of BOTH cancer and/or heart disease.**

**The Band-Aid approach...the dealing with surface level effects approach that conventional western medicine utilizes is the number #1 cause of death in the U.S!!**

Don't misunderstand. That's not to say that conventional medical procedures don't have their place nor that countless lives aren't saved through conventional medical procedures because many are.

What it does point to is a flaw...a serious flaw in the techniques and processes that conventional medicine utilizes on a MUCH wider scale than many well-credentialed doctors, scientists and health care givers believe is necessary.

**Here's an independent report that was compiled in 2003 that points to the flaw...**

According to this groundbreaking and somewhat troubling 2003 medical report Death by Medicine, compiled by Gary Null, PhD...Carolyn Dean MD, ND... Martin Feldman, MD...Debora Rasio, MD and Dorothy Smith, PhD, **783,936 people in the United States alone die every year from conventional medicine mistakes.**
**That's documented cases.**

According to the Death by Medicine report only a fraction of medical errors are even reported. The study revealed that actual medical mistakes could be much higher than the reported number because doctors fear retaliation for those mistakes.

But let's be conservative and use that number. Let's use the documented number that the Death by Medicine report claims as being known cases.

Of the 783,936 annual deaths due to conventional medical mistakes, about 106,000 are caused from prescription drugs, according to Death by Medicine.

That's also a conservative number. Some experts estimate it should be more like 200,000 and possibly much higher because of underreported cases of adverse drug reactions.

The startling and troubling findings from this study indicate that conventional medicine...the very system that is supposed to be keeping us well is the #1 leading cause of death in the United States exceeding both cancer and heart disease!!

**Let's consider something else here as it relates to dollars...**

US health care spending reached $1.6 trillion in 2003, representing 14% of the nation’s gross national product. (GDP)

New estimates for 2009...only 6 years later, indicate that health care spending in the United States reached $2.5 trillion or 17.3% of the GDP in the U.S.

Considering this enormous expenditure...If externals...namely money and the conventional medical procedures this money pays for were the answer, we should have the best medicine in the world.

We should be seeing declines in illness and disease as our understanding and technology is enhanced...preventing and reversing disease, lowering mortality rates or at the very least doing minimal harm.

Yet that’s not the case. Careful and objective review, by independent researchers clearly shows that conventional western medicine is missing the mark.

Another thing to consider and take into account is the federal institution that is supposed to be monitoring and regulating the medical machine. An institution that is supposed to be looking out for and protecting unwary consumers from falling victim to and experiencing the adverse results that these alarming statistics reveal.
Namely the FDA. But there's also compelling evidence that shows it's not. A huge number of pharmaceutical drugs that the FDA approves for human consumption are often recalled, pulled from the shelves and eliminated, but only after a large number of people suffer or die needlessly due to the adverse effects they create.

Something is failing BIG TIME.

What's worse is the fact that anything unrelated to or that suggests alternatives other than what western conventional medicine says is safe, is aggressively attacked and downplayed by the FDA.

Although the potential reasons behind it are many, and equally if not more troubling than the statistics we've covered above, we won't be exploring them at any depth or making any claims or assumptions here.

Point being conventional medicine doesn't and to this point refuses to take into account what so many have and still are discovering with regard to less harmful and non-intrusive methods that countless individuals globally credit with achieving and maintaining optimal health as well as assisting individuals to reverse and eliminate illnesses and disease that conventional medicine so often claims there is no cure for.

Let’s clarify something here. That doesn’t mean that there isn’t a cure. That simply means that they aren’t aware of and don’t have the cure.

And this less harmful and non-intrusive method is learning how to balance the functions of the body enabling the body’s immune system to do the job that it was designed, intended and has the ability to do.

Which brings us to “The Cause” of the vast majority of illness and disease at the physiological level...**Physiological Stress.**

**Dealing with the physiological stress** that is creating unhealthy frequencies and allowing illness to develop at the physiological level...The next level of root cause preceding the frequency level is an area that is not being acknowledged in mainstream medicine nor properly addressed.

Let's digress for a moment.

The source where EVERYTHING in the physical world begins prior to becoming "physical" is the “frequency level.” Frequencies created by the thoughts, beliefs and emotions that we experience.

The next level of cause is the physiological stress created by “unconsciously engaging” in unhealthy thought and belief patterns that create “unhealthy
emotions” which create the frequencies that enable illness and disease (dis-ease) to develop is the area to address.

Conventional Medicine although well aware of its importance and its impact on human health, is simply yet sadly not taking into consideration nor utilizing procedures for reducing physiological stress naturally, despite what the Center for Disease Control (CDC) understands about stress, it's connection to illness as well as the countless studies and research that is continually surfacing. And that research is clearly showing and has shown that physiological stress DOES adversely affect the immune system and life processes and dealing with it at its source is the answer.

More specifically as we’ve already touched on, the energy frequency created based on the destructive pictures we hold (unhealthy cellular memories) that are causing the wrong beliefs, which in turn are creating and causing the energy frequencies that allow illness and disease to develop.

But again, it's NOT only limited to physical health. It applies to every aspect of life whether physically, financially, relationally, emotionally and/or spiritually and the reason being is quite simple and evident...the underlying cause is one and the same.

Because this is so important, let's digress and go back to energy, resonance and unconscious thought processes again for just a minute to make the correlation.

We touched on the fact that unhealthy liver cells emit and project a different “frequency of energy” than do healthy liver cells. Cancerous cells emit and project a different frequency of energy that does non-cancerous cells.

It's EXACTLY the same with our chosen thoughts, beliefs and emotions.

Fear, doubt and worry for example create, emit and project a much different energy frequency than feelings of love, compassion, empathy and gratitude. These chosen ways of “being” determine what frequencies we create, “project outward” and as a result determine what is attracted to us.

There is MUCH scientifically documented research available in peer reviewed scientific journals today that supports and substantiates just how “real and true” that is as we'll be looking at shortly.

Ok, back to conscious and subconscious processes, what scientists are discovering and how all of this affects each of us in our lives individually at the physiological level.

Covering this will further assist in taking the “esoteric” perceptions many hold about energy and frequency as well as clearly show you how this unseen energy
transmutes into tangible physical things as it relates to human physiology.

Let’s take a look at the “REAL” secret...which thanks to technological advancements and quantum leaps in scientific discoveries that this technology has enabled scientists to explore in recent years, although not widely used or recognized in “conventional medical treatments” really isn’t a secret at all.
The Real Secret Behind Optimal Health, Harmony and Fulfillment in Life

"A belief restores health where all else fails, in open defiance of all rules of modern science. It heals the wounds of sorrow and disappointment regardless of their cause."— Napoleon Hill

It’s most certainly no secret or anything new that our individually held beliefs and perceptions determine our outcomes in life. It’s always been that way and always will be.

Modern day science and all the major religions of the world agree.

As we've touched on, the spiritual masters, sages and mystics since antiquity as well as ALL major religions from all cultures globally have conveyed just how true that is for thousands of years.

But in years past, with the exception of those who “consciously utilized” this understanding to create what are often referred to as “miraculous outcomes” in their lives, we've always been dependent on and had to take what was shared and conveyed through these teachings and writings on “blind faith.”

But that's not the case anymore. Science provides us with tangible and practical evidence that we can sink our teeth into and wrap our “rational and logical” minds around.

As we've already touched on, with the major breakthroughs in 21st century science, modern day scientists are discovering and making available, in a very revealing, enlightening and “tangible kind of way” just how relevant what the spiritual masters since antiquity shared is. And more importantly is how you can begin using each of these discoveries to ward off, reverse, eliminate and even protect yourself from future problems.

Doing so requires taking a deeper look at and developing an understanding about stress. More specifically physiological stress and the role it plays in your life.

Countless studies have been done and documented in recent history which clearly shows that STRESS is the number one cause of ALL illness and disease.

No secret there right? The Center for Disease Control (the CDC) has been saying for many years that stress is the cause of more than 80% of health issues.
More recent research shows that the percentages are more likely MUCH higher than that. In fact according to Dr. Bruce Lipton PHD, a cellular biologist and best-selling author of ‘The Biology of Belief’, stress is the underlying cause for 95% PLUS of all illness and disease.

So, understanding that doesn't it only make good sense and reveal the importance of eliminating the stress from our lives? Absolutely it does.

And many try unsuccessfully to do just that. Or they attempt to cover up the root cause with some synthetically manufactured pharmaceutical drug. But it doesn't deal with the cause. The stress remains although the symptoms are temporarily alleviated. It's a band aid approach.

Stress is the “root cause” at the physiological level with the deeper cause being the “frequency created” at the consciousness level. The frequency being created based on our individually chosen thoughts, beliefs, perceptions and the emotions that allows follow.

If we can learn to “consciously control” our thoughts and become aware of the “subconscious beliefs” that we each have, can we not also shift, enhance and elevate the frequency that's creating illness and disease?

There are a lot of very well-credentialed scientists and doctors that not only think so, they know so. There are countless tens of thousands of “lay people” globally who “learned how” to do just that who have also discovered and experienced the transformational power behind choosing such an approach for themselves.

And even more people are aware that such things are “possible” and they “try” a number of ways to achieve it, but with limited results.

Here’s why more aren't able to do that successfully though. First and foremost they don't understand what stress “really is”...how to recognize the many ways it’s impacting our lives and how it “transmutes” from “thought form” into undesirable events, conditions and circumstances that show up as “real and tangible” events, conditions and circumstances in the various areas of our lives.

Let’s look at that first. What stress really is, and then once we’re aware of and really clear about that, we'll get into how to address the “root cause” of stress and how to eliminate it once and for all.

This is where we begin exploring and really understanding in a very logical, practical and tangible kind of way what “truly is making us sick, what keeps us well, reverses existing illness and disease and impacts every other aspect of our lives as well.

This is where it’s going to get exciting and show you what you can personally do
about it, because we are going to begin to explore, understand and get to “the heart of the matter.”

Where the level of health, wealth, wholeness and happiness or the polar opposite is determined and what's truly responsible creating each of them.

**Stress : It’s Not What Most “Think” It Is**

Many hold misconceptions about stress in general, what it truly is, what creates it and how to effectively deal with and resolve it.

The vast majority believe that stress is ignited and experienced based on various external factors that we encounter and experience in the various areas of our lives. As a result of this “perception” most attempt to alleviate the stress they experience through external means as well...one of those ways being pharmaceutical drugs.

Pharmaceuticals aren't the only way though. There are a number of ways that people attempt to alleviate stress. Drinking alcohol, illegal drugs, watching TV, eating excessively and on and on and on.

There are an infinite number of ways that individuals attempt to alleviate their stress levels. In other words, we obsess in a number of areas attempting to resolve the stress levels that impact so many.

But science is now validating in laboratories around the globe what has been written about in the ancient manuscripts providing a crystal clear understanding that stress is more than an external thing that we experience due to “outside events, conditions and circumstances and that attempting to alleviate it in “external ways” is futile. Any “external approach” regardless of what it is, temporarily alleviates “symptoms” at best.

But it doesn't get to and address the cause. None of these “externals” get to the core and deal with the heart of the matter.

Here’s what recent discoveries have revealed regarding stress...

**This is a “key” and fundamental understanding for dealing with and effectively eliminating harmful stress from your life for good...**

Stress IS NOT created due to externals like your job, your spouse, traffic jams, overloaded schedules, etc. etc. etc. It’s created and experienced due to “beliefs”
and perceptions that we hold individually with regard to these experiences. In some cases these beliefs are conscious but in the overwhelming amount of cases they are “subconscious.” They are triggered stress responses buried at the subconscious level, which as you'll soon understand is the VERY and only thing that triggers our stress. And it’s the same kind of stress that makes so many people ill and develops into disease (DIS-EASE) unnecessarily.

More specifically, stress is the result of an internal physiological process ignited due to individually held beliefs and perceptions YOU hold with regard to externals.

This is VITAL and potentially transformational as it pertains to you and your life so allow me to repeat...

**Stress IS created from our incorrect and unfounded beliefs and our misinterpretations about externals...NOT the externals themselves!**

These are the heart issues we've been touching on. Subconscious “heart issues.” What we referred to earlier in the book as “heart junk.” Heart junk is deeply embedded unconscious and unfounded beliefs and perceptions.

And that my friend is the Master Key to getting to the core, harmonizing with and attracting more of the desired outcomes in your life whether physically, financially, relationally, emotionally and/or spiritually.

The key to maintaining vital health, reversing existing illness and disease or experiencing harmony and fulfillment in ANY area of your life is discovering the importance of and addressing the underlying beliefs and perceptions you hold with regard to these externals when they create anything less than a positive emotional response.

This outcome is what was covered in the Secret about becoming conscious and aware of how you “feel” as you engage in the thinking processes that we all consistently engage in. As was accurately conveyed, attempting to remain conscious of the more than 60,000 thoughts per day that we each think is almost impossible. But we can and MUST remain conscious of how we feel...how our bodies react to the consistent thoughts and emotions that we produce and make the adjustments when we find that how we “feel” conflicts with and is disharmonious with “attracting” and creating what we want.

How we feel serves as very insightful road signs as to the underlying processes that are going on at the source level or the level of thought. But “heart issues”...very deeply embedded beliefs stored at the deepest places within the subconscious can and often do go completely unnoticed. In other words we're often times oblivious to the fact that many of the “subconscious” processes that we engage in even exist.
So what does that have to do with health and our physiological systems?

**Let's take a deeper look at that...**

Doing so requires developing a deeper understanding of our cells and the internal physiological and neurological systems within our bodies that send signals to our cells. It also requires understanding and becoming keenly aware of what happens when we allow externals...the events, conditions and circumstances in the world around us to impact our mental and emotional states.

Let’s look at what happens when stress is triggered in the body and how it impacts your health specifically...

First and foremost, it's important to understand that triggered stress depresses the immune system. It does so by redirecting vital energy that the immune system normally utilizes to ward off and attack otherwise potentially harmful free radicals in the body.

Inaccurate beliefs and perceptions regarding what’s going on around you is what trigger these stress responses which in turn precipitates the redirection of vital energy internally.

**This internal physiological reaction is known as a “fight or flight response.”**

This fight or flight response has its place. It serves a very important purpose. Yet at the same time it can be both a “good thing” and in other cases, a “bad thing.”

Fight or flight can be a good thing and serves to keep you safe and healthy when it’s triggered and utilized in the way it was designed and intended to function.

As an example if you step in front of a moving vehicle, fight or flight is a “good thing” and provides the necessary adrenaline boost enabling you to get out of harm’s way. This “healthy fight or flight response” actually redirects elevated amounts of glucose, oxygen, and a dramatically increased supply of blood to the major muscle groups in the body, such as the arms and legs providing those limbs with additional strength to react in a timely fashion, get out of harm’s way, and eliminate the external threat.

Once the emergency is over, the redirection of energy in the body balances out, the body goes back into its normal balanced state and resumes healthy function. In other words, the energy balances out, adrenaline levels reduce automatically, allowing the energy to be redirected back to the immune system enabling it to function as intended.
At least that’s supposed to happen, what it’s supposed to do...what it should do and what it was designed to do when used in the way it was designed and intended.

The problem arises due to unfounded fears and stressors that send signals throughout the body keeping it in “high alert emergency mode” when there is no immediate emergency or eminent danger present.

Fears and stressors that we have the ability to control once we're consciously aware of them.

No question that a threat of bodily harm or potential death is an immediate emergency. But due to numerous factors and the busyness of life, we often “perceive” ourselves as being in an emergency or dangerous situation and remain in this high alert emergency state when no “real emergency or danger” is actually present.

These “perceived” emergencies range from overloaded schedules, financial issues, jobs we don’t like, less than desirable relational issues and countless other events, conditions and circumstances that we go through and often experience every minute of every day.

Incorrect beliefs and perceptions about these “perceived dangers and emergencies” and life in general put and keep the body in fight or flight response mode diverting the necessary energy to keep the immune system and other bodily functions operating properly resulting in emotional imbalance which inevitably leads to illness and disease. (dis-ease)

Here’s a simplified version of what happens as well as why when stress is experienced and the physiological process that the body engages in when a stress response is triggered.

It's the “root cause” at the physiological level that will make it quite clear as to how this fight or flight response is triggered when no fight or flight is actually necessary which in turn shows up in various areas of our lives as “undesirable conditions” that aren't limited to physical health.

We've touched on it a bit. It's cellular memory. Now let's take a deeper look at what cellular memory is and how it impacts our lives.

And although it impacts and determines EVERY aspect of our lives, we'll stay focused on health specifically for just a bit.
Cellular Memory: Unhealed Pictures That Affect Your Body and Your Health

Let’s talk about and explore “cellular memory.” A subject that’s well known in a number of scientific circles yet not widely understood or known of by the masses nor excepted or utilized in mainstream medicine.

Cellular memory is a key understanding and what “traditional mainstream medicine” and the pharmaceutical giants don’t currently acknowledge for treating illness and disease for the most part.

You could say it’s the cause of problems at the physiological level and determines the vibrational intensity (resonance) of energy frequency that’s maintained at the cellular level.

Cellular memory although it may sound complex and complicated is really nothing more than another term that many scientists utilize and refer to as “unconscious or subconscious beliefs”...these heart issues we've been referring to which are derived from memories throughout our lives which are stored at a cellular level. More specifically, beliefs acquired throughout our lives that we ALL hold which are stored at a cellular level which exist outside of and often escape our “conscious awareness.”

A more spiritually focused terminology for these “cellular memories” could be referred to as “issues of the heart.”

Regardless of which you choose to call them whether cellular memory or issues of the heart or any other label you might choose, they each often operate below the radar, escape your “conscious awareness” and DO without question impact every aspect of our lives. This is precisely why so many “perceive” themselves as being unable to effectively change undesirable self-repeating and self-sabotaging patterns in their lives whether in the area of health or otherwise.

But it’s only a perception. A very limiting perception...an unfounded yet often times unconscious “belief” that can be effectively and quickly changed when the awareness is enhanced, the correct understanding is acquired and an effective form of action is taken to resolve it.

That’s what we’ll be doing in the remainder of this e-book. Providing a comprehensive look at cellular memory, these issues of the heart, the physiological system that we all possess, how cellular memories impact that system, why it can “seem so difficult” to become conscious of and change self-sabotaging thought and belief patterns and how to effectively deal with them enabling us to change our unconscious perceptions (the cause) and as a result
our outcomes. (the inevitable effects that are made real and tangible as a result)

A growing number of scientists agree that everything experienced in your life is stored as a memory at the cellular level. These cellular memories can be equated to and are often referred to by a number of scientists as subconscious or unconscious beliefs.

It's estimated that we each have approximately 70 trillion cells that make up the “physical us.” Each cell serves a specific purpose and each has its own job to do.

Depending on the quality of the belief held...the “perceptions” formed based on the belief...the body automatically responds sending signals to our cells and depending on the quality of the signal sent, the cells respond by either going into growth mode or protective mode.

In growth mode our cells are able to do what they were intended to do which is function normally, keeping the body healthy.

In “protective mode” the cells become restricted due to a redirection of energy triggered by the body and it places emphasis on eliminating the “perceived” threat which in more cases than not, no immediate threat is actually present.

Here's why these 2 opposing modes...growth mode and protective mode are important.

**The body...more specifically the immune system in the body is the world’s most perfect and advanced healing machine.** The immune system was designed in such a way to handle ANY abnormalities occurring in the body and does precisely that when our cells are not forced into a defensive position, brought on by stress.

The result is that our bodies become so stressed, the immune systems functions are hampered, cells become restricted, constrict, begin to break down, and we are no longer able to repair ourselves.

When cells become restricted they're unable to take in the water and oxygen that's a vital part of keeping them healthy.

The result is that illness and disease develop and flourish.

This is why a large group of people can all be exposed to an illness and only some actually get it. Let's use a cold or flu as an example. Cold and flu becomes possible due to a virus. This virus enters the body and depending on the individual, the immune system goes to work to deal with these “unhealthy intruders” or it doesn't.
When the body is in defensive mode brought on by stress, the virus can and does grow and develop into a bacterial infection. When the “cells” are in defensive mode they don't deal with and eliminate the “problem” allowing the problem to grow and flourish.

When we're aware of what's going on and choose to address it, we become enabled and empowered to alleviate the stress by correcting these false beliefs, the various misinterpretations that we hold and often “perceive” to be true which trigger the fight or flight response.

When we're able to do that effectively, we stop viewing all our circumstances as threatening. The benefit received is immediate, automatic and we stop creating the constant stress within our bodies. This allows our cells to move out of their defensive mode, into their growth mode and we enable them to begin once again doing the job that they were intended to do which is warding off illness and disease.

Our immune system then becomes "supercharged", functions in the way intended and we ward off and are able to rid ourselves of illnesses, and protect ourselves from creating new ones.

The key to do that requires nothing more or less than becoming conscious of and getting to the “the root” of the problem or problems. These “root problems” are the subconscious and/or unconscious thought processes that we habitually engage in which in many cases we aren't even aware or “conscious” of.

Here’s what many aren’t aware of regarding subconscious processes and why it can “seem” so difficult to make internal changes that disarms and eliminates stress...

Subconscious beliefs are stored as pictures at the cellular level. Although you may not be consciously aware of this fact, we all think in pictures. Each and every thought you have recalls a picture.

Each and every experience we’ve been through in life is also stored as a picture at the cellular level. That may seem a bit difficult to grasp. But each individual cell in our body has the capability to store memories that FAR exceeds the capability of a large supercomputer and that's precisely what they do.

The quality of the memory (frequency) determines the quality of life that we experience. It's these cellular memories that we've been referring to as “heart issues.”

Subconscious beliefs (pictures) formed and stored at the cellular level based on past experiences relating to love and joy for example lead to prosperity, wellness, peace, happiness, and lead to pleasant and desired experiences in life. For the
obvious reasons these kinds of pictures are considered to be “good beliefs” that are healthy for your body.

These “good beliefs” ignite an electrochemical process in the body and send signals throughout the body keeping the cells in growth mode enabling them to function as intended.

Subconsciously stored and recalled beliefs based on fear, doubt, worry, anxiety, guilt, unforgiveness, etc. initiate the fight or flight response which lead to the cells going into a restrictive or “protective mode” creating additional anxiety, disharmony, discord and a host of “not so desirable” experiences in life.

When you start recalling traumatic or undesirable experiences from the past, the picture recalled…the “cellular memory” instinctively and automatically initiates an electrochemical reaction, sending “danger signals” to the cells, ignites the fight or flight response in your body which puts and keeps the cells in “protective mode.”

Regardless of which memories you hold…what beliefs have been formed based on past experiences whether “true or false” they do create a “tangible” outcome in your life whether positive or otherwise.

This tangible outcome is first experienced in the body at the physiological level. This “tangible outcome” is first experienced by recalling the “memories” stored, triggering an electrical response in the brain, creating an electrochemical response in the brain which sends additional signals throughout the body.

No secret there. We all know that the body functions due to electrical stimulation.

**Take a moment to do this exercise and you’ll see and feel for yourself just how real, true and relevant that is...**

Recall some of the pictures from your past, both pleasant and unpleasant. As you do become conscious and keenly aware of the various feelings, thoughts, and beliefs that are stirred.

Pay really close attention to what happens at the physiological level as you reflect on each of these past experiences.

What sensations do you experience when thinking about a major trauma you’ve experienced? How does your body respond to those memories? Tune into how your body reacts or responds. How does it make you feel?

Now shift those thoughts from unpleasant experiences to the high points in your life. Recall pleasant memories from your childhood. Remember how it felt when you met the love of your life. Ponder and reflect on an incredible vacation you had. Think about the moments of joy, happiness and jubilation as you engaged in
pleasant activities.

How does that make you feel? Quite different isn’t it? Of course it is and the reason it is, is simply because you, more specifically the memories that you’re recalling are stirring, igniting and releasing various chemicals and initiating the differing sensations and feelings that you experience.

Both of these exercises, depending on the quality of the thought process based on a past memory ignite and create an internal reaction within your body. It’s both a neurological and a physiological response and/or reaction. Quite a different quality of response or reaction depending on the kind and quality of the memory recalled and the thoughts and emotions which always follow as a result.

But the same process is taking place. The quality of the feeling experienced is without question pleasing or displeasing but the body is initiating and experiencing different chemical reactions which are determined by the kind and quality of the memory.

**Here’s why...**

Every feeling experienced whether sadness, anger, fear, shame, happiness joy, love... each and every belief held and perception formed about those past experiences whether you “perceive them” as good or bad...right or wrong...pleasant or unpleasant are able to be recalled due to a picture stored at the subconscious level.

Each and every belief you hold about yourself, about others or the world at large; as well as every thought about the best course of action to take in any situation are all determined and exist because of a picture.

It’s these individual pictures...pictures stored at the cellular level that form your beliefs and perceptions and why they can “seem” so difficult to shift when you discover that they don’t “harmonize” with what you want.

**That's a key understanding...**

While it’s true that “beliefs” held and the perceptions formed do often mold, shape and determine many of the outcomes in various areas of your life, they are not the root cause leading to the “tangible outcomes” in life.

Finding the root cause requires going a bit deeper. This is why many have a difficult time recognizing and changing individually acquired beliefs that conflict with creating desired outcomes resulting in desired outcomes often being “perceived” as being unattainable, irrational and/or illogical.

But they’re not.
There’s something going on at a deeper level that makes these beliefs difficult to overcome and change when it’s discovered that they conflict with creating desired outcomes. This deeper thing that many are unaware of and so often remain oblivious to is called **cellular memory**. Unhealthy frequencies stored at the “cellular level.” “Issues of the heart.”

It’s these pictures...unhealed pictures from our past that are stored at the cellular level making it seem impossible to make the changes and lasting shifts when non-productive beliefs are discovered that are disharmonious with creating “desired outcomes.”

That's also why you might make a New Year’s resolution and although you may be very committed and really serious about fulfilling it at the time you make it, after a short while you’ll often find it's too difficult and give up.

It's because of what's happening subconsciously. And what’s happening is that these deeply engrained, habitual and self-repeating subconscious patterns that so often escape our “conscious awareness” are triggering the habitual responses and reactions that determine what we do or don’t do. Subconscious patterns stored as frequencies in the 50-70 trillion cells that make up our bodies.

Let's look at how that impacts and determines your “physiological response.”

**Here’s a simple breakdown that determines how and why our bodies respond and/or react to our moment by moment experiences...**

- Pictures stored at the cellular level (frequencies) mold, shape and determine your individually held beliefs
- A belief is an individual interpretation forming your perceptions regarding something.
- Your perceptions determine and shape your individually held paradigms (How you view the world)
- The thought processes ignited based on your perceptions and the paradigms held activate your brains automatic response as it processes those perceptions based on what it “perceives” as being logical and reasonable based on and due to the quality of the information acquired and stored at the cellular level.
- The brain ignites an electrochemical process sending various naturally created chemicals throughout your body determining your response or
reaction to the external stimuli.

The kind of chemical produced within and distributed throughout the body determines how your body responds to the external stimuli.

**These naturally produced chemicals are endorphins, norepinephrine, dopamine, serotonin, cortisol, and adrenaline.**

Endorphins, norepinephrine, dopamine and serotonin consistently produced and distributed throughout the body are considered to be “good chemicals.” When these chemicals are created and released they create a positive and pleasing response in the body. They make you “feel good.”

Adrenaline and cortisol on the other hand...although they have their place... **when produced excessively** are considered as “bad chemicals” which puts and keeps you, your body and your cells in a protective mode. These naturally produced chemicals are associated with and produced when you engage in the fight or flight response which puts your cells in a protective or resistant mode.

So what determines which of these chemicals are produced and distributed?

It’s a device in the brain known as the hypothalamus. The hypothalamus senses the energy frequency in the brain determining which chemicals are produced and distributed throughout the body.

For simplicity sake, let’s look at the hypothalamus as a switch.

In the case of fear, doubt, worry etc. the hypothalamus switch is triggered activating the body’s emergency response system and sends a signal to the pituitary, or master gland, that there is danger present and something to be feared.

The pituitary then sends a signal to the adrenal glands, which produces and sends out the adrenal hormone that automatically triggers and puts the entire body into "fight or flight" mode.

That’s why when you did the exercise earlier...depending on the quality of thoughts you were thinking that determined which way the switch was flipped and differentiated between you feeling good or feeling bad. The quality of the thought initiated an electrochemical response and sent these naturally created chemicals throughout your body.

What governs and oversees this process and determines what kind of chemicals are created and distributed is known as the **autonomic nervous system**.
The Autonomic Nervous System: Sympathetic and Parasympathetic

We're all quite aware that we have a nervous system. Definitely no “Secret” there.

The central nervous system which is most widely understood is composed of the brain and spinal cord. That’s fairly common knowledge.

What's not so widely known or understood is the autonomic nervous system which can be considered to be an integral part of the central nervous system. For the sake of this explanation let's refer to the autonomic nervous system as a nervous system within a nervous system.

The autonomic nervous system is the mechanism that oversees and determines all of the body’s internal functions. Its job is to regulate the vital non-conscious functions of the body like heartbeat, breathing, digestion etc. These automatically initiated functions don't require your “conscious participation” to operate. It regulates the “unconscious processes” in the body enabling it to function and survive.

In other words you don’t have to “think about” breathing or pumping blood throughout your body for it to happen. You don’t think about balancing electrolytes in your body, the cleaning of your liver, the continual function of the kidneys etc. for the process to operate as designed. It’s automatic. It’s a “subconscious function.” It’s ingrained at both a subconscious and “cellular level” and happens automatically.

The autonomic nervous system can be considered to be the master control panel in the body. It also serves another purpose. It also determines how and why you respond and/or react automatically to certain stimuli and why it can seem at times like you have no control over these functions as well.

There are 2 aspects of the autonomic nervous system. These are known as the sympathetic and the parasympathetic.

The sympathetic nervous system could be considered the part of the nervous system that sends signals determining the specific functions of the body. It’s what triggers the body and determines when it goes into a fight or flight response.

The sympathetic system sends signals to the muscle groups etc. enabling the body to move and function in a timely manner when imminent danger is sensed. The sympathetic nervous system is responsible for keeping us alive and intended to keep us safe.
Then there's the “parasympathetic nervous system”...

The parasympathetic nervous system is designed to provide balance and conserve energy in the body. It's the part of the nervous system that brings us out of a fight or flight response once we’re clear of imminent physical danger.

For the sake of simplicity let's just say that the autonomic nervous system is ingrained into our DNA. It exists and is enabled to operate as the result of stored memories or “programming” within our DNA.

Ask any doctor and they'll tell you the same thing. It's certainly no secret either. It's widely understood in conventional medicine.

Here's what's not widely understood...

Whether we hold good and productive memory pictures or “bad” non-productive pictures due to past traumas and unpleasant experiences from the past, they are all stored as pictures at the unconscious or subconscious level. And when recalled, they create an “automatic response“ as well. In the case of bad or non-productive pictures, they activate and engage the sympathetic nervous system based on “perceived danger or emergency” although in most cases, no physical danger is actually present.

It's nothing more than a “perception” of danger.

Put simply, unfounded beliefs created and stored at the cellular level based on past traumas and undesirable experiences create imbalance or disharmony between the sympathetic and parasympathetic nervous systems, putting them out of balance.

When they become out of balance, it creates conflict within the body putting and keeping the body in protective or fight or flight mode and consistently produces excessive amounts of adrenaline, redirects vital energy to the sympathetic nervous system which in essence limits and shuts down the energy flow required to keep the immune system functioning at full capacity. This is what enables illness and disease to develop, grow and flourish in the body.

To regain control you must deal with the root cause which is the cellular memory that forms the pictures which create the perceptions creating the internal disharmony or imbalance between these 2 aspects of the nervous system which in turn determines how the body responds.

To regain control...to restore a healthy balance in the sympathetic and parasympathetic nervous systems allowing the body to balance out and function in a healthy manner, it’s essential that the underlying picture stored at the cellular
level responsible for creating the imbalance is changed.

Put another way, it’s vital that the unfounded beliefs and perceptions held are acknowledged, adequately dealt with and resolved.

Ok...that addresses the physical health issue. How does it impact you and your life at the emotional level and show up as “less than desired” outcomes in your work, your relationships and achieving your “consciously held” goals in various areas of your life?

**Think about this...**

What does fear doubt, worry and anxiety do? Are you able to think quickly...make rational productive decisions...feel good and be on top of your game?

No. Fear dumbs you down. It keeps you from thinking clearly. It keeps you from tapping into and utilizing the vast resources available to you. It blinds you to opportunity. It keeps you from seeing solutions that in many cases are right before your eyes. In essence it diverts otherwise creative energy into a form of thought energy focused on getting and keeping you safe.

And the reason it does is because it keeps you “stuck” in a fight or flight response mode.

Are you at your full creative potential when you're experiencing fear, doubt, worry and anxiety? Obviously you’re not. Do you think that might have an impact on what you do and how you act in the various areas of your life? ABSOLUTELY it does.

If you notice and experience its impact on your performance and how it affects your clarity of thought, doesn't it make good sense to know that something is going on “internally” to create these external issues?

Absolutely and that's the key. Learning to deal with and eliminate the “problem” at the source. The physical reaction that the body is engaging in and the effects being experienced can SEEM uncontrollable. You may think you have no control over them.

But you do, once you’re aware of them and know how to do so.

You might “feel “out of control but in essence it's the body doing just what YOU are instructing it to do. Who chooses the thoughts that you think...the beliefs that you hold...the feelings that you feel and responses and reactions that you engage in?

YOU DO.
That's why it's so vitally important to become “conscious of” and eliminate the unfounded and non-productive beliefs held...beliefs stored at the cellular level so you can free up and utilize in a conscious, intentional and purposeful way, the creative energy that fear, doubt and worry so often suppress.

It's necessary to change the pictures at the cellular level. It's vital that we address these “issues of the heart” so they no longer adversely impact and effect our outcomes.

Dr Alex Loyd spent more than 12 years searching for the solution that had the capability to do that. As a result of that search he has discovered the mechanism that heals these pictures at the cellular level and eliminates the habitually triggered response when the correct switches are flipped.

Once these “pictures” are replaced...once the frequency of non-productive memories is enhanced, elevated and changed, it eliminates the fight or flight response when no danger is present allowing the immune system and other important bodily functions to operate and function in their full capacity as intended...enhancing your mental and emotional state, keeping you both healthy and happy and ultimately enabling you to experience a harmonious and fulfilling quality of life.

In a phrase it allows the sympathetic and parasympathetic nervous system to restore its “natural balance” enabling you and your body to function at your full capacity.

But it cannot and will not do that unless and until the “issues of the heart” are properly addressed and eliminated.

Let's look at some of the latest research that's been done and the discoveries made as a result of that research by some well-credentialed doctors and scientists as well as what others have discovered and have to say about energy, frequencies cellular memory and how it all ties in with the physiological and neurological functions of the body.
Scientifically Based Research and Discoveries

There's an ever growing body of knowledge that many Doctors and scientists are discovering and revealing with regard to how our lives unfold, the immense role our physiological systems play in determining the quality of our results.

Here are just a few of many...

**Dr. Bruce Lipton PHD.**

Dr. Bruce Lipton PHD, a cellular biologist and the author of 'The New Biology of Belief' and his most recent book 'Spontaneous Evolution' clearly revealed through his research at Stanford University School of Medicine in 1998 that issues relating to health and life in general are caused at the cellular level.

Dr. Lipton's research concluded that an energy frequency of fear and wrong beliefs will cause the nervous system to go into "fight or flight" and that every wrong belief is nothing more or less than an interpretation of various types of fear pictures stored at the cellular level.

He also revealed the fact that each of the cells in the body are like individual sentient beings with the capability of storing memory based on a “frequency.” Prior studies in biology led to the belief that memories were stored within the cells outer shell and considered this shell as being the “brain” of the cell.

Dr. Lipton discovered that this external membrane...this outer shell does NOT act as the cells brain as was previously believed. The conclusion he arrived at was made because he removed this outer shell during his research and found that the cell continued to live long after what was “believed” to be “the brain” was removed.

His work also clearly shows that genes and DNA do not control our biology; that instead DNA is affected and controlled by signals from outside of the cell, including the energetic messages emanating from our positive and negative thoughts.

Dr. Lipton was awarded the Goi Peace Award in 2009 in recognition of his pioneering work in the field of New Biology.

**The Institute of HeartMath**

The Institute of HeartMath which is the foremost leading authority on the study of
heart based emotions and their correlation with energy and the human physiology has drawn the same conclusions.

Recent research has shown that communication between the heart and brain is a "dynamic, ongoing, two-way dialogue, with each organ continuously influencing the other’s function."

In 1998 The HeartMath Institute published startling yet profoundly exciting research on the power of the human heart and its effect on your mind and body. Amazingly, these scientists were able to measure the electro-magnetic energy being projected from the heart with highly sophisticated equipment.

They've clearly shown based on their findings that heart based emotion emits and projects an energy frequency outside the body that is as much as 5000 times more powerful than the energy frequency projected from the brain.

They have also clearly shown that human DNA responds to stress related issues by contracting and tightening when physiological stress is experienced putting it into a “protective or restrictive mode.” In the same way the DNA also responds to feelings of joy and well-being by relaxing and loosening itself and going into its “natural state” which is a relaxed and productive growth mode.

**Dr. Daniel Amen**

Dr. Daniel G. Amen is a world renowned brain researcher, an adult and child psychiatrist as well as a bestselling author of more than 20 books. Dr. Amen has pioneered the use of brain imaging in clinical psychiatric practice. His clinics have the world’s largest database of functional brain scans for neuropsychiatry. In addition to his private practice Dr. Amen is an assistant clinical professor of psychiatry and human behavior in the University Of California Irvine College Of Medicine.

Through his research Dr. Amen even came up with a name for the subconscious processes that affect us all. He named it “ANTS” – which is an acronym for “Automatic Negative Thoughts.”

Dr. Amen's work has also clearly revealed that attempting to use a one size fits all treatment for mental and emotional issues, although it does assist in making some people better, in a large number of cases it makes some people worse. Dr. Amen is well aware of and openly conveys how controversial the “one size fits all” use of pharmaceutical drugs is in the treatment of various mental and emotional issues.
Professor William Tiller PHD.

Professor William Tiller, a Nobel Prize Laureate is recognized as one of the leading authorities on Quantum Physics. Professor Tiller is currently the Chairman and Chief Scientist of the William A. Tiller Foundation, an organization devoted to research on Psychoenergetic Science and subtle energies.

Psychoenergetics consist of the study of these subtle energies in relation to the application of human consciousness and how consciousness impacts our health as well as other areas of our lives.

Professor Tiller had this to say about the use of energy medicine in the future...

"Future medicine will be based on controlling energy in the body."

Why would a Nobel Prize laureate say that? Quite simply because as cutting edge research is clearly showing, it is due to destructive energy signals (frequencies) that create illness and disease in the body.

When you address and change the "root cause"...the frequency of the energy...you change the effects and as countless scientific studies show, the frequency of energy IS the root cause.

Candice Pert PhD.

Candace Pert PhD, a professor of physiology and biophysics at Georgetown University, discovered the impact of cellular memory through studying patients receiving transplants of major organs. Dr. Pert's research revealed that in a number of cases the recipient receiving the donated organ recalled and experienced memories that were never experienced prior which the donor providing the organ did possess.

This showed up in not only “transferred memories” from the donor to the recipient concerning specific events, but in a number of cases the receiving party also developed never before experienced cravings for foods etc. that the recipient hadn’t previously experienced which the donor providing the organ did have cravings for.

Dr. Pert believes "the mind is not just in the brain, but also exists throughout the body.” The mind and body communicate with each other through chemicals known as peptides. These peptides are found in the brain as well as in the stomach, muscles and all of our major organs.
To quote Dr. Pert directly...

"I believe that memory can be accessed anywhere in the peptide/receptor network. For instance, a memory associated with food may be linked to the pancreas or liver, and such associations can be transplanted from one person to another."

Why? Because the cells within the transplanted organs stored “pictures”...memories that when transplanted into the recipient enabled the recipient to recall these memory pictures although they had not personally experienced the event or the craving that created the memory.

Dr. Pert's research concludes that neuropeptides and neurotransmitters act directly upon the immune system, shows their close association with emotions and suggests mechanisms through which emotions and the immune system are deeply interdependent.

Dr. Pert, like many scientists today that are growing in number, are arriving at the very same conclusion.

“Every cell in our body has its own ‘mind’...and when you transfer tissues from one body to another, the cells from the first body will carry memories into the second body.”

Dr. Pert's work has had an enormous impact on how modern day science views emotions, as well as their impact on our health and wellness.

**Dr. Gary Schwartz PhD.**

**Dr. Gary E. Schwartz,** PhD, is the author of a number of books and currently a professor of psychology, medicine, neurology, psychiatry and surgery as well as acting Director of The VERITAS Research Program of the Human Energy Systems Laboratory in the Department of Psychology at the University of Arizona.

Dr. Schwartz’ work is published extensively in scientific journals such as Science, Journal of Behavioral Medicine, Psychophysiology, Psychosomatic Medicine, etc. based on his years of biofeedback research, and health psychology.

Dr. Schwartz received his PhD from Harvard University, and early in his career was a professor of psychology and psychology at Yale University as well as Director of the Yale Psychophysiology Center and the also served as co-director of the Yale Behavioral Medicine Clinic from 1976-1988.

Like a growing number of scientists today, based on his many years of research,
Dr. Schwartz believes he understands the mechanism by which cellular memory works:

In Dr. Schwartz own words...

“When the organ is placed in the recipient, the information and energy stored in the organ is passed on to the recipient. The theory applies to any organ that has cells that are interconnected. They could be kidneys, liver and even muscles.”

**Here are some additional statements made by Nobel Prize Laureates regarding energy, frequency and cells.**

"Body chemistry is governed by quantum cellular fields." - **Prof. Murray Gell-Mann, Nobel Prize Laureate, USA**

"Treating humans without the concept of energy is treating dead matter." - **Albert Szent-Gyorgyi M.D. Nobel Prize Laureate, Hungary**

There are countless studies and research available and an ever increasing body of evidence that all point to the very same conclusion which for the obvious reasons, I couldn’t possibly include here.

But conventional western medicine isn't for the most part utilizing or acknowledging what is being discovered by a number of well-credentialed scientists and health care givers.

They still depend on a science...the findings and outdated beliefs of a 300 year old science and treating the body as a machine that breaks down and “needs” fixed.

Based on the “perceptions” of a number of people, what's being discovered is being intentionally suppressed. That's not a judgment I'll personally make nor an area we'll explore or delve into here, although due to the business that traditional health care has become in recent years and the billions of dollars that change hands annually, the many sales tactics and multi-billion dollar marketing campaigns utilized to promote “pharmaceutical drugs”, it could most certainly be considered as being “possible” and perhaps even “highly probable.”

That's a choice and a conclusion that only we can make for ourselves. We can, if we choose, believe everything we're told and taught throughout life and live our lives based on these widely held “perceptions of truth” or discern what truth is for ourselves.

We can choose to remain limited by a “sheeple people mentality” as well as make
a conscious and intentional choice to become independent thinkers, do the necessary research and decide for ourselves what is best and/or not best for us.

I think you'll agree that decisions related to our health and livelihood are very important decisions to make. And they’re decisions that shouldn't be made or taken lightly.

History clearly shows that many things we were taught and “believed” to be true throughout our lives, inevitably turned out to be quite untrue as science advanced in its understanding and new, greater and more beneficial truths replaced them.

What's often only believed as being “true”...what we ourselves “know to be true” based on traditional and self-limiting indoctrination in a vast number of cases often proves to be far less than true. But it only exists and remains the way it does due to our individually chosen trust factors, the “perceptions” of truth we form and the choices we make or don't make based on those perceptions.

It often becomes a “traditional” way of doing things. And because it's tradition and is carried from generation to generation in many cases, we often “believe” it's the right and only way.

But as science advances...as new discoveries are being made, what used to be considered fact is quickly becoming nothing more than outdated, limited and in many cases very inaccurate data. Data that we as a species depend on to make our choices and decisions.

In such a rapidly changing world what used to serve us even as limited as it was, in many cases no longer can or does. Let's face facts; the comfort zones that so many choose to stay trapped within today no longer serve us. In many cases they can, do and are hurting us.

The world is evolving at an ever increasing pace. Whether we choose to flow with or against this evolutionary process...this ever evolving and ever so steady expanding transformation...whether we choose to understand, become aware and conscious of the exciting discoveries being made or not and our individual choices to embrace, align and harmonize with them or not is nothing more or less than an individual choice.

One thing is certain based on both 21st century science and the immutable and unwavering timeless wisdom left to us by the masters...

We ALWAYS get to be right. Our beliefs and the actions we take or don't take always reflect our individual choices and the events, conditions and circumstances that we experience individually always in all ways unfold in every aspect of our lives just as we “believe” they will.
Throughout history as new discoveries are made, there always have been and there is always going to be the narcissists, pessimists and small thinkers who ridicule, attempt to demean and in a number of cases attempt to persecute those who develop credible views, theories and discoveries made by those who stretch beyond the group think tank. Cynicism and pessimism is always going to play a role in determining the outcomes of those who might “choose” to resist change.

One of the Masters from the Christian religion, Christ was persecuted and even crucified for his “uncommon beliefs.” Today he's followed and worshiped by billions.

Aristotle was initially jailed for implying that the earth was round rather than flat. Today his assumptions have proven to be “quite true.”

Point being, all new discoveries aren’t normally accepted by the masses and in a number of cases “new truths” are often violently opposed initially.

**As German philosopher Arthur Schopenhauer so correctly quoted many many years ago...**

“All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident.”

Modern day science is validating in “logical, practical and tangible” ways, what has ALWAYS been available for us to explore and understand. Most just choose not to.

Although new discoveries are being made and the world is being made aware of the potential and possibilities due to these discoveries, many will resist or even fight to disprove them. What many might “perceive” as being too “out there”...namely dealing with things at the root cause...at the energy and frequency level, is believed by a rapidly growing number of well-credentialed scientists, leading universities and even a growing number of hospitals to be the answer to many of the issues that the vast majority “perceive” as being unrelated or in a number of cases illogical and/or impractical as it relates to health and wellness or any other area of life for that matter.

It's really no different than what all of the masters since antiquity have taught. When you choose to go within, become conscious and make the necessary shifts and adjustments, you'll see and experience that shift in the physical world. Your choice to heed or not that wisdom will without a doubt or any question whatsoever play a very significant role in your life and your physical world.

It's simply a matter of individual choice as it always has been and always will be. Although the benefits of energy medicine have been utilized in Eastern cultures for thousands of years, western medicine for whatever reason seems to be quite
slow in adopting and integrating what many have discovered through their own experiences, which often provide miraculous results.

Although not widespread in western culture, the idea of “cellular memory” or the use of energy medicine is quickly spreading as more make conscious, intentional and meaningful choices and venture out to explore and discover for themselves the transformational power behind it.

A form of power that transcends common human logic as we understand it.

Integrative medicine, which focuses on caring for the whole human being—body, mind, spirit, and community, not just flesh, bones, and organs—is steadily becoming a far more widespread, desirable and logical option for many people.

It's even making its way into mainstream media as more and more discoveries are being made and those who make them are coming forward in ever increasing numbers.

**Here's an “uncommon” occurrence...**

An article that appeared in the Dallas Morning News in 2004 had this to say about the correlation between health and cellular memory and specifically cites the conclusion of Dr. Eric Nestler based on extensive research performed at the prestigious Southwestern Medical School in Dallas...

**Dallas Morning News – September 12th 2004**

"Throughout the natural world scientists are finding that cells and organisms record their experiences all without the benefit of a brain. Scientists believe these cellular memories might mean the difference between a healthy life and death.

Cancer can be a result of a bad cellular memory replacing good ones. Psychological trauma, addiction and depression may all be furthered by abnormal memories inside cells. Diseases that turn up later in life may be due to errant memories programmed into the cells.

Even real memory, the kind that requires a brain, seems to rely on memories locked in the cells. Now scientists are striving to understand how cells acquire these memories and perhaps treat disease at its root by adjusting them."

**Based on the RESULTS OF their research, a team from the prestigious Southwestern Medical School in Dallas, Texas is saying they believe the root of illness and disease are these destructive cellular memories.**
"This may provide one of the most powerful ways of curing illness said Dr. Eric Nestler, University of Texas Southwestern Medical Center in Dallas. For many diseases, treatments today aren't much better than Band-Aids.

They address a disease organism, but not its cause. Harnessing this knowledge offers the potential of really correcting the abnormality."

The inevitable conclusion is that more and more scientists, doctors and researchers are discovering and coming forward with these discoveries and they all point to the same thing...the very same “root cause”...cellular memory.

I’d encourage you to do your own research and come to your own conclusions. The evidence supporting it is not only compelling but widespread and growing more every day in scientific and medical circles.

That leads and brings us into yet another important area which was, in the past widely believed to play a role in and determine the quality of our health individually...namely genetics and the role genetics play in determining your health.

**Genetics or Stress : You Decide**

The new discoveries being made are also opening doors to a new understanding regarding what makes you ill and keeps you well.

Genetics is another area that exciting, enlightening and groundbreaking discoveries are being made and due to these discoveries people’s lives are being dramatically enhanced.

For a number of years it was believed that genetics played a role in determining the quality of your health as well as your chances for acquiring and experiencing various health related issues that were passed down to you through previous generations.

Admittedly that’s not a very hopeful or promising picture if you and your family have a history of hereditary illness and disease. In fact it was once “perceived and believed” as being hopeless.

But there’s new research which is actually evolving into new and advanced scientific areas of study that clearly show this “old way” of seeing things not only is, but has been flawed. What was once understood and “believed” as being true
with regard to neurological as well as physiological functions of the body, is quickly becoming outdated.

In the past decade what we once “thought we knew”, have been taught and learned so much about is now obsolete. In fact 80-90% of what science understood regarding our brains and its functions are being replaced with exciting and profoundly empowering new discoveries.

One such area of study is epigenetics.

This fairly new focus of science exploring epigenetics at a deeper level provides a whole new understanding regarding you and your health. A very enlightening and empowering understanding that clearly shows genetics can be altered and changed.

While it’s true that the cellular memories are passed on genetically and there do exist data fields that are passed on through generations by a phenomenon called *isomorphic resonance*, *the new study of epigenetics* has clearly shown that these memories...this data can be changed at the cellular level overwriting, reversing and eliminating the possibility of even genetically acquired disease and emotional issues.

But left unnoticed and unattended it can and does impact your life and the implications go well beyond health.

What each of these discoveries clearly reveals is that Cellular memory impacts your physical, financial, relational, emotional and spiritual outcomes in life.

**The reason is quite simple and perhaps obvious to you now...**

When the energy frequency is addressed and changed at the cellular level (the cause) the effects created and experienced change as well. In this case the effects are the results that manifest in your physical and emotional health as well as the other areas of your life.

As Lau Tzu, the founder of Taoism understood and clearly conveyed...

"**To see things in the seed, that is genius.**"

In relation to your health...what keeps you well and makes you ill...you are one step closer to “genius status.” In fact recent research points to the fact that we are ALL geniuses already. It's the subconsciously held beliefs and perceptions we hold individually that limits us and keeps us from expressing and using what has been freely provided to each of us.
It's our individually held beliefs and perceptions and the belief filters formed that keep us from fully utilizing our own “genius status.”

Energy and in the case of your health...your finances...your relationships...the cellular memory is “the seed” that determines the quality of each and every one of the events, conditions and circumstances in your life. (aka. the effects)

The bottom line is that it’s energy that is the root cause of everything that happens in your life and the frequency of the energy determines the kind and quality of the “tangible” results that show up in physical form determining the kind and quality of the outcome we each experience.

As the 2006 production The Secret was so effective in conveying to millions around the world...

The key to experiencing a quality of life that we desire is as simple as changing, aligning and harmonizing the frequency of the energy to that which aligns and harmonizes with what we desire for ourselves. In the case of health, this shift requires eliminating the pictures that support and sustain “unhealthy beliefs and the physiological stress that we all experience as a result.

Let's look at a profoundly effective way that I and many before and after me have found and believe can do just that.
Effectively Eliminating the Stress That’s Making You Ill

We’ve explored and discovered a lot regarding you, your health and what many believe is necessary to keep your body functioning at optimum levels. Now it’s simply a matter of choosing to utilize or not what you’ve discovered to personally experience the benefits that doing so provides.

What I share in this e-book is not designed nor shared with the intention of providing a medical opinion, advice or attempting to tell you what you should or should not do in relation to your own or your family’s health.

I’m neither a doctor nor a health professional. I’m a lay person that chose to walk many paths of discovery since opening my eyes and becoming aware that all may not be as I was led to believe. What we’ve covered and discussed here is but one of those areas. I don’t and won’t claim that my truth should become your truth. What I can say is that an ever growing number of doctors and medical professionals are exploring, discovering and also believe just how real and true what I’ve shared for a number of years is, although it is still not widely taught nor excepted in many of the conventional medical training institutions today.

As mentioned, the “potential reasons” as to why are many which is another subject and perhaps another book altogether.

It's also not intended to degrade nor diminish the incredible contribution that doctors, health care professionals and conventional medicine provides. Conventional medicine certainly has its place, yet as I and many believe it could be, and perhaps one day will be replaced with a much more effective approach for producing desired results.

What you’ve just read was written to share with you in the best way I’m currently able, what I’ve personally discovered and have utilized based on many years of research and experience. And I would encourage you to do your own due diligence and come to your own conclusions.

Your health and the health of your loved ones is essentially your responsibility. Blindly accepting what others claim to be true regarding your health and well-being or any other area of your life, is nothing more than a choice to give your power away.

I’ve made a choice and a commitment many years ago to share, convey and communicate with anyone willing to listen, what I know through personal experience has transformed my own as well as the lives of countless others like me.
One thing is absolute. To change the outcome...to enhance some aspect of your life, it’s necessary to become aware of and deal with the cause...the real cause.

And as I've conveyed a number of times throughout this book the real cause, based on my perspectives is the unfounded beliefs and perceptions that are deeply ingrained within each of us and they will continue impacting your results unless and until they are acknowledged and addressed. What I’ve conveyed gets to the heart of the matter and as it relates to sabotaging and limiting the infinite number of possibilities and potential that is available to all of us without exception which I prefer to label “issues of the heart.”

I touch on both scientific discoveries as well as spiritual teachings so I might assist those who may understand and relate to one but not the other to make the connection and understand regardless of the various labels, that both methodologies and avenues of understanding are rapidly merging together to convey in a very promising, potentially transformational and powerfully significant way, exactly the same thing.

As Solomon quoted more than 5,000 years ago...”Guard your heart above all else for it is the wellspring of life.” The word heart occurs nearly 800 times in the Judeo Christian Bible. The New Testament word for heart is derived from the Greek word kardia. It's mentioned in many spiritual texts from various cultures.

The New Living Translation (NLT) of this same verse says: “Above all else, guard your heart, for it affects everything you do.”

I can assure you they weren't referring to the physical heart although it is, as can be clearly discovered based on the rampant and widespread cardiovascular disease that is so prevalent and still growing today more so than any other time in history, is certainly a type of “heart issue” that impacts and affects the physical heart.

In addition the words “fear not” are also mentioned more than 350 times in the Judeo Christian Bible. Any fear that isn't an immediate physical threat is an unfounded fear derived from “heart junk.”

Whether you choose science as your preference and path of understanding or what the ancients, mystics, sages and masters from all cultures have clearly conveyed, the message is one and the same.

Unfounded fears...these issues of the heart, these deeply embedded subconscious beliefs that can, do and will impact your life are important to address and eliminate if you truly hope and desire to experience a kind and quality of life that we have all been provided the choice to experience or not.
Point being it's important. VITALLY important to effectively address and eliminate whatever you might choose to call them, if you truly desire to experience more of the desirable results that you aspire to create for yourself and less of the undesirable.

I've explored these paths I've referred to throughout this book and a number more over the past 3 decades. Regardless of which you choose for yourself is immaterial. Although you would find as I and many before me have, ALL paths lead to one unified understanding when we choose to eliminate all the clutter, all the self-limiting and self-sabotaging nonsense and traditionally established “false beliefs” to seek out and get to the core...the “Higher Truth” as I like to call it, with an open mind and a willing and receptive heart.

You'll find if you choose to do the same, ALL paths, regardless of how “seemingly separate you might perceive them to be, ultimately lead back to one unified path. And it becomes quite simple, logical and rational once you do the “work” that I’ve personally made a choice to do. It leads to an understanding that can and will transform every aspect of your life should you choose to allow it to.

What I’ve shared here is, what I and many like me, including a number of well-credentialed Nobel Prize Laureates believe to be the ultimate cause for everything that happens in your life individually and on a larger scale universally.

The conclusions that many of these doctors and scientists have arrived at are based on a form of testing that eliminates the possibility of placebo and/or nocebo effects.

It's called heart rate variability testing. (HRV) It's quite a common form of technology that's been utilized for more than 30 years. Let's look briefly at why that's significant and important as it relates to what we've been exploring here.
Heart Rate Variability Testing

"Bio-energetic Testing" is, in my opinion, the single most sensitive diagnostic tool that exists in the world today." - Salvey Yurkovsky M.D. (Manhattan Cardiologist)

One sure way to determine risks in health related issues which many health professionals claim as being the most accurate in determining potential issues relating to health prior to a health issue becoming “physical” is known as bio-energetic testing.

One such form of bio-energetic testing is known as Heart Rate Variability (HRV) testing.

HRV quite simply is a testing procedure utilized for measuring the relaxation/stress levels of the autonomic nervous system.

Put another way HRV testing provides a means to determine if the sympathetic and parasympathetic nervous system is in or out of balance.

Unlike normal testing procedures, HRV eliminates the possibility of inaccurate conclusions and isn’t subject to outcomes experienced due to a placebo or nocebo effect.

If you’re not aware of what placebo and nocebo effects are, in essence they’re outcomes that are impacted based on the beliefs of those receiving the treatments whether through medical procedures such as operations or pills.

The HRV test is quite different and much more accurate than traditional cardiac stress tests which do not measure the autonomic nervous system functions.

HRV measures even the slightest changes in the heart rate and serves as a powerful and accurate tool for determining potential health risks and point out potential problem areas. HRV testing can detect potential health risks even though someone may “perceive” and currently be healthy based on normal testing and diagnostic procedures.

It provides an accurate overall picture of how the autonomic nervous system is functioning and detects balance or even the slightest imbalance of the sympathetic and parasympathetic nervous system.

Even the slightest heart rate variations can be detected with HRV with a low score being associated with increased sympathetic nervous system stimulation (elevated internal stress) creating enhanced risk for disease to flourish and even increased risk for sudden death due to cardiac arrest.
In a nutshell HRV is an electrophysiology study that accurately measures the level of stress at the parasympathetic level without the possibility of the placebo or nacebo effect impacting the accuracy of the readings.

Many believe that because they eat right, run, work out or exercise regularly that they are at low or no risk. This isn’t true. An inability to relax or consistently experiencing fear, worry, doubt, anxiety etc. is tangible evidence of internal disharmony created by incorrect beliefs.

Based on what the new biology has discovered, your sympathetic nervous system is being dominated by the parasympathetic putting the autonomic nervous system out of balance (keeping the body in fight or flight response) and greatly enhances health risks as well as shows up in the financial, relational, emotional and spiritual aspects of life as well.

One thing has become very obvious in recent history and the truth behind it is positively impacting the lives of more each and every day as word spreads...

**You already possess the most powerful and incredibly effective healing system known to man and ALL the pharmaceutical companies and medical technologies in the world can't even come close to matching it.**

It’s called your immune system. The human body is an incredibly sophisticated and extremely powerful mechanism that has everything necessary to get and keep you healthy regardless of externals.

It’s simply a matter of learning how to bring it into and keep it in balance to enable it to function at its full capacity and enable it to do the job that it was created and intended to do.
So How Do We Address and Change Our Unproductive Core Beliefs?

To achieve real, long-lasting breakthroughs in your life, it is not enough to understand what is happening at the subconscious level, but that you address it and take the necessary steps to eliminate the unfounded beliefs stored. Addressing it essentially means to reprogram it.

Dr. Alex Loyd, Dr. Ben Johnson, myself and countless others that it's served globally have discovered the solutions for making that possible for anyone choosing to use it.

They’re called The Healing Codes and The Success Codes.

The Healing Codes are one such tool that will teach and enable you to eliminate “issues of the heart”, wipe out the “heart junk”, turn your healing system on and supercharge its effectiveness very simply and very quickly, reduce the internal stress that is preventing your body from healing as well as subdue short or long term pain.

In the same way, The Success Codes address and deal with the same “issues of the heart” that keep so many from experiencing a kind and quality of success that they truly desire yet can’t seem to achieve.

Both provide the means to rid yourself of fears, phobias and the painful memory pictures that are creating the imbalance and disharmony AND enable you to be, do and have all that you were designed and have the ability to be, do and have.

That’s far more valid than most are aware, understand or even believe for that matter. But those beliefs can be changed, enhanced and transformed if ever and whenever a choice is made to do so.

One thing that I’ve come to know in my years of study, research and personally applying various processes, techniques and methodologies that have proven effective, have to do with enhancing beliefs and elevating the vibrational intensity of the energy that surrounds us and exists within us all without exception.

The method the Healing Codes as well as The Success Codes utilize is referred to as Energy Psychology. In a nutshell energy psychology is a powerfully effective tool for reprogramming the subconscious mind enabling the cellular memories that keep us stuck and in protective mode to be replaced with productive memory that moves us forward rather than limits our abilities.

Both The Healing Codes and The Success codes change the frequency of the energy at the cellular level and gets to the “root cause” of the issues that affect
the various areas of our lives.

In the areas of health and success specifically, it enables our cells to stay in growth mode and allows our immune systems to do the job they are quite capable of doing which is to make and keep us well.

The Healing Codes and Success Codes protocols have shown through heart rate variability testing to balance the sympathetic and parasympathetic nervous system in minutes and restore that balance for days which no other known procedure or technique can or has been able to do.

That outcome was previously “perceived” as being unattainable even by those who created the HRV testing devices. Prior to the release of The Healing Codes, it required 6 weeks of procedures to balance the autonomic nervous system and the processes for doing so only created that balance for minutes at a time.

The Healing Codes was shown through a series of independent tests to bring balance between the sympathetic and parasympathetic nervous system with one 20 minute code and maintained that balance for 24 hours with a single protocol.

Although new discoveries have been made that bring the autonomic nervous system into balance more quickly than old, outdated and for the most part, ineffective methods, their ability to balance only lasts for minutes at best.

That’s certainly not the case with The Healing Codes or The Success Codes.

As a rapidly growing number of scientists, health care professionals and those who have utilized and personally experienced their effectiveness can and do attest, it’s an extremely powerful and non-intrusive method for preventing and even reversing ANY health or success issue. And yes, that includes cancer.

Although their use isn't what “cures anything” directly, it elevates the energy frequency...the “real cause” of EVERY desirable as well as undesirable event, condition and circumstance experienced in life enabling fewer of the less than desired and far more of the desirable outcomes to occur.

In the case of health specifically, The Healing Codes super charge the immune system, enabling it to do the job it was intended to do by eliminating “the heart junk”...the physiological stress that creates these “less than desired” outcomes.

As I and so many others have experienced, energy psychology technologies like the Healing Codes are without question, the future of medicine and The Success Codes are opening new doors and revealing a whole new paradigm of personal power never before known let alone understood by the masses.

Thanks in part to mainstream television networks such as CBS, ABC, NBC, PBS,
TBN, FOX as well as featured articles in Time, USA Today and People magazines are finally revealing, you do; we ALL do have a choice in the matter. And now, it's simply a matter of time before the understanding becomes even more prevalent and mainstream.

One thing is certain...

As countless thousands around the globe can attest, Dr. Alex Loyd is bringing renewed hope, healing and wholeness to people around the world.

Rest assured, you're far more capable than you may currently know, believe or perceive as being possible.

I know from personal experience that The Healing Codes and The Success Codes provide a powerful approach to health, wellness and Real Success in every area of life. But what I know is immaterial. It's what you know and do, or don't do with it that truly important as it pertains to you.

One thing I have come to know. The Healing Codes and The Success Codes are the simplest, most powerful and most effective technique I'm aware of for addressing and eliminating the “heart junk” that creates the “seemingly inescapable” cycles that so many find and “perceive” themselves as being helplessly and hopelessly trapped within.

Another thing I’ve come to know beyond the shadow of a doubt. We're not...you're not, never have been and never will be trapped and/or “seemingly stuck” unless and until we ourselves choose to be.

The Healing Codes and The Success Codes provide the awareness, the understanding and the long sought after solutions, enabling you to learn exact and very simple techniques that you can use in less than nine minutes a day from the comfort of your bed, your favorite chair or wherever you happen to be. (For extremely stressful circumstances, it is probably advisable to invest more time in shedding your stress more rapidly.)

One thing is becoming quite apparent based on a countless and ever growing number of cases globally. The Healing Codes and Success Codes can, do and are enabling and empowering individuals from every walk of life to take back control of their lives.

Their health...their finances...their relationships.

Make a choice to explore and learn more of what’s truly available to you. Because when you have just a basic understanding of the new science of health and success, you really understand that you have a lot more power over controlling your health, success and the character of your life than most are
aware, believe or “perceive” themselves as having.

One thing is certain. You now have more than just a basic understanding. You possess the all the knowledge you need. The only question that remains is whether you will or won't choose to begin using and applying that understanding to create whatever changes you desire for yourself.

That's a choice that only you can make for yourself. Should it be a choice that you do decide to make, as I and countless others can attest, The Healing Codes and/or The Success Codes can and if you choose, will assist you in being, doing and having more of whatever you desire for yourself and enable you to acquire it as quickly, efficiently and simply as anything I’m currently aware of.

They effectively address the often overlooked key to experiencing greater results which I and many others know to be possible through addressing and healing the issues of the heart.

I hope you've found immense (or at the least some) benefit in what I've shared. I know as many do, that choosing to apply the information you've discovered can and will enhance every aspect of your life.

Due to the limitations that a book can provide, I’ll provide some additional resources below that may prove helpful in discovering more about why The Healing Codes as well as The Success Codes not only can but are making a profoundly positive impact globally. In addition, you’ll also find a link below that provides complimentary access to a very informative and enlightening teleseminar with Dr. Alex Loyd, Dr. Ben Johnson and Dr. Bruce Lipton explaining more about how energy, cellular memories, etc. and how they do impact every area of your life. (Also see a number of testimonials and case studies below those resources)

I wish you well in all your choices and endeavors, whatever they might be and that you might become enabled and empowered to experience the Health, Wealth and Success that you desire for yourself and which I and countless others like me know to be your birthright without exception.

For additional insight and information regarding how The Healing Codes and/or The Success Codes can enhance the quality of your life, simply click on one of the links below and you’ll be redirected to the appropriate page.

The information is sure to provide you with additional insight, understanding and greater peace of mind regarding how to effectively maintain and/or restore your own health as well as enhance other areas of your life as well that so many often feel hopeless and “perceive” themselves as being helpless in resolving.

I wish you the very best as you move forward in life physically, financially,
relationally, mentally, emotionally and spiritually.

Additional Resources and Information Based on Scientific Research Regarding Cellular Memory, You, Your Health and Success

More Information about The Healing Codes

Click Here to Learn More about The Healing Codes (Hard Copy)

Click Here to Learn More about The Healing Codes (Digital Copy)

If you are frustrated by doctors, tired of needlessly popping pills, and still suffering, you’ll want to read every word here. Your suffering is about to end.

The information provided at the link above will provide you with a simple, scientifically proven, step-by-step blueprint on how to achieve optimum health, healing and wellness in your life with a proven long term solution and with NO HEALTH RISKS. Doing so may be and chances are quite good, that it is far simpler than you think.

More Information about The Success Codes

Click here to Learn More About The Success Codes

Learn why The Harder You TRY to Succeed -- investing in “Self-Help” Books, Programs And Courses... The more likely it is that you’re going to Keep Failing unless and until you address the underlying issues that are causing it!

Even if you’ve tried every single success program, system or tool -- And you’re still struggling to create wealth, love and abundance in your life, absorb and carefully consider what you’ll discover here.

Receive Complimentary Access to a Teleseminar with Dr. Alex Loyd, Dr. Ben Johnson and Dr. Bruce Lipton PhD.

Click here to gain immediate access to a complimentary teleseminar conducted by Dr. Alex Loyd, Dr Ben Johnson and Dr. Bruce Lipton PhD.
Listen in and discover what Dr. Bruce Lipton PhD. has discovered regarding you, your health and what he’s discovered to be “Truly Necessary” for maintaining and/or restoring your vitality, health and overall well-being.

If learning more about the autonomic nervous system, cellular memory and how “unfounded beliefs” play a very powerful and important role in every area of your life, you’ll find this complimentary conference to be not only quite enlightening but immensely empowering. You can listen immediately online or download the MP3 files to your computer and listen at a time that is more suitable for you.

The conference provides additional detailed information regarding you and your health, what makes you sick, what keeps you well, and preventive techniques that get to the “root” of both health and success issues prior to them becoming health or success issues. In addition, you’ll learn how to resolve those issues that may be impacting, limiting and/or sabotaging your results.

You'll also learn how so many are reversing currently existing health issues that they once were told, “Perceived and Believed” couldn't be reversed based on the traditional approach to health and wellness that mainstream conventional medicine utilizes.

Here Are Just a Handful of Countless Thousands of Testimonials from Those Around The World Who Have Personally Experienced the Benefits of The Healing Codes for Themselves

Below are just a handful of countless thousands of testimonials from people around the world who have personally experienced the impact and positive changes that The Healing Codes have assisted them in achieving for themselves.

Perhaps you'll find them helpful in understanding how and why the The Healing Codes and/or The Success Codes can assist you or your loved ones in being, doing and having more of whatever it might be that you desire for yourself as so many others have.

“Dr. Alex Loyd has the defining healing technology in the world today - it will revolutionize health. It is the easiest way to get well and stay well fast. Dr. Loyd may very well be the Albert Schweitzer of our time.”
- Mark Victor Hansen, co-author of Chicken Soup for the Soul.

As breath is the substance of life, stress is the substance of death. It brings about death little by little. The Healing Codes brings Quantum change in the stress paradigm. It changes stress in a matter of minutes in a scientifically provable and reproducible way, thus eliminating the cause of illness and disease in the body. I HAVE NEVER SEEN THIS BEFORE!

- Dr. Ben Johnson, M.D.

This is the most profound body of knowledge I have ever experienced. Anyone serious about being their best will want to be touched by this experience. Knowing Dr. Loyd is like being with Einstein before Einstein was known as Einstein.

- Bill McGrane, President - McGrane Inst.

"My highest commendation goes to Dr. Alex Loyd. Alex and Dr. Ben Johnson have developed an incredible methodology for diagnosis and treatment. The Healing Codes exercises are Alex's brainchild and represent the most powerful treatment techniques in the energy field today. It was with Alex's help that the issues behind my own circumstances have dramatically changed. There's hardly an area of my life that has not been touched by his skillful and discerning gifts. Without apology, I affirm that his insights into The Healing Codes exercises have been divinely inspired."

- Dr. Richard Glenn, Ph. D.

"The Healing Codes is truly a Nobel Prize-worthy discovery!"

- Dr. Steve Robertson, D.C.

"We met Dr. Alex Loyd by phone after returning from India. We had flown into Cincinnati, OH, to give a seminar and both felt so ill with amoebas we had contracted that we told the organizer, Bill McGrane of the McGrane Institute, we didn't think we could give the seminar.

Bill immediately put us in touch with Alex who treated us with the Healing Codes. We had one day of rest before our seminar and that next day after using the Healing Codes a few times, we were feeling much better. By the time our seminar began we felt great, and afterwards the rave reviews from our participants suggested it was one of our best seminars ever.

The Healing Codes have consistently produced great results for us. They are simple, noninvasive, easy to do and effective. Beyond that, Dr. Alex Loyd is a deeply loving, caring man of the utmost integrity. It has been our honor and privilege to be associated with him."

- Chris and Janet Attwood, Partners, Enlightened Alliances
  Co-Founders, Healthy Wealthy nWise magazine
"My son Christopher was diagnosed with leukemia at the age of seven months. Now, as a young parent, I didn't know what leukemia was and I did not know that it was cancer. I was soon to find that out.

"We went to St. Jude's in Memphis, TN, which is the leading cancer research hospital in the country. In the world in my opinion. We had the best doctors, we had the best nurses, just the best everything. Christopher had the best medical care there was. After nine months of treatment, he relapsed and his cancer came back. Now as a mom, that was the worst day of my life, because my baby had been through nine months of poison, toxic poison, pumped through his body to kill the cancer and yet the cancer was back. He had to go on a relapse protocol, which was a mixture of radiation and extra heavy-duty chemotherapy. He became very, very ill, just on the brink of death daily. The doctors gave him a less than 10% chance to live.

"During this time we prayed a lot and we never allowed anyone to speak death over Christopher. We prayed and prayed. We knew that God was a good God. We knew God healed. Healed people. We knew Jesus healed. We knew he sent his son to die for us and that Jesus took stripes on his back for our healing. We knew that, and we knew that our son could be healed. So we just continued to pray. We continued to stand in faith.

"On June 17, 1993, Christopher received a bone marrow transplant. At that point, the doctors again said he had less than 10% chance of survival because it was an unrelated donor. A wonderful woman from Wisconsin named Cindy Clausen was Christopher's bone marrow donor. We sang happy birthday to him. We felt like it was a new birth for him. And we felt like this donor was his second mom. The bone marrow transplant was really difficult in that we were in the hospital - literally in the hospital - for three solid months. He wasn't allowed to leave his room. His blood counts remained really low. He had to be kept in a very sterile environment. Five other children were transplanted at the same time as Christopher. One by one they got better. They got to go home. They got to get on with their normal lives. And I would sit there in the hospital and say, "I know my son's going to live. I know my son's going to live." Yet it didn't look like my son was going to live.

"We finally got out of the hospital, but we had to stay in a hotel another few months before we could actually leave Memphis and go home. The five children that had transplants at the same time as Christopher came back and, one by one, they lost them. That was really scary for me because they all had a better prognosis than my son had and they lost their battles.

"We finally did get to go home. Christopher did get better. Christopher was a miracle, and I knew in my heart that this was a miracle from God. It might have been a slow miracle by my timetable, but it was a miracle nonetheless. And we give Him all the glory and all the honor for that miracle.

"Meanwhile, Christopher had to have some experimental treatments done on him to combat the Epstein-Barr virus. Children who have bone marrow transplants are susceptible to a myriad of things and one of them is the Epstein-Barr virus. He had some experimental treatments. We flew back once a week so he could have these injections of mouse genes treated with T-cells that. unless you're a doctor I don't guess you'd understand because I
don't! They said that he was the third child ever to receive this therapy and he might live, he might die. One child had lived, one child had died, and we were the third and we could try it if we wanted to. So we prayed about that decision. We went ahead with the mouse gene therapy, and it worked for Christopher.

"So fast-forward a few years and Christopher is doing great medically. He has a few little problems. He has some thyroid problems. He's starting to have some growth problems. He has some behavioral problems. We're not real concerned. We're very happy that he doing great. He's progressing. He doesn't have cancer. You know, once you've had cancer everything else pales in comparison to that. A couple more years went by and things in his body started breaking down.

"Last year, in August of 2003 we had gone to St. Jude's for a six month's check-up, but they called me the day I got home and said, "You need to come back." I said, "Well, I'm not coming back. I was just there." They said, "No, you don't understand. You need to come back. Christopher needs to have surgery on his hips. If he doesn't have surgery right away, he may never walk again." So what was I going to do? I approached Christopher and I said, "Look, we're going to have to go back to Memphis. You're going to have to have surgery on your birthday." And he looked at me and said, "That's okay, Mom. At least I get to have another birthday." That really touched my heart. So we went back to Memphis, we had the surgery on his hips, they put pins in his hips, and he was in a wheelchair for a couple of months. We thought, "Okay. This is fine. This is a side effect of the radiation. No big deal."

"But then he started throwing up. And kept throwing up. And throwing up, and throwing up, and throwing up. He threw up for months. We took him to doctor after doctor, but they could not figure out what was wrong with Christopher. I'd already seen him go through so much. I'd already seen my baby suffer more than most people have to suffer in a lifetime, and I did not want to see my child have to go through anymore.

"I knew God had healed him and I knew God had given us a miracle, and I didn't understand why he was having to suffer even more. I knew that just was not God's will for him. I read the Bible, I know what it says, and nowhere does it say, "I'm going to heal you and give you a miracle and then make you suffer."

"After two months, they finally figured out that he had a sliding hiatal hernia. Part of his stomach was coming up through his esophagus. This went on through Thanksgiving, Christmas, New Years, until finally in the middle of January he had surgery. They wrapped his stomach around his esophagus. After that, we thought everything was fine. We thought, "Okay, this was one weird thing. No big deal. It's over. Two major surgeries in one year. We can deal with that. So let's move on."

"About two weeks later, he started throwing up again. We took him back to the doctors, they went in, and they dilated his esophagus because it had swollen to the point where no food was getting through. After the dilation he started eating regularly. In another week, he started throwing up again. We took him back to the doctor and they said, "You know, we could dilate him again, but you're going to end up with the same problem." At this point, we just threw up our hands and said, "We're just going to pray. We've done all we can do. We have nothing else to do for this child but pray."
"We did put him on a liquid diet for about three weeks - that was as long as he could tolerate it. Meanwhile, we were scheduled for another check-up at St. Jude's. I mentioned to his doctors, "He's had this stomach surgery and he's still throwing up, and we don't understand what's going on." They said "You really need to bring him back for tests. We need to know what's going on. He could have grafts of his host's disease, and his stomach could be attacking him internally."

"They also said his cortisol levels were really low - his adrenal function. When he was a little kid, right after the bone marrow transplant, one of the things that they would keep a constant eye on was his adrenal gland function to make sure his cortisol levels were high enough. For a while we had to carry around a shot of adrenaline in case he got in an accident. I was told by the doctors at St. Jude's that stress causes your body to deplete itself of adrenaline, and once that's gone, if there's a traumatic injury to the body but you don't have that adrenaline, you die.

"Well, at this point, I thought, "cortisol levels." I had talked to Jennifer once about the cortisol levels. I thought, "I'm going to go to Jennifer and see if she knows of any natural remedy. I'm going to ask her to pray for Chris, and I'm going to ask her if she knows of anything I can do about this." I went to Jennifer one night after services and said, "His cortisol levels are low and we have to go back." And Jennifer just got this twinkle in her eye like she was listening to the Holy Spirit and not really what I was saying. She said, "I'm going to give you the number of a man who I think can help you. He was instrumental in my own healing. You call him."

"I got his phone number. I called him the very next day, and it was Dr. Alex Loyd. That very day, he emailed me The Healing Codes package. I went over it that day. It sounded great to me, because when you are desperate, you will try anything. We had tried natural remedies on Christopher. We had done amino acids, vitamins, supplements, herbals. You name it, we had tried it. But he was still throwing up and the doctors were at a loss. So I read through The Healing Codes that night. The very next morning I started it on Christopher, and I started doing it on myself because I wanted to make sure I was good to do it on Chris.

"We had immediate results. Immediate results. From the very first time I did it on Christopher, he got up from our little session just happy, happier than I'd seen him in a long time. He was laughing, he was playing, he seemed to have a lot of energy that he hadn't had the past few months. He'd been very lethargic and very tired all of the time.

"We had exactly twelve days from the time we started The Healing Codes to the time we had to be in Memphis where they were going to do a whole battery of tests on him to find out why he was throwing up. Well, twelve days is the initial protocol for The Healing Codes. We did the twelve days, and we went back to St. Jude's. They did CT scans, MRIs, upper GI's, blood work. you name it, they did it. And the results of every single one of those tests was clear. There was not anything, and he had stopped throwing up at this point, so I was convinced.

"The other thing that happened with The Healing Codes during those twelve days was that Christopher grew a centimeter. Christopher has to take growth hormone shots every single night - he has since he was six years old. He grew a centimeter. Normal growth for him is 2-3 centimeters in one year. We've continued to do The Healing Codes, and in the past month, he has grown three shoe sizes. Your foot is the first part of your body to grow, so you know when
your foot grows, you’re getting ready to shoot up. Well, Christopher is getting ready to shoot up three shoe sizes in one month.

"I am just praising God and I thank Dr. Alex and The Healing Codes. I thank him that he was obedient, that he was asking and seeking and knocking, because I truly believe that the Lord revealed this to Dr. Alex. I truly believe that Dr. Alex is being used to bring hope and healing and wholeness to so many people. My heart today is to share my story with you so that you can find hope and find healing and find wholeness. Try The Healing Codes. You have nothing to lose and everything to gain. The Healing Codes is truly an answer to prayer for both of us. We have been praying a very long time for every molecule in Christopher's body to come in alignment with the word of God.

"He is living and he's going to live. I have medical bills here totalling over a million dollars. What a million dollars in medical care could not do for Christopher, The Healing Codes has done for him."

-Melissa Ryan

I am a fierce dinosaur.
I wonder if I have a friend.
I hear cries of others like me.
I see others like me.
I want to be strong.
I am a fierce dinosaur.
I pretend that I have a home.
I feel happy.
I touch things like meat.
I worry that I will die.
I cry if I bite my tail.
I am a fierce dinosaur.
I understand what it feels like to be a dinosaur.
I dream that I am the strongest dinosaur.
I try to be the biggest dinosaur.
I hope I live.
I am a fierce dinosaur.

Christopher Ryan

"I had a growth on my arm that had been getting larger for months. It was very hard. My doctor saw it and diagnosed me with a basal cell carcinoma, one of the most difficult cancers to get rid of. I understand that normally when you have them surgically removed, they come back again and again. After trying several things that had no affect my doctor saw me again and noted how much bigger the tumor was. He told me that I needed to have the tumor removed or it was liable to metastasize and then I could be in real trouble.

I told the doctor I wanted to try one thing first. I had recently heard about The Healing Codes and wanted to give it a try - I hated the idea of going under the knife. Well, what I experienced
next was absolutely amazing - to the point that I have been telling people all over the world about The Healing Codes in my lectures ever since. I could tell a difference in the tumor in three days and in six weeks the tumor was completely gone.

That was a year-and-a-half ago - still to this day not a trace of the tumor has returned. I cannot recommend this process too highly. It is, in my opinion, a major breakthrough that heals any issue at its core. What the origination of the computer has done for business, The Healing Codes can do for health and healing."

- Larry

"All of my adult life I have been six feet five inches tall and big. I am tall, big-boned, and have carried a few more pounds than I would like. Although this has not been a huge issue to me, I had tried several things to lose weight and keep it off over the last 15 years - nothing had worked. My wife had done The Healing Codes work with Dr. Loyd and successfully healed an issue she had struggled with for years, so I asked Alex if he could help me loose a few pounds.

After a very short period of time, I had successfully lost 40+ pounds and had greatly increased energy. The best part is that I did not exercise more and I did not change my diet - all I did was find and heal a destructive memory from a trauma that happened to my family when I was a young child. I now know that this memory was broadcasting a fear signal to my cells, causing them to close, and my body to retain fat and other toxins. When the memory was healed through doing the exercises, the cells opened and my body was able to release the fat."

- H.

"In August of 2003, I had been having health problems for 3 years. The diagnoses I had received included: Hashimoto's thyroiditis, adenomyosis, fibroid tumors of the uterus, fibrocystic breast disease, laryngopharyngeal reflux disease, a gallbladder full of gallstones, Epstein Barr virus, panic attacks and chronic fatigue syndrome. I had spent thousands of dollars on medical bills. I had tried medicine, nutrition, and supplements. I was in bed for 2 months and the people of my church had to bring meals to my family. I could not function in my roles as a wife and mother. I had to take a sabbatical from my work for health reasons. I cried out to God. I said, "Lord, I know you are the author of healing and there is someone on this earth who has an answer for me who can help me. Please send them to me Lord, or me to them. Help, Lord, I need help!"

It was just a few days later that my brother called me to tell me about a guest on Mary Shrick's radio show and told me to turn on the radio. I did, and heard the last 5 minutes of the interview with Dr. Loyd, went to the web site and began my journey to healing.

After doing the exercises 3 to 5 times per day for 6 weeks, I experienced a dramatic healing. An ultrasound performed 10 weeks after beginning the treatments showed no fibroid tumors!

When I questioned the doctors as to what could have caused this, one went so far as to say
that the radiologist who read the ultrasounds which confirmed the fibroids for 2 years in a row must have been wrong. He could not explain the amazing healing. I have not taken thyroid medicine for the last year and am off of all prescription medicines. To this day, I have not had my gallbladder removed (I was told 2 1/2 years ago that it was packed with gallstones and should be removed). I have only had one gall bladder attack since beginning the exercises and that was early on in my treatment. I eat a normal diet and am doing wonderfully. My energy and strength have returned and I continue to practice the exercises daily.

I thank God for His healing of my body and for revealing His healing power through The Healing Codes discovered by Alex Loyd. I recommend The Healing Codes to everyone who needs a physical or emotional healing."

- Jennifer Crow

"I have personally witnessed in the last 7 months the power of The Healing Codes to enhance or release healing of the body. I have used the exercises for immediate and for long-term health issues. In one stunning instance, doing an exercise twice corrected an acute problem. Optimizing the immune system against infections has proven very effective. For the last several years, I have been plagued with colds, especially through holidays, at times of high stress, or when traveling.

I have not experienced colds or flu for the last 7 months, even though I have been under pressures from all these conditions. The simple 3-minute exercise for my immunity has been done once or twice per day. During this 7-month period, I have used a 5-minute immune system exercise daily for my 2 1/2 year-old daughter. She has been free of infections. I have begun to recommend The Healing Codes to my patients. They have been equally impressed."

- Alan Johnson, D.D.S.

"Suicidal depression had forced my family to make major changes out of their fear for my wellbeing.

I had no energy, no desire for life, and everything seemed like a mountainous chore. My husband is an M.D. but he was at his wits end - we had tried everything. I was very sceptical when I heard about The Healing Codes, but I was more desperate. In less than two weeks my depression was completely gone. Not only could I not believe it - no one around me could either. Now my entire family and a number of friends do the exercises - some do them everyday, some when a need arises. The Healing Codes has truly been a gift from God."

- Mary

"The Healing Codes has greatly improved my problems with heartburn, acid reflux and difficulty swallowing. The heartburn and acid reflux are almost nonexistent now. I have had only had one episode of difficulty with swallowing when I start to eat in about a month. I have
used The Healing Codes for toothaches successfully. I used The Healing Codes for a tearing problem in my right eye. Before The Healing Codes, it took weeks to months to heal this problem when it occurred. I did one Healing Codes exercise in the evening and one in the morning. The problem disappeared before the day was over. It's fun exploring its many uses, and I no longer worry about my health. I work on healing myself from the inside out with Healing Codes exercises."

- Don W.

"WOW -- The Healing Codes is everything it claims to be and more! I have been working with the program for just 2 weeks and the results have been dramatic. I chose, as my first issue to work on, "food sensitivity." Over the past couple of years I have developed a strong physical reaction to the intake of any wheat products, i.e., breads, cereals, pastas, etc., dairy products; i.e., milk, ice cream, yogurt, cheeses, etc., and even some fruits and vegetables. It made eating a very tedious, boring and stressful activity.

Every once in a while I would make a mistake and eat something containing one of the aforementioned ingredients and my eyes would go haywire on me, with tearing, itching, burning and swelling for a week or two at a time. It was extremely taxing on my energy, productivity and mood. However, within just 2 or 3 days after beginning my Healing Codes exercises, I began to experience a noticeable change. My eyes started to clear up and my vision began to improve. My energy level greatly improved and I began to feel more upbeat and ambitious.

However, there were also some incredible ancillary effects taking place, as well. I am 69 years old and the wear and tear of old sports injuries, such as a dislocated shoulder and damaged knees, hip ankles, and elbow had taken their toll. Chronic pain was just a normal part of my day. My joints gave me fits when I worked out or walked up and down stairs. But now my shoulders, hip and elbow pain have literally disappeared, my knees still pop and make a lot of noise when I walk up and down stairs but the pain has diminished every day and has been virtually extinguished. I have been able to return to my normal heavy intense workouts of nearly 30 years ago and I feel great and energized.

As well, I feel that my brain is working much more efficiently and effectively. I thrive on generating new ideas for my business, and my life in general, and now ideas are flowing like running water. Wow, it feels Great! I have even lost about 5 pounds without even trying or thinking about it.

The bottom line is that anyone who takes themselves, their life, their health and their wellbeing seriously will, without question, want access to this program. It's simple, easy, powerful, and far outweighs in value and results the modest investment. It is without doubt the best system I have seen for one's current and future well-being. It has been one of those rare, but gigantic turning points in my life! And, yet that still feels like an understatement."

- Walt

"I have worked with The Healing Codes techniques for three years now and have seen
RADICAL changes in my body, my heart and my mind. I started the work because of chronic illness. My symptoms included chronic fatigue, vaginitis, chronic bladder infections, and severe pain with periods, hypothyroidism and depression. After the first session I was amazed at how changed I felt!

Now I feel like a different person. I no longer struggle with food addiction issues, I'm not depressed and I have an overall sense of well being which is profound. I have been so impressed with the healing I have experienced; both inside and out, that I decided to become a coach myself. Last summer I started working with my mother, and have been giving her exercises ever since. My mother has suffered from depression all of her life. She is now completely off of Lithium (for bi-polar disorder) and has even received some healing in her ear (which had been constantly full of fluid). She is happier now than I have seen her in my life. I'm so grateful to Alex, for his vision and for this work. It really works!!

- Trish

"A client called with a need to work on an issue. No picture needed to be found and the exercise was given. She came into my office and said she wanted to talk to me. She went on about how she had searched for years both alternative and allopathic parishioners only to finally give up. But because of her recent successes with other issues with The Healing Codes she had decide to work on a 22 year issue of embarrassing gas and poor digestion. She said it was absolutely amazing, she had done the exercise for four days and she had none of the symptoms since the first day. She stated that she would do The Healing Codes work every day of her life if she needed to."

- a Coach

"You should get a speeding ticket driving to a phone booth to order The Healing Codes."

- Dr. Tim Adair

"I just wanted to thank you for making this information accessible to everyone. It is simply amazing the way it works. During my first exercise I literally felt the stress lifting away from me. The steps are simple to follow. The results are incredible. I am an RN, and I know this information will truly change the way medicine is performed. Thank you again for sharing this amazing work."

- a Client

"I began working with Dr. Alex Loyd several years ago. Like so many people I had many stresses in my life, and like so many others I did not have the time for stress, or so I thought. I kept a very busy schedule, but thought that I was taking pretty good care of myself. I am a Naturopathic physician and advise others in health matters. The day came when I could no longer manage my own problems. Thankfully I was introduced to Dr. Alex Loyd.
You see, to completely heal and enjoy life the way God intended for us, it takes more than just vitamins and minerals. For me it took a lot more, I needed to understand why a problem exists and what it would take to eliminate the problem, not just cover it up. Dr. Alex Loyd began helping me with his Healing Codes. My family did not understand, but were thankful that this "something" was working.

You see I would come home from work and go straight to bed, I literally could do nothing else, and no one until Dr. Alex Loyd was able to help me. I will be forever grateful to Dr. Loyd and the pioneering work he is doing. To this day whenever a health issue comes up, my first call is to Dr. Loyd. I encourage you to take care of your body, provide the basic building blocks it needs to function, but be aware that disease can be traced in your body to stress and that the source of stress comes from the pictures of your heart. In your search for health, find the root cause; don't simply settle for covering up the symptoms. I believe The Healing Codes heals the root cause!

- Dr. Jane

"In my Healing Codes practice with family and friends, before receiving paid customers, I realized that I had a problem. Since I believe in The Healing Codes system, and experienced dramatic healing personally, as well as witnessed healings in others, I discipline myself daily to be healthy and ready to work, market and provide a high quality service to people. My immune system is stronger! I have more energy! I set healthier boundaries! I relate to people with a deeper sense of wholeness in my mind, body and spirit! Before The Healing Codes, I only used my mind and spirit. The Healing Codes system has changed my life for the better, and I live more abundantly. As my folks say, what a bless'n!"

-Marita

"One thing that has been very exciting for me is to realize that I don't have to get sick just because everyone else is or says I will. When I feel the slightest indication of a cold/flu etc. coming on, or feel the FEAR of getting sick taking over, I do a Healing Codes exercise and then test for the foods, supplements and hours of sleep needed to help in remaining healthy. I rarely get sick and find that if I do, it is generally pretty mild. The exercises are also working extremely well in helping a family member handle fear. I am a witness to how powerful this new work is. I am seeing incredible results in my life."

- Rose

"I was one of the most successful in the United States in my field until I developed severe symptoms and was diagnosed with chronic fatigue and fibromyalgia. After 2 years I was mostly bedfast, in constant pain, on 17 medications, and without hope. After doing The Healing Codes exercises for 6 months, I am: off all medications, am totally free of an incurable disease, feel better than I did before I was diagnosed, and am working again. In short I HAVE MY LIFE BACK!"
"I've been in peri-menopause for several years. Although I have sought both medical and alternative solutions, my symptoms increasingly became more difficult. I had particular difficulties with my mood swings. It got to the point that last summer I felt completely at the end of my rope! I felt so sorry for me because everyone else in my life got time away from me, and I was stuck with me 24/7!

When I was introduced to The Healing Codes by Dr. Alex Loyd at a business convention in October, I can't describe the hope I felt. I was impressed with the money-back guarantee--something that is unheard in the world of medicine. 'What can I lose?' I thought.

I purchased the self-treatment package to work on Menopause. I found the staff very helpful in getting me started. The results have been miraculous! In less than a week, I started feeling better. Life looked good, I was smiling again, and I was waking up refreshed.

I have diligently adhered to my exercise, and in three short months, my symptoms have completely disappeared. I am very grateful to The Healing Codes (and so is everyone around me!) I have recommended it to many of my friends and family. I know I want to continue with this work. It works and is so easy."

- Doris

"My biggest issues for a long time have been lack of restful sleep, poor energy, and feelings of rejection. After one Healing Codes exercise (which was last night) I slept 8 ½ hours, have had great energy all day, and have experienced a dramatically changed attitude - my rejection issues also seem to be resolved. INCREDIBLE!"

- Rob

"My son had been having night terrors for about 10 years. He would wake up most nights screaming with nightmares - we would try to comfort him but he was not awake and would not wake up. Sometimes the episodes would go on for a long time - it was exhausting and very traumatic for the whole family. We tried everything from changing sleep habits, to taking special herbs, to prayer, to doctors. Nothing helped! After one Healing Codes exercise the night terrors were healed and never returned - that was more than a year ago. I have told everyone who will listen to me to try The Healing Codes - it works!"

- D.

"I have increasingly been troubled with upper arm, shoulder and elbow joint pain. It has been gradually getting worse over the past 6-10 months. I had resigned to the belief that when a person gets older that is what their lot is. Therefore I didn't try anything to alleviate the pain. I have a high pain threshold and found it more annoying than painful. About three weeks ago I
received the package from The Healing Codes to work on Tendonitis. I read through the Manual and found it to be clear and helpful and began doing the exercises immediately. The intensity I was experiencing was at an 8 out of 10. Nothing changed for about three days.

Then I began to notice less pain, as I would raise my arms above my head. It continued to gradually get easier to lift my arms and do things in a raised position that had been either difficult or downright impossible before. After three weeks the intensity is down to about a 2 and at times a zero. I feel about 75% better in my arms and shoulders. This gives me a new lease on life - especially around my beliefs about getting older. Thank you."

-Jack
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"Right after I learned how to do The Healing Codes exercises, I made a list of 20 or more issues I wanted to heal, because as practitioners, we had been charged to heal ourselves. This list included chronic fatigue syndrome, seasonal affective disorder, anxiety, childhood sexual abuse, PMS, irritability, low self-esteem, etc, etc, etc!! They have all healed!!! And some of those unhealed pictures healed in a day or less when they had not done so in well over 10 years of therapy. I didn't think there WAS healing for some of that stuff! But I'm happier than I've ever been! And I'm thrilled whenever I can share this with someone else."

- Jeanine
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"Following are my results after 2 weeks of doing The Healing Codes for perfectionism: During the first 3 minutes while doing the exercise, my left ear cleared. Other sensations that I felt were on the left side of my body. I felt sensations in the fold area where the hip/leg meet and sensations around my left breast. The 4th day I felt stomach cramps and sensations along the left side of my spine. I am also working with a good chiropractor who practices seven methods of healing including chiropractic methods so I think with all this help I am making good progress in getting my body out of stress.

My allergies are vastly improved as well. I am very pleased with this exercise and have noticed just this week, that I presented a program on my travel to Ghana and did it much more relaxed than any presentation that I have ever made (and I have been presenting over 27 years!). I also even left my bed unmade one day this week and it was okay!!!!"

- Dee
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"I was diagnosed with chronic fatigue and fibromyalgia. In no time I had gone from a very successful business owner to bedfast and bankrupt. I was told by my naturopathic physician that one of the major causes was heavy metals in my body. This did not surprise me since I knew of some exposure through my life to heavy metals and I had read that this could cause a variety of illnesses and diseases.

My physician ran a diagnostic test and personally wrote on the printout that I had the highest concentration of heavy metals in my body that he had ever tested. I tried everything to get rid of them but nothing seemed to make much of a difference. I knew that some experts believed
heavy metals could not be removed from the body by anything.

I did The Healing Codes exercises with Dr. Loyd for about three months and was feeling much better. I went back to my physician and had the test for heavy metals run again. The physician wrote on the printout that I had the least concentration of heavy metals in my body of anyone he had ever tested. Shortly after that my disease was completely healed. The Healing Codes is the most effective treatment of any kind I have ever seen - and I have the test results to prove it!"

- P.C.

"After having several issues in my life improve dramatically, I decided to use The Healing Codes techniques to work on a spot on my leg. It looked much like a freckle and would bleed occasionally. For nine years, I monitored it always noting any changes. After three months of Healing Codes exercises it fell off. I now have pink healthy scar tissue. Thanks from the bottom of my heart."

- a Doctor

"The Healing Codes has helped to heal a serious problem I had with painful swollen hands and a stiff shoulder. I was able to get in touch with some pictures from my very early childhood and work with the pictures to bring love to them."

- Lorna

"Integrity is the first word that comes to mind when describing The Healing Codes. In my opinion The Healing Codes is a #10. I know of nothing like it. Fast, effective, easy & it works...Wow! It really works."

- Frances

"This will surpass traditional medicine and aims to heal the cause of dis-ease and avoids bandaging the symptoms."

- Lynn

"I am still recovering from the effects of a fall that injured both ankles and knees to the extent that I was bedridden for over a year. I am still limited to the amount of time that I can stand and walk so I use my walker when I have to go distances over 150 feet or so --- I experienced re-injury by pushing myself too fast. I usually experience nagging pain, which can be very distracting. Using the different exercises has lessened the pain, the swelling in my knees is completely gone, and my left ankle still swells but recovers much more quickly and the sharp pain has gone. Before, a full day at a conference would lead to sleepless night because of the"
pain in my joints. I haven't experienced that since I started using The Healing Codes exercises on myself."

- David

"Because I saw great results as a client, I was determined to learn to do The Healing Codes for myself and those I cared about. I pay close attention to anything that I react to that doesn't seem appropriate for the circumstances. I work at finding the picture that is the root cause, and then do an exercise to heal the picture so my body stops physically reacting. In doing this work over the past year, I have watched colds and flu disappear within minutes of doing an exercise, have given up wearing wrist braces for carpal tunnel syndrome and a belt for lower back pain and have discontinued taking medication for constant headaches.

I work through challenges that I would have run from a year ago, and I have an overall sense of well-being that I never thought was possible. I also have hope, which is the greatest gift of all. I know my life will continue to get better when not too long ago, I wondered how I could go on another day."

- T.R.

"I learned about The Healing Codes from a coworker who received relief for a physical issue which highly trained medical professionals had not successfully healed. I did not have a MAJOR stress issue, but I did have headaches, neck stress and some occasional dizziness, and osteopenia. After four months of doing the exercises my headaches, neck stress, and dizziness were gone. My chiropractor commented that for the first time, she did not have to adjust my neck.

After six months of using The Healing Codes self-treatments, I had a bone density test. My bone mass had increased 0.1. The nurse commented 'it is rare for one's bone mass to improve without taking the popular prescribed bone builder.' My physical therapist was also able to see changes in me during a recent massage. He commented that the stress level in my neck was way down from previous appointments.

Perhaps the most beautiful success is that I see people and the world more positively. Seeing without stress and pain shows how the world can be changed for the better one person at a time, beginning with oneself. I am so pleased with my successes with The Healing Codes that I am sharing it with anyone who will listen."

- D.C.

"I have had a phobia of driving in heavy traffic which I treated with EFT. I found the phobia would return whenever I was in very heavy traffic, especially at night. I would go into a panic attack while driving, which is very frightening. While in Nashville I worked on this issue with The Healing Codes exercises. On the way home I had to drive 10 hours in heavy rain through the mountains with no visibility..."
I made it home without any bit of anxiety. Since then I have realized that this was not only affecting my driving, but also was a part of my life in many other areas as performance anxiety. I now find that I am very relaxed in every area of my life. The picture relating to this issue involves a neurotic nun who humiliated me in grammar school. Bless her heart! "

- Maryanna

"Personally, I have felt profound shifts taking place in my very stubborn and at times quite severe health problems as well as my emotional well-being. I am not completely healed yet, but I have full faith that if I continue with The Healing Codes exercises, I will be completely well in the next several months."

- Lorrie

"Since starting the exercises given to me by a Healing Codes Coach for my chronic issue, the intensity of the early picture we found has decreased from a 9.5 to a 2. It is hard to put into words how therapeutic this has been. I didn't realize before receiving that coaching call how much power that old picture really held in my life. It is so freeing for that picture to be healed and no longer holding power over me."

- Carol

"As far back as I can remember, I have lived in a state of anxiety with churning going on in my stomach. Now, instead of living with constant 'what ifs' in my mind, I flow with life and deal with things as they happen; as they require thought or action."

- T.

"Within the few weeks I've been working with The Healing Codes, I've changed, now feeling free to talk to people and express my own opinion. That might sound insignificant for some, but for me it is a big step. I've dealt with an abandonment issue all my life, always worrying that if I say something, others might not like it and leave me, ignore me, or just not hear or see me—a fear of being invisible to others. Healing this belief makes a big difference in my daily life."

- Therese

"Always feeling like I had to perform to be accepted, my whole life turned into a performance. It's been amazing to me to realize that I don't have to perform beyond just being me to be accepted. I'm glad to be off-stage."

- Wayne
"I struggled with perfectionism for years. Everything I said was sprinkled with disclaimers. I worried that people were always judging me. After finding a picture related to my perfectionism, I used the exercises to heal that belief. What a difference. I am not afraid to speak out and say what I believe."

- Lucy

"E. almost always had severe cramps and nausea before and at the onset of her monthly menstrual cycle. Last July she had a very bad episode. I worked with her after the episode on her pictures. She was going through a divorce at the time and it was almost final. She was concerned that the next month would be even worse. She did the exercise for several days. She was surprised when she began menstruating in August because she didn't have the usual PMS. 6 months later she has only had one mild episode of cramps and no nausea. She did the exercise at the time and the cramps disappear fairly quickly. She mentioned to me the other day that she is not suffering from seasonal allergies this spring and thinks it is because she did exercises for her allergies last year."

- E's Coach

"A recent graduate, D had already had five unsuccessful job interviews and was scheduled for a phone interview the following week. We did a Peak Performance exercise and the interview went well. She was offered the position and took it. She also used the exercise before writing an article that she had been putting off and she completed it promptly and was very happy with it. She is now working on weight loss exercises."

- D's Coach

"F. was depressed because of her mother's death and was having trouble getting into writing papers for her PhD classes. After one session with the exercises she was able to complete several papers and is now working on her dissertation."

- F's Coach

"Now, for an overdue report [about a fractured a rib from coughing with bronchitis]: After our lunch, I came back home, did the exercise again, took a nap - and fell into a very deep sleep for about six hours (some nap!), got up for a short while after Lynn got home from her evening class, repeated the exercise, and then slept about another 10 hours. The sleep was so deep and refreshing as it was close to pain-free, and I woke up with no rib pain.

This was a day-and-night change from the previous weeks. I almost couldn't believe it. I've discovered that as long as I keep up with the exercises, the pain remains remarkably low.

Thank you so much for this help. Several people spontaneously volunteered that I was walking and standing much more normally the next day. This is an outstanding result, but
makes so much sense, since I know illness and injury with me tends to get emotionally charged, probably because I was sick a lot as a kid with respiratory and throat infections, and learned to do this then. Thanks!

- a Client

T. had come for career counseling and after that decided to try The Healing Codes to remove mental and emotional blocks that she had toward her career choice. She says: "The Healing Codes is amazing. I couldn't believe how quickly the picture dissolved and the feeling with it."

-T's Coach

"I had a partial rupture between my 5th and 6th vertebrae and a full rupture between the 6th and 7th. I did The Healing Codes exercises and physical therapy for four days and the pain was gone. Once the pain stopped, I quit my physical therapy and continued the exercises.

Two weeks later, my doctor told me I no longer needed surgery. I still do exercises, and anytime I have an ache or pain, an exercise takes care of it immediately."

- Patrick

"I have a history of skin cancer going back several years. I have had a number of them removed but they seem to always either come back or new ones pop up somewhere else - it has been frustrating, painful, expensive, and a little scary at times. The last time I had one come up I did a Healing Codes exercise and the cancer was gone in less than a week - It was UNBELIEVABLE! Thanks."

- Steve

"I had been having chest pains and pain down my arm that had worsened over a several month period. I am middle aged and weigh a few more pounds than I would like - I was sure I had a heart problem. After doing The Healing Codes for about 10 days, all of the pain went away. The thing that impressed me about this system is that it not only heals but seems to do it permanently. Almost two years later I still have no discomfort."

- David S.

"I had a melanoma come up on my upper thigh. I called Dr. Loyd and told him that I would either be healed doing The Healing Codes, or I would die. I was not willing to go through chemo. While doing the exercises my melanoma got consistently smaller until it finally fell off - after only 6 weeks. I AM ALIVE AND WELL!"

- Lorea
"I was almost finished with the fence I was building when I bent down to lift one of the 4 by 4's. When I straightened up, I felt a sharp, excruciating jolt in my lower back. I immediately dropped the board and fell to my knees. Eventually, I managed to rise to a crouch and begin a long, painful journey upstairs to my bedroom. When I finally made it into my bed, I was able to find a lying position where the pain was tolerable.

I remained in this position for about a half hour when I began feeling another urgent sensation - the need to urinate. Much to my dismay, I could not sit up without knife-like back pain.

Finally, I managed to roll over on my stomach and inch down off the end of the bed with movements that reminded me of a caterpillar. On my knees now at the foot of the bed, with my upper torso still resting on the bed, I found that this new position was not a solution; in fact, I had increased the threshold of pain, through which I would have to go, in order to stand up.

With nature demanding my immediate attention elsewhere, I had no choice but to lift up through the back pain and crouch into the bathroom. The pain was so bad when I made the upward move that I remember seeing a flash before my eyes. When my wife returned home, she called our doctor and he prescribed several prescription painkillers and muscle relaxers.

After two days on the medication, I was only marginally better. It was then that I called a friend from whom I had heard about The Healing Codes. Skeptical though I was about an unconventional treatment, I was also beginning to despair.

My friend arranged a conference call during which Dr. Loyd gave me three exercises along with advice on how to use them. After one day, my pain had subsided dramatically (I had quit taking the medication because it wasn't working). After three days it was gone almost completely (I only had a minor "crick-in-the-neck" type feeling) and I finished the back yard project. Since then I have not had a relapse and have continued to lead a normal active life."

- John

"Since 1973, I have been researching ways to help my family and myself with herbs, vitamins, alternative medicine, cooking and food. I have had intense and wonderful study of the scriptures. As a child of the King, when God told me "to rid myself of all such things as these: anger, rage..." (Colossians 3:8 and many more scriptures), in prayer, I would ask Him, "How do I do this?"

Dr. Alex appeared, and you know the rest of the story. After doing the Healing Codes for anxiety and panic issues, I immediately started to: (1) recognize negative statements from other people that were affecting me; (2) experience a change in shoe wear pattern; (3) sleep on my back for the first time in my life; (4) have some sweet, sweet dreams after always having had disturbing ones; (5) have a slowed heart rate and blood pressure lowered 20 points (for a mile walking on treadmill, I have to do a .5 to 1 grade elevation at 2.4 miles per hour to kick that heart rate up); (6) experience an improvement in digestive problems I have had since birth, eliminating anxiety and panic; and (7) improve my ADD and brain fog
problems. This list will be obsolete after I mail this, so much has changed over the past year."

- Patricia

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"My emotions were running high. No rest, peace, rapid heart rate. I wanted to go into selfprotect mode. I wanted to run like a deer after water. I was at a "10" rating of the emotion of fear. Not recalling a picture, I did a custom healing codes and in 15 seconds my heart rate dropped 25 points, and 30 seconds into The Healing Codes exercise I was back to my normal heart rate. I was out of the flight mode and on to the abundant life mode."

- Patricia

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"I'd like to share a personal testimony of what I like to call my "Healing Codes Miracle." I had just finished the 12 days and I was on vacation on the East Coast away from my husband.

The Healing Codes had really done me a lot of good. I felt differently in general, even euphoric a lot of the time. I felt so much love for everyone. I felt differently about everyone I was visiting. I saw them in a new light.

For a long time I have had unforgiveness issues with my husband. I was at a "10" rating of my negative emotions toward him. As going home to him approached, this issue was hung over me. I decided to refocus myself on unforgiveness with this issue in mind. When I arrived home, my husband and I sat down to talk and my negative emotions were gone! I was amazed since I had years of thinking that it couldn't change. This issue is now a 0!

I'm a Christian and I just have to say Praise God for The Healing Codes, it is a gift of God for me. It is rare that a day goes by that The Healing Codes do not make my day better in a very tangible way, unless I don't do them.

On the rare occasion that I don't take time to do the codes, everyone around me can see a difference and they ask, "Mom have you done the codes today?" Having been called on my commitment a few times, I now make sure I do my codes faithfully! I have now begun a brand new chapter in my life. My mission in life now, besides taking care of my family, is to learn all I can about this modern day miracle so that I in turn can use this tool to help all who will listen and all of those that I know God will direct to me as I pursue this new calling."

- Tena

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"My daughter K. is 10 years old. Ever since I can remember K. has always been insecure. Always needing much attention and basically very clingy. It has become unbearable over the last 5 or 6 months. My husband and I were at our wits end and did not know what to do. My sister-in-law introduced me to The Healing Codes.

I was a little skeptical at first but was still open. She did the Healing Codes on me for an issue
I had with my son and it helped me a great deal. However, the real testimony is with my daughter Kelsey.

Kelsey has been obsessed with death for a long time. She has had nightmares, sleepless nights, days of crying, unable to go to school and an overall terrible experience because she thought either my husband or I was going to die. My sister-in-law encouraged us to try The Healing Codes on her. I wasn't sure how to approach it with her and tried to keep it very simple.

She seemed very open so I asked her to picture one of the pictures that have been bothering her. She did, started crying and rated it a 10. She picked her truth statements and I started the Healing Codes for peace on her. She started deep breathing and relaxing immediately. I didn't think she would sit still because she is usually very fidgety. She just sat there relaxed. When we were finished she was already very different. I was so excited. She said her picture was almost a 0 and she seemed very happy.

She kept asking me to do them with her. The next time she picked a different picture and also rated it a 10. Again after that she said the picture didn't bother her anymore. She doesn't have any more pictures and feels great. She is a different little girl. Praise God for the Healing Codes. I have witnessed a miracle in my daughter.

- Sue

"For years I suffered from chronic fatigue issues. One of the discouraging symptoms was that I became very susceptible to virus and bacterial infections. I was sick quite often with the "virus of the month". Because of The Healing Codes, the frequency of my illnesses has been dramatically reduced. An exciting discovery occurred when I recently felt the onset of viral symptoms. After talking to Dr. Loyd and starting The Healing Codes, my symptoms NEVER progressed and COMPLETELY disappeared within 24 hours. Absolutely amazing! In the past I would have suffered for days. Thank you, Alex!!!"

- Phyllis

"I have suffered from depression, guilt and extreme sadness since the death of my daughter last year. With the first of the holidays approaching since her death, I became even more depressed, with uncontrollable crying many, many times a day. I was living in seclusion, overeating, smoking more cigarettes than I would normally do, and the thought of suicide sat in the back of my mind. I cried out for help to the right person, that’s for sure, and found The Healing Codes!

The first exercise rated a 10 and the next two did as well. But from that point on, life changed! I quit crying completely, my overeating has stopped, and I haven't quit smoking (yet!) but am back down to the amount I would normally consume. I found myself looking at my neighbors differently. Instead of getting annoyed with them I would say "No, bless your spirits" when they went by. Our interactions with each other changed instantly.

Today, if I think of my daughter’s death, there are still no tears, no negative feelings of her or
her death. I have been given such a great gift with the discovery of The Healing Codes. If I were to rate my feelings today, they would be a zero! What a turn around! I can hardly wait to discover the other changes I'll be going through!"

- Sydni LaJoie

"I would stop eating before I would stop doing The Healing Codes!"
- S. Wade

"I remember my Dad spanking me in front of the neighbor when I was about four. He never really told me why he spanked me even though I knew I had been playing with matches. I was so hurt that I went upstairs and threw myself on the bed and told God I did not want to live anymore. When I was six, I had to have an appendectomy for acute appendicitis. Years later, my ileocecal valve began to give me discomfort so I would talk to my body and ask it what I did to create this discomfort. My sense was that I created the appendicitis by holding the stress of that experience since I was four.

My father was killed when I was 15 --- I could not cry but about three tears and that was a week or so after the funeral. Even though I used forgiveness affirmations to forgive my Dad and this situation for 38 years, that love feeling was not there. Finally, after doing the Healing Codes for four weeks, I was able to allow myself to go back into that experience enough to release the trauma, and, for the first time in my life, I felt a sense of love and respect for my Dad. Finally, I would admit to myself that my best interest was the basis for his action. The Healing Codes seemed to dislodge the stress that I had been holding all these years so that transformation could occur.

"When I was on just my fourth day of the 12 days, I was allowing my truth statements about Love to flow and one of my statements was "On Valentines Day, I choose to receive a dozen purple roses but red will do. However, I'd be very happy with just one red rose and some Valentines. The next day, after some processing and the prayer, I was again letting my truth statements about Joy flow while doing the exercises. They went something like this: "I feel the joy of the doves that they found food to eat on my balcony right now. I choose to feel joy when I'm driving to the dentist today. I allow myself to feel joy when I'm at the dentist. I choose that the dentist be gentle and respect me, etc." (I've had at least three traumatic dental experiences.)

When I got to the dentist's, I have never had such a pleasant experience in a dental office in my life. Yes, I actually felt JOY when he so gently took his time with the injection. Tears were rolling down my face with JOY---there was NO pain whatsoever. When he finished, he told me about the five crowns he would need to replace and the cost of five gold crowns. It didn't phase me. I even went so far as to tell him that I wanted to do something that he probably never had happen before in his life and I said, "I want to tip you, not much, but I just want to take this opportunity to share and let myself really feel the joy inside." As I was scheduling my next appointment, I noticed that it was on Valentines Day and mentioned that to his assistant. She said, "Oh yes, that's a good day to come in because the Dr. has asked me to pick up enough red roses on Sunday so everyone can have one on Monday."
"I wish to express my appreciation to Mrs. Loyd for going into the pits of Hell so that these Codes could eventually be received from the Universe via Dr. Loyd. The Healing Codes allows those of us who choose it to move stagnant energy out of our bodies and ultimately experience Transformation. 'Ye are Gods; and all of you are children of the Most High.' (Psalms 82:6)"

- Anna Marie

"After using The Healing Codes for 12 days, the work is helping me stop eating when my body has had enough. It is weird to throw away food, but I just can't eat as much."

- Susie H

"I was on the telephone in discussion with a computer science person. Some of the conversation was foreign to me. I physically started to have rapid heart beats, shortness of breath and fragmented sentences. The person I was talking with paused and asked me if I was okay. I sat back in my chair, took a drink of water and a deep breath and commented that I had had a cellular memory surface. This happened two more times during the conversation, and each time I could certainly tell that it was a cellular memory occurring. Without the Healing Codes, I would never have been aware of what was taking place. EASY TO FIX THESE SYMPTOMS WITH THE HEALING CODES! I am so thankful to have at my finger tips a way to handle 'fight or flight.' Thank you Dr. Loyd."

- Patricia

"After I bought The Healing Codes, I began working with my coach on a frightening issue for me. I had to stand up against my daughter to protect my granddaughter and had to go to court for custody and protection. I was terrified of going to court. I didn't want to melt down and was very worried about how the whole thing was going to go. I felt like my stomach was in knots, and was nauseated, even dizzy at times, and felt like I was losing my balance. My palms were sweating a lot even just thinking about what I had to go through.

When I did the Picture/Memory Finder to work on the earliest time I had been frightened like this, I remembered an event when I was about three or four years old. I used to talk to little fairies, and an uncle of mine scared the living daylights out of me by telling me that I was imagining this, that I had to stop it, that it was wrong, and I was bad, etc, etc.

As I did the custom Healing Codes exercise my coach gave me for this one childhood event when I was afraid of speaking up for my truth, I realized my fears were also connected to the time I was molested when I was five years old. I had subconsciously willed myself to be paralyzed for six months afterwards as a way of protecting myself. My fear of empowerment and standing up for what I believed came up very strongly. Within an hour of doing my Healing Codes exercise, I started to become nauseated and then feverish, and I ended up being sick for almost a week. [This was a strong healing response as the body got rid of such toxic fears and emotions.]"
The wonderful thing about this whole experience was that my fear about standing up for myself was much dissipated, and I was able to stand up and go to court. For the first time in my life I felt really, really, really strong. I was a little nervous, but I felt like I had a pillar of light and strength moving through the core of my being that I never had before. I didn't have the meltdown I was terrified of. I didn't lose it in court. Instead, my heart just opened up much bigger to the situation and how difficult this was for all of us, my daughter and granddaughter and me.

Since then I've also been able to stand up to other people and speak my truth, and not let things build up and then have a blow up. So just doing this clearing has been absolutely amazing for me. I'm very grateful for The Codes. I'm working on lots of different issues doing my 12 days right now, and I'm finding lots of things healing and releasing and shifting in my consciousness and in my body."

- Ingrid

"I'd had chronic herpes for thirty years and lots of reoccurrences. I've been doing The Healing Codes for eight weeks, but not to get rid of herpes. Three weeks ago I realized that I wasn't having symptoms and neuralgia like I used to. Thinking it was Lent and giving up chocolate, that's what I gave credit to. A while later, I realized that it's probably The Healing Codes that's assisting me on the relief from herpes. So that's my miracle, and I'm grateful. Thank you."

- Susan

"I've been doing The Healing Codes for about 4 months, and over time lots of past physical injuries have been resolving. It's very surprising how that healing process unfolds. One example is when I started noticing I had a pain across the top of my foot simultaneously with a pain in a muscle that extends from where you sit on the sit bones and down my leg a bit, and also into the buttock and a bit into the sciatica. It really puzzled me where this came from all of a sudden, because I hadn't done anything to cause the pain. It took a couple of days while I was going through the Healing Codes process to remember that those were the identical symptoms from a time that my shoe caught in a small hole in the pavement as I was trying to run across the street before the light turned red. The rest of my body had continued to move forward and I was wrenched backward with my legs really wide apart because I was taking large strides. Those identical symptoms - I had them for a really long time, and they recurred over and over again if I got active or did stuff that was quite athletic. When I went through the Healing Codes process, it clicked that this old injury was finally resolving.

"Another example of how The Healing Codes has helped me process old injuries out of my body and resolve them: I had had a concussion to my inner ear from a car accident. It was pouring down rain, I couldn't see the road, and I hit a huge pothole. It was so deep my car almost flipped on its side. As the car righted, my head hit the very hard Volvo headrest at a point right behind my ear (called the mastoid process), and I immediately had a concussion to my inner ear. For two years following I had severe vertigo until I found a treatment that resolved it. Just recently, I started getting a really strange headache in that same area over a period of about three days. I didn't have any dizziness; I hadn't hit my head; I hadn't bumped into anything. At the end of several days doing the Healing Codes, I just felt something was
clearer and lighter in that area, and it was identical to where my head hit the hard Volvo headrest. So I feel that whatever trauma was incurred - and I felt trauma not just in the bone in the muscular area, but inside my head -- was resolving. I know this trauma has now been released from my energetic body. "Also, for about a year and a half I had extreme swelling and congestion and lumps in my armpit down into the side of my breast. It was a very painful swelling and lumpiness, to the point that during the middle of the night I would actually wake up and cry out loud. I was afraid of waking my landlady who lives upstairs from me since my crying out was so loud because the pain was just so unbelievable. This happened on a regular basis, and it really disturbed my sleep and wasn't helping my health at all. I had all kinds of special mammograms, ultrasounds, and mammograms of the armpit. After doing The Healing Codes for about two months, I brought it to my doctor's attention that all that pain, swelling, and lumpiness was no longer there. It was completely gone."

- Susie

"Thank you so much for all your help and encouragement on the phone. We are noticing some differences in our family from doing the exercises. The atmosphere at home is more peaceful.

Our sons, 4 and 6, are not arguing and fighting as much with each other. That, in itself is a blessing! They were driving me crazy with their almost constant bickering. I'm aware that my emotions and wrong beliefs are being healed. And I have hope now in some areas of our life that I had considered hopeless."

- Judy

"Starting back from the beginning, from my childhood. My life wasn't easy. Mentally, I wasn't all what I should have been. As I was growing up I always had different kinds of ailments.

Nobody knew why. Parts of bones dying. Heart murmurs. Things that aren't that unusual in children. But then growing up and getting older, I developed some uncommon things. At age sixteen I somehow got scarlet fever or rheumatic fever, which came very close to killing me. It took a heavy toll on me. All the while, I had had terrible migraines ever since a early age. When I was 9, I became unable to sleep without some kind of aid.

"Over the years I just kept getting more and more things. At age nineteen I was diagnosed with vaso depressor syncope, which means I cannot stay standing for more than fifteen minutes, or sometimes even sitting, without passing out. I also developed, somehow, fluttering and regurgitation or backflow in my heart. I had constant chest pain which hurt really badly if I was doing anything.

"So for the past two and a half years, I've been working a lot. I've been working for goals, which I thought everybody does. I've been working over 100 hours a week, averaging 90 hours. At 24, I could handle it. During that time I developed the heart problem. My migraines worsened daily. Constant pain. I'd go to work and couldn't do anything. I was throwing up at work frequently for no reason. The migraines were terrible. I was losing vision in one eye and both eyes. I was falling over a lot, almost blacking out."
"So I went to the doctor because I was tired of feeling tired. I could not keep up like I could two years ago and I wanted to know why. I went through a lot of tests. They found that I'd had two major blood vessels in my head shrink, but they didn't know what caused it. They also found that because of overworking myself my heart muscle was weakened. After a lot more testing, they realized that all they could do was give me drugs to try and ease the pain a little bit. It somewhat worked, but I was up to 1200 mg of this drug that they didn't really know much about, and it's actually bad for the heart, too. I found that it was making things worse for me.

"When I found out that my heart was not doing so well I called my dad and told him the news. I told him that I didn't know what to do because I wasn't done living yet. For the first time in the past couple of years I actually wanted to live. I wanted to make an effort with this life, which was something new to me.

"He told me about Dr. Loyd and The Healing Codes. I didn't really know what to expect from that, but I was willing to try because the doctors didn't have anything for me. I also believe in natural ways over doctors, anyway. A week later the package arrived in the mail. When I first spoke with Dr. Loyd, he told me to go ahead and start trying some of the exercises right away because of the condition I was in and the pain. After the first two exercises - I did one for my migraines and one for my heart that evening - I could feel a significant difference. The magnitude of the pain dropped significantly. I thought this just might be it. I was pretty sure by then, actually.

"The next morning I woke up. No headache. No migraine whatsoever. That was the first time in years. I could not believe it. I kept on with the exercises. I have not had any migraines. I have not had any heart problems or chest pain. I stopped throwing up. Since three weeks after starting the exercises, I have not had any dizziness, I have not fallen over. I'm off all my medications. Basically, I'm 100% healed.

"I'd definitely recommend this process and I'd just have to ask anyone who is skeptical, "Do you really think that man is supposed to heal with all these drugs and this man-made crap, or do you not believe that God intended us to live well and supplied everything for us?" It's just a matter of discovering it and realizing it and doing it. It's basically common sense."

- Matt

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"The weekend before I talked to Dr. Loyd, friends of mine had to take their dog to the vet because he was basically dying. They found out that lyme's disease was taking over his body and causing his kidneys to shut down. He'd lost a lot of weight, about thirty pounds. The vet told the family they were going to have to put him to sleep. His gums were bleach-white and his skin was really tight because he was so dehydrated. My friend didn't know what was guiding him, but he came to me and started telling me what was going on with the dog. I started telling him about The Healing Codes. I said, 'I don't really know what else to say and you might think I'm crazy, but these Healing Codes, they just might work for him. They're the only option that I have for myself and it might be the only option that you guys have.'

"The next morning the dog's owners came over. I did an exercise for him that morning and at
lunchtime. The wife came over and knelt down and looked at the dog's gums and jumped up and said, 'Wait, look at his gums.' We looked down and checked the dog's gums out and they were bright red. Completely different from before when they were bleached white. She jumped up and gave me this big hug. They started telling me that the vet had said to look at the dog's gums if they stayed white his kidneys were still failing. They were given shots to give him if they weren't able to take the dog to the vet in time. So I asked them, 'What time did you give him the shot this morning?' They said, 'We didn't. Whatever you did made that happen.' I said, I didn't really do it, God did it.' They said, 'Whatever it was worked.'

"During 6 days of doing exercises on the dog, he gained back 7 pounds. The vet didn't know what to think. He asked them what they were doing. They said 'Giving him a lot of love.' The vet said, 'Whatever you're doing keep doing it.' After the week of doing exercises on the dog, the vet called them at 10 o'clock on a Sunday night, and told him that, 'I don't know what is going on. All the dog's blood levels are just about back to normal. This does not happen. I've never seen this before. Ever.' Incredible stuff."

- Matt

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"I received the entire The Healing Codes package and I'm blown away. It's incredible. I was already using your exercises for myself, my husband, my pastor and my ferret so I was already in awe. Now I'm almost overwhelmed at how much more it can do. Speaking of which, my ferret had a mast cell tumor under her front leg which was almost the size of a marble. In one week, it is now the size of a pea. Thank you so much for this!"

- Judith

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"I wanted to tell you of the glorious enlightening of the scripture that has been shown to me. God has been merciful and patient with me. All my head knowledge of the Word had not gotten into my heart because of all the blocks. When the feelings that accompany the issues of trust, faith, unforgiveness, patience, etc., do not line up with what is going on in the body, take a big look at the red flags and do not ignore them. A pill won't correct this, or surgery and so forth. But when the heart lines up with the head knowledge, WOW! I thank God for what he has given you to help us walk in the steps of the Savior."

- Patricia

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"I've been using The Healing Codes for some time now, and the first time I started using it, I had a very bad pain in my heel. I had been to the doctor, and they said it was a little bit of a bone spur and a few tendons pulled and a few other things. By that time I'd had it for something like 7 or 8 months. So I started doing these Healing Codes and it went away in 3 days and it has not come back. Since then, I've used the program and I've seen a dramatic change in a couple of minor issues, but also emotionally. It seems to have a very good effect emotionally on me. And it's very easy to use. What I particularly like about it is you don't have to depend on anybody else. You can do it yourself. You can heal yourself, and I have known many people who have used this and have had similar success. So I'm very enthusiastic..."
about it and wish a great deal of luck to the people who are promoting it."

- Joe Sugarman

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"I started the 12 day program about two weeks ago. I had a number of seborrheic keratosis on my forehead and on my head and a large number of them on my back. I noticed that after about four days, the one on my forehead began to dry up and flake off. Within about ten days it was totally gone. On my head, the ones there had all been the size of pencil erasers and they were all gone. One the size of a penny is 90% gone. All of those that were on my back have shrunk tremendously. I've had these for probably fifteen years. They itched and caused me some problems. The doctor looked at them just a couple of weeks before I started this program and said, "Yeah, we need to take it off, it's getting pretty big." Now they are disappearing and continue to disappear and I expect to have them all gone within another week or two. Thank you."

- Wes

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"First I would like to praise God for giving you the Healing Codes and Bless you for listening and taking action. Thank you, thank you, thank you. I ordered the Healing Codes and dove right in. When I had my first session with my coach, I told her that I had this problem with my ears, which were very itchy and scaly. After the phone conversation I had to get ready and go to work, so didn't have a chance to do the custom exercise. Meanwhile my ears were driving me crazy with there itching. On my lunch break, I did the exercises and the itching went away and has not itched since. Praise the Lord.

"Before my second session I received an email from my Mother, 84, that she was having anxiety, where she dreaded leaving the house. Once she got out the door and got going she was usually ok, but she had a real tough time leaving. I knew she had an appointment in downtown San Francisco and that the weather was going to be rainy so, I called her and had gotten some pictures from her when my coach called for our session. I told my Mother I was going to treat for her, and my coach agreed that I could use the coaching call for my Mother. We went through the steps and found which picture to treat for. After the call I did the treatment and passed it on to my mother in Love as recommended. I hadn't got it down to a zero yet so later on I treated again getting it to zero and again passed it on to her in Love. The next evening I received an email from her saying my treatment had worked, as she didn't have any anxiety even though it was rainy and dark enough to use headlights when she went into town for her appointment. I called her and could immediately tell by her voice she was a lot better and more cheerful. She said that not only did the treatment work but she felt better.

Again thank you for providing the Healing Codes to the world and for your support."

- John

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"I started with the method for an urgent issue. As I was doing the exercise codes for my endocrine system, I was not sure what truth focus statement felt right. We had recently been to a Kenneth Copeland Believers Convention where Kenneth taught us to "speak" the
anointing that we desired over ourselves. I needed healing so I have been saying 'I thank You Lord that your healing anointing is working in me now.' On my second day of coding that is what automatically came out of my mouth. I thought that was so perfect, and felt really good about it. But God being the more than enough God that He is, said, 'Now put the pertaining virtue and body part or system in the phrase.' So I wrote out the one I was working on and said, 'I thank You Lord that Your "Love" anointing is working in my "Endocrine" system now.'

As I did the exercise I felt the intensity shoot way up and I began to vibrate all over. It was very powerful. Throughout the day while doing other things, if I just repeat the phrase it seems to reactivate the effect of the exercises. God is awesome!"

- Mary

"The contacts I wear are supposed to come out once a week for at least 4 hours. This is a big improvement over taking them out daily although taking them out is not a big problem. For me the big issue has been putting them in. There have been times when I would try and try and eventually have to give up and try again later. Of course until I succeeded I couldn't see to read. There were many times when I would spend half a day trying to get my contacts in and one terrible day that I spent eight hours trying without success. I wasn't willing to give up on contacts, but every week putting them back in was an experience I dreaded. A short time after starting to do The Healing Codes I was astonished when both contacts went in on the first try. I realized immediately that it had to be a result of doing the exercises although it was not something I had consciously worked on and probably would not have thought of The Healing Codes as being something that would fix this problem. It was a total surprise and what a relief!

I realize that is the way contacts are supposed to work, but for me they always stuck to my finger rather than the eye.

"I have had chronic pain for years and consequently have taken all of the OTC pain remedies as well as many different prescription drugs. At the time I started to do The Healing Codes, I was consuming OTC pain remedies (Tylenol in particular) like they were M&M's, taking more and oftener than recommended as well as mixing in Ibuprofen and others. I was aware of possible problems but when in pain I simply shut my mind to the possibility. Pain was my major presenting problem. I cannot say yet that I am pain free although I have had several pain-free days. There has been one major and unexpected change. I'm not sure how long I had been doing the exercises when I realized that I had stopped taking all pain medication. I had not given any thought nor intended to do that. Somehow it just happened and had been that way for some time before I even consciously noticed. Taking something for pain just doesn't occur to me any more. It's as if that decision has been made and does not need to be reconsidered. I have effortlessly eliminated the ingestion of toxic substances which I feel sure will speed up my healing. It makes total sense although not something I would have thought of without The Healing Codes doing it for me. I'm sure my original thinking was more like I'll take something for pain until the pain stops.

"All my life I have had a severe reaction to insect bites ranging from giant welts and extreme itching from a mosquito bite to total body swelling from something like a wasp, hornet, or bee necessitating a trip to the emergency room for treatment because of the possibility that my
throat would swell shut and cut off my ability to breathe. The unbearable result of any bite was always the itching. No matter what bit me the itching would start immediately and would continue unless I went to get shots. Some time ago I discovered a homeopathic remedy that really did alleviate this. However recently I contracted a bite on the top of my foot that caused a welt and itching as bad or worse than anything I had previously encountered. My homeopathic remedy was not working; I could not stop scratching; I was desperate and frantic to make it stop. I decided to do the exercises from the Immune category requesting in my prayer that all the healing energy from the treatment be focused on stopping the itching from that bite. Within a few minutes I suddenly realized that it had stopped although I could not say exactly when that happened. It was strange that it had stopped so completely that I almost could not remember that there had been itching. One other unusual effect was that although bites (on me at least) itch off and on for a long time; even if I could stop it, something would set it off again - this particular bite never itched again!"

- Donna Schwenke

"My life is so much more tolerable now that I use the healing codes regularly, though I have a ways to go. I received a decrease in my stress levels that was dramatic. I have grown as a person from the process and the affirmations. My perspective on myself has changed and I believe in my abilities as a person with less stress. I am working on my ethical issues little by little and when that conscious conflict is resolved my life will be different. I will be a more effective and functioning person. I look forward to accepting my power that I have been reluctant to accept. I am starting to understand my life and myself better.

I can't tell you how much I appreciate what you are doing for myself and others, and the hope you have given me for clearing my cell memories etc. I am standing in more appreciation than I have stood in and that is different than my expectations. The mental clarity and seeing a larger perspective is life changing also. Thank you."  

- Roxanne

"My father came out of a coma because of the Healing Codes treatments. I remember the 1st week of January that my brother who lived there said, "Dad is doing better than ever." I do thank you so much for the knowledge I learned from you and for the extra 6 months we got to have him. It was truly a miracle!!"

- Linda

"I attended one of your unbelievable sessions. My HRV was so low you were concerned for me. I did only the code you taught us then. My depression has lifted, and I have been so well I forgot about doing them. Oooooops!!"

- Marilyn

"When we got The Healing Codes, we did the twelve days, and then I came back and went
straight to diabetes. The blood sugar has not changed all that much, but what I have noticed is I tend to be more loving! I just feel more loving, I'm not holding resentment as long, forgiveness comes to my mind almost immediately. It's wonderful and I wanted to share that with you."

- Emmanuel

"I first heard you (Dr. Loyd) when you were interviewed on the Passion Series. I was very, very touched at that time, so the whole time, I was just having a very quiet cry. So that's what I'm finding that The Healing Codes are like for me. I had energy moving in my legs immediately from hearing you on that interview.

"You talked about conscious conflict and that conscious conflict can slow down your healing. Well, from the moment that I heard about The Healing Codes, I had a conscious conflict in my own environment where it was cluttered and was no longer suiting the way I wanted it to be. I live on two acres in a very small place and it was just over the top. Immediately, without me saying anything to my husband, he sold antiques that were too big for the bedroom. By the time FedEx was delivering the package the following week, I had completely redecorated our bedroom. I talk about feng shui, I feel a lovely vibration. Beauty is coming into our inner environment.

"We're honey harvesters, so in my mind I picture the honeycomb that the bees develop. I picture that we've buried these images that we have like the bees do--we've built a little honeycomb and put them in there. We say the images are positive or negative, but you know what, it's just a picture. What the bees do, if it's an egg they cover it up with a little bit of wax on the top, or if it's the honey, when it's the right proportion, again, they cover it with wax. So either way, it's a gift. Either a little honey bee is going to come out when it's ready, or they're going to be able to access the nectar.

"So for me it's like Christmas everyday. It's like saying, 'Okay, I'm going to open this gift and it doesn't matter. I'm not going to say 'Oh, this is some terrible experience and I'm feeling really bad about it.' I know this is just a gift and I'm freeing up the energy, and that's what I'm picturing. That all of these bubbles are just freed energy. And it doesn't have a name, it's just freed energy.

- Renee

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