Health & Happiness for the Western World

Through Energy Manipulation

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## CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>PREFACE</td>
<td>5</td>
</tr>
<tr>
<td>INTRODUCTION</td>
<td>8</td>
</tr>
<tr>
<td>DEFINITIONS</td>
<td>12</td>
</tr>
<tr>
<td>CHAPTER ONE: ENERGY</td>
<td>14</td>
</tr>
<tr>
<td>CHAPTER TWO: EATING</td>
<td>30</td>
</tr>
<tr>
<td>CHAPTER THREE: FOOD</td>
<td>36</td>
</tr>
<tr>
<td>CHAPTER FOUR: FOOD EFFECTS</td>
<td>54</td>
</tr>
<tr>
<td>CHAPTER FIVE: GOD, RELIGION, AND FOOD</td>
<td>120</td>
</tr>
<tr>
<td>CHAPTER SIX: SEX, DRUGS, AND VIDEO GAMES</td>
<td>130</td>
</tr>
<tr>
<td>CHAPTER SEVEN: QUALITY AND QUANTITY</td>
<td>149</td>
</tr>
<tr>
<td>CHAPTER EIGHT: SLEEP</td>
<td>164</td>
</tr>
<tr>
<td>CHAPTER NINE: ENVIRONMENT</td>
<td>175</td>
</tr>
<tr>
<td>CHAPTER TEN: BODY AND MIND</td>
<td>209</td>
</tr>
<tr>
<td>CHAPTER ELEVEN: INTERPRETING THE SYMPTOMS</td>
<td>220</td>
</tr>
<tr>
<td>CHAPTER TWELVE: GETTING STARTED</td>
<td>260</td>
</tr>
<tr>
<td>CHAPTER THIRTEEN: DISEASE</td>
<td>275</td>
</tr>
<tr>
<td>CHAPTER FOURTEEN: MEDICATION</td>
<td>284</td>
</tr>
<tr>
<td>CHAPTER FIFTEEN: AUTHORITY</td>
<td>309</td>
</tr>
<tr>
<td>CHAPTER SIXTEEN: PLUGGING INTO THE GRID</td>
<td>358</td>
</tr>
<tr>
<td>CHAPTER SEVENTEEN: PUTTING IT ALL TOGETHER</td>
<td>377</td>
</tr>
<tr>
<td>CONCLUSION</td>
<td>411</td>
</tr>
</tbody>
</table>
APPENDIX A: SELF-DIAGNOSTIC TOOLKIT ........................................................  419
APPENDIX B: REAL-WORLD APPLICATIONS .....................................................  437
PREFACE

I am a product of what we call Western culture, and as such, I consider myself a child of science. My physiological development from ovum to birth was greatly impacted by medical science because my mother experienced three miscarriages prior to my conception and, as my parents were intent on having a large family (eventually having five children), my mother consented to take experimental drugs meant to help her body support a fetus to term. I was also indoctrinated into scientific, logical thinking by being raised by my parents (who were themselves a product of the same culture) and by going to public school.

I did well in school because I had a good memory and could memorize and retain the material long enough to pass a test. From an early age, my desire was to become a jet pilot, but something changed around age thirteen. I began questioning the teaching techniques and the material I was being taught. Not only did I lose my enthusiasm for my career choice, I lost enthusiasm for life in general. I had enjoyed school up until that point and thrived in its authoritarian structure, but once that structure diverged from what I thought was right, I began seeking an alternative. Around that same time, I discovered Eastern mysticism and began reading everything I could find on the subject. Over the following four years, I accumulated several self-help practices for no apparent reason other than the fact that I was naturally attracted to them: yoga, vegetarianism, fasting, and meditation.

When the time came to choose a college to continue my education, I ran into a serious problem: I could find no program that offered anything I was interested in enough
to warrant devoting the next four to ten years of my life to it. As I sat there on my bed looking over the university brochures, trying to convince myself that my boyhood infatuation with astronomy could translate into a career in astrophysics, a feeling came over me that I had never felt before. I wouldn’t call it a bad feeling, but it definitely wasn’t good. As I sat with and explored that feeling, it became clear to me that going to college simply did not feel good. Furthermore, what did feel good was to get out on my own and travel and see the world for myself.

On the verge of my entry into the adult scientific world and a normal Western career, I chose to step off into the unknown and follow my happiness—what felt good. Eventually, I identified what my goals were based on the subjects that engendered enthusiasm: (1) to discover what life was all about, and (2) to get a peek behind the curtain and see what made life work.

I discovered that the closer I followed my feelings (my intuition), the easier life was and that I could easily maintain my health and happiness by following those feelings. Pain and suffering inhibited the pursuit of my life goals, so I learned how to eliminate them, along with the mental noise that interfered with interpreting my intuition by using those self-help tools I had picked up several years earlier.

This book is the result of my choice to explore the unknown. I found health and happiness in rejecting the typical and exploring the unusual. Eventually, I accepted that all paths in life—typical and unusual—work, and that my lifestyle choices and the results of those choices were my responsibility. In hindsight, I noticed that many of my baby boomer-generation cohorts had made similar choices and collectively brought about a
huge change in the Western cultural consciousness. This change took many forms but essentially boiled down to making our culture more open and accepting to the unusual.

This book's content and format is largely unusual. I have included very few references in support of the content, as most of it came from forty years of personal experience, observations, and experimentation. The experiential knowledge of my friends, acquaintances, teachers, and mentors, plus countless books, movies, and documentaries have all contributed to the information presented herein. Other works that I have drawn upon directly have been noted. The few outside studies I mention have long since been buried, censored, or otherwise suppressed for presenting information that did not fit into the current Western medical, scientific, or corporate paradigm. I have no other sources to offer for comparison or confirmation, other than what experimentation the reader may perform. I consider much of the information herein more or less common knowledge available to anyone, which I have accumulated over the years, translated through my Western thought pattern, verified as useful, and woven into my reality. It is my hope that this information will be of some benefit to at least one person and maybe make his or her life a little easier, as it did mine.
INTRODUCTION

The overall purpose of this book is to encourage you, the reader, to take personal responsibility for your mental and physical health. It is not a compendium of facts nor is it meant to try to convince you of some governmental, professional, or corporate conspiracy. Rather, this book offers an alternative to what “is,” describing a way through which it is possible to keep yourself perfectly healthy and happy, with no more than what you buy (or don’t buy) at the local grocery store.

The energy that we create when we put anything in our body controls our physical and mental condition. We use this energy to shape the world and the reality we live in. Energy + consciousness = reality. Learning how to understand and manipulate this energy is essential to any kind of self-help—on a personal, national, or worldwide level. We all do it already, more or less subconsciously, to survive from day to day, but we can learn to build, shape, and consciously use our energy to make the kind of life we want. There are no tricks, no foreign philosophies, no long hours of meditation, or regimen of self-denial needed to accomplish great change in our lives. Everything that I describe in this book is naturally inherent in all living things.

Most of the chronic diseases and illnesses we suffer from can be prevented or cured through energy manipulation. Although this may seem impossible, our body comes with systems that will keep us healthy, regenerate damage, and warn us of problems as they occur. All we need do is train ourselves to listen and be informed enough to act. The information in this book is offered as a starting point, an outline for you to fill in and complete with your own experimentation and observation.
My own experimentation started innocently enough more than four decades ago. I noticed that a few days after I drank my favorite soft drink, my skin would break out in a rash. Since that time, every person I have met, conversation I have engaged in, book I’ve read, body language I’ve interpreted, food I’ve eaten, and illness and disease I’ve suffered has added to my knowledge base of the effect of energy on my body and mind. Along the way I found that the information I was accumulating through my experiments and observations was nothing new. Civilizations far older than our own from around the world wrote down this information several millennia ago, each with its own unique cultural slant. The ancient Hindus and Chinese, among others, refined energy manipulation to a fine art and use it consciously to this day in their traditional medicinal techniques. Furthermore, that information comes naturally, from just being alive, and is used by every form of life subconsciously every day. Our culture and way of thinking in the West have caused us to work against ourselves, to work against this naturally occurring body of knowledge and the physiological systems that would normally keep us healthy and happy with little to no conscious effort.

The urge to write this book began to grow while I watched the medical community, the drug industry, and our government struggle to address the ever-growing health crisis, and the seemingly inexorable slide into mental instability of more and more people in the United States and the world as a whole. The first major US governmental attempt at confronting these issues in my lifetime was the creation of the so-called McGovern committee (US Senate Select Committee on Nutrition and Human Needs) by the US Senate in 1968. Chaired by then senator George McGovern, the committee was originally conceived to investigate malnourishment in America. The committee’s purview grew
throughout the Johnson and Nixon administrations to include environmental issues and
the nation’s eating habits. The results of the investigation, issued in the McGovern Report
(released in early 1977), were based on open discourse with a wide range of experts and
concerned citizens, from hippie New Agers to industry executives and from medical
doctors to folk healers. It was a genuine, open, and transparent attempt to try to figure out
why so many of our citizens were suffering from poor nutrition, heart disease, cancer,
clogged arteries, and a host of other degenerative health issues, and what could be done
about it.

The original report issued by the committee was groundbreaking and bordered on
revolutionary. The report called for a major overhaul of the way Americans ate. The
committee’s research had determined that most of our health problems stemmed from our
dietary and consumptive habits, and set forth suggested dietary guidelines to help bring
about change. The guidelines called for greatly reduced consumption of dairy products
and red meat in favor of fish and fowl. Grains, legumes, and vegetables replaced animal
products as the mainstay in the proposed new diet. Unsurprisingly, shortly after the
release of the original report, a firestorm of protest from the meat and dairy industries
forced the committee to water down the language and scale back the proposed guidelines.
Even so, that report, coupled with the emerging clout of the health-food industry, altered
the existing reality and the way we, the general public, look at food and health in this
country. Nutritional labeling, ingredient listing, dietary restrictions on cholesterol and
salt, and warning labels on alcohol and tobacco were all repercussions of this study.

Today we seem to be spiraling toward another great shift in our health
consciousness. We know something is wrong and is in need of fixing. The explosion in
organic food, food co-ops, and community farms, and the fight for the labeling of GMO-based (genetically modified organism) food are examples of our collective attempts to solve the problem. We give control of too many aspects of our health to entities that require us, the general public, to overeat, to eat poor-quality food, and become ill so they can make a profit. Health care is so expensive that many can’t afford it. We are barraged with advertisements promoting all sorts of drugs curing everything from runny noses to depression, some of which can then cause additional suffering through much more serious side effects. Cancer, heart disease, obesity, diabetes, and a host of degenerative diseases still run rampant, and many of them are increasing their hold on our lives. Wouldn’t it be something if a simple diet change could completely circumvent the health, familial, and financial devastation caused by any of these diseases?

We can’t look to our government, corporations, or the legal, medical, and other professions for help in fixing what we feel is broken, as the status quo is simply easier to maintain and too profitable. Each of us needs to alter our personal reality—alter how we as individuals think about energy, eating, health, profit, and responsibility—in order to be able to enjoy our life without spending a good portion of it in pain, hospitalized, institutionalized, or chained to expensive medication. Conscious energy manipulation as described in this book, and modified by your personal experience, is a simple, self-contained, inexpensive solution that does not require any legal action, revolution, or wholesale rejection of the current society. It will produce real, reproducible, personal results, all from the comfort of your own home, that will in turn directly affect the well-being of your family and the society you live in.
DEFINITIONS

Addiction: A state of body or mind in which an uncontrollable urge causes us to ingest or experience something in excess.

Alternative medicine: Nonpharmaceutical medications (herbal remedies, supplements, etc.) and various devices and processes generally not approved or supported by the government-sanctioned medical community.

Body: Our physical form encompassed by and including the skin.

Disease: A life-threatening physical or mental illness.

Drug: Any substance we ingest to alter our mood or health.

Energy: That dynamic quality or “feeling” from our body that allows us to do anything physically or mentally. That “feeling” that gets us out of bed in the morning, and the absence of which that causes us to pass out at night. What we use to work, play, think, create, destroy. Anything that we do uses energy.

Environment: Everything outside our body.

Food: Anything we eat or drink to satisfy hunger or thirst.
**Happiness:** Contentment, a mental state of well-being.

**Health:** The current state of the body and mind.

**Illness:** Common physical and mental discomforts, not particularly life threatening.

**Medication:** Any substance we ingest, inject, inhale, or absorb to try to cure a specific physical or mental discomfort, including pharmaceuticals (government-approved and licensed drugs), herbs, and supplements.

**Mind:** That which connects our consciousness to our physical body. We use the mind to experience the information our body picks up from the environment we live in.

**Reality:** An individual’s or group’s system of beliefs, morals, behavior structures, and way of life. A paradigm.

**The universe:** Existence. Life. Everything is alive. So all life, taken as a whole, is the universe.

**The West, Western world, Western culture, and Western society:** The general set of cultural norms, morals, ethics, and lifestyles employed within the United States (especially), Canada, Europe, Australia, and Russia, as well as other countries or locales that have assimilated a similar capitalist and science-based reality.
CHAPTER ONE: ENERGY

What is energy? *Merriam-Webster's Dictionary* defines it as:

1. *a*: dynamic quality <narrative *energy*>
   
   *b*: the capacity of acting or being active <intellectual *energy*>
   
   *c*: a usually positive spiritual force <the *energy* flowing through all people>

2. vigorous exertion of power; effort <investing time and *energy*>

3. a fundamental entity of nature that is transferred between parts of a system in the production of physical change within the system and usually regarded as the capacity for doing work

4. usable power (as heat or electricity); *also*: the resources for producing such power\(^1\)

We interact with energy in all the ways listed above every day, naturally and without thinking about it. We bring it into ourselves in various ways and we use it to get around, work, and play. So why think about it? Why try to do more with energy than what is absolutely necessary? Why add it to the already overly long list of things we have to deal with on a regular basis? The energy around us, including our own internal energy system, can protect us, heal us, and bring about all the changes in ourselves and our environment that we require. We simply have to use it consciously.

What if we could actually control how we feel and control our own physical and mental state? No more hangovers, coughs, or allergies. No need to spend money on sexual performance drugs, hormone therapy, testosterone injections, or any of those expensive medications doctors like to prescribe. What if we could prevent and cure cancer, heart disease, diabetes, and Alzheimer’s disease? And even the smaller nagging issues, such as stress, colds, coughs, earaches, and a host of other chronic physical and mental problems? All that is required is a little attention to our energy intake, coupled with some selective filtering of the environment we live in, and we can keep ourselves happy and healthy. We can even avoid spending the last years of our life chained to prescription drugs, beholden to a bedpan, or wasting away in the fog of dementia.

Maybe some of us have too much energy and don’t know how to relax, get along with people, or fit into society. Maybe we just want to slow down and be more accepting of life instead of trying to bull our way through it. Perhaps you don’t have enough energy and can’t figure out how to change that. Do you walk around in constant fear of the unknown, or feel as if you’re trapped behind a veil of depression that keeps you from enjoying your life?

Energy manipulation can be used to prevent and cure physical and mental disorders. It can give us all the energy we need to enjoy our life, cure ourselves of addictions and fears, and have fun with substances (food, drink, tobacco, alcohol, recreational drugs) without causing harm to ourselves and those around us. It can prevent accidents and ward off harmful outside influences. The only thing limiting energy’s contribution to our lives is our ignorance of its existence, attributes, and functions, and the fact many of us have given away our authority to consciously use it.
The energy we draw into ourselves by eating and drinking provides, among other things, calories. This is the common, scientific definition of food energy: we ingest food and drink to release their calories, which provide us with energy. However, this is just one aspect of one type of energy that is available to us. There are other varieties we bring into ourselves by eating, drinking, sunning, hearing, seeing, touching, and absorbing them directly with our own internal energy grid and distribution system. We use these outside sources of energy to create our own internal energy system and pattern, which we in turn radiate out into the world by being, thinking, and doing. Cultures around the world have called the various aspects of our personal energy *prana*, chi, personal power, life force, and spirit. Just about every society that has existed has a word or phrase that describes it. Our genetic code provides the structural pattern that the external energy we draw in fleshes out. The body and mind together is the resultant experiential vehicle created by the combination of our gene structure and energy. Every living thing begins with a unique pattern that uses energy to replicate its life-form.

All of our body’s systems, both physical and mental, depend on a certain quality and quantity of energy in order to function properly. Most of the energy we deal with on a day-to-day basis originates from the sun. The food we eat, the homes we live in, the clothes on our backs, our bodies, our toothpaste, and our underwear—everything we use to live out our lives in some way begins with the energy of the sun. The plants we use for food, clothing, medicine, and construction material all begin with the sun’s energy. The oil and gas we use to power our society began with carbon-based life-forms concentrating and refining the sun’s energy.
We spend our lives trading various concentrated forms of this energy with one another. Our medium of exchange is paper notes representing the energy we expend at work each day. We then take these notes—our money—and trade it for the things we need, which others have created through the expenditure of their energy. Every aspect of our lives is based on and continuously depends on the manipulation of energy. Everything that has ever been done, thought, made, or built depends entirely on this energy for its existence.

Energy is available to everybody. You can buy it at the grocery store, hunt or gather it in the field, or grow or raise your own. You can sit outside and soak it up from the sun, Earth, the moon, and the stars, and even other people. We take energy from outside ourselves, bring it in, and convert it to energy we use to live our lives, thereby creating our own personal energy source. This internal energy source supplies our body and mind with the fuel and support they need to function properly. Our body has an energy conversion and routing system much like the blood circulation system that sends energy into every nook and cranny. The vessels are called meridians, and the main distribution centers are called chakras (see Chapter Sixteen: Plugging into the Grid and Appendix A for more on this system).

How do we go about exploring and cultivating our energy? The only way is through personal experimentation and observation. Everybody has a unique energy pattern that makes it tough to give specific how-to advice. However, a little information on the care and feeding of your energy and some descriptions of how energy acts and reacts will greatly assist you in your exploration. Manipulating energy is similar to how we deal
with electricity or light. We don’t really fully understand them but we have learned how to harness and manipulate them to accomplish wonderful things.

Think of energy as a rope that ties us to life. Like a rope, energy is made up of many different filaments or smaller ropes. The condition of that rope will influence how and what we see. If we are staked out on a short rope, we won’t see much. If we have a thin or weak rope, we may fall down or get lost. If we are tied to a massive, thick rope, we may lose control and live our lives at the mercy of it. We can look at our rope as something that hinders or traps us or as something that helps us.

Many cultures have explored and documented the various aspects of our internal energy system. Traditional Chinese and Ayurvedic (Hindu) medical theories are two examples of ancient energy manipulation schools of thought that are still in use today. These theories describe various aspects of food and herbal energies (the concept of yin/yang and the five elements respectively), diagnostic techniques (physiognomy, pulse, and bodily function observation), and energy conduit manipulation techniques (such as acupuncture, acupressure, and massage). In hindsight, the information I have accumulated through my experiments and experiences is a sort of “Westernization” of certain aspects of this traditionally Eastern information. For the system I describe in this book, and to keep things as down-to-earth as possible, I will focus first on exploring the effects of our energy level (high or low), and later I will discuss energy frequency, or vibration.

As defined above and for the purposes of this book, energy is simply that which we use to do anything with our body or mind. We do various things to get energy, and we
store it and deplete it. To get energy, we ingest substances and rest or sleep. We can also get it from our environment, such as by sunning ourselves or listening to inspiring music.

Energy is stored physically as fat. Fat is produced when we ingest more energy-producing substances than we use. Energy can also be stored, to a certain extent, as naked energy. We sometimes describe this stored state as a “knot” or “ball” of energy in our gut. This stored energy also determines how much stamina we have.

We deplete our energy through all the things we do physically and mentally. We can also deplete it through ingesting certain substances. The four greatest energy-raising activities are eating red meat, consuming salt, eating dairy products, and eating whole grains. The four greatest energy-depleting activities are sex, ingesting various recreational drugs, consuming alcoholic beverages, and eating sugar (including food or drink with added sweeteners).

In general, energy gives strength, makes the muscles and bones strong, focuses the mind, motivates, creates, enlivens, and allows us to experience life. However, in excess it opens up an additional set of experiences. Some of our body’s internal systems even begin to malfunction. We get dehydrated easily and we experience agitation, anger, violent outbursts, low patience, lack of compassion, closed-mindedness, low attention span, inability to focus, elevated stress levels, and mania.

Low energy will also cause us to experience life differently. Similar to excess energy, very low energy will also cause our internal systems to begin to malfunction. Lack of enthusiasm, low motivation, insecurity, fearfulness, increased susceptibility to infections and disease, elongated healing time, sexual dysfunction, physical weakness, and mental depression can all be caused by low energy.
Our body starts out at birth with its own unique energy settings. These settings are comprised of different elements including a pattern or template, a frequency that attracts certain types of energy naturally, a beginning level, and a comfort zone or balancing point that our body is always attempting to reach. The time of year we spend in the womb, anything our mother ingested during pregnancy, the surrounding environmental conditions, the geographic location, and our father’s energy level, all affect what kind of energy settings we will have. Everybody’s settings are unique. Some people have a naturally high level and can ingest very little to meet their energy needs, whereas others require large amounts of food to maintain theirs. Some people like to maintain a highly energetic state, while others may seek a more relaxed, low-energy state. (For help determining your overall energy pattern, see the questionnaires at the beginning of Chapter Twelve: Getting Started.)

Building up and maintaining our proper individual energy level not only keeps us strong physically and mentally, it is also the single greatest contributor to the health of our immune and regenerative systems. Maintaining our correct level enables us to work and think clearly, perform our biological functions, build our own reality, and expand that reality to include others. It helps us to be independent, utilize our will, generate enthusiasm, keep moving forward, and filter out and protect ourselves from those who wish to use us or do us harm.

It is possible to become addicted to a particular energy level that is not conducive to our health and greatly complicates our lives. We live in a world that contains other people who have their own individual energy needs and abilities. If we compare ourselves to them and decide we prefer certain aspects of their lives to ours, we may attempt to
maintain energy levels that our bodies are not capable of. We can also be tricked into using substances that our bodies don’t need or that are harmful to them. Think of the body as an automobile. The type, purpose, and use of an automobile will determine its longevity and time spent in the shop. A town car will last a relatively long time with minimal maintenance. A race car needs constant maintenance and frequent overhauls and repair. A town car can use several grades of fuel and still perform well. A race car can tolerate only one type of fuel to perform at its top potential. Similarly, a body that starts out with a high energy level has to be vigilant against illness or disease related to too high an energy level. A body with a lower starting energy level can put up with much more abuse and ingest a much wider range of substance types with fewer adverse effects. You won’t have much luck entering your town car in a race competing with race cars, and driving your race car around town while running your errands is pretty useless.

Our body naturally seeks the comfort zone of its personal energy pattern in order to reach optimum performance, and our energy level goes up or down depending on the demands we place on it. Physical or mental exertion, weather, time of year, stress, type of food we eat, drugs used, they all place varying demands on our energy level. Everything we do causes our level to go up or down. Our body, to compensate, uses hunger and thirst to get us to ingest the substances it requires to return to the proper level as dictated by our unique energy pattern.

Any substance we ingest will do one of three things to our energy level: raise it, sustain it, or reduce it. The degree of each substance’s effect on the body’s energy level depends on the individual’s original energy level. A food that raises energy levels will have a greater effect on a body that naturally has a high level of energy. The same food
may only slightly raise or sustain the energy level of a body that has a naturally low energy setting. Let’s use throwing gasoline on a fire as an example. If the fire is already raging (the equivalent of a high energy level) when we throw gasoline on it, we may get severely burned or cause property damage. If the fire is barely burning, and is just a mere flicker (the equivalent of a low energy level), squirting some gasoline on it will produce a nice manageable blaze.

A high energy level naturally attracts substances or experiences that will lower it. A low level will naturally attract substances or experiences that will raise it, the goal being a level that will sustain our physical and mental comfort. Generally speaking, increased energy levels will cause a tightening or constricting effect on the body and mind, lowered levels will have a relaxing effect on the body and mind, and maintaining too high or too low of an energy level will eventually result in the appearance of various compromised health symptoms. Symptoms are our body or mind’s early warning system alerting us to a potentially greater internal problem. If we ignore the warnings, illness and disease will set in and ultimately death will occur. If we treat only the symptoms, the underlying problem will remain.

Our energy not only gives us the ability to do things, it also sustains many internal systems that protect the body. Our immune and regenerative systems depend on a certain level of energy to function properly. If the level is raised too high or dropped too low, the internal protective systems become less effective, exposing the body to viral and bacterial infections and increased healing time.

The body and mind use energy in separate but mutually affecting ways. The body has a system that causes us to ingest substances for its own use, which can in turn affect
the mind. The mind also has a system that causes us to ingest substances it requires, which then affect the body. Whereas the body is continuously trying to achieve its proper healthy energy level with what is available to it, the mind seeks different levels of exciting input, which opens it up to addiction. Once addicted to a certain input, the mind will seek out that input until it becomes old or boring, is removed by force, or the body dies. The addicting substance can be as simple as steak or candy or as complex as meth. Simply put, the body will always try to achieve its natural beneficial energy level for survival, but the mind will seek out energy levels or experiences that will excite it, beneficial or not.

There are three types of energy: that which is affected by food, that which is affected by sleep, and that which is affected by environment. When we think about them, the differences between the types may seem very subtle, but they are easily observable in our daily routine. Picture yourself staying up late studying or watching TV. You can eat pizza or drink coffee to replenish your energy for only so long before you have to sleep. That is the dividing line between the food energy type and the sleep energy type. Your body naturally tells you when you have to eat and when you have to sleep. The environmental energy type can be felt when we listen to beautiful music, sun ourselves, sit by a babbling brook, or spend time with that special someone. The difference between the three types is not really that important until your body starts drawing on stored energy for various reasons.

Sleep and food energy can be looked at like a savings and a checking account, respectively. You use your checking account for your daily cash flow. But with every paycheck, you set a little aside in the savings account. An emergency happens or you
want to have a little extra fun, so you dip into your savings. If you use up your savings account and don’t replenish it, you may be exposing yourself to trouble in the future, if you need that extra cash and it’s not there. Environmental energy can be looked upon as a credit card. Independent of your checking and your savings, your card is a good backup in emergencies and can be used at any time, but it has to be fed regularly for good fiscal health.

It is critical to keep a flow of energy moving through our bodies. We take in energy and deplete it through work, play, love, exercise, and other activities. If we constantly take in more energy than we can use, our internal systems will begin to break down. If we use more energy than we take in, health problems will also begin to show up. Our daily energy flow depends on three levels of energy: top-off energy, stored energy, and deep-reserve (or deep-stored) energy. Top-off energy is what we use to do light work, think, putter around the house, and watch TV—nothing too strenuous. Stored energy is used when we do heavy work, go with less sleep than usual, maybe miss a meal or two, withstand an infection or fight off a cold successfully, or deal with an unusual amount of stress. Deep-reserve energy we rarely dip into: severe illness; massive physical damage; starvation; or any kind of extreme and prolonged physical exertion, sleep deprivation, or substance abuse will result in deep-reserve usage.

Top-off energy can be replaced (in varying degrees) by any of the three energy types: food, sleep, or environmental. Stored energy replacement requires, at a minimum, eating and sleeping. Environmental energy can be added to enhance stored energy regeneration but cannot do it alone (without extensive training and practice in that type of energy manipulation). Replenishing deep-reserve energy requires large amounts of sleep
and a steady flow of food, and will be greatly enhanced by environmental energy. Usually some type of environmental energy will have to be applied for us to completely recover from a deep-reserve-draining event. Deep-reserve replenishment generally takes much patience and a long period of time.

If we don’t replace the top-off energy, our body will dip into stored energy. If we don’t replace the stored energy, our body will dip into the deep reserve. If we don’t replace what we use in a timely fashion, any adverse effects our bodies experience will become greatly magnified, because we don’t have enough energy to fix the problems that caused them. We’ll notice we don’t have the strength we used to: we won’t heal as fast, we’ll get sick more often, our stamina will become low or nonexistent, our enthusiasm for life will ebb, and we will become depressed. The main focus of our energy system is support of our body and mind, but if our energy system is continuously struggling to offset the harmful, draining effects of our habits and surrounding environment, it cannot perform at its top potential. This will greatly inhibit the energy system’s ability to maintain the health of the body and mind. A distracted energy system will not be able to provide us with the fuel we require to create the life we want and fulfill our desires.

Conversely, continuously packing in energy and holding on to it creates a dangerously high energy system and personality. In the West we tend toward this scenario, as we have an overabundance of available high-energy foods, and our daily lives don’t have a very high energy need. We live indoors, have central air-conditioning and heat, work at desk jobs, and drive a car to and from work—none of this is very strenuous to the body. However, we still consume high-energy foods that get converted to fat quickly, because we simply don’t have the need for that much energy.
So the flow of energy begins with what we take in, but then our energy radiates outward as we use our personal energy to manipulate the world and the people around us, altering how those people feel about us, what they want or expect from us, and how they will treat us. When we speak of a person’s “power,” we are referring to this effect of our energy on others around us. Various levels of energy produce different personality traits. Anything we want to do depends on convincing others to either “let us” or “help us” do things in some way. How we interact with others is therefore critical to creating the life we want.

The various energy levels have their own personalities and elicit a basic set response from others, depending on the surrounding cultural norms and morals. For example, if you have an extremely high energy pattern or level, you will be more unforgiving, have low patience, and demand perfection from yourself and others. Honor and courage become more important than life, as mere survival is for the lowly peons; you develop the ability to cut through the fog and the bullshit, and become very decisive and egotistical. This type of personality develops very hard and fast lines between good and bad, gets easily outraged at any perceived wrongs, and develops large appetites for pleasure, wealth, and attention. Our strong, charismatic leaders, strategic planners, and people who can get the job done come from this high-energy personality pool. The response to this personality varies through time and across cultures. How many of our great leaders of the past might be labeled “asshole” today and have no hope of any kind of leadership position due to their “political incorrectness”? In other cultures the same personality might be looked up to and held in high regard. Our focus on the negative aspects of that personality type in the West (philandering, sexism, conspicuous consumption, and “living
large”) has, for the most part, eliminated those personality types from our national leadership. Other areas of the world (Russia, the Middle East and Africa, for example) do not have the same process of elimination. Because of this phenomenon of varying cultural reactions to personalities and lifestyles, a simple change in our energy level, with the resulting change in our personality and how we treat others, can have far reaching effects on our everyday life, our community—all the way up our society structure to international relations.

An outward flow of energy is necessary for well-being; however, the constant dissipation of one’s energy through various means, and the resulting extended periods of an extremely low energy level, lead to depression, lack of enthusiasm, listlessness, the inability to make decisions, lack of interest in life, and an overall feeling of purposelessness. The life you have created begins to break down: your home, relationships, cars, job, etc. People disrespect you and take advantage of you. It’s important to realize we all have ultimate control over our own energy flow, so we must decide what type and how much we let in, as well as what we do with it. Anybody who has experienced alcoholism or drug addiction can attest to the life-destroying effects of extreme energy dissipation. Examples of this scenario abound in our current reality as well as our archetypal myths of the past. An example from our mythological past is the story of King Arthur. He created his life—Camelot, honor, courage, a beautiful wife, and a host of close friends and associates—from a seemingly innocuous beginning as a farm boy. In a jealous rage he dissipated his energy and hurt his closest friends and allies. He also held on to his anger, thus dissipating and blocking the flow of energy through his body, which ultimately degraded the reality he had created. His lands became barren, his
knights lazy and debauched, their honor and courage destroyed. When he became conscious of what he had done, he sent his knights out to find a cure, the Holy Grail, which would become a new source of his energy. Once the Grail was found, courage and honor returned, his lands bloomed, and life and health were restored to his world once again.

Similarly, too high of an energy level will also cause our world to start breaking down. People won’t be able to stand to be around us, and we’ll push imperfect people out of our lives. We’ll grow angrier and more violent to the point we can no longer control our actions or think clearly. We’ll spend a lot of time and effort handling (or mishandling, as the case may be) our energy. Our excess energy will make us do or say things we’ll later regret, or get us ostracized from the society we live in, and eventually we’ll recede into our own world. Unfortunately, many people who never take steps to reduce their excess energy wind up in jail or mental institutions, or arm themselves in fortified compounds.

As we lower or raise our energy, we experience various stages of altered reality (or consciousness) that affect not only our lives but the lives of those around us as well. Higher energy levels are harder to control but have greater manipulative effects on physical reality. Lower energy levels produce observational qualities such as prescience, empathy, intuition, and precognition. Lower energy levels are just as able to manipulate reality but in a very different, much more subtle manner. Whereas high energy tends to tear down and build up reality in its own image, low-energy reality manipulation creates a space for new, spontaneous co-creation; it works with, around, and from within to alter reality. High-energy personalities tend to be very restrictive and controlling, whereas
low-energy personalities are accepting and open to new things. Both have their positive and negative qualities, and aspects of both are required to maintain a healthy body and mind, as well as our place in current society.

Our individual energy level, or personal power, ultimately determines the life we live through its interaction with others and the surrounding society and environment. By learning to use it and manipulate it consciously, we can decide what that life will be and the quality of our experience in that life. How we allow our energy to build up or break down, and the resultant personality and activity changes that it incurs, will affect this process. The food that we eat, the amount of sleep we get, and the environment around us determine the condition of our energy and, as a result, what we are capable of doing at any given moment. In order to exert some control over ourselves and our physical and mental health, we must take a closer look at these three common, everyday aspects of our life.
CHAPTER TWO: EATING

Is there anything taken for granted more than eating? We generally don’t think about it much unless food is scarce. Think for a moment how much of our lives revolve around food and drink. We are born, we breathe, we eat.

If we examine why we eat, the number-one reason is survival. We have to eat and drink to keep our body alive. We also eat for entertainment, for convenience, to keep ourselves company, to alter our mood, as a result of mental training or advertising, and due to addictions. However, eating for any reason other than survival can negatively impact our health. The reasons we eat can be broken down into two basic physiological categories: eating with the body and eating with the mind.

Eating with the body can be described as feeling an urge (hunger or thirst) and satisfying that urge by ingesting something. Our ancestors didn’t have the luxury of having other reasons to eat. They ate with their body. They got hungry, so they hunted, gathered, raised, or farmed what they could in the area where they lived, and survived. At some point that changed. Today we eat mostly with our minds. The current diet fad, the latest fast-food gimmick, and what’s advertised on TV all basically try to control what we eat. Even the health-food industry is driven by the marketing of food to make money. Many of our health problems in the West are simply caused by overeating, which is a natural result of eating with the mind, as the mind seeks stimulating input regardless of the needs of the body. In order for the food industry to grow and show greater profit each year, the public must consume more food per person. Think about that for a moment. A huge global industry has to convince us to overeat in order for it to survive, grow, and
make a profit for its stockholders. The food industry’s main weapon in accomplishing this is taste. Today taste is everything, and it’s killing us.

Most of the foods our ancestors traditionally ate would be considered inedible today. Food companies have successfully convinced us to trade food safety and wholesomeness for exciting tastes and textures. The addition of sweeteners, salt, MSG, thickeners, chemicals, metals, and a host of other food modifiers has caused us to forget what health sustaining good food really looks, feels, and tastes like. The processed foods we eat today immediately gratify our senses, but supply little nutritional value and leave us with an increasingly empty and lost feeling. The way we grow our food, with petrochemical fertilizers and pesticides, contributes to the slow elimination of all the necessary nutrients and trace minerals from the soil that plants transfer to our bodies. Because these fundamental building blocks are missing from the food we eat, our body never feels satisfied and urges us to keep looking and keep eating, which results in a type of obesity. Our mind and body are not getting what they need to survive and function properly, and we start exhibiting behavior resembling that of a strung-out drug addict. This lack of necessary nutrients, combined with our cultural tendency to overeat, results in many of the chronic symptoms, illnesses, and mental problems we have today.

I am not, however, advocating that we eat bland-tasting food. What I am advocating is that we retrain our tastes so that they support our health by redefining what we call good-tasting. For example, go get a steak to eat, or maybe a big slab of tofu (for you vegetarians). What do you put on it? Do you use salt, some kind of sauce, ketchup, maybe pepper? Now, think back and try to remember how you started eating this way, and when you started using the condiments you use today. Do you really crave salt or a
particular sauce, or do you use it out of habit or because it makes something taste better? To retrain your eating habits, you have to eat to survive. You don’t need taste modifiers to survive. You don’t need texture modifiers to survive. You don’t need anything but the food itself in its natural state: minimally processed, cooked or raw. Eat it like that for a while and see what it does for you. See what your body is getting from it and how it affects your energy. Notice if any negative health symptoms disappear once you stop using taste modifiers such as salt and condiments.

Eating with the mind usually starts out with good intentions. For example, researchers might find that a certain nutrient or type of food will prevent a certain negative health condition, so consumption of that substance is promoted. Or somebody cures him or herself with a particular diet, so he or she advocates the use of that diet for everyone, or a religious group or social movement adopts a diet and requires it for its members. The use of these types of products and dietary restrictions, promoted to help everybody after being researched and discovered to help some, exposes us to health problems for various reasons, the main reason being individuality. Everybody is different, and therefore each body has to have free range to satisfy its unique energy and corrective needs. You can look at any diet that has been a fad in the last forty years (Atkins, South Beach, Scarsdale, grapefruit, macrobiotics, low carb, raw food) and see how it did what it was supposed to do for a certain number of people, but had no effect on others, and had harmful if not deadly effects on some.

Beyond the needs of survival, eating becomes substance abuse. Why do we separate food from any other substance we use? Why do we consider food different from cocaine or alcohol? Everything we experience with our sense organs affects us mentally and
physically. Our senses of taste, smell, hearing, and touch all translate something physical into a format our mind and body can experience. The problem with food is that it not only tickles our senses, it also transfers positive and negative medical and nutritive modifiers, plus the bulk of the food product, into our digestive and energy systems. Once we get hooked on the sense ticklers’ effects, those effects become the real reason we eat that particular food, though we still have to process all the other pieces of that product. Since we aren’t really eating the food for its energy component anymore, all that extra energy has to be burned off—or it gets stored as fat, resulting in obesity, hyperactivity, attention-deficit disorders, and various over-energized symptoms.

The first step on the road to learning about our energy and how to manipulate it is returning control of our eating to our body. In order to do that we must apply some mental willpower to extract ourselves from the food industry’s marketing net, and we must allow our taste buds to reset to more natural and healthy forms of food. (Training ourselves to eat with our body by using mental willpower may seem like a contradiction of purpose, but our mind got tricked into eating harmful foods in the first place, so we will need to use it to help extract ourselves from that situation until our body can pick up the slack and learn to crave food conducive to our health.) We must stop exposing ourselves to food-marketing vehicles such as the TV. We must stop using condiments and eat simply for a while; reduce the number of foods we eat to a few unprocessed, whole-food staples. (Countless generations of our ancestors ate this way, so it’s not going to kill us to try it for a while.) We can give ourselves some space to reset to a calmer, less confused state and learn to pay attention to our body’s cravings. The key is learning to discern between the feeling of our mind or senses urging us to consume for excitement,
and the feeling of our body letting us know what it needs. We must take notice of where the “urge” is originating. If it’s coming from the throat up, it’s our senses and mind looking for excitement. If we feel it in our gut or elsewhere below the throat, it’s our body telling us what it needs. (See Chapter Sixteen: Plugging Into the Grid for more on this concept.)

In the beginning we have to apply some of our own marketing techniques to help our body out. For example, if we start craving ice cream, we can simply replace the sugary or artificially sweetened, chemical- and thickener-laced product we normally consume with something sweetened with honey and without all the added ingredients—or we can make our own. Say we wake up in the middle of the night craving a burger. Instead of running down to the local fast-food joint, we could cook a homemade burger with organic or grass-fed beef on a whole-wheat bun with sugar- and chemical-free condiments. We must educate our self on the unnecessary and harmful food additives and processes with which our everyday food is made and find more healthful alternatives. We may even find that some perfectly healthy foods can still cause us problems and might have to be eliminated. We will have to jettison the concepts that our body should be able to handle and process anything, and that what is good or bad for one should be good or bad for all. Some things we are just going to have to give up—what these may be, our body will eventually make very clear.

Listening to our body is central to this technique of self-help. Attempting to retrain our mind and body by altering our eating habits is not an easy thing to do, nor will it be accomplished quickly. It is essential, however, to go through this process to accumulate the necessary data concerning our body and mind’s reactions to various inputs. This
database of experience will bloom into good communication and cooperation between our body and our mind, on which the foundation of any energy-manipulation technique is based.
CHAPTER THREE: FOOD

Food has many aspects that affect the body and mind in differing and collective ways. These effects, totaled together with the effects of our environment and sleep, produce our current state of energy. Commonly, what we are all trying to do by ingesting food is produce an effect. That effect we can collectively call satiation, or satisfying an urge, craving, hunger, or thirst. When we get hungry or thirsty, we consume food or drink liquids. Understanding why we eat what we do will help with any changes that we want to make. What determines the type of food we eat can be broken down into four main categories: 1) availability, 2) energy requirement, 3) habit, and 4) addiction.

The type of food available to us changes throughout the year. The varying environmental zones of the world naturally produce different types of food over the course of the seasons of the year (not all foods can be grown or raised in all areas, and are naturally restricted by season and climate). In some areas, food from all over the world can be imported at any time of the year. But say you live in the woods in Alaska and are snowed in for months during the winter. The variety of foods available to you will be minimal compared to those obtainable by someone living in a condo in Miami Beach at the same time of year. The particular environmental zone we live in (mountains or seashore, arctic or equatorial, desert or rain forest) will generate a unique internal energy requirement that our food choices will have to satisfy. Different seasons of the year will also produce a corresponding energy requirement from the food we eat. Living in the woods in Alaska during the winter, you would probably be hunting for fresh meat at some point (as fresh wild game has a very large energy component needed to offset the
cold and wet weather that fruits, vegetables, and grains cannot provide), whereas the Miami Beach resident, at the same time of year, might be subsisting on fruit smoothies (the warmer weather has a very low energy requirement allowing the consumption of low energy foods such as fruit). An individual’s personal energy-level preference will also help determine the type of food required at any given time.

The food we eat may also be determined by habit. The kind of food we grew up eating, our current taste preferences, and any kind of diet restrictions we may have placed on ourselves all contribute to our food habits. These habits can mentally restrict our food availability. Say you grew up in a meat-and-potatoes family. Your concept of what is available to eat might be restricted to any kind of meat and a couple of vegetables. Compare your concept to that of someone who grew up in a vegetarian family. His or her concept of food may be totally different. This type of food habit is passed down from generation to generation.

When we become responsible for our own food, personal taste comes to the forefront. Before that, what we ate was determined by the cook’s preferences. Being responsible for procuring our own food now means that when we find something we like, we eat more of it more often. But our tastes in food can be at odds with what is beneficial to our health. Food addiction is what occurs when we give control of what we eat to a particular taste or energy feeling. We may love the taste of chocolate and eat it to the exclusion of other, more sustaining foods, to the point that it impacts our health adversely. We enjoy the energy that eating beef gives us, so we eat it until it impairs our health.
Our bodies will attempt to maintain their personal energy settings with what is available, regardless of quality or accumulative harmful effect. Food itself, for the purposes of this book, has three main components: 1) energy modifiers, 2) nutrient modifiers, and 3) medical modifiers. When we eat food, we get an energy level adjustment (raised, sustained, or reduced) and the body receives some kind of nutrient modifier (protein, fat, sugar, vitamins, minerals, enzymes, etc.) that it uses for self-maintenance. All foods also possess some type of medical modifier, beneficial or destructive, that acts to support or break down some organ or function of the body. Many of the body’s cravings, hungers, and natural aversions arise from the body’s innate knowledge of the medical and nutritive modifiers in food. The body’s natural ability to get what it needs to maintain and heal itself, and its ability to avoid destructive foods, is our greatest asset. A good deal of modern medicine is based on some isolated and concentrated component of a food. Many books have been written and studies done on these subjects. What we call folk medicine, the large body of medicinal knowledge handed down from generation to generation, uses common foods and herbs to cure all manner of health issues. Cabbage and its family members protect against cancer, olive oil reduces cholesterol and arterial plaque, and wine helps our heart and reduces stress, to name just a few. Conversely, many studies have shown how components of some foods and substances we ingest are detrimental to our health: cigarettes cause lung and heart disease, certain animal products and fatty foods cause adverse cholesterol buildup, and alcohol causes liver disease, for examples.

Foods that generally raise our energy level include, but are not limited to, animal products (including red meat, fish, poultry, eggs, dairy products) and salty foods. Foods
that sustain our energy level include, but are not limited to, grains and grain products and vegetables. Foods that reduce our energy level include, but are not limited to, fruits, alcoholic drinks, sweets, and most chemical additives. The exact effect each type of food will have on any given individual will depend on your starting energy setting, the local environment, the current time of year, the weather, and body energy needs due to workload.

In order to allow our body to lead us to what food we need in order to maintain our own long-term health, we sometimes have to retrain our habits and erase addictions before we are able to hear what the body is saying. (These long-term benefits include prevention of many life-threatening health issues, such as cancer, irritable bowel syndrome, diabetes, cardiopulmonary disease, attention deficit disorder, manic depression, and hyperactivity; autonomic system support for fighting off infections and microorganism-caused illnesses; increased stamina, physical strength, and mental acuity; and mitigation of the general degenerative conditions associated with old age.) To be able to perform this retraining, we need to have an understanding of what the body does subconsciously on a daily basis, which we usually don’t notice. This is accomplished through a little experimentation with, and observation of, our daily routine (examples appear below).

Through subconscious communication, our body will try to get us to eat certain things (for medical, nutritive, or energy modification); it will warn us of problems it is experiencing; and it will team up with the mind for a little fun or self-destruction (use of mood-altering substances—e.g., tobacco, alcohol, caffeine, and the various recreational drugs—that affect both body and mind). Listening to and becoming conscious of these
communications, and acting on them, will greatly increase our day-to-day comfort, as we begin the construction of a database of experimental results and observational facts that we can apply to prevent all those nagging negative health symptoms (colds, headaches, allergies, nosebleeds, stomachache, earache, warts, nausea, etc.) that can make life uncomfortable. Due to our mass-market media training and the proliferation of harmful and nutritionally empty foods, we can no longer depend solely on our subconscious communication system to keep us healthy without some form of conscious training to eliminate the destructive substances from our diet and the self-destructive addictions to which we subject ourselves.

The body gets its required medical, nutritive, and energy modifiers by using two subconscious tactics: 1) making us uncomfortable somehow, and 2) causing an attraction to a certain type of food through our senses of smell, sight, and taste. Through work, play, studying, or any number of activities, we become tired, hungry, dehydrated, aroused, agitated, uptight, and so on. Our body uses cravings, hungers and thirsts, sleepiness, and all the subtle nudges we get from our senses, to lead us back to a feeling of comfort. When we get that “right” food, substance, activity, or amount of sleep, we feel good, comfortable, and at peace. For example, say it’s summer, it’s ninety-plus degrees outside, and you work all day clearing trees, or painting your house, or working on your car. At some point you feel uncomfortable, dehydrated, maybe agitated. A couple of cold beers, an iced tea, water, or a soft drink puts you at ease. You supplied the body with the momentary necessary medical or nutritive modifier in the liquid it needed to rehydrate. You also provided an energy modifier to knock down that energy charge you built up working in the sun. Then to top it off, you gave the mind a little excitement if
you drank a beer, a little caffeine rush if you had tea or a soft drink, or the more subtle rush of ice-cold liquid on a hot day. Which one you prefer—beer, soft drink, or water—is the body communicating its exact needs by way of our senses. Observing these daily subconscious cravings (communications) of the body, and then experimenting with the variables (food, drink, and environment), will greatly increase your ability to manipulate your energy level and, as a result, your comfort and health.

Using the same example, say you drink one too many beers or soft drinks and get a little nauseous or get a headache. Your body is saying slow down or stop drinking that. Maybe you even have an urge to eat something. This is your body trying to make the situation right. No training is necessary; your body does it on its own. The training comes in when we learn mentally to reduce the amount of or eliminate altogether the substance that is causing us discomfort. By following the body’s urges after it gives us a nudge, we can also learn how to fix problems as they occur without the use of commercial medication.

Using the previous example again, we can see what the mind gets out of the situation. We’ve all done heavy, hot work to the point of agitation. Your wrench slips off the nut as you are tightening it, and you gash your fingers against some immovable piece of metal. The chainsaw refuses to start. The kids won’t stop messing with the paint. If somehow we manage to resist lashing out with our frustration (caused by the combination of a high energy level and things not going our way), we go get the beer or soft drink. The beer has the greatest energy modifier. It reduces our energy level, and relaxes and calms our mind. Soft drinks, tea, and ice water do the same things but in different ways and much more subtly. Any kind of sudden shift in energy, up or down, excites the mind.
This excitement refreshes and rejuvenates the mind’s outlook on life. That excitement can’t occur unless the body has built up a sufficient charge of energy to dissipate (as with tobacco, alcohol, marijuana, or downers) or to maintain the rush of artificially increased energy usage (as with caffeine, cocaine, or speed). There has to be a significant difference between your current energy level and the energy level direction you wish to go, in order for the excitement to be generated. Similarly, a roller coaster ride wouldn’t be very fun if the peaks and valleys were only three feet above or below level ground.

The problem occurs when we use a substance that excites the mind, puts the body at ease, and is detrimental to the body’s health all at the same time. For example, ice cream and alcoholic beverages will do all three of those things to the body. The thickeners, artificial ingredients, and sweeteners in ice cream will harm the body, as will the alcohol’s detrimental ingredients such as artificial flavors, fermentation modifiers, and the alcohol itself. Whereas the body’s only desire is a beneficial energy setting to support its survival, the mind does not really care. It wants what it wants when it wants it. The more excited the mind gets by a substance, the more it will crave repetition of that feeling. We must be very careful with these kinds of food substances and use them in moderation. Occasional indulgence in mentally exciting substances is necessary for maintaining physical and mental health. Overconsumption, though, can be very destructive to the body and mind.

It has been my experience that there is no such thing as bad food, unless of course it contains some kind of poison or bug that will kill you. You get hungry enough or go long enough without food and you will consume anything edible without care, and with appreciation. Even substances that can kill the body through overuse have their positive
value. If we eat foods that have detrimental medical modifiers sporadically, our body will be able to handle them. However, if we eat a steady diet of these types of foods or substances, the body will not be able to handle them, and problems will occur. (We can also create problems with the body by eating too much of a certain food or substance in one sitting or over a period of time, even if it does not necessarily have a detrimental medical modifier.)

By eating foods and substances with detrimental medical modifiers regularly or in excess, we force the body to expend a good deal of energy in the elimination process, lowering the amount of energy available for other systems, such as the immune system. For example, take a standard plastic drinking cup. Melt a hole about a quarter inch in diameter in the side, right at the bottom of the cup. Put the cup in a sink and position the faucet over it. Now turn on the faucet a little at a time until there is an equal flow of water into and out of the cup. The cup represents our body; the water flowing in represents the detrimental or excessive things we ingest. The water flowing out represents the body’s filtration and elimination system doing its job. Now increase the flow until the water level in the cup begins to rise. Pretty soon the water fills the cup and begins to overflow. The overflow is pretty much a literal translation of what happens in our bodies when we ingest too much or too many detrimental items. Our filtration and elimination systems become overloaded. Instead of being taken care of in the usual ways (filtration by the kidneys, liver, and intestines and then elimination through urination and defecation), substances begin to be eliminated through the skin, tonsils, appendix, sinuses, and lungs. Once those avenues are filled up, toxins can end up in the bloodstream or get stored in fat around organs, causing a weakening of those organs through cellular breakdown. These
toxins that the body has no real use for—collectively termed “free radicals”—have been proven to directly break down cell walls, greatly accelerating the aging process.

The body communicates with us by using what we call symptoms to draw our attention to various health problems. Headache, nausea, cough, chills, fevers, sore throat, pains, earache, dandruff, eczema, constipation, acne, indigestion, diarrhea, gas, body odor, bad breath, runny nose, sneezing, dry mouth, stomachache, hair loss, dehydration, reduced libido, reduced overall energy, obesity, simple depression, hyperactivity, and inability to focus are a few of the more common symptoms. At this point, if we take notice and modify what we are eating or doing, we can avoid much more serious problems that can occur. Again, the body uses a system of physical or mental discomfort to get what it wants.

What foods do we avoid? What do we want out of food? That is entirely an individual observation. Do we only want health and sustenance or do we want a little fun also? In general, extremely processed prepackaged foods, the more “fun” foods, are going to have more detrimental medical modifiers. Processed foods can be defined as those food products that have nonnutritive additives designed to enhance some aspect of the food to achieve greater commercial value. For example, preservatives added to foods extend shelf life, eliminating financial loss through spoilage. In general, the greater the amount of nonnutritive ingredients in a food, the more work and energy expenditure for the body’s internal systems to filter and eliminate these substances and to repair any damage. Foods closer to the natural state, that can be eaten raw or requiring only cooking, will have fewer or no detrimental modifiers and will add to the body’s energy stores.
These types of foods will also stand a better chance of having their beneficial medical modifiers remain intact, as processing tends to eliminate them.

Look at the ingredient labels on some food products. Do you know what all the ingredients are? If you don’t, who are you putting your trust in, if you decide you are going to eat it? Should you trust the manufacturing company, whose main business concern is profit? Should you trust governmental inspectors? How about the FDA? Should you trust health-food companies as opposed to conventional food companies? Don’t let the terms “health food” or “all-natural” fool you. True health food comes out of a bulk bin or grows in your backyard—it has no packaging, is unprocessed, and includes no additives. Many of today’s so-called health-food products are little different from conventional, mass-market processed foods. Unfortunately, most health-food companies have adopted the same practice of adding ingredients to food to get a certain taste or texture, or excite the mind. After all, who is going to pay money for food that tastes bad, has a weird feel on the tongue, or isn’t exciting in some way? How much fun is eating beans and rice day in and day out? Who wants to spend hours cooking three meals a day? At some point most of us turn to food for fun or convenience. That’s when we are most vulnerable to these harmful ingredients.

There are still some harmful chemicals being added to foods that are worth avoiding at all costs, that so-called “health-foods” or “all-natural” foods as a rule don’t use. These include nitrates and nitrites (added to meats), chemical food-coloring agents, and metals (aluminum, titanium, etc.), to name a few. Some extremely harmful ingredients are not even required to be listed on ingredient labels. Other harmful ingredients are still used under the ruse that their harmful effects have not been scientifically proven. Take the
cigarette companies’ historical stance on tobacco as an extreme example. (Though eventually the harmful effects of tobacco were scientifically proven.) Self-education, ingesting a minimum of processed foods, and curtailing our entertainment and convenience consumption will greatly restrict our exposure to health-threaten

As an example take these two breakfast menus: 1) eggs, toast and jelly, orange juice; and 2) bag of chips and a soft drink. Apply your first line of defense and read the labels.

The ingredient list on the first menu might be:

**Eggs:** eggs

**Toast:** white flour, water, yeast, wheat gluten, corn syrup, salt, vegetable oil, dough conditioners, calcium sulfate, calcium carbonate

**Butter:** sweet cream, salt

**Jelly:** blackberries, fruit syrup, lemon juice concentrate, fruit pectin, natural flavors

**Orange juice:** orange juice from concentrates, water

The second breakfast ingredient list might be:
**Chips**: corn, vegetable oil, salt, maltodextrin, dextrose, tomato powder, onion, citric acid, modified food starch, monosodium glutamate, natural and artificial flavors, spices, spice extractives, vinegar solids, corn syrup solids, yeast extract, artificial colors (yellow 6 lake, red 40 lake)

**Soft drink**: carbonated water, potassium benzoate, artificial sweetener, phosphoric acid, artificial color, natural flavors, caffeine

What is the difference between the two breakfasts? Is one better than the other? Why can’t we eat any ingredient we want to, as much as we want to? What constitutes a harmful ingredient? As stated earlier, it is my belief there is no bad food; either of the meals above will give energy and nutritive and medical modifiers in varying amounts to different people. However, the human body is not just some fuel-fired boiler that you can throw any combustible fuel into and expect to operate properly. There are qualitative as well as quantitative factors to be considered. Generally, and to varying degrees, any ingredient added to food to enhance its texture, taste, shelf life, or look is going to be nonnutritive, will create free radicals, and will have to be eliminated by the body. These types of ingredients are usually easily recognized in the ingredient list. They are not food, so their names sound scientific or made up. Artificial colors (yellow 6 lake), artificial sweeteners, potassium benzoate, and monosodium glutamate are just a few examples from our breakfast items above. The ingredients that help support the body’s energy are also easily seen. Since these ingredients are food, their names are readily identifiable, such as eggs, flour, water, salt, blackberries, orange juice, and corn.
Compare the two drinks from the breakfasts listed above. The ingredients in the orange juice are both readily identifiable by most people, containing no free-radical-producing ingredients whatsoever. The soft drink, however, is just the opposite. It has one identifiable ingredient, carbonated water, and the rest is a mixture of ingredients put together purely for taste, color, zing, and marketability. The soft drink is loaded with free-radical-producing, energy-depleting, and body-destroying ingredients.

Both menus have ingredients that could detract from one’s health and negatively impact our energy level to various degrees, depending on the individual consumer. A simple review, with an eye to eliminate all possible free-radical-producing processed ingredients, however, would remove the chips-and-soda breakfast from consideration completely. Yet you would be surprised at how many people, especially among our youth, would consider this an acceptable meal. The first meal is relatively devoid of free-radical-producing ingredients. However, one could find healthier varieties of these ingredients also. For example, the supermarket eggs can be substituted with a free-range, fertile (raised with roosters present), and organic version, as conventional, factory-raised animal products tend to have more free radicals due to the type of feed, antibiotics, and chemicals used in the facility. The toast could be improved by switching it out for some organic, whole-grain bread to eliminate the chemical fertilizers and pesticides used in producing the grain, the bleaching agents to produce white flour, the dough conditioners, and the other additives. Jelly is one of those processed foods you have to be very careful about when making your selection. The above version is pretty clean, except for the fruit pectin and fruit syrup. Pectin is a thickener, which can cause issues in the body, especially with arterial plaque buildup. Fruit syrup, a typical component of most jellies, is
one of those ingredients that enjoy a special dispensation from the FDA. Manufacturers
don’t have to list exactly what it’s made of on the product label. It can simply be listed as
fruit syrup. Fruit syrup contents are typically some form of refined sugar (cane, corn,
beet, etc.), plus fruit (optional), flavorings (natural and artificial), preservatives, and food
colorings. All these harmful ingredients are conveniently hidden behind the innocuous-
looking term fruit syrup.

We have to try really hard to make orange juice harmful, but we have succeeded
with all the orange drinks and fruit punches we produce and pass off as real fruit juice.
Fresh fruit juice is hard to find, as it generally has to be heated or pasteurized before
bottling. This process eliminates all the enzymes and many of the vitamins naturally
occurring in fresh juice. When looking at juice labels be wary of any additives other than
juice and water.

Even the bag of chips and soda can be replaced with health-supporting versions. Our
local health-food store has shelving racks full of better alternatives with much simpler
ingredient lists. For example, chips: corn, canola oil, salt, spices; and soda: carbonated
water, fruit juice, natural flavorings (watch out for the type of sweetener used and
coloring agents if any). More healthful ingredients tend to be cost prohibitive, as they are
generally not mass-produced. However, we can mitigate this added cost by simply
eliminating processed foods in general and converting to foods we make ourselves.

If we look at it strictly from the point of view of energy level, the first breakfast
menu could be harmful to someone with an extremely high energy level owing to the
animal products present. Even though the second meal is laced with free-radical-
producing harmful ingredients, the energy-reducing effects of the soda could produce a
net-positive medical modifier in the same high-energy-level person (if used in moderation).

The examples above illustrate how we have to be ever vigilant with what we put into our bodies, and the separate but equal effects of the various energy-, medical-, and nutritive-modifying components of foods. Even the ingredient label, which is required by law and meant to inform and protect us, cannot be trusted 100 percent. We can educate ourselves by reading the literature on all the ingredients with which we come into contact, and then deciding whether or not to eat them. I prefer a simpler, bottom line approach: if I don’t know what it is, I don’t eat it, or at least I eat very little of it. The easiest way to demonstrate whether a food will support our body’s health or not is to eat a lot of it. Eat it exclusively for a period of time. See what it does to your energy levels. See what starts happening to your skin or your various elimination organs. See how long you can subsist on it before your body starts craving other foods or exhibits compromised health symptoms. We can picture whole civilizations that eat just a few staple foods—what they can grow, raise, or hunt in the local area. Corn, rice, wheat, deer, buffalo, beans, and cabbage come to mind, illustrating staples on which whole groups of people have survived and thrived. Can we grow and thrive on soft drinks? Can we eat a bag of chips three times a day for days on end and expect to stay healthy? Can we feed babies sugary foods and expect them to develop properly? We cannot, and the burgeoning health crisis is proving that.

Certainly no one who manufactures these free-radical-producing, health-harming food products expects them to be eaten as staples. But it collectively happens. For example, at breakfast time we are in a hurry, so some of us grab a bag of chips and a soft
drink. They give us enough energy to get going and fill our stomach so we don’t feel hungry. Lunch comes around, but again we are too busy to stop, so we grab a candy bar or a cup of coffee, maybe a cigarette, all of which will provide the necessary energy boost we are looking for. We come home for dinner and pop a couple of frozen food items in the microwave to get our main meal of the day. Strictly concerning energy level, the above scenario will supply us with the energy necessary to survive. The question is, for how long and at what quality of life?

We aren’t eating chips three times a day, nor are we surviving on soft drinks. But what we are getting with the scenario above is a heavy dose of nonnutritive and detrimental medical modifiers, or free radicals, which compel the body to expend energy to filter them out, neutralize their effects, and repair their damage. Our top-off energy is being replaced; we can easily feel that. Stored energy is doing OK, but an elevated draw is placed on it to handle all the extra filtration and regenerative work the body is doing. Eventually, we are operating on top-off energy alone. We have no reserve energy to use for fighting off infections or do heavy work. We become weaker physically and eventually mentally.

Sooner or later this translates into increased visits to the doctor. Organs break down to the point they have to be removed or replaced. Immune systems get depressed to the point they can’t fight off infections or eliminate cancerous cells. It is my observation that we can also pass this weakened state to our children, producing progressively weaker and sicker generations.

Foods that have no added artificial or free-radical-producing ingredients whatsoever can also cause illness and disease through their effect on our energy levels. For example,
try eating nothing but fresh fruit. If you start with a high energy level and a good supply
of stored energy, you can eat nothing but fruit for quite some time before noticing its
energy-lowering effect. Any kind of environmental demands put on your energy supply
will increase the effect. If you continue to eat nothing but fruit, your body will go through
the same low-energy warnings as with processed foods. On the other side of the energy
spectrum, try eating nothing but beef, or some kind of whole grain (oatmeal, for instance)
for you vegetarians. That energy feels good, but sooner or later you start feeling
uncomfortable with it, and your body starts sending out warnings. These natural,
unprocessed foods lack the negative one-two punch of free radicals and extreme energy
modification that the heavily processed foods possess, but will still cause illness and
disease if consumed to the extreme.

There is a category of food that is especially dangerous, because of the way it
camouflages its effects. This type of food seemingly gives us energy, but in reality its
active ingredients modify our internal systems to allow a quicker and/or more efficient
release of our stored energy in massive quantities. This massive release of stored energy
energizes us just as effectively as a regular meal, only more quickly. The most common
items of this food type are sugar and most other sweeteners, and caffeinated drinks such
as coffee. While energizing us temporarily, they produce no stored energy and actually
drain our reserves. Used in moderation, they have their place in our diet, but overuse will
result in low-energy-type illnesses.

Experimentation is the only way to find out exactly how each food is going to affect
you. Try writing down what you eat. Write down any discomfort you experience. Look
for correlations, repetitions, and coincidences between what you eat and what you feel
(see Chapter Twelve: Getting Started). Food, as an energy category, has the greatest
effect on our energy simply because we eat so often and so much. Eating is something we
do at least three times a day that obviously and directly affects our existence, and yet it is
commonly overlooked as a major health factor. Again, here is something very close to us
that we take for granted and that affects our life in unimaginable ways.
CHAPTER FOUR: FOOD EFFECTS

You’ve probably heard the old saying, “You are what you eat.” I have found that to be very true. Everything about food—its inherent attributes, and how it was grown or raised, processed, and cooked—affects us. Food affects us physically and mentally; it affects how we treat ourselves and one another. The food we eat will alter how we look at life and at our place in society. Whole civilizations, including how they acted, and their accomplishments, can be traced to the food they ate.

Food’s inherent qualities can be added to or subtracted from by how it is treated on the way to consumption. What we call nature produces life that we eat to stay alive. What is life? Describe it. Explain it. We can’t do that exactly. Life is like electricity or blood in that respect: we don’t know exactly what it is, where it comes from, or just how it is produced. We can define it only by what we observe about it, but we can try to use it to get the results we want.

Being the curious humans we are, we try to break things down and figure them out, so we can make them ourselves or improve them—we are always trying to build a better mousetrap. The difference between what nature does and what we try to do mentally is that nature works from a place of omnipotence, all-seeing and all-encompassing, whereas we humans are only a very small part of that whole, and we separate ourselves from it by thinking we are greater than it, outside of it, and can improve upon with impunity. When we take a food that is produced by nature and go about altering it, processing it, removing bits and pieces, and adding things to it, we are taking a huge leap into the unknown. How can we possibly know the short- or long-term effects of those changes, especially since
we have evolved over a long period of time while eating food in its natural, minimally processed form? Our bodies evolved based on that natural form input. We have been consuming these altered foods for only one thousand years or less, the greater bulk of them for only sixty years.

Let’s take wheat as an example. Using hybrid seeds and modern chemical fertilizers and farming techniques, we produce quantities of wheat that would have been unimaginable one hundred years ago. We produce flour, bread, breakfast cereals, pastries, cakes, pasta, pies—a whole universe of products out of wheat. We mill whole-grain wheat to remove the outer bran layers and the germ (the part that germinates when the seed starts growing, where the life energy is), grind it into flour, and sift it to remove anything else that isn’t desired, so we can have white flour. We even chemically bleach the resulting flour because it’s just not white enough. Now, because we have taken out the bulk of the nutritional components, we “fortify” the flour by adding vitamins and minerals. The result is a product that will last many years on the shelf and will produce baked goods with the desired look and texture. We can even feel good about the product nutritionally because we have fortified it, making it “better” than it was originally.

To a certain degree this way of thinking and doing things has been beneficial. Modern agricultural and preservation techniques have allowed for better distribution and storage of food, the end result being cheap, plentiful food. Many of the negative effects of processing wheat in this manner have been known for years. Some examples are colon problems, weight problems, diabetes, and digestion problems, in general due to the lack of fiber and the overconsumption of starchy foods. The main problem with doing this to wheat, and the most over looked, is the removal of the germ, the life energy—what our
body needs the most from the food we eat. This removal of foods’ life energy contributes to why we become overweight. No matter how much we eat, we still feel empty somehow, like we’re missing something, and our body tells us to keep trying to find it so we eat more. I am reminded of the rant by Chief Old Lodge Skins in the movie Little Big Man, in which he declared that Europeans are always running around “rubbing out” everything, because to them everything was already dead—the earth, the sky, rocks, trees, plants, animals, even their own people. We do that to our food; we refuse to recognize and appreciate those unquantifiable “living” aspects of the food we eat. We view those qualities as inconveniences and problems to be modified or eliminated in order for the food to conform to some artificially conceived, faddish idea we create with our minds.

Similar processes have been applied not only to wheat but also to most of the basic foods we eat today: grains in general, vegetables, fruit, meat, and dairy products. All of these food groups have been drastically altered over the last one hundred years in order to increase production numbers and shelf life. That process is killing us. It’s time to stop thinking of and looking at food as some commodity to make money from, or something to wolf down to simply stave off hunger pains, and start looking at food for what it is: one of three things that we need to stay alive (air and water being the other two).

Food has two different kinds of energy that we use in different ways. I’ll use the terms primary energy and secondary energy to distinguish between the two. The first type, primary energy, is specific to the particular kind of food we are eating, similar to a person’s fingerprint—no two are alike. The primary energy’s exact effect on the body is also determined by how the food was grown or raised, how it was harvested or killed,
how it was prepared, and by whom it was prepared. All living things we eat are affected by everything with which they come into contact, from their birth to our mouths, just as we are. All those influences build the type of primary energy that we put into our body and use to help stay alive. In that respect, food is just a big sponge that we use to collect the kind of energy we want to ingest, in order to build the kind of personality or energy signature we want.

Primary energy is absorbed into the body and mind through the roof of the mouth while you are chewing. If this sounds a little far-fetched, try chewing some food and spitting it out after a while, and see whether you don’t get a lift from it even though you don’t swallow. This primary energy immediately adjusts your mental and physical state (tightens or relaxes, lifts or depresses, etc.).

Unprocessed foods give us a clear, clean primary energy, like a bell ringing. Processed foods give us a muddled energy, more like a band tuning up; the basic energy is there, it’s just confused and disjointed. Spend any time around people who live off the land, or eat just a few items that they grow or raise, and you will notice how calm and focused they are.

Secondary energy is produced when the actual physical food is burned or digested and its components used by the body for upkeep, repair, and the various necessities for keeping the physical body alive. This energy refers roughly to the concept of the caloric content of food. It provides heat and the various types of stored energy, which in turn build our strength and stamina, and it supports our autonomic processes such as the immune and regenerative systems. Most of the nutritive and medical modifying components of food are transferred to the body during digestion. Eating highly processed
and nutritionally empty foods can transfer significant amounts of calories to the body, but this will not offset the amount of energy the body will have to expend to filter out and eliminate and repair the damage caused by all the negative medical modifiers usually associated with such foods. What ends up happening to people with diets high in processed and additive-laced foods is they become overweight, due to the typically high-caloric content of the food; and they become sickly, due to the high content of negative nutritive and medical modifiers that damage the organs directly and the dearth of the necessary nutritional components needed for the proper upkeep and repair of the body and mind.

We humans do not have the knowledge to change food around—taking this out and adding that back in—without seriously impairing our health. We can lie to ourselves, believe we can, stick our heads in the sand, and say there is no proof that our food is killing us. We can fill our stomachs with altered food, keeping hunger at bay, but over time we end up having to live with more and more pain and suffering because of it.

The exact point at which our health and lives in general start going awry can be traced to the consumption of food that does not give us the kind of clear primary and secondary energy we need to live the life we want. It is my opinion that the vast majority of the food we eat in our Western culture is strictly for experiential pleasure and entertainment. We become enamored with and addicted to the rock star, primary-energy effect of processed and engineered foods, ignoring the clear, calm, and necessary-for-survival qualities of pure, unadulterated whole foods. In that respect, food becomes just another drug that we ingest for that initial mental or physical high. Current food-
marketing techniques are based on this phenomenon. How a food tastes and feels in our mouth has become much more important than how it affects our health.

The overriding effect of any food is in how it affects our health. Is it healthy or not healthy? The condition of our health is synonymous with the condition of our energy, as they are inextricably connected. Health is an individual thing, as is the condition of our energy. Whether a particular food is healthy or not depends on its effect on one’s energy, as well as the medical and nutritive modifiers it contains, or the physical quality of it (whether it is free-radical producing or not). Unless harmful substances have been added to it, the effect of a food on our energy pattern will determine whether it is healthy or not. A healthy food must sustain our comfortable energy pattern or level, while supplying our body with the necessary nutritive and medical modifiers it needs, and at the same time transfer little to no negative health components. As such, we cannot make blanket statements about whether or not a food is healthy due to the complete uniqueness of each individual’s energy level and nutritional needs at any given moment.

Food and food groups can be broken down into relatively accurate energy categories as stated in earlier chapters: animal products and salt are energy raisers, producing high energy levels; grains and vegetables are energy sustainers, producing just enough energy to meet the body and mind’s needs; and fruits, sweets, and alcohol act as energy reducers. Broken down further, specific foods can be compared to one another by how much energy they produce; for example, beef will produce more energy than oatmeal.

Listed below are some common foods ranked from highest energy effects to lowest.
wild red meat

domesticated red meat

pork

salt

fowl

fish

eggs

cheese

milk

rye

wheat

whole-wheat flour

white flour

barley

oats

rice

dried corn (including products such as cornmeal, masa, corn flour, etc.)

soy products (tofu, soy milk, soybeans)

lentils, split peas

beans (including dried beans such as pintos, black, red, etc.)

seeds (buckwheat, sesame, flax, chia, poppy, etc.)

nuts (raw)

fresh corn
cabbage (including broccoli, brussels sprouts, cauliflower)
celery
carrots
radishes
turnips
fresh green beans
squash
asparagus
artichoke
avocado
potato
sweet potato
yam
water
peppers
apples
pears
lemon
lime
grapefruit
orange
grapes
pineapple
bananas
fruit juices
dried fruits (dates, raisins, prunes, etc.)
tobacco
caffeine
malt syrup
rice syrup
concentrated fruit juice
maple syrup
honey
beer
wine
distilled spirits (whiskey, scotch, sake, tequila, etc.)
artificial sweeteners
fructose
beet sugar
cane sugar
recreational drugs (generally not considered food but included here for comparative purposes)

Keep in mind that the order of the above list is based on how the energy of the various foods compares relative to the other foods, not simply the effect each food has on us. The
net effect of these foods on our body will be mitigated by our own current energy level and condition.

Listed below are some of the potentially destructive substances commonly consumed today and their effects on the body.

**Sugar:** Organic and conventional sugar, no matter its derivation or form—sugarcane, ribbon cane, dehydrated cane juice, beet sugar, corn syrup, fructose, sucrose—has an extreme energy-lowering effect on the body. Sugar was originally processed in Southeast Asia, its use in the West can be traced back to the Middle Ages, when it was introduced as a medicine; it later became popular as a preservative for fruits and vegetables. Sugar has a powerful medicinal effect: it will produce a great relaxing and calming effect on an over-energized system.

Over the centuries, sugar has slowly worked its way into every facet of our diet. For example, we get up in the morning and have a bowl of cereal or some pancakes—there is sugar in the cereal, the syrup, and the pancake mix. How about a ham and cheese sandwich for lunch? We find sugar in the bread, the mayonnaise, and the cured ham—and let’s not forget to wash it down with a soft drink, which is basically nothing more than sugar water. The evening meal presents us with even more opportunities for sugar consumption. For the main course let’s have spaghetti and meatballs, with garlic bread, salad, and iced tea. We find sugar in the sauce, the bread, the salad dressing, and the iced tea. And let’s not forget dessert, which is basically sugar in many different forms.
Cane sugar products in particular and refined sugar in general (in all the forms commonly used in foods today) are probably the biggest degraders of our mental and physical health mainly because they are in everything. When combined with other energy-reducing substances, such as fruit, alcohol, and chemical additives, the effect on the body can be devastating. Sugary foods weaken the heart and the muscles in general, and cause the air passageways in the lungs to swell, resulting in a type of asthma. It also increases our susceptibility to infections and allergies, and causes fluid in the ear and ear infections that can result in hearing loss. Many kind of sexual dysfunction, certain types of cancer, hair loss, and a plethora of mental issues, including depression, paranoia, manic depression, and some types of anxiety and phobias, are caused by overconsumption of sugar. This type of sweetener’s main effect is an accumulative depression of the immune system brought about by a continual lowering of the energy level and a draining of energy stores. Sugar also directly inhibits the production of white blood cells.

Sugar may be one food that is too big to do away with—much like the corporations that are too big to fail. Too many industries and professions depend on sugar and its effects to exist. Take the dental profession, for example. Human beings are the only mammal species that consumes sugar on a regular basis after weaning. Humans are also the only mammal species that has endemic dental problems such as cavities, crooked teeth, and abnormal tooth development in general. I’m sure there are other mammals that on occasion have dental problems, but when was the last time you saw a dog that needed braces? Sugar, especially the various cane sugars, causes cavities, bone loss, and, over several generations, crooked teeth. The weird (and terrible) thing is that this is common
knowledge among dentists. It has been my observation that if we keep our kids off of sugar they will not have cavities. I have done this with my own child. He got his first cavity only after he began to eat sugar at school and at his friends’ homes. Once you get cavities, then you have to deal with mercury-, or chemical-laced fillings slowly poisoning your system.

Honey, maple syrup, rice syrup, agave syrup, concentrated fruit juice, and malted barley syrup do not cause the harm that other sugars do. Their energy-lowering effects are much less drastic, and a much larger dosage is required to cause any kind of harmful effect, plus they have beneficial medical modifiers.

An attempt was made in the 1970s to do away with sugar and replace it with less harmful sweeteners such as honey. Sugar was considered unhealthy during the health-food movement of that era, as it was so destructive to the body. The mass-market manufacturers effectively co-opted this phenomenon and turned it into a new profit maker. Studies were done showing that sugar made you fat (due to its high caloric content) and therefore it was bad for you. Artificial sweeteners (with few or no calories) were created to replace the offending existing sweeteners, and another set of lethal, destructive chemicals was thereby introduced into our diet. Before that time it was uncommon to hear about sugar and calories. Try eating just sugar and see whether you get fat. Sugar has to be taken in combination with other food in order for fat to build up.

Artificial sweeteners fall into a food category that is nothing but destructive. These sweeteners lower the body’s energy upon consumption and then force the body to use more energy to filter out and eliminate the chemical itself. This is in addition to these product’s negative medical modifiers that attack certain organs and system functions. For
example, aspartame, a popular artificial sweetener widely used today, has been shown to attack the heart and lungs and has been linked to Alzheimer’s disease, diabetes, and lymphoma.

Many people eat sugar and sugary foods for the energy they give. However, sweeteners do not give you energy in and of themselves. Sweeteners cause the body to release its stored energy, which momentarily energizes the system by producing a squeezing effect on the stored energy that is already there. If one has low stored energy, the effects of eating sugary foods can be quite different than in those who have a large energy reserve. We can “crash” after eating a lot of sugary foods, because the sugar keeps squeezing energy out until the body has to shut down all nonessential functions to survive.

Sugar also contributes to cancer growth in several ways. Cancerous cells are normal in the body, and we all get them. The body has natural defense systems to eliminate them and keep them under control. However, overconsumption of sugar will help create an extremely acidic pH condition in the body, one in which certain types of cancer love and can grow and proliferate. Sugar can also depress the immune system to such an extent that cancerous cells are not eliminated efficiently.

**Salt:** We love our white powders. Salt is pretty much the opposite of sugar, as it is an extremely energizing substance and it enhances the body’s ability to store energy.

When I was growing up we all learned how we could not survive without salt. We were fed salt tablets during the summer months if we were going to be exerting ourselves in sports or work, because otherwise we would sweat out too much salt and get sick and
possibly die. Over the years I have discovered that some cultures have never used salt or
gave it up for economic reasons. I have gone for years without eating any salt at all.
Curiously, during this time period I was able to go four months without drinking any
water. Apparently I got the water (and sodium) I needed through the food I ate or I
absorbed it through my skin. Salt and water go hand in hand. Consume more salt and you
need more water; consume more water and you need more salt. Eat less salt and you need
less water; consume less water and you need less salt.

Similar to sugar, as I have described it above, salt is in everything. I’ve even seen it
listed as an ingredient in bottled water. Salt used to be much harder to come by and was
even taxed by many countries as a source of revenue. Today, as it is so readily available
and cheap, salt is used commercially as a flavor enhancer. Salt makes food taste better,
increasing our appetite for it. However, lately salt’s detrimental effects have been well
documented: high blood pressure leading to hypertension, and hardening of the arteries,
all examples of an over-energized condition.

Like sugar, salt can be used as a medicine and has been throughout history. For
thousands of years, throughout the Mediterranean region, salt and olive oil were the
accepted dressings for wounds. Many “folk” remedies use salt. Yet salt becomes
dangerous when we consume it beyond our real need for it. Some people need salt to
survive, while it will kill others at the same time. How can you tell if you need to be
cutting back? Do you have low patience, experience anger, or get frustrated easily? How
about dehydration, poor circulation, headaches, or trouble falling asleep at night? These

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are possible signs of overconsumption of salt. Due to salt’s energy storage enhancement characteristics, it can be a major contributor to cancer growth. Salt contributes to a system-wide over-energized condition. This can result in an acidic pH balance in the body, in which many types of cancer thrive and proliferate.

Cutting back on salt is pretty tough, as it’s highly addictive. Food just doesn’t taste as good; you eat less, lose weight (not a bad thing if you want to lose it), and even get depressed, because those salty foods were such a big part of your entertainment. The upside is you start to feel more relaxed, your mood lightens up, and you discover a whole new world of subtle food tastes.

**Soft drinks:** Have you ever wondered where the term “soft drink” came from? Soft drinks (soda pop) were invented during the temperance and teetotalism movements of the late 1800s and early 1900s. They were meant to take the place of “hard” drinks like whiskey, rum, beer, and so on. The inventors knew what they were doing and created a drink that would do essentially the same things to the body as alcoholic beverages without getting you drunk. A soft drink lowers the energy level, as does alcohol, quenches your thirst, and leaves you feeling pretty satisfied. Taken in moderation, a soft drink can be very medicinal.

When I was growing up in the 1960s a soft drink was a treat, maybe a couple of times a week in the summer. Today soft drinks are a standard grocery item, served up whenever you want one, like a glass of water. They are on the dinner table, in vending machines at school, even in baby bottles. Consumed in this manner, soft drinks are nothing but slow death in a container.
What's so bad about a soft drink? First of all, look at the ingredient label. Do you know what those items are? The carbonated water is recognizable, but after that it’s nothing but chemical-coloring agents, refined or artificial sweetener, and more chemicals. The sweetener combined with carbonated water does the job it was meant to do—that is, lower the energy level. That is why it feels so good to drink one on a hot day. The hot weather builds up a high energy charge in the body that makes you feel uncomfortable. The soft drink will bring that energy down to a comfortable level, producing a good feeling, but your body is left with all those chemicals it has to filter out and eliminate. In addition, your body has to use moisture to filter and digest soft drinks, so you slowly dehydrate if you are drinking them instead of water. We put our body through this process every time we drink one. With our energy level lowered, whether we really need it to be or not, our body then has to expend additional energy to filter out all the chemical additives, while it is slowly being dehydrated from lack of water. Our energy level becomes depressed to the point that our immune system is compromised, opening the body up to infections and general poor health.

Because of our overconsumption, we have passed the point of soft drinks being able to provide any benefits or positive (or even neutral) recreational support. Most of us drink them for one reason only: we are addicted to them. Sugar and artificial sweeteners as a whole, especially in combination with chemical additives, are as addictive as cocaine, crack, and heroin, and are just as destructive to the body and mind.

But if soft drinks are so bad, why is everybody able to buy them whenever they want, and nobody does anything about it? Just ask the tobacco companies—it’s good business. Have you ever thought about how much it costs to produce a product that is
mostly water? Now look at how much you are paying for it. Look at the long fight the public had to go through just to get tobacco taken away from kids and to shine a light on the ingredients in cigarettes, even after the bad effects of smoking had been well documented. The simple fact is, human beings put profit and taste ahead of human health.

**White flour:** This staple food product has been an important part of our Western culture for hundreds of years, and we are currently suffering from the many health-harming effects to which it contributes: diabetes, vitamin and mineral deficiencies, and a host of digestive problems. The main problem with white flour is that we have broken down a truly healthful, nutrient-packed whole food and eliminated almost everything except the starch. We have eliminated the bran, which provides fiber and nutrients that help us digest the grain properly. We have removed the germ, which contains much of the energy and most of the essential nutrients, especially vitamin E and other oils. What is left is largely starch, which gets converted to sugars in the bloodstream, causing insulin issues with overconsumption. We can subsist on starch but eventually we start suffering from health problems due to the fact that we are satisfying our hunger without fulfilling our nutrient needs.

From the point of view strictly of energy, white flour produces less energy than whole-wheat flour, which is advantageous for people who have health issues from too high of an energy level. Whole-wheat flour, as well as other whole-grain products, provides large amounts of energy (almost as much as meat) and therefore can present some digestive issues in over-energized systems, which are mitigated by the removal of
the outer layers of bran. A mixture of white flour and whole-wheat flour will produce a lower-energy effect and still give us the necessary fiber and nutrient content our body needs to digest the flour properly, greatly reducing white flour’s negative effects. Organic white flour would also be advantageous, as it lacks all the additives and bleaching agents many brands use in their conventional flour products.

**Cow’s milk:** The milk of a mammal is slightly altered blood. Special cells take fluids and nutrients from the blood and create milk. Highly energizing, milk is a nutrient-packed superfood. However, overconsumption of milk and milk products can cause a host of health issues, depending on the individual. Milk and most dairy products have medical and nutritive modifiers that can negatively affect female reproductive organs and cause excessive cramping during menstruation and ovarian cysts. They also contribute to excessive weight gain and mucus production, a type of asthma, and congestive heart and lung failure. And finally, milk and cheese exacerbate allergies and skin problems as the body has to excrete all the excess fats, proteins, and energy, eventually causing overflow and congestion issues in all the usual exit routes: sinuses, skin pores, and tonsils.

**Cheese:** Have you ever tasted saltless cheese? It tastes like a mouthful of congealed oil. Ninety percent of most cheese’s flavor comes from salt. To make cheese, you start with milk and salt, add an enzyme that curdles it, separate the curds and whey, and age the curds a little or a lot. The result is a combination of two of the most energy-raising substances known to man, milk and salt, in a highly concentrated form.
Cheese was originally invented as a way to store excess milk production for the lean times of winter. Not only could cheese be stored for long periods of time, its concentrated high energy and fat content were the perfect offset to the energy-draining effect of long, cold winters. But now, especially in our Western culture, we no longer need to eat so much high-energy food, even in the winter, as we supplement our internal heat and energy with abundant and dependable winter environmental heating sources (our homes, offices, and cars are heated).

Cheese should be regulated like a drug, as overconsumption can have crippling effects on the body, from severe acne, obesity, and asthma to hyperactivity, mania, and attention deficit disorder.

**American cheese or cheese food:** This deserves a separate entry from cheese, as it is a completely different food. American cheese (or “cheese food,” as it is sometimes called) is a quick alternative to real cheese, since it is not curdled or aged. In some cases this cheese contains no milk at all and instead has inexpensive oil in its place. Coloring agents, flavorings, thickeners, and preservatives are then added to produce a cheese-like substance. Sometimes aluminum is added to achieve a smooth, non stringy consistency when melted. It’s a perfect example of a food engineered exclusively for marketing and profit. I’m sure the person who invented American cheese meant no harm, but you might just as well slap some bearing grease on your burger or sandwich for all the good it does the body.
**Tobacco:** Tobacco is a very interesting plant product. I call it the communication drug. When smokers are confronted with a stressful situation or a need to think and communicate, they light up. This is because tobacco has a calming, energy-lowering effect on the body and mind that allows people to relax and “open up” to outside influences and concepts.

But don’t confuse tobacco with cigarettes. Used in moderation and in its natural state, tobacco is a powerful medicine and was once widely prescribed by doctors as a calmative and for certain types of heart problems. Used in excess, like anything else, tobacco will cause a host of health problems. Besides the more widely known problems such as heart and lung disease, overuse of tobacco can also result in sexual dysfunction, hair loss, mental depression, and a depressed immune system.

Cigarettes however, are a totally different product. The tobacco used in cigarettes is laced with many different kinds of chemical additives to produce a more addictive effect, a more desirable taste, or to make it burn evenly and faster. The paper used to roll cigarettes contains one of the most widely recognized cancer-causing agents, dioxin, from ingredients in the bleaching agent. The filter is usually a fiberglass-like substance, which is also known to cause cancer and other lung problems. As you can see, cigarettes well deserve the slang term “cancer sticks.”

**Coffee:** Coffee is truly a wonder drug. Consumed for centuries for its caffeine lift, coffee has become an integral part of our society. Coffee allows us to do more with less sleep in less time than we normally would. Coffee makes us move faster and helps us to focus our
thoughts and concentrate on the task at hand. Using coffee, we can go without sleep for longer periods of time, allowing for more work to be done.

What is the downside to coffee? As stated earlier, coffee is a member of a family of substances that releases or squeezes out energy already stored in the body. If that energy is not replaced regularly, then the body and mind will undergo symptoms associated with lowered energy. The tricky part about coffee use is how its effects on the body are masked. We drink a cup of coffee, and our energy level is seemingly raised. However, unlike energy-raising foods that actually add to our stored energy level, coffee energizes us by releasing that stored energy and altering the body slightly, allowing it to use that energy more efficiently. Energy-raising foods will satisfy us once we reach our body’s comfortable energy level. Coffee, on the other hand, will not satisfy us in the same way food will. Coffee “gives” us energy but creates a craving in the body for energy-raising foods. By overusing coffee, we end up with an overly focused and intensely energetic mental and physical condition. Persistent or addictive use of coffee can result in various sleep disorders, hyperactivity, manic depression, low-energy-type heart problems, loss of libido, bone loss, and kidney and liver exhaustion. Coffee can also contribute to the growth of certain types of cancer cells by acidifying the body and depressing the immune system, which creates an environment conducive to their proliferation and survival. Coffee also has many negative medical modifiers, oils, and esters, which cause problems with our joints especially.

It’s my opinion that coffee has contributed immeasurably to the creation of Western culture as it is today. By definition, Western culture is fast paced, logical, efficient, on time, and overachieving to the point of self-abnegation—all characteristics of an over-
energized system. Coffee has helped release and put to good use all the stored energy from the Western culture’s all-pervasive meat-and-salt-based diet. It has also helped create the tunnel-vision view of our purpose in life, a profit-seeking mentality, a lack of good environmental relations, and our general lack of compassion, to our own and everybody else’s detriment.

**Tea:** Black tea, green tea, white tea—there are many varieties and flavors. I have listed this plant product here to call attention to its long-term caffeine-induced negative effects, which go largely overlooked in the shadow of its many healthful benefits.

Introduced to most of the world by the 1700s, tea permanently altered how humans lived their lives. Up until that time Europeans drank beer instead of water, as they were afraid of water because of its still-mysterious disease-causing bacteria content. They got up in the morning and drank beer, went to work and drank beer, and came home at night and drank beer. Needless to say, productivity and reliability were not what they could have been. The overall health condition of the working population was poor, mainly due to low wages, crowded living conditions, and poor diet. Once tea was introduced, all that changed. Heating the water to make tea killed the harmful bacteria, and the tea imparted caffeine and antimicrobial components to the body. Caffeine causes an energy boost and concentrates the mind at the same time, allowing for greater productivity and efficiency. No longer inebriated, people were prompt and more reliable. The antimicrobial components improved the population’s overall health condition. It was no coincidence
that the industrial revolution flowered during this time, forever changing how we live life.\(^3\)

For all the good that tea does, as with anything else, overconsumption (e.g., drinking iced tea with every meal) can cause extreme low-energy conditions in some people, dehydration, an acidic pH, bone loss, and heart, liver, and kidney problems, all largely due to the caffeine content.

However, if I had to pick a drug to use, the one with the fewest negative side effects, I would choose tea. It is easier to control tea’s caffeine addiction than just about any other addiction; its negative effects are minimal and easier to recover from; and it is relatively cheap.

**Pastries:** By pastries I mean doughnuts, pies, cakes, sweet breads, cookies—anything that combines flour, fats, and sweeteners. Pastries as a whole have had a major role in shaping our current way of life. How many of us can sit down to a meal and not think about what’s for dessert? Flour-, fat-, and sugar-based desserts are a part of our soul, forever entwined with our memories of Mom, home, and our youth. The smell of cooking pies, a doughnut shop, birthday cakes, the cookie jar, holiday pastries all produce an emotional as well as physical effect.

How did pastries become so entwined with our lives and emotions, and as a result our health? Centuries ago white flour was invented as a way to preserve wheat for future use. Initially milled to take out the spoilage-producing germ, this product was generally

reserved for the elite (at first owing to the high cost but later because of their white “purity”). White flour can be stored for much longer periods of time than whole-wheat flour, but many important vitamins, minerals, and oils are lost through the milling process. With the introduction of refined cane sugar from India, cakes and pastries became popular with the nobility and upper class. Lower-class use of these products was reserved for rare special occasions. When food production in the Americas was industrialized beginning in the nineteenth century, many of these processed food products formerly reserved for the nobility and upper class became affordable to everyone. The allure of these foods was irresistible to the typical European immigrant of the time. Eventually these products became intimately entwined in the fabric of our traditions and closely associated with familial warmth and love. Add to that the actual physical effects of eating sweet, rich, and doughy foods, and you have a virtually impregnable comfort food that makes you feel good, happy, and satisfied at the same time.

Fortunately, pastries can be made in such a way that their consumption supports the body, although this kind of baking is not very common today. If made with whole ingredients, no chemical additives or preservatives, and a nondestructive sweetener, pastries are actually a very nutritious, energy-supplying superfood. Sadly, these days they are a major contributor to obesity, diabetes, colon cancer, and many chronic health problems caused by a depressed immune system.

**Alcoholic beverages:** Can you imagine what it was like to be the first person to get drunk? Or to be present for the first party at which alcohol was consumed? What a
religious experience that must have been. Alcohol relaxes you, calms you down, opens you up, and puts you in an altered state of consciousness.

Alcohol is probably the oldest and most widely used drug. Written records of beer’s existence and use go back to 4000 BCE in the Mesopotamia area. Excess grain was converted to beer as a way of keeping it from rotting and going to waste. Surviving Egyptian records show how every man, woman, and child received a daily ration of grain and beer from the state.\(^4\) This type of unfiltered beer was literally liquid bread. The fermentation process converted water, grain (or fruits), and yeast into a superfood by making a greater amount of the vitamins and minerals present more readily available for absorption in the body.

In the context of human history (especially our urban history), it has been only recently that drinking water has been considered safe. Water-borne bacteria were the bane of human existence for millennia. Fermented alcoholic drinks solved this issue before the advent of modern hygienic and purification practices.

Like any other mood-altering drug, alcohol imparts its personality, its particular vibration, when consumed. Inhibitions in certain areas of our psyche fall away, allowing us to communicate our hidden issues with one another, unburden ourselves, be more social—not always with positive results. Some cultures around the world still use various forms of alcohol in their rituals and ceremonies. Certain Central American tribes employ alcohol in a yearly communal ritual that allows every member to say anything he or she wants to anybody without fear of reprisal or of being ostracized. They chew up corn and

spit it into a bowl, allow it to ferment, and sit around drinking the resultant alcoholic mash. Once the alcohol has had its effect, the ceremony begins. Everybody gets a year’s worth of repressed feelings off his or her chest.

Alcohol is a very useful energy reducer when used in moderation. However, like any other drug, it has very detrimental side effects if overused. Especially destructive when combined with fruit, sugar, or caffeine, today’s forms of alcohol can destroy your health very quickly. If used too frequently, alcohol will create low-energy issues such as a depressed immune system, a supportive environment for certain types of cancer, increased susceptibility to infections, a general weakening of bodily functions, birth defects, depression, and, over a period of time, bone loss, and liver, bladder, kidney, and heart disease.

**Fast food:** There is nothing that says “American” louder than fast food. The fast-food industry that was created in and grew out of America is the largest purveyor of health-damaging food on the planet. Everything from burgers, hot dogs, french fries, burritos, tacos, fried chicken, wings, and pizza to ice cream, shakes, and sodas has been engineered to fit our fast-paced lifestyle and turn a profit.

What makes fast food so unhealthy? After all, this is an area of comfort food that is deeply embedded in our consciousness. Many aspects of our culture are built around it. So why try to tear it down? We certainly are not going to stop eating it. Drive up, order, and in just a few minutes receive whatever quantities we desire of our favorite appetite-tickling, gut-satisfying foods—no muss, no fuss, and no cleanup. How can that possibly be a bad thing?
Initially, fast food was not unlike any of the foods you ate in your own home. It was just made in assembly-line fashion in the drive-through restaurants that were springing up all over the United States in the 1950s and ’60s to cater to an ever-increasing and mobile population. Once it got to be big business, changes had to be made in the areas of supply, processing, preservation, marketing, quality control, consistency, and cost reduction to increase business, turn a profit, and keep up with the increasing demand. It was simply not feasible to try to keep enough fresh beef around to make beef patties or enough produce on hand to add the trimmings, or to cut up and fry the tons of potatoes necessary to fulfill the daily needs of these restaurants on site. At this point fast food became unhealthy. Microwave ovens increased the speed of cooking; petrochemical additives increased shelf life; use of cheaper, highly processed (and toxic, chemical-laden) ingredients kept costs down; and texture and taste enhancers kept us coming back for more. The consumption of hydrogenated oils increased exponentially through this industry, as they did not have to be replaced as often as other oils, greatly reducing costs but increasing the damage to consumers. Fast-food innovations such as preformed chicken products (all the leftover chicken parts from slaughterhouses, processed with toxic chemicals and pressed into various nugget or wing shapes) are fed to an unsuspecting public, with little to no ingredient labeling or nutritional information, and no information on the chemicals or processes used to create these foods. Fast food is unhealthy simply because it has to be fast, and fast to hundreds of millions of people every day—currently impossible and unaffordable with healthy unadulterated food.

The trick to enjoying and, at the same time, surviving fast food is to eat it sparingly—don’t live on it. Fast foods can never be staple foods. Quit eating it for a while
and see how you feel. Then try it once or twice a week maximum and see what it does to you. Overconsumption of fast foods can result in cancer, obesity, heart disease, liver and kidney disease, severe acne, gout, high blood pressure, attention deficit disorder, hyperactivity, depressed immune system, and food allergies.

**Junk food:** An interesting term, don’t you think? Junk food is defined as a food that is high in calories and low in nutritional content, not to mention the harmful chemical additives it contains. You know these foods intimately: breakfast and snack pastries, candy, candy bars, sweetened popcorn, chips, crackers, cookies, ice cream, ice pops, snow cones, cotton candy…the list goes on and on. Junk food is created and eaten with no regard to its health effects. Why would anybody eat something called junk food? That’s easy to answer: because it tastes so good and is quick and easy to get. Junk food is entertainment through eating—or at least originally it was.

With each succeeding generation since the advent of modern, mass-produced junk food in the late 1800s, increasing numbers of consumers do not understand the difference between junk food and staple food. Many of us eat it for a meal, many times a day, all week long. When we eat this way we are replacing healthy, nutritious staple foods with nonnutritive junk food in our meals or snacks, or when we just don’t have time to cook or take a break from work. Increasingly, we accept the hunger-reducing effect of eating food as the only necessary thing we get out of it. Junk food does not give us any positive nutritive or medical modifiers, plus the majority of it has an overall energy-reducing effect, if not directly, then certainly by causing our internal systems to use a large amount of energy to filter out all the harmful chemical or unusable content. If we eat it to excess,
pretty soon we become overweight, low energy, sickly, hollow shells of who we once were, ridden with a host of health issues. Many of our current epidemic-level, chronic health problems can be linked to the overconsumption of these foods.

**Fried foods:** One word defines the health impact of fried foods: cholesterol. I know, I know, we are all tired of hearing about cholesterol. Good cholesterol, bad cholesterol—leave it alone already. You want to eat the foods you like—right? The sad truth is, all those foods we like—and fried foods are a big part of them—will kill us, especially with the sedentary lifestyle we live today. The oils and fats used to fry food are the culprit. Hydrogenated, refined, and bleached oils; chemically extracted oils; oils naturally high in arterial plaque causing agents; and butter, lard, and various other animal fats high in cholesterol are all used in producing these foods with only their cost and taste as the determining factors as to which are used.

What is the taste we are looking for when we eat fried foods? It’s the crunchy, oil-, fat-, spice-, and chemical-additive-laden flour product that surrounds the food that is so attractive. The very thing that hurts us the most is what tastes the best and gives us that warm, fuzzy, and satisfied feeling. Cholesterol and its lesser-known, but more deadly, cohort plaque clog our arteries and build up on their walls, slowly closing them off. The result is a plethora of heart disease, heart attacks, and strokes that kill and cripple hundreds of thousands each year.

**Margarine:** This is one of those engineered food products with little to no nutritive value that was invented and marketed as a cheaper substitute for butter. Margarine has been
around since the 1800s but did not develop into a common dinner table item until World War II, when it was presented for domestic consumption because butter was being rationed to help with the war effort. Eating margarine was considered a patriotic wartime sacrifice. At first simply a concoction of hydrogenated oils and fats plus salt and natural food colorings, the recipe later expanded to include chemical preservatives, artificial colorings, and flavorings, all meant to increase sales, reduce costs, and prolong shelf life. Margarine’s popularity grew exponentially when the first cholesterol studies cast butter in a bad light. Little did we know we jumped out of the cholesterol frying pan and into the fire of hydrogenated oils.

Besides the cancer-causing petrochemical, artificial ingredients, the hydrogenated oils (trans fats) in margarine are linked to various skin ailments and hair loss in addition to heart disease, heart attacks, and strokes (all due to the arterial plaque it creates).

**Additives:** This term broadly describes all the nonfood ingredients we use in the processing and formulation of food products. Although there are some food additives that are not particularly harmful to the body per se (salt, for example), the vast majority of these items are very destructive to our physical and mental health. The most harmful varieties are produced from petrochemicals to provide enhanced flavor, texture, color, or a preservative effect. The more processed a natural food is, the more additives it needs to be attractive to the consumer. Typically, processing removes flavor, nutrients, color, and texture, which then have to be artificially re-created to make the product palatable. These additives do not provide any usable components to our body. This means the body has to expend energy to filter and eliminate them. If our intake of these substances is too great,
the body shuffles them off to be stored in our fat in order to remove them from circulation. At this point these substances and their decomposed constituent parts are called free radicals. Free radicals have been proven to break down cell walls and greatly accelerate the aging process, as well as cause allergic reactions, asthma, and liver and kidney disease.

The most insidious and damaging of all these additives are the most overlooked: thickeners. This family of additives can be produced artificially from petrochemicals or from natural plant product sources. Either way, they negatively impact our circulatory and digestive systems. A thickener’s job in food is to absorb moisture, which produces various texture or mouth-feel effects. There are very few thickening agents that cease their work once they enter our body—they keep right on absorbing and thickening, even in the bloodstream. They absorb moisture in the intestines and throughout the body. Their structure prevents complete digestion, and their residue can eventually end up collecting on arterial walls, among other places, as plaque. Plaque buildup causes strokes when the blood flow to the brain is restricted or cut off. The reason thickeners are so insidious is that they are a typical ingredient in recreational and dessert foods. We consume these products while having fun, at birthday parties for our children, and all sorts of familial gatherings. Little do we realize we are contributing to our loved one’s early paralysis and death (through stroke).

Engineered food products or junk foods are foods that have been constructed with no natural food as a template, but are largely a conglomeration of additives and contain very little actual food content. For example, if you buy a fresh ham at your local meat market, take it home, and cook it, you have produced a relatively healthy food for you and your
family that tastes good and is enjoyable to eat. A food-product manufacturer can produce a precooked ham in a can that will last for years on the shelf and taste just as good as what you cooked at home. They accomplish that by using additives. The canned ham is a processed food with additives that imitates a natural food—the ham you bought and cooked up at home. Engineered foods, on the other hand, don’t imitate anything natural. They are created and constructed strictly for profit. In their creation, all sorts of additives are combined to come up with a targeted texture, taste, shelf life, and consistency, with no regard to the health of the consumer. These products diminish our health and threaten our life as surely as jumping into shark-infested waters does.

**Drugs:** By drugs I mean the substances we ingest in various ways to alter our mood for recreational purposes: marijuana, hash, cocaine, crack cocaine, LSD, meth, barbiturates, amphetamines, oxi, ecstasy, heroin, PCP, opium, and so on. Alcohol, tobacco, coffee, and tea are also drugs, but have been around longer and are generally accepted as safe for public consumption, and have much less direct impact on our energy, so I list them separately.

All these drugs can be separated into two distinct groups, from an energy point of view: those that stimulate energy and those that depress it. Food does both these things also—the difference is that food actually contributes to our general energy pool, whereas drugs just take from it. Taken in moderation, none of these will kill and are quite enjoyable, but being human, we have a hard time with moderation. If we find something enjoyable we keep coming back to the well. Some drugs are exposed to or made from toxic chemicals and pass those on to our bodies when ingested. Do you really want to
trust your health to some guy in a trailer in the woods mixing chemicals? There are no regulations for that industry.

Through overuse, all these drugs will cause low-energy symptoms and disease, and along with that is the high possibility of becoming addicted to them. The main associated destructive effects from these substances come from not eating properly while you are using them. The addictive substance takes the place of food. If you continually make withdrawals from your energy reserves without replacing them with sufficient quantities of high-quality food, your body and mind will slowly decompose and die.

**Cosmetics, toiletries, and body-care products:** I list these products here, because anything we put on our bodies will eventually end up in our bloodstream, lymph system, and internal organs; it just occurs at a slower rate than ingesting them. We tend to overlook these items, as we usually just put them on our skin, face, hair, and nails. We generally see our skin as impervious to these products. It is not. Our skin, blood vessels, membranes, and organs all absorb substances, pass substances through, or eject substances from themselves. There are very few parts of our body that actually restrict anything from passing through or being absorbed. Our skin is not one of them. The vast majority of cosmetic and toiletry products are manufactured from the standpoint that they are not food—therefore, ingredients that would never be used in food are approved for use in cosmetics. The body treats them as food, however, by absorbing and processing them. Any substances you put on your head will be absorbed by the body, and with repeated use eventually affect your brain. Think of the many years we all applied chemical-laced shampoo and conditioner to our heads. What havoc must that have
caused, accumulatively, with our minds and brain activity? What contribution has this made to the epidemic of Alzheimer’s disease and dementia? It’s very telling that these diseases have bloomed in the baby boomer generation, as its members were the first to be exposed to these chemical concoctions and have been using them for the majority of their lives. A host of toxic and health-damaging substances are used in the manufacture of these and other products, from aluminum in stick deodorants to artificial coloring agents in lipstick.

Avoiding all the destructive foods and substances currently available is a daunting task. Peer pressure, social pressure, convenience, entertainment, fun, familial bonds, school, work, and stress all impact our day-to-day ingesting decisions. On top of all that, everything gets old after a while, even being healthy. After avoiding all these substances for thirty-five years, I slowly allowed them to start creeping back into my diet and being applied to my body. After a few years of this I noticed my health taking a serious dip. Sure enough, some of the symptoms I had not had for decades started popping up. I quickly cut all the offending substances out, and my health returned. It takes a lot of foresight and focus to keep abstinence up for a lifetime, to figure out how to live and have fun without harmful substances, but it is well worth it for a pain-free, hospital-free life.

But living this way is not just about limiting or eliminating the things we don’t want in the food we eat and the substances we use, it’s also about finding the food and substances that support our health. Now that we’ve explored some of the destructive foods we eat, what are the healthy foods we need to find? How do we define healthy
foods? I define foods as healthy if they cause no net decrease in our health. These foods must support our health and build us up. According to the *Merriam-Webster’s Dictionary*, *health* means:

1. *a*: the condition of being sound in body, mind, or spirit; *especially*: freedom from physical disease or pain
   *b*: the general condition of the body
2. *a*: flourishing condition: well-being
   *b*: general condition or state

“Freedom from physical disease or pain” fits perfectly with the system I am describing. This definition depicts a state of the body without attaching any environmental or outside influences, and is clearly understandable. The confusing issue is whether substances we ingest or activities we engage in are healthful or not, because our definition of what is healthful changes over time. We know what we feel like when we are healthy and when we are sick, but most of us, at one time or another, don’t have the faintest clue as to whether something in particular is healthful or not. At first, somebody has to tell us the difference—and herein lies the big problem. Most of our ancestral information on how and what to eat and how to live our lives in a healthy way has been run over by the fast-paced and prepackaged life we live. We have lost touch with the earth and what is naturally healthy; we don’t even have the ability to get that individual

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information from our intuition anymore, as our taste preferences have been trained to crave health-damaging, even deadly, foods. So we are left to figure it out on our own, reading this or that report, claiming health benefits for all types of products.

Additionally, what’s healthy for one person may not be healthy for another. If we eliminate the question of quality, what remains is the individual energy requirement of each person. You can buy the finest quality organic, locally sourced, family-farm-raised, grass-fed beef, confident that it is perfectly healthful. If your energy pattern is such that you need the high energy of beef, then you will thrive on it. However, if your energy pattern clashes with beef, if the beef gives you too much energy, then it will not be healthy for you. Food is healthy if it (a) harmoniously meshes with your energy pattern, and (b) is minimally processed and free of health-harming additives and chemicals. Recreational foods and drugs (tobacco, coffee, tea, alcohol, etc.) really can’t be classified as healthy overall, as they generally don’t have a net positive effect. However they can have positive medicinal qualities taken in moderation.

Listed below are a few examples of foods that can be considered healthy from a quality, nutritive, and positive medical modifier standpoint and why.

**Staple foods:** These are foods we can eat exclusively and survive on for long periods of time without negatively impacting our health. The bulk of these foods are the various forms of dried grains, seeds, and legumes, including beans. The vast majority of humans on the earth fill their bellies and satisfy their hunger with some variety of these food groups, and have done so throughout recorded history. These food groups represent the
foundation of civilization. The only other items that come close are certain root crops such as taro root, potatoes, and yams, which helped support civilizations in South America, Indonesia, and the Pacific Islands.

For reasons we may never know, our hunter-gatherer ancestors began planting the seeds of the grains and legumes they had previously been gathering from wild plants. They gradually gave up their nomadic ways and set down roots in one place to harvest what they had learned to plant. Grains, seeds, and legumes were so important for the simple reason that they could be dried and stored against future shortages. These early farmers also learned how to improve the wild versions of their crops through selective propagation to increase yield and disease resistance. In the beginning stages of the conversion to farming, all members of the group had to devote all of their time to farming in order to produce enough food for the group to survive. Eventually, improvements in plant strains and farming techniques allowed a surplus of food to be produced. This paved the way for the specialization of work within the group, as it was no longer necessary for everybody to be involved in food production. There could be blacksmiths, leather tanners, carpenters, stonemasons, jewelers, potters, scribes, priests, and kings (who could administer and decide what to do with the surpluses for the advancement of the state). This surplus of food led directly to the rise of civilization as we know it today and is still the cornerstone of our current society.⁶

It’s hard to go wrong with these staple foods if you buy them in their unprocessed state and cook them yourself. Eating whole grains is very important. Finding them is not

so easy, and it’s even harder to find products made with them. From an energy standpoint, white rice, de-germed corn products, and white flour will provide sufficient energy, but you will eventually have to replace the missing vitamins, oils, trace minerals, and fiber, which have been lost in the milling process. As long as the products made from these slightly refined grains are free of additives and preservatives, and the flours are not bleached, they are a fairly good substitute for the whole-grain original. Many of us may find that the whole-grain varieties provide too much energy, and we may suffer the health issues caused by that state. Just because something is whole grain does not mean it will be perfectly healthy for all.

**Bread:** One of the first superfoods created by humans, this staple of our diet has suffered greatly under the processed-foods regime of Western culture. The bread commonly eaten in the West is a hollow shadow of its former whole-grain, highly nutritious, and energizing ancestors. This change happened just since the early 1900s. During World War II the German POWs incarcerated in the United States refused to eat our white bread, as it was so pathetic compared to what they were used to eating as a staple food in their own country. Meat was America’s staple, and bread became more of a side dish, a trimming to the main course. A high-quality whole-grain bread, free of sugar, texturizers, conditioners, and preservatives, is virtually impossible to find at conventional grocery stores. This isn’t due to the lack of availability, as there are plenty of manufacturers out there making good bread. The problem is the shelf space for bread is highly competitive, and consumer taste and texture preferences keep whole-grain bread from being as profitable as the mass-market varieties. Natural-foods stores usually carry some good
whole-grain bread, although finding bread without some form of cane or beet sugar can be tough.

**Water:** High-quality water is a must for maintaining one’s health. Very few of us in the West have access to it, though, and must learn to get by the best we can. The state of our drinking-water supply is a sad indicator of how far we have gone to cause our own diseases and ill health. Industrially contaminated groundwater, pollution-filled rainwater, and chemical- and medication-laced public water supplies make it largely impossible to find a healthy source of water that does not require some form of personal intervention and mechanical processing. Store-bought water has to be filtered and pasteurized to prevent health hazards, and is generally packaged in health-harming, petrochemical-based plastic containers.

Water itself and what we get from it are still largely unexplored or unrecognized by the scientific community. Water is the ultimate solvent and, as such, absorbs energy and elements from its surroundings and transfers them to whomever or whatever ingests it. I have avoided using the term “pure water,” as pure water in excess can be destructive to the body. Consuming purified or distilled water is dangerous, as it will leach minerals from the body and cause deficiencies and their associated health issues, because of the process called homeostasis. Water that has been purified (everything except H₂O removed) will naturally leach minerals from the body until it reaches its point of homeostasis and stops. Conversely, overly mineralized water can cause deposits to form internally, especially in the tissues and joints, eventually causing pain and general malfunction in those areas. Carbon-filtered water with a few drops of juice or mineral
supplement is a good substitute for natural springwater right out of the ground when the latter is not available. Allowing your drinking water to sit out in the fresh air and in the sun will eliminate many of the chemical additives and absorb many positive health-supporting qualities from the sunlight. In the West we are so focused on eliminating the negative aspects of water, such as bacterial contamination (rightly so), that we overlook many of the positive possibilities. Water will absorb and transfer any type of energy or associated emotion with which it comes into contact.

**Vegetables and fruits:** Best when grown in your backyard or by local farmers, these food items will make up the bulk of your food-as-medicine toolbox. Flush with vitamins, minerals, positive medical modifiers, and taste (if you can get the heirloom varieties that haven’t been genetically modified), veggies and fruits will also provide the energy-altering effects you need to maintain your comfortable energy level. They also provide the body with a natural cleansing and rejuvenating effect when eaten exclusively for short periods of time, especially raw. Along with grains, seeds, and legumes, these foods should make up the bulk of your diet. Even the mass-market versions (genetically altered, pesticide and chemical fertilizer supported) will provide these positive effects, and you can keep the negative medical modifiers to a minimum by avoiding the fruits and vegetables that require large amounts of pesticides. Peeling veggies and fruits will also help you to avoid the various chemicals, sealers, waxes, and anti-sprouting chemicals applied to them. However, since most of the vitamins and minerals are contained in the peel, you will have to make up for the loss at some point by taking some form of dietary supplements.
**Seaweed:** The various forms of seaweed products all have one main application in humans: the provision of trace minerals. We evolved from the sea. We carry the sea around with us in our tissues and bodily fluids. We need the nutrients that the sea provides, and we call those nutrients trace minerals. We need a steady influx of minute quantities of these elements to keep our body and mind working at their peak performance. When we can’t get what we need from our regular food sources, our body’s systems begin to break down, and we slowly lose our ability to think and operate physically, which leads to accelerated aging and dementia. It’s no small coincidence that Japan consistently places at or near the top of life expectancy year after year. The Japanese diet has included seaweed as a staple for thousands of years. Kelp is especially handy, as it also supplies iodine, a necessary nutrient for many glandular functions, and is relatively cheap. Eating seaweed or taking a high-quality seaweed supplement is indispensible for maintaining our health.

**Sea salt:** If you need to eat salt, this is the way to go. Sea salt generally is just what it says—salt from the sea. It has no anti-caking additives and has undergone no baking, bleaching, or uniformity processes. It is just salt and has the added bonus of trace minerals from the sea with every sprinkle.

**Microorganisms:** Algae, yeast, bacteria, fungi, and other microorganisms are all used to provide humans with some of the most important ingredients to a healthy, productive life. Whether eaten directly, allowed to act on other food staples (a process called
fermentation), or in symbiosis within our bodies, these microorganisms provide our internal environment with many elements essential for our survival.

As precursors to all other forms of life, microorganisms created the oxygen-rich atmosphere that allowed our species to exist. Our ancestors discovered, probably quite by accident (and unknowingly), that these tiny life-forms acted on foods and made them much more edible, digestible, and nutritious than in their natural form. Additionally, and most important at the time, the fermentation process created a net preservative effect, which allowed those foods to be stored for longer periods without becoming inedible.

Algae, microorganisms responsible for the bulk of the oxygen we breathe and the lack of toxic levels of carbon dioxide in the air, are a nutrient-rich and protein-packed food source for humans. A good source of trace minerals and positive medical modifiers, they also have the added bonus of being a detoxifier of the body (except the brain). Green algae were used by the Japanese to precipitate mercury from silver ore. They can accomplish the same thing for the human body as well. There are also blue and red varieties of algae, all with varying qualities that are very useful in maintaining human health. It is also theorized that much of the crude oil we use today to support our current civilization was formed from deposits of algae lain down over the billions of years of their existence.

Yeasts are a type of fungi that we use to make bread and various alcoholic beverages (grain-, vegetable-, and fruit-based) through the process of fermentation. Fermentation alters the basic food ingredient in such a way as to make it much more digestible so that a greater amount of the food’s nutrients are absorbable by the human body. Yeast unlocks the full nutritive potential of foods, and provides B vitamins and trace minerals to boot.
(as waste products of the yeast’s life cycle). Yeast has probably provided human civilization with the single greatest advancement in survival techniques in our history. This microorganism allowed surplus grain to be converted to alternative forms of food that were more nutritious and longer lasting than the grain in its original state.

The interaction between humans and bacteria is a love/hate relationship. Bacteria can be very beneficial or very deadly. We humans depend on beneficial bacteria (commonly called probiotics) for our survival. These species of bacteria populate our intestines and assist in food digestion and nutrient absorption. As an added benefit they produce B vitamins and trace minerals as byproducts. Without them our health would suffer mightily. They also help support our immune system by fighting off health-harming microorganisms through competition for food and environmental space. In foods rich in probiotics, such as dairy products (yogurt, buttermilk, sour cream, etc.), fruits, and vegetables (pickled), the beneficial-bacteria fermentation process, similar to that with yeasts, allows for greater absorption of the foods’ nutrients.

Throughout the world, species of fungi are used to ferment all types of foods, from soybeans (tempeh, soy sauce, miso, tofu, etc.) and cheeses to chocolate, wine, and meat products. In addition, they have been used in the production of pharmaceuticals such as disease- and infection-fighting antibiotics. One of the more exciting aspects of these microorganisms is their ability to clean up environmental pollution. They can dispose of a wide range of petrochemicals, heavy metals, and even nuclear waste.

There is no greater contribution to our lives than the generation of sustainable trace minerals that these little organisms provide us. As a static, agriculturally based civilization ages, the trace minerals in the local cultivated soil gradually leach out. In
order to replace them in the local diet these civilizations naturally increased their consumption of fermented and cultured foods. Our prepackaged, post-WWII American diet is beginning to do the same with the recent focus on fermented dairy products, grains, fruits, and vegetables. Microorganisms are vitamin- and mineral-manufacturing powerhouses. All we have to do is provide them with food and a comfortable place to grow and multiply.

**Raw foods:** Eating raw foods is generally considered more healthful than eating cooked foods, as cooking eliminates many of the naturally occurring enzymes and vitamins. Of course, many foods cannot be digested by humans in a raw state and must be processed in some way. Fresh fruits and vegetables, seeds, and nuts eaten raw supply many of the nutrients we simply can’t get from any other sources, including supplements. Fiber, needed for the proper operation of our intestines, plus the large doses of enzymes, vitamins, minerals, fluids, and so on, simply can’t be had by any other means. I highly recommend you experiment with and increase your intake of raw foods. A raw-food diet is especially beneficial in short bursts as a detoxifying agent, as the enzymes present in raw fruits and vegetables naturally scrub out deposits of free radicals and chemicals the body can’t eliminate on its own. This diet is also a valuable energy-modifying technique, as it will have a general energy-reducing effect. I don’t advocate eating raw meats, as the dangers of deadly microorganisms and parasites are just too great. However, raw meat, bones, and bone marrow, will provide huge amounts of energy and nutrients that cooking eradicates.
**Honey:** If you have a sweet tooth and can’t or don’t want to kick it, honey is by far the most health-supporting form of sweetener available. Best if eaten raw and uncooked, it actually supports the immune system, thanks to its inherent antibacterial qualities. Honey made from local flowers, due to its pollen content, will also help with pollen allergies by inoculating your immune system and bloodstream against reactions to your local flora. Even cooked, honey does not have the immune-system-depressing effects of cane, beet, or corn sugars. As with all sweeteners, the overconsumption of honey will eventually result in low energy, and all the associated negative health effects that entails.

**Organic foods:** Nothing beats good quality-organic foods. They generally taste better, lack the pesticide and petrochemical fertilizer influences, and are usually produced by people who care about food and live a lifestyle that reflects that. This consciousness and appreciation for organic, healthy food is transferred to the food itself and eventually to the consumer. These foods are currently enjoying fad status and, unfortunately, a resultant degradation in quality. Since being popularized in the late 2000s organic foods, and the profit they can produce due to a higher retail price, have attracted the attention of the international food conglomerates. As these huge, bottom-line-oriented companies take over an increasing share of the organic-food production, the focus of organic foods will fall in line with conventional mass-market foods: food for profit, not for health.

**Meat and dairy products:** Animal products are without a doubt among the highest energy producing and nutritious foods available to humans. Like any other food product, these items are susceptible to being compromised through the greed and indifference of
their producers. Artificial additives, preservatives, and the petrochemical fertilizers and pesticides that are used in the production of feed seriously degrade the healthful qualities of animal products. Animals are also affected by the same environmental contaminants that affect humans. Heavy metals, air pollution, water contamination, and all the petrochemical substances in their environment will end up in their meat, milk, and eggs, and will transfer to our bodies. The higher up the food chain we eat, the more concentrated the forms of environmental contamination to which we expose ourselves.

High-quality animal products free of additives and contaminants are another important addition to our food-as-medicine toolbox. Care must be taken, as these products provide so much nutrition and energy they can be addictive and overconsumed, causing many health issues as a result. Those of us with high energy patterns may need to avoid animal products altogether or at least use them sparingly. Meat supplies an extremely high dose of energy that supports our immune and regenerative systems in their fight against infections. Certain types of low-energy illnesses can be mitigated and cured with the judicious use of these products. Dairy products produce the lowest energy of the group, followed by fish, fowl, rabbit, pork, and finally red meat, which is the highest energy producer. Overconsumption of animal products can also cause an acidic condition in the body, which fosters many types of cancerous growth.

**Unprocessed, raw seeds and nuts:** These highly energizing foods are chock-full of essential nutrients, fats, and proteins. This food group represents one of the few available sources of unadulterated plant-based life-force energy due to the intact germ. Seeds, such as sesame, buckwheat, and quinoa, provide a pure and clear charge of energy. It’s a
different kind of energy (a different vibration frequency) than that provided by other high-energy foods such as beef or grains. Seed and nut energy is felt in the higher energy centers (see the explanation of chakras in Chapter Sixteen: Plugging into the Grid) as opposed to the lower-energy-center influences of meats and grains. As such, these foods will provide high energy but not necessarily produce the same negative health effects as quickly as other high-energy foods.

**Sprouted seeds, legumes, and nuts:** By soaking seeds, legumes, and nuts in water and allowing them to germinate or sprout, we can create a completely different food. We can create what is essentially fresh produce at any time of the year. The germinating process increases protein quality and vitamin, mineral, fatty acid, and fiber content; alters the minerals and makes them more available to the body; and it breaks down complex nutritional compounds of the seed into more easily absorbable forms. These foods are another high-quality source of low-impact energy.

**Unprocessed foods:** The easiest way to define unprocessed food is to start with a description of processed food. The majority of the food we eat requires some processing. We mill grain to take off indigestible husks and thick bran layers; we cook otherwise indigestible raw grain; we grind grain into flour; we kill and cook meat, steam vegetables, and ferment milk—these are all ways of processing foods. The further a food gets from its natural state, the more processed it is.

A food can go through many stages of processing. The first stage of processing is picking or killing. The processing then moves into skinning, peeling, husking, hulling, or
shucking, all done to remove harder-to-digest outer layers. Next the food is butchered, milled, ground, sliced, or diced. In order to make food last longer and able to be stored on a retail shelf without spoilage, it has to be altered further: moisture is removed; the life germ is removed; the item is cooked and canned, boxed, or bagged. Preservatives have to be added to make it last on the shelf. So much has been removed during processing by this last stage that taste enhancers have to be added, along with texture modifiers, coloring agents, and synthetic nutritional fortifying agents, in order to make it palatable and nutritious again. The final stage of processing is that in which these processed foods become ingredients in an engineered, unnatural food product that is manufactured simply for profit and mass-market appeal, and supplies little to no nutritive value to the body. In this state food is no different than drugs. It is eaten for recreational purposes only.

In the broad sense, “processed foods” means prepackaged foods you typically can’t make at home. They are altered to be shelf stable, and they have added taste and nutrient fortifiers to make up for all that is lost during processing. They generally arise from an idea based on profit and are engineered to fit a targeted taste and texture parameter while having both low cost and mass-market appeal. Unprocessed foods are staple food products that are as close to the ingredients’ natural state as possible and have little to no additives (nonfood ingredients) of any kind. These foods do not put a strain on the body, and at the same time they support the immune and regenerative systems, produce little to no free radicals, and help maintain the body’s proper pH level, assisting in the control and elimination of cancer cells and other disease-causing conditions.
**Personally cooked foods:** Healthy foods are always going to be the staple foods we personally choose and cook or use for ourselves and our family at home. All other foods will never be quite as healthy, if for no other reason than that the food we personally prepare will be more attuned to our own optimum energy requirements. Nobody else can do that as well as the individual eating the food. By picking foods our body is attracted to, we are continuously feeding and supporting the health of our personal energy pattern. We are the only ones who can accurately describe exactly what our body needs at any given time by feeling our energy needs and responding to them.

If we depend on restaurants for our food, we are at the mercy of what they put in the food (which they don’t have to tell us), what they cook it in, and the mood of the cook. If you live with someone you should not necessarily share exactly the same diet. No two people are alike, and individuals can require very different foods. I raised my son as a vegetarian—up until he started eating meat at every possible opportunity when I wasn’t present. I had to accept the fact that he had different energy requirements than I did, and I started including meat in his diet at home. Eventually we became a family of five, all with different diet requirements. We had meals at which we all sat down and ate the same thing, but most of the time meals were a free-for-all.

**Supplements:** Very necessary additions to our Western diet, these items can make up for the low vitamin and mineral content of the foods we grow, raise, and eat. Processed food manufacturers also fortify their products by adding certain vitamins and minerals to offset the various deficiencies caused by the processing methods’ elimination of essential vitamins, minerals, and oils. Trace mineral supplements are also essential to replace these
critical elements that are no longer provided by the soil, due to the current factory-farming methods.

There are high- and low-quality supplements available, for the industry that provides these products has little government oversight for quality or effectiveness, which keeps the door open to unethical manufacturers that produce ineffectual products strictly for profits’ sake. Also, just because you can buy most supplements over the counter does not mean they are all safe to take as you like. Do some research or consult your health-care practitioner for advice and follow his or her instructions.

Many vitamins and minerals require the presence of other vitamins or minerals to be assimilated properly by the body; otherwise they just pass through with no beneficial effect. Note that if you or a health-care practitioner identifies a deficiency and recommends a supplement, you don’t necessarily have to take that supplement for the rest of your life. Usually the issue can be repaired and the need for a supplement can cease.

The body can put up with vitamin and mineral deficiencies for quite some time before adverse effects are observed. There is some evidence that the body can manufacture many substances it can’t get otherwise. The body will also adjust over time to the diet that is available to it. As we age, however, these deficiencies can become more pronounced and symptoms may even suddenly appear when some extra stress on the body pushes us over the deficiency “edge” our body has been just managing to skirt.

I must reiterate that just because we label a food as healthful does not mean it will be so for all who attempt to consume it. The quality of that food and its energetic content’s interaction with each individual’s energy pattern will determine how it affects each
individual’s health—and, as a result, whether the individual can call that food healthy or not. The only way to determine whether a food is healthy from an energy standpoint is through personal experimentation and observation.

Now the task is going to be to find those healthy foods. True health food is grown or raised in the backyard or bought out of a bulk bin (not prepackaged) at our local health-food store. All of us aren’t going to be able to grow or raise our own food or even find much available in bulk bins anymore. We are left with trying to find enough to eat in that bastion of Western abundance, the supermarket.

We don’t really understand the fullness of how good we have it in the West until we go shopping in other countries. The modern grocery store or supermarket represents the one place we can go and sample the widest cross section of the many aspects of our society’s success. The food production, processing, preservation, packaging, distribution, and retail networks in existence today are truly a wonder and are probably the most unappreciated aspects of our industrial matrix. This system works so well and has for so long that a good percentage of us have no idea where our food comes from. As far as we know it simply and mysteriously appears at our local market. The success of our culture and its global proliferation is largely based on this singular accomplishment.

We as individuals must be willing to give some positive feedback to food manufacturers by educating ourselves to be able to choose more health-supportive foods. Although the health aspects of the food stocked by our grocery stores today is rapidly changing, I estimate that up to 85 percent of the food in a typical supermarket will cause a net reduction in a person’s long-term health condition—50 percent of it devastatingly so. Today’s natural-foods stores are a little better but vary widely, with 25 to 50 percent
of their inventory on the unhealthful side, largely due to the insertion of cane sugar (listed as dehydrated cane juice) in many formerly healthful products. This wasn’t always the case. Health-food stores up until the late 1980s typically devoted less than 5 percent of their stock to these harmful products, and most carried zero. When the marriage of the health-food and mass-market-food industries resulted in the birth of the natural-foods industry, the overall quality of what used to be health food dropped significantly. “All natural” became a term that blurred the line between health food and mass-market foods in order to sell less-healthful items under a banner that could take advantage of the higher-priced health-food standard. Organic foods suffered a similar fate as the watering down of the original organic standards to accommodate the large factory producers led to lower-quality products and outright fraud in many cases.

Most conventional grocery stores simply can’t turn a high enough operating profit without selling harmful, highly processed foods. These foods sell massively and, as a result, are virtually impossible for any retailer to ignore if it wishes customers to keep coming in. Mass-market foods have been engineered to be addictive and, as a result, are devoid of any real supporting nutrients, which is why we always feel empty after the hunger satiation and sensory excitement fades. We unsuspecting consumers eat massive quantities of these items, simply trying to find enough of the nutrients our bodies need and to satisfy our addictions to the engineered tastes and textures. Most of what our bodies are missing is simple trace minerals. By adding to this phenomenon the aggressive marketing of entertainment food (snack and junk foods), the result is a class of foods that generate the greater bulk of the profits for the entire food industry.
Our current methods of growing and raising plants and animals largely prevent trace minerals from entering our diet. The choice of chemical fertilizers over decomposing organic matter and the row-crop farming methods do not allow for the replacement of these trace minerals. They gradually have been washed out to sea and can’t be replaced using conventional farming techniques. Food production is by nature a circular system. Decomposing organic matter and the mineral content of the soil, plus sunlight, air, water, and the organism’s own genetic structure, provide the vitamins and minerals the plants and animals carry in the parts of their bodies we eat. The parts we don’t eat, our waste, and the organisms’ waste products are put back into the soil to begin the cycle all over again. With the advent of chemical fertilizers, this cycle has been broken, and all the trace minerals once present in the soil have been gradually washed down the sewer, the creeks, the rivers, and out to sea. Those trace minerals are what our body seeks when overeating takes hold, when we just can’t find anything that is really satisfying. This is why the organic-food industry is so important. It is helping to break this destructive loop of eating ineffectual foods by returning at least some agriculture to its natural decomposing-waste return cycle.

It’s not the grocery-store owners’ fault; they simply bring in what people want to eat. Shelf space is at a premium. What doesn’t sell is removed to make way for something that will. The sad truth is, unhealthy foods sell much better than healthy foods, largely because unhealthy foods tickle our taste buds and excite the mind in such a way that we crave them just as a drug addict craves crack or heroin.

Which foods in your local supermarket should you choose to eat and which ones should you avoid? Let’s take a tour of a typical grocery store and see what we find.
Usually when you walk in the front door you are herded toward the produce section. There is nothing more appealing than all those luscious, colorful fresh fruits and vegetables. They make the whole store seem healthy and wholesome. Having grown up in a time before all the genetic modifying of our foods, I now see mostly tasteless masses of vegetable matter with the immensely enjoyable, seasonal, family-farm-raised heirloom variety sneaking in here and there. The majority of vegetables and fruits have long since been genetically altered to be thick-skinned and stiff, so they can be picked mechanically in the field and put on the shelf in a pristine, unripe state. Genes of other plants species (or animals in various research trials) have been added to alter some aspect of the fruits and vegetables commonly grown today to increase profitability in some way. Tomatoes with thicker skin, strawberries that never get soft, dime-size blueberries, banana squash, mild jalapeno peppers, and large uniform crowns of broccoli—they have all been altered to increase shelf life, uniformity, and pest and disease resistance; to change ripening times and flavor; or to change some characteristic that made them just a little too fragile. The result is bland-tasting food, with, due to chemical fertilizers, reduced dietary value. Add the pesticides used to ensure a profitable crop result, and you now have negative medical modifiers to watch out for in a food that should have been 100 percent supportive to your health.

Organic produce is a major improvement, grown without the chemical pesticides and fertilizers, but large producers use the same hybridized and genetically altered varieties as are used for conventional produce. I can’t count the times someone has proudly given me fruits or vegetables they grew organically that tasted like cardboard. My parents always had a garden if there was room in the backyard. My siblings and I grew up with fresh
vegetables right out of the ground and to the table. Every fruit or vegetable my parents
grew was full of flavor, delicious, and infinitely fulfilling. The thing was, back then all
the store-bought produce tasted the same as the stuff we were growing. I still crave those
flavors and the feeling of satisfaction they gave me, but it’s virtually impossible to
experience that with today’s produce varieties. Over the years the new, more profitable
varieties slowly replaced all the old tasty varieties. Now those vegetable varieties I grew
up with are called heirlooms.

Aside from the negative impact of any residual pesticides, even conventionally
grown fruits and vegetables still manage to be generally health supporting, as long as you
wash or peel them to remove the pesticide threat. From an energy standpoint, they are
helpful and are good energy-maintaining and energy-lowering foods. They still provide
vitamins, minerals, and enzymes—just not the levels of the all-important trace minerals
they once did. Fruits and vegetables also have specific positive medical modifiers that
affect certain organs and internal systems. For examples, pomegranate juice is helpful
with bladder or kidney issues, cherries help mitigate gout, tomatoes help certain types of
heart problems, cabbage (and other members of its family) help with cancer prevention
and cure; and brussels sprouts, blueberries, and other dark-colored fruits and vegetables
provide antioxidants, which support our immune systems.

Next in line is the in-store bakery. This section could be a fount of health-supporting
products but all too often offers only health-destroying food. What makes these items so
bad for you? All that white-flour-, sugar-, and fat-laden, barely cooked dough infused
with all kinds of taste and texture enhancers, chemical preservatives, and artificial
coloring presents our body with a host of filtration and elimination issues, plus the added
bonus of internal-system-wrecking ingredients. The white flour is basically starch, which gets turned into sugar by the time it hits the bloodstream. The sugar content of the food goes straight to the bloodstream as well. The combination one-two punch of the starch to sugar conversion and direct sugar ingestion is deadly to the pancreatic and insulin functions, which leads to diabetes and hypoglycemia. Just picture all those cakes, pastries, doughnuts, cupcakes, cookies, éclairs—all destructive to your health, beckoning your addictions, with their soft, sweet bodies and gut-fulfilling, rich fat content. How many birthday cakes have we plied our children with, thinking we were being loving, caring parents? In reality we were feeding them toxic, artificial, health-destroying imitations of food.

I can’t find additive- and sugar-free bread at my local grocery stores for the life of me. They have carried it in the past, but people didn’t like that it didn’t have the same soft consistency as the mass-produced varieties they are used to. The mass-market breads feel good in the mouth and don’t fall apart on a sandwich but are health-negative in the end, due to their additive and sugar content.

As we move on around the perimeter of the store, we generally encounter the meat and seafood department next. The products in this section are usually divided into two types: fresh-cut and processed (fresh or frozen items such as sausage, cold cuts, pre breaded or marinated ready-to-cook meats, and various products made from organs) meat products. Fresh conventional beef, chicken, turkey, and pork cuts are largely health supportive, because they are generally processed in-store and thanks to the government regulations that are supposed to prevent antibiotics and artificial growth hormones from reaching the consumer. The main concern is pesticides from the animal feed that ends up
concentrating in their meat and then gets transferred to us. Similarly, any heavy metals, chemicals, or petroleum products the live animal ingests or absorbs will be transferred to the consumer, especially if the organs are consumed. Factory producers of prepackaged items have their eye on profit and the bottom line, which colors their whole outlook on food production. I used to work in a meat department with many old-timer meat cutters. The horror stories they told me about what unscrupulous producers fed to their animals (just to make them weigh more and therefore garner more profit at the slaughterhouse) and what some meat markets made ground beef and sausage from of were sickening.

Mass-market meat products (and mass-market foods in general) are like automobiles in that they are produced in assembly-line fashion with as little human contact as possible; the producers’ main concern is the conversion of as much of an animal carcass as possible into a food product that generates as much profit as possible.

In the cases around the fresh meat are the meat-based products—prepackaged sausages, bacon, breaded and marinated meat cuts, cold cuts—all made with a host of artificial additives, preservatives, and coloring agents. Prepackaged meat products are generally heavily laden with additives as meat’s taste, color, and texture tend to break down rapidly after slaughter. Also, meat becomes very deadly when spoiled due to the type of bacteria that prefer animal products. These products tend to contain the lesser quality animal parts, the fattier and harder to digest parts. They tend to build up in our intestines, causing many negative health issues. Some supermarkets are beginning to stock some organic meat products, which is a big plus, as they are generally free of all the harmful ingredients, use better cuts, and don’t use pesticide-laden feed.
With their extremely energetic nature, in addition to their high fat content, these processed meat products supply so much energy that we can’t burn it off with our daily sedentary lifestyles. For that reason they contribute to many degenerative health issues, including high cholesterol, high blood pressure, arteriosclerosis, arterial plaque, heart attack, stroke, gout, migraines, poor circulation, and obesity. Over-energized systems result in mental problems as well, such as anger issues, violence, rage, hypersexuality, hyperactivity, sociopathic personality, and antisocial behavior in general.

I used to eat wild fish products to try to avoid the hand of humans (plus it was kind of neat to be able to buy wild game in a supermarket), but the oceans, lakes, and streams are now so polluted with heavy metals, you stand to lose some of your finer mental acuity and risk developing more serious neurological issues later in life, by consuming these formerly 100 percent healthful products. Farm raised fish avoid many of the contaminants found in wild fish products.

Next up is the dairy section. Here is another opportunity, if we are not careful, to overindulge in sugar- and chemical-laden animal products. Dairy products are superfoods, supplying massive quantities of nutrients and energy. Problems arise with our overconsumption of these products. Overconsumption is subjective, as some people can consume large amounts of dairy products with no ill effects, while others are completely allergic to them. Modern, factory-produced milk and milk products are a far cry, quality-wise, from the dairy products our ancestors ate. Simple dairy products such as milk, cheese, and butter are generally health supporting when consumed in proper quantities for the individual. Processed milk products get much more complex with the addition of sugars and various additives that negatively impact our health. Containing everything
from sugar- and thickener-laced yogurt and ice cream to preservative- and chemical-additive-impregnated cheese foods and spreads, a once-healthful section is now another health-negative minefield. As with meat products, organic dairy products are making some gains in the mass-market sector, much to our health benefit.

One of the most deadly sections of a grocery store is the breakfast cereal aisle. The reason for that is one simple ingredient: sugar. Couple that with the millions of dollars worth of marketing that go into brainwashing our young, naive children to crave these foods, and we have created a monster that is literally sitting with us at the breakfast table in plain sight rather than hiding under the bed.

The current state of breakfast cereal is a testament to the power of profit over health. These products were one of the original health foods, created in the late 1800s, and were marketed as a healthy and novel alternative to the normal breakfast of steak, eggs, or cereal gruel. Later, to boost flagging sales, sugar was added, and the rest was history. The conventional grocery store I frequent does not have one single 100 percent health-supporting cold breakfast cereal product in a sixty-foot-long aisle. All the cereals contain some form of sugar, and the more creative versions also include artificial colors and chemical additives. Even the hot cereals now come in varieties that have been adulterated and produce health-negative effects. Every morning we sit complacently by as our children destroy their health and become substance addicts, as assuredly as crack, meth, or heroin addicts do while ingesting their substance of choice.

One of the more insidious aisle arrangements is the placement of bulk candy bins across from the breakfast cereal section. When I was a kid, grocery stores didn’t even sell candy, at least not that I remember. We had to go down to the corner store, where they
sold cigarettes, beer, and porn magazines, to get our candy. Now there is generally a whole grocery store aisle devoted to it—and it’s usually targeting our kids. Candy has no nutritive value whatsoever and is generally laced with a host of artificial colorings and flavorings. This combination of ingredients makes candy a devastatingly health-negative substance by causing depressed immune and regenerative systems, which in turn allow many diseases to take root and grow, including cancer. The extreme energy-lowering effects of candy can also lead to a host of mental and behavioral disorders including low self-esteem, phobias, timidity, depression, and suicide.

The soft drink aisle and the candy/breakfast cereal aisle are the deadly one-two punch of health destructiveness in a grocery store. Soft drinks have evolved into a national disgrace (through our acceptance of them as a staple food), one that we have exported all over the world. They have become synonymous with hollow and superficial American culture, and they well represent our culture’s health-destructive qualities. Another nonnutritive food product, these chemical- and sugar-laced drinks are just now beginning to be recognized for their health-destroying qualities. Some producers are seeing the light and are creating more health-neutral versions.

Next up are the frozen food aisles. So very convenient, these foods are sadly one of the greatest users of artificial ingredients. Freezing fresh foods tends to degrade them, which is especially noticeable after thawing or cooking. As a result, manufacturers employ all sorts of processing techniques and additives to make up for this fact, rendering most processed frozen food products detrimental to our health in some way. Check the ingredient list on the next frozen meal you buy; it’s very long and the items on it are unrecognizable as foods. Many of our favorite recreational foods are located here as well.
Various ice cream products tickle our taste buds and excite our senses while they ply us with fat, cholesterol, sugar, artificial additives, thickeners, and generally non-nutritive substances. These products give us no health-supporting energy or medical modifiers, while at the same time they insert large quantities of materials the body has to exert energy to filter out and eliminate. Recently, many healthful all-natural and organic, with little to no additives, frozen meals have made great advances into the mass-market arena, offering health-positive alternatives to this section of the store.

Now let’s take a look at the aisle with all the shelf-stable boxed meals, soups, and canned foods. I’m referring to all the instant and canned soups, dried boxed dinner mixes, stuffings, flavor packets, gravy mixes, and pastas with cheese. The whole concept of shelf stable is truly an amazing advancement in food preservation. Shelf stable means fresh foods can be processed into a form that will last for months on the shelf without spoiling. This is a huge improvement and an important tool, not only in our survival but also in our ability to move around and travel long distances, which is very important to our mobile society.

The original canning process was invented by a Frenchman competing to win a reward offered by Napoleon and the French military, who were seeking a way to keep troops fed on long marches and campaigns into foreign countries. Before this time, in order to travel long distances we eventually had to live off what we could find along the way, which was almost impossible for large numbers of people to do as a group. As women (the traditional meal preparers) increasingly entered the workforce after World War II, shelf-stable convenience foods became popular. Improvements in canning and processing techniques allowed meals to be prepared in a fraction of the time it took to
cook from scratch. As a result of all the various processing techniques, additives, and packaging, these convenience foods are a major contributor to the body of products that negatively impact our health.

Originally the canning process itself was very damaging to human health, as it introduced large quantities of lead from the solder required to seal the can. Modern canning greatly eliminates that danger, but the addition of a petrochemical-based plastic inner liner to cans adds various health-harming chemicals to the food through contact leaching. Most canned foods also use high heat to eliminate any bacteria present in the food before canning, which destroys much of the desirable color, taste, and texture of the fresh food. To compensate, salt, MSG, and various chemical additives are inserted to make the food attractive and taste good once again. The dried box mixes are much the same, as the removal of the original food’s moisture also eliminates most of the qualities that make it palatable. However, box mixes go one step further by using the dehydrated natural foods simply as a base with which to construct a completely new food engineered for exciting taste and profit only. One can generally find, depending on the store, a few items in this section that will be completely health supportive, as with most other sections in the store. My experience is that these items generally don’t last very long on the shelf, as they apparently don’t taste as good as the lower-quality items and are soon discontinued to make room for faster sellers.

The cooking- and baking-supply aisle has many healthy items as well as some of the most destructive. Nowadays you can find whole-grain flours and meals, seeds, nuts, and dried fruits, all generally made without artificial or chemical additives. Bleached flour and the various baking mixes (cakes, breads, muffins, etc.), generally are chock-full of
health-negative ingredients you should avoid. The most insidious item is baking powder that includes various forms of aluminum, which has been linked to Alzheimer’s disease. Baking powder is another one of those food ingredients that is used in many baked goods that are closely associated with the warmth of home, Mom, and close familial ties.

Cooking oils are among the more unrecognized health-negative foods. Their ingredient lists (basically just oil from a single or various seeds, fruits, or grains), mask their negative health effects. When digested by the body, many of the oils produce large amounts of arterial plaque, which builds up on the artery walls, restricts the blood flow, and, as a result, causes strokes and various forms of heart disease. Also, any freshly produced vegetable oil will turn rancid fairly quickly without refrigeration. Rancid oils can cause many health issues. Shelf-stable oils must be highly refined and physically altered in order to prevent spoilage, which largely removes any of the original beneficial components, while injecting harmful medical modifiers. Some oils provide positive medical modifiers and nutrition. Virgin olive oil, for example, actually reduces cholesterol and plaque buildup.

The chip, cracker, and cookie aisle might as well be called the heart disease aisle. Other than the grain or vegetable product that gives these food products form, the main ingredient is some type of fat or oil. Chips are fried in it and cookies and crackers depend on it for the gut-satisfying flavors and textures. In addition to the oils, consider all the sugar, MSG, chemical colorings, artificial flavorings, and preservatives these products employ to be shelf stable. Many of these products also use leavening agents that contain aluminum. These oils and additives are a major generator of free radicals, arterial plaque, and cholesterol in the body—all major contributors to heart disease. It’s not so much that
these products individually transfer a large quantity of these harmful substances to us; it’s that over time we eat so much of them. Collectively known as snack foods, these low-nutritional-value food products have wormed their way into our everyday diet and lifestyle. We sit in front of the TV and eat them, we snack on them between meals, and we substitute them for meals when we need something quick at school, work, or play. We have come to accept these foods as a natural part of our diet, so much so that each succeeding generation increasingly accepts them as staple foods. Herein lies the truly dangerous nature of these foods: the nutritious staple foods we should be filling up on are gradually replaced by nutritionally suspect and health-destroying, immune-system-depressing concoctions.

Now let’s try the condiment and sauce aisle and see what we can find. Obtaining additive- and sugar-free condiments (e.g., salad dressings, hot sauce, ketchup, mayonnaise, mustard, pickles, olives) is getting tougher to do even in a natural-foods store. In my experience this aisle can be one of the cleanest in the store, as the main ingredient in most of these food items is vinegar, a natural preservative. With all the new flavors and fad tastes, though, have come the associated chemical additives necessary to tickle our taste buds and differentiate one product from the next so that we will buy it. As with snack foods, the main culprit in these foods is the combination of oils and artificial additives. Pickled foods generally have a high artificial additive content, inserted to maintain a particular color or texture standard that the pickling process removes.

Last but not least, we can peruse the staple food aisle, where the bags and boxes of dried beans, rice, grains, and pastas are kept. In most conventional supermarkets and grocery stores, this is the most healthful aisle in the store after the produce section. These
staple foods represent the main body of health-supporting food products, now and throughout human history. We can all easily survive and be healthy for long periods of time eating just what is in this aisle. This is true if for no other reason than that these staples are free of sugar and artificial additives of any kind, plus they supply our body with sufficient energy and nutrition to maintain our activities.

It can be tough to find a sufficient quantity and variety of health-positive food products in a grocery store or supermarket, but it can be done. Increasingly, supermarkets are stocking organic items and products formerly seen only in health-food stores. Consumer awareness translated through our collective buying power has greatly altered the food industry and will continue to do so. By educating ourselves on a variety of topics—from how animals are treated to fishing techniques and from food additives to chemicals in plastic packaging to arsenic in apple juice—we are exerting increasing levels of direct control over food manufacturers. As consumers, our best bet for protecting ourselves from harmful food products will always be our own close scrutiny of what we buy. Read the ingredient labels. Be selective. Eliminate the harmful and unnecessary nonfood ingredients from your diet. Eliminate the sugar-, oil-, and fat-laden products, especially those we feed our children. They depend on us, as adults and parents, to provide them with the high-quality energy and nutrition they need for a healthy positive start to their lives, and the training needed to be able to make healthful choices that will support their long-term health.

No manufacturer or grocery-store owner sets out to produce or supply harmful food products to unsuspecting consumers. They are simply trying to make a living and provide
their customers with what they want. It’s up to us as individuals to stop eating those harmful foods. If we don’t buy them, the manufacturers won’t keep making them.
Have you ever noticed how all religions have some kind of tradition or set of rules concerning food? The type of food you can eat, when you can or cannot eat it, how it is prepared, how it is raised or grown or killed or harvested—they are all touched on by religion. Food is even part of the rituals and customs associated with religions—wine and bread (used as the blood and body of Christ in Christian rituals), animal sacrifices (animist and pagan), and communal meals (many traditional customs associated with various religions around the world, including the Native American Church in the United States). Why is that? Why is something strictly physical such as food so important to the health of the soul, which is the main concern of religions?

In order to explore and explain this phenomenon, we must first look at the concept of the physical/material versus the spiritual. Most religions generally require us to take on a mental structure of perfection—or at least spend our lives striving for it. For example, we attempt to emulate how we think the religious leaders of the past would act. No person alive knows how those past leaders would act, simply because they’ve been dead for so long. So we are left with a strictly mental concept, based on what actual historical information is available, which is infused with however many interpretations that information has passed through. We label this pursuit of perfection “spirituality.” Conversely, our body and emotions will always remain human, and they will want to satisfy their biologically (and socially/culturally) hardwired needs, desires, and urges. We tend to label these human traits as aspects of the “material” or physical world. This material/spiritual duality concept has caused a major personality split in the cultures that
have created or absorbed it.

People who live under the influence of this version of reality tend to see the world not as a whole, unified structure, but as a continual conflict between the bad “material” side and the good “spiritual” side. This split-personality vision allows its adherents to take action based on that good-and-bad structure. As a result, some entities are considered to be with soul and some without, with life and without, worthy of respect and protection or free to be used and exploited. An over-energized system helps support this view, as it tends to close off our mind to “what is” and calcify what we think “should be.” Many traditional cultures around the world have never taken on this cultural viewpoint. Their view of the world is vastly different. There is no perceived division between the material and the spiritual—it’s all life, all one. All things in life have life and are worthy of respect and support. (It is interesting to note that in my observation, the energy patterns of traditional cultures as a whole tend to be more balanced and much less over-energized.)

Our ancestors discovered that certain foods influence us toward the material world, while others influence us toward the spiritual. Certain foods were avoided around religious ceremonial times in order to accentuate the spiritual. Fasting, or going without food, was developed as a tool for spiritual enlightenment. Eventually the religious leaders set down various rules regarding eating to help their followers control their physical and mental urges more easily and thus become closer to their particular god, or be more spiritual. Since all religions, comprising a wide swath of human culture and experience, have these food rules and traditions, there must be an obvious reason. Food affects us in ways we do not normally admit to. Food affects our connection to God, Goddess, the
universe, the Great Spirit, the creator, a higher power, the spirit world, id, overmind, the subconscious, or however you label it in your culture.

We ingest all the substances we do, including food, for the effect they have on us. We constantly adjust our mental and physical states by ingesting physical substances. For the most part, we use the effects of those substances to keep us alive, eliminate hunger or thirst, and give our body the raw material needed to sustain it. We also use those substances to entertain ourselves, relieve boredom, keep us company, adjust our mood, or just fill an empty space in our lives. Religion is concerned with the lattermost reason, as our connection to the universe (see Definitions), or God, is located in the empty space or silence we try to fill up with substances. Most religions set down rules to try to help us control our use of substances so that we can get comfortable with that emptiness or silence within ourselves and reconnect to the universe. If you look up the origins of the word religion, one of the root words from Latin is *ligare*, which means to “bind.” To *re-ligare* means to “rejoin” or “reconnect”.

Fasting is an integral part of many religions. It allows the body to use up all the substances it has been given and reach a clear state unaffected by any ingested influence, and that clear state is unadulterated you. Fasting naturally reduces our energy levels. The more energy we have, the greater the internal noise level is. The more energy we have, the harder it is to be calm mentally and physically. Fasting will produce an altered state of consciousness that allows us to experience our reality in a different way.

Fasting and other ritual observances are generally called rites of purification. The concept of purification is pretty straightforward, as the objective is to arrive at our “pure” self in order to proceed with the higher ceremony. We purify or refine ourselves to
eliminate things that are not us—substances, thoughts, or mental structures (baggage)—so our own personal connection to the universe can shine through. Other forms of purification involve strenuous exertion and sacrifice. In some rituals, various substances such as herbs, tree resin, tree leaves, grass, and bark are burned, and the smoke is used to purify by forcing any unseen influences to flee. Once you are purified you can make choices and observe your reality and connection to the universe free of these outside influences.

A nice side effect of fasting for religious reasons is the beneficial effects on our internal organs. Allowing the organs to take a break from food digestion is very supportive of their functional strength and longevity. As sleeping allows our body to do regenerative work, fasting allows our digestive organs to clear out the trash and decongest. Fasting is a major ingredient of many health-supporting diets and techniques.

Strong foods that raise our energy levels are generally the types of foods that are restricted during religious events, so that we can slow down, relax, and open up. Think of the effect of high-energy food on our mental and physical states as being similar to heat’s effect on water. Put some water on to boil and watch it. Just turning the flame on doesn’t immediately produce boiling water. The water has to heat up, and then the gas bubbles start forming on the bottom of the pan as the heat excites the molecules of water. Pretty soon you have a roiling boil going. The same happens with our body and mind with the application of strong energy-raising foods. It may take a while at first, depending on our beginning energy pattern, but eventually our body has so much energy built up, we feel like we are going to jump out of our skin, as if bugs were crawling under our skin, or like we can’t sit in one place for too long. Forget about trying to be calm, meditate, pray, or
even think about spiritual things. Our minds react with uncontrollable thoughts and constant internal conversation, by obsessing about every little thing, by constantly flitting from one exciting input to the next—we may even have sudden outbursts of talking to ourselves out loud. The last thing we feel like doing is slowing down and being contemplative.

The vibration aspect of food also affects where our energy and consciousness emanate from, what personality tendencies it carries with it, and whether we gravitate to the material world or the spiritual (for more on this see Chapter Sixteen: Plugging into the Grid). Our body has an energy-routing system with junctions or centers corresponding roughly with the major physical aspects of our body. Each of these centers has a particular vibration and various personality traits associated with it. The major centers are located in the base of the spine, at the groin, the solar plexus (stomach area), the heart, and the throat, between the eyes, and at the top of your head. Eating high-energy foods, especially red meat, cheeses, and salty foods, excites the groin center and releases the personality traits of that area: overactive libido, anger, frustration, violence, and addiction. Those foods resonate with that energy center, accentuating and increasing the energy output there exponentially. Eat those types of foods and engage in those personality traits long enough and your consciousness becomes lodged there, allowing those personality traits to be dominant. Lower-energy foods, such as vegetables and fruit, resonate with “higher” energy centers, allowing the consciousness to travel back “up” the routing system, releasing the personality traits associated with those centers. Once we get up to the solar plexus, we become calmer, find it easier to get along with people and ourselves, and are more apt to be contemplative and “spiritual.” This is what religion is
trying to accomplish by controlling our food intake.

Many religious ceremonies around the world use substances to induce “religious experiences.” These substances cause the body’s energy level to be raised or lowered (depending on the substance) quickly and extremely. This sudden shift in energy produces an altered state in which we experience the world or reality differently than we would normally. (People can have this type of effect on us also. By the sheer influence of their own personal energy pattern and level, certain people can cause our consciousness to shift and make us see life differently.) Many of us do this to ourselves on a daily basis with alcohol or tobacco.

Fasting and the use of certain substances will produce a similar altered state. This state gives us perspective and produces beneficial results, which can assist us in altering the course of our lives. Ingesting food alters our consciousness as well, only much more gradually, so that we don’t usually notice the change. Religious restrictions on food, how it is prepared, how and when it is eaten, and how various types are combined, are meant to help us construct our life the way we want it by eliminating certain food-borne effects on our mind and body.

So what is this altered state religious ceremony is trying to push us toward? It is an inner calm and quietness, a relaxed state, a state of mind and body that can listen and see as opposed to producing noise and action. What is located in that calm and quiet; what are we looking for there? If we take religion all the way back to its shamanistic origins and then trace its growth to modern times, it is clear that we are looking for direction, help, and clarity of mind so we can see our place and purpose in life and our connection to something greater than ourselves. By eliminating the internal noise and the high-
energy need to always be doing something mentally and physically, we can reconnect with who we are, our path in life, and the universe or God.

In my experience the thing we are looking for in a religious experience is simply our lives. We lose sight of our path in life while we are surrounded by other people living their lives, and we get caught up in someone else’s or many others’ paths. All the fasting, meditation, dietary restrictions, substance consumption, and ceremonies, are just our attempts to clear out all the various and confusing parts of other people’s lives and get back to our own. Our own reason for being alive, what we are doing here in this life, is the one pure and enlivening thing we own. Our connection with the stream or flow of our life can cure any disease and solve any problem we have. Staying connected to it is the struggle.

So how is it possible to be alive and yet not live our own life? I’m me when I wake up, I do my thing all day, and then I go to sleep at night. How can I be living a life that’s not mine? Let’s look at a typical day. We get out of bed, go to the bathroom, take care of business, shower, clean up, put on our face, eat breakfast, get in the car, and go to work. We spend most of the day working and then we drop by the market and the bank on the way home, cook an evening meal, watch TV, listen to music, and go to bed. All the things we use in a day to clean ourselves, feed ourselves, transport ourselves, entertain ourselves are someone else’s creations. Working eight-hour days, forty-hour weeks, fifty-two weeks a year; taking on a mortgage, credit card debt, student loans, car payments—these were all someone else’s idea. All those things came from someone else’s mind, someone else’s life. It’s a structure of activities and life paths that were created by someone who went before us.
If we don’t feel good about an aspect of our life, then we are living someone else’s life in that area. Once the majority of our lives are controlled by other people’s ideas, we naturally start feeling bad and insecure about ourselves, because we aren’t living the life we really want to. We start feeling unfulfilled and dissatisfied about the life we are living. The next step is trying to fix that unfulfilled feeling with consumer goods, addictive substances, affairs, plastic surgery, overeating, fast cars, or that self-sufficient, armed compound out in the sticks. Eventually we realize that all the objects and substances in the world won’t fix the problem. That’s when we usually turn to religion or spirituality.

We all are born with the ability to connect to the repository of all the knowledge we need to fulfill ourselves in this life. Whether our purpose in life is to get laid as much as possible or to attain spiritual enlightenment, all we need to do those things is inside us. How do we connect to this knowledge? There are as many ways to do that as there are people in the world. Essentially all we have to do is want to make a change in our life, want to feel better about our life, ask for help from inside or outside ourselves, and take baby steps to follow the information we receive, one step at a time. Having a clear mind and a calm body makes this process much simpler and easier.

The starting place can be as simple as stating what we want out loud to ourselves or as complex as a vision quest or a confession and communion. For me it was vegetarianism and meditation. I was introduced to these foreign ways of life in my early teens by watching the 1970s TV series Kung Fu. These concepts pricked an interest in me, and over the years I received seemingly random doses of ever-increasing information about them. Eventually I started experimenting. In the beginning I did this by just sitting in one place for only five minutes at a time during meditation, and a series of desires for
changes began cropping up, changes in my habits and personality. As I made those changes I became aware of a budding sense of self and center, as if I were building a home inside myself. Each brick I created and laid down made it possible to lay the next brick. Through this process I gradually became more and more “me”—not some amalgamation of other people’s ideas and ways of life. Not only did this process give me purpose while I was going through it, it also helped me see my way, see what was my life and what was not, be OK with my life, and to be OK with everybody else’s.

Changing my diet was the cornerstone for my reconnection to the universe and to myself. By my late teens it was for religious purposes, as I was following a vegetarian sect, but later, as I became aware of the energetic qualities of various foods, I saw how my internal noise and physical calmness were affected by the substances I consumed. I also saw how I could very easily destroy myself through dogma and closed-mindedness—both examples of an over-energized condition.

Religion, meditation, diet change, yoga, vision quests, sweat lodges, chanting, and ingesting mind-altering substances, are all ways to open the door to ourselves and the universe; our own intention or desire for change (conscious or subconscious) is what brings them into our lives. Willpower and self-discipline are what makes us take that first step towards conscious change—and keep us on track. Applying willpower is the process by which we take hold of ourselves and force ourselves to do something a part of us doesn’t really want to do. The size of the energy owned by the part of us that does not want to cooperate plays a huge part in whether we are successful or not. Reducing the size of or changing the vibration frequency of that energy charge can make altering our habits much easier.
Let’s take a common theme in the split-personality version of reality, sex versus chastity, as an example of what I am referring to. In some religious sects, priests are required to abstain from sex. Engaging in sexual activity is generally looked down upon as not spiritual by most religions for one reason or another. Biologically we are all hardwired to have sex for procreation of the species, which makes it pretty hard to resist by willpower alone. It’s like trying to keep a raging river dammed up. The river is going to keep backing up, building more and more pressure, until the inevitable happens: the dam bursts, releasing all that pent-up energy and causing more damage than before the dam was built. The ongoing revelations of sexual predation by Catholic clergymen and the sexual assault charges of various Hindu holy men are good examples of this. If you reduce the flow of the river to a more manageable volume, the dam has a better chance of succeeding in its job of controlling it. It is possible to control and reduce our sex drive by reducing and/or changing the vibration of our energy.

The various religions of the world have built up an arsenal of useful tools that can help us change our lives and heal our body and mind. Again, the most overlooked and underutilized weapon in that arsenal is deciding what food to consume—the one thing we do multiple times a day, every day.
CHAPTER SIX: SEX, DRUGS, AND VIDEO GAMES

There are many activities we engage in that can compromise our energy and health just as much as the food we eat can. Our physical activities use our energy stores, which we must replenish in a timely manner or suffer ill effects to our health. Lack of exercise and a sedentary lifestyle can also negatively impact our health through the buildup of fat and free radicals in our bodies and the weakening of our cardiovascular and immune systems. We must engage in physical activity in order to keep our energy flowing and toxins flushed out. Allowing our energy to pool, stagnate, or build up initiates many physical and mental changes that can eventually lead to compromised health issues.

Our body is always seeking to maintain its comfortable energy level. When too much or too little energy is present, the body seeks out activities or substances to help bring the level back to normal. When we have a lifestyle with little-to-no physical exertion, the avenues of energy dissipation are greatly restricted. Many of us turn to various drugs or to sex to reduce or dissipate our energy. We also engage in many mental avenues of dissipation, usually for recreational purposes. These nonphysical activities, such as watching TV, playing video games, or surfing the net, are generally performed sitting down. Because of our mental engagement with what is presented to us on screen, energy is dissipated. While these nonphysical forms of dissipation are helpful for relaxation and de-stressing, they contribute to our sedentary health issues, because we spend large amounts of time sitting down instead of physically exercising. These avenues of dissipation are useful and work well, but all too often our ignorance of our own energy
causes us to overuse and become addicted to these activities due to the pleasure and relaxation they evoke. As a result we can expose ourselves to low-energy health issues.

If you think about it, three of the most popular activities in our Western civilization today are sex, drug use, and playing video games. Sex has been around for as long as we have, and drug use (recreational drugs, alcohol, tobacco, coffee, etc.) probably began as soon as we started sticking things in our mouths. Video game playing is simply the most recent version of game playing in general—an activity that is not survival related (making money, getting food, a place to live, work, etc.) that we use to pass our free time and relax our minds. These activities are major energy dissipaters used by our body and mind in an attempt to attain our comfortable energy level. (Of course, we think we are doing these things simply for fun, entertainment, to relieve boredom, or for love.)

Over time, we naturally build up energy, which gives us the urge to do and create. In Western culture we generally don’t have to expend all that energy for survival, as life is relatively easy in that respect. Because we have no interesting outlet for that energy (a situation otherwise known as boredom), our body and mind find something that will dissipate the unused energy charge in order to maintain health. The old Christian saying “idle hands are the devil’s workshop” is a very appropriate description of what we tend to do with our excess energy as humans. If we don’t have something constructive to put our energy into, we generally choose some avenue toward self-destruction. The self-destruction starts out as simple pleasure-seeking energy dissipation but usually ends up harmful to ourselves and those around us.

In fact, energy dissipation, and the resultant pleasure, is the cornerstone of our economy. Our Western diet and lifestyle creates so much extra energy that a large
segment of our society and commerce has been created to handle the dissipation and
diversion of it. In addition, our cultural and religious structures are such that we require
rewards for our hard work, and those rewards ultimately create and feed our addictions.
Even our work and school week is set up to support this dynamic: work five days and the
reward is two days off. The workday can be broken down similarly: we work eight hours
and then reward ourselves with an evening out on the town, or by going out to eat,
drinking with friends, having a little marijuana or a snort of cocaine, or having sex with
our significant other. The harder we work, the harder we play, and play always involves
significant energy-dissipating activity. Sometimes the rewards don’t even make us feel
good—for instance, if we haven’t exerted ourselves sufficiently—because we haven’t
earned them.

We naturally seek out pleasure and we naturally keep trying to increase our pleasure.
Why would we stop or self-restrict activities that make us feel good? It’s human nature to
seek out experiences that trigger the pleasure response. The greater the built-up energy
charge and the greater our stress is, the more pleasure we get out of these energy-
dissipating activities. Energy-dissipating activities become unhealthy for us when we
engage in dissipation no matter how much or how little energy we have built up.
Eventually we dissipate our energy to the point that we start feeling poorly, and we start
exhibiting low-energy mental and physical symptoms. At this point we must make the
choice to stop dissipating our energy and allow our body to build it back up to sufficient
health-supporting levels. If we do not, we run the risk of attempting to use the dissipating
action itself as a vehicle to make us feel better, which compounds the problem. It is
similar to trying to shake off a hangover by drinking more alcohol, or shooting up to keep
the pain of withdrawal at bay. The action does make us feel better for an instant, but we quickly sink into dangerously low energy levels, causing severe risks to our mental and physical health. The high-stress and fast-paced Western lifestyle is one of the causes of our health-harming addictions, as it sets up in us a strong desire to engage in energy-dissipating recreational activities.

Sex may be the most commonly used form of pleasure generation, simply because we all are naturally equipped with the necessary tools to engage in it. Human beings are hardwired to have sex, to enjoy sex, and even to have multiple sexual partners in order to perpetuate the species; it’s biology pure and simple. We spend an inordinate amount of time thinking about it, seeking it out, watching it on media outlets, and advertising with it. The problem is we can become addicted to sex, just as with any drug, and just as with these other addictions, religion and the law step in to try to help us control our sexual urges. As a result, sex can become a nasty, dysfunctional loop that can make the whole sexual experience a convoluted, complicated, and ultimately self-destructive mess.

Sexual energy is excess energy. The more excess energy we produce, the stronger the urge to have sex. The lower our energy is, the less sexual urge we have. As a culture, our preoccupation with sex is a result of our physically easy lifestyle, and the available plethora of high-energy input. In addition, if we surround ourselves with sexual content—which anybody who lives in the Western culture does by default through the various media outlets—we become mentally trained to use all of our energy, not just the excess, for sexual activity. Eventually the energy we need for basic bodily functions is compromised, and the resulting low-energy condition impacts our health and personality negatively.
We tend to express or dissipate our high energy level in ways associated with where our consciousness resides and how we have been trained to express it. If our consciousness resides in our heart we dissipate it through acts of charity, kindness, and love; if it’s in our groin, through sexual activities (see Chapter Sixteen: Plugging into the Grid for more on this topic). This is a particularly problematic situation in the United States, as our Christian puritanical background has codified a very restricted number of legal and socially acceptable outlets for this energy. Our religions tend to frown on sex and try to force it to be between married couples only. Our government restricts it even further by passing laws prohibiting multiple spouses and prostitution. Adultery is frowned on and can be financially prohibitive through divorce and child-support laws. Social mores discourage masturbation, same-sex partners, teen sex, and teen pregnancy. Many other cultures around the world don’t place so many restrictions on sex, and as a result do not suffer from the many personal and social problems caused by pent-up sexual energy.

Have you ever noticed how much attention is paid during political campaigns to who is sleeping with whom? Why does it matter so much to us? Are we simply animals, sniffing one another’s genitals in greeting like dogs? Is that all we really care about? Why can’t we simply accept our sexual nature and move on to more important issues? The sensational, media-generated gauntlet that all prospective national leaders must navigate effectively eliminates the possibility of strong leaders attaining and remaining in high office. Due to the generally accepted moral standards of marriage and male-female relationships, many politicians are compelled to lie about their sexual activities and keep them hidden from public view, resulting in the typical scandals that lead to their public
disgrace when exposed. Alpha personality types are generally philanderers, adulterers, and substance abusers—natural traits of one with a very high energy level. The sensationalism around sex has somehow been translated to mean that a person is not worthy of political office if he or she deviates from the current sexual mores, when in fact almost all the great leaders of the past have had this personality trait. Some part of us, individually and socially, understands the importance of sexual energy, even though we don’t typically think about using it in any other way than having sex. Subconsciously we recognize the need to control this energy, using guilt in most cases, in order to direct it into more constructive uses, rather than simple dissipation for personal gratification. Elected officials, and the scrutiny they undergo, are the perfect manifestation of this scenario, due to the fact that they are elected to help us build the society we want to live in, and we want to make sure they use their energy for that purpose.

The sexual urge continues to build with every bite of food or bit of energy input. The sexual energy centers (see explanation of chakras in Chapter Sixteen: Plugging into the Grid) are different in males and females, and this difference produces many of the conflicts associated with sexual activity. A man’s sexual urge typically emanates from the energy center associated with survival and basic instinct, whereas a woman’s typically comes from the center associated with experiential emotions. So for a man sexual intercourse is like eating, consuming something that is hungered for—it has to be done to survive and is enjoyed for the sheer satiation of that hunger. Going without sex has actual negative, physical impacts on men. These include prostate and heart problems, general over-energized symptoms, anger, impatience, violence, and lack of compassion or empathy.
Of course, a man knows nothing about where a woman’s sexual energy comes from; he doesn’t care about that. He is ultimately only interested in satiating his hunger, whereas a woman wants to have the emotionally supportive experience she needs. These two very different physical and emotional needs can create misunderstanding and conflict. For an analogy, visualize fasting for several days with nothing but water to drink, and then walking into a banquet room with all of your favorite foods laid out before you. (Your hunger represents your urge to have sex, and the food represents the body of the person you want to have sex with.) But before you can eat—and remember, you are really, really hungry—you have to carry on a conversation with the people who cooked the food and laid it out for you. You have to convince them to let you eat it. It’s their food, they prepared it, and they are not giving it away unless you can talk them into it and give them the experience they want. They put great effort into preparing and presenting the food in an enticing display, and they want some recognition and acknowledgment. Now, not only do you have this pulsing hunger running throughout your body, you have to muster the self-control to beat back your urge to just take the food. You also have to think and use your reasoning capabilities to create some kind of emotional content in order to give the cooks the experience they are looking for and not upset their sensibilities, which would completely spoil your chances of getting the food you so desperately need.

From the standpoint strictly of energy, the opposite sex represents an object that will satisfy our physical and mental needs for energy dissipation. Objectifying the opposite sex is not a mental or personality problem—it’s simple biology. Sex is food that satisfies a certain type of hunger or need. Anything outside of our body is by definition an object.
Sex as food is going to be an external object that a person will seek out to suit his or her own energetic needs. The physical act of coupling is what we consume. Everything else, when it’s all said and done, is window dressing—something we have to get through to get to what we really want.

Typically, during sex women experience something far different and much more complicated than men typically do. The total sexual experience is to be enjoyed and savored. The better the stage is set, the better the experience. Romance is an essential part of sex, akin to wrapping the experience in a package and then savoring the unwrapping. Going without sex can produce negative physical effects in women also (similar over-energized symptoms, such as a general tightening effect on the body and organs as a whole, dehydration, high blood pressure, irritability, low patience, anger and violence), but in general, they are far less pronounced simply because of the turbo-charging effects of the higher testosterone levels in men. This results in a greater propensity for high-energy-level problems. Testosterone is not completely absent from women, and there are women who have unusually high testosterone levels and experience sexual hunger as a man does—it’s just a somewhat rarer phenomenon in women.

The spark of life that sperm carry is the concentrated life force—personal power, if you will—of the male, and it is ejected out of the body. As long as it stays inside the body, that energy continues to build up. Males are naturally attracted to high-energy foods in order to support the loss of energy through sex. Males’ generally more intense energy vibration is set up by this buildup and ejection or dissipation dynamic. Women experience this effect also, but to a much lesser degree, since very little actually leaves their body. Orgasm by itself is an energy dissipater due to physical exertion and its
physiological effects. However, ejaculation of sperm is an example of pure energy actually physically exiting the body. A male’s body and mind are constructed to be ready for sexual activity, as well as the resultant extreme draw on energy stores. This is why males are generally heavier meat eaters and look down on other foods. Even if there is no sexual activity, males are drawn to the supercharging energy effects of meat. Due to simple biological needs, males require a high energy charge in order to feel content, to feel good about themselves, and to feel as if they are prepared, down to the cellular level, to handle the inevitable energy drain and to perform their biological function. This need to maintain an overabundance of energy (and the resultant high-energy personality traits) can be seen in all forms of male activity, from the personal up to national levels.

Bearing in mind the pitfalls of talking in generalities, male and female energies have their respective functions and places in the big picture. The Hindu gods Brahma, Vishnu, and Shiva represent this concept perfectly: the creator, the sustainer, and the destroyer. Life takes all three forms of energy—creating, sustaining, and destroying—to work. (Remember the three types of food energy discussed earlier: raising, sustaining, and reducing.) We humans have the capacity for all three. As males tend to be more energetic and crave the types of material input that can lead to the mental capacity to kill and destroy (i.e., the over-energized conditions of low empathy, low compassion, closed-mindedness, violence, and anti-social behavior in general), they generally do the bulk of the destroying necessary for new life and new ideas to take root and blossom. Clear out the old and bring in the new. If we couldn’t kill, we wouldn’t eat. (Even vegetarians and vegans have to kill, as vegetables, grains, and fruits are alive.) If there was no death, there probably would not be any room left to live on the planet by now. On the other hand,
females tend to crave the material input (lower-energy foods that support a calm, empathic, and compassionate mental state) that creates nurturing, protective, and nesting energy, so that life can be created within them, be protected, provided for, and brought to term. That is no small thing. Imagine knowing a parasite is growing inside you for nine months, forcing your body to go through all kinds of wild transformations. It takes a certain kind of energy to be able to go through that. When a male and a female come together, they create the sustaining force that allows life to grow and mature to fruition. Without all three forces, the life cycle would break down.

Sexual energy is going to be expressed. It’s an irresistible force. It’s a river that will not be permanently dammed. The flow can be reduced or diverted, but it will be heard. With a little education we can learn to reduce the amount of energy that feeds those sexual urges and reduce the flow to a more manageable level, thereby reducing the addictive, irresistible qualities of sex. Think of it as the difference between handling a garden hose and a fire hose on full blast. That fire hose can cause some serious damage if you lose control of it. We can also learn to move the bulk of that energy to a different energy center, and in this way reduce the need to express that energy sexually and even use it for activities other than sex.

But why would we want to control sex and divert energy away from it? Sex is great! Sex is a beautiful and enjoyable act. However, we can easily overindulge, and it can become a destructive addiction just as with any drug. And like any other addiction, sexual addiction takes our energy away from other aspects of our lives and eventually causes our reality to start breaking down and fading away—relationships, work, family, and our health. There is a pattern to civilization that can be observed throughout history around
this phenomenon. As civilizations grow and become more established and successful, they tend to produce increasing amounts of excess energy, which eventually get expressed through the sexual energy centers. This leads to dissipated, luxury- and excess-oriented lifestyles and then, due to the resultant overly weakened state (or simply internal, popular outrage), a disruption, fall, or takeover by a more virile, “righteous” group, foreign or domestic. This pattern is discernable on a national and an individual scale. Several examples include the situation leading up to the French Revolution (the corrupt lifestyle of the French aristocracy in particular), the many upheavals of the Muslim caliphates (a religious-based civilization that suffered through many restarts due to corrupt rulers being overthrown by their more severe and pious subjects), and the Roman Empire’s repeated excess purges and civil wars.

Sex is the thermonuclear device of energy reduction, modifying and mitigating our physical energy, relaxing us, and altering our personality. Nothing else comes close. Used judiciously, sex can keep our energy at an appropriate level, thereby supporting the overall condition of our health. It can even be used as a cure for many health issues associated with an over-energized system. Care must be taken when using it in this way, however, as the initial negative impact from overuse will be a depressed immune system. Sex has the same general energy-lowering effects on both men and women, but they are not as great in women due to the lack of sperm ejection. It is generally much easier for a woman to recover from sex, from an energy point of view, than a man. But of course this depends on the original, comparative starting energy levels. We must take care to replace the huge energy loss in order to maintain our internal systems, and our reality in general, during periods of high sexual activity.
Prolonged sexual activity uses up our stored energy first, and then forces us to eat heavier and more energetic foods to supply the necessary energy to maintain performance. These foods generally vibrate in the lower energy centers, and contribute to our consciousness moving to and emanating from the sexual centers. Over a period of time our consciousness can become lodged in these centers and can result in sex addiction. We literally become sex. Our self-worth becomes closely associated with sexual performance, and we have to have sex often. In extreme cases violence, and eventually sadomasochism, bondage, choking, drugs, and killing become involved, due to the associated emotions and personality traits of the sexual energy center through which the bulk of our energy is now moving. Because of these dangers, religion and government try to insert themselves into our sexual lives. Sexual energy ultimately becomes destructive and hard to control when given free reign.

It is in a government’s best interest to try to control sexual energy. The cyclical nature of sexual energy use and expression can be traced through our Western cultural history. The emergence of extremely restrictive forms of Christianity, especially Protestantism, which enforced very strict controls on sexual activity and at the same time presented alternative ways to use that sexual energy, resulted in the economically successful form of civilization we have today. It was no small coincidence that capitalism originated at roughly the same time as Protestantism. All that sexual energy was redirected into hard work in service to God, moneymaking, and nation building. The cycle runs its full course when those restrictions on sexual expression begin to break down over time. Our increasingly successful and sedentary lifestyles allow sexual energy to build to unmanageable levels, eventually forcing the watering down of the restrictions
on its use and expression. More and more people become preoccupied with and addicted to sex as it becomes increasingly accessible. As with our bodies, our society eventually begins to break down and malfunction. Drug use, violence, and unstable mental conditions become commonplace due to the flip-flopping between the low-energy condition caused by the dissipating activities and the high energy level our body attempts to balance it with. The only solution for individuals and society as a whole is to redirect that energy to higher energy centers and express it in works of service and support to ourselves, our family, and society.

Another good example of how this redirection of sexual energy plays out can be seen in the fact that the greatest nation on Earth (as evidenced by the fact that people from virtually all nations try to gain entry to it and many look to it for protection from aggressors), the creator of the standard of living craved by all, the generator of the largest amount of wealth in recorded history, is also the country with arguably the most restrictive laws and morals concerning sexual activity. This restriction of sexual expression in the United States has also allowed us to be bigoted, genocidal maniacs at times (as seen in our past treatment of one another). Pent-up energy has to be expressed. We can dissipate it with sex or substance abuse, use it for constructive activities, or use it for violence, killing, and other destructive endeavors. Regular flushing of our excess energy stores through physical exertion or dissipating activities is imperative to maintaining our health and desired personality. How we choose to do that is a critical factor in determining the condition of our health. On many levels, from personal on up to national, we can choose the method of energy flushing on our own terms, or the greater
universal “body” will take action to balance the energy charge through outside actions, what we call accidents, war, acts of God, and natural disasters.

Our excess energy does not have to be expressed sexually. We can express it in other ways, but we have to pay attention to where our energy and consciousness are lodged and keep them from being dragged down to those lower energy centers for too long. If our energy and consciousness become lodged in those lower centers, there is no way we can resist the sexual and related emotional expressions through willpower alone. Our sexual urges and their resultant expressions are by nature a relentless, never-ending pressure that we will succumb to. Eating energy-reducing foods and hard physical labor or exercise will reduce the sexual urge and help us to better manage our sexual pleasures. Alcohol, recreational drugs, caffeine, sweeteners, cold weather, wet weather, and living in mountainous regions will also reduce this energy.

Alcohol is the next best thing to sex—or at least the most socially acceptable—when it comes to dissipating excess energy. Alcohol and drugs are decent replacements when you can’t get the real thing, but the negative medical modifiers they carry degrade our body and mind to a far greater extent than sex. With alcohol and drugs, we burn our existence up from both ends at once—we deplete our energy and depress our immune system while introducing substances that degrade and kill our organs, blood, and tissue.

Substances that will greatly reduce our energy and alter our perception of reality have always been available. Drug use is a natural human response to the type of society we live in and our need for energy reduction. In our Western culture we are expected to work to the point of self-destruction in order to attain and maintain a high standard of living, which in turn supports our ever-expanding economic juggernaut. As a result, over-
energized conditions are common and stress levels are generally very high. Additionally, we are expected to handle this stress and work well with others at the same time. We as individuals are energy generators. We give energy to people, as like eating food does. The more people there are in a given area, the higher the ambient energy level will be and, as a result, the higher our individual energy levels will be. Highly populated urban areas will naturally have a higher propensity for high-energy issues such as stress, anger, and violence.

Taking drugs is a de-stressing activity; it reduces our energy charge while producing relaxation and pleasure. We become stressed while dealing with others, trying to meet deadlines, worrying about paying bills, providing for our kids, and so on. Energy and tension can build up to very high, health-damaging levels. Recreational drugs are medicinal, as they relieve stress and energy buildup, and relax and calm the mind, allowing us to alter our perceptions. Drug use is a form of self-help and self-medication. The problems begin when we use them to the point of self-destruction by not sufficiently replenishing the energy that they dissipate. Drug use would not be anywhere near as harmful if it weren’t for the fact that we generally don’t eat enough high-quality foods to counterbalance their energy-lowering effects. We can get so enamored with the drug’s effects that we replace eating with drug use.

Drug abuse will also steer us away from interacting with other people. We can eventually even enter into the substance’s own reality. Every drug has a unique reality it exists in, its own energy pattern that we take inside ourselves. The more of our energy and attention we put into the use of a particular substance, the more of its reality we take on as our own. We become what we eat, smoke, snort, inject, or pop. Just as we have
positive and negative aspects of our personality, so too are there positive and negative aspects of the drug’s reality, or personality if you will. The negative aspects of drugs are generally the same: we experience slow physical and mental dissipation and degradation through low-energy effects on our health, withdrawal from society, and ultimately the breakdown and death of our reality. As long as we eat and take breaks from drug use to allow our own reality to gain its strength back, we can maintain our health and reality while we use recreational drugs.

Prolonged physical inaction through our sedentary forms of work and mental forms of recreational energy dissipation will also eventually cause damage to our health. Our physical energy will become stagnant if we sit around for long periods of time. We can divert our energy through mental activities, which result in some energy dissipation but create an effect of pooling or collecting the “leftover” energy in the physical body. The mind and body dissipate different aspects of our energy. As discussed earlier, primary energy is absorbed through the roof of the mouth and distributed throughout the body by our energy grid. This energy is what we use when we exert ourselves mentally. Secondary energy is produced through the burning or digestion of the physical aspects of our food and is used by our body to act. The dissipation of either energy aspect will create in us a feeling of tiredness or having low energy. However, the exclusive use of the mind as the avenue of dissipation will result in a pooling of stored energy, which builds up as a ball of energy in our gut, as fat, and various degenerative physical symptoms. This pool of stored energy is very similar to a pool of stagnant water: harmful things begin to grow, toxic wastes begin to accumulate, and trash starts collecting. If we are to
maintain optimum health, our energy must be kept flowing, like a river, periodically used up (physically), and replenished.

The negative effects of energy pooling occur when we keep eating as if we are still as physically active as we used to be. Various forms of advertising, especially TV commercials, contribute greatly to this effect by presenting high-energy foods to us in our own homes and enticing our minds to eat them even when our bodies don’t need the energy. All that extra, unused energy has no outlet, so the body stores it. For example, in our youth we might have a job that required heavy physical labor. We learned to eat a certain way to replace the energy we put out in doing this type of labor. As we advance in age, our job responsibilities may include more managerial duties. Now most of our day is spent working with our mind at a desk, yet our diet stays the same. We get tired as our energy gets dissipated from all the mental stress and strain, but we begin to put on weight from lack of physical exertion. The advent of an office workday during which we sit for eight hours and the rise of TVs, computers, and video games have created many avenues for mental energy dissipation and a respective increase in the negative effects of stagnant physical energy. These negative effects take the form of degenerative diseases and disorders such as cancer; heart and lung disease; various cardiovascular problems such as hardening of the arteries, high blood pressure, high cholesterol, and arterial plaque buildup; irritable bowel syndrome; and especially kidney and liver exhaustion.

The various forms of electronic recreation we engage in contribute enormously to these health-damaging effects. They also train us to think and have expectations about life as represented on-screen. What we see on the screen is not what actually happens between real people, as we all are completely unpredictable, and electronic input is all
scripted. Interacting with people is the reason we are here in life, and it’s our sheer unpredictability that makes life interesting at all. TV and video games are a diversion, playing games within a game (from the standpoint that life is a game). They are an interesting mirror of what is going on in the greater matrix of life. We buy a game made by someone else, with set rules and parameters for success or failure, and then experience the game. Even in the video game, what is it we remember the most? Running through the virtual landscape, sneaking through the castles and dungeons? It’s the people we are playing with and the interactions we have with them that are most remembered and enjoyed.

In order to play these games we have to sit in one place for long periods of time. Sitting in a chair for four hours or more has been shown to cause a host of cardiovascular changes in the body. Similar to other addictions, addiction to these electronic forms of energy dissipation cause physical and mental health issues, largely due to the way they cause us to alter the way we eat. Initially we begin consuming increasing amounts of fast food and junk food to enable more screen time. Eventually we may replace eating with caffeine, tobacco, and other nutritionally empty energizers.

Energy has to be trained to be used in a certain way or to be lodged in a certain center. Generally, we are subconsciously trained to use our energy through the food we eat, activities, and the various people, places, and things we come into contact with through our local environment. We have the option to consciously choose how our energy is trained and what energy center we want it to emanate from. We can train it to go into dissipating activities such as watching TV, using drugs, having sex, and playing video games; or guide it into reality-building activities such as meditation, exercise,
building our own home, getting to know our neighbors, volunteering to take part in urban renewal, taking an active role in government—or choose some combination of the dissipation and building aspects.

If we continually dissipate our energy through sex, drug use, and strictly mental exertion (physical inaction), we are contributing to our own reality’s destruction or at least creating a very apathetic version. These activities force us to eat foods of increasingly higher energy, train our energy to be expressed in self-destructive ways, and isolate us from our family and friends, with the resultant negative health and personality changes.
CHAPTER SEVEN: QUALITY AND QUANTITY

I have found that a great many of our food-related health problems are directly linked to how much we eat. Prosperous societies and cultures eat more food because the evolution of human society naturally leads us to overconsume at some point. Over how many thousands of years did societies struggle just to get enough to eat? That struggle is embedded in our subconscious, our genes. Food is still, on some level, the number-one concern, constantly drawing us to consume. Although, in most societies today, getting enough food is not the constant struggle it once was, our subconscious is still programmed as if it were.

Scientists tell us we need to consume a certain quantity of calories in a day to survive and do well, and have set a standard caloric intake per day to attain that. As an avid *National Geographic* reader when I was younger, I noticed many societies around the world living and going about their daily lives consuming far less food per day than the amount deemed necessary for human survival in the West. Not only that, but these cultures also had far fewer instances of degenerative diseases, heart problems, and cancer. These cultures also based their diets on just a few staple foods, meaning the bulk of their food intake was limited to two or three main items. Examples of staple food groups used by cultures around the world are beans, corn tortillas, and peppers; lentils and rice; rice, fish, and vegetables; wheat, beef, and vegetables; chickpeas, sesame seeds, and wheat; beans, squash, and corn; and taro, yams, and pork.

Overconsumption of food can harm us in several ways. Initially the basic energy supplied by all this food is more than the body needs, so it has to get rid of it or store it.
Excessive energy expressed as fat is directly related to a host of well-documented health problems, including diabetes, heart disease, and circulatory problems. Our internal organs become exhausted by processing the continuous intake of food, and they age faster, break down, and fail.

The body’s preferred method of excess energy removal is to simply burn it off. We become hyper, more energetic, and have an uncontrollable urge to exert ourselves more than usual, while our minds race away, lining up more to do and figuring out how to do it efficiently. Eventually we start hurting ourselves. Accidents happen, we blunder about with so much energy we lose our discretion, nor can we muster the patience to weigh alternatives or put up with other people’s way of doing things.

If the body can’t get rid of energy fast enough, our immune system will be affected adversely, which opens the body up to certain types of infection. Eventually our internal organs start malfunctioning and become damaged. Extreme amounts of energy will cause the mind to move very fast and make it very hard to control or focus, eventually causing it to run out of control and get “lost.”

All these problems can be reduced or eliminated with a simple reduction in the amount of food we consume. Stop eating for entertainment. Stop eating before you are overly full. Find a few staple foods that can support your energy needs and keep you feeling good and leave the rest for special occasions. Don’t eat to relieve boredom; instead, read a book, exercise, go for a drive or a ride. By doing heavy work or exercising you will naturally burn off more energy than you will sitting at a desk.

The differences between junk food, fast food, and staple food can be defined with the term “quality” as it relates to the food we eat. A staple food product is not going to be
something like a junk food pastry or a bag of chips. A staple food is going to be something that we could eat nothing but for a long period of time and still feel good and stay healthy. Until you get to the place where you can sense what foods will support you, a good rule of thumb to help you find staple foods is to ask yourself this one question: Were people eating it two hundred years ago? Back before sugary snack foods, before soda pop, before processed and prepackaged food, even before fast food, there were staples. In a grocery store, staples are easily found: they are in the fruit and vegetable section, the meat and seafood counter, the dairy cases, the bean and pasta aisle, and the bread shelves.

However, there is one inescapable fact we are going to have to confront at some point while trying to find a diet that will support us: we will have to learn to cook. Canned, prepackaged, or frozen food is OK, but it will not support us for the long haul in the way staples that we prepare or cook from raw ingredients will. The highest-quality foods, and therefore the foods that will best support each individual’s health, will always be self- or family-prepared food, intuitively and consciously custom-tailored for the energy needs and tastes of the individual from staple food products. No two people are exactly alike in their dietary needs. Husband and wife will need different foods; children and parents will need different foods; and whole cultures will as well.

People who are hypersensitive to food can even more precisely define what high-quality foods are. Some people have such a heightened awareness of the energy they consume that they can differentiate between the food energy and the energy the food picks up on the way from farm to mouth. Who prepares the food affects the quality just as much as how the food was raised or grown. If someone is angry while cooking, that anger
energy will be transferred to the food. My first experience with this was while eating at a local restaurant I visited often. The family I was working for at the time had a favorite restaurant, and we would go every Friday for our evening meal. After a while, we realized that the family got into angry arguments in the car on the way home after every outing at that restaurant. A few weeks later during a conversation with one of the waitresses, we found out that the cook had constant knockdown, drag-out fights with his wife and often came to work angry.

Restaurant food, fast food, and junk food as a whole are not going to be as high in quality as what we can cook for ourselves. Restaurants and fast-food outlets are not required to list the ingredients of the foods they serve. The junk-food industry is required to list ingredients, but loopholes in the labeling laws allow them to hide certain ingredients behind others and simply not list them in some cases. The restaurant and fast-food and junk-food industries are in the same spot as the prepared food industry, as their food has to taste really good and be exciting, or they will be out of business. In order to attract people to pay money for their products, these industries have to come up with ways to make the same basic foodstuffs that we can all buy in the grocery store taste better than what we can cook at home. At the same time, those products have to be more convenient for us than making food ourselves. In order to accomplish these goals, these industries use low-quality, health-harming additives and taste enhancers; in addition to the fast-paced cooking techniques, and the profit oriented, stressful energy environment they cultivate to produce food on an industrial scale.

It’s doubtful that anybody has ever set out to create a food product to be sold in stores or served in a restaurant with the intention of harming people. The simple fact that
people have to come back to buy more in order for the producer to make money mitigates that possibility. So how did we get where we are today with all these health-harming food products on the market? The answer is found in two words: profit and convenience.

Food manufacturers or producers will come up with new and cheaper substances and processes (that haven’t been properly tested for their impact on our health) in order to maximize profits and will resist letting any government body test them or even know about them in order to maintain secrecy and protect their market share. Food processors’ main selling tool is convenience. They take staple food products, break them down, and recombine them in a form that can be served up in a fraction of the time at home or in a fast-food restaurant, or will last for months on the store shelf. The drawbacks to this processing of staples is the resulting lack of flavor and reduced nutrients in the end product, as much of what gave the original staple food its flavor and nutrients is lost during the processing. Now you have to add things to get the product back up to tasting and looking good enough to eat, and fortify it with vitamins and minerals. Processors will also engineer food products, adding highly refined and specialized ingredients, to produce a taste and texture that will abnormally attract consumers to eat their product over and over again. Consumers will try these new products, hoping to get the same results at the dinner table and in their stomachs as with a home cooked meal from scratch, without the hours in the kitchen. Wouldn’t you rather drop by a convenience store and pick up a drink and a baggie of food than spend an hour or two cooking? Who wouldn’t?

Looking back at the recent past in the United States, we can see how we fell into these bad eating habits as a society. During World War II the traditional food preparers, women, went to work building war matériel while the men were overseas fighting. After
the war, many women, for various reasons and to a greater or lesser degree, stayed on in the workforce. A whole new market was created that required fast-cooking and easy-to-prepare meals so that the woman of the house could work but still continue her traditional role of food preparer. Convenience foods were born, as were convenience stores, and fast food. Preservatives, taste enhancers, texture and pH modifiers, coloring agents, artificial sweeteners, and a host of processes and ingredients were created to satisfy the need for speed, taste, and ease of preparation.

Convenience food is in and of itself a great concept. Producing and preparing food used to be a full-time job. Today we have no concept of the many hours it took every single day to gather, process, cook, and serve three meals a day. Even if we just take one step back, and cook our own food, it is still much easier than just a few generations ago when most of us had to grow and raise the greater bulk of the food we ate. Now we can get everything we need to eat at one store, and it’s all ready to cook. No more slaughtering animals, plucking feathers, curing meat, shucking corn, hulling peas, canning vegetables, making jellies, baking bread; just pop a prepackaged meal into the oven or microwave and a few minutes later it is ready to eat. The concept of convenience has completely transformed our lives in a very short period of time, and few would want to revert to what has gone before. We just have to figure out how to keep convenience healthy.

Over the decades since WWII, we gradually lost sight of the traditionally prepared foods that these new versions replaced. It was during the 1980s that we made the conceptual transition to embrace these new quick foods as staples. One of the defining moments of that decade was the declaration during the administration of President
Ronald Reagan that ketchup could be considered a vegetable on school-lunch menus. We are now paying the price for that transition.

Profit and convenience have converged to produce health-harming foods several times in this country’s past, most notably during the early 1900s. The industrialization of meatpacking plants in the late 1800s brought about an ever-increasing disregard for the health of the consumer. Driven by the greed and ignorance of the plant owners and livestock producers, profits became more important than producing a healthy, safe product. Following the public outcry after the publication of Upton Sinclair’s book *The Jungle*, in 1906, which depicted the conditions and practices in these plants, new laws were passed, and the Food and Drug Administration was created to protect the public.

During this same time America experienced its first sustained health-food movement. This period witnessed the founding and gradual rise of the Seventh-Day Adventists. A Christian sect that promoted vegetarianism and the abstinence from tobacco and alcohol, the Seventh-Day Adventists Church had a long-lasting influence on American life in general and how we looked at food in particular. One of the founders of the movement, Ellen G. White, wrote prolifically on the subject of diet and health. Her works influenced others such as John Harvey Kellogg of Battle Creek, Michigan fame, and Jethro Kloss. Kellogg experimented with many kinds of foods, attempting to create healthy alternatives to the meat-based diet. He invented whole-grain breakfast cereal as a substitute for the upper class’s eggs and meat and the lower class’s grain gruel, greatly expanding America’s embryonic health-food industry. Jethro Kloss built and operated health-food manufacturing plants and opened health-food stores during the early 1900s. In 1939 he published *Back to Eden*, which promoted vegetarianism, natural healing
techniques, and introduced Americans to soy foods as a meat substitute. *Back to Eden* experienced wide popularity during the alternative movements of the 1960s and inspired many to seek a healthier way of life.

The alternative movement of the 1960s created a new and improved health food industry all over the Western world. The growing popularity and emerging profitability of the health- and organic-food industries in the 1990s attracted the interest of the behemoth mass-market food conglomerates and manufacturers. The merging of the two worlds produced the current natural-foods industry with good and bad results. The upside is that moderately more healthful food products are available in more locations and at slightly cheaper prices. The downside is that health food is a little less healthy, and all those idealistic health- and organic-food producers, who actually live and eat the way they preach, have to compete with the mass-market manufacturers who care only about their bottom line. Slowly but surely many successful health-food producers are getting bought out by the mass-market industry, resulting in altered recipes and the use of cheaper and less healthful ingredients.

Because the National Organic Standards that govern the organic industry were initially written for smaller, largely family-owned organic farms, they had to be changed in order for large factory operations to be able to turn a profit and keep up with demand. As a result, the organic standards were watered down, which resulted in a lowering of the quality of many foods labeled as organic.

A new service industry was born to help mass-market food manufacturers clean up their ingredient lists and make them more “natural.” For example, “organic seaweed extract” became the new name for MSG (monosodium glutamate)—all perfectly legal, as
MSG is in fact a seaweed extract. Cane sugar was camouflaged with the moniker “organic dehydrated cane juice.” It sounds all-natural and unrefined, but it still has all the same damaging effects as old-school refined sugar.

The true heart of health food is in its quality, its effect on the body and mind after we eat it—not in how natural its ingredients sound or how much profit we can squeeze out while manipulating the rules. We can hide damaging ingredients by doing this, which is acceptable to those who don’t really care what they eat or those who eat with their minds only, but we can’t hide the effects of those ingredients and processes from someone who listens to his or her body.

So how do we pick out healthful whole foods that will build us up and not tear us down if we can’t really trust an ingredient label or the manufacturers? The same way we pick out a mate, a friend, a pet, or a piece of clothing—it makes us feel good, even before we consume it. Now normally we are not going to want to eat our mate, friends, or pets, but we do consume or absorb their energy, and that energy is what attracted us to them. Everything has an energy vibration that attracts, repels, or is neutral to us. If a substance, person, place, or thing is harmful to us, we will feel that before we get too close. The trick is training ourselves to properly interpret those subtle feelings, and to respond by avoiding the offending experience. The more we listen, the more we will hear.

Our individual internal organs can communicate their approval or disapproval of an impending meal if we learn to hear what they are saying. Noticing a twinge here or a cramp there while you are picking out a meal, or sitting down to one, will go a long way to making yourself more comfortable with the food you eat. That concept is not so very bizarre if you think of the reactions we have to the sight of certain things, food included:
involuntary shudders, twitches, revulsion, and elation. Is it so weird that our organs would react as well? We’ve all, to some extent, experienced this phenomenon and acted upon it. Have you ever been around someone who gave you the heebie-jeebies, who you subsequently avoided at all costs? Similarly, we can make a decision to eat a food or not based on nothing more than how it looks or feels. Our body as a whole, down to our individual internal organs, interacts with environmental substances, including our food, visually and on an energetic level, sensing the compatibility of that substance even before we ingest it. Why do some people like certain foods, while others dislike them? We brush it off as just differences in tastes, but our tastes are governed by what our body needs. Something looks, tastes, and feels good until our body has enough of it.

Another way to look at this phenomenon is by observing food products on the shelf in a grocery store. Take any category of food and look at the wide variety of brands and forms of the same basic food product all lined up next to one another. Obviously enough people buy each item in order for it to remain slotted on the shelf for sale. If an item didn’t sell, the store would remove it and replace it with one that does. How many different types and brands of pasta, for example, are sitting there right next to one another? What determines our individual choice of one brand or form over another? Taste is part of our choice but not the whole reason. The complete energy vibration of everything that went into that product, from planting or conception to processing, speaks to our body before we even eat it. We simply pick out the one that fits. All the time, effort, and cash spent on packaging and marketing a product only serves to get the consumer to pick up a package the first time. Once it gets in our mouths, how it makes us feel determines whether we keep buying it. (Some foods trick us by causing our body to
release certain chemicals that make us feel good, or excite or comfort the mind in the short term, but they may not necessarily be good for us in the long run. Since most of these types of foods reduce our energy stores, their low quality and debilitating effects will eventually become evident as they will make us feel poorly.)

Once we have picked out food we want to try, we now have to cook it. This presents yet another way we can add to or subtract from the quality of our food. Everything that the food we eat comes into contact with adds to the energy-, medical-, and nutritive-modifiers inherent in that food. Cooking with different energy sources affects the food by infusing the food with its particular energy frequency. Each of the different forms of cooking (solar, wood, gas, electric, microwave) produces a type of energy that gets absorbed by the food and transferred to our body and mind. Food always tastes better somehow cooked over a wood fire. Gas and electric cooking add more raw energy to our foods than wood or solar cooking, but nothing particularly negative, at least not in the short term. Whereas solar and wood cooking add a vibrant, new, or young-feeling energy, the energy from gas and electric is noticeably not the same. Microwave cooking is the only method that I have experienced a negative impact from. Its cooking method is opposite to all the others: microwaves cook from the inside out, as opposed to heating the outside first as with all the other forms. That process transfers much more energy from the microwave to the consumer, and it destroys any life and many vitamins, enzymes, and minerals in the food that may not have been affected by other forms of cooking or light heating. This high-energy transfer contributes greatly to over-energized-type physical and mental problems and organ exhaustion.
The various containers we use to cook and serve our food can also add harmful medical modifiers. Aluminum pots, nonstick pans, and plastic spatulas, plastic microwave containers, baby bottles, plates, cups, and utensils will all transfer their particles to our food by contact. The transfer process is greatly accelerated with the addition of heat.

If we back up a bit to the planting or birthing of our food, we can trace many varying pathways and energy inputs that eventually affect the quality of our food. All of our food begins on a farm, whether in a backyard garden, a small family-run farm, a huge truck farm, the family pasture, or corporate feedlots. The vast majority of the food produced today utilizes petrochemical fertilizers and pesticides, because the ground, which usually has been farmed in this manner for decades, is a sterile wasteland that cannot produce a crop to maturity without them. (This is analogous to the human body, whose use of petrochemical substances has reduced its health and immune system to the point the body can’t fight off infections on its own, so antibiotics are increasingly used for survival.) The low-quality, disruptive energy and negative medical modifiers of this artificial and destructive ecosystem are transferred to the food it grows and eventually to us.

From many parts of the world come myths and folklore about how we humans were created from the earth, formed from clay, and so on. Those stories and myths actually hold a lot of truth. Not only does the food we eat (and are made from) come from the soil, it also transfers the vitamins and trace minerals that we (and the plants themselves) need for growth and survival directly from the environment—sun, soil, air, and water—to us. The vitamins and minerals that are removed from the environment by this process are returned when we produce waste or die and decompose—all of which humans returned to
the soil in past times. In the modern era, we no longer replace those environmental elements and therefore must use petrochemical fertilizers as a substitute to provide the plants the bare minimum elements and nutrition needed to produce a marketable crop. As a result we no longer get everything we need from the food grown and raised this way, because the advent of artificial fertilizers created a break in the cycle of trace-mineral replenishment through waste recycling. We suffer from vitamin and mineral deficiencies and a host of mental and physical ailments caused by the lack thereof. It is no coincidence that the vitamin- and mineral-supplement industry bloomed after the mass use of petrochemical fertilizers began. These trace minerals that we once received from our food have a huge impact on our quality of life, especially as we age. The proper functioning of our minds and bodies depends on these items being available for assimilation when needed.

To be fair, there were valid reasons that agriculture turned to petrochemical fertilizers and pesticides in the first place. After World War II the world’s population boomed, and the food supply was not keeping up. Hundreds of millions were on the brink of starvation due to the inability of local agricultural communities to produce enough crops with traditional growing methods and crop strains. Through the work of Nazareno Strampelli and Norman Borlaug, new, improved hybrid strains of maize, wheat, and rice were developed, along with petrochemical fertilizers and pesticides. First introduced in the 1940s, these improvements were collectively known as the Green Revolution, which greatly improved world crop production. The plentiful availability of food we enjoy in the world today would not be possible without those techniques, processes, and chemicals.
The recent fast-tracking of GMOs (genetically modified organisms), including GM crops and other foods, is another attempt to address the next big jump in world population, expected to reach 9.6 billion by 2050. That’s 2.5 billion more people than the current population, and they all have to be fed with the produce of ever-decreasing arable land. GM crops approved for human consumption, such as soybeans, corn, canola (for oil), sugar-cane, and alfalfa (feed for cattle), have already caused much controversy since their introduction into the food supply chain since the mid-1990s. The main problem with GM foods is our inability to keep them from contaminating non-GM foods. Cross-pollination of crops by wind and insects, and the possibility of escape into the wild of GM animal species make it virtually impossible to ensure the continued viability of at least some non-GMO species. The US government’s seeming support of GMO producers coupled with many consumer claims of health issues caused by GMO foods have given rise to a running battle for the basic right to know what we are eating and that we are not consuming untested, altered genetic material that may cause irrevocable harm.

These facts point to one unavoidable dichotomy: any mass-produced food is going to be of a lower quality and contain more negative medical modifiers than non-mass-produced versions, yet the processes used to mass-produce food were invented for the purpose of feeding more people and fighting off starvation—laudable pursuits. These very processes, however, reduce the energy quality of the food and inject negative medical modifiers while removing positive ones, leaving a product that fights off hunger but leaves the consumer feeling increasingly empty, hollow, and vulnerable.

The majority of our food is grown and raised on massive, monoculture farms and feed-lots, protected, picked, sanitized, and processed using machines and artificial
chemicals, and packaged in petrochemical containers—with nary the warm touch of a human being. As we grow and mature by eating foods produced in this manner, is it any small wonder we treat one another with little compassion, warmth, or concern for quality of life, impressed as we are with the cold, machinelike concern for efficiency, profit, and material wealth through the energy we absorb from these mechanized, spiritless foods?

In order to bring about change in our life and the world around us, we have to start at the beginning of our lives. We began with the energy that constructed us and continues to construct us every day. The cells in our body are completely replaced every seven years. We must seek out the quality of food we want to ingest that fits the type of life we want to lead and the type of consciousness and personality we wish to have. All the energy that goes into the food we eat, from seed to dinner plate, weaves a tapestry that we become part of. What picture do we want to weave?
CHAPTER EIGHT: SLEEP

Sleep has such an obvious impact on our daily energy needs and yet is so overlooked, it truly boggles the mind. When I was young we were forced to go to bed at eight thirty every night. Occasionally we could stay up until nine to watch a movie or TV program if we whined loud and long enough. Today parents who enforce this type of sleep pattern are seen as too restrictive, maybe even abusive. We even avoid sleep by ingesting substances that keep us going. Sleep is commonly seen as a nuisance, something to give in to begrudgingly. What are we missing?

We all can develop poor sleep habits, easily and for various reasons. Maybe we just don’t want to miss a TV show, or we want to finish that last bit of work, or we ate too late or had too much coffee during the day, or we lie awake unable to sleep because our mind is racing with a million thoughts. Our poor sleep habits can start out as simple reactions to various types of stimulating input but can evolve into a real tangled mess.

Primarily we need sleep in various amounts to maintain our energy levels. If we don’t get enough sleep, our health will suffer. It has been my observation that the body is capable of going for long periods of time without sleep with relatively few harmful effects. The mind, however, is much more affected by sleep loss. Each person will need a different amount of sleep for the body and mind’s proper function based on his or her basic energy pattern and use.

Studies based on observations of brain wave and muscle activity have shown that there are basically two types of sleep—REM (rapid eye movement) and non-REM—plus many subcategories. For the purposes of this book I’m going to use the terms “rest” and
“sleep” to differentiate between the two energy replacing qualities of REM and non-REM sleep. Rest (sitting or lying down and relaxing, dozing off for short periods of time), gives you a small amount of top-off energy, whereas sleep (lying down with no conscious activity for long periods of time and entering the dream state) will replace top-off energy, stored, and even deep stored energy. The amount, type, and frequency of sleep will determine the effect of our sleep habits on our health, but a person who gets regular sleep will keep his or her stored and deep stored energy at a constant level, ensuring sufficient available energy at all times (this is assuming our food intake level and environment are supportive, as all three forms of energy input—food, sleep, and environment—must work together).

The need for sleep can be felt in two ways: 1) mental pressure or training, and 2) low energy. Our sleep training can be established in a number of ways, such as the time we were forced to go to bed when we were young, work and school schedules, recreational pursuits and diversions, a friend or mate’s schedule, and similar conditions will all limit our sleep opportunities more or less through mental training. Just as with our media-trained poor eating habits, we have to retrain ourselves to appreciate sleep and to allow ourselves to alter our lifestyle and schedule to ensure appropriate amounts of sleep.

The body and mind will also let us know when our energy gets so low that we require sleep to replenish it—we simply get tired or sleepy. However, we often seem to resist the urge to sleep. If we feel sleepy and can’t keep our eyes open, it’s not because we are bored or there is something wrong with us—we are just in need of sleep. You might say to yourself, “Well, I just got nine hours of sleep and I’m still sleepy; there is something wrong.” But many things can drain our stored or deep stored energy levels
without our realizing it. Stress or severe emotional distress can drain our reserves very quickly. When we logically try to assess our sleep needs, we are ignoring the one voice that can accurately ascertain how much we really need: our body’s. If we ignore our body’s call for sleep, we are draining our savings account of stored energy and not replacing it. Sometimes we may require weeks or even months of large amounts of sleep to fill it up again. A much rarer condition can be caused by chronic low-energy intake, in which we are sleepy all the time and we sleep a lot but never seem to be able to get our energy level up and sustain it. Eating higher-energy foods and cutting out substances that drain our energy, especially sugar, will help with this issue.

When we sleep we are not only replacing our energy stores, we are also allowing our body to repair itself. During normal waking hours our body’s regenerative system works at a holding-pattern level, not really gaining ground but not really losing ground, either. Of course that depends on our energy situation at any given time, but generally that is the case. When we sleep, our body can redirect the energy normally used for working, thinking, and other waking activities to its physical repair, regeneration, and the restoration of the various internal autonomic systems.

Why would we resist sleep? Sometimes it is necessary, while we are driving or operating heavy machinery, for example. Addiction to sensory input, however, is a far more common cause. Consuming entertainment (watching TV, surfing the web, video games) and ingesting various stimulants are the top two such causes. Sometimes we just can’t get to sleep even though we are physically tired and lying down. Our mind can’t relax and races away thinking about the past or future possibilities or simply reviewing the day’s events.
Addiction to various electronic inputs and the ingestion of stimulating substances, are two different categories of sleep inhibitors. Both will cause us to avoid sleep. Over a period of time this sleep avoidance turns into what is termed sleep deprivation. Over-energizing our system and building up a large ball of energy can also keep us from relaxing enough mentally or physically to sleep. However, one can attempt to train the mind to stay relaxed even though the body’s energy is high. Different meditative disciplines or relaxation techniques that will help with this condition are a part of most cultures. Unfortunately, results from that type of mental training are usually not a permanent solution. Most of us find it’s just easier to knock the energy down some before trying to sleep. Many of our nighttime habits naturally bring about lowered energy, so we can relax enough to sleep. Eating a sweet dessert, nightcaps of various alcoholic beverages, sex, exercise, reading a book, watching TV, and even something as simple as staying up a little later than usual all have an energy-lowering effect.

Reducing our stored energy will make it very easy to fall asleep. Having a low level of top-off energy will not generally make us sleepy, especially if we are engaged in some activity. If we tend to get sleepy a lot, we have low reserves and require energy-raising foods in addition to sleep; too low of an energy level will cause us to get sleepy often, and we will find it hard to stay awake while doing anything monotonous, boring, or nonstimulating, or simply whenever the body is not in motion. On the other hand, if we have too much stored energy or ingest stimulants during the day, we will have a hard time falling asleep and staying asleep. Insomnia is generally caused by extremely high stored energy, and to reduce it to a level that will allow relaxation and sleep, a regimen of energy-reducing foods applied over a long period of time (several months) will be
necessary. Using energy-raising and -lowering foods to effect a cure can be complicated by the presence of any bacterial or viral infections. The energy-altering foods can cause the infections to bloom (by changing our system’s pH value and energy available to our immune system), which would require addressing the infection before the sleep issues. Fortunately, there is a happy medium in there somewhere for everybody, and with a little experimentation, the sleep issues can be cured.

When a person goes for long periods of time without sleep, his or her personality can change dramatically. Someone who normally prefers to keep his or her energy levels high will get grumpy and irritable when tired, whereas others who normally prefer a lower energy level will get timid and fearful, even weepy. Sleep deprivation, in conjunction with unusually high or low energy levels, can result in many of the mental problems so prevalent today. These include mania, bipolar disorder, depression, paranoia, and attention deficit hyperactivity disorder. Physically speaking, sleep deprivation will cause our body to use its reserves of energy to simply keep us going, and to fuel all the autonomic processes absolutely necessary to stay alive. Lack of sleep deprives our body of the time it needs to perform the usual repair and restoration. Healing time increases, cellular repair slows, organ function begins to break down, the immune system is impaired, infections begin to crop up, and an overall physically haggard or aged appearance sets in. You know the look: bags and dark circles under the eyes, droopy flesh, a general darkened tone to the skin, and listless eyes.

How do we know whether we have sleep problems? Most people reading this will know immediately. Most of us in the West don’t get enough sleep and we know it; we just don’t take the time to do anything about it. Generally, if we get fewer than seven
hours of sleep every night, we won’t be replenishing our energy stores adequately. Conversely, if we require ten or more hours of sleep each night and still feel sleepy, we have other sleep issues that need addressing. Unraveling our sleep problems can seem pretty daunting at first, but taking a few simple steps can go a long way to revealing what’s really causing these issues. The first step is to recognize any obvious impediments to sleep. Some of the more typical are ingesting stimulants, uncontrollable internal dialogue, abnormal work schedules, and environmental problems such as noise, lights, vibrations, electronic entertainment, and physical ailments (uncomfortable symptoms keeping us awake). Those of us who are sleeping too much should check for any trauma or stress; uncomfortable situations that we are in, or things we are forced to do that we really don’t want to do; relationship changes or recent events that put a large draw on our energy; major health issues that require physical healing; consumption of energy-depressing substances; or vitamin and mineral deficiencies.

The main concept in sleep-issue self-help is to first eliminate everything that is not “self.” Once we eliminate or greatly reduce all the outside input, it is much easier to identify the cause of any remaining issues. An obvious first step to all but those who ingest them is to stop consuming energy depressants or stimulants. This is a very simple—at least conceptually—and necessary step. Once that is accomplished, cut back on or eliminate all electronic input, such as that from TV, music, computer games, social media, phones, tablets, and so on. Next, for those of us with a high energy pattern, we can use a simple process of elimination to go through the list of sleep impediments we identified in the preceding paragraph; those of us who sleep too much can do the same with sleep inducers. Work out a process to eliminate each issue. Any mental-type issues
will take longer, as some form of retraining will be involved. Environmental issues will be much easier to change, for the most part, as we simply remove the offending entity or remove ourselves from its vicinity. It may seem as if I am stating the obvious, but most sleep issues are related to our day-to-day ruts and routines—more or less mindless adherence to well-worn patterns of behavior that we don’t even realize exist. Once all these possible sleep-issue sources (stimulants/depressants, environmental causes, emotional stressors, etc.) have been addressed, if you still have a problem, then you can dive into addressing your energy settings by altering your basic diet.

If our body is too active to relax, then we will need to begin reducing our intake of high-energy foods. Reduce or eliminate consumption of meat, dairy, and salt, and grains for you vegans. By increasing our consumption of energy-reducing foods such as honey, maple syrup, fruits, and lower-energy vegetables, our energy levels will lower much faster. It might take a while to run through our stored ball of energy, but eventually we will feel the reduced energy and begin to relax. Engaging in regular sex and/or exercise will greatly speed this process up. Getting our mind to relax may not be as easy. Eliminating the electronic input and the dietary excess energy will go a long way to quieting the mind. Some form of mental discipline to help focus and calm the mind may have to be applied to particularly tough cases, and will speed up any scenario.

Mental and physical disciplines are very popular forms of self-help—they’re just not particularly long-lasting solutions. However, they are at the roots of most religions. Applying discipline without eliminating the high-energy input is one of the sources of the everyday split-personality battles we have with ourselves, our cultural “good vs. bad” complex, as well as a host of physiological problems. Discipline is a force one applies,
using reason, to determine the best way to go, even if it opposes one’s desires. One’s desires, in this context, are based on the body and mind’s needs. The body strives to maintain its preferred energy level (by building up or dispersing energy as needed) and the mind seeks out needed sensory and emotional input. At times we have to force our body and mind mentally, through reason, to do something they will resist. That resistance can be eliminated or mitigated by changing our current energy level. If you are going to build and maintain a dam, you have to divert the river first and then control the flow after the dam is in place. Most disciplines only address building the dam and pay no attention to controlling the flow of the river.

Any type of discipline can be used. The more directly it addresses the issue, the faster the results will occur, but the bigger the mountain you have to climb, the smaller the steps you should take. If you haven’t exercised for decades, for example, start by doing a few repetitions of a very easy exercise, such as knee bends, and expand from there. The essential elements are repetition and consistency. Do something every day at the same time of day, day in and day out. It usually will take a minimum of four weeks to effect a change. Meditation, yoga, exercise, or simply sitting quietly watching the sun set for example, are all forms of discipline. Applying a little visualization or affirmation will help greatly. If you are trying to slow or quiet the mind, try substituting a repeated phrase or word for all those random thoughts. The goal is to eliminate those thoughts in favor of the single thought you want. You can use this technique to correct any behavior you want to, physical or mental. Simply change the repeated phrase to something that addresses the issue. Visualizing the phrase, the actual letters and words, in your mind’s eye is also very helpful. Those of us with a high-energy pattern tend to have a lot of tension and anger.
Any little bit of extra energy can cause our mental noise to become focused on our anger and frustrations with those around us in a destructive way. Left in place, this mental attitude will eventually result in harsh words or physical action, and cause harm to our relationships. Imagine the change in our lives if we substitute positive and supportive mental noise for the destructive.

Low-energy situations usually don’t have the same mental aspects to overcome. Low energy generally results in a quieter mind. If you are still feeling sleepy after getting plenty of sleep time, and you have eliminated all the stimulants, depressants, and environmental and emotional possibilities, try eating more meat and animal products, or more whole grains if you are vegan. It is also essential to eliminate sugar, in all of its forms, and fruits. If your mind is full of worries, racing random thoughts, and the like, and you exhibit low-energy symptoms, you may be experiencing a much more complicated condition. In some cases, prolonged consumption of extreme energy-raising foods can result in what feel like low-energy symptoms, because your energy level is not a simple line between two end points—it’s a circle. You can go so far in one direction you reach the opposite end by traveling all the way around the circle. It’s pretty tough to identify these types of cases; it requires some experience and trial and error. If you have low energy but have not been consuming any energy-lowering substances at all, and at the same time have been eating considerable quantities of extreme energy-raising foods, then you might have this condition.

If we simply can’t get a good night’s sleep and find ourselves waking up half-way through the night, we may be experiencing the body trying to communicate an internal issue to us. Our energy flows through our internal distribution system and our internal
organs in cycles throughout all twenty-four hours of the day. If we habitually wake up at a certain hour of the night and then can’t get back to sleep, this may indicate trouble with a certain organ (See Chart 7 in Appendix A: Self-Diagnostic Toolkit.) Our energy also naturally cycles through high and low points to try to get us to sleep in order for our autonomic functions of repair and regeneration to be able to do their work. Three o’clock p.m. is generally the point at which our energy begins to noticeably drop off. Three o’clock a.m. is the time our energy begins to bump back up. If we keep our energy too high (typically the case in Western cultures), the low point will not be low enough to allow a sufficient period of sleep. Reducing our consumption of high-energy foods and increasing our low-energy intake will help with this issue and help our energy level fall enough to get a full night’s sleep.

Another aspect of sleep is the dream states we enter. High-energy dream states are usually a rehashing of our waking-hour issues. A low-energy condition opens us up to more direct communication from our subconscious and the universe. Low energy allows our logical brain to disengage to a point at which our connection to the universe can shine through and pass on information our logical, high-energy brain wouldn’t normally allow. In these cases, the only issue is trying to interpret what we see and experience. The communications are generally in a very symbolic language that we can’t understand directly. A couple of things I have found very helpful are: 1) research into the symbolic meanings of animals or plants that show up in dreams and 2) remembering my first experience with something in my waking life, and using that experience to define what it might mean in my dream. For example, riding a motorcycle in a dream may be referring to freedom, freedom having been the initial reaction to riding a motorcycle in waking
reality. The condition of that dream motorcycle may be describing the condition of our waking freedom—pointing us in a particular direction to change some aspect of the self.

In my experience dreams are not simply some conglomeration of waking-state experiences, but rather an opportunity to shed our logical blinders and expose ourselves to direct communication from the universe through our connection to it. We are a natural part of the universe, and we separate ourselves from it by trying to force our brain to think logically, typically eliminating a major portion of experiential reality. The dream state is probably the only avenue by which the majority of us in Western culture can gain access to this connection. In the dream state we can work through issues with people, places, and things, see the future, accept the past, obtain tools to help us in waking reality, live alternative lives, travel, and communicate with the universe in general. The native Australians, the Aborigines, describe a state of altered waking consciousness as the Dream-Time, during which they can travel through time and space and experience and communicate with the universe as a whole entity. The dream state is a vastly important part of our lives that, much like sleep, is largely overlooked and ignored.

Sleep is intricately entwined with all other energy inputs, and affects our personality and the condition of our mental and physical health. We cannot base our sleep needs on comparisons to anybody else—they are entirely individual. Our sleep needs must be reviewed and scrutinized, just as much as our substance intake and the physical aspects of our surrounding environment, in order for us to effect real and lasting change to our health.
CHAPTER NINE: ENVIRONMENT

Our environment plays a large and varied role in our health. We as human beings absorb our environment and are in turn affected by it in many different ways. This is accomplished through eating, drinking, inhaling, injecting, seeing, listening, and touching. We can also sense and be affected by various types of environmental energy output, such as electricity, magnetism, and radiation. There are some types of energy we can’t sense but are nevertheless affected by—microwaves and X-rays, for example. We can sense and be affected by other beings’ energy levels, and be invaded and made ill by microscopic organisms. We can also ingest and absorb a host of toxic chemicals and elements from an ever-growing list of human-made substances, which break our body’s immune system down and directly damage our organs and cognitive functions.

The aspects of our environment that affect our energy directly include weather, temperature, current season, sights, smells, sounds, other people, animals, plants, the air we breathe, where we live, and what we live in. Anything we come into contact with in any way will have an effect on our body and mind. Strictly on an energetic level, the procession of the seasons, the weather, and the temperature put constantly changing demands on our body and mind. The winter months and cold or rainy weather will have a lowering effect on our energy. The summer months and hot or dry weather will have an energy-raising effect. We crave food that raises our energy level during the winter months to offset or balance the cold, wet weather’s energy-reducing effect on our bodies. We eat fewer energy-raising foods and crave energy-reducing foods during the summer months to balance the energy-raising effects of the hot, dry weather.
The geographic location we live in also has an effect on us. Hotter climates, those closer to the equator and desert areas, require much less energy input compared to locations farther north. Similarly, higher elevations (from sea level) require more energy than lower ones. For example, let’s say it’s the middle of January in Wisconsin. You just spent the morning putting out hay for the cattle. What do you want for lunch? A big hunk of roast beef, or a watermelon? Move the example farther south, the same time of year in tropical Brazil. That watermelon might look pretty good after a morning of working in the hot sun.

Just as food can, our environment can add medical and nutritive modifiers. The sun’s effects on our health are well documented, giving us vitamins and energy directly. The air we breathe keeps us alive by providing oxygen and other necessary gases. The air can also kill us, slowly or quickly, depending on its contents. Anything we can detect through our sense of smell is being taken into our body in small particles, which means we will be subject to any effects of that substance. (Some substances that we can breathe have no odor; natural gas, for instance, which is why substances are added to it so that we can smell it.)

Anything we breathe goes straight to our lungs and then to our bloodstream. Once in our bloodstream, it is carried throughout our entire system. The quality of the air we breathe has a major effect on our health. Similar to food, the air can introduce so many detrimental medical modifiers that the body has to expend large amounts of energy to filter out and eliminate them. Anything from pollen to toxic gas, given off by a wide variety of environmental substances, must be filtered out and eliminated by the body.
Typical allergic symptoms such as runny nose, watery eyes, headaches, and sneezing are caused by our system being overloaded with these substances.

We come into direct contact with many very dangerous chemical and elemental substances every minute of every day. If we actually stopped and thought about what we humans so casually put out into the environment and, as a result, take into our bodies, we would have to wonder how we are still alive. Take a typical Western daily routine: wake up, clean up in the bathroom, get dressed, eat breakfast, get in the car, drive to work, work for four hours, eat lunch, work for four more hours, drive home, shower, eat dinner, relax with friends and family, climb into bed, and sleep. Let’s take a closer look at that common and seemingly innocuous routine with an eye to what can harm our body and mind.

Most of us wake up to the alarm clock on a workday. So, to start our day, we reach over and whack the snooze button on our plastic alarm clock a few times (made with carcinogenic-laced petrochemical plastics, plus lead, cadmium, etc., which we absorb in tiny amounts through our skin each time we touch it) and then get out of bed (made of carcinogenic plastic fibers and flame retardants, not to mention the harmful gas coming off the synthetic-fiber sheets and comforter, the petrochemical foam mattress, carpet and foam cushion beneath it, the particleboard flooring under that, and the paint and plasterboard on the walls—all of which we have been absorbing and breathing all night), slip into our slippers (made from petrochemical-based material, which means more chemicals absorbed through our feet), pull open the drapes or open the window shades (man-made fibers in the drapes or carcinogenic vinyl shades, all absorbed through touch, and don’t forget the pull cords, bleached white with a dioxin-creating chemical), open the
window and take a breath of the morning air (and the onslaught of all those toxic exhaust fumes, since it’s the beginning of rush hour).

Before we go any further, let’s ask ourselves how we are allowed to come into contact with all these harmful chemicals. Aren’t there government regulations laying out allowable limits of exposure for these items that manufacturers are supposed to follow, that are meant to protect us? Many chemicals, heavy metals, and other toxic substances have been tested, and their allowable parts per million have been calculated based on what the body can handle before irreparable damage occurs. Obviously the body can filter out and handle certain amounts of even the most toxic industrial chemicals. What is not taken into account are the collective effects all these items we are exposed to throughout the day, day in and day out, have on our bodies over longer periods of time. These government-regulated exposure limits have helped eliminate short-term negative health problems but have exacerbated the long-term effects, as we feel safe using the substances, and the long-term effects become apparent so gradually we can’t see them clearly or trace them to their source.

Many of these substances have been shown to cause accumulative damage many years after they were first introduced in consumer products. For example, creosote (used in asphalt and weatherproofed wood products) can cause cancer; benzene (used in synthetic fibers such as nylon, rubber, dyes, detergents, drugs, pesticides, and gasoline, and occurring in tobacco smoke) causes leukemia and damages the immune system; asbestos (used in roofing shingles, insulation, automobile brake pads, floor tiles, packaging, and cement) causes cancer; formaldehyde (found in fertilizer, paper, plywood, food preservatives, antiseptics, medicines, and cosmetics) causes asthma and cancer; lead
(found in batteries, paint, ceramics, a host of manufactured goods, and is released into the environment by the burning of fossil fuels) causes cardiovascular, reproductive, neurological, and gastrointestinal damage; toluene (occurs in crude oil, gasoline, paint thinners, nail polish, adhesives, printing inks, leather-tanning chemicals) causes cardiovascular and neurological damage; and vinyl chloride (used in a variety of plastic products including PVC pipes, wire coatings, and food packaging) will cause liver and immune system damage, and cancer. It’s good to know about these dangers now, but it’s too late for all those folks who were the unwitting guinea pigs.

Who is going to test a chemical for thirty years before introducing it? The FDA has some control over chemicals that the food and drug industry can introduce into our food supply and the medicines we take, but they do not exercise this control nearly as aggressively as they should, nor do they use it to research the long-term effects of those substances. There is no similar agency protecting us from the industrial substances that we absorb just as easily as we do those in the foods we eat. All the products we use on a daily basis that I am listing in these pages are introduced to the consuming public with no research on their effects on the human body whatsoever. Current regulations only provide for government intervention when a preponderance of the evidence indicates humans can be harmed by a chemical. No testing is required of these industrial products before distribution for use by the public. If it doesn’t cause an immediate harmful reaction that a company’s legal department would have a problem with, it’s good to go. Oversight of the manufacturers is left to the general public and lawyers. Only after many peoples’ health

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is wrecked can we hope to take some harmful chemical off the market—and only after a very expensive legal battle. There are many examples of this, such as lead-based inks and paints, mercury, asbestos, thalidomide, propoxyphene, DDT, and many, many other products that were quietly taken off the market to avoid further legal action.

Let’s resume our daily routine: we walk into the bathroom and relieve ourselves (toilet paper is made and bleached with a soup of toxic chemicals, all highly volatile and absorbable by touch), blow our nose (same as the toilet paper), and brush our teeth. Our toothbrush, which is probably made of plastic, and the chemical concoction we call toothpaste deliver more petrochemical carcinogens, thickeners, coloring agents, and semi-food-based toxins directly to one of the most absorbent areas of the body—our mouth. We then rub a little soap on a washrag and wash our face. Most soap is a toxic blend of oils, chemicals, and synthetic perfumes and coloring agents. If we can’t eat it, we shouldn’t put it on our skin. Plus, we get another dose of synthetic fibers from the washrag (even if it’s made of cotton the cotton is processed with chemicals and treated with flame retardants), rubbed directly into our face. Next we use or apply various toiletries or makeup (all of which are largely petrochemicals blended together to color, cover, block, or mask some natural body function or trait), get dressed (again, synthetic fibers and flame retardants off-gassing toxic vapors that we breathe and absorb all day), eat breakfast (a direct injection of artificial, petrochemical-based ingredients; preservatives; doctored animal feed residue; pesticides; thickeners; etc.), get in the car and drive to work. During the drive we are exposed to a two-pronged attack as the car is full of plastic substances all off-gassing toxic and carcinogenic contaminants into the
enclosed atmosphere, plus we inhale the exhaust fumes that make their way inside from all the other vehicles we are sharing the road with.

While we are in bumper-to-bumper traffic, let’s take a minute to look around at all of our brothers and sisters doing the same thing: pumping millions of tons of toxic gases and particulates into the air each and every day. Imagine taking in the scene from an overpass on a busy inner-city highway. Thousands of cars going in each direction, as far as the eye can see. Now multiply that by the number of busy intersections in our city, and then by the number of similar cities in our state, our country, our planet—every day, every week, every month and year, year in and year out. How can any intelligent person think we can keep this up and live, much less remain healthy?

At work we are confronted with a gauntlet of industrial contaminants, much worse than anything allowed by law in the home. Everything from copier toner, computer and electronic radiation, fluorescent lighting, and fiberglass ceiling tiles (for you office dwellers) to lead, mercury, solvents, grease, adhesives, gases, coal dust, and tire black—a veritable soup of toxic chemicals—for those employed in any manufacturing or industrial capacity.

Lunchtime presents another opportunity to ingest more chemical preservatives, artificial colorings, and taste enhancers. It’s got to be quick, so we nuke it in a microwave (our atmosphere protects us from microwaves for good reason, and regular eating of food cooked this way leads to, among other things, kidney and liver problems), dispense it in a foam cup or paper plate, and use a plastic utensil to eat it (all petrochemical-based or petrochemical-coated). Then we head back to work for another four hours of radiation, toxic-fume, and chemical absorption.
On the ride home we get stuck in traffic again. As we are sitting there, it starts to rain. Water is a solvent. It naturally breaks off and carries along minute particles of anything it comes into contact with. Look around you at all the toxic, chemical-covered roads (asphalt with coal-tar and petrochemicals, plus all the oil, grease, tire, and exhaust residue from vehicles), buildings (paint, caulking, sealers, adhesives, asphalt roofing), fences (galvanized metal with zinc and lead), signs (petrochemical and lead-based paint and plastic wraps), assorted equipment (fiberglass, mercury, lead, plastics), concrete structures of all kinds (petrochemicals, fly ash, slag), plus all the exhaust gases and particulates in the air that get washed out—all running off with the rain, down the street, into the drainage tunnels, and ultimately into a creek or river and out to sea, or into a reservoir that supplies our drinking water. All those chemicals (let’s add to them all the medication that gets flushed down the toilet, as it ends up in the same place) eventually end up in our bodies through our food (through crop irrigation, direct watering of livestock, fish from the sea) and our drinking water. Water-filtration systems can take out the bulk of those contaminants but not all of them. Even then, what is done with the filtrate? Unless it’s rocketed off the earth, it goes right back into the ecosystem somehow. Those chemicals and heavy metals not only negatively impact our own lives, they degrade every living thing they come into contact with.

Eventually we arrive at home, but before we go inside, let’s take a look at that car or truck. These machines are truly works of art—beautiful, utilitarian, and powerful. Have you ever thought about what it takes to produce one? Let’s not even consider what kind of gas mileage it gets or whether it’s a hybrid or electric—just what it takes to make one.
It’s pretty easy to see that the bulk of a vehicle is made of metal: steel, aluminum, magnesium, chromium, and all the copper, gold, silver, mercury, and other assorted highly toxic heavy metals that are needed for the ever-increasing amounts of electronics in modern vehicles. The raw ore has to be dug up, treated with various acids and chemicals, heated, smelted, separated, refined, and molded into the necessary shapes. This process alone devastates the surrounding environment, uses large amounts of toxic chemicals, and produces mountains of tailings and slag that leach heavy metals and chemical contaminants into the groundwater and the atmosphere and eventually into our bodies. All these metal parts are then welded together to create the vehicle body and frame, creating massive amounts of heavy-metal-laden fumes. Then all the metal parts get coated with rust inhibitors and layers of paint, which produce large amounts of toxic gases that eventually end up in the atmosphere before they are washed out by the rain into the groundwater or oceans. A modern manufacturing plant attempts to filter out and capture these fumes, but the filter medium that does the capturing ends up in the landfill, releasing the toxic materials back into the ecosystem and eventually the water and food supply—or directly into our bodies when somebody builds a subdivision over the landfill.

What’s next on the vehicle ingredient list? Plastics, many different kinds of plastics. Everything from the bumpers to the steering wheels and seat covers are made out of plastic. All the various types of plastics begin with the same raw ingredient: fossil fuel. Getting fossil fuels out of the ground is another nasty, dirty, toxic-chemical-spreading, and atmosphere- and groundwater-polluting enterprise. But what makes fossil fuels and its petrochemical derivatives so toxic? What are the medical and nutritive modifiers and physical properties that cause it to be so harmful to living things? To the human body,
and most other animal life on the planet, fossil fuels are essentially highly concentrated waste products. Carbon is pulled out of the atmosphere and stored in the ground, plants, and oceans by various natural processes that make the atmosphere capable of supporting higher forms of life on the planet, including humans. Over time and through environmental and geological action, the carbon that was removed from the atmosphere changes into its various forms: crude oil, methane gas, natural gas, asphalt, and coal. This process has essentially made life as we know it possible, as the current animal life-forms on the planet could not exist with all that carbon floating around free in the atmosphere and ecosystem.

On a personal level, each of us expels carbon from our bodies with every exhalation. In that case, is it so odd that our health suffers when we dig up a super-concentrated form of that substance and start using it, ingesting, absorbing it, growing our food with it, eating out of it, sleeping in it, and wearing it? The natural reaction of fossil fuels and their petrochemical derivatives upon the human body is to cause damage to the organs and the blood, immune-system depression, well-documented cancer-cell generation, heart and lung disease, liver and kidney problems, neurological degradation—the list goes on and on. So why do we keep using the stuff if it’s so harmful? Because it’s really cheap, we make so many of the products we depend on today out of it, and, until recently, the negative effects were outweighed by the positive. That, however, is no longer the case.

Don’t use a motor vehicle? Maybe you drive an all-electric vehicle or a hybrid, or ride a bicycle to work, or take the bus, or even walk? Unfortunately, all forms of getting around contribute to the degradation of the environment and our health—unless we walk to work naked. The electric or hybrid vehicles, the bicycle, and our shoes have to be
manufactured, which produces toxic waste. The bus is no different than our personal vehicle. These modes of travel reduce the number of polluting vehicles but still contribute to the overall degradation of our health and environment.

Resuming our routine, we get out of the car, go inside, and get in the shower to wash off the day. *Ahhh*, there’s nothing like a nice hot shower after a hard day’s work. What a great feeling. Too bad we are absorbing, via the water, all kinds of harmful chemicals, medications, minerals, and heavy metals—and we drink this stuff. Our local municipal water-treatment plant filters the water (many use beads made of petrochemical plastic resin), treats it for bacteria and other living organisms with chlorine or ammonia (we ingest small amounts of these toxic chemicals every time we drink tap water), and then adds various, supposedly beneficial chemicals such as fluoride. What are the effects of drinking these chemicals every day over the course of our life? They can’t possibly be 100 percent positive.

Do you buy bottled water to avoid the chemical-laden public water supply? Bottled water presents two problems concerning our health: one concerns the filtration process, the other the container. The water-filtration process required by governmental regulations will remove any living organisms and produce a product safe to drink. However, much of the filtration media used today is made from petrochemicals. The solvent properties of water will pick up petrochemicals from the filter media and the plastic bottle it is packaged in and deliver them to our body. If we filter out all the natural minerals from the water, the water will naturally attempt to replace them with whatever it comes into contact with through a process called homeostasis. As we drink this type of bottled water, it leaches vitamins and minerals out of our system. It also does not provide natural
electrolytes that fresh spring or groundwater do, inhibiting its ability to rehydrate somewhat. We can slowly dehydrate ourselves even if we are drinking large amounts of bottled water. For the most part our modern water supply is definitely better than it was a century ago, and it even betters the water supply in many other places in the world today. We generally don’t have to worry about cholera or human waste in the water. Slow, chronic health problems are better than a quick, agonizingly painful death—but why put up with either if we don’t have to?

Back to our hot shower. We proceed to slather our bodies with petrochemical-based soaps, shampoos, conditioners, body gels, lotions, perfumes, and colognes. (When we get skin cancer from all this, we blame the sun for it.) We hop out of the shower and dry off with a petrochemical device called a towel, and put on a fresh new set of petrochemical secondary skins we call clothing. Now we pile all those dirty clothes and towels into the washing machine, add some detergent, fabric softener, and bleach, punch a few buttons, and forty minutes later we have clean clothes. Pop those into the dryer for another forty minutes and they are ready for use.

This process we use to clean our clothing and other household fabrics is a huge improvement over beating them with rocks in a river with a little homemade lye soap as our ancestors did. However, and as usual, any laborsaving processes we have come up with in the last seventy years are bad for our health. The detergent and fabric softener we clean with have many harmful chemicals that we absorb through the skin or breathe in through our lungs. Any scented fabric softener or detergent produces volatile gases in the dryer that pollute the air inside and outside with proven carcinogenic substances. Fabric softener is designed to not rinse out completely and remains lodged in the fibers,
allowing the harmful chemicals to be absorbed by our skin on contact. Many chemicals found in detergents and fabric-care additives have been found to be carcinogenic; cause liver, kidney, and lung damage; and lead to birth defects and developmental problems in children. Many are also neurotoxins, which cause hormone disruption, reproductive issues, and are toxic to aquatic life, which is where the bulk of these chemicals end up, back in our water supply, via streams, lakes, and oceans.

The real kicker is that all these harmful chemicals are not necessary to clean our clothes. Most of these chemicals are simply used to create some leverage to gain market share over the competition. Fresh scents, softeners, and whitening agents are all used to get us to choose one brand over another and are completely unnecessary in the cleaning process. There have been many inventions that would totally eliminate the need for detergents (and all the toxic chemicals they contain), but they have been kept off the market due to the industry’s fear of losing its current market share.

Next up is food; it’s dinnertime! Walk to the kitchen, pull a frozen meal out of the petrochemical-based, cold-storage container we call a refrigerator, and pop the petrochemical-enclosed food package into the petrochemical cooking device we call a microwave. A few minutes later we have a fully cooked, delicious meal. How crazy are we to blindly accept that we can heat up plastic in contact with our food and experience no negative health impact? Don’t use a microwave? How about aluminum cookware or chemical-coated nonstick pans and a plastic spatula so we don’t scratch the coating? The aluminum (a relatively volatile metal that causes neurological problems) and the various coatings put on cookware come off and get into the food we cook. It’s bad enough that we allow our food to come into contact with petrochemical containers and utensils at all,
but add heat to that, and the carcinogenic and toxic substance transfer increases exponentially.

It took me quite some time to realize what a microwave does to food and how it affects our health. I had always avoided microwaved food because it just felt wrong to me. It wasn’t until I started living with someone who used a microwave that I gradually started using it to cook some food items. I noticed that the microwave hyper-energized the food, which in turn created a highly energized condition in certain of my internal organs, specifically my liver and kidneys—and my mind. Over a period of time this contributed to exhaustion in those organs, hyperactivity, attention deficit symptoms, increased stress levels, and a reduced immune system.

But let’s backtrack to that refrigerator for a moment. What a hugely influential device; it has changed our lives dramatically. Can you imagine what our lives would be like without it? My parents could and did live without it, but keeping enough food around and keeping it safe to eat was a lot harder. The refrigerator can cool our food because of the physical properties of certain inert gases put to work in an ingenious way. All of our air-conditioning units, commercial food coolers, and in-store refrigerated display cases use the same process. Think about all the refrigerators and a/c units that get thrown away every year, or develop leaks in the cooling system that allow those inert gases to escape. Once released into the atmosphere, these gases cause damage to the ozone layer of the atmosphere. The ozone layer is what protects life from deadly particles and radiation shooting around in space, that bombard our planet every day. If the ozone layer were to disappear, we would all die, along with almost everything else. Fortunately, we have realized this and have taken some steps to rectify this situation with some good effect.
At this point, I’d like to pause for a moment and apologize for the overly long list of harmful materials and processes. This list contains most of the items I have identified and eliminated from my life over the past forty years, but there are many more that I don’t even realize are present. It’s virtually impossible to live in Western culture and not suffer exposure to health-harming substances. I have a hard time reading about the health-harming effects of the devices and services I use, so I am sure you are not particularly enjoying this section. I recently read some new information concerning the harmful effects of wireless radiation that I know is coursing through my home (via the wireless Internet) and radiating from the cell phone that I have grown to depend upon, and I got very upset with the writer. It was upsetting simply because the writer was pointing out something harmful that I had let get close to me and possibly affect my health. The list I have made here is small compared to what an up-to-date comprehensive accounting would look like. A rather large book could be devoted to just describing all of the scientifically documented harmful substances and processes currently used in our consumer goods and services, and those that have not yet been tested that we come into contact with in our daily lives. I made this list long in order to make a point: we have to do something about it. We have to make an attempt to eliminate some of these substances, at least in our individual space, if we have any hope of living healthy lives.

Now, if you can bear with me for a few more pages, it’s time to wash the dishes. Scrape them off and load up the dishwasher, add some detergent, close the door, and turn it on—clean and sanitized dishes in an hour or so, hands-free. Beats hand washing three times a day, every day. Or does it? The dishwasher is without a doubt a real time and labor saver, and the fact that some machines heat up the dishes and kill any harmful
bacteria hanging around is a definite plus. The downside is that most dishwashers are constructed of metals and plastics. The inside surfaces that come in contact with the hot water and soap are all petrochemical-based plastics. In addition, the plastic containers we wash are also exposed to the hot water. Hot water is a more powerful solvent than cold water and pulls off more of the plastics, depositing them on the dishes and rinsing them off down the drain into the ecosystem. Ever wonder why we can’t use the same soap in a dishwasher that we use to hand wash dishes, or the soap we wash our clothes with? It’s because of the grease, oils, and proteins our food leaves on the dishes, and the fact that we want the machine to do the cleaning hands-free. That type of hands-free grease cleaning requires pretty powerful emulsifying and degreasing agents in the soap. Emulsifiers break down grease, oils, and proteins and help hold them in suspension so they don’t reattach themselves before being flushed down the drain.

The big problem is getting all the chemical soap residue off the dishes before we eat off of them. A study done back in the late 1980s investigated why the heart disease rate shot up dramatically in newly Westernized nations. They found that as soon as dishwashers (not surprisingly, one of the first Western items most households acquired) were introduced, the death rate from heart attacks jumped. On further investigation, it was discovered that the detergent residue left on dishes washed in a dishwasher contained enough emulsifiers to enter the body and degrade (emulsify) the heart muscle to the point of failure. Thirty years later, this is still going on, unabated.

Now let’s take out the trash. Remove the petrochemical-bag-enclosed waste products from the petrochemical kitchen trashcan and deposit it in the petrochemical outdoor trash receptacle. The trash is then collected and deposited in the local landfill, where it
decomposes and emits gases into the atmosphere, which contribute to global climate change and ozone depletion, and contaminates groundwater, rivers, and oceans (through rainwater leaching all those chemicals out of all those consumer products we throw away every day). Think of all that toxic ink on all those food packages, newspapers, junk mailers, and magazines. Think of all the half-used bottles of kitchen cleansers, dried-up old paint cans, discarded oil containers, televisions, computer boards, monitors, tires, treated wood, paper, plastic, foam containers, coated paper-board, and cardboard, all laden with toxic chemicals and all eventually going into our water supply and into us.

Now, let’s take a moment to contemplate the oceans and seas I have mentioned several times now, as the recipient of many of the contaminants we produce. We all know that the oceans are vast expanses of water, specifically salt water. We don’t get our drinking water from them directly, so what’s the big deal if we use them as our dumping ground for, well, everything? Just think of all the rivers and creeks and drainage systems on the planet that drain into the oceans. Consider all the pollution, waste, and runoff generated by human activity, such as the building and development of subdivisions, sewage systems, streets, roads, and highways; the operation of industrial plants; petrochemical manufacturing; mining; oil pumping and refining; nuclear, coal, and oil power generation; homeowners adding chemical fertilizers to their lawn; the use of agricultural fertilizers and pesticides; vehicles producing tons of exhaust; smoke stacks belching sulfur dioxide; the cleaning of bathrooms and kitchens with chlorine-based cleansers; cleaning of paintbrushes off in the sink and the throwing of leftover paint cans into the trash; toilet paper use, shampooing of hair—multiply all that by the several billion people living the Western lifestyle and most of the other billions working toward
that life elsewhere, and consider that all that gets washed down and emptied into the oceans.

As I mentioned previously, carbon removed from our environment contributed to our form of life’s existence. Adding oxygen to our environment was another crucial step. What generates oxygen? Plants and bacteria, both land- and ocean-based, produce the oxygen we need to live. Algae living in the oceans of the world are by far the largest contributors of oxygen to our atmosphere. All the forests in the world produce a miniscule amount of oxygen compared to what algae produce. Algae are microscopic, plantlike bacteria that convert sunlight to energy, much the way land-based vegetation does. Of course algae grow everywhere, not just in the oceans, but the oceans are simply so vast that they represent the largest algae-growing medium on the planet. However, algae can survive only in a certain pH (balance between acidity and alkalinity) environment, and our human waste and toxic, chemical-producing activity is slowly causing the pH of the oceans to turn acidic, which is deadly to algae. Interestingly enough, algae also perform most of the atmospheric carbon extraction. Once the algae go, so will we.

The trash is out, and now it’s time to relax with the family and enjoy the evening. Grab a few beers, sit down on the petrochemical furniture (synthetic upholstery, foam padding, plastic laminate frame), grab the petrochemical remote control, and click on the petrochemical, heavy metal- and toxic-gas-laden TV. Pop the top of that aluminum beer can (the can is made from a very toxic metal linked to Alzheimer’s disease, and is usually coated on the inside with petrochemicals), and suck down some suds (most mass-market
beers contain many chemical additives to enhance the taste and look, as well as speed up fermentation).

When we clicked on that TV, we started pulling power off the electric power grid. If we look at what it takes to produce that power, we uncover yet another process detrimental to life. Power-generation facilities burn various carbon-based fossil fuels that have to be mined or pumped out of the ground, usually coal (coal mining is extremely detrimental to the miner’s health; tailings and slag leach heavy metals and other toxins into the environment and especially the groundwater), natural gas (this oil-well byproduct used to be burned off at the well, releasing greenhouse gases and carbon into the atmosphere, and its current form of extraction, fracking, is blamed for the pollution of groundwater), or oil (thousands of spills a year, which leak a toxic substance directly into the environment).

To produce electricity, these fossil fuels then have to be burned to supply energy to the electricity generators. The burning process produces heat, light, and various toxic and environmental-polluting waste products. Imagine all the uses we have for electricity, and how much we use all day and all night long, every day, every year, all over the world. Those highly concentrated waste products of the planet—coal, oil, and natural gas—are burned in huge quantities every day, releasing all that carbon dioxide, heavy metal, sulfur, and other substances back into the environment, even though the planet spent millions of years removing them in order to keep itself habitable for our form of life. To add insult to injury, the heavy-metal-laden, toxic, chemical-infused solid waste left over from the burning of coal is sold and used in various construction materials, where it
spends the rest of its long life degrading the health of those who come into contact with it.

The gasoline we burn to power our vehicles emits, among other things, lead into the atmosphere. Even without the lead additives we used to put in gasoline in this country, lead is naturally found in crude oil and its distillates. All the fossil fuels we burn every day, from taking our kids to school in the morning to creating electricity in power plants, emit lead; and lead has been proven to cause all manner of physiological problems, so much so that it has been banned from almost all commercial products manufactured in this country.

How about nuclear power? That’s less toxic than coal or oil burning, right? On a day-to-day basis, nuclear power generation is considerably less toxic than burning fossil fuels. There is no exhaust or toxic waste emitted into the air (as long as there are no accidents) and no nuclear solid wastes go into the landfill or are added to construction materials. However, the uranium fuel has to be mined and refined, which produces toxic waste products similar to those from fossil fuel extraction. The cooling-water system, used to keep the energy-generating core from melting down, releases radiation and toxic materials into the ecosystem. The spent fuel rods will remain deadly to life for 159,000 years—so we seal them up in fifty-five-gallon steel drums and store them underground hoping they stay safe for that long. What material could we possibly hope would keep them safe for 159,000 years? Those steel drum manufacturers must be giving out one heck of a product guarantee. I guess we figure we won’t be around that long, so it won’t be our problem.
Nothing interesting on TV? Let’s switch over to the computer and see what’s online, or maybe play a video game, or do some texting, or try any of the other electronic devices we use for entertainment. All those devices are made from petrochemicals that degrade our health slightly with every touch and every breath. What happens when we are finished with those devices—when they break or get replaced? They are tossed, like everything else, into the landfill without any thought to the environment. Electronic devices are some of the most highly toxic consumer goods on the planet. Not only are they coated and jacketed in petrochemical plastics, but they employ many highly toxic heavy metals such as aluminum, mercury, beryllium, cadmium, and lead. Add flame-retardant chemicals to the mix, and we have a tidy little toxic bomb that will eventually explode into our environment at the end of its life and wind up in our food, drink, or directly in our bodies.

And let’s not forget about the electromagnetic-radiation field generated by all these devices. All life produces internal electric activity, which in turn creates a bio-magnetic field. Our physical and mental health is totally dependent on the electric and magnetic fields operating properly. These bio-electromagnetic fields regulate and support all the biological processes necessary for life, but we have no protective barriers to keep artificially generated and vastly more powerful fields from affecting and interfering with our own. What are the consequences of constant, daily exposure to the electromagnetic fields of cell phones, computers, TVs, radios, microwave towers, high-voltage power lines, microwave ovens, wireless telephones, wireless modems and routers, and electric motors? We and our children are the guinea pigs for that ongoing experiment.
Well, then, how about playing with the kids? First off, it’s feeding time for the rug rat. Pop out that pacifier (made of 100 percent petrochemicals, which are being sucked on and slowly dissolved by saliva and enzymes), and plug in the bottle of formula (a petrochemical-plastic nipple and bottle, filled with formula that contains artificial flavorings, coloring agents, thickeners, and texture enhancers, not to mention sugar or artificial sweeteners). Next, pull out those toys for the baby to play with and chew on (petrochemical plastics, synthetic fibers, lead, cadmium, mercury, chromium, etc.).

Or how about we avoid all this and go out to a bar or restaurant for some harmless fun? Food we buy at the grocery store is required by the FDA to have its ingredients and nutritional information listed on the package. This is not so in a restaurant. We have no idea what we are getting in the food we order. What incentive does the restaurant have to offer healthy ingredients? Any business is going to use what is best for its bottom line. Most food prepared in a bar or restaurant is cooked or warmed in a microwave or in aluminum pots and pans and is covered with petrochemical or aluminum-foil wraps or containers. Foods are often fried in hydrogenated oils (and even if the frying process starts with nonhydrogenated oil, the heating process creates a nutritionally void product with negative medical modifiers that have to be filtered out of the body); MSG is added as a taste enhancer to make us eat larger quantities and keep us coming back for more (even though it causes heart and circulatory problems), liquid-cheese-product appetizers are served (containing aluminum, thickeners, and preservatives), and the beverages are usually soft drinks (simply chemical water) or some kind of alcohol-based mixed drink (many now made with artificial flavorings, coloring agents, sweeteners, taste enhancers, and lately, caffeine).
Let’s just go home and go to bed and forget about all this. You might think “I’m still alive, so it can’t be that bad. This is all just alarmist liberal bullshit.” But what we are currently experiencing in the environment, weather, and health-care arenas are our midrange warnings, our second chance. Our opportunity to write off the evidence as a “false-alarm” or people “crying wolf” is well past. Global climate change; acidification of the oceans; and epidemic proportions of cancer, heart and lung disease, diabetes, and obesity are all no longer ignorable—but they are still fixable. The early warnings were the mercury (Minamata Bay, Japan) and thalidomide babies in the 1950s and ’60s, the publication of *Silent Spring* in 1962 and the eventual ban of DDT in the United States, Ohio’s Cuyahoga River catching fire in 1969, the Love Canal disaster in the mid 1970s, in a community built upon a toxic landfill in Niagara Falls, New York, the Three Mile Island partial nuclear meltdown in 1979, the Chernobyl Nuclear Power Plant disaster in 1986, and crop circles (Native Americans become very emotional when viewing crop circles, as they see them as Earth attempting to communicate its distress through these designs). The baby boomers were the lab-rat generation, and the results are still coming in.

The majority of the items I described above in our observation of the typical Western routine did not exist before World War II. We were not considered a “consumer” society then; we were all savers and minimalists at heart. This was part of the religious and societal norms with which we grew up and were imprinted. We were healthy and happy, and had a lot less stress. The post-World War II baby boomers were the first generation that grew up with all the new chemical toxins, radiation, and harmful food ingredients. It’s an interesting coincidence that their collective health condition is the basis of the
current health-care crisis, and succeeding generations are suffering from far more serious and debilitating health problems at a younger age than ever before.

After World War II ended, the industrialists in the United States were confronted with a massive amount of idle manufacturing capacity and invested capital that had previously been used for arms and munitions production for the war effort. Before and immediately after the war there was no demand for any products that could possibly keep all those machines running and make them turn a profit for their owners. The only obvious option at the time was to scrap it all. The industrialists met with governmental regulatory bodies, who still held wartime controls on pricing and commodity supply, to determine what could be done to recoup their (and the government’s and the people’s) investments. The solution they arrived at was to turn the public into consumers of convenience and luxury goods by creating mass-marketing programs to reeducate us on the virtues of spending instead of saving. Those meetings marked the complete turnaround of our economy and led to the greatest increase in consumption, wealth, and standard of living the world has ever seen. The one thing, above all else, that allowed that to happen were cheap fossil fuels, especially natural gas and crude oil.

We don’t really see the scope of our dependence on these fuels, and their petrochemical children, until we take a step back and list all the things that we make with them and use them for. I liken it to the scooping up of space elements for the replicators (they could create anything you want with a punch of a button) on those futuristic space programs on TV. Any raw atoms fed into the replicators are turned into food, utensils, weapons, and so forth—all the essentials needed for everyday life on a starship in space. Natural gas and crude oil are used much the same way. For fractions of a cent per unit
(now considerably more), natural gas and crude oil supplied the raw material for the construction and fabrication, on a molecular level, of our Western civilization as we know it.

Our food supply is based on natural gas-supplied petrochemical fertilizer; and diesel fuel powers the machinery used to plant, harvest, transport, and process the crops. Petrochemical-based pesticides, fungicides, and herbicides allow those crops to grow to maturity. Natural-gas- and crude-oil-based electricity generation was a major player in all that industrial expansion, allowing the boom in automated mass-production and the electrification of our homes, so we could use all those new convenience devices. Try to name something in your life that does not contain or use in its manufacture some form of fossil fuel-based petrochemical—and keep in mind that it’s all detrimental to our life and detracts from our energy in some way. Use of these modern consumer goods in our current day-to-day living environment affects us just as negatively as eating and drinking toxic ingredients.

All these developments have occurred in the seventy years since World War II. That’s just one human life span. Can you imagine what is to come if we keep going this way? What kind of health and environmental issues will present themselves? All this abundance made possible by crude oil and the other fossil fuels has affected how we think about life in general. We are all spending so much time acquiring luxury and convenience goods and living like kings and queens that we forget what really keeps us alive: good-quality air, water, and food. Moreover, our wasteful, consuming lifestyle is making it harder for others around the world to live. The planet can’t support everybody living like royalty, so naturally there is an ever-widening gap between those who do and
those who don’t. We can see this effect steadily getting worse in the West. The homeless population has steadily risen and increases exponentially with every economic hiccup we experience. The fact is, in the United States at least, it’s getting harder and harder to not be homeless unless you accept the high-stress, fast-paced, indebted Western lifestyle.

I’m not advocating dismantling Western culture because of all the destructive materials and processes it uses. I’m suggesting that we replace these materials and processes with versions that support life instead of degrade it. I’ve lived in the woods in a tipi and used oak leaves for toilet paper. It was fun until the third straight week of cold and rainy weather or a wind storm blew through (try sitting inside a tipi with fifty mph winds outside). Many aspects of Western culture, including a nice warm waterproof house, are well worth keeping and utilizing in the construction of our own lives, while some are in definite need of change.

From a more esoteric or scientific viewpoint, everything that exists has a vibration frequency that can affect us. Any physicist can explain this vibration in scientific terms. The interaction with or effect each thing (ourselves, food, air, plants, cars, clothes, etc.) has on another is based on this frequency. Some frequencies build up and others break down. Some work together and enhance one another. Some simply push away; others cancel out, and yet others attract. We can feel this naturally. For example, hold something made of wood and something made of plastic—your kids’ toys, for instance. Does the wooden item feel “better” somehow, more satisfying? In my experience, that’s because anything petrochemical-based is “nonsupportive” to humans; this material is our most serious health offender, probably because it is so pervasive in our everyday lives. The more we surround ourselves with items of nonsupportive frequency, the more our own
frequency comes under stress and is disrupted. Over a period of time, these frequency-disturbing items—everything from synthetic clothing and bedsheets, foam mattresses, and synthetic building materials to eating implements, dentures, carpets, paints, and plastics of all types—have serious adverse effects on our minds and bodies.

Sound will also affect our energy level. Certain environmental sounds—the head-banger music emanating from our child’s room for example—will affect how we are feeling at the moment. While some sounds trigger an energy release, others may trigger a memory and thus an emotional response. How wonderful it would be to live in a beach house, listening to the waves roll in, as opposed to living near a railroad track. Sounds can greatly increase our ability to raise or lower our energy. They can help relax us when we are stressed and over-energized, or they can energize us in an instant. Sounds are similar to foods that access energy stores, as they can manipulate only the energy that is already there.

Obviously, people we come into contact with can also affect us. We all emanate an energy field that extends out from our bodies in varying distances. The majority of human communication occurs when these fields interact. These fields relay a large amount of information about us to others without our even realizing it. Does this seem far-fetched? Think about how many times you instantly liked or disliked someone upon your first meeting. On what were you basing your feelings? Everything we need to know about someone is transmitted to us via our energy fields upon first meeting him or her. Unfortunately, our minds can get caught up in other people’s or our surrounding society’s interpretation of that information, which can lead to trouble.
Part of this communication is strictly energy-based. Generally, likes repulse and opposites attract. It’s pretty hard for two people with high energy levels to put up with each other. That’s because the more we are around a person, the more interplay between fields there is. We begin to take on certain aspects of the other’s personality. We can gain energy from being around someone with a high-energy setting. Conversely we can lose energy by being around someone with a low-energy setting.

Bacteria and viruses come in and out of our bodies at will. Our immune system is our only real defense against any ill effects they may engender. Not only do the substances we take in keep our immune system supplied with the energy it needs, that energy also controls our internal system-wide pH balance. The pH balance of our body is a largely overlooked contributor to our immune system’s functionality. High-energy substances increase the acidity, and low-energy substances increase the alkalinity. Microbes require specific pH environments to survive and cannot exist in the wrong pH. When ill, our body naturally craves the type of energy substances it needs to raise its acidity or alkalinity to help it combat the invaders. The pH level of our bodies also affects how cancer cells grow. Most cancers prefer an acidic environment and will recede and die when the alkalinity is increased. Meat and animal products in general create an acidic condition in the body, whereas vegetables and fruit increase the alkalinity. This is why vegetarianism is associated with many cancer cures.

Our sense of touch can also introduce substances and their effects into our system. The skin is very porous, and many types of chemicals can be absorbed directly by the skin and enter our bloodstream. Generally, the main types of substances we are affected by through touch are called solvents. A solvent will break down our skin’s first line of
defense: its natural coating of oil. Once past the oil layer, the substance can penetrate all the way to the bloodstream, depending on the duration of contact. Most chemical compounds we come into contact with have some form of solvent. A few examples would be paint, cleansers, ink, cleaning fluid, dye, and insecticides. Water is the most common solvent, albeit a beneficial one on its own.

The volatility of a substance will also determine how much our bodies are affected by it. A volatile substance will pass off parts of itself—through evaporation, heating, or simple contact—to an adjoining substance. Take gasoline for example. It will evaporate rapidly into the air if left uncovered. Steel pots are used for cooking because of their low volatility when heat is applied. That means a steel pot will pass very little of itself to the food you are cooking. You wouldn’t want to cook with a pot made of plastic, as it would melt and get into the food you are cooking. One theory of the cause of the Roman Empire’s decline cites the Roman people’s use of lead in cooking pots and water pipes; the lead, the theory goes, slowly poisoned their users due to its high volatility. As I have pointed out earlier, plastic, foam plates and cups, aluminum, and nonstick chemical coatings are all currently used in cooking and eating. All these substances are very volatile and add harmful medical modifiers to the food with which they come in contact.

Up to this point in the chapter, the substances and items we have discussed are just the more common ones we come into contact with through our environment. But how about the ones we have no idea about, such as radio waves, microwaves, X-rays, electrical and magnetic fields, and various other types of radiation? They have all been measured and supposedly tested for safety levels by various governmental bodies. Maximum safety levels are then issued to the various industries to incorporate in their
products or services, thereby supposedly safeguarding us. Of course, most testing is done in the short term. If no detrimental effects at certain levels of exposure are seen in, say a day, week, or year, that level of exposure is considered safe. But are we really safe? What happens after ten years of exposure, or twenty years?

I’m a believer in and a student of human nature. If there is money to be made, a human being will bend any test results to the more profitable or desirable end, even if it means physical harm to others, and that person will believe he or she is justified in doing so. Also, if we can’t see immediate or short-term detrimental effects, then we assume there are none. If other people, businesses, or countries are using it, we should, too, or else we risk falling behind or losing our lead in the economy. My question is: What is more important the human condition or the fleeting security of material wealth? What is material wealth really worth if we can’t enjoy it due to poor health? As a whole, most of us still live in a medieval society. The bodies of the many are used for the material enrichment of the few. The only difference in modern Western society is that many more of us have the opportunity to be the exploiters through our overconsumption habits and wasteful lifestyles.

My favorite example of this aspect of human nature is in the development and use of X-rays. Years ago the detrimental effects were noted, mainly cancer and various forms of cellular destruction, and allowable levels of radiation were determined. Now they are used so commonly in so many medical fields that not much concern is given to them. We go in to have some X-rays taken, and the technician sticks us in front of the X-ray gun. While we are left there without our shirt or pants, the technician retreats behind a lead-lined wall or similar barrier. If we ask questions about the effects of X-rays, the answer is
invariably that we don’t absorb enough radiation through the process to cause health problems. They will tell us that the radiation we just absorbed is the same amount we would get during a normal stroll on a sunny day. The only problem with that answer is that we just absorbed it in a split second and in one concentrated spot, not spread out all over our body.

Obviously we can survive, live, and grow while coming into contact with many of these detrimental medical modifiers. But, again, the question is, for how long and at what quality of life are we surviving? More and more children are getting and staying sick at an earlier age. The longer we are subjected to harmful substances, the greater our chances of becoming ill. Our immune system starts breaking down, our organs start to malfunction, and a host of degenerative maladies start showing up. We pass these weaknesses on to our children, and each succeeding generation becomes increasingly susceptible to poor health.

My parents’ generation came from the farm. I grew up in a small city, my children in suburbia. My parents had hard lives and worked to a degree most of us would never even consider today in Western society. I started work at twelve years old, delivering newspapers. At a similar age my father had already spent six years in the fields picking cotton. My kids couldn’t even enter the workforce legally until they were sixteen, and then for only a few hours a day. It’s clear many of the detrimental substances and devices we use today have made life much easier. We have lengthened our lives through medical advances and by simply lowering the amount of wear and tear we put on our bodies. However, it is my observation that we have reached the limit of modern science’s beneficial gains and now require a redirection of our energies to survive. The substances
and devices we have invented to make our lives easier have collectively reached the point at which their detrimental effects are equal to or greater than any beneficial ones.

My parents’ generation of farmers experienced few of the degenerative diseases we have today, and did not grow up with any of the harmful substances we live with today. As a child, I remember allergies, colds, the flu—simple problems easily fixed with rest and diet. I can’t remember coming into contact with a single person who came down with anything more serious than strep throat. Today, asthma, cancer, and mental disease run rampant and afflict people at increasingly younger ages. Almost every family my children have met has someone with some kind of major physical or mental disease.

The correlation is real and the body of evidence is large; it’s just not popular. Nobody making money off a substance, service, or process is going to want to stop providing it. Our current society or group reality has processes in place to keep harmful products on the market. We have to make our own decisions. We have to protect ourselves.

So what are we to do about our environment if we want to support our energy as much as possible? There are many simple things we can do to reduce the detrimental effects. The main aspects of our environment we have control over are fresh air, clean water, and pure food—very simple, yet again overlooked. For fresh air, use this simple rule of thumb: if you can smell it or taste it, you are affected by it. Keep household or garage chemicals well sealed and stored away from the living area. When using chemicals such as paint or insecticides, keep the area well ventilated and wear an air-filter mask. Afterward, stay out of the area until the odor goes away. Keep windows open in your home as much as possible to flush out the gases from building materials and
carpeting. Avoid prolonged exposure to engine exhaust. Don’t put up with or try to endure toxic chemical fumes in the air you breathe.

Find a source of good, clean water—fresh springwater ideally, glass-bottled water if not. Add something to that filtered water so it doesn’t leach out your vitamins and minerals. An old tonic recipe consists of a glass of water placed outside overnight so it catches the rays of the morning sun. This water will have an overall healing effect, as research has shown that the mere act of sunlight hitting water creates a type of microscopic life that will greatly add to our body’s regenerative ability. We can “air out” water bottled in plastic this way, too, thus eliminating the petrochemicals picked up from the plastic container and filter media. Ultimately we should eliminate as much plastic from our lives as possible, especially from our food and clothing.

Undue or unexplainable stress could be a sign of some unnoticed environmental contaminant. Our body uses stress to point out problems that aren’t usually obvious to us. Many detrimental environmental influences are hard to avoid. Take living near high-voltage power lines or a microwave tower for example. Not everybody is going to want to pick up and move to avoid something they can’t see in the first place. The human body is very tough and will survive a lot of abuse. We would probably suffer as much from the stress of trying to eliminate every potentially harmful contaminant in our environment as we do from the actual contaminants themselves. Make the best of your situation. Any reduction in the amount of detrimental input will help your body eliminate that which you can’t avoid. Take care of what you can, don’t worry about the rest. We all live in this toxic soup together and all we can do is make the best of it until we can enact significant changes in our attitudes. After all, to a certain degree we are still living like our hunter-
gatherer ancestors who had to avoid large carnivores in their environment. All we have to do is learn to avoid all the harmful toxins in ours.

We have all contributed to this situation by using consumer products that without a doubt have made our lives much easier than the lives of our predecessors and have contributed to a longer life span. However, it’s obvious that the time has come to start looking at these toxic man-made substances in a much more critical light, in order to eliminate all the needless suffering we experience as a result of our dependence on them. Western governments have made great strides in mitigating the harmful effects of many substances and processes; however, the human need to hoard wealth and make a profit will always outweigh safety concerns. So it’s up to us as individuals to do what we can to eliminate what we can in order to protect ourselves and our families. We hold the ultimate power over the use of harmful materials in our lives. We can exercise this power by consciously reducing our exposure to them or by simply not buying the products that use them.
CHAPTER TEN: BODY AND MIND

The interplay between our body and mind largely determines our quality of life. A smooth give and take relationship between these aspects of our personal reality contributes greatly to a long, happy life. Recognizing the difference between mind and body and how the two affect each other and work together will assist us in maintaining our health and learning about our energy.

Due to the interconnection between these two very different aspects of ourselves, substances, activities, and concepts affect our health in positive and negative ways. Not only do ingested substances affect both mind and body, but strictly mental concepts (memes) can affect our physical body as well. For example, say we decide that our race is superior to another and start shouting racial epithets in the wrong neighborhood and get the crap beat out of us, or suppose we decide we are too fat and starve ourselves to the point we end up in the hospital.

We seem to go through a scripted series of events in our life to acquire the working knowledge we need concerning the interplay of mind and body. We use this knowledge to help guide us in our quest to fulfill our lives. When we are children, our parents largely control what we do and experience, in order to protect us from things that might otherwise harm us or end our life prematurely. Our diet, methods of entertainment, and other aspects of our lives, are all controlled and meted out to us in varying amounts for our own good. In addition, we are trained mentally to fit into the society and culture into which we are born, and this training provides us with the basic self-preservation knowledge we need to survive. The older we get, the more we try to break out of these
physical and mental confines, and we increasingly explore the world and the available input on our own. A series of experiential stages occurs as we come into contact with mentally exciting substances, concepts, and activities. For the purposes of this chapter, they can be broken down into four parts: 1) the assimilation stage, 2) the addiction and degradation stage, 3) the struggle stage, and 4) the recovery stage.

The first stage is by nature a wonderfully naive and exciting time. We experience and enjoy many things for the first time: foods, drugs, sex, alcohol, tobacco, travel, and music, and a wide variety of unusual concepts, religions, philosophies, and dogmas. We arrive at the second stage abruptly, with the onset of addictions to those wonderful new experiences and the realization that we are being harmed by them. During this time our body, mind, and reality sustain various levels of damage, calcification, or deprivation relative to the type and quantity of our addictions.

At some point we become aware of what is happening to us and realize that something needs to change if we are to survive and experience life the way we want to. As a result, we engage in a course of corrective actions. This is the struggle stage, in which we battle our addiction for control of our own life. We fight the urges of our body and mind that are harmful to us in some way, be it physically, mentally, or socially. We employ various techniques: guilt, self-denial, self-discipline, group therapy, diversion, etc. Sometimes we lose, sometimes we win, and sometimes we win now but have a relapse later. If we manage to pull ourselves out of the addiction, we are able to pass on to the recovery stage.

In the recovery stage we experience a renewed outlook on life. We feel refreshed and empowered at what we have accomplished through self-denial of the addicting
substances, activities, or concepts. We saw that our addictions were causing harm, and did what it took to stop them. Now we have a set of experiences and tools we can consciously use to actually enjoy life, even feel a sense of purpose. We feel closer to those around us and seem to fit in better. We can go through this cycle once or many times in our lifetime. These acquired sets of experiences give us perspective into our purpose in life. Without purpose, we tend to engage in self-destructive activities in order to dissipate built-up energy charges that would normally have been used to fulfill that purpose.

As we age, we accumulate many of these sets of experiences. They can be positive or negative, happy or sad, good or bad, uplifting or depressing. They will modify our behavior and perceptions in some way and can cause us to build rigid realities or walls to protect ourselves from experiential results that we perceive as negative. These walls and the accumulated baggage can weigh us down and keep us from fulfilling our purpose in life or from simply enjoying it. This baggage can also cause our health to suffer, as the different emotions we feel or repress can damage our internal organs and depress the immune system through our internal energy grid (see Chapter Sixteen: Plugging into the Grid and Appendix A).

Our experiential modifications will protect us from the specific events that led to their creation but will also constrict our connection to the universe and eventually negatively impact the quality of our lives. Imagine putting on a suit of armor: it’s great protection from the thrust of a sword, but it will inhibit us from doing and enjoying many other things such as swimming, running, and having close human contact. All those baggage-causing events are our life or the universe talking to us, showing the way to our
path. Sometimes we don’t like it when the message is “change,” as we humans prefer living in our safe, familiar ruts. However, if we ignore the prodding of these events and steadfastly refuse to change, what we call accidents occur to try to physically force us to return to the path of our lives.

As we age, our metabolism slows down but our eating patterns generally remain the same, out of habit. As a result, we slowly become increasingly energized, eventually building up and maintaining an extremely high energy charge. This high-energy charge, in conjunction with our accumulated baggage or negative experiences, can result in a disillusioned and bitter old age. This disillusioned state contributes to many of the various degenerative diseases and mental issues we suffer from as we age and can even lead to our withdrawal from society, family, and friends.

Our addictions and a negative outlook on life can take the place of our purpose in life. They supply the feeling of fulfillment that we would normally get from activities that fill us with power, happiness, joy, and a sense of accomplishment. Our lives end up being hijacked, dissipated, shadow versions of what could be.

At some point during our life stages, we explore varying degrees of willpower. Willpower is the ability to focus our energy, mentally or physically, in order to do something. It is the bridge between the mind and body. It is the phrase we use to describe the force that is created when the body and mind are not agreeing on what needs to be done. Willpower comes into play only when the mind wants to do something the body doesn’t, or vice versa.

Willpower can be exercised and, as a result, increased or lowered. It can keep the body and mind healthy, or it can kill the body or make the mind ill if overused.
Willpower, properly applied, can be looked at as a set of circuit breakers. When too much voltage surges through a system, the circuits blow in order to protect the system from harm. For example, say we give cocaine a try. At first we might think, “Hey, that makes me feel good. I want some more.” But then we say to ourselves, “Hold on now, this stuff makes me feel bad in the morning,” and *POW*, the circuit breakers blow, a little willpower is applied, and we don’t get totally addicted to the cocaine.

It seems we learn willpower through imposed denial or when some traumatic or damaging event occurs in our lives—basically when we are somehow separated from the world around us. Before that we were an integrated part of the world, trusting everything, experiencing everything, completely open. At some point we get hurt by something we like, and that creates the separation. All of a sudden we have to watch out for ourselves and keep an inventory of items that will hurt us, and that we need to avoid. The more obvious and painful the damage, the easier it is to avoid the source. It’s easier to stay away from fire than to stop using cocaine to the point of harm, for example. It’s when we have to apply willpower to keep something more abstract, such as cocaine abuse, from harming us that self-denial becomes hard. (Cocaine damage is abstract because we can’t actually see it hurting us, as opposed to the damage from something like fire.)

Fortunately, willpower can be increased through a little self-discipline. Doing almost anything regularly, or any kind of self-denying activity, will increase willpower. Exercise, yoga, jogging, meditation, and fasting are examples. The key is timing and repetition. Performing the same activity at the same time every day without fail is a good willpower exercise. Fasting is an easy and healthy way to increase willpower and, in my experience, is the most effective method to start with. Not only do we learn willpower
and self-control, but we also give the body a break from the continual digestion of food. Try skipping a meal a couple days a week for a while. Gradually increase the skipped-meal to a whole twenty-four-hour period without food, once a week. If we couple that with a little meditation, we will be ready to start our own religion in no time!

Meditation is probably the simplest and most important way to develop willpower over the long-term, and it produces the most far-reaching results. We already have everything we need to do it, it’s free, and we can do it even while walking around engaged in our daily tasks. We don’t have to have a guru or a mantra or do yoga. I started meditating by sitting quietly for as long as I could. I liked the calming effect the quiet time had on my mind; I found that just by sitting quietly or repeating a few words (my name for instance) as I went about my day, my mind’s constant chatter was greatly reduced. The constant repetition allowed my attention to be focused on what was at hand, not some past episode or future possibility, and I actually got addicted to the willpower the meditation created.

For obvious reasons, too much applied willpower can be very harmful. For one example of going too far, we may fast to the point of serious bodily harm by denying the body what it needs for its own support. Or we may eventually begin to look at the things we are avoiding as bad, and the people who use or do them as bad. Willpower can cause us to constrict our realities to the point we refuse to associate with others and experience very little of the world around us. An elevated sense of willpower, coupled with high energy, can create a seriously creative or destructive force. Generally, any application of willpower is going to increase the level of our energy. The stronger our willpower becomes, the higher our energy level will rise, due to the elimination of the energy-
lowering substances and dissipating activities we are trying to avoid in the first place. The greater the energy level becomes, the more restrictive and bigoted the mind will be. If our body cannot exert some control here and lower the energy levels, violent, destructive, and exclusionary tendencies can develop.

Applying willpower to the extreme sets up a vibration or a pendulum motion, which has far reaching results for us personally and for our society as a whole. The farther the pendulum is pushed in one direction (by the application of willpower to restrict the use of energy-dissipating substances and activities, such as sex or recreational drugs, for example), the greater the force that is built up to cause the pendulum to swing just as far in the opposite direction (this swing would be the resultant breaking out from the restrictions and the overindulgence in the long-suppressed desires for dissipation). Once freed from the confines of extreme willpower, the mind will go after everything it had been denied and in far greater quantities than it would have otherwise. The body will binge wildly while trying to get what it needs, bouncing from one energy extreme to the other.

This phenomenon can occur on a cultural and national level. Our Western society, especially in the United States, is currently experiencing the breakout from the puritanical restrictions that had been in place for many generations as well as all the problems resulting from the indulgence in dissipating substances and activities. We as a species get caught in a repeating cycle of austerity, freedom, overindulgence, and revolution. It is important to practice moderation in all things, in both restriction and dissipation.

Unusually high or low energy can cause us to have reduced willpower. Low energy can cause us to simply not have enough energy to do what we want to. High energy may
keep us from being able to focus enough mentally to start or finish what we want to do. Properly applied willpower will shield us from overindulgence in potentially harmful, mentally exciting substances and experiences while enabling us to stay attuned to the body’s physical needs.

What’s the difference in a bodily or physical need and a mental need? Physically we need nutrients for upkeep and for the energy required to do and create. Mentally we need to be interested, through excitement and stimulation. For optimum health, the body needs to be free to signal what it needs, and the mind needs to be free to seek out what it desires. The problem begins when one interferes excessively with the free play of the other. The hard part is deciding what the limits are. If we have no addictions or if our access to addictive substances is limited by our surroundings, it’s fairly easy to avoid them. The body and mind adapt to what is available. When we have a large and varied amount of available input, sensory- and substance-wise, we have to exert more control over our urges.

In order to cure our addictions, we have to address both the body’s and the mind’s needs separately. The actual physical addiction to an ingested substance or activity is closely intertwined with the mental habit that is formed with the repeated use of anything. The addiction can become a friend or companion and help us to pass the time, alleviate stress, and reduce our uncomfortably high energy level, or it can give us a boost if our energy level is too low. Simply applying willpower can be effective on mental-based habit addictions but generally leads to relapse in the more problematic substance- or activity-abuse addictions that create an actual physical need in the body.
A lasting cure requires much detective work and a three-pronged approach. First, and most critically in any attempt to cure an addiction, we must have a real desire to stop. If we are just going through the motions to satisfy someone else, it’s not going to work. If that’s the case, we need to just accept the addiction and go with it, see what’s at the end of that road. More times than not, the end of the road will give us what we need to stop the addiction. This is generally called “hitting bottom.”

Second, we must address our physical need to reduce our energy. The vast majority of addictions start when we have too high of an energy level and a resulting inexorable urge to dissipate it. The good feeling we get when indulging in our addictions is simply the result of the precipitous drop in our energy after using. The higher the energy charge we build up, the greater the pleasure will be during dissipation. It’s like riding a roller coaster. The higher the track takes us, the more exhilarating the drop will be. The cycle begins anew when we eat animal products to replenish our energy after engaging in our addictions. The cure for the physical aspect of our addictions is to reduce our energy level by altering our diet to include more energy-reducing foods, such as vegetables and fruits, while at the same time reducing our intake of energy-raising foods. This process will reduce the physical need for the substance we are trying to avoid.

The final aspect to address is the mental attachment to the addicting substance or activity. It has become our boon companion and confidant, giving us solace from an uncaring world while alleviating stress and strain, helping us cope with our cares and worries, and making our reality easier to handle and actually enjoyable. These addictions slowly replace our reality with the substance’s reality until, eventually, we literally cease to exist. Some addictions are a helpful crutch that gets us through another day, and as
such are well worth using on a temporary basis. Once health issues begin cropping up, however, it behooves us to make the attempt to quit. Other than sheer willpower, the only successful technique to help the mind wean itself off the companionship of the addicting substance or activity is to replace it with a living companion. A family member, a friend, a mate, a pet, a group, or a sponsor (as used in various self-help groups) are all very effective, in this respect, at helping make that mental break from the addiction.

It is also helpful, and instructive, to learn to be comfortable with the point of dissipation. The point of dissipation is that moment in time when our urge to use becomes uncomfortable, when our energy has built back up from the previous dissipation, and our addiction is now ready to give us pleasure if we use just one more time. Instead of fearing that situation, we can attempt to sit with it and not act on it, become OK with the feeling and explore it. In this way we can learn to see what it is we get out of the experience of dissipation, gain insights into our life in general, and lessen the event’s hold over us.

There are some types of addictions or compulsions that are caused by an energy construction that has taken on a type of life of its own, as opposed to simple energy-level habits as discussed above. These constructions can originate in one person but can then be passed to others, especially family members. If no amount of willpower, energy manipulation, or anti-dependence techniques seem to be working, or your eliminated addiction shows up in those close to you sometime after you eliminated it, there may be one of these constructions circulating in your reality. Elimination of these types of energy constructions (substance addictions and unexplained compulsive behavior in general) is facilitated by open discourse with family members in order to locate the originating event. Simply recognizing it, naming it, discussing it, and becoming OK with it in a
communal setting with the intent of eliminating it will go a long way toward solving the issue. Seeking out professional help will also be helpful in these instances as we can get wound up in the various guilt, regret, remorse, and moral good-and-bad structures of our society that can make recovering from the effects of these compulsions a difficult, tangled mess.

I find it particularly odd that almost everything that the mind finds interesting and exciting will cause the body various degrees of harm. Boredom is probably our only saving grace. If it weren’t for boredom, our mind’s seemingly infinite capacity for stimulation would kill us. Fortunately, we tend to eventually get bored of a particular stimulant and move on to the next one before it can seriously harm us. However, our body can have become addicted to a substance by then, and it will go through pain and suffering in the absence of it. Addictions can rapidly degrade the condition of the body and/or mind by causing us to maintain extremely high or extremely low energy levels. They can also cause us to flip-flop back and forth between the two extremes, one condition naturally attracting the other. This energy flip-flopping puts elevated wear and tear on the body, visibly aging it.

Through a little experimentation and manipulation we can learn to keep our energy at our own individual comfort level, which allows our mind and body to live in peace and lets us experience the world the way we want to and not from the inside of a hospital room, mental institution, or jail cell.
CHAPTER ELEVEN: INTERPRETING THE SYMPTOMS

Most of what we call symptoms are the body’s reaction to some type of excess or shortage. Instead of being treated as the problem, symptoms should be looked at as warning communications from our body that point the way to the actual underlying issue. These symptoms can be roughly divided into three categories: 1) those caused by too high an energy level, 2) those caused by two low an energy level, and 3) those caused by some form of environmental influence (including bacteria and viruses).

Listed below are some of our more common impaired health symptoms, their causes, and suggested cures, which I have accumulated and developed over forty years of personal experimentation and observation. This information is not meant to be followed word for word, or applied as is to everybody, but to be used as an outline on which to base your own experimentation and observation. These symptoms are discussed in the context of the more-or-less simple conditions of energy levels that are too high or too low, and can all be the result of much more complicated illnesses, diseases, or environmental substance contamination.

Symptoms Caused by Too High of an Energy Level

All of the symptoms listed below can be reduced and cured by the lowering of our overall energy level. You can accomplish this by several different means: stop eating foods that raise your energy level, eat more foods that simply sustain your energy level, and ingest substances that lower your energy level. Keep in mind that some substances will help a
high-energy condition but make a low-energy condition worse. Some of the below symptoms can be cured in a few minutes, whereas others may take a long period of time, several months or more. For example, if you are feeling severe tension, drink a few beers and, voilà, you are cured. The tension was taken care of in one sitting by your drinking of an extreme energy reducer, beer. If you don’t care to drink alcohol, try sweets or fruit (both energy reducers), or simply reduce your intake of meat, salt, and dairy products (all energy-raising foods). Trial and error is your friend. Generally, increased energy makes the body tighter, decreased energy loosens it. The amount of time it takes to effect a cure is proportional to how long it took to cause the problem. In addition, as we age, we generally drift to a higher energy level for various reasons. In my experience, after I turned forty-five my metabolism started slowing down. This caused my energy intake needs to drop, but due to my type of employment, my eating habits were pretty much entrenched at a high-energy intake level. This caused many high-energy symptoms to crop up. I have seen just this scenario play out with many of my friends and relatives, and it is an accepted part of the human condition that people get dehydrated, grumpier, smellier, heavier, and more conservative with age—all high-energy symptoms.

**Tension:** General tension is usually the first sign of an over-energized system. Everything starts getting tighter. Things that didn’t used to bother us now start to do so. Everybody is a moron. It gets harder to be around people. We walk around with our jaw clenched, and it’s hard to get to sleep at night. For a quick fix, relax, drink a beer, smoke a cigarette, eat some fruit, spend the night with your significant other, or for the long-term, lay off the meat or the salt,
Dry mouth: Dehydration causes dry mouth. This means our energy is too high; it’s like a large fire slowly drying out our body. Reducing our intake of energy-raising foods will greatly facilitate our rehydration efforts.

Allergies: Allergic reactions caused by high energy generally express themselves with redness, heat, or pain. Red hives; red rashes; boils; fevers; nausea; vomiting; red eyes; itchy, red, scaly skin; eczema; arthritis; and joint pain are some examples. High-energy reactions can be caused by a single substance simply causing an overflow of energy, or by a slow buildup of a particular irritant that finally needs to be eliminated in an unusual way. When I was in my mid-twenties I got a job as a butcher’s apprentice at the local health-food store. At that point I hadn’t eaten even a speck of beef in more than ten years. One day a burger seemed really appealing, so I cooked one up and ate it. About five minutes after I downed it, I was heaving my guts up in the trashcan. When I changed clothes for bed later that night, I noticed red hives all over my torso and legs. I figured the hives were a reaction to the beef’s energy, as it was supposedly organic and additive-free. Eight years later I had the occasion to eat some beef again, not having had any since the earlier butcher shop episode. Although I managed to keep it down, I broke out in hives on the same areas of my body as before. This type of allergic reaction is a good example of how the body can eliminate excess energy through the skin. My energy level was already high without my having eaten any beef for years. The addition of beef to my system that first time was simply too much and too fast for my body to handle. I threw it up and
broke out in hives. The second time I was able to keep it down but still broke out in hives.

Many years ago my father got hooked on eating garlic after he learned of the reported beneficial effects on the heart. Many of his male family members had died of heart attacks or suffered strokes, so he was looking for any edge he could get. He grew the garlic in his back yard to ensure a steady supply and he ate it with every meal for years. I was home for a visit one day when I noticed he wasn’t eating it anymore. He said he started having circulation problems in his legs, which were very sensitive to changes due to a motorcycle accident. During a visit to the doctor, he found out that garlic could thicken the blood and reduce circulation in some cases. He quit eating it and the problem went away. This situation—that my father ate the garlic for years with no side effects, but then one day his legs started hurting and going numb—is a classic example of an accumulative allergic reaction. The body gets enough and says “no more.”

**Tight or cramping stomach or gut:** When we have a tight or cramping stomach, we are feeling a stored ball of energy. The more energy we store up and hold onto, the tighter it makes the whole body. We feel it first in the stomach and gut area. Reducing consumption of extreme energy-raising foods coupled with taking in more energy-lowering foods will solve the underlying problem of too much energy.

**Headache:** Headaches are a many-varied thing. The ones caused by too much energy generally emanate from the side and rear of the head and the neck area. Relaxing or ingesting some kind of energy reducer and/or imposing energy-reducing environmental
conditions (applying an ice pack, taking a cold shower, sitting in a walk-in cooler, or cranking up the a/c) can usually cure these. Migraine headaches are the result of a prolonged over-energized condition and will require a longer time to fix. From a purely energy standpoint, migraines can be cured by a steady and prolonged reduction or elimination of extreme energy-raising foods from your diet. Experiment with the energy-raising foods in your current diet, such as animal products of all types and salt, until you find the right formula of reduction or elimination. Be aware that finding a cure can be complicated by a diet high in chemical additives and stimulants such as caffeine. The chemicals and stimulants may have to be eliminated until a cure can be found.

**Cramping:** Frequent cramping of the muscles is generally caused by dehydration. Dehydration is exacerbated by an over-energized system.

**Vomiting:** Vomiting can be our stomach’s reaction to an unusually high or low energy condition: “That’s enough. Get this stuff out of here—now!” Generally, it takes a while to build up an over-energized condition to the point that it creates a need for vomiting, but then a last little bit of energy will push the stomach over the edge. Vomiting caused by too low of an energy condition can be brought on much faster, in one sitting usually.

**Constipation:** Constipation can be one of the more benign indicators of the body’s energy condition. Do you have to take reading materials to the crapper? That’s a sure sign of an over-energized condition. If it’s hard to defecate, you have to strain, or you go for many days without even the urge, you have an over-energized system. If you have black
or dark brown excrement that sinks, that is also a sign of too much energy. A lighter color or yellow or greenish excrement is a sign of too low an energy condition. Diarrhea can be caused by either condition, similar to vomiting. Bad-smelling excrement, without constipation, is generally a result of taking in too large a quantity or wide a variety of foods, not the energy quality of the food.

**High blood pressure**: Maintaining prolonged periods of high energy can result in high blood pressure, a very common condition in the West due to our animal product- and salt-based diet. However, simply eating animal products and salt is not the culprit, as everybody has a different energy structure and daily energy needs. Arctic peoples, for instance, generally don’t walk around with dangerous levels of blood pressure, because the meat-based diet they eat is offset by the frigid temperatures. The relatively high energy level maintained is what causes the excess pressure, and this can be generated by overconsumption of grains in some cases.

Everything in the body becomes more forceful with more energy: muscle contractions, speech, actions, thoughts, desires, and the force of the blood flow. The dehydrating effect of an over-energized system, which can cause a thickening of the blood, compounds the problem. We can feel this pressure throughout our body and brain. This condition will alter our personality and eventually kill us if not addressed. Reducing our intake of high-energy foods and increasing consumption of energy-reducing ones will solve most instances of this condition.
**Coughing:** Barring lung disease, this symptom is generally due to a high energy level. A cough that does not accompany a fever or other symptoms can be treated with energy-lowering drinks and foods. An old remedy passed down in my family is hot water with honey and a squeeze of lemon.

**Sore throat:** A minor sore throat with no other symptoms is one of the early warning signs of too much energy. It can be cured easily with energy-lowering foods. A full-blown sore throat with a fever, cough, and runny nose is something more complex and requires more than just the application of energy-lowering substances.

Our energy can reach a high enough level that our internal pH value acidifies (our pH alkalinizes with low-energy levels; see the low-energy symptoms below) to the point that certain microorganisms can grow exponentially, the result being an illness with many seemingly conflicting symptoms. Once the microorganisms bloom, our immune system kicks into high gear in order to fight the infection. Whereas the symptoms of the illness may indicate the need for energy-lowering substances (sore throat, cough, fever, etc.) or energy-raising foods (runny nose, sneezing, etc.), the immune system needs plenty of energy input to support its battle with the microorganisms. At this point the best course is to listen to your body as to what it is craving, keeping an eye to moderation to avoid making the condition worse by eating extreme high- or low-energy foods. It’s really too late to alter the illness with simple energy manipulation, as that course of action is relegated to the support of our immune system.

Once we have attained an energy state unbalanced enough to alter our pH and reduce the effectiveness of our immune system to the point that microorganism-caused illness
can bloom, our energy manipulation must focus on supplying the body with enough energy to fight off the infection without supporting the particular microorganism’s preferred pH level. This is a fairly simple process with illnesses induced by low energy, as consumption of readily available high-energy food will support our immune system and help create a nonsupportive pH level.

High-energy-induced microorganism illnesses are more complicated to resolve, as the consumption of lower-energy foods in order to create a nonsupportive pH level can negatively impact our immune system. Consuming energy-sustaining foods in this case, as opposed to energy-raising or -lowering foods, will provide just enough energy for the immune system to function properly and will contribute to both aspects of the support needed by the body (proper pH and energy needs of the immune system). This generally means consuming grains and vegetables, but it will always depend on one’s beginning energy level and pattern.

**Bad gas:** Bad gas is a sign of prolonged consumption of foods that excessively raise our energy. The kind of gas that even the dog runs from is a condition of the intestines that is usually associated with constipation. The extremely high energy level that is necessary to cause this brings about a severe dehydration in the intestinal tract, and the loss of fluidity causes slowed fermentation. The excrement becomes too hard and eventually negatively impacts the intestinal tract. We also tend to clench our muscles, especially in our abdomen, when we get a high energy charge. This can disrupt the natural contractions of the intestines and cause the gas as well.
How you eat your meal can also cause bad, painful gas. Eating low-energy foods before high-energy foods can result in increased gas production and digestive-system distress in general. Mixing extreme high-energy ingredients with extreme low-energy ingredients can also lead to increased gas production.

**Heartburn:** Heartburn and its big brother, acid reflux disease, are the result of an over-energized system. Heartburn is one of the easiest symptoms to fix. Cut back or eliminate energy-raising foods and eat more energy-sustaining and energy-reducing foods. In addition, notice which foods in your diet are causing a heartburn reaction and stop eating them for a while. Take steps to reduce your overall energy level, and then try those foods again in moderation to determine which ones you will need to permanently eliminate. Acid reflux disease causes can be more complicated than simple heartburn, but is generally just a really bad case of entrenched heartburn. The regimen discussed above can cure acid reflux as well, it will just take a while longer.

**Acne:** Acne is another easily fixed symptom. One of the functions of our skin is as an organ of elimination. Basic acne occurs when our body sends excess energy out through our skin. Acne gets a little more complicated when we consume large amounts of chemical additives, as now we have to do some detective work to figure out what it is we are eating that contains the offending substance. The body uses the skin to excrete certain useless ingredients. A little acne is a good sign; it means our body is working normally to get rid of excess. As a first step, stop eating chemical additives and energy-raising foods for a while, until the acne subsides. Try eating energy-sustaining or energy-lowering
foods—vegetables and fruits, for example. It may take a while for our body to release that ball of stored energy and clear our system of the chemicals, but eventually the acne will subside. Then we can try our favorite foods again if we so desire, while observing which ones cause the acne to return.

When I was a child, the generally accepted cause of acne was dirt and bacteria coming into contact with one’s face. I was an avid reader of *National Geographic* magazine during most of my childhood. At a young age I noticed that in all the pictures I saw of dirty-faced-teenagers living in the foreign forests or steppes or deserts, not a single one had acne—a result of a healthy non-Western diet and lifestyle.

**Warts, moles, and skin tags:** These eruptions are all signs of excess energy or nutritive and environmental substances, accumulated over a long period of time, being eliminated through the skin. Most warts are dairy-product related (cheese is particular) and can be eliminated with an extended abstinence from these foods. This does not include seed warts, which, by nature, are caused by some foreign object or virus in the skin. Moles indicate an extreme high-energy condition. In addition, they can also point to some form of internal contamination by toxic environmental substances. Skin tags are usually a sign of some type of food-based overindulgence, usually of oils and fats, causing a problem with the gall bladder’s ability to process them properly.

All these skin issues tend to show up along the channels of our internal energy distribution network, which are referred to as meridians in traditional Eastern medicine (see Chapter Sixteen: Plugging into the Grid). These meridians are used by our individual organs for the elimination of negative medical modifiers as well as excess energy.
Exactly where a skin problem shows up on your body can indicate an issue with a particular organ. Observing where these blemishes occur can be a very useful early-warning technique in our defense system against organ disease.

**Bad breath:** A dentist will tell us that bacteria in our mouth cause bad breath. Then we all should have bad breath since we all have bacteria. Do you floss every night and still have bad breath? I know people who rarely brush their teeth (and certainly never floss) and yet still have pleasant breath. Bad breath is caused by a prolonged state of high energy. (Whether the bad breath is caused directly by the energy level or the pH level associated with it, I don’t know. However, differing pH levels in the body, which determine what kind of bacteria can grow, are caused by the type of foods we eat.) Bad odors emanating from the body are a general effect of a prolonged and extreme high-energy level.

**Eczema:** Unless dry hot air is actively sucking moisture out of our body, a general dry-skin condition is a result of an over-energized system boiling off moisture like a pan of water on a flame. Dry, flaky, red skin, or eczema, can also be caused by a high energy level maintained over a prolonged period of time. It generally takes a long time for the skin to reach this state, and it will take some time to cure. Occasional fasting, elimination of animal products and salt, plus increasing the intake of fruits, or energy reducing herbs will greatly speed the healing process.

Some forms of this condition are merely the result of substance elimination through the skin and are not necessarily energy related. The condition of our skin reflects
the overall health of our liver, as the liver uses the skin to eliminate many of the substances it filters out of what we ingest (see Appendix A for more on organ diagnostics). Getting our body checked for chemical and heavy-metal contamination, and checking our current and past surroundings for possible sources of contamination can help reveal the cause. Remember, this is a warning letting us know worse things are on the way if we don’t take action.

**Hemorrhoids:** Hemorrhoids are a classic example of excess energy. These little beasties erupt when excess energy and prolonged sitting are combined. Eliminating energy-raising foods will greatly facilitate the healing process.

**Dark circles under the eyes:** Dark circles under the eyes are a sign of general exhaustion, especially in the liver and kidneys. These symptoms are usually a sign of excessive amounts of food intake (particularly energy-raising substances), stimulant abuse, and sleep deprivation. These symptoms are not simply a result of old age, and they can be reversed with a prolonged course of diet and lifestyle change that supports breaking the habits that caused them.

**Frequent nosebleeds:** Has your nose ever just started bleeding for no apparent reason? Does blood show up on the tissue when you blow it? An excessive high-energy condition dehydrates the membranes in our nose, which makes them susceptible to tearing. Increased blood pressure, another symptom of high energy, contributes to the rupturing of
the weakened tissue. Eating more energy-lowering foods and drinking more water will reduce the frequency and possibly eliminate this problem.

**Extremities “fall asleep” or become numb:** This condition usually occurs when we sit or lie in the wrong way and momentarily cut off circulation to parts of our body. Once the circulation is restored, various degrees of tingling or pain are experienced as that body part “wakes up” again. These symptoms can also be a sign of an over-energized condition resulting in thickened blood through dehydration. Thicker blood can cause poor circulation and the resulting numbness and tingling.

**Prostate problems:** Several things can cause an inflamed or swollen prostate. The high-energy type can be easily cured by lowering high-energy food intake and eating more energy-lowering foods. This type of prostate issue generally occurs at an older age (when we naturally accumulate a higher energy condition due to a lower metabolism and not burning off all that energy we are used to consuming). In addition, some foods have medical modifiers that seem to naturally aggravate the prostate. Asparagus and certain types of table grapes are two that I have noticed. Considering the proliferation of prostate cancer, I imagine there are many chemical additives that also aggravate this condition.

**High libido:** High libido or a heightened sexual urge is a symptom of high energy levels. Of course, this is not necessarily a bad thing; quite the contrary, it can be very enjoyable. The problem occurs when sex is all we can think of and we have very little control over what we do with that sexual energy, or we keep our energy level high for too
long. Adjusting our intake of high-energy foods can make a corresponding adjustment in our libido.

**Insomnia:** Insomnia is generally caused by a very large mass of stored energy. We may be tired and lie down, but we just can’t slow down enough mentally to fall asleep. This symptom is tricky to diagnose properly and will usually require a long period of time to fix. Look at your diet. Many insomniacs have a diet high in chemical additives, caffeine, nicotine, meat, salt, and dairy products. Generally, cleaning up our diet (eliminating chemicals, caffeine, nicotine, etc.), eating more energy-sustaining foods (vegetables, grains, and fruit), and reducing our intake of energy-raising foods (meat, salt, and dairy products) will allow us to relax, and sleep will occur naturally.

**Hyperactivity:** Hyperactivity is a classic symptom of too much energy. The body’s energy-system characteristics can be compared to those of heat and cold and how they affect the surrounding environment. Having too much energy is like turning up the heat: molecules get agitated and move faster, combustible materials ignite, and explosive materials explode. Similarly, when we turn up the body’s energy level, we start bouncing around, get agitated, and even explode occasionally. True hyperactivity is easily cured by reducing intake of energy-raising foods and focusing more on energy-sustaining and energy-reducing foods. Turn down the heat or apply a little refrigeration, and everything starts slowing down and chilling out. There is also a type of hyperactivity that is caused by the energy-squeezing foods (sugar and caffeine) but it is usually short-lived.
**Inability to focus; low attention span:** A person’s ability to focus is greatly hindered by a high energy level. Too much energy puts our minds in a highly excited state. In this condition, we get bored very easily with mundane or repetitious tasks, and it is better for us to take on hard physical labor or quick, easily completed tasks. There is also a low-energy version of this condition in which our mind wanders in space and kind of fuzzes out, not really thinking about anything. Switching to energy-sustaining or energy-reducing foods will greatly mitigate the high-energy version of these symptoms.

**Inability to get along with people:** The higher our energy level gets, the harder it is to get along with those around us. We build up a big head of steam, we pick a direction in which to move, and we expect everybody to follow behind or stay out of the way. We become increasingly insensitive to others and close ourselves off from outside, conflicting, or simply differing opinions. We can become cave-person-like and may hole-up by ourselves in an attempt to avoid other people. Reducing our intake of energy-raising foods and increasing consumption of energy-sustaining and -reducing foods will help with this condition. It takes quite some time for energy to build up to the point it affects the mind in this way and it will take some time to reverse the situation.

**Low patience:** High energy can cause us to lose our ability to be patient with ourselves and others. We seem to be always short on time. We hurry around, constantly trying to be efficient and save money. We despise those who move more slowly than we do and consider them lazy and inefficient. It becomes inexcusable for anybody around us to make a mistake. Simple impatience can be mitigated rather quickly with the ingestion of
extreme energy-reducing foods such as alcohol-based drinks. Cases that have built up over a long period of time will require long-term altering of the diet to include energy-sustaining and -reducing foods.

**High level of anger and frustration:** Irritability and anger can be caused by excessive energy buildup. If we get frustrated and angry easily or stay mad all the time, we have too high an energy level. When we build up a big charge of energy, our mind takes on a kind of rogue-elephant attitude: “Don’t get in my way! Leave me alone, or I’ll run you over.” If something does not go our way, we become immediately frustrated and quickly move to anger. We have to feed our anger energy in order for this type of anger to exist and gain strength. By simply cutting back on the high-energy foods we eat and/or eating more energy-reducing foods our anger will subside. Some anger has an actual source causing it to flare up and simply reducing our energy won’t totally eliminate the issue. For these types of anger issues reducing our energy will, however, create some clarity of mind so that we can calmly handle the situation without losing control.

**Violence and rage:** Violence is the body’s way of discharging an extremely high energy charge. We lash out at people who get in our way, frustrate us in any way, or are simply there. We get combative and go looking for a fight. The energy we build up creates a kind of kinetic energy of its own and, when it takes on a task and puts itself in motion to complete that task, it will not accept any deviation from the set plan. The higher the energy level is raised, the less empathic we become, which allows us to cause harm to others around us. Raised energy levels make it increasingly harder to see anything outside
our own thoughts and our own reality. Anything we perceive as different from our own reality can become the focus of a violent attack. The intensity of violence and rage can be lowered and controlled by the extreme reduction of our energy intake. Fasting and fruit consumption can have amazing effects on these symptoms, however, the true cause of why we direct our energy into violence and rage can be of a mental or genetic nature and will not completely disappear (in those cases) until the causative issue is discovered and addressed.

**Accident proneness, rioting, and poltergeist activity:** Extremely high energy tends to make us physically and mentally clumsy and not very attentive to details. We crash into things; break things; have violent, self-injuring accidents; and get into physical confrontations. These reactions are simply the physical manifestation of the energy discharging itself, attempting to return to its comfortable, normal level.

Once energy reaches a point of “critical mass” it begins to attract surrounding high-energy sources instead of repelling them, and it then attempts to discharge this excess through violent impact. Once that discharge has occurred, it can set off other high-energy sources in the near vicinity, creating a cascading effect similar to a nuclear reaction. It can leap from source to source, person to person, causing various “mindless” crowd actions such as gang fights and riots. Even when individuals of extremely high energy have good control of their emotions and mind, they can set off others close to them simply by causing an overload in that other person’s energy level. That extreme energy level, in the form of a massive, stored energy ball, can take on a life of its own and cause us to do things over which we have no control and may not even remember doing. This
force can, in extreme cases, cause paranormal activity around us without our conscious knowledge or physical involvement. We see this phenomenon, which we sometimes refer to as “poltergeists,” as independent entities that haunt us causing all sorts of mischief and unexplained havoc.

To reiterate, high energy causes dehydration, a general tightening effect on the body and mind, and increased susceptibility to frustration and low patience. These symptoms are the early warnings, and are usually acceptable to us, because high energy is so very useful in many of our daily tasks. The longer we hold that high-energy condition, however, the more debilitating the symptoms become. If we ignore the initial low-grade symptoms, such as the ones listed above, we expose ourselves to illness and then disease. If we take steps to bring our energy level back down when our body sends out one of these symptom, we can avoid a host of more serious problems. I used to get massive headaches frequently. With a little experimentation, I figured out the relationship between what I was eating and the symptom’s manifestation. I have since gone forty years without even a hint of a headache. My wish to avoid bodily pain has probably been the major driving force behind this whole reality I am describing. What good are these wonderful devices we call the body and mind if they are doubled over and preoccupied with pain?

**Symptoms Caused by Too Low of an Energy Level**
Symptoms caused by too low of an energy level are generally easier to fix than those caused by an excessively high level, thanks to the greater availability of energy-raising foods. (Plus, we don’t really store up a low-energy condition per se, although we can deplete our stored and deep stored energy, which take a long time to restore.) But an illness or disease that is caused by a prolonged low-energy condition will take longer and be more difficult to fix than a simple symptom.

Low energy has a general relaxing effect on our body and mind. We become more accepting of other realities and easier to get along with. Our body may relax to the point that we become relatively weaker, less focused, or less motivated than our higher-energy brethren. Things that used to bother us just don’t seem that important anymore. A lowered energy condition also makes us more susceptible to our environment, as our immune and filtration systems are weaker and/or more sensitive.

**Runny nose:** A runny nose is my favorite low-energy early-warning symptom. I use runny noses and the high-energy symptom of dry mouth to keep myself at a peak, comfortable energy level. If either one of those symptoms show up, I know immediately in which direction I need to go with my energy input. All of our bodily orifices produce various forms of moisture, such as saliva and mucus. Our energy balance keeps this moisture inside. Once our energy starts drifting too low, the nose will begin to run, and we will produce more saliva and have a tendency to drool, and our eyes will water as well. At this point, consuming some high-energy food and eliminating any extreme energy-lowering foods will make the runny nose dry up. If we persist in lowering our energy level, the sinuses start plugging up, our head gets congested, and the moisture
coming from our nose turns green. Pretty soon we’ve caught a bug, as our immune system is no longer able to fight off invasion.

**Sneezing:** This symptom is another pretty early low-energy warning and is easily cured with some high-energy input and avoiding low-energy substances. Sneezing can also be a form of excess removal—a wad of mucus may come out with a sneeze, for example. Violent and prolonged sneezing is a type of allergic reaction that is indicative of the body’s attempt to remove something. Sneezing in conjunction with a runny nose and various other symptoms indicates illness, which is more complicated to diagnose and cure.

Similar to the scenario described above regarding the high-energy symptom of a sore throat, a low-energy condition can cause the body’s pH balance to alkalinize, allowing certain bacteria and viruses to proliferate, resulting in illness. A more common situation is that a low-energy condition will simply not supply the immune system with sufficient energy to fight off invasion by microorganisms or all the various environmental contaminants that enter our body with each breath.

**Itchy eyes:** Itchiness of the eyes can be a simple warning of low energy levels which can be cured by raising your energy level. More often it is the body’s attempt to remove environmental contaminants such as pollen and chemicals. When I was twelve, I delivered the morning newspaper. I got up at four a.m., rode my bike down to the local convenience store, and rolled the papers for the morning delivery. I did this for maybe a year before I started noticing unusual symptoms from my body. As soon as I would start
rolling the papers, my eyes would start itching. I would resist for as long as I could, but eventually would give in and scratch. They would keep itching until I could hardly go a few seconds without scratching them again. This would go on for an hour or so until the itching would subside enough to be bearable and finally go away. This went on for quite some time. Eventually the itching ceased, and I moved away and stopped delivering papers. A number of years later I got a job pulling orders and packing boxes in a wholesale warehouse. The packing material we used was old newspaper. A few weeks into the job, the itching eyes returned. By then I had learned to listen to my body’s reactions and I refused to use the newspapers, as I remembered my earlier episode. My fellow employees found out that the ink used in most newspapers at that time was highly toxic and easily absorbable through the skin. I thought back on all those thousands of newspapers I had touched, all the ink that entered my system, and all the symptoms my body had exhibited during that period in addition to the itchy eyes. Many years later, impaired memory and brain function led me to the discovery of a large amount of lead in my system. A little research showed that the ink used in the newspapers during my paperboy years contained lead. The lead was removed from my system, and the memory and impaired brain functions I had attributed to old age returned to normal. This illustrates the value of listening to those little nagging symptoms and taking action to figure out why they are occurring.

*Watery eyes:* Watery eyes usually occur in conjunction with other low-energy symptoms. The body generally has more moisture available to it in a low-energy situation due to the absence of the heat-based dehydration of a high-energy condition. Mucous
membranes all over the body excrete more moisture at the slightest irritation during a low-energy episode. Reducing extreme low-energy substances will generally solve this issue.

**Earache:** I hate earaches. I used to get them occasionally as a child and later as a young adult. Ruptured eardrums, infections—they were terrible. However, they are very easily avoided and cured. A simple earache is the result of a low-energy condition. Excess fluid builds up behind the eardrum and puts pressure on it, causing the pain. Infections can get started in the same area due to a weakened immune system, also causing pain. Once the pain sets in, it’s too late, of course, and any attempt at fixing the earache will take too long for the sufferer. An old folk remedy for the pain that I have had luck with is a combination of vegetable oil and strained garlic juice, heated up to body temperature and dripped into the ear, one drop at a time, with an eyedropper. The way to avoid earaches in the first place is to eliminate consumption of extreme energy-lowering substances. Those would be alcohol, tobacco, recreational drugs, caffeine, soft drinks, sugar and sweeteners of all types, chemical additives, pastries, candy, soft drinks, sweetened drinks of any kind, fruit juice, and nut butters. Nursing mothers can pass on energy-lowering substances that will cause ear infections in their child. The gradual acceptance of sugary, chemical-laced foods into the general food supply has resulted in the gradual increase in, and acceptance of, the medical procedure of placing tubes in a child’s eardrums to drain excess fluids. Eliminating the energy-lowering foods will eliminate the possibility of the excess fluid condition altogether.

Once we have an earache or infection, be aware that if we increase consumption of energy-raising foods to combat the condition, we run the risk of overshooting our desired
energy level and creating an uncontrollable craving for sweets or similar energy-lowering foods, thereby compounding the original problem. It takes a balanced approach to successfully cure an existing issue.

**Headache (forehead area):** Low-energy-type headaches are caused by a general expansion effect, whereas high-energy types are caused by contraction. Generally too much of an energy shift in either direction can result in a headache—the brain-freeze we may experience when we drink frozen drinks or eat frozen foods is a good example of this. Low-energy-type headaches are generally felt in the forehead area and generally subside faster than high-energy types. Eating some high-energy-producing foods will help to counteract this condition.

**Lack of or low libido:** Low or nonexistent libido, or sex drive, can be cured very easily in most cases. As it takes quite a bit of energy to have sex, we need to start out with a decent energy charge to even be interested. A diet high in energy-lowering foods, especially sugar and chemical sweeteners, chemical additives, and fruits will cause us to have very little energy and, as a result, low interest in sex. Cigarettes, alcohol, caffeine, cocaine, and most drugs also seriously degrade the sexual drive or the ability to perform. While these substances may enhance the experience and lower inhibitions, they eventually seriously degrade our energy stores, decreasing our ability to engage in sexual activity. We may still have the mental desire to have sex, but our sexual organs won’t function up to expectations, or our energy simply takes too long to recharge. A simple diet change can drastically change your sex life. Try eliminating all energy-lowering
substances for a short period of time. Eat more animal products, or grains and salty foods if you are a vegetarian.

I was a vegetarian for quite some time before I figured out why sex depleted me so seriously. I was eating no animal products whatsoever. No beef, chicken, fish, dairy products, or eggs. My only source of energy-raising food was grains. I wasn’t even eating salt. Occasional sex was no problem, but any kind of repeated sexual activity in a short time period caused a serious degradation of my energy levels and, as a result, my physical and mental health. The personality changes I experienced due to prolonged low energy were surprising and very debilitating to my reality. Animal products, especially animal flesh of some kind, replenished my energy stores more quickly and to a greater degree than any vegetable foods I could consume. The only drawback to using large amounts of animal products is, if the level of sexual activity is suddenly reduced or eliminated altogether, we are stuck with an uncomfortably high energy level and nothing to do with it.

Sleepiness: If you are having a hard time staying awake during the day but are getting regular amounts of sleep, you may be keeping your energy level too low. Try eating a few more energy-raising foods.

Weepiness: Weepy or fussy symptoms are a sure sign of lowered energy levels. If we find ourselves getting very emotional at the drop of a hat (becoming sad, crying, etc.), eating more energy-raising foods such as meat, salty foods, dairy products, or grains will mitigate these conditions. A higher energy level allows the mind and body to better cope
with environmental influences that affect us adversely. An unusually fussy or whiny baby
is easily calmed with the elimination of any extreme energy-reducing substances, such as
sugar and other sweeteners, soft drinks, fruit, fruit drinks, or juices. It may take a few
days to effect a change, as it probably took a while for the problem to show up. Once the
fussiness stops, try reintroducing the food items a little at a time if you want to. At some
point you will need to start feeding the child at least some fruit in order to maintain a
proper energy level. If you keep withholding energy-lowering foods, you may end up
with high-energy-level symptoms. A baby who screams excessively, has a hard time
falling asleep, or won’t be calm unless he or she is in motion is suffering from too much
energy. That energy buildup is making him or her uncomfortable and frustrated, because
a baby really can’t do a whole lot to discharge it.

**Lack of motivation:** Lack of motivation can be simply the result of too low of an energy
level. Of course, this condition can be much more complicated, some kind of mental
inhibition or fear, for example. Try eating more energy-raising foods and/or lowering
your intake of energy-lowering substances, especially alcohol, cigarettes, drugs, and
caffeine. Once our energy rises to an excessive level, our body will start seeking activities
to discharge the energy, and the mind will get bored and start looking for things to do.

**Depression:** This typically overdiagnosed issue can be the result of too low of an energy
level. Sleep deprivation will also aggravate a depressed condition. However, similar to
lack of motivation, depression can be much more complicated. Raising our energy level
can cure simple, everyday depression. Raised energy levels reinvigorate the mind and
body, creating an appetite for stimulating activity. So-called clinical depression, during which one can’t get out of bed or find the will to do anything, takes longer to fix. With this condition, our stored and deep stored energy is severely reduced or nonexistent. When we lose our deep stored energy, our mind is severely affected. If this condition continues for a long period of time, the mind loses track of its normal thought patterns. By normal, I mean the way the mind thought or acted when it had plenty of energy at its disposal. Short-term, severe energy loss will also result in an alteration of how the mind works, but due to the short duration, the mind can remember its normal patterns and return to them when the energy levels are brought back up to the usual levels. Long-term, severe energy loss, however, will cause the mind to lose track of its normal patterns and start accepting the altered patterns as normal. In order to effect a cure, one must rebuild the energy levels as well as retrain the mind to behave normally.

**Sinus infection and increased susceptibility to infections:** Infections in general are a common and classic symptom of too low of an energy level. When the body’s energy gets too low, the immune system becomes weak. When we are unable to fight off infection, the areas of the body most exposed to the outside world will be affected first. Sinuses, lungs, and skin are at a heightened risk of infection due to their direct exposure to the outside environment. Once the infection starts, it will take some time to fix it. If we have been eating grains, vegetables, and fruits, we will need to move over to some kind of animal flesh for a few meals. Dairy products should be avoided, as they tend to produce more mucous-membrane discharge, which complicates the whole situation. Eliminating all energy-reducing substances and activities for a short period of time will
also effect a cure if eating animal products is not an option or if we have already been eating meat. As long as an infection is external or does not concern a major organ, we can keep track of it visually. If your experimentation in treating yourself is having no helpful effect, or severe and spreading redness in conjunction with pus occurs, you need some help. Infections can kill you relatively quickly if your immune system is severely compromised, so don’t be closed-minded about seeking out medical help.

**Extended healing time:** If cuts and bruises take an unusually long time to heal, our low-energy condition is negatively affecting our immune and regenerative systems. How our skin heals after an injury—such as a cut, scrape, or bite—is a good indicator of our immune system’s condition. The amount of redness and swelling that occurs around the injury indicates who is winning the infection battle. Little to no redness and swelling with no pus mean our guys are strong and are winning, indicating a healthy immune system. If we start seeing a red ring around the injury or pus forming, our guys are having a problem, and our immune system needs tuning up. Severe swelling from insect bites indicates a poor immune system. Animal or insect bites are somewhat different from other injuries, as our body reacts differently depending on the type of bite. Even though some beasts inject poison, a healthy immune system will be able to fight it off with minimal effect. Some people can handle multiple insect stings or snakebites, while others die in a short period of time from a single bite.

**Weak fingernails:** Another easily observed indicator of our immune system condition, as well as our overall energy condition, is our fingernails. Weak or easily torn fingernails, or
the presence of many white spots, indicate a low-energy condition and a compromised immune system. A prolonged regimen of high-energy foods and/or the elimination of extreme energy-reducing foods will reverse this condition.

**Congested lungs:** Our lungs not only provide oxygen for our body, they also act as an organ of elimination. Our body uses our lungs to get rid of certain types of unusable or harmful substances through exhalation and coughing. Simple congestion of the lungs with mucus and occasional coughing are a warning that our energy stores have been depleted, which makes our body more sensitive to the surrounding environmental conditions, causing greater elimination activity. Increasing consumption of energy-raising food and eliminating energy-reducing foods should clear this up fairly quickly and make our body more resilient to environmental conditions that tend to drain our energy. If other symptoms appear in conjunction with congested lungs, the solution is more complicated, as these may be indications of an illness or disease (see sneezing, above).

**Loss of bladder control, or urge to urinate often:** Bladder problems, ranging from infections to incontinence, are signs of too low of an energy level. With these types of issues involving the bladder, the initial symptom is usually an increased urge to urinate. If we have to urinate often or have a hard time holding it, we should try eliminating extreme energy-lowering substances such as soft drinks, fruit drinks and juices, sugar and all other sweeteners, alcohol, tobacco, caffeine, and drugs.

While there can be several causes of urinary incontinence (environmental-substance contamination and tissue damage for example), the low-energy version will take some
time to cure, as it took prolonged consumption of energy-lowering substances to produce this condition. In such cases, we should do everything we can to raise and support our energy level and replace our stores of energy. Eliminate foods with chemical additives and preservatives, eat more energy-raising and energy-sustaining foods, and get plenty of sleep and relaxation.

However, it is important not to confuse this low-energy symptom with the increased urge to urinate caused by an inflamed or swollen prostate gland. That is a high-energy symptom, easily diagnosed by the small amount of urine that is eliminated, due to the urethra being pinched off by the prostate.

Baggy eyes: Bags under the eyes generally indicate the consumption of a large amount of energy-reducing substances in conjunction with sleep deprivation. By examining our diet and looking for anything we are using that affects our energy in an extreme energy-lowering manner, we can find the cause of this symptom. Liquid energy reducers are usually the culprits here, such as alcohol, coffee, and soft drinks.

Enlarged heart: An enlarged heart is usually a precursor to a heart attack. Overconsumption of extreme energy-lowering substances will cause the heart to enlarge and, as a result, become weaker, which increases the risk of heart attack. An obvious indicator of our heart’s condition is the size and shape of the tip area of our nose. If it’s puffy-looking or bulbous in shape, we have at least a partially enlarged heart and are at a relatively greater risk for heart attack. Sound crazy? Find some pictures of actors or
politicians who have died of massive heart attacks. To a one, they all have swollen aspects of the tip of their nose.

The art of face reading, physiognomy, has been used for centuries in traditional Eastern medicine. Physiognomy’s basic concept is that the condition of our internal organs can be observed in the various features of our face. Because the overconsumption of energy-lowering foods can weaken the heart (a muscle) to the point it can’t pump efficiently, and the overconsumption of energy-raising foods can also cause the heart to malfunction, making a proper diagnosis can be tricky. Physiognomy is a good way to employ additional techniques to look for other corroborating symptoms for proper diagnosis and treatment. See Appendix A for more information about physiognomy.

Until you get more experience with your individual condition, the best way to treat any of the heart issues described above is to clean up your diet, eliminate stress, and get plenty of sleep and exercise. Eliminate chemical additives and extreme energy-raising or energy-lowering substances. Focus on consuming energy-sustaining foods, such as grains and vegetables, including legumes. Common substances that can harm the heart (from an energy standpoint) if we overindulge in them are: tobacco, alcohol, red meat, salt, recreational drugs, soft drinks, sugar and artificial sweeteners, coffee, chemical food additives, and dairy products and eggs. Let me point out that I used the phrase “overindulge in” to describe the type of use needed to cause harm. All of the above can be used to various degrees, depending on the individual, without serious harm. All of the above, with the exception of chemical food additives, can be used medicinally to help the heart in certain instances. A heart condition caused by an overly high energy level can be helped by the use of tobacco or alcohol, both energy reducers, for example.
The majority of heart attacks are caused by the buildup of arterial plaque. Eating a diet high in saturated fats (animal products), trans fats (hydrogenated oils and fried foods), and cholesterol cause plaque buildup on the inside of our artery walls slowly closing off the blood flow to the heart and brain. All-natural vitamin C from fruits and vegetables (not ascorbic acid), especially hot peppers, lubricates the arterial walls preventing the plaque from sticking.

**Allergies:** Allergies are the body’s main form of communication. An allergy or an allergic reaction is our body telling us we have had enough of something. The trick is to figure out what that substance is and to quit ingesting it, or to give the body increased support for absorbing and eliminating it. If it is just one substance, finding it can be fairly simple. When multiple substances are causing the reaction, the cure can be more complex and time-consuming. In general, a low energy level reduces the body’s ability to handle irritants and excesses through the normal means of absorption and elimination. Low energy makes our mucous membranes, where the outside world meets the inside, much more sensitive and reactionary. The slightest little irritant hits them, and here come the snot, itchy eyes, and sneezing.

Of course, if we ingest an extremely large amount of something that causes a reaction, we can’t expect our body to cope, even if we have a high energy level and healthy elimination system. Also, what would be termed excessive to one person may not be to another, as it’s entirely individual. Environmental allergens such as pollen, mold, and dust are always going to be around. Because we have to breathe, raising our energy level and/or reducing the ingestion of extreme energy-reducing substances can be the best
way to control airborne substance reactions. Dairy products also tend to aggravate these types of allergies, as the increased mucus they cause congests the air passageways.

People with high energy levels can generally stand more alien substances entering their body than low-energy people. The low-energy system is not necessarily weaker, just more sensitive. Would you rather be a person who can be around gasoline fumes for long periods of time with no immediate ill effects (only to suffer from the resultant health effects from long-term exposure), or a person who gets a severe headache with the first whiff, thereby being forced to avoid prolonged contact? There are positives and negatives to both scenarios. Being able to put up with the fumes has better short-term benefits, but in the long run may lead to cancer and various other health problems. An immediate reaction to the fumes is problematic, as one is unable to handle the smell of gasoline for any period of time, but in the long run could prevent dire health issues.

Environmentally influenced symptoms differ from energy-based symptoms in that the former arise when a specific item (or an ingredient of something) you ingest causes a reaction in your body. Say you eat too much ice cream over an extended period of time and get a bad case of dandruff caused by the body excreting excess oil and fat or thickening agents through the scalp. Or perhaps you like fast foods that contain many chemical additives and you break out in rashes or acne when you eat them. Maybe you change detergents and then break out in hives when you wear clothes that have been washed in it. Some of these items may immediately affect the body’s energy level and others won’t. Some items have several ingredients that can cause an allergic reaction in the body—take cigarettes for example, which also create symptoms resulting from the energy-reducing effects of nicotine.
**Diarrhea:** This condition is our lower digestive system’s way of eliminating problems, much as vomiting is for our upper digestive system. Our small and large intestines are very sensitive to any fluctuations in our energy level caused by the ingestion or absorption of substances, as well as environmental issues such as stress, weather, and changes in geographic location. Any sudden or drastic increase or decrease in energy can cause digestive issues, especially diarrhea. Our digestive system is an integral part of our energy generation and distribution network, and disruption of its normal processes will greatly inhibit our ability to do the things we want to do and create the life we want to live.

Our digestive process depends on the balance of many internal systems in order to function properly. Any imbalance will result in various forms of digestive issues, such as diarrhea, irritable bowel syndrome, cramping, gas, or constipation. The digestive system is essentially a compost heap in a bag: it decomposes the food we eat, provides heat, and distributes moisture and nutritive and medical modifiers to the bloodstream through the intestinal walls. It depends on the proper supply of nutrients, bacteria, blood flow, fiber, water, and electrolyte intake, plus a wide range of mental and emotional input for proper functioning. The quality and quantity of the items we put in will affect the condition of the enclosing bag or tissue and, as a result, our overall health and energy condition. Any disruption or issues our digestive system has will be felt by the rest of the body and mind fairly quickly. Even the smallest issues are very uncomfortable and usually cannot be ignored or put off until later, as a cut finger or a headache can.
In addition to outside causes, such as bacteria or virus infections and certain environmental issues, the excessive consumption of energy-reducing food and drink will cause loose bowels. Simply eliminating our intake of these substances, plus increasing our intake of energy-raising foods, will eliminate this condition. At the same time, overconsumption of high-energy foods can also cause diarrhea. A simple observation of what we have ingested recently will easily determine which version we have. If we are still not certain, returning to a normal diet of energy-sustaining foods, such as grains and vegetables, should solve the issue. If our issues are caused by microorganisms, it is too late for altering our diet to have much of an effect, as we probably won’t be able to keep any food down. It will be up to our immune system to fight them off, and it may require some outside help, such as herbal remedies or antibiotics.

A change in geographic location and/or weather can also cause diarrhea. Travel is closely associated with digestive issues due to the fact that we remove ourselves from our usual energy-input environment and quickly move to another. Our body has to adjust its energy distribution system to compensate, which often results in digestive issues. Unusual food and drink compound the problem. On top of that, when we travel we are exposed to bacteria and viruses our immune system may not have previously come into contact with and has no defense against.

**Hair loss:** Hair loss can be caused by maintaining a prolonged high or low energy level, but a low energy level is the most common cause. Low-energy hair loss will be evidenced by a receding hairline around the face and a general thinning of the hair on top of the head from the forehead back. Overconsumption of alcohol, tobacco, recreational drugs,
or a lot of fruity, sugary drinks will cause this type of hair loss. High-energy hair loss shows up on the top rear of the head where your hair “swirl” is located. This type hair loss is a result of overconsumption of animal products and salt. Again, “overconsumption” is a highly individual thing.

It is possible to slow and, in many cases, reverse hair loss. Simply cleaning up your diet and cutting out extreme energy-manipulating substances or foods will go a long way to remedying this condition. If you consider yourself genetically predisposed to hair loss, remember that any geneticist will tell you that genes simply make you more or less susceptible to a certain condition. Our environmental situation has a lot to say as to whether the condition actually blooms.

**Fear:** Fear can be generated by both mental and physical stimuli, but our energy level controls the intensity, frequency, and in some cases the generation of fear. Generally speaking, the higher the energy level one has, and the larger the ball of stored energy, the less fear we experience. Fear is an emotional reaction to perceived threats to one’s self. A healthy and strong energy condition mitigates the perception of threats and reduces the actual intensity of the fear reaction, allowing for more focused thoughts and actions during a threatening episode. A solid and strong energy level provides the same type of support as we get from having a friend or weapon with us while walking through a dark alley: its presence reduces the amount and intensity of fear we feel. Conversely, low energy levels make us fearful of the slightest threat, so we shrink from any tasks that are perceived as bigger than we are. Raising our energy level will actually generate self-confidence and allow us to feel good about ourselves, confident that we can protect and
provide for ourselves and those in our care. If we wish to retrain the mind to act differently when confronted with fear-generating situations, a concerted effort to raise our energy level will greatly facilitate the process.

**Clumsiness, being accident-prone:** If we are accident-prone—we hurt ourselves, run into doors, trip on our own shoelaces, and drop things a lot—we can reverse the situation by raising our energy level. By increasing our energy we can create a more focused mind and a greater and sharper awareness of self and our immediate surroundings. Low energy can create a foggy mental state that will result in more accidents and an overall clumsy physical condition.

On the other hand, high energy can also result in accidents and injury. The difference is easily observed, as the high-energy version will involve some form of high-energy activity: driving fast cars, running, bicycling, fighting, or climbing. High energy can also result in running into and breaking things; this is due to our consciousness being extended further and further outside of our body to the point we don’t notice things close to us and blunder into them. With low energy, our consciousness doesn’t focus on anything, making us unaware of our immediate surroundings. High energy can also make our minds unable to focus on any one thing for very long (we get lost looking at all the possible future scenarios or rehash the day’s events or future meetings), and may cause a break in concentration at the most inopportune time.

**Being easily taken advantage of; low willpower:** If we maintain a low energy level over a long period of time, we can develop a weak sense of self and a general feeling of
insecurity and low self-esteem. This condition will also reduce our ability to project our desires into the world. As a result of low energy, we can have a hard time interacting with others and doing what we want in life, as we tend to be watchers and followers, not doers and leaders. Our desires tend to get lost when others with stronger energy levels are present. We can’t quite find the words or even concentrate on what we want to say or do. We are easily led astray from our path and get taken advantage of, ripped off, or recruited for the wrong cult. Eliminating our intake of energy-lowering substances and increasing our high-energy food consumption will greatly facilitate any alterations we want to make along these lines.

Some symptoms show up on both the high and low sides of the energy spectrum, such as fever, headaches, nausea, dandruff, sore throat, and vomiting. They are a little trickier to figure out, but generally can be diagnosed if we look at what we have been ingesting lately. For example, if we are eating a lot of meat, salt, and dairy products and we get a sore throat, then we probably need to eat energy-lowering foods to remedy that condition. The reverse would be needed if you had recently been consuming a lot of fruit, sweets, alcohol, caffeine, and recreational drugs. We are talking only about isolated symptoms here, early warning signs, not an actual illness or disease. Illness and disease usually have many symptoms that need to be looked at as a whole, not individually.

It’s also important to remember that what works for one person is not necessarily going to work for another. Each body is unique. Symptoms don’t necessarily mean the same thing from body to body, and we will sometimes need to take unique corrective actions to cure them. In addition, different generations are affected by substances
differently. It has been my observation that many people from older generations can go their whole lives smoking, drinking, and eating poor food with no ill effects, while younger generations are having heart attacks in their teens and early twenties. How we start life, including what we ingest and the training we receive for the first few years, will largely determine how healthy we are later in life and, as a result, how long we can abuse our body before our health suffers. Most people with strong constitutions began life without the influence of all the harmful foods and substances the younger generations are subjected to from birth.

So how are we supposed to actually self-diagnose or figure out what is causing our symptoms? The easiest way is to create a spreadsheet to record everything we ingest or come into contact with on a daily basis. Record what you eat and when you ate it, as well as symptoms observed and when you observed them (see Chapter Twelve: Getting Started). After a couple of weeks, look for any correlations or coincidences. For example, if you have sneezing fits or itchy eyes after drinking a soft drink, those symptoms indicate a course of action you can take to eliminate them—stop drinking the soft drink. With less obvious correlations, look for things you did differently, such as changing your diet, detergents, or shampoo. More times than not we have a pretty good idea what is causing our symptoms; we just don’t want to admit it. Listen to your hunches and intuition, and experiment.

Manipulating our energy to fix the problem causing our symptoms is like driving a car. The car is our energy level: going faster will raise our energy level; going slower will lower our energy level. Accidents are an illness or disease. If we go faster, the odds of an accident increase: we can lose control more easily and any little imperfections in the road
can be felt drastically. But if we slow down too suddenly, we may get rear-ended. Traffic represents everything we come into contact with that affects our energy level. We have to judiciously speed up, slow down, brake, downshift, swerve, and stop and go to avoid trouble. The symptoms are like the warning signs and traffic lights. “Slow Down,” “Curve in the Road,” “Deer Crossing,” “Don’t Pick Up Hitchhikers,” “Yield,” “Speed Limit 55”: all help us to stay safe, avoid accidents, and get along with other drivers.

Our body has a natural tendency to return to its original energy setting. The further away we move from that setting, the greater the urge will become to move back to it. Say we have a runny nose, and we determine we need to eat energy-raising foods to compensate for the lowered energy level that caused it to run. So for the next few meals we eat steak—nothing else, just steak. A day or two later the runny nose is gone. We’ve also got a serious craving for a beer, so we down a few, and the next morning the runny nose is back, and we feel aches and pains all over. Now we’ve got a cold. This example illustrates the rubber-band effect of energy manipulation. Some foods affect our energy instantly, but with most it takes some time before we feel their full energy effects. Therefore, it takes some experimentation to figure out just where on the energy scale a particular food is going to put us. Let’s use the example above: the consumption of steak overshot the energy increase we needed to fix the runny nose (stretching the rubber band), and we got an urge to backtrack a little by drinking beer (the stretched band’s pressure to snap back). However, the beer was too much backtracking, and it lowered our energy to the point that illness set in. Gradual energy modifications are usually best, and the application of a little willpower will help us avoid bouncing around so much. We have to remember what we are trying to do, and what kind of energy condition we are
trying to alter. When our body sends out a craving for a type of energy input, we have to learn (through experience) to mitigate the body’s desires in order to preserve our health.

Some foods are just not worth eating because of how they affect us. What and how foods affect us is entirely individual. A theory put forth by Dr. Peter J. D’Adamo, that the different human blood types evolved in different parts of the world as humans were subjected to different types of local foods, is a good example of one of the many possible ways food influences us. According to this theory, we experience reactions to foods based on what blood type we have. Basically, if our ancestors didn’t eat the food we are eating, we will probably not be comfortable with it.

Trying to apply these rules and theories to one’s own health and healing experience can seem confusing, contradictory, and daunting at first. But by using the lists above as a template, we can begin to accumulate a knowledge base of our own individual condition and eventually learn to make effective decisions to mitigate and cure our health issues.
CHAPTER TWELVE: GETTING STARTED

In order to start helping ourselves through energy manipulation, we need to begin gathering information about the substances to which we subject ourselves, and do a critical check of our basic living conditions.

The main objectives will be to:

- Identify our current energy state
- Identify and reduce or eliminate foods and substances from our diet that cause poor health and depress our internal systems
- Adjust our energy level to eliminate symptomatic issues
- Alter and manipulate our environment to support our health
- Help support and maintain our health through lifestyle changes; e.g., exercise, sleep, fasting, meditation, stress reduction

Of course, one can pick and choose what one wants to do, as any of the above methods of self-help will significantly improve how we feel. The idea is to do as many as we possibly can, and to reduce the negative health influences in our lives as much as we can.

First of all, it would be helpful to get some sense of where we are with our overall energy patterns or signature: high energy, low energy, or somewhere in between. Try answering the questions listed below and tally the results as indicated. The answers you give must be as truthful as possible in order to be accurate, and they should give you, at the bare minimum, a starting place for further observation and experimentation. Get
others who are close to you to give their input on the questions, as we all tend to be less critical and knowledgeable about our personality characteristics.

**High-Energy Questions:**

1. Were you born between June 21st and September 21st? ____Yes ____No
2. Do you live in desert, dry, tropical, low-lying, or coastal region? ____Yes ____No
3. Are you impatient with others? ____Yes ____No
4. Do you anger easily? ____Yes ____No
5. Do you get physically violent with others? ____Yes ____No
6. Do you have a high libido or sex drive (*needing* sex)? ____Yes ____No
7. Do you eat meat, salt, and dairy products with the majority of your meals? ____Yes ____No
8. Do you work at a desk job? ____Yes ____No

**Low-Energy Questions:**

1. Were you born between December 21st and March 21st? ____Yes ____No
2. Do you live in a wet, cold, or mountainous region? ____Yes ____No
3. Do you get depressed easily? ____Yes ____No
4. Do you get emotional and/or cry often? ____Yes ____No
5. Are you easily hurt by things others say or do? ____Yes ____No
6. Do you have a hard time getting out of bed in the morning? ____Yes ____No
7. Do you have a low or nonexistent libido or sex drive (don’t particularly need sex)? ____Yes ____No
8. Do you consume a lot (during or after every meal, or more) of fruit, sweets, caffeine, tobacco, alcohol, or recreational drugs? ____Yes ____No

Tally your answers in two categories: high-energy “Yes” answers, and low-energy “Yes” answers. The quantity in each category, in relation to the other, will give you a pretty good estimation of where your energy is and how it fits into the system this book describes. The closer the score is to eight in either category indicates the presence of a preponderance of that type of energy. If your scores are closer to being equal in both categories, this points to a more balanced energy level. In general, those born in the summer will tend to be high energy, those in the winter to be low energy, and those in the spring or fall to have balanced energy. We can use this information about ourselves to help chart a course of action when altering our energy level to eliminate health symptoms or improve our state of mind.

Next, we need to make sure we are drinking good water, getting fresh air, and getting plenty of sleep. A good source of water is getting harder and harder to find. Fresh springwater right out of the ground is the best (as long as there are no industrial pollutants in the groundwater). Purified or bottled springwater will work but can potentially expose us to health-harming substances through the packaging, filtration, and bottling processes. We should research our water supply and not kid ourselves about its possible effects on our body. Using tap water from a municipal water supply or water from plastic containers
as our main source of hydration will ultimately have a net negative effect on our health. Take the time, expense, and effort to find a healthy and safe source of water for your everyday use.

We also need to have fresh air. If we live in an apartment building in the middle of a busy city, obtaining sufficient amounts of fresh air is going to be virtually impossible without some kind of mechanical intervention. Not only will there be motor vehicle exhaust all around us, but there are also many forms of chemical pollutants off-gassing into the air we breathe inside our home or apartment. We can eliminate all other immune system-compromising foods and activities to mitigate this, but in the long run we will continue to lose ground with our health due to the polluted air we are breathing all day and night. Fortunately there are devices (air filters and ozone generators) available that will remove the harmful substances in the air in our living area.

We must make the effort to get the sleep our body desires, and as much as it desires. Simply eliminating the stimulating substances we consume or turning off the TV or computer will go a long way to helping us accomplish this. Engaging in activities to reduce our energy level, such as exercise and eating more energy-reducing foods, will help our body and mind relax and be able to fall asleep easily. It may take a while to fill up our sleep reservoir, as most of us Westerners are seriously sleep deprived, but it will be well worth it and will be paid back in greater stamina and overall improved health dividends.

Eliminating as many local environmental pollutants as we can is very important, as we have no one else out there running interference for us. “Buyer beware” is the standard operating procedure. We need to review the clothes we wear, the bed we sleep in, the
dinnerware we use, the cooking utensils—in short, everything around us—and convert to cotton, silk, wool, steel, and wood. We should consider eliminating plastic as much as possible, especially if it comes into direct contact with our food, drink, and body. If we pick our cosmetics and toiletries as if they were food, we can keep all those nonfood ingredients from being absorbed by our body. In order to support our dietary changes and give our internal systems a fighting chance, we should do everything we can to mitigate and reduce our contact with toxic chemicals and heavy metals at work and around the house. By law, our employer must provide safety devices and clothing to help us maintain our health if we are exposed to these things while performing our work-related duties. By researching the consumer products we use for heavy-metal content—especially the most common, lead and mercury—we can create another barrier to help prevent these poisons from invading our home. You will be surprised by how many common household items expose us to these toxic substances, especially those made in countries that don’t have regulatory limits in place. For example, most common garden hoses will contaminate any water that passes through it with lead.

The next undertaking should be to start gathering information that will help us understand the language of our body. In order to do this, we will have to start recognizing how the substances we ingest cause the symptoms we experience, and correlate actions we take with their results. An easy way to do that is to write down everything we consume, the time of day we consume it, and anything our body does, excretes, eliminates, etc., for at least two weeks (the longer the better). Also note any mental issues that crop up, such as manic states, depression, inability to fall asleep, and so on. Use the lists in the previous chapters for things to look for and record (especially Chapter Eleven:
Interpreting the Symptoms). Take a piece of paper and make some columns and rows, as in the example further below labeled Chart 1.

As each day comes and goes, fill in every little thing you eat, drink, smoke, pop, or inject, and the time you do it. In the rows labeled “Reaction,” write down anything your body or mind does or feels, such as aches, pains, extreme emotions, breakouts, rashes, and any kind of ailment or discomfort (physical or mental) you feel, in between your meals, later in the day, or the next day. Once we have some info about our exact eating habits written down so we can look back over it and see some patterns, we will get a much clearer view of what we need to do to help ourselves. Most of us will be appalled at what we eat when it’s on paper, as we don’t usually notice the frequency with which we eat certain items. See Chart 2 for an example of what your list might look like based on a typical Western diet.

When we look over our data, the first thing we should take note of is whether we have eaten a lot of processed or prepared foods containing chemical additives, MSG, sweeteners, preservatives, or hydrogenated oils. These items will be the first things we need to eliminate or replace. This step alone will make us feel immensely better in a short period of time. We can replace chemical additives and immune-depressing foods with all-natural versions that will support our energy and health. By “all-natural” I mean foods made without chemicals, preservatives, thickeners, artificial coloring, and so on. Look for substitutes whose ingredient lists are composed 100 percent of recognizable food components. Avoid cane sugar in all of its forms (including organic dehydrated cane juice), beet sugar, corn syrup, refined fructose, and all artificial sweeteners, as they depress the immune and regenerative systems.
If you are using recreational drugs, such as alcohol, tobacco, caffeine, marijuana, cocaine, or heroin, you should cut back or eliminate them. I have used many of these items for my own enjoyment and enjoyed their many beneficial effects on my body and mind; however, it’s just very hard to quit using them when the beneficial effects start turning into harmful ones through overuse. Plus, recreational drugs have a general depressing effect on our immune and regenerative systems similar to sugar. If you are addicted to any of them, you can still use these methods to help support your energy levels and keep yourself healthy. As long as they don’t transfer too many negative medical modifiers, addictions become damaging only when we don’t replace the energy that addicting substances drain out of us in a timely, balanced, and sufficient fashion. In addition, you can use this system to help quit using addictive substances by eliminating the extremely high energy level that causes the craving in the first place.

The next step is to adjust your energy level. Experiment with eliminating or adding certain foods, and figure out what is causing those minor health symptoms. Look for reactions that keep popping up, such as headaches, allergic reactions, hyperactivity, and so forth. Correlate the reactions with the foods you have eaten recently until you isolate the culprit. Use the lists of foods and food effects provided in earlier chapters to help with this (Chapter Three: Food and Chapter Four: Food Effects). If you are exhibiting over-energized symptoms, eliminate or cut back on some of the higher-energy foods you eat (salt, beef, or dairy products, for example). Do the same if you are under-energized, and reduce your consumption of alcohol, sweets, or fruit.

In the example Chart 2 we can see that the person experienced over-energized symptoms after consuming animal products (various forms of beef and pork, to be exact),
such as headaches, acne, and dry mouth. When he or she consumed animal products other than beef and pork, there was less discomfort. Beef and pork are two of the top energy-raising foods we can eat, so a suggested course of action becomes clear: eliminate or reduce the consumption of the two. This person also noted a condition of constipation, which corresponds with a general over-energized energy pattern. If we look closer we can see that when this person eats sweets, such as soda, candy bars, and ice cream, there is no discomfort, which indicates that energy-reducing foods help the symptoms or at least do not contribute to them. In general you will want to look up your symptoms in Chapter Eleven: Interpreting the Symptoms to help determine whether they are results of high energy or low energy. Refer to Chapter Four: Food Effects for help in discerning whether a food or food group is generally high energy or low energy. Once you have identified a suspect, don’t eat that food for a while—a month or so, depending on the severity of the symptom (most people should experience a difference within a week)—and see whether the reaction keeps occurring. If the reaction ceases, you can then experiment with the quantity and frequency of consumption of that food to see whether you have to eliminate it altogether. If the reaction persists, keep looking. If you have existing symptoms, notice what makes them worse. When reviewing your chart, look for patterns of reactions that occur after eating similar types of foods, especially extreme high- or low-energy foods.

You can also use this data to identify the causes of food- and substance-borne medical-modifier problems. Through this method you can effectively cure simple issues such as sleepless nights caused by overconsumption of caffeine, for example, as well as more serious issues such as a swollen or inflamed prostate gland. Start with the little things, the more common symptoms, such as headaches, nausea, and allergies. Once you
get some experience under your belt and develop your capacity to hear and understand your body, you can tackle more complex issues. Some issues will require outside medical assistance, so don’t go too long without seeking help about a dangerous condition if you can’t solve it within a reasonable amount of time. For most people, this method should work with and support your current medical system, not totally replace it.

Chart 3 is an example of what our diet might look like after we have cleaned it up by eliminating all the chemical additives and made adjustments to eliminate those pesky over-energized health symptoms.

Low-energy symptoms can be adjusted in a similar fashion. Chart 4 illustrates the diet and resultant reactions for someone consuming too many low-energy and low-quality substances. This diet is surprisingly common in Western cultures, and so are the resultant symptoms. The usual treatments for these symptoms are over-the-counter commercial medicines (various types of painkillers, decongestants, antihistamines, cough syrups, etc.). These medicines have their value as they can temporarily alleviate many symptoms long enough for us to get some sleep, which greatly supports the immune system in its fight to cure the problem. These types of over-the-counter drugs just tend to have harmful side effects if they are overused. All the symptoms reported in Chart 4 are low-energy related, but note the headache symptom, which also showed up in the first chart due to excess high energy. Headache is one of those symptoms that can be caused by both high energy and low energy, as we discussed in Chapter Eleven: Interpreting the Symptoms. The location of the headache and observing the substances we consumed beforehand will help us determine the proper course of action needed to eliminate it as a symptom. This person spent the late night consuming alcohol and smoking, and then woke up to a
headache and allergy symptoms. The allergies were caused by excess low energy, so it would be safe to assume that the headache was, too.

As you are experimenting, try to define what too much energy and too little energy feel like. Use the information that was presented in previous chapters to help you do this. Once you actually recognize these two extremes in your own body, and know which foods get you there, you can begin to amass your own knowledge base of how every food or substance affects your energy and what you can do to alter it. This will assist you greatly in eliminating foods that cause you problems. Sometimes you will have to eliminate several foods to get a symptom to go away completely.

A simple and quick way to identify what high energy feels like is to eat only high-energy foods for a while. Omnivores, try just eating animal products for a while. Vegans or vegetarians, try switching to just whole grains. Warn those around you of your intentions, so they can help you to be aware of changes in your personality and habits. Low energy can be identified using a similar scenario and consuming only low-energy foods, such as fruits or vegetables, and eliminating all animal products, salt, and stimulants. As a cautionary note: remember, as discussed previously, when you travel down the energy road towards the extremes of either high or low energy, you can go too far and pop into the opposite energy setting and experience symptoms of the opposite energy type. So, if you are eating nothing but animal products and you start getting very lethargic, you have gone full circle, completely through your high energy levels, and arrived at a symptom of low energy.

While we are experimenting with food and its energy effects, we should also try to notice effects from activities we undertake (such as exercising, having sex, listening to
music, sleeping, working, watching TV, computer-game playing, swimming, going on trips, visiting family, and general interactions with people), as well as changes in our environment (such as the time of year, heat and cold, rain, thunder storms, and lunar phases). We can also plug into these records physical or mental changes (such as increased or decreased libido, monthly periods, loss of appetite, depression, lack of motivation) and any stressful events and observe their effects on our health and the symptoms that they may create.

This method of identifying the foods, substances, and activities that cause us problems is one of the main building blocks for all that I am describing in this book. It will take some effort, discomfort, and willpower, but the knowledge we acquire about ourselves, the food we eat, and the activities we engage in will open up a new way of life that will support our physical and mental health instead of tear it down.
Chart 1: Blank Diet Record

## Chart 2: Typical Western Diet

<table>
<thead>
<tr>
<th>Day, Date</th>
<th>M, 1/03</th>
<th>TU, 1/04</th>
<th>W, 1/05</th>
<th>TH, 1/06</th>
<th>F, 1/07</th>
<th>Sat, 1/08</th>
<th>Sun, 1/09</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>X</td>
<td>6:00 a.m.</td>
<td>X</td>
<td>6:00 a.m.</td>
<td>X</td>
<td>X</td>
<td>9:00 a.m.</td>
</tr>
<tr>
<td>Reaction</td>
<td>X</td>
<td>acne</td>
<td>X</td>
<td>indigestion</td>
<td>X</td>
<td>X</td>
<td>acne</td>
</tr>
<tr>
<td>Time</td>
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<td>6:45 a.m.</td>
<td>6:45 a.m.</td>
<td>6:45 a.m.</td>
<td>8:00 a.m.</td>
<td>10:00 a.m.</td>
<td></td>
</tr>
<tr>
<td>Ingest</td>
<td>eggs, bacon, toast, milk</td>
<td>eggs, bacon, toast, milk</td>
<td>eggs, bacon, toast, milk</td>
<td>eggs, bacon, toast, milk</td>
<td>eggs, bacon, toast, milk</td>
<td>biscuits, margarine, syrup, sausage, OJ</td>
<td></td>
</tr>
<tr>
<td>Time</td>
<td>8:00 a.m.</td>
<td>8:00 a.m.</td>
<td>X</td>
<td>7:00 a.m.</td>
<td>X</td>
<td>9:00 a.m.</td>
<td>X</td>
</tr>
<tr>
<td>Reaction</td>
<td>headache</td>
<td>bad gas</td>
<td>X</td>
<td>constipated, 2 days</td>
<td>X</td>
<td>headache</td>
<td>X</td>
</tr>
<tr>
<td>Time</td>
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<td>10:15 a.m.</td>
<td>10:15 a.m.</td>
<td>10:15 a.m.</td>
<td>10:15 a.m.</td>
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<td>X</td>
</tr>
<tr>
<td>Ingest</td>
<td>candy bar, soda</td>
<td>donuts, apple juice</td>
<td>chips, soda</td>
<td>donuts, soda</td>
<td>candy bar, soda</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Time</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Reaction</td>
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<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
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<td>12:30 p.m.</td>
<td>12:30 p.m.</td>
<td>12:30 p.m.</td>
<td>12:00 p.m.</td>
<td>1:00 p.m.</td>
</tr>
<tr>
<td>Ingest</td>
<td>burger, fries, soda</td>
<td>beef tacos, soda</td>
<td>burger, fries, soda</td>
<td>fried chicken, rolls, soda</td>
<td>burger, fries, soda</td>
<td>BBQ ribs, sausage, corn, chips, tea, ice cream</td>
<td>fried chicken, potatoes, gravies, rolls, apple pie, tea</td>
</tr>
<tr>
<td>Time</td>
<td>1:30 p.m.</td>
<td>1:30 p.m.</td>
<td>1:45 p.m.</td>
<td>1:00 p.m.</td>
<td>12:45 p.m.</td>
<td>1:00 p.m.</td>
<td>X</td>
</tr>
<tr>
<td>Reaction</td>
<td>dry mouth</td>
<td>dry mouth</td>
<td>indigestion</td>
<td>X</td>
<td>indigestion</td>
<td>headache</td>
<td>X</td>
</tr>
<tr>
<td>Time</td>
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<td>3:15 p.m.</td>
<td>3:15 p.m.</td>
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<td>3:15 p.m.</td>
<td>3:00 PM</td>
<td>3:00 PM</td>
</tr>
<tr>
<td>Ingest</td>
<td>cupcake, soda</td>
<td>candy bar, soda</td>
<td>candy bar, soda</td>
<td>chips, soda</td>
<td>candy bar, soda</td>
<td>chips, peanuts, soda</td>
<td>chips, soda</td>
</tr>
<tr>
<td>Time</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<tr>
<td>Reaction</td>
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<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Time</td>
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<td>7:00 p.m.</td>
<td>6:15 p.m.</td>
<td>7:00 p.m.</td>
<td>7:00 p.m.</td>
<td>7:00 p.m.</td>
<td>6:00 p.m.</td>
</tr>
<tr>
<td>Ingest</td>
<td>steak, potato, salad, rolls, beer</td>
<td>fried chicken, corn, salad, roll, beer, apple pie</td>
<td>pot roast, rolls, green beans, pudding</td>
<td>pork chops, carrots, rolls, salad, tea, cherry pie</td>
<td>steak, potatoes, salad, wine, cheesecake</td>
<td>sausage pizza, tea</td>
<td>bologna sandwich, chips, soda, apple pie</td>
</tr>
<tr>
<td>Time</td>
<td>9:00 p.m.</td>
<td>X</td>
<td>7:30 p.m.</td>
<td>X</td>
<td>X</td>
<td>1:00 a.m.</td>
<td>X</td>
</tr>
<tr>
<td>Reaction</td>
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<td>X</td>
<td>tight gut</td>
<td>X</td>
<td>X</td>
<td>headache</td>
<td>X</td>
</tr>
<tr>
<td>Time</td>
<td>X</td>
<td>X</td>
<td>9:00 p.m.</td>
<td>X</td>
<td>8:00 p.m.</td>
<td>X</td>
<td>8:00 p.m.</td>
</tr>
<tr>
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<td>pop corn, soda</td>
<td>X</td>
<td>ice cream</td>
<td>X</td>
<td>cookies, milk</td>
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<tr>
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<td>X</td>
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<td>X</td>
<td>X</td>
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<td>X</td>
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<td>Day/Date</td>
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<tr>
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<td>X</td>
<td>X</td>
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<td>X</td>
</tr>
<tr>
<td>Time</td>
<td>6:45 a.m.</td>
<td>6:45 a.m.</td>
<td>6:45 a.m.</td>
<td>6:45 a.m.</td>
<td>8:00 a.m.</td>
<td>10:00 a.m.</td>
<td></td>
</tr>
<tr>
<td>Ingest</td>
<td>oatmeal, whole wheat toast, honey, OJ</td>
<td>granola, all-natural yogurt</td>
<td>granola, all-natural yogurt</td>
<td>granola, all-natural yogurt</td>
<td>oatmeal, whole wheat toast, honey, OJ</td>
<td>multi-grain biscuits, butter, 100% maple syrup, OJ</td>
<td>multi-grain pancakes, honey, additive-free bacon, OJ</td>
</tr>
<tr>
<td>Time</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Reaction</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Time</td>
<td>10:15 a.m.</td>
<td>10:15 a.m.</td>
<td>10:15 a.m.</td>
<td>10:15 a.m.</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Ingest</td>
<td>all-natural candy bar, 100% apple juice</td>
<td>all-natural, multi-grain pastry, 100% apple juice</td>
<td>all-natural chips, 100% apple juice</td>
<td>all-natural, multi-grain pastry, 100% apple juice</td>
<td>all-natural candy bar, 100% apple juice</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Time</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Reaction</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Time</td>
<td>12:30 p.m.</td>
<td>12:45 p.m.</td>
<td>12:30 p.m.</td>
<td>12:30 p.m.</td>
<td>12:30 p.m.</td>
<td>12:00 p.m.</td>
<td>1:00 p.m.</td>
</tr>
<tr>
<td>Ingest</td>
<td>chicken sandwich, fries, water</td>
<td>bean and potato tacos, all-natural soda</td>
<td>chicken sandwich, fries, water</td>
<td>veggie burger, fries, all-natural soda</td>
<td>fish, corn, potaotes, water</td>
<td>BBQ pork ribs, pork sausage, corn, chips, herbal tea, all-natural ice cream</td>
<td>fried chicken, potatoes, gravy, rolls, apple pie, tea</td>
</tr>
<tr>
<td>Time</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Reaction</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Time</td>
<td>3:15 p.m.</td>
<td>3:15 p.m.</td>
<td>3:15 p.m.</td>
<td>3:15 p.m.</td>
<td>3:15 p.m.</td>
<td>3:00 p.m.</td>
<td>3:00 p.m.</td>
</tr>
<tr>
<td>Ingest</td>
<td>all-natural, multi-grain pastry, 100% apple juice</td>
<td>all-natural candy bar, 100% apple juice</td>
<td>all-natural candy bar, water</td>
<td>all-natural chips and soda</td>
<td>all-natural candy bar, 100% apple juice</td>
<td>all-natural chips, 100% peanuts, all-natural soda</td>
<td>all-natural chips, water</td>
</tr>
<tr>
<td>Time</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Reaction</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Time</td>
<td>6:30 p.m.</td>
<td>7:00 p.m.</td>
<td>6:15 p.m.</td>
<td>7:00 p.m.</td>
<td>7:00 p.m.</td>
<td>7:00 p.m.</td>
<td>6:00 p.m.</td>
</tr>
<tr>
<td>Ingest</td>
<td>fish, corn, potatoes, all-natural beer</td>
<td>rabbit, corn, salad, roll, all-natural beer, all-natural apple pie</td>
<td>pork chops, carrots, rolls, salad, water, all-natural cherry pie</td>
<td>baked chicken, green beans, rolls, all-natural soda</td>
<td>beef and cheese enchiladas, brown rice, all-natural beer</td>
<td>cheese and vege pizza, iced herbal tea</td>
<td>turkey bologna sandwich, all natural chips and apple pie, water</td>
</tr>
<tr>
<td>Time</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Reaction</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Time</td>
<td>X</td>
<td>X</td>
<td>9:00 p.m.</td>
<td>X</td>
<td>8:00 p.m.</td>
<td>X</td>
<td>8:00 p.m.</td>
</tr>
<tr>
<td>Ingest</td>
<td>X</td>
<td>X</td>
<td>pop corn, all-natural soda</td>
<td>X</td>
<td>all-natural ice cream</td>
<td>X</td>
<td>all-natural cookies, yogurt</td>
</tr>
<tr>
<td>Time</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Reaction</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>
## Chart 4: Low-Energy Diet

<table>
<thead>
<tr>
<th>Day/Date</th>
<th>Time</th>
<th>Reaction</th>
<th>Ingest</th>
</tr>
</thead>
<tbody>
<tr>
<td>M, 1/03</td>
<td>X</td>
<td></td>
<td>toast, grapefruit, coffee, cigarette</td>
</tr>
<tr>
<td>W, 1/05</td>
<td>7:00 a.m.</td>
<td></td>
<td>toast, grapefruit, coffee, cigarette</td>
</tr>
<tr>
<td>TH, 1/06</td>
<td>6:00 a.m.</td>
<td></td>
<td>toast, grapefruit, coffee, cigarette</td>
</tr>
<tr>
<td>F, 1/07</td>
<td>6:00 a.m.</td>
<td></td>
<td>toast, grapefruit, coffee, cigarette</td>
</tr>
<tr>
<td>Sat, 1/08</td>
<td>11:00 a.m.</td>
<td></td>
<td>frozen waffles, syrup, coffee, cigarette</td>
</tr>
<tr>
<td>Sun, 1/09</td>
<td>9:00 a.m.</td>
<td></td>
<td>frozen waffles, syrup, coffee, cigarette</td>
</tr>
</tbody>
</table>

### Time

- **6:00 a.m.**
  - Reaction: allergies, headache, earache
  - Ingest: toast, grapefruit, coffee, cigarette

- **7:00 a.m.**
  - Reaction: hard to get out of bed
  - Ingest: toast, grapefruit, coffee, cigarette

- **8:00 a.m.**
  - Reaction: nausea, diarrhea
  - Ingest: bag of chips, soda, cigarette

- **9:00 a.m.**
  - Reaction: nausea
  - Ingest: bag of chips, soda, cigarette

- **10:00 a.m.**
  - Reaction: sneezing fit
  - Ingest: candy bar, soda, cigarette

- **11:00 a.m.**
  - Reaction: nausea
  - Ingest: hot dog, fries, beer, cigarette

- **12:00 p.m.**
  - Reaction: nausea
  - Ingest: pint of whiskey and cola, cigarette

- **1:00 p.m.**
  - Reaction: vomit
  - Ingest: pint of whiskey and cola, cigarette
CHAPTER THIRTEEN: DISEASE

We civilized humans seem to get sick a lot. We eat poorly and excessively, expose ourselves to dangerous and toxic environmental substances, and work ourselves literally to death. We cohabitate with domesticated virus and bacteria incubators we call pets and livestock. We congregate in concentrated, microorganism-breeding grounds called towns, villages, and cities, and to top it off, we exchange bodily fluids with one another during something as casual as carrying on a conversation. It is no small wonder that curing disease is one of the biggest industries on the planet. It’s also one of the most fought-over and protected edifices we have created.

How we perceive disease is very important. Our perceptions control what we see as real or fake, worthy or unworthy, valid or invalid, good or bad. One person, or group of people, can perceive things very differently than another. Throughout our history, perceptions of disease have changed drastically and, as a result, have competed with one another. Those competing views, and the long-running battle between them, are what shape our conception of disease today. The basic tenets of the two main viewpoints do not allow for easy coexistence. The macro view—the belief that universal knowledge is freely available to all, if one simply listens to and observes the body, the environment, and the universe—is the antithesis of the closed-loop micro view of the scientific, medical-research community, which seeks to break everything down to find out “why” and then to “own” those discoveries and sell them for profit. That capitalist-based scientific paradigm constantly seeks to eliminate any competition (as any other for-profit
company would) and convince us that it has complete authority and control of our health and healing.

Currently we see disease as something that is attacking us from the outside or caused by some defect on the inside. Therefore (according to current, generally accepted theory), the cure can be found by looking at the disease more and more closely and breaking it down until the offending causative entity, substance, or process is revealed. This way of doing things has worked fairly well for diseases that are actually caused by outside entities or internal defects, but not so well for chronic and degenerative diseases. Food and other environmental substances have been entirely overlooked by the medical profession until very recently, as the weight of evidence has become unavoidable.

Many of the serious, life-threatening diseases we can get are caused by living organisms such as viruses and bacteria. Cholera, plagues, smallpox, polio, measles, chickenpox, influenza, diphtheria, dysentery, typhus, whooping cough, yellow fever, malaria, syphilis, and tuberculosis are all caused by microorganisms invading the body, taking it over, and using it for reproductive purposes; the end result is often our death. Most of these diseases, with the exception of influenza, have been tamed and controlled through the institution of laws, public hygiene procedures, and the use of antibiotics and vaccines. These measures have been so effective that the general public’s perception of disease has gone from something to fear and dread to, once again, total ignorance. It has been so long since any of us in the West have experienced an epidemic, we now look at those same laws and vaccines as part of an unhealthy conspiracy meant to deprive us of our freedom to be healthy, and we want to gravitate back to some imagined “healthier” and “simplistic” time. Take the current raw-milk fad as an example. Before laws were
passed regulating the production and sale of milk, death by raw-milk-borne disease was the number-one killer in the United States. Currently there is a movement that professes the health benefits of consuming raw milk and decries the harm pasteurized milk does. What should be kept in mind is that there exists a happy medium, in which we can keep the scientific advances that have been made but at the same time recognize the natural health factors endemic to whole foods and natural cures.

There are other types of diseases that are not necessarily caused by the invasion of microorganisms, but rather some type of excess, shortage, abuse or degeneration we inflict on our body, we inherit from our forebears, or that results from exposure to toxic substances in our environment. Some of these are gout, most forms of cancer, cirrhosis of the liver, emphysema, osteoporosis, cardiopulmonary disease, stroke, heart attack, high blood pressure, arteriosclerosis, Alzheimer’s disease, asthma, and irritable bowel syndrome (IBS). Genetic disorders, chronic illnesses and mental illnesses, and even how our body is built and its energy pattern, are determined in large part by our mother and father and earlier ancestors. The substances our mother ingested while we were in the womb, as well as our father’s energy pattern and condition (transferred through his sperm), have a major impact on how we are formed and on our physical and mental well-being throughout our lives.

The comparative energy condition of our parents is what actually determines our gender—i.e., what causes the selection of the X and Y chromosomes. Nature is always seeking balance, a type of homeostasis, so when the two energy sources of the male and female come together to form a child, the child’s energy source will seek to balance the energy pools of the mother and the father. If the father carries a higher energy level than
the mother, a female child will generally be the result. The opposite situation, in which
the mother is carrying the higher energy level, will generally result in a male child. The
couple’s relative energy levels can change throughout their relationship (through stress,
diet, illness, workload, age) which will result in a mix of male and female children.

Disease can also be the result of various degrees of high or low energy built up over
a period of time. The symptoms described in Chapter Eleven: Interpreting the Symptoms
are the early warning communications from our body and, if ignored, can bloom into
disorders and disease. High-energy issues include certain types of cancer (prostate, colon,
liver, pancreatic, kidney, brain, and skin), IBS, acid reflux disease, gout, a type of
asthma, ulcers, Crohn’s disease, psoriasis, attention-deficit/hyperactivity disorder, mania,
obsessive-compulsive disorder, autism, and hypersexuality. Low-energy issues include
leukemia, cirrhosis of the liver, a type of asthma, bronchitis, clinical depression,
dementia, and certain types of phobias. High- and low-energy conditions can also alter
the pH value of our body to such a degree that microorganism-caused disease can bloom.
There are certain microorganisms that thrive in acid environments and there are those that
thrive in alkaline environments, all of which can be controlled by what we eat.

As a result of his research, the German physician Samuel Hahnemann (1755-1843)
postulated that we inherit the seeds of chronic diseases from our ancestors through bits
and pieces of viral and bacterial DNA material generated from the full-blown diseases
they suffered during their lifetime. Chronic physical illnesses such as asthma and IBS and
mental conditions such as rage and hypersexuality are passed down to us by earlier
generations when diseases such as syphilis and tuberculosis were common. Even though
these diseases might have been cured in the original host, the microorganism’s DNA
material was embedded in our ancestor’s genetic material, and was subsequently passed down to succeeding generations. These bits and pieces settle into the general areas of the body the original disease affected and disrupt the normal functioning of that area. Each generation gets weaker and increasingly riddled with these chronic symptoms.

Substances we pick up from our environment can cause serious degradation of our physical, neurological, and psychological condition as well, and lead to many debilitating and lethal diseases. Chemicals and heavy metals we come into contact with through the food we eat, the substances we ingest, and the objects we use (such as pesticides, fertilizers, sanitizers, antibacterial soaps, cigarettes, drugs, sheets, mattresses, clothes, and building materials) will end up in our bodies and cause it to malfunction. Heavy metals are among the worst culprits, as they have infiltrated our everyday lives. Everything from the fillings in our teeth and the food we eat to the air we breathe and the water we drink transfers heavy metals to our bodies. Petrochemicals and plastics have become indispensable to our culture and are used in almost everything we touch throughout the day. Every single item made from fossil fuels has a debilitating, degenerative effect on the human body, greatly increasing the incidence of cancer and other immune-deficiency issues. The only mitigating factors are the form these petrochemicals take, how volatile they are, and how often we come into contact with them. Less volatile versions take longer to do harm and require more intimate contact. With more volatile forms, we need only inhale their fumes repeatedly. The terrible health-damaging effects of these substances have been well documented, and yet we still use them and allow ourselves to come into contact with them.
There are other diseases that are self-inflicted—mostly unwittingly, until it’s too late. All the degenerative diseases (heart and lung disease, cancer, diabetes, high blood pressure, and stroke), which currently cause the most suffering, pain, and deaths, are caused by overconsumption of substances we did not evolve to consume. All these diseases are completely avoidable. Yet, for some reason we don’t see certain things as threats if enough people are using or consuming them. If others are using something, then it seems safe, and it becomes exponentially harder to stop using it, because our perception of the safety of a thing is directly proportional to the number of people we see using it. That is pure herd mentality, in which the herd will follow the leader right over the cliff. Industrialists and marketers use this trait to manipulate us to use and consume things we normally wouldn’t.

Not only do we each have our own individual energy pattern, so do our internal organs. The human body is a grouping of these individual entities, and they all work together to keep our body functioning. The energy of the substances we ingest can not only negatively affect our various internal systems, but they can also affect the individual organs themselves by carrying negative medical modifiers that directly attack certain organs. Cigarette smoking, for example, has an energy pattern and medical modifiers that affect the heart and lungs especially but are not closely associated with colon or digestion problems. Fortunately, we can feel these negative effects before they become dangerous and cause harm—we just have to learn to heed these feelings.

The cures for all the various types of diseases I mentioned above depend on our immune, regenerative, filtration, and elimination systems to work. Even the use of antibiotics is just meant to help support these systems in their fight, in the way a crutch
supports a broken leg while it is healing. Vaccines are simply small amounts of the microorganism, dead or in some cases alive, injected into the body to stimulate production of our defense system against that particular strain of bug. The injection doesn’t actually fight the disease—our immune system does.

Microorganism-caused disease and many degenerative issues have to have a receptive or weakened host in order to grow and proliferate. Bacteria, mold, yeast, and fungi not only invade living things and cause problems, they also decompose dead things. Why don’t living things rot and decompose? They are subjected to all the same environmental factors as dead things (such as moisture, bacteria, fungi, mold, insects, parasites), so what keeps things that are alive from falling apart and decomposing? When an organism such as a human being, a tree, or an elk is alive, its immune system, cells, and organs are getting enough energy to function properly and fight off all those natural agents of decomposition. Those agents are all around us, waiting for the opportunity to turn us into dust and goo. As soon as the energy supply is reduced or turned off, in they come, but as long as we keep ourselves strong we can resist them. The bulk of this defense is simply the electric field each cell in our body generates as long as it is getting the proper quantity and quality of energy.

Anything we do to compromise our immune system makes us more susceptible to all diseases. Our modern way of life in the West can easily be nothing but a conglomeration of immune-system-weakening foods, substances, and activities. Everything, from the air we breathe and the clothes we wear to the homes we live in and the work we do, negatively impacts our immune system. The best thing we can do to support our health and fight off disease is to do everything we can to keep our immune system strong for as
long as we can. Simply by eliminating as many environmental, immune-system-detractors as possible, and eating food that is free of chemical additives and supports our personal energy pattern, we will drastically improve our chances of fighting off disease.

There seems to be a veil or smoke screen thrown up around our manufactured goods—everything from pharmaceuticals, junk food, and petrochemicals to cell phones and building materials—that protects them from regulation and too much scrutiny. Why is that? Why won’t we look with an honest eye at the substances and food additives that we could possibly absorb into our body, and try to prevent harm to our fellow humans before it happens? Why would we casually throw our brothers and sisters into a tank full of sharks without a thought? Why would we produce toxic and health-harming foods and substances and throw them into the marketplace without a thought to safety? Profit, greed, and the ability to convince ourselves that what we don’t know with scientific certainty can’t hurt us—these are the sad answers and major contributors to many of our current health issues.

Of course, not all the blame can be put on the shoulders of profit and greed. Even though we as individuals have been shown the link between eating and using certain foods and substances and the health problems they cause, we still consume and use them. Why do we do that? I think it’s a combination of boredom and addiction. We are bored with our lives, those substances are available, and they make us feel good and are fun to use, so we use them over and over again until we die. In the beginning we don’t realize they can harm us, but by the time we figure that out, it’s too hard to quit. Maybe we are rolling the dice and thinking we may win, or maybe we just don’t care. After all, how long do we really want to live? If life is boring, it probably won’t be better in the future,
so we might as well have fun right now. Our day-to-day life is a pretty safe, mundane routine, and all those substances provide some excitement, something different to look forward to. We can’t physically escape our responsibilities and the grind of everyday life, so we turn to something that we can use to help us forget about them for a while, and in the process we slowly, subconsciously commit suicide by poisoning our bodies.

What we do to our physical body is a reflection of what we are doing to the planetary body we live on. We spend our days working for money so we can buy objects that are manufactured in a manner that is killing the environment, and the environment is what provides us with what we need to stay alive. We have become a type of parasite that is killing its host. From an alternative point of view, it looks as if all the diseases we suffer from are actually the cure for the real problem: us. One could also look at this type of self-inflicted disease as evolution at work, killing off all the humans who are purposely blind and bored enough to not care about their own health.

This mental process of “sticking our heads in the sand” and refusing to recognize something that is so obvious (because we can say there is no scientific proof), or change the way we do something to simply support our own health, is the overriding disease we suffer from today—and the root cause of our current health crisis. The medical and pharmaceutical industries have literally taken control of our lives through this form of mind control and the government regulations and laws they foster—but in the end, these industries are “us”. They are not controlled by some evil genius trying to squeeze every last drop of profit and life out of an unsuspecting public. It’s simply one of our children (capitalism) who has grown up and taken a self-destructive path (profit for profit’s sake). The cure is up to us.
CHAPTER FOURTEEN: MEDICATION

We suffer from various diseases and illnesses over the course of our lives, and how we perceive the cure for these problems is very important. I’m going to define “the cure,” for the purposes of this chapter, as something we take or do to fix a physical or mental health problem we are experiencing; a cure can be a medication or a procedure.

When we are sick, we can try to self-medicate or we can trust someone else to diagnose and prescribe medication for us, but in both cases, we humans want to be fixed fast. It is important to ask ourselves, is the problem something that suddenly happens, or has it taken a long time, maybe decades, to build up? It may have taken twenty or thirty years to get in our current condition, but we want to take a pill to cure it or have the problem cut out, as long as it’s done ASAP. Of course, in our haste, we usually create more problems in the process.

How do we perceive the cure? What do we really know about it? There are no full disclosure ingredient lists on the bottles of medication to inform us about what we are taking, no specification sheets that explain what those medical devices do. The information that is available is in a technical language that few can understand. What’s the difference between generic and name brands, EKG, CT scan, or X-ray? As far as most of us know, the medications we take simply eliminate the offending substance or bug and magically heal the damage. We take a pill or an injection and boom, we are on the road to recovery.

In order for healing to occur, our body has to allocate energy to support the process, create an offensive environment that kills harmful microorganisms, modify an offending
substance so it can be removed by one of our body’s systems, and repair any damage. The bottom line is our body has to cooperate or the healing won’t happen. Our body’s immune system is 99 percent of any cure. Even if we have surgery to cut something out, our body has to prevent or fight off infection and heal itself. Until we learn how to build a human body from the ground up, all of our medicines and procedures merely act in a supporting role. Any successful medical regimen depends on our body’s immune and regenerative systems being able to function properly.

In order for a cure to work, someone has to figure out what the cause of the problem is in the first place. Proper diagnosis is the crux of the matter, whether through conventional or alternative channels. As with conventional medicine and techniques, there are alternative versions that are simply out to separate us from our money. Just because they are alternative doesn’t mean they work, nor does it mean just anybody can properly use them. Alternative medicines and procedures have to be properly applied in order to cure an issue.

How much easier would diagnosis and healing be if we were mentally and physically enabled to support and take part in them? What if we didn’t engage in activities or consume substances that fueled the disease or weakened our body’s support systems? What if our body was allowed to directly communicate what was wrong? Current medical procedures allow for third party detective work only. Modern doctors are like police detectives trying to solve a crime and find the perpetrator. They are backed up by a huge body of knowledge, use millions of dollars worth of detecting equipment, employ an army of specialists and surgeons, connect to a worldwide network of consulting scientists and researchers, and have multi-billion-dollar, international drug
research and manufacturing companies at their beck and call. Yet the doctor/detective consistently overlooks the eyewitness sitting in plain view the whole time, the one who can solve the problem with a simple interrogation: our own body. It is conscious and can “speak” to exactly what the issue is and what can solve it.

 Somehow, Western science has taken on the idea that everything is more or less dead—ignorant, deaf, dumb, containing no spirit or soul, lacking in consciousness and the ability to communicate (in fact, lacking the capacity to generate anything to communicate)—and for something to be anything other than dead, science has to prove otherwise. This mental state eliminates the bulk of causal reality from our view. Everything in this world is alive and can communicate. Granted, most nonhuman objects or beings aren’t going to stand there and carry on a conversation with us, but that doesn’t mean those entities can’t communicate or lack information worth communicating. It simply means we can’t understand them without additional training.

 Unless something breaks or needs sutures, healing is the application of the proper frequency and quantity of energy. This can be accomplished through any carrier or generator of energy: the sun, Earth, chi, clay, herbs, tinctures, bee jelly, food, crystals, radio waves, radiation, medication, chemicals, drugs, or the laying on of hands. The trick is finding the one with the proper frequency. Fortunately, the body can be asked what is wrong, and it will respond through its energy field and direct us to the best treatment with the necessary frequency of energy that will fix the problem.

 What is and is not a cure can be a very contentious subject. In our own culture we have continuously dueling camps: the “natural” or self-medication camp (collectively known as alternative medicine) on the one hand, and the “modern” prescription-
pharmaceutical-drug camp on the other. The fight between the two is rather like the
typical trouble between parents and their children. The modern camp evolved from the
natural camp, and the moderns want to put the naturals away in a nursing home and don’t
want to visit or listen to them anymore. The naturals think that many of the moderns’ new
ways are bad and should not exist.

Typically, to produce a new, modern medicine, one has to break a natural medicine
down and find the one ingredient that does what you want. For example, take an herb that
has a relaxing effect. Obviously, the herb is made up of many different components or
molecules. Through experimentation, the one ingredient that produces the relaxing effect
can be isolated and even extracted from the surrounding molecules. The next step is
concentration, or putting a lot of that isolated ingredient together. Now we have a modern
medicine that will put us to sleep. We can even map out the molecular structure of that
ingredient and replicate it in a laboratory, bypassing the need to collect the herb in the
first place. It’s actually pretty amazing, and a great advance in the medicine’s ability to
keep us healthy.

There are a few drawbacks, however, to this process of creating medicine on our
own. Most obvious is the sheer arrogance of thinking we can isolate a substance from its
surrounding molecules (which have evolved together over millions of years), concentrate
it, and expect to use it with impunity. More times than not, the surrounding molecules
contribute to the overall effect of the medical modifiers in a way we are not aware of. We
have discovered and documented the negative impact of tinkering with the food we eat,
so why would it be any different with our medication? Many perfectly good cures for
deadly diseases do not get produced because the manufacturers can’t control the patent or
make enough profit on their research, so they shelve it. These scenarios typically occur when an herbal remedy can’t be broken down, and its active ingredients or healing effect can’t be artificially replicated in the lab. This means the pharmaceutical manufacturer cannot patent the medicine, as it grows in the forest or field free for anybody to gather and use. If the manufacturer can’t artificially replicate medication and control the marketing of it, they won’t put it on the market or even let on that it’s a cure that works. If they published that information, then people would use the freely available herb to cure the particular disease in question, and that would eliminate a possible revenue stream if an artificial cure were to be discovered in the future.

Once we have concentrated a substance, it becomes dangerous because its effects are greatly enhanced. This complicates the whole process, as someone now has to be trained in the dosage requirements, the medicine has to be regulated, side effects have to be accounted for, regulatory laws have to be written, and so forth and so on. The end result is that we have to depend completely on someone else for all of our medication needs, and eventually we give away authority over our own health. Most of us today have little to no idea how to keep ourselves healthy. Due to the lack of any real education, we operate on survival instinct only, a liability in modern society, due to the general lack of available healthy, additive-free foods. (Our instinct uses anything available to it in order to provide enough energy for survival; quality is considered only if available.) As a result, our health has become just another commodity to be bought and sold on the stock exchange.

In our present medical reality, the authority for public health is placed squarely on the shoulders of the current legal medical community. By “legal,” I mean licensed
doctors, hospitals, and drug and insurance companies that are regulated by the government. What started out as well-meaning laws and regulations to protect the public from “snake oil” salesmen and fraudulent caregivers has turned into a harmfully restrictive and exclusionary reality. Don’t get me wrong: if I break a bone, I’m going to a doctor to get it fixed. However, resistance against alternative medicine is ridiculous, counterproductive, and largely generated by simple corporate greed.

Medical-scientific methodology has made great strides in healing, disease control, and surgical procedures over the centuries. However, its current exclusive and elitist mentality, coupled with its shotgun wedding to capitalism (that was forced upon it in its youth), has resulted in the mutated and deformed child that our current medical paradigm is today. But how did we get to this point?

During the latter Middle Ages, there was a concerted effort to break from the past and install a new, “scientific” way of thinking in Western civilization and, through it, the rest of the world. The widely available, ancient medical knowledge was labeled evil, ignorant, and the work of the devil, witches, scam artists, and hucksters. Perfectly good medical practices of healing were in place but were gradually sidelined by the one-two punch of religion and science over the following centuries. In the twentieth century capitalism joined the fray, when it was realized that if the traditional herbal remedies could be outlawed and replaced with synthetically derived copies, then disease (and the patented medication used in its treatment) could be turned into a significant new revenue stream. Fortunately, those old ways never completely died out, and they hung on around the fringes of convention before resurfacing to the view of the general public in the 1960s. That ancient, macro-view paradigm continues to do battle with the current,
established medical edifice. Since the 1960s, a slow, grudging recognition of the validity of that ancient universal knowledge paradigm (and its continuously evolving knowledge base of diseases and their cures) has occurred. Scientific medical research is beginning to come full circle in its discoveries that increasingly show the validity of that universal knowledge base.

Aside from the elitism that such a closed-loop system fosters, medical-scientific research has drastically improved the human condition worldwide. It was sheer coincidence that capitalism was rising into supremacy at the same time, and in the same regions as these new scientific ways of thought. Seemingly, their eventual union was preordained. Medical care for profit, coupled with food manufacturing for profit, is the bane of human existence today. It’s not simply the profit taking per se, as much as it is the current, public-stock-holder, corporate structure and its focus on the bottom line. A publicly held company has to show a profit and grow every year, or heads will roll. When a business owner or CEO is confronted with losing market share unless the company uses cheaper, lower-quality ingredients or a potentially harmful manufacturing process, or because of a negative test report, he or she will usually try to keep the company’s market share above all else. That’s simple human nature: win at all costs. The ever-present pressure to expand and grow, show increased profits, and hold on to what market share we have is one of the main driving forces behind our poor treatment of one another, and is the reason for many of those harmful products and services.

Many effective, inexpensive advances in medical care have been suppressed, bought up, and locked away in the name of capitalism and profiteering. My favorite example of this hails from the early twentieth century, the era of Nikola Tesla, Henry Ford, J.P.
Morgan, and Edison. Georges Lakhovsky, a Russian engineer, invented a very inexpensive cancer cure, which employed radio waves, called a Multiple Wave Oscillator. It was a proven and fully developed cure for cancer, and many other maladies as well. Lakhovsky received a patent on his machine and began selling it to doctors and hospitals all over the United States. A few years later he was run over by an automobile and killed. His machines and techniques were suppressed by the FDA and removed from hospitals, never to be legally used again. Similar cures using electronic waves and currents have been discovered, only to be labeled as quackery and suppressed. AIDS has such a cure, discovered in the 1990s. I have seen a research video, sent to a major medical school, that documents a procedure that will cure all cancers, completely and “naturally,” with zero side effects. That same procedure will grow transplantable organs that the host will not reject. Diseases and their cures have become commodities, natural resources, to be protected and manipulated by capitalism for its own gain. Doing away with disease would be like doing away with fossil fuels—there is simply too much profit to be made by keeping them in place.

The medical and pharmaceutical industries have gone to great lengths to suppress alternative medicine and to obstruct access to medicines they cannot control, by disseminating false information and by getting legislation passed to outlaw them. This has been going on for centuries. Take herbal remedies for example. Humans have been using herbs for healing for hundreds of thousands of years, and our evolutionary ancestors have used them for possibly millions. Animals today heal themselves by eating certain herbs close at hand, so it would be safe to assume we did the same throughout our evolution.
A vast body of knowledge was handed down from generation to generation concerning local herbs, their beneficial properties, and how to prepare them. Each herb has various parts (root, stem, leaf, and flower), each of which can have very different effects. Say you go to your local supermarket looking for Saint-John’s-wort because you heard it would help with a mental issue you were experiencing. You find a bottle labeled Saint-John’s-wort, and you assume this is what you are looking for. However, the company that bottled that product is under no pressure, legal or otherwise, to ensure that the product will have the effect you expect it to, since medicinal effects of herbs are not recognized by the government, and the regulatory agencies that enforce labeling laws prohibit the herb’s medical effects from being listed on the container. Because of this situation, there can be no false-advertising issues if the herb does not perform to expectations. Unscrupulous manufacturers will use the cheapest version of the plant they can get (which is going to be the least effective part), put it in a capsule, and sell it to the unsuspecting public. If a certain herb’s flowers produce the effect you are looking for, the unscrupulous manufacturer will use the cheaper stems of the plant instead. The suppression of the knowledge we need to make informed, alternative health choices, and the proliferation of unscrupulous manufacturers has led us to believe that herbal remedies don’t work. The fact is, they really do and have for millennia.

Much profit is made touting the health benefits of a wide variety of items and processes these days: eat this, breathe that, listen to this to cure yourself. Do they really help? Sure they do. That is what this book is all about. The tricky thing is that every item or process is not going to have the same effect on everybody. Touting oatmeal for heart health across the board can be as dangerous as a doctor prescribing antibiotics to
someone who is allergic to them. The problem is not with those who advertise or prescribe; it’s with us who don’t want to question authority or put out the extra effort to listen to our own body and take responsibility for our own health. We want to be able to do whatever we want. If we get sick, we want to be able to go to someone and get a pill that will fix us up 100 percent.

One of the points conventional medicine largely ignores, and our current form of society in general ignores—is the individual nature of the human condition. True physicians, conventional and alternative, recognize this individuality and base their ministrations on individual observations. The ability to treat patients individually is not something you can teach. It is an aspect of a doctor’s innate personality and empathy, and the reason he or she became a doctor or healer in the first place. Unfortunately, many conventional doctors are simply retail outlets for the drug companies. They look the symptoms up in a book or online and prescribe the current accepted drug for those symptoms. In order to bring about real and lasting change in a patient, the physician must employ some subjectivity and allow the patient to participate in directing the medication. This is the basis of many successful alternative-medical procedures. The cells of our body can communicate with the medications through their respective energy fields before we use them, just as we can communicate with one another’s energy fields. A properly trained physician can interpret this communication, connect the illness with the cure, and recommend procedures to remove offending substances and eliminate foreign organisms. The only drawback to this form of diagnosis is the length of time sometimes involved in finding the solution. The time it takes to effect a cure for a specific ailment is directly proportional to the number of overlying issues present (which may not be immediately
noticeable to the patient), as each issue must be handled and peeled off, exposing the next, until the original complaint comes to the fore. One of my experiences with this process is a good example. Having noticed increasing short-term memory loss and general cognitive decline, I visited my health-care practitioner. Using techniques of direct communication with my body, he found pesticides in my liver, then several chronic issues caused by syphilis and tuberculosis genetic material I had inherited, worms, and finally, lead and mercury poisoning in my brain. The diagnostic/healing process took the better part of a year, produced no permanent side effects, and the results were restored memory and clear and sharp mental functions, plus the disappearance of general physical decline I had attributed to old age. Not only did my impaired mental abilities return to what I considered normal, I actually experienced mental growth, as the mercury and lead had apparently been interfering with my physiological abilities as early as age eight (when dental cavities required the application of mercury-laced amalgam fillings).

Comparatively, many conventional diagnosis techniques resemble a blind man walking around with a very expensive, single-use baseball bat, destroying anything he bumps into. Many conventional medical diagnostic procedures work just fine. However, there is a huge body of knowledge that scientific methodology refuses to recognize as valid, and as a result completely ignores, to our ultimate detriment. There is much about our body of which the medical community is ignorant. After all, it takes quite some time to break down all of the body’s parts and systems, and to understand, document, and figure out ways to fix all of its malfunctions. That doesn’t even take into account all the cultural roadblocks the medical profession has had to deal with over the centuries. For example, it took many, many years for medical researchers to be allowed to dissect
human cadavers legally. Fear and ignorance can impede medical advancement from within and without the medical community.

Instead of blundering around and experimenting on patients in order to produce patentable, profitable medicine and medical devices, the conventional medical and pharmaceutical industries should embrace proven alternative medical techniques. For the sake of us guinea pigs out here in “layman’s land,” who can’t afford all the expensive baseball bats, let us at least choose how we want to be treated. Quit trying to do away with alternative medical choices and quit trying to marginalize alternative practitioners by supporting restrictive licensing laws. We must cultivate alternative medicine as a positive addition to the medical community in general, so it can assist the scientifically created medical techniques and help bridge those knowledge gaps that science/capitalism isn’t willing to explore. Full legalization, licensing (and inclusion in insurance coverage) of alternative health-care providers, who operate at a much lower overhead due to lower training costs, would drastically reduce the financial strain on patients, insurance companies, and community infrastructure in general. There is a shortage of conventional medical-care providers, largely due to the continual upward spiral of training and insurance costs, and the decade of training involved. With more and more people in need of affordable medical care, alternative medicine is the perfect answer.

Even with the availability of medical alternatives, the main roadblock to using them is the fact that we have long since given away our authority to control our health. It’s harder to start changing our medical reality when we are already seriously ill, though not impossible, as many have done it. It takes a lot of energy and courage to take back authority of our health and choose something different. Looking back over my own life, I
can see how seemingly random events helped me restore my authority. It wasn’t something I set out to do, rather just a result of many things happening over a period of time. I remember lying on a hospital gurney in the emergency room once, the result of eating the wrong kind of mushrooms. I was dry heaving my guts up, as I had long since puked up all the contents of my stomach. Of course, the doctors were very busy, and I guess I didn’t appear to be in serious condition. I lay there heaving for thirty minutes or so and, finally, a gelatinous mass came out. I looked at it and realized it was the mushrooms. My heaving stopped, and I immediately felt better. The doctor came over, agreed it was probably the mushrooms, asked a few questions, and rolled me away for treatment. A sample of fresh mushrooms was rushed to the local university for identification. Meanwhile, I was subjected to various attempts to get me to regurgitate more mushrooms. Yes, even though I had already puked them up earlier, they wanted to try to get more out. When they couldn’t get me to throw up at all, they decided I needed to eat charcoal to absorb the poisons. Then they put me in a room for observation overnight. The mushrooms were identified as one of the most deadly varieties.

That experience showed me that it was possible for me to know more about the current condition of my own body than doctors, even though they still owned most of my authority at the time. In addition, I realized that doctors do not treat us as individuals; they simply try to treat the symptoms the same way they have in the past with other patients. I knew that the mushrooms were gone, and I felt great. I just didn’t have the authority to leave or refuse further treatment at that point.

Now this is not to say the conventional medical reality doesn’t work at all. It’s obvious it does in many ways, and people can and do live a healthy, long life in that
reality. I am not advocating for the complete downfall of conventional medicine, but I am pointing out the need to be more inclusive and to minimize or even eliminate the capitalist support structure for medical practices. My point is, more and more of us, as time goes on, cannot survive in that conventional, corporate medical reality. Furthermore, we are being forced to remain in that reality against our will and suffer the indignity of a useless, disabled old age; undergo debilitating and financially crushing procedures; or experience an unnecessarily painful, gruesome death when we can’t get affordable health care.

This type of entrenched reality is not so easily changed. Any action concerning our health butts up against our one greatest fear: death. It’s easy to talk about alternative medicine and procedures when we are healthy or only slightly ill. It’s another story when we are looking death in the face and have to go up against the whole scientific-medical-capitalist structure.

The only way to alter our reality and create what we want in its place is to start with the simple desire to do something different. Our desires will, over time, alter the frequency of our energy and help us naturally attract whatever we need to change our reality. It will come to us, or we will be drawn to it. Everything and everybody we come into contact with will guide us to what we need to make the changes we want. Look around: what we need to help ourselves is actually always close to us and so simple it’s hard to see at first. A good place to begin is to do some research and put yourself into contact with different realities and different lifestyles. Find out what types of alternative medicines and medical procedures are out there. Read books, surf the Internet, and converse with people—all can put you in contact with these alternate realities. There are
many out there, populated with people who have cured themselves and others of everything imaginable.

How can we recognize what we need to accept and be open to in order to get the help we need to make the switch? Emotions, such as fear, hate, anger, love, exhilaration, and joy, are the blinking red lights notifying us of incoming reality changes. Many times we feel extreme emotions coming on and we clench up, run, or shut them out somehow, largely missing our chance for a reality change. Those offerings of change will come back around though, until we finally are able to accept them. This type of reality shift or manipulation can be very subtle. We may not even notice the changes until we look back and compare our present self to our past self. Don’t get frustrated or impatient. Look at it as if you are transplanting a very tender plant. If you attempt to just jerk the thing out of the ground, it will die. You have to patiently dig down and attempt to transplant as many roots as possible to ensure a healthy and shock-free relocation.

An obvious but largely over-looked aspect of any cure is asking for help to fix a specific problem. It’s a simple concept on the surface, but in reality, asking for help can be complicated and difficult, so much so we rarely do it. How many of us put up with pains and body malfunctions to the point it’s too late to do anything about them? Over the six decades or so of my life, I have come to the conclusion that asking for help (or asking for anything in general) is the most powerful tool we have at our disposal for changing our lives, curing our ills, and basically getting what we want. Asking for what we need is an obvious yet surprisingly under-utilized concept.

In our Western society getting most of the things we need on a daily basis is fairly straight-forward. We go to a store and pick it off the shelf and buy it. If we need help
finding an item, we can ask a store clerk, and he or she will take us to the item and answer any questions we have about it. Then we are left to decide whether we actually want to buy it. Our toughest decisions are finding the appropriate store, whether we can afford an item, and choosing between brands of the same item. Picking who helps us with our lifestyle and health issues can be very similar.

In all cases, the first step is forming an intent in our minds. All of our energy expenditures then follow that intent. For example, if we decide we need to fix our kitchen-sink drain, we form that idea in our mind, come up with a plan of action, and then implement that plan of action. The actions can range from going down to the local store and buying the parts and supplies needed to fix the issue, to bringing in an expert to fix the drain for us. We can also just keep putting off the repair until we absolutely can’t do without it. Remedying our physiological issues is much the same.

Of course, the issues we suffer with our body and mind can be much more complicated than fixing a sink drain. Most of the time we can’t simply look at our body and figure out what the problem is. We can’t go down to the store and buy tools to take our body apart. As a result, we leave that up to the experts. But what happens if those experts don’t know how to fix the problem, or we don’t want to go through with their suggested solution? We can simply ask the sea of energy around us for help. Call that energy God, the universe, or whatever you like. Some of us pray to it for help at times. It will respond to the intent we form and verbalize by asking for help out loud. Energy follows intent.

In my experience, there is a four-step process we can employ to get what we want when we don’t have the knowledge to formulate a step-by-step plan to accomplish our
goal. The first step is to figure out what we want exactly. This is very important—we have to be as specific as we can. Sometimes this is tough as we have cultural blocks in place that we shouldn’t ask for things for ourselves. We are even taught that we should only ask for help for others.

The next step is to ask for that thing out loud. Our vocal verbalization, coupled with the intensity of our desire, actually creates a vibrational structure of sorts that will take on a life of its own with the express purpose of fulfilling our desire. This structure is our intent. Without forming an intention, the energy at our disposal can’t do anything for us.

The third step is opening ourselves to experience whatever we need to in order to prepare our mind and body to receive the fruits of our desires. As described above, our intent will draw to us all the energy, experiences, people, places, and things needed to give us what we want. This step can take a few seconds or a number of years. The length of time it takes for our desires to come to fruition is dependent upon many factors. How deeply we feel the desire, how open we are to change, our ego, actual needs versus wants, cultural structures, how many other people it may involve, and how close our current lifestyle is to any new one we might ask for are but a few of the variables that will affect this process. Sometimes we have to be altered physically and mentally to allow us to receive the thing we have asked for, which can take many years’ worth of experiences to accomplish. Similar to a radio receiver, we have to be tuned properly to hear or get what we want. Our receiver may currently be tuned to a FM station but what we asked for is on an AM frequency. The intent that we create will set that tuning action into motion.

The fourth step is actually receiving, accepting, and learning to live with the new thing, concept, person, or lifestyle. It’s one thing to receive a new car but something
entirely different to adjust to a life with a new spouse. We may find ourselves regretting our decision to ask for the changes that have occurred in our lives. As an example, I had a desire for a son that was fulfilled within two years. I neglected to ask for a wife and mother to go along with the child, and as a result, I was a single father for a number of years.

How we ask for something can have a huge impact on the process by which it is brought to us. For example, say we ask for money. Our intent goes to work on our life and those around us with the result being a relative is killed in an auto accident and we inherit some money. The universe of energy around us has no qualms about doing or using whatever is at its disposal to fulfill our desires. It is not restricted by our cultural norms. The stories of Aladdin and his lamp are meant to convey this concept and the pitfalls of trying to ask for what you want. The genie in the lamp represents the embodiment of the universal energy with the ability to fulfill our desires. Aladdin had some bad experiences with the genie before he figured out how to properly word his wishes so that he got exactly what he wanted without causing harm or getting useless results.

The universe will, however, take into account any restrictions we may verbalize concerning how it accomplishes its task. I like to interject the phrase “in a kind and gentle way” when asking for things from the universe. I have gone through long periods of time refusing to ask or wish for things, or to verbalize my boredom due to my inability to see all the ramifications of what I ask for. I remember lying in bed in my apartment at age twenty-four, bored out of my skull. I verbalized that fact—“I am really bored”—and felt it all throughout my body. Within a year, I was in a relationship, started a business, and
am not bored to this day due to what I created all those years ago. A healthy respect for this process is helpful in order to keep one’s life from becoming too full or overly complicated. Occasional boredom and relative emptiness are natural states and should be used to clean house, so to speak, focusing on the self and our immediate surroundings for a time, all the while being confident that our lives will get more complicated soon enough.

Our asking, wishing, or praying for things has a long history in just about every culture. All the religious rites and ceremonies are simply our way of focusing the mind and the energy around us in an individual or group way in order to form the intent structure to which we wish to give birth. There are several basic techniques used in asking that can expedite our requests. Repetition is the easiest and most basic form of prayer or supplication. Meditation and the use of rosary beads are examples of this technique. Sitting quietly and thinking about what you want and verbalizing it out loud or in your mind every night for a month will have good results. Calling up some emotion tends to expedite our requests. Anger, love, empathy, and shedding some tears will all help open our hearts and create a much more powerful connection. Getting emotional will clear out all the BS and confusion in our minds. A variation of this emotional state is called a chi-clearing event by the Chinese. Chi is our personal energy source that can get dirty, disjointed, or unfocused with all of our daily issues, relationships, and physical ailments. A chi-clearing event pushes all that aside in an instant and creates a powerful and focused energetic condition that all aspects of our existence are connected to all at once. We become pure intent, and in this state anything is possible because the universal unlimited energy source is immediately accessible by our intent structure.
Feeling your request throughout your entire body will create a clear conduit to the energy around us and communicate the urgency of the request. This technique can produce powerful and immediate results. Doing this in a group way can accomplish amazing things, from the translocation of physical objects to healing our bodies and minds. I have used this technique many times over the course of my life. One of the more powerful experiences involved the woman I would eventually marry. I was a single father, out of work, living on credit cards, with basically nothing to do all day after getting my son off to school in the morning. For many months, I used this time to learn how to do nothing and depend on the universe for everything I needed. I made credit card payments with credit cards, and when a card would get maxed-out, another one would come in the mail. It was very educational in many ways. One day, however, I had enough of doing without any female companionship. I got really mad and a demand boiled up out of me: “I want a beautiful woman to knock on my door and ask me out.” I really felt it all the way through my body and had a lot of emotion behind it. Not more than an hour later, there was a knock on the door. When I opened the door, there was a beautiful redhead standing there who proceeded to invite me and my son to a birthday party. As it turned out, our children were schoolmates. Over the ensuing months, she and I developed a good friendship. Later, she introduced me to her roommate, who eventually became my wife.

Not every request is answered so soon. We don’t have any comprehension of what all it may take to fulfill our desires. For example, it’s like going shopping at a nursery. We can buy a potted plant right then, take it home, and plant it in our garden, or we can order something much larger that requires a team to go dig it up, transport it, prepare the planting bed, and plant it. In the latter case, our experience is largely just placing the
order and paying for it. Everything else that is involved we rarely see. All that we know is we have to wait for it to happen.

Involving others and inviting their input into our lives acts as a life-path lubricant. Asking for advice from a friend, doctor, mate, or relative, can get the ball rolling if our life seems bogged down, stagnant, or at a dead end. Just the asking seems to be the crux of the matter as we are opening ourselves up to something other than our own input. The advice we get from others doesn’t even have to be appropriate or particularly helpful. Many times simply opening the door to the outside by asking for help is sufficient to clear the blockages, let fresh air into our lives, and shine a light on the way forward.

But what does all this have to do with the cure? It’s about how we perceive medicine and how we perceive the cure. Altering our medical reality starts with changing our definition of medicine. By definition, the current medicinal reality works only to cure the symptoms. To cure the underlying problem, we have to alter what we are doing and the actions that allowed the problem to occur in the first place. A far greater majority of our systemic health problems are not some kind of invasion from the outside per se, but rather a breakdown of our body’s protection and regenerative systems. That protection system is based on and supported by our energy and its distribution system.

So, for the reality I am describing here, medicine is anything that supports our energy: food, a healthy environment, and sleep. Anything we take to cure a symptom is just an attempt to get out of confronting the main problem, which is our lifestyle. We can train ourselves to feel the negative effects of a symptom before they become dangerous and cause harm, preempting the need for medication or expensive procedures, but our
daily habits and mental structures (from the personal on up to corporate and national levels) are the underlying cause of the greater bulk of our health problems.

Let me insert a word of caution here. Changing one’s reality should be a long, gradual endeavor. It is possible to change it in an instant, but this process is, again, individual by definition. Conventional medicine and medical techniques have their value. The reality in which most of us exist is based on and controlled by logical, linear thinking. Modern medical techniques and the current Western lifestyle evolved and came into being because of that way of thinking. So to try to do away with that reality and base our new reality (and therefore our health) on something different could hurt us more than what we are trying to get away from. Be reasonable and pragmatic in your approach to remaking your reality. Remember, there is no good or bad, just choices and consequences. Each one of us will define our own personal reality in a unique way. This redefining of one’s reality cannot be done logically or on a whim. The new definitions come from a place, a repository of knowledge, with which our conscious mind has forgotten how to communicate. To relearn the language of this repository, we have to switch off logical thinking, follow our feelings and our intuition, and learn to communicate with our energy field.

To effect an overall cure for our burgeoning health crisis, we all must begin by taking personal responsibility for our health and learn how to, at the very least, keep from killing ourselves, and, hopefully, eventually learn how to cure ourselves. We can self-medicate by consuming or avoiding certain substances. We already do it every day to some extent or another. If you drink alcohol of any kind, smoke cigarettes, or drink coffee, you are self-medicating. Why not do the same with substances and activities that
would build you up instead of break you down? If you quit eating meat, stop doing drugs, or start a regular regimen of exercise, for example, you are self-medicating in a way that strengthens your body’s ability to heal itself. Anything we ingest, see, touch, hear, or feel can be a medication. Aches, pains, excretions—the greater majority of our everyday minor ailments—are the body’s early-warning system of impending internal troubles. Our body’s cravings and urges are its attempt at self-medication.

Having a positive mental outlook and a desire to help our body also goes a long way to maintaining healthy internal systems. Increasingly, we tend to do things to ourselves and live lifestyles that degrade our health and get us into a self-destructive mental and physical downward spiral. It’s very easy to coast downhill without even trying, but trying to turn that around and support our health seems like an uphill battle. A healthy lifestyle is really a simple matter of taking whatever small baby steps we can, as we can. For example, eating a vegan diet and cutting out fatty or fried foods can help heart and blood issues by reducing cholesterol and arterial plaque. Using olive oil helps remove plaque from our arterial walls, and 100 percent natural (non-synthetic) vitamin C lubricates the blood vessel walls, preventing plaque from forming in the first place. Other various herbal remedies, especially garlic and cayenne pepper, can help support our overall blood system.

I tried an herbal medicine for the heart a few years ago with great success. A friend of mine told me about a heart remedy he had tried that greatly increased his stamina and energy. At that time, I couldn’t even mow my yard without getting exhausted, so I decided to try it. Within two weeks my stamina and energy had returned to the level I’d had in my mid-twenties. Several relatives tried it and had the same results. Alternative
medicines can accomplish the same thing as conventional medicines (and in many cases cure things the conventional cannot), with far less debilitating side effects and at significantly lower cost.

We must also look at the current state of our society and culture as a whole. Today we find ourselves voluntarily shackled to medical procedures, though the cost of even the simplest would ruin our personal finances. On top of that, these expensive processes still leave us uncured for the most part, as they do not address the real, underlying issues. How many of us know someone whose bank accounts and assets were totally drained by medical procedures, only to remain disabled and/or dependent on medication and medical support or having died a painful, dignity-less death? How many of us have experienced aspects of these scenarios ourselves? How can we keep allowing this to happen? What can we do to cure these issues?

The Western medical paradigm has to change and become all-inclusive. There is no one truth. Anybody who has been married or attempted to raise kids is cognitive of this fact. We all have our own version of reality. Accepting other versions as valid, and having merit, and making room for them to coexist is the key to curing chronic and degenerative disease. There is no single medical reality that will cure all ills. We must use the best of everything available to us, conventional and alternative. We must endeavor to separate capitalism from health care, and bring out into the light and support all medical research, conventional as well as alternative, traditional as well as modern, from academics as well as laypeople.

Sometimes we have to let go of figuring out why and just accept that something works. We turn our backs on far too many things in life that can help us, simply because
they don’t fit our need to scientifically explain them. We must throw off the shroud of elitism, exclusivity, and profiteering in which our human nature has enclosed us, and take back the authority and dignity we all deserve concerning our health and life.
CHAPTER FIFTEEN: AUTHORITY

Part One: Taking Responsibility

At some point during all this exploration and experimentation, we will butt up against convention. Somebody is going to give us grief about what we are trying to do and point out how stupid, wrong, or unscientific it is. This is the point at which we have to learn how to take responsibility for our own life, even if it seems to fly in the face of the whole of Western civilization.

As we begin to ask questions and explore alternatives to the society we live in, we will likely become an irritant to that surrounding society or reality. The normal or existing form of society we were born into will not accept the alternative realities we discover or create. We will have to learn to create our own support system and our own reality in which to operate. The reason for learning how to create and manipulate our energy, and as a result our health, is to be able to consciously create our own reality, our own life, and have some control over how we relate to the society around us.

There are several levels of reality manipulation available to human beings. The level of manipulation that we are capable of is determined by the degree of authority we accept over our life, which in turn depends on what we believe we are doing here in the first place. If we don’t know what we are doing here or what we want out of life, the surrounding society or existing reality will fill in that void with its own generic structures. So by default we hand over authority for our own lives to others. This is not
necessarily a bad thing for everybody. It becomes a problem only when we are dissatisfied with the world we are living in and attempt to change it.

Our various human societies have many generic or premade life structures we can choose from. Many ways of making a living, or of choosing a profession, a religion, or a lifestyle, are already there in place, ready for us to slip into and live out our lives. These structures are what we call “normal.” Do we want to go to school and learn to be a doctor? How about a priest? Maybe have a family, work hard, and go to church? Or wander from job to job with no particular plan or desire? Each society or culture has its own idea of “normal,” and where we live will limit our choices to a greater or lesser degree.

Some choices will be harder in certain societies and very easy in others. For example, say you live in the United States and decide, after reading a book, that you wish to emulate the wandering sadhu of India, who make their living by begging and exert all of their attention toward attaining spiritual enlightenment and liberation from birth and death. This is a very respected way of life in India, but one that would probably result in physical harm, jail time, or being committed to a mental institution in the United States. So the lifestyle or reality we choose to build for ourselves will greatly impact how we relate to the society we live in, and therefore determine the quality of our life.

These decisions we make are largely influenced by our concept of authority. Authority is one of those mental filters and social structures through which we interpret our environment and that limits what we will allow ourselves to do. Merriam-Webster’s Dictionary defines authority as:
1. a (1): a citation (as from a book or file) used in defense or support (2): the source from which the citation is drawn
   b (1): a conclusive statement or set of statements (as an official decision of a court) (2): a decision taken as a precedent (3): testimony
   c: an individual cited or appealed to as an expert
2. a: power to influence or command thought, opinion, or behavior
   b: freedom granted by one in authority: right
3. a: persons in command; specifically: government
   b: a governmental agency or corporation to administer a revenue-producing public enterprise
4. a: grounds, warrant
   b: convincing force

The authority I am referring to is the self-confidence and self-knowledge to make our own decisions in certain arenas of our lives, and to include a wider range of input than what the normal authorities are presenting to us. The definitions above describe an authority that restricts available input and choices based on predefined criteria that define what is good or bad, valid or invalid, fact or fiction. This type of authority is a structure that restricts what is called knowledge (or fact), and restricts access to that knowledge. But those restrictions are based on what went before, on previous experiences that are not necessarily ours, unless we make them so. When we give our authority for direct access

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to knowledge to another person—a doctor, for example—we are accepting that person’s restrictions on knowledge and to what uses that knowledge can be put. There can be a perfectly effective cure for an ailment we are experiencing, but we cannot gain access to it if we have given our authority to see or accept it to a person who can’t. The authority structures we accept and use will act as blinders on a horse, restricting what we see as possible, usable, and valid.

These structures can also restrict what actually exists in our reality. Aspects of reality (from physical objects and entities to ghosts and spirits, and from the scientific method to magic) can exist in one culture but not in others. There are historical examples of this phenomenon, especially from the time of the European exploration of the New World, when two vastly different cultures and realities collided. Some drawings by South American natives depicting their first interactions with Old World explorers did not include representations of the oceangoing vessels that brought the explorers to their shores. There are drawings of the explorers themselves—horses, weapons, and various supplies and devices—but no depictions of the house-size ships that must have been anchored just offshore and easy to see. Anthropologists theorize that those relatively large oceangoing ships were just too far outside the natives’ reality, so they didn’t record the ships as being there.

The whole concept of authority and its accompanying restrictions depends on an individual or group of individuals accepting a thing or concept as a fact or truth in order to manipulate the surrounding environment in some way. To borrow another example from the Old World meeting the New, the Old World’s generally accepted mental concept of superiority of its civilization and religion over the Native Americans’ versions
allowed it wide moral latitude to conquer and exploit the New World. The individual or group acceptance of the thing or concept as a fact or truth creates what we call power. To enforce our group concepts on others, we allow certain people to wield that power. The implementation and wielding of that power is the basis of authority.

As individual human beings, we have ultimate authority over ourselves. Our authority cannot be taken away; we must give it to lose it. Yet we are trained to hand over our authority to various people and entities throughout our lives: to governments, police officers, doctors, lawyers, priests, bankers, teachers, and our parents, among others. Once we give authority to someone other than ourselves, we no longer make decisions on our own but instead entrust someone else to make our decisions for us. Generally this is a helpful thing, since we can’t possibly keep track of all the governmental, industrial, transport, or manufacturing decisions that affect us every day. This kind of authority is one structure that we can use to our own benefit, so we don’t have to expend energy reinventing the wheel every time we are confronted with these types of decisions (such as what laws need passing, what regulations are needed to protect the food supply, how to cure polio, and how to protect ourselves from criminals). These structures provide most of us with the food we eat, the clothes on our backs, and the roofs over our head. Without these structures we would spend most of our lives providing these basic survival needs for ourselves.

Our trust in those who wield the power of authority is also infused with certain assumed or codified governing concepts, such as civil rights and ethics or morals, agreed upon by the society’s members. Over time the implementation of those governing concepts by the trusted authority will vary because of the wielder’s own individual
desires and needs. Our individual fulfillment and satisfaction within the society around us is greatly influenced by how our trust is treated by those who wield the power we give them. When corruption, cronyism, nepotism, and the like creep in and violate it, our trust begins to break down, and we become more dissatisfied and start looking for alternatives.

In order to turn our own reality into something more fulfilling, more supportive, and healthier, we must be willing to take the initiative and reclaim certain aspects of the authority we have given to others that control how we interpret our environment. We must transfer this particular power back to ourselves, so that we can change our environmental perceptions. If we just sit around complaining about how authority figures conspire against the good of the general public and expect them to voluntarily do something different and make changes for us, nothing will happen. We don’t necessarily have to reject the whole structure of the surrounding society to reclaim our authority, just the specific areas in which we require it. For example, if we want to try alternative health care for a specific ailment, we will need to reauthorize ourselves in the area of medicine. We don’t have to throw the whole medical community under the bus, just the part that keeps us from seeing other potentially viable treatments for our health problem.

Everything we are taught, see on TV, read in a book or a newspaper, or hear in church or anywhere else is someone else’s interpretation of our environment. If an interpretation is presented as fact, and we accept it as such, then the implication is that we need no longer explore the matter. If it’s a “fact,” then it has already been figured out, measured, and explored to its fullest extent. But there is really no clear line that determines what is fact and what is not. A fact is just information that is generally accepted as being true. In other words, we just agree for the time being that this
information is something we all can see and agree on, and we call it a truth (even though
the information may change in the future).

This concept of a group agreeing to accept something as a fact or truth is what
current human civilization is based on. All aspects of our society, positive and negative,
arise out of what we do with our interpretations (facts) of our environment. Over a period
of time these facts can coalesce into a mental structure. Once it becomes a structure, it
will take on a life of its own. These fact structures will feed themselves, protect
themselves, propagate, and provide for their adherents. The longer these fact structures
stand, the bigger, more powerful, and more enduring they become. The civilizations these
structures foster will come and go, but the mental structures will remain, as they are
retained in the minds of the population and are passed around like viruses through daily
human interaction. The concept of the “fact” is one of the two main tools used by
authority figures. The other tool is the concept of “good and bad,” and together they exert
a seemingly impenetrable veil of control over us all.

Part Two: Good and Bad

“Here, boy. Bring the ball to me. Here, boy. Goooood dog!”

“NO! Don’t chew on the furniture. NO! Baaaad dog!”

How many of us have trained a dog or other animal using the words “good” and “bad”? It
worked, didn’t it? Well, most of the time it did. Our parents trained us the same way. Did
we always do the things that were allowed, or good, or were we just not able to resist doing bad things sometimes? Why would we want to do something that would bring down the wrath of our parents on us? Why couldn’t we just refrain from doing the bad things? If we explore the answers to these questions, we can discover many of the reasons for our discontent, disease, and self-destruction, as well as the solutions to them.

The concept of good and bad, and what is considered good and bad in the society we live in, governs every aspect of our lives. This concept is like a skin or diving suit we put on that enables us to fit in and survive in our environment, family group, and society. What an individual or group considers good or bad will vary from what other individuals or groups believe. Even individuals within a single family may see things very differently from one another and have varying versions of what is good and what is bad. For example, loud music might be considered good from the point of view of teenagers but bad from their parents’ perspective.

This phenomenon can be easily illustrated. Place an object on a table in the middle of a room and ask everybody in that room to write down their description of that object. The descriptions may all be accurate, but they will also be different, based on what is important to each individual. The same can be observed with concepts. Start a conversation about a political issue in a group of people and see how many different views of the same issue are expressed. This phenomenon of a single object or concept generating many differing interpretations is based on our personal energy patterns, experiences, and the resultant perceptual differences and is the cause of most of our conflicts—interpersonally and internationally.
Every individual or group has what can be called a good-and-bad structure that acts as a guiding template through life and generates a unique individual or group reality. We each operate within many concentric good-and-bad structures. Beginning with our personal structure, and then moving outward to include our family, workplace, community, state, and nation, we accumulate distinct sets of what we consider good and bad and what we will and will not tolerate. We use these structures to interpret everything that we experience. The things that happen to and around us in life are filtered through our good-and-bad structures, producing our individual perceptions of those events, and suggesting a course of action to take in response. For example, in Western society it is generally accepted that stealing is bad. Thieves are hunted down and punished, and the stolen goods are returned to their rightful owner. We leave our doors and gates unlocked, the keys in the car, water hoses in the front yard, bicycles on the front porch, and fully expect all these things to remain in our possession. But there are other societies in which stealing is accepted as normal. In those societies, if you leave your property where somebody else can take it, it is assumed you didn’t want it, and no attempt is made to find the perpetrators or the stolen property. Polygamy is another good example of differing structures. The practice is illegal in most Western societies, but in many countries it is considered normal, and there are no laws against it.

We are born with an archetypal good-and-bad structure that is generated by the same input that generates our unique energy pattern during gestation. Many of our personality traits and subsequent preferences and choices in life are caused by this filtration of our environment through an archetypal good-and-bad structure. The resultant perceptions generated by this filtering process are what we actually “see” and react to as our
surrounding reality. We can all be looking at the same thing, some aspect of our
environment for example, but our perceptions of that object, generated by our unique
good-and-bad structure filter, can be very different.

A certain type or level of energy will generate a particular good-and-bad structure.
For example, those of us with a high energy pattern tend to look upon our lower-energy
compatriots as weak, slow, inefficient, and sloppy. The reverse is true for those of us with
lower energy. We see those with higher energy as crude, bullheaded assholes.

Most life-forms have to learn some basic concept of good and bad in order to
survive. Animals learn what to eat and what not to eat, which places are safe to hunt or
graze in, how to be vigilant at the watering hole, what is proper group behavior, and how
to fit into their society’s pecking order. We operate much the same way and begin
learning the rules of survival as soon as we are born, by absorbing our parents’ structure
of good and bad. Being successful in our particular environment is based on a certain
knowledge of the terrain, plants, animal life, and potential threats. What plants and
animals are good or bad to eat, which animals will attack and which ones will run, what
water will quench our thirst rather than kill us, what time of day to work and when to stay
out of the sun, what neighborhoods are OK to walk through alone at night, when to fight
and when to run, and how and why to follow the law are all examples of the basic
survival information that is passed down to us from our parents and that affects how we
see and interact with the world around us.

As we begin to merge our parents’ structure with our personal archetypal structure
we encounter various forms of conflict for the first time. How we and our parents handle
these initial conflicts has a huge effect on our personalities and will color our
relationships and how we interpret our environment for the rest of our lives. We have to be trained to know the difference between good and bad behavior in our youth in order to peacefully fit into society. We learn the basic personal survival structure first and then absorb the ever more complex structures such as those concerning diet, language, style of dress, relationships, philosophy, religion, politics, and government. Yes sir, no ma’am; please and thank you; respect and disrespect; law-abiding or criminal; being faithful or an adulterer; capitalism or communism; Christian or pagan; rich or poor; courage or cowardice; liberal or conservative—these represent some of the multitude of good-and-bad structures that we absorb as we mature into adults.

Most of our daily thoughts and actions are bound up in these structures. How we look at everything is largely a constant weighing and comparison of those concepts, people, objects, laws, religions, and philosophies on the scale of good and bad. Fat or thin, tall or short, well endowed or not, long or short hair, dark or light skin, male or female, sweet or sour, good or bad smelling, four cylinder or eight, motorcycle or car, night or day, mountains or seashore—everything from the mundane to the sublime is filtered through the structures that we have accumulated, and the result of this is the reality we actually perceive and react to. Our lives are built and operate on our perceptions of what we experience. Because of this phenomenon, every human being lives in his or her own unique perceptual reality.

How and why did we come to create all these good-and-bad structures that seem to just cause a lot of conflict? What happened in our past to cause us to be so restrictive? Beyond the archetypal and basic survival structures, why did we need to have class society, laws, morals, religion, governments, and so forth? Sometimes it seems as if life
would be so much simpler if everybody just did what they wanted to do. We can easily envision a time when we had much more freedom to do as we wanted. We protected ourselves with whatever means were at hand. We didn’t depend on the police. Nowadays our lives can be destroyed over something as trivial as an ounce of pot or viewing pirated movies over the Internet. Why can’t we build a house where we want to or of the design we desire? We live in segregated communities with restrictions on what we can build or whether we can grow or raise our own food on the land we own. We can’t grow our own tobacco or distill our own alcohol. We have to be cognizant of how fast we go on the roadways, observe the traffic rules, get our vehicles inspected, and be properly licensed or we get fined. People get upset if we have some chickens and pigs in the backyard, or try to teach our kids what we want to or even to discipline them. We even place restrictions on whom we can and cannot have intimate relations with. Our lives are restricted, inspected, and held hostage by all the accumulated weight of laws, morals, and belief systems that we as a society have applied to ourselves. We can take a conjectural journey through the archaeological record of our hunter-gatherer forebears and their urban descendants and come up with some reasons why our ancestors might have created all these rules and regulations to govern and control how we think, work, and live. Research of surviving records from those early societies, coupled with observations of existing hunter-gatherer groups show us how our ancestors interacted with one another and how those interactions led to all the elaborate good-and-bad structures we have today.

To begin with, we have to take into consideration that how closely our perceptions agree with those around us will directly affect our ability to communicate, our quality of
life, and how dynamic and long-lived our group will be. A group of individuals with the same perceptions and interpretations of life and their environment can focus all of their collective energy and power on their common goals and thereby accomplish much more than they could if they had dissimilar views. Cooperation among the members of a group is the cornerstone of any successful civilization. All new members of a group must be taught the same basic good-and-bad structure in order for the surrounding society to proliferate and grow. If too many members of a group have dissimilar good-and-bad structures, the continual conflict that is generated by such a situation will eventually cause the splintering of the group. The most successful and long-lived groups or civilizations easily accepted and included new and foreign concepts and structures, instead of rejecting them as impure contaminants to be suppressed or destroyed.

Our current human civilization probably started with small groups of people cooperating with one another for their common survival. Observations of existing hunter-gatherer groups, living today much as our ancestors did, illustrate the large degree of mutual support and cooperation they practice. The hunter-gatherer society is out of necessity communal in nature. Every member is equal, and everything is shared, from tools and weapons to the food killed and gathered by all members.\(^9\) This way of life was codified in their taboos and mental structures to ensure that every group member thought of himself or herself as equal to every other member.

The main communal concern was producing enough food to feed everybody throughout the year. Through cooperation and experimentation, our ancestors eventually

learned how to produce more food energy than they needed, which actually resulted in the blossoming of our civilization. Before that we were all living off the land and generally producing just enough food to survive. Once we became more stationary and less nomadic and began planting and harvesting food crops and domesticating animals, we were eventually able to produce surpluses of food through selective breeding. This allowed more people to live in close proximity to one another. (The former hunter-gatherer existence limited population in one area to what the wild game and plants could support.)

This excess energy in the form of food allowed some in the group to spend their time in pursuits other than the production of food. Specialization of community duties, in which one person focused his or her efforts on one job that previously had been performed by all members, increased efficiency and production. Not only were there group members who produced food, there could now be blacksmiths, carpenters, bricklayers, scribes, and royalty, all supported by the excess food energy.\(^\text{10}\) This abundance of food production created the need for more elaborate structures to organize, govern, and distribute it, so the power it generated could be fully utilized.

The separation of community duties, largely along the lines of management and labor, led to social stratification and, eventually, to a class society. Class societies, caste systems, and elitism are all simply the result of that necessary organizational shift that occurred long ago in our distant past. The strife that we have experienced because of this stratification is simply a result of our having forgotten that there was a time when we all

were equal partners in our mutual survival. The stratification created the illusion that the power of authority that was given to the leaders came to them by divine intervention, and that it was their natural right to exercise that power, to hang on to it by any means necessary, and to pass it down to their offspring.

These changes to our society were largely the result of the population growth brought about by the increase in food production. As the population grew, a natural need for better organization arose. Members of the group with organizational skills naturally rose to the top of society. Those at the top created new rules and laws to help ensure the survival of the larger group. The next step was the creation of mental concepts, such as morals, religions, and eventually patriotism, to help control, focus, and motivate the minds of the populace so that the excess energy could be directed into projects beyond what was needed for mere survival. Periodic injections of ever more complicated structures became necessary during periods of apathy and chaos, once the novelty of the old concepts faded or the structures were invalidated by events outside the rulers’ control, such as famine, plague, natural disasters, and invasion.

All the various good-and-bad structures allowed the excess energy that was produced by the group to be focused and concentrated upward through the different layers of society, giving the authority to wield the ultimate power to the person or institution on top. The people on top, or the group leaders, could plan and direct the uses of the excess energy to achieve the group’s goals, which eventually led to fortified cities, nation-states, and today’s dominant, global, multi-national civilization. Peoples and races that had not formed similar types of societies were labeled bad, ignorant, and uncivilized. They were forced to convert, assimilate, or die a slow, agonizing death.
Our current civilization is basically one big pyramid scheme. The support of each higher (and less populated) layer is dependent upon the inclusion of the many below into the processes of support. The indoctrination of the young into the group’s structures is essential to the survival of the group. Virtually every group member must perceive his or her environment in the same way in order for the group civilization to carry on generation after generation. Our good-and-bad structures accomplish this feat. These structures represent a system of interpreting our surroundings that cause all the members of that system to see their environment and human interactions in a similar way. This cooperation and the resultant concentration of energy could not happen without cohesive, inherited good-and-bad structures. These structures or concepts are the mortar that holds the edifice of civilization together.

The excess food energy and increase in population not only led to the specialization and stratification of basic survival activity, it also cultivated the evolution of our mental concepts. Necessity is the mother of invention, and in this case, born out of excess energy and population growth, it led to the creation of good and bad labels on heretofore natural human needs that were previously not a problem to satisfy. Over the course of the evolution of our civilization, various natural human traits, lifestyles, and habits have been labeled bad, and such labeling engendered resultant ostracism, incarceration, and executions. The fact that the few at the top could create laws, morals, and religious beliefs that governed the many led to this situation. As a result, simply being who we were could get us labeled as bad. This practice still continues today. Passage of a new law can create a whole new population of lawbreakers. Similarly, a differing religious
concept or lifestyle can be such an irritant to the sensibilities of the surrounding culture that the culture will kill the offending parties.

Obviously, we all contain a mixture of what are considered good and bad qualities in our local society. Some of us go through our entire life never coming into conflict with the authorities. We toe the line, walk the straight and narrow, fit in and conform. Some of us, however, just can’t do that. We must go against the status quo, fight against authority, break the rules, and even self-destruct. With our learned good-and-bad structures we tend to interpret these seemingly opposing realities as good and bad—the self-supporting, conforming reality as good and the anti-authority and self-destructive reality as bad. However, if we step outside our structures for a moment, we can see these two seemingly conflicting realities as a single form of existence: being who we are.

Being who we are is the greatest generator of social change. There is always pressure to conform to the existing structures, since we tend to feel safer with what went before and is currently considered the norm. Change is all too often seen as bad, and the result is that we tend to stifle innovation and resist new ideas. But if we weren’t allowed to be ourselves and give birth to new concepts that may be hidden within us, social evolution would grind to a halt. The interesting thing about the evolution of civilization is that many of the changes we made in the way we lived life, supported ourselves, and treated one another were brought about by ideas born out of someone’s mind that presented new information or simply a new way to interpret our environment. Those new mental concepts spread like a virus and ultimately changed how we lived and interpreted our environment.
Why do we fight with ourselves, struggle against authority, and self-destruct? In my opinion it’s largely because all these ever more complicated structures to which we subject ourselves—in the name of organization, law and order, conforming to society, and our mental concept of religious perfection—go against who we really are, what we really need, and what we really want to experience in life. Be like Jesus, be like Buddha, follow the law, obey your elders, cut your hair, get a job, lose some weight, get to work on time, get married and have kids, be productive, don’t be a bum, don’t curse, don’t use drugs, follow the beatitudes and the golden rule—these are all attempts to force us to do things that may go against who we are and what our body and mind need to survive and fulfill our purpose in life. The internal conflict is not between some inherent good or bad side of us or some demon and angel consciousness outside of ourselves. It’s the battle between us (our natural human urges and needs) and all the societal and cultural good-and-bad structures that we have imposed on ourselves strictly out of necessity and evolution in response to our growing population.

Our conjectural trip through history points to three changes that resulted in the seemingly continual strife we experience with ourselves and our cultural authority: 1) we made the shift from a communal hunter-gatherer society to an urban class society; 2) our mental concepts changed but our energy input remained the same; and 3) over time, we forgot what our mutual needs were.

As excess food production led to a population increase, and the resultant specialization of group tasks, our hunter-gatherer ancestors’ society structure began to evolve and change. The increase in the labor force made available by the population growth naturally created a need for recognizing and utilizing differences in group
members’ abilities. Those who showed skill in wood working became carpenters, those who could learn to read and write became scribes and administrators, and so forth. Whereas before it was necessary to suppress acknowledgment of members’ outstanding abilities and differences (in order to keep the peace by suppressing envy and jealousy, and keep all members working towards the common goal of survival), it now became very necessary to discover and cultivate each individual’s innate abilities to better serve the organizational and professional needs of the newly evolving urban society.

This shift in one of the very basic good-and-bad structures of society (whereas it was formerly good to be like everybody else, now it was good and more valuable to be very different) transferred the burden of the former group-supported security structure (to make a living and provide for a family) onto each individual to figure out for him or herself, based on his or her own individual abilities. Whereas once all members, regardless of their abilities, had security in the group membership and shared its resources, it was now increasingly up to each individual to find security on his or her own. Once the concept of money was created to streamline transactions, hoarding wealth to provide for one’s security became the new standard, which deepened social divisions.

Personal security, or rather our insecurity, has become the main driving force behind our social interactions on all levels, from personal up to international levels. As hunter-gatherers the search for security was mitigated by the lack of excess resources. We all could see that nobody was getting anymore than anybody else, and that there was maybe just enough to support all of us if we were lucky. Our security was found in being a

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member of the group and accepting that the universe would provide for us. The forces of nature were our gods and formed the basis of our religion, and when joined with our communal form of society, created a unique culture still in existence today. We depended on the flow of the energy of the universe to provide our living. This energy took the form of the sun, the moon, rain, the procession of the seasons, the annual return of plant life, and the reproduction and migration of prey animals. If the rains failed or the herds did not come, we simply followed the flow of energy to a better area, still secure in one another and in the belief that the universe would lead us to what we needed.

As we took more personal control over our energy sources, became less nomadic, planted crops, domesticated animals, and began the shift to an urban class lifestyle, we also had to become increasingly responsible for our own security. Our gods became more human-like, and their dictates dealt more with human interactions and personality traits rather than our energy needs. When confronted with providing for ourselves as individuals living in a society of individuals all competing for a living, we became basically insecure compared to our communal hunter-gatherer forebears. Our communal security depended on bonding with others, whereas individual security depends on self-promotion over others and ultimately results in a focus on wealth hoarding and a retreat from others as they become increasingly seen as threats to our security.

Our good-and-bad structures expanded greatly during this transition. Our need to separate and stand out from our neighbors, to make hoarding wealth socially acceptable, and to allow ourselves to exploit others to facilitate the pursuit of wealth and personal security required a new set of structures, laws, religions, and morals. We began applying good and bad connotations to simple differences between us, such as personality,
profession, place of birth, family of birth, wealth, and education. This process of creating new structures to provide for the individual’s security needs in the new urban society is a continuously playing loop, and because of this we will never attain a solution to our basic insecurity formed by this relatively new way of life. The more wealth and energy we attempt to hoard in order to insulate ourselves from the edge of life, the more disconnected from ourselves, one another, and the universe we will feel, and this will lead to ever greater rounds of legal, moral, and religious promulgations trying to create that secure place. We have lost an ability that our edge-skirting hunter-gatherer ancestors had: they lived life as if they had nothing to lose, because they had nothing, except one another and their connection to and dependence on the universe. In the end we all die, rich or poor, high- or low-born, professional or laborer; absolutely nothing that we have accumulated in life goes with us, and only the comforting hands of our loved ones can help with our transition. In this we are exactly the same as our hunter-gatherer ancestors.

We don’t have to treat one another so poorly in the pursuit of security. At any point in time we can be just as secure as in any other; it’s all a matter of how we choose to define security. We can accumulate billions of dollars, build a secure compound in the woods stocked with many years’ worth of food and supplies, hire security guards to protect us, and still die of a stroke while climbing the stairs to our bedroom because of clogged arteries caused by all those potato chips we have consumed since childhood. We simply have to let go and live like our ancestors did, and learn to be comfortable being a part of a universe that we can’t logically control, within our new urban way of life.

We all can still feel the call of that hunter-gatherer inside of us, deeply imbedded in our subconscious, outraged at the lack of communal sharing of the resources of the planet
that so obviously belong to us all, equally, for the sole reason that we were born and are a member of the human race. That concept is a natural part of us all and will never go away completely; it will always pop up to oppose the trends toward energy hoarding, exploitation, and class divisions within our current form of society.

As our structural rules and regulations evolved based on our increased needs for organizational and authoritative control, our energy intake didn’t change all that much. Because our living conditions became more urban and crowded, with ever larger numbers of people crowded into an ever shrinking area (the greater the population in a given area, the greater the individual energy levels will be for all), we needed to reduce our energy intake to facilitate peaceful cooperation. High energy is not particularly conducive to maintaining the personality traits necessary to keep the peace. As a result, more and more restrictions were placed on the natural activities and needs of those of a high-energy personality type.

Laws were passed outlawing certain behaviors and habits, and morals and religious beliefs arose to curb certain personality traits and to help force cultural conformation. These structures worked to a certain degree but also resulted in the creation of an underground outlaw caste populated by those who simply had to be who they were regardless of their society’s rules. We all carry that battle within ourselves as well, as we are constantly suffering from various degrees of internal conflicts between all those structures and who we really are and what we really want to do. We make choices multiple times a day every day as to whether we want to conform and be polite or cause trouble.
Our modern diet is naturally changing to help us eliminate some of that hunter-gatherer high energy and allow us to physically fit into the conformist, socializing, mental-concept structures of our densely populated urban society, and simply to be able to put up with living in close proximity to so many people. All the sugar, chemical additives, drugs, tobacco, alcohol, and refined food staples contribute to a much lower energy condition, which was not possible with our ancestors’ diet. We have to find a good balance, through conscious energy manipulation, to allow our evolution to open-mindedness and cooperation to have more of a positive impact on our bodies. We can accomplish this by eating high-quality low-energy foods.

Originally all members of the group knew exactly what was needed for the group’s survival and performed what was necessary to accomplish just that. We shared everything we had with one another in order to provide for the most efficient use of available resources. We helped and supported one another in stressful times because we actually physically depended on one another for survival. We knew each individual intimately. Impolite behavior was easily seen as self- and group-destructive. As our population exploded, and resulted in the stratification of society, we increasingly lost sight of all that. In the beginning stages of work specialization, all group members could look around the village and see why they needed one another, not only alive, happy, and cooperative but working hard for the whole group’s mutual support.

As the population grew and shifted to large cities, the mutual-support aspect of the group was harder to actually physically see and became more of a mental concept. Eventually our population became so large we didn’t need everybody. People became expendable. That was a huge shift in our social consciousness. For many hundreds of
thousands of years we as a species barely hung onto existence with a low birth-to-adult survival rate, which made every human that survived our most precious resource. For various reasons, there were now so many of us we could afford to ostracize and execute lawbreakers and sell the excess population into slavery to outside groups. This expendable population also created a mental state that allowed us to treat one another poorly, as we all became common and replaceable. It’s a natural human trait to treat common things with distain and of lower value than things of a rare nature. This trait added greatly to the social stratification and resultant class societies, and created even more conflict as all those “commoners” clamored for equal treatment and representation in the leadership of the group. Over time we have forgotten that we are mutually supportive of one another and need one another to survive. We have forgotten, for example, that there have to be farmers, miners, and ditch diggers to support our urban lifestyles, which are so far removed from the edge of life that we don’t remember the huge amount of physical exertion actually necessary to support our lives. This lack of appreciation of what it actually takes to support our urban lifestyles contributes significantly to our society’s strife and discord.

Because of our propensity to fight with ourselves and with the culture around us, it is important to be objective concerning good-and-bad structures. If we can develop the ability to momentarily drop the consequences of the structures (stress, guilt, remorse, regret, bigotry, vanity) and observe the structures themselves as the artificial constructs that they are, as simply tools for our use and edification, we can mitigate and eliminate much of the conflict and resultant mental and physical harm they do to us as individuals and to our relationships with others. This objectivity can make our lives much easier. We
can see that we just don’t have to do everything the way everybody else has been doing it. For example, we can choose not to kill ourselves working to support an indebted, exorbitant consumer lifestyle simply because our neighbors are doing the same.

These structures drive wedges between us, as the evolutionary result has been a class society. We have forgotten that we need one another to survive, especially in our current Western civilization. If we can develop the ability to see life through others’ eyes, through others’ good-and-bad structures, or simply accept the fact that there are other valid ways of doing things different from our own, and that those ways have just as much right to exist as our own, we could gain some insight and empathy, which could lead to reduced conflict in our lives.

This is especially helpful in light of the fact that these structures barely keep at bay the disorganization and chaos that they were designed to eliminate. As soon as authority breaks down just a little, all the rioters, looters, and arsonists come out, displaying just how little actually stands between civil behavior and lawlessness. We revert to our hunter-gatherer survivalist mode and immediately indulge in as many of those repressed human needs as we can, taking what we want when we want it before the authority is reinstated. All these divisive, social-stratifying, restrictive structures (class, bigotry, disenfranchisement, discrimination, economic suppression, etc.) have the same self-destructive effect on our society as a whole as any of the various individual repressions we put ourselves through. Crime, drug abuse, and poverty have all been linked to the uneven distribution of authoritative power and wealth. Eventually the pressure for expression will blow, and the resultant flood of backed-up resentment and animosity that
typically occurs when it does is much more destructive than the originating issue would have been if we had simply allowed it to be experienced.

Our advanced mental concepts of good and bad, religion, law and order, and other social structures are walking around in a body that is still built, controlled, and sustained by the same natural resources that did it for our hunter-gatherer ancestors: food and drink from the earth (with the resultant energy pattern and basic personalities that they engender). What kind of internal conflicts must this create? All that energy is rolling around, busting at the seams, and trying to get out and be expressed in a hunter-gatherer, survivalist manner, which is the way we have expressed it for the far greater percentage of our existence, but is now inhibited by our modern, civilized laws and mental concepts. Any psychiatrist will tell you that repression will manifest itself in many mental and physical problems. It’s a wonder that we can cooperate at all and that a majority of us can control ourselves long enough to be supporting members of society. This basic repression endemic to our Western social structure adds greatly to our poor health.

Two important concepts of the system I am describing in this book have to do with this repression of oneself because of these good-and-bad structural influences and will go a long way in helping us resolve the problem of conflict with ourselves (self-destruction) and with the culture we live in.

First, we cannot stop doing something that we really want to do without eliminating the cause of the desire to do it; and second, we have to be able to accept anything we do or anything we are as OK.

If we mentally force ourselves to stop doing something without eliminating the physical cause of the desire for that activity, the desire will build up like water behind a
dam until the dam bursts, causing exponentially more damage than the original problem. For example, if you decide you wish to stop cheating on your spouse, but your spouse doesn’t like frequent sex, you won’t get very far if you don’t reduce your libido. Drug addictions provide a similar example. If we run from something we are or want to do by sheer force of will, that thing will always haunt us in some way or it will come back to do even greater damage. We have to accept ourselves as human and realize that anything we do is human nature and therefore OK.

Of course, some of those things we do might not sit well with those around us, and might land us in jail or even get us executed. This type of conflict has been a part of our lives from the beginning. Our hunter-gatherer ancestors wouldn’t walk through a pride of lions or swim in shark-infested waters without expecting to get eaten or seriously damaged. Similarly today we wouldn’t walk into a police station and try to kill someone.

We all fit into our surroundings as best we can. How well we fit with those around us can be affected by our personal energy manipulation.

In the beginning these structures were voluntarily adopted by the group members as a necessary change to how things were done. Internal and external population pressures brought about by competition for shared resources forced people to refine their organizational skills to provide for mutual defense and survival in a rapidly changing world. As with all new concepts, their origins were eventually forgotten or became foggy with time and repeated interpretations. Eventually they coalesced into a self-perpetuating structure that we use to help us live life. This is largely a good thing, since the structure tends to automate many of the basic tasks of survival and communal living. Whenever law and order breaks down we can see how close to the surface of our society living in a
purely survival mode really is. These automated, self-perpetuating structures, such as law and order, food production, morals, respect for property, respect for elders, respect for life in general, sharing, equal rights, capitalism, class society, division of labor, even putting up with multiethnic, multiracial, or multireligious cohabitation, can be seen clearly, and what they actually contribute appreciated, when they temporarily fall away during riots, natural disasters, or invasions.

The problem arises when we can only see our purpose in life as the support of these structures. The structure’s survival and agenda supplants our own, and the result is that we end up fighting among ourselves because of perceived differences in our structures. The structures were originally meant to help us live and enjoy life, much as our clothes help us stay warm and protect us from the elements. For example, the structure of religion was created to reconnect us to the universe, to our world, to who we are, and most important, to one another. Religion, above all else, is a social structure that sets out rules to help us get along with one another. Religion can be a very divisive and destructive force, as the differences in our perceptions cause us to fight for the supremacy of our particular group’s belief system. We lose sight of the originating purpose of the structures we fight over: to get along with one another and have an easier time with our lives while living in the world. What was meant to make life easier ends up making it very hard.

If we could take a moment and envision our lives without the concept of good and bad and look at society with all of its parts and gears working to shape our lives as they are, we would see a well-oiled machine, running along at breakneck speed, gobbling up supplies, and spitting out people with which to build, maintain, and protect itself. From
our objective viewpoint, we might now see that the concept of good and bad is the very glue that holds this societal behemoth together, the very thing that keeps it operational and all of its compartments and departments working. We might also see, now that we are outside this machine, that it is kind of beautiful, and, for some reason, much more enjoyable.

We can look around and enjoy other parts of it that we never even saw before or knew existed. We may realize that the concept of good and bad has its own good and bad sides. The good is that it gives humans some structure to build on, without which we would be operating at hunter-gatherer status; the bad is it keeps us always fighting with one another over the most idiotic differences, in the absence of which, in the end, we would probably be bored senseless.

Being able to have some perspective on society’s rules and the local concept of good and bad is essential to self-help. We have to be able to jump off the societal machine (our surrounding structures, norms, and accepted ways of doing things) that we were born into, at least for a while, and focus on ourselves. After we heal and make the changes we want, we can then get back on—or, for us extreme types, build our own. We can develop the ability to acquire this perspective, or separation, mentally. It is not necessary to actually disengage physically (i.e., move to another country, join a commune, or become a monk). We have to be able to disregard how other people label us or how they react to us. Simply learning to be strong and secure within ourselves and happy with who we are can give us the perspective we need to support the changes we wish to make. At least partial disengagement from the various surrounding good-and-bad structures will allow us to make our life choices for our personal benefit.
People not on the machine (seen as not fully participating in the local normal society) will always be perceived as a threat to those who stay on it. This is important to remember in the reauthorization of our lives. We must develop the ability to operate peacefully within the local good-and-bad structure, for our own safety, but not let the perceptions this structure generates to govern our decisions concerning our personal lives. As we begin questioning or rejecting the structures we grew up with, our own inherent structures will naturally develop and strengthen. Essentially, who we really are will be allowed to blossom.

Our society is getting very close to a shift or retooling of several of its basic building blocks. Our current, ever-expanding, and encompassing form of civilization is still fueled by hunter-gatherer energy constricted by medieval mental concepts. We are all still laboring for our lords, giving most of the fruits of our labor to them one way or another to support their lifestyle. Something has to replace competition, exclusivity, blind expansion, development, and the desire to hoard wealth. Since we no longer have the community-focusing goal of survival, we need to figure out a way to be communal with our wealth hoarding. We need a communal goal to put our hoarded wealth into instead of expending it solely on self- and culturally-dissipating pursuits. Maybe the energy reduction we as a species seem to be evolving toward will open up our minds to new and currently unforeseeable concepts.

Getting back to the concepts of good and bad, it is very important to keep them from polarizing our decisions concerning our exploration of alternatives, dietary changes, and the resulting energy manipulation. Many current and past systems of dietary and lifestyle change get hung up on the good-and-bad polarization, causing far more harm than good
in the end. If we get mentally stuck rejecting all of current society as bad, while proclaiming our newfound system as good and the only “true” way, we may find ourselves living a terribly lonely life, or even cause ourselves physical and mental harm. This extremist form of change can have unduly large negative results in all areas of life, from the mental to the physical, from our concepts about society to the food we eat. Enjoyment in our lives depends on variety. We as humans have to be able to be flexible and move around and adapt in a reasonable way.

The fight between good and bad that we carry on within ourselves is necessary. We have to have polarity of some sort to produce action, interest, and creativity. If we didn’t, we would all be monks of some type, sitting around chanting or meditating. As do the pistons in an engine, we humans need polarity, opposite extremes to generate our own impetus to create and live life. We can learn to tone it down, make the swings not so extreme, and therefore control it somewhat. In so doing we can increase our longevity and enjoyment, and decrease the severity of the problems we might face throughout our lives.

Part Three: Reauthorization

When we are born, and even before that, in the womb, we begin absorbing the surrounding society and reality. In our youth, most of us do not have a clue about who we are, how we fit in, or what we want to do with our lives. We grow up more or less isolated within a small group of family and friends. As we attempt to fit into the wider stream of society’s structures, we become more aware of ourselves, aware of our
strengths and weaknesses, pluses and minuses. At some point during this process, we start looking around and comparing ourselves to others. We compare our abilities, physical stature, mental capabilities, social status, and material wealth. Our satisfaction with our lives is affected by our interpretation of these observed differences among people inherent in any society. Do we remain happy with our place in society, or do we seek a way to change it? When we start making decisions based on comparisons with what others have or are doing, we can start feeling bad about ourselves, as if something is wrong with our life. We can even start questioning the governing concepts of the society we live in. What happens if we become dissatisfied or disillusioned? “Disillusioned” is an interesting term. It implies that what went before was an illusion. Our mutually agreed upon structure of facts and generic lifestyles in which we live out our lives is nothing more than a massive, multiplayer illusion. When we become dissatisfied or disillusioned we naturally begin casting about for alternatives. This is the point at which we begin the journey toward the goal to reclaim authority over our lives. This journey always begins with the rejection of some part (or all) of what we call normal.

The generic structures of the society we live in comprise the normal aspects of life that some of us find a need to reject. The strength of these structures, the amount of authority they have over us, and the power we have given them will determine the amount and type of effort or manipulation we have to undertake to bring about the changes we want. Everything in our environment, what we see and perceive outside ourselves, is controlled by how we define and interpret these structures, whether they are definitions that we simply accepted or those we personally created. To change our environmental perceptions, and thereby increase our choice of alternatives, we have to
change these definitions. Of course this can seem difficult, because we usually have no idea how else to define things, since we have been using these definitions since birth. The only place we have to look for alternate definitions specific to our individual lives is within ourselves. We can find a structure to put us on the path to that information, but it’s up to us to find it and interpret it as we need to. This information is called self-knowledge.

Self-knowledge is the key to the reauthorization of our life. Self-knowledge is what actually generates self-esteem and self-confidence. Self-esteem and self-confidence are the tools for building our own authority structure.

Structures used for connecting to this self-knowledge and in building our self-confidence are generally camouflaged or underdeveloped in Western society, largely because of the sheer speed of change in our culture, which inhibits the continuity needed for their development, practice, and inheritance. The coming-of-age ceremonies that provided a structure for this process, which were once universally practiced by our originating traditional cultures, have generally lost their meaning or have fallen out of use. They were largely rejected or left behind during our ancestors’ conversion to the urban lifestyle and the resultant shift to a class society. The antiestablishment upheavals of the 1960s swept away most of the cultural rites that had managed to hang on through the centuries in the West, and the few surviving examples have largely become commercialized shadows of their former selves.

Remnants of these rites can be found throughout our culture, but they are generally engaged in only for social or recreational purposes—devoid of the originating purpose—or by small pockets of traditional cultures on the fringes of society. Fasting rituals,
circumcision, sweat lodge ceremonies, vision quests, walkabouts, hunting trips, road trips, *quinceañeras*, bar/bat mitzvahs, and debutante balls are all examples of what was and still exists here and there in present society. These ancient rites and ceremonies have, for the most part, been replaced by training that prepares us for one purpose only—the quest for material wealth. The result is that we gauge our self-worth based on our accumulation of that wealth. That works great for those whose life paths lie in that direction, but what if ours doesn’t, or what if our lifestyle choice comes into conflict with it?

Coming-of-age rituals were also a way to call attention to and recognize the massive increase in our energy brought on by puberty. The enormous influx of hormones around this time increases our energy levels exponentially. These ceremonies were meant to give young adults a structure in which to funnel this energy into positive, community-supportive activities. At this same juncture in our life we also develop the ability to have children—to create and directly affect future generations of community members. These rituals accomplished the very necessary transfer of pertinent cultural and communal information concerning responsibilities, procreation, and the acceptable use of energy as a constructive adult member of society.

Adults are expected to expend their energy in responsible activities and not to let it be a source of discord or strife. In traditional cultures, those whose survival depended on each member’s daily efforts, the rules of responsibility allowed the individual’s connection to the universe and self-authorization to remain intact, while directing the adult energy toward the common good. The advent of organized religion, civilization, and, later, science and capitalism caused a shift in the purpose of these cultural structures.
Instead of being used in the support and edification of the community and the individual, this new energy was seen as a commodity that could be gathered, hoarded, and used for the glorification and advancement of the few over the individual. Profit, competition, and dominance over our neighbor became the new responsibilities of young adults. Instead of communal survival, the accepted way of life became every man, woman, and child looking out for themselves while living under the lordship of the controlling few. Our individual connection to the universe became a vestigial organ, ignored, misunderstood, and seen as a quaint memory of a past and ignorant lifestyle.

As a result, most of us in the West have no consistent, conscious rites of passage to help us make that connection to the universe, find our place in it, and realize our self-knowledge. There are very few cultural structures available to help us handle our newfound pubescent energy and keep from going down the road of dissipation, self-destruction, and incarceration. As young adults we strike out on our own, forced to make do as best we can with what we can find by ourselves. Our elders have long since lost the life knowledge of our ancestors (which was stamped out by science and religion), or they are simply not listened to or respected for what they do know, in the face of Western pop culture’s system of disrespect, apathy, and upside-down values.

The only thing left of any real value is our innate human intuition, our connection to the universe, which is ignored and ridiculed by our scientific society. If we are born into a culture that has no traditions in place to help us connect to this information, then we use the current generic structure of the society we live in by default. In Western culture that means becoming a cog in the profit-generating machine, screwing over our neighbor, overconsuming, and treating the rest of the world as our personal supply depot.
How do we begin obtaining our self-knowledge, and how do we plug into that type of information? In the West it’s pretty much a free-for-all. A great many traditional and ancient cultural belief systems and structures are readily available in book form and at our fingertips on the Internet. They can all point the way and provide a starting structure, but in the end each of us has to figure out what works best for us as an individual through experimentation and opening ourselves up to new ideas.

In general, the first step on the road of self-authorization through self-knowledge is to quit doing things that degrade us or have a negative effect and start doing things that add to our self-confidence and self-esteem. Most of the generic life structures of our Western culture are designed to subrogate the individual and maximize the power transferred to the society’s structure. Therefore, we must take an inventory of our lives and observe how we really feel about every aspect of it. Everything we do or experience should make us feel good about ourselves. Those things that detract from our self-confidence will be obvious, as they make us feel bad about ourselves, and will need to be eliminated or quarantined, or our reactions to them will have to be retrained so they cease having negative effects on us. They can be people, places, things, spouses, bosses, forms of employment, authority figures, thought patterns, certain everyday situations, diets, parents, siblings, habits, clothes, hairstyles, where we live, or the company we keep. The items that we identify as negative or denigrating will generally be in one of two categories: physical or mental. Physical refers to our personal interaction with objects or activities such as diet, exercise, clothes, cosmetics, or the environment. Mental refers to those situations that occur with other people that affect how we think about ourselves and
our place in the society around us. Both of these categories will have to be addressed with specific actions and self-help techniques in order for lasting change to occur.

The next stage would be to confront those to whom we have given our authority and take it back. We can choose to quit doing business with them on their terms and return to getting what we need. We can choose to quit eating empty, harmful foods, and using substances that destroy our health. The key is simply to focus on ourselves for a while. We spend the vast majority of our lives in other people’s heads, thinking of others and helping or supporting others in one way or another, to the point we never really take the time to see or know ourselves.

The concept of helping ourselves can even conflict with many of our cultural and religious teachings. It can cause knee-jerk reactions of fear and resentment and elicit labels such as self-absorbed, selfish, chaotic, anarchic, or worse. The actual result is quite the opposite. In the end, helping ourselves to attain some level of self-knowledge ultimately helps all of those attached to us. By helping our self connect to the universe and gain some self-authorization, we enable ourselves to see clearly how connected we are to all life and, once so enabled, can take individual authority and responsibility for what we do to affect the condition of all life, not just our own. We become more empathic and inclusive toward all living things, especially those close at hand.

Once we get started, we may run into various levels of negativity directed toward us. We can’t be afraid of suffering the consequences of the changes we enact, especially what others think about us. Negativity directed toward us when we attempt the unusual is simply the societal group consciousness trying to protect itself from loss and discord by forcing us to rejoin the group collective. This behavior is normal and typically a result of
subconscious human nature. When we confront those sources of negativity, the majority of it evaporates, because most people don’t realize they are being negative in the first place, or they realize and appreciate that there is something different available to experience.

We can also simply choose to withdraw from the denigrating interaction or alter our usual pattern of reaction to it by trying something new, such as expressing our dissatisfaction instead of suppressing our feelings. In most cases the source of the negativity will be the people to whom we have given some form of our authority, and this is so because they simply don’t want to give it back and have gotten used to the current way of interacting with us. Because of this we must focus on altering our own personal structures, not the structures around us. A perfect example of this is found in the life of Mahatma Gandhi. He expended his efforts towards changing how his countrymen defined themselves, thereby giving them a way to reclaim authority over their lives, instead of trying to forcefully change the structure of the colonial government in power at the time.

Our path to reauthorization begins within ourselves. We must regain our authority by changing how we treat ourselves first. To begin with, we can take responsibility for keeping ourselves healthy by reclaiming authority over our own health. Once we achieve that we can widen the scope to other aspects of our life and the aspects of society with which we interact. Taking authority over our interactions with the society around us is exponentially easier if we create a solid base of self-knowledge, self-esteem and self-confidence from which to work.

There are many techniques of self-help from around the world that will greatly facilitate our quest to consciously connect to the universe and accumulate self-knowledge
(a state of being arrived at more through experience than through an accumulation of facts). The goals of these various techniques are surprisingly similar: increased mental and physical self-control and concentration, self-confidence, self-esteem, self-respect, self-empowerment, the ability to live in the moment, physical and mental health, and stress reduction. The path to achieving these goals will always be a completely individual journey.

Many of these techniques are considered spiritual or religious practices and may be off-putting to some. They are not all simply meant to make us more spiritual and extract us from the “godless” influences of the material world. In reality there is no difference between what we call the material or physical world, and the spiritual or religious world. It is the definition structure we are using that makes it seem so. The goal of all these self-help techniques is simply to become aware of our place in the universe, the world, the society, and the family, and to take responsibility for our part, which in turn allows us to be comfortable with our life and experience fulfillment in it.

Some of us are born with a strong connection to who we are and our place in the universe and are able to maintain that connection our whole lives; others require much more effort and help. People who live close to the land and its cycles have a much higher chance of maintaining this connection than those of us born into the fast-paced urban life. The strength of our connection to ourselves depends on how much of our consciousness or authority we have given over to structures other than our own.

The main concept behind the self-help techniques I am referring to is the process of altering our physical habits to gain more conscious control over our energy, which will result in an easier path to calming and emptying our mind. Clearing our mind allows our
connection to the universe and the path of self-knowledge to shine through. The path is there all the time, and we are already walking on it, but it’s very easy to get sidetracked and confused by other people’s paths, structures, and desires when we aren’t conscious of what we are doing. Our largely urban lifestyle contributes greatly to our losing sight of our individual path, because we live so close to others, which is something our rural brothers and sisters don’t have to contend with. We can also use these techniques to eliminate anything that makes us feel bad about ourselves or clouds our path in life with self-doubt.

In order to help clear our mind, these self-help techniques involve reducing or eliminating the input that is causing us to be distracted from our path and our own self-knowledge. Input reduction can mean many things and usually includes diet restrictions, fasting, and some form of isolation from society. In general, the goals are constant conscious action in our waking hours, and intuition development. We exist in the past, present, and future all at once and are capable of utilizing information from all of those states to make our decisions. Our emotions connect us to the past, our logical thinking connects us to the present, and our intuition connects us to the future. All these aspects of ourselves contribute to the process that allows us to make the right choice every step of the way—for ourselves, our family, our country, and the society we live in—even if we can’t see all the future effects of those decisions. Making choices in this way keeps the pool of our life smooth and reaction-free as we fit into the flow of the universal river (and all those other pools and rivers of the lives surrounding us), instead of making a big disruptive splash that causes ripples and reactions all over. These ripples and reactions contribute to the creation of regret, remorse, revenge, anxiety, stress, and other mental
and physical problems. In order to make the transition to this form of existence permanent, we must replace the distracting inputs with supportive and focusing activities.

These mental- and physical-discipline techniques were invented to help us attain and maintain the changes we want. In Western culture that means replacing our junk-food-based diet with healthy food and, if necessary, performing some degree of energy adjustment. Some of us will need to lower our food/energy intake because of our meat-and dairy-based diets, while others will need energy infusions to help support self-esteem and self-confidence. Vegetarianism is generally associated with meditation for this reason. A meat-based diet can create such a highly energetic mental state as to make calming the mind impossible. A diet heavy in dairy products, whole grains, and salt can have the same effect, depending on our originating energy pattern. Eating fast food, junk food, and any heavily processed and chemical-laden food creates a discordant mental condition as well, which greatly inhibits the goal of calming the mind. It is also very helpful to reduce electronic input, such as TV, music, computers, and similar distractions for the same reasons.

Regular meditation helps the mind review and eliminate all unnecessary stored input and the feelings of remorse, regret, and self-deprecation it can engender. We can also use this technique to help eliminate those things that make us feel bad about ourselves and detract from our authority. Recognize and isolate them one by one and then, during your meditation or quiet time, focus on the issue and the solution over and over again, visualizing the words that describe the solution in your mind. Doing this over a period of time—a month or so, for example—will effect change in your thoughts and actions. It’s a simple mental choice: we can allow ourselves to be trained negatively (as our
surrounding society tends to do by default), or we can train ourselves to be positive and self-supportive.

Don’t be put off by the term *meditation*. Even though it may bring up images of saffron-robed bald men sitting cross-legged and chanting in a temple, meditation is a process of mental training used in some form or another by just about all cultures and can be performed anywhere, anytime, and in any physical position. Our mind is the single most powerful force in our world, and it can be used for much more than what is generally accepted in Western culture. Normally, our mind wanders from one thing to the next, thinking, planning, and seeking out excitement, used for the most part as an organizational device much like a day planner. The mind’s true power can be realized only by engaging in a little mental discipline and focusing its energy and efforts on a singular purpose for a period of time. This process allows us to see how many aspects of our world can actually be directly controlled by our mind. Our acts of experimentation, exploration, and discovery are actually acts of creation. As we think and posit we are actually creating a physical reality that will come into existence. Where we think we are discovering, we are actually creating as we seek.

The mental discipline of meditation allows the mind to remain focused and sharpens its ability to make the right choices, which is a critical aspect of reauthorization. We have to get hold of ourselves and be waking and conscious every minute of every day if we are to recognize, deflect, and eliminate the things that break us down. We can’t do that if we are sleepwalking through our day.

In order to attain this state of constant awareness, we should seriously consider reducing all unnecessary input, physical and mental, at least for a while, so that we can
take a break from what is usual or normal. This break will give us time to connect with ourselves and with the universe and get a more objective handle on our surroundings. Then we can use any future input for our own benefit; we can pick and choose what we let in and be much more objective about it. This will be an individual process, and we will find it possible to accomplish it in varying degrees without eliminating all input. It is not necessary to become a monk and eschew all contact with society permanently, but it may be necessary for a time for some of us.

*Simran* is a form of practical meditation that employs the constant repetition of certain words or mantras (of our own choosing) during meditation and throughout our waking day. The goal is to achieve this repetition for the whole of each day without break. This repetition has the effect of keeping input from sticking in our mind; the goal is a mind that will review the day’s activity quickly and then proceed to exist in a calm, focused conscious state during meditation or quiet time. This technique also exercises our intuition and allows it to develop into something usable. Over time this state will be supportable throughout the day, every day. In this condition we will have constant authority, because we will always see our choices coming and will be able to choose to join other authority structures or keep our own. Our self-esteem and confidence is maintained through this technique (which then allows us to treat others with respect and in a good way at all times), as we can see clearly what is us and what is not us.

The practice of simran trains our mind and consciousness to remain connected all the time. In this context, our consciousness is who we are, our path in life, and our mind is the experiential device that connects our consciousness to our physical body and the environment we live in. When these two aspects of ourselves are connected and in sync,
we make decisions based on who we are, not on someone else’s expectations or some random environmental input. As we exercise and strengthen this connection, the separation between the spiritual and physical falls away, and all of life becomes one, visibly connected.

Meditation and simran will directly help our mind and, as a result, our bodies, just as engaging in some form of physical exercise helps our body and, indirectly, our mind. Lack of physical exercise leads to forms of mental depression and accelerates the degradation of our health in many ways. Engaging in some form of daily exercise, high or low impact, will greatly reduce this negative influence on our lives and increase the effectiveness of any other disciplines we are simultaneously employing.

Any form of discipline may seem like an insurmountable mountain when we attempt it for the first time. The idea is to start with small steps, as tiny as necessary. Meditation can simply be sitting in one place for a few minutes or as long as we can. It doesn’t even have to be performed sitting down. The important thing is to do it at the same time every day without fail, gradually working toward sitting for as long as possible while mentally eliminating and ignoring all distractions. Physical exercise can be a few simple pushups or sit-ups before slowly becoming more involved when we feel we are ready or have the energy. Again, the most important thing is to do it every day, at the same time every day. Try eliminating an hour of TV or computer time from your schedule every day and then slowly cut back on as much as possible. You can even try replacing bad habits you wish to eliminate with exercise or meditation.

We will all experience varying degrees of success with the disciplines we attempt. There is no right or wrong way, only our own way. There is no failure, only what we do
and the result of those actions. The examples I have listed are only a few that are available to everyone, without need of teachers, equipment, money, or permission. We all are capable of implementing them, as we naturally possess the ability and tools necessary to use them: our mind and body.

Exactly where each of us starts our reauthorization process will be, for the most part, unique, as will the way the process unfolds throughout our life. My starting point was food. I noticed a simple cause and effect on my body from consuming a soft drink. This caused me to begin questioning the accepted reasons for that effect. With hindsight I discovered that the universe responds to our requests, supports our attempts to find and remain on our path, and is simply waiting for us to take that first questioning step away from the foreign structures we have been using. Simple adjustments in my diet led to energy- and thought-pattern changes I had no clue would occur. Looking back, the one thing that had the biggest impact on my life was clarity of mind. I attained that clarity from a combination of meditation and energy reduction through diet change—and quite by accident.

Once our minds become clear, we can discern our paths clearly and allow acceptance and appreciation to envelop us; consciously being on that path will allow us to go through a series of refinements. Our personalities, mental structures, intuition, and perceived place in the universe will be substantially altered. Over time, and through the experience of this process, we can learn to take responsibility for our life and reclaim authority over it.

As we walk down the path of reauthorization we will discover that it’s easy to be the person we are and that it’s hard to be someone else. Many of our cultural and societal
norms require us to keep butting our heads against those brick walls we run into periodically in our lives. We are expected to keep at it, hoping to bust through at some point, or die trying. These walls that we hit are simply signs that we need to go in a different direction, to alter our path or include others. Largely, these impediments are a result of us trying to be someone we are not, live up to someone else’s expectations, or do something we really don’t want to do. We have logically decided to go in a certain direction (based on input from the structures we live in), but some part of us knows that direction is wrong for us, so we feel resistance, and we actually get physical or mental resistance from those around us.

We are trained to keep trying to bust through those brick walls we come up against while trying to be someone else (so we can fit in and be like everybody else and strive toward some mental image of perfection or the norm). We are even trained to believe that life is hard, and it’s only natural that we run into so much trouble, and that it’s even spiritually uplifting when we do. The best thing that each of us can do in any moment in time is what feels right to us, because we don’t know what the future will bring by thinking logically. (Thinking logically has its place, but sometimes we simply have to let it go as inappropriate.) As these “right” decisions begin to pile up, they will feed our self-esteem and self-confidence, which in turn will help construct our own self-authorized structure.

Once we make some progress in building our individual structures, we will attain some degree of objectivity about life and not be completely subject to our desires, emotions, pains, discomforts, and knee-jerk reactions. If we experiment with some energy-manipulation techniques, we can discover exactly what is causing all these
various reactions. This information, in conjunction with our newfound objectivity concerning our lives and society, can help us modify our actions and emotions so that we won’t be a slave to our usual, self-destructive, or social problem-causing reactions.

In the end, the goal is to make our life livable, attain some degree of peace and fulfillment, and do what we came here to do. We generally live a long time in what amounts to a complex illusion of our own creation. So, at some point after attaining self-authorization and self-knowledge, we will be confronted with this question: What do we do now that we have this knowledge?

The answer is, we can return to our lives and the society we live in, and live out life with the ability to enjoy it more and get more out of it, as we can now see it objectively and not be its mindless subject. Our relationships with others and our environment can be explored more deeply and with less inhibitions. We are now able to consciously appreciate how everything in existence is connected and has life. We can also construct our own belief system that is positive and supportive of our life, replacing the fear, insecurity, and cutthroat competition of our previous existence, thereby enabling a fuller, more enjoyable life. As long as we live in fear of death and the various possible afterlife scenarios (which in the end are simply belief systems created out of other people’s interpretations), all the stress, uncertainty, unhappiness, pain, and sorrow that these beliefs engender will cloud the view of the path of our lives. We have given ourselves the authority to pick and choose what we want to believe in, and thereby we can create our own stress- and doubt-free, fulfilling life.

This may sound contradictory to our goal of fitting our lives into the flow of the universe. Free will and predetermination can coexist in our reality. It has been my
experience that a certain amount of both of these reality structures is inherent in life—it’s not all one or the other. Our life follows a basic outline or path, and we can make a certain number of freewill decisions and stay within that path. The boundaries of our path are easily discernable as we move about on it laterally, so to speak. It’s as if our path moves in a certain direction and has a degree of width. We come into conflict, have accidents, and hit those brick walls I mentioned earlier when we pass over its boundaries. We can certainly keep going well beyond the boundaries, as we do have free will, but we receive increasing amounts of resistance, conflict, and disease, all trying to point the way back to our individual path. Our path is rather like a trolley car’s electrical input system as it must remain on the tracks and connected to the overhead electric line to function properly. As long as we are on the path and connected, we receive the maximum amount of life supporting energy. The further we stray, the lower the energy transfer is from the universe.

One aspect of my current belief system holds that we choose the basic outline of our life path before we come into this world. Our whole existence here is initiated by an experiential desire we have or a duty we have to perform and, as a result, our lives are created in such a way as to facilitate that experience. Our parents, our early experiences in life, our diet, the culture and society we are born in, and all the smallest details of our early life are purposely meant to create the physical body, mind, good-and-bad structures, the mental concepts, the morals, and the beliefs that will allow us to experience what we came here to experience. This system allows me to accept and appreciate just about anything that I experience in life; it explains all of life’s inequities, and it greatly reduces my time spent in conflict, regret, guilt, self-doubt, and remorse.
Personal experimentation and observation coupled with a little direction and information is the basis of this system. The main concepts of it are based on ever-changing input (food, drink, seasons, environment, people, etc.) with an infinite range of combinations (personal energy setting, birth date, personality, etc.) that only the individual can figure out with any degree of accuracy. We need personal authority to do that, and reclaiming authorization over ourselves is a process that doesn’t necessarily have a beginning or an end. It’s more of a continual unfolding of different stages of perception, with actual physical and mental events precipitating those changes.

These events can range from the everyday and mundane to the rare, cathartic, epiphany-causing versions and can include or involve dreams, relationships, births, deaths, chance meetings, accidents, the panhandler on the street corner, animals, insects, thunderstorms, friends, family, employees, substances, fire, and travel. Anything or anybody that is in front of us at any time is capable of triggering these alterations to our lives. We have to be able to give everybody and everything around us the authority to exist, be alive, and be universally connected, self-aware entities, just as we seek this state for ourselves. The degree to which we can accomplish and appreciate this will directly affect our own reauthorization and our own ability to reconnect to the universe.
CHAPTER SIXTEEN: PLUGGING INTO THE GRID

Energy is all around us, ready and eager to help us create the life we want. Energy has vibration, frequency, quality, quantity, and texture. It harmonizes with our internal energy (altering our vibration) and feeds its pipelines and junctions, which enliven our body’s physical parts and systems. That energy grid has been explored and described by many cultures around the world. The pipelines are sometimes referred to as meridians and the junctions as chakras (see Appendix A for more information).

Every living thing—animal, vegetable, mineral, material, and spiritual—has a unique signature vibration due to its DNA structure (if animal or vegetable) and/or molecular and energy matrix (if mineral or spiritual respectively). All the various life-forms draw energy from the same universal energy pool. The genetic and matrix patterns manipulate and refine that energy into specific vibrations and forms (the same way a template or pattern can produce similar objects over and over again), resulting in the wide variety of life-forms and vibration frequencies in existence today. In other words, the same energy pool can produce roses, deer, bacteria, whales, grass, granite, diamonds, rice, etc. The individual genetic pattern or molecular matrix is what determines the form that energy takes.

Our energy junctions and our various internal organs also have individually unique vibrations. These unique vibrations, or frequencies, have associated colors, personality traits, bodily functions, emotions, and abilities. Applying various energy frequencies can change, alter, heal, and build up or break down the various parts and systems of our bodies. The seven major energy junctions or centers (chakras) are: the crown (top of the
head), brow (above and between the eyes), throat, heart, solar plexus (stomach/gut), groin, and base of the spine (anus area). Due to the energy vibration input that we have accumulated and experienced from the time of conception, our consciousness and personality will emanate from or become lodged in one or more of these centers. Our emotions, personality traits, likes, and dislikes will harmonize with the vibrations of those centers. If we alter the vibrations we are subjected to, our consciousness and personality will migrate to the harmonizing energy junction. We can also use the mental discipline technique of visualization to help facilitate the movement of our energy between chakras. Moving or spreading our energy between multiple chakras can have a very beneficial effect on our health.

The list below is a very brief description of some of the physical systems and personality traits associated with the major energy junctions, as translated by Sir John George Woodroffe (1865–1936) from the original Sanskrit texts, along with a few of my personal observations. (Sanskrit is the ancient sacred language of the Hindu.) See Appendix A Chart 9 for a diagram of their locations in the body.

**Crown:** The crown junction is associated with our endocrine and central nervous systems. It influences physical, mental, and emotional action, as well as our ability to perceive universal consciousness and unity and our place in it.

**Brow:** The pineal and pituitary glands and hormone production are associated with this energy junction. Corresponding personality traits include how much we trust our inner guidance or intuition, how we balance our higher and lower selves (the personality traits
of the higher chakras being higher, as in more spiritual or of the spirit, and the lower
chakra traits being lower, as in materialistic or of the flesh), and our visual consciousness.

**Throat:** Located primarily in the thyroid gland, this junction is associated with physical
growth and maturation. Our state of independence, spirituality, sense of security, and our
ability to communicate as well as to have and process fluent thought, are also associated
with this center.

**Heart:** Physically, the heart center is associated with our circulation and the thymus.
Corresponding personality and emotional traits include compassion, love, tenderness,
equilibrium, a sense of well-being, passion, and devotion.

**Solar plexus:** This center is associated with the pancreas, adrenal glands, and metabolic
and digestive systems in general. One’s personal power, fear, emotional expansiveness,
spiritual growth, and ability to form personal opinions are generated from here. The solar
plexus governs the food-to-energy conversion and is the coordinating and focusing center
of our life force. Our energy projects outward to the physical world around us from here
and is refined and manipulated into a sensory and communicating organ or physical force
from this center.

**Groin:** This junction corresponds to certain functions of the testes or ovaries, sex
hormone production, the reproductive cycle, and the genitourinary system in general.
Personality traits it influences include relationships, violence, addictions, basic emotional needs, pleasure, creativity, joy, and enthusiasm.

**Base of the spine:** This center corresponds to the perineum in general, certain functions of the testes or ovaries, and the adrenal glands. Personality traits governed by this junction include the survival instinct, sexuality, stability, sensuality, and basic human potential.

The vibration of a particular energy input, which can come from animate and inanimate objects as well as our environment (e.g., food, music, machines, motors, drugs, sex, the sun, the moon, clothing, weather, and geographic location), will cause the area of our body with a similar vibration to grow, strengthen, and “wake up.” On the other hand, if a vibration is too dissimilar (or opposite), areas can shrink, weaken, or “go to sleep.” We draw energy from everything around us and form it into our physical body, mental patterns, and personality. The vibrations of these substances affect our internal organs, energy distribution system, immune and regenerative systems, and blood quality, as well as our mental state. The energy signature of each thing we consume or come into contact with will slowly and gradually alter our personal energy vibration signature to become something similar to it. Therefore, if we consume enough of a certain type of energy vibration, or are exposed to a particular environmental vibration over a long enough period of time, our personal energy vibration will harmonize with it and vibrate at that same frequency. A major portion of our personality is formed by the interaction of these internal and external energy vibrations. In order to change our personality, habits, or life
in general, we have to not only address how we think and what we do, but we must also change the type of energy we are subjected to through our environment and the substances we ingest.

For an example, let’s look at motorcycles. Motorcycles are basically a vibration generator on wheels, due to the fact that the motor is such a huge percentage of the total device and is generally attached directly to the frame. This allows the vibration energy to be directly routed to the rider. (A car or truck motor represents much less of the total vehicle, and its vibration is mitigated by vibration-reducing motor mounts and insulation from the motor’s sound vibrations.) Different makes of motorcycles vibrate at different frequencies and excite different energy junctions due to how the vehicle is constructed and the materials used. In general, Japanese motorcycles vibrate in the gut area, British motorcycles in the heart, and American in the groin. It’s small wonder that motorcycle gangs in the States are usually associated with sex, drugs, and violence. Those lower energy junctions, which when excited produce a high libido and an overall increased energy level, coupled with an independent, survivalist mentality, will eventually require large amounts of sexual activity, drug use, and/or violence for energy dissipation if alternative methods of dissipation are not employed.

The foods we eat also excite or depress our various energy centers, just as machines or wave energy-generators (such as cell phones, microwaves, wireless devices, power lines, TVs, electric motors, and generators). Fruit vibrates from the solar plexus up, and animal flesh from the gut down. Generally, higher-energy foods will vibrate lower in the energy-distribution system, and lower-energy foods will vibrate higher.
This concept is especially important when we are trying to keep our body and mind healthy. How various machine or wave-energy vibrations affect our health is largely a scientific unknown. Luckily, we don’t have to wait for science, as we are in possession of a high-quality, variable-frequency, energy-vibration transmitter and receiver: our body. We can all feel how certain vibrations accentuate or create a feeling of well-being, while others will depress us or make us feel bad. Take sound vibrations, for example. Sound can soothe our soul on the one hand, but be so discordant that it can break glass on the other. All forms of energy vibration can have similar effects on us, which are amplified when we are ill. Applying the energy vibration with the proper frequency can help heal and cure illness. Avoiding certain frequencies can be just as helpful to the health and the lifestyle changes we wish to make.

We often make changes in our surroundings consciously or subconsciously to try to change our lives. We move to a different town, state, or country, change our wardrobe, buy new shoes, get a new car or motorcycle, change friends, alter our diet, get a different job, try a new hairdo, get a tattoo, try out some new sunglasses, get our nails done, or start a new relationship—all to bring ourselves into contact with new and different energy-vibration inputs.

The environment we live in has an energy vibration that affects not only our personality and health but also how we are built as we grow from birth. Earth has an energy system of pipelines and distribution centers just as we do, sometimes referred to as ley lines. Geographic regions have distinct vibration qualities that are transferred to humans and cause certain personality and physical traits to be accentuated or suppressed. In general, coastal and low-lying areas vibrate from the solar plexus down. Higher
elevations, such as mountainous regions, vibrate from the heart up. Geographic energy pipelines generally follow natural river courses, above and below ground. When we dam rivers, sink mines, or drain swamps or underground aquifers, the natural energy flow can become restricted or blocked and cause problems in the surrounding environment, the wildlife, and the human population.

Anybody who does a lot of traveling has noticed how different people are in various parts of the world. Basic ways of interacting with one another can vary widely and are a result of the different energy-vibration distributions (in terms of quality and quantity) over Earth’s surface. I’m not just referring to cultural differences, although this is partly a result of what I am talking about. I’m referring to the fact that how we treat one another, how open or closed our minds are, what our personal and societal good-and-bad structures are, and how we view the world are all affected by these geographic vibrations. Quantitatively, this energy will raise or lower our energy significantly, altering our health and personality along with it.

Each species of the earth’s flora and fauna has an energy pattern and associated vibration unique to the species. This is the basis of animal totems, or guiding spirits, that help us in our life. Traditional cultures around the world have noticed the effects of the various animals and insects on our lives and consciously use them in their healing techniques and spiritual rites to assist people in staying healthy and in keeping on their path in life. The flora and fauna of the earth are a natural part of the universe and have not experienced a free will generated separation from it, as is our human tendency. The universe can speak to us through these life-forms and offer vibrational adjustments to help guide us in our journey. The next time an animal shows up in your dreams or you
experience an unusual animal visitation, look up its meaning online and see what message the universe may be sending you. Learn to sit with animals or insects when they visit, to simply absorb their energy vibration and possibly gain some healing or new direction in your life. Don’t be so quick to kill or chase them off, unless they are looking to make a meal out of you.

The planets of the solar system and the stars themselves have energy patterns that affect us. This is the basis of astrology and has been noted, documented, and used in human relations and diagnoses for millennia. Modern science derides the use of astrology, citing the fact that because Earth’s axis moves in a slow wobble, completing one cycle about every 26,000 years altering our view of the star’s positions, the sun no longer rises in the various constellations during the months referenced in Western astrology. Astrology charts the relative position in space of the various celestial bodies and the resultant collective energy’s effect on humans of those bodies (stars, planets, and moons). Our view of the stars is not particularly pertinent, as its the energy of the area of space we are occupying that affects us. The area of space we occupy, and our relative position to the stars changes in a much longer cycle than the 26,000 years of the earth’s axis wobble. The cultures of the world that use a form of astrology that has been handed down for many thousands of years in an unbroken line have made adjustments for these movements, which produces an astronomically accurate template.

The collective influence of our solar system’s celestial bodies, and their relative positions to the Earth at any moment in time, represents a unique energy pattern with associated human personality traits. Individually, the sun, moon, and planets have their own unique energy pattern that affect us just as the substances we ingest do. Our energy
originator, the sun, radiates energy of various vibrations throughout our solar system. That energy in turn interacts with and is altered by the matrix patterns of the individual planets (just as our DNA alters energy from the sun that we absorb and ingest). The interaction among the sun’s energy, the basic matrix of the individual planet, and that planet’s own internal energy produces unique energy vibrations, which then are reflected and/or radiated outward to the rest of the solar system—and eventually human beings. We then absorb and are affected by these unique planetary vibrations. As Earth moves through the solar system and as the solar system moves through the Milky Way, we are exposed to varying energy vibrations endemic to the areas of space we occupy. These vibrations change us individually and as a planet-wide species.

The stars have a similar effect on us. They radiate tremendous amounts of energy, the amount of which varies according to the type of star; basically the stars are the same as our sun but are simply farther away. The fact that we can see them at night is proof that at least some of their energy (and resultant vibrations) is reaching us. If we see their light energy, then it’s pretty safe to assume other forms of the star’s energy are reaching us and affecting us also.

If these planetary and star energy effects sound improbable, think about where all the energy and materials we use on a daily basis comes from. Everything we have, make, consume, and use comes from one place: the atomic furnace of the stars, including our own star, the sun. The originator of everything that we are and possess is the sun and stars. Everything from the calcium in our bones, the protein in our hair, and the plastic in our CDs can be traced back to stars. All the chemicals and elements necessary for all forms of life were created in the cauldron of stellar fire. They were spewed out and
coalesced into the planet we live on. Eventually carbon-based life formed, and we grew out of the primordial goo—all of us based on chemicals created through the sun’s energy acting on the raw materials the stars had created. Even those of us who are creationists (who want to set the idea of evolution aside) can look at life from the point humans were created. No oxygen would be produced and no food would grow without the sun and the earth’s energy input. Everything we have begins with the sun and the raw materials of the earth. Past life-forms collected massive amounts of stellar energy and deposited it in the form of fossil fuels. We use that energy and the food energy that the sun and earth provide to dig, mine, grow, collect, and manipulate the raw materials that stellar furnaces and decomposed life provided. We depend on the various forms of DNA and molecular-matrix energy structures to make all the material objects we use: wood, metal, plastics, etc. We basically spend our lives pushing around stellar energy, trading it, wearing it, driving it, and consuming it.

Our medium of exchange, money, is nothing more than a concentrated form of stellar energy that we trade for other forms of energy. We expend our accumulated personal energy into an activity called “work” all week long and get paid with money. All that energy we expended is represented by the money we receive in return. Generally, the more personal energy we expend, the more money we receive. We then take that money and exchange it for forms of energy others have created through their work. Life is just one big energy-exchange system, and everything is involved in it, affected by it, and affects others with it.

Our society’s evolution and procession (past, present, and future) is controlled by the flow of this stellar energy, and our economic condition depends largely on how we treat
it. The world economy itself is based on one thing and one thing only: the gathering and trading of stellar energy and the earth’s stored raw materials. In fact, the strength of any economy depends on it. The further an economy gets away from this basic activity, the weaker and more top-heavy it gets, and the more it exposes itself to contraction and crashes. Any healthy economy is based on human beings working to grow, gather, and mine raw energy, and then trade or turn that raw energy into material objects for trade. An economy gets top-heavy and unstable when more people are trying to make money (i.e., hoard energy) without actually working or expending energy for it. The farther out on the economic limb a society goes, with more and more of its members trying to make money by simply moving money around, without actually generating new money by personally working in the energy-gathering fields (food growing, mineral mining, fossil- and renewable-energy production, and fiber and wood production), the more likely that the limb will break and the false economy will suffer. Money works only if it is backed by the production of sufficient raw energy for a society’s consumption and building needs. Money doesn’t mean squat if there is nothing to trade it for, so concentrating on making money with money is, ultimately, a myopic and self-defeating endeavor.

It’s a curious, culturally destructive phenomenon that the people generally employed to do nothing but try to make money by manipulating money get paid the most. Conversely, laborers who actually produce the raw materials and concentrated energy that supports any economy get paid the least—a very backward and dangerously upside-down situation. Recent worldwide, economic events (the Great Recession of 2008, caused by the collapse of subprime mortgage debt, for example) prove the insanity of allowing an industry that provides nothing of real value to control the economic reins of a
society. Look at two fallen civilizations of the past: ancient Rome and the Ottoman Empire. These societies did well and expanded as long as they were able to provide a steady stream of raw materials and concentrated energy flowing into the state coffers. They accomplished this not by industrial output but by conquering adjacent lands and harvesting their natural resources (gold, silver, slaves, and crops). As soon as their expansion was blocked, and the energy stream into their economy was interrupted, they began to falter and eventually fell apart and faded away.

That which is really important to our lives, the energy-stream input, needs to be recognized, supported, honored, and appreciated. How to grow food and fiber, husband animals, build shelters, make clothing, mine and convert raw materials, keep our bodies healthy and in good repair—this is what’s important. Everything else is supported by that knowledge and effort, and depends on it running in the background to even exist. What happens when that background support becomes so automated, ignored, and starved that we lose contact with it, and the automation breaks down? We will simply take our place beside Rome and the Ottoman Empire in the trash heap of history.

Music is another aspect of energy vibration that has a huge effect on our lives. Think of all the various types of music in existence today, and how people who listen to certain types of music tend to dress and act similarly. Different forms of music vibrate and harmonize with different energy junctions. Classical music generally vibrates from the heart up, rock and roll from the heart down, and heavy metal in the groin and lower junctions. Higher musical notes are generally associated with the spiritual, and lower notes with material and sensual pleasures. Where does a female with a high-pitched voice singing a slow hymn vibrate for you? How about a deep-voiced man singing a driving,
screaming, heavy metal song? The vibration quality of the music affects various aspects and stages of our development as human beings and has been shown to be an important factor in our emotional and physical well-being. There is a physical reason people who listen to classical music generally do not develop a taste for black leather clothing, wild hair colors, and body piercings (unlike fans of certain other music genres). Music vibrates and excites our energy junctions, causing specific personality traits and material-world preferences to develop and be expressed.

Try making different sounds and notice where they affect you and what it does to your state of mind. Large drums vibrate you down low; small wind instruments affect you up high. Music makes you feel good, whereas a jackhammer is irritating. Sounds can change our personality over time. Being exposed repeatedly to obnoxious sounds will lead to erratic behavior, stress, illness, and physical problems. Some vibrations are soothing and others are destructive. Mid- to high-range notes and slower music will tend to reduce our energy level, and relax and de-stress the body. Lower-range notes and faster music will generally add to our energy level. This concept can be applied to healing just as food-energy levels can. If we have an illness or disease caused by too high of an energy level, pounding, driving, fast music will strengthen the illness and make it worse. Soothing, slow music would support healing this type of illness.

Every day we walk around in a sea of communication vibrations and energy waves. What our eardrums pick up and interpret as sound is just one type of the many forms and frequencies of energy waves available to us to use for communication. Human beings, animals, plants, diverse types of spirit beings, and other-dimension beings emit various types of energy waves that can be received and understood. Our chakras can pick up
many of the frequencies our eardrums cannot. If we do what it takes to become conscious of our surroundings and quiet our internal noise, we can learn to receive these other forms of communication.

Many of these energy waves are similar to a light breeze, a slight touch, or a faint disturbance of which we are barely conscious. We have to extract them from all the background noise normally filling our minds. Our eardrums vibrate as sound waves pass through them, and our brain interprets these vibrations as sounds. Similarly, our chakras vibrate as various energy waves pass through our body, and the resulting information these vibrations produce can be felt in our minds and properly translated into usable information. As we refine our attention and keep our minds from drifting off so much, we increase our ability to recognize these faint energy-frequency fluctuations. At first, our interpretation of these feelings might only be the fact that they feel different from what we usually recognize during the course of a day’s interactions with the world around us. As we pay closer attention to these energies and their sources, we will be able to understand what the source is trying to communicate: desires, pain, joy, and fear, for example. In addition to communication, we will also be able to recognize the many other ways these beings can interact with us and affect our physiological conditions.

In order to identify the point of origin, we have to explore, categorize, and remember all the surrounding context associated with what we feel or hear—people, places, and things. If we can’t immediately recognize the source of the energy communication, we can use the memories we have stored to notice any matching context the next time we feel the same energy and make the connection through observation of that duplicated context.
Over time, we will accumulate a better understanding and appreciation of the world around us through higher-quality communication with the various beings with which we come into contact. Our lives will become much fuller by recognizing and accepting into our consciousness all of the beings present in our slice of existence, and by appreciating their ability to communicate with us. Learning to recognize and properly interpret all of the information we receive from our fellow human beings (other than the usual voice and physical action forms) will greatly increase our enjoyment of one another and life in general.

Communities of human beings living in close association with one another form a distinctive group energy pattern that in turn creates a type of “super-body” structure, complete with cells, organs, internal support systems, and a natural protection system similar to our individual immune system. This group energy pattern creates similar physical characteristics, personalities, and mental patterns in its individual members. For example, the densely populated civilizations of Asia (especially Hindu and Chinese) produced the concepts of predetermination, fate, and karma out of necessity to facilitate peaceful cohabitation among their citizens. Western civilizations, used to wide-open spaces, developed the concept of free will and self-determination. It’s much easier to do what you want to do in a Western population density of ten people per square mile than among the many hundreds or thousands of Asian cultures. These group patterns eventually form the good-and-bad structures with which all new members are inoculated and use to function properly within the group. What we eat, what we are taught in school, what kind of work is available, and what level or class of society we live in are all controlled by this communal energy pattern. Businesses, corporations, and nations form
these types of energy patterns, which are observable by their behavior, way of doing business, or how they treat their citizens and employees. Anybody wishing to have interactions with the group has to learn to navigate this energy pattern or risk being eliminated by it as an irritating free radical. So, to a large degree, our health and well-being depend on how well we interface with these group energy patterns.

Societies, companies, and nations depend on a majority of their members to actually do enough work to maintain the energy stream feeding their energy pattern and support systems. When too many people try living off the structure instead of contributing to the structure, that structure’s energy pattern begins to break down. Problems start cropping up, infrastructure begins to collapse, individual members begin acting bizarrely, and suicide rates increase, all for no apparent reason. Our immune systems and health begin to break down when we do not consume enough high-quality food to maintain our individual energy stream. Similarly the “super-body” of the group, corporation, or nation begins to break down when its energy stream is compromised.

All this energy vibration, described in the paragraphs above is going on all around us, 24/7, 365 days a year, and can be felt as a singular presence in quiet places. We all have the necessary instruments (our body and mind) to receive, transmit, and communicate with it in its many aspects. We can choose to tune in to it, or we can live our lives just fine without ever consciously communicating with it at all. Manipulating and communicating with this energy is an automatic function of our subconscious, as it is a very necessary building block of our lives. The existence of this energetic vibration (which can be labeled “life” or “life force”) can be felt and experimented with, concentrated, directed, manipulated, and projected. We create every aspect of our lives
through our minds manipulating this sea of energy and vibration we exist in. Everybody performs “magic” and creates things out of thin air (or thin energy) every second of every day, but our limited conception of time and space gets in the way of recognizing this. It’s so common that we don’t really see it as “magic.” We call it coincidence or kismet or karma when we do notice a mental desire fulfilled relatively quickly.

In order to see and learn how to manipulate energy more consciously and effectively, we must slow down and be comfortable with the quiet spaces of our lives in each moment of time. We have to cease or at least drastically reduce the energy input in our daily lives at least long enough to break with our current reality. We must try to stop filling up those scary, boring, empty spaces, so that we can see who we are and recognize the power we have over the energy around us. Our constant attempts to fill up our lives with material and electronic input floods our minds with trash and residue that clutters and inhibits our thinking process, which is what we use to manipulate energy. Once we make that break, our experiential options increase exponentially. We can then choose to reenter our surrounding reality and not be forced to live such a subjective life.

We live in just one of many possible planes of experience or existence, many of which we can explore from the comfort of our own homes by manipulating our personal energy or the environmental energy around us, or by consuming substances (drugs) that will alter our energy vibration so that we transfer to a different plane of existence for a period of time. This is why drugs are so alluring and addictive. The only problems with this type of exploration are the negative effects on our physical body and mind these drugs cause if overused. Plus, when we consume drugs and reality-altering substances, we enter their worlds, their realities, which are not necessarily supportive of our own.
This plane of existence we live in and the energy vibrations that reside here are what created our body. If we keep seeking to escape from our current reality (because we may find it temporarily boring or harsh) by using various drugs or substances to alter our vibration, we may permanently cease to exist in this reality.

Does this type of exploration seem pretty outrageous and unsubstantiated? Our own logical scientific community has been mathematically and experimentally exploring other dimensions for many years. Life in alternative dimensions is an increasingly accepted fact. There is also a huge body of knowledge collectively referred to as mysticism (which has been passed down for tens of thousands of years) documenting the exploration of many different dimensions and planes of existence outside our own. Various detailed techniques on how to access these worlds exist for the free use of anybody willing to put in the effort. Meditation, yoga, astral travel, fasting, peyote ceremonies, sweat lodges, and rites and rituals from many other cultures are all exploration techniques within the reach of anybody willing to try them. They are all forms of energy manipulation explored, recorded, and passed down by our ancestors from around the world, East and West.

Modern science tells us we should not listen to our perceptions, as they are not valid unless they are substantiated by the scientific method. If this point of view were true, how then did scientific thought originate? Where did our massive body of knowledge, colleges, universities, tenured professors, the brick and mortar of classrooms and lecture halls come from? Did they spontaneously spring forth from thin air? They all started with individuals freely perceiving the universe around them and slowly accumulating knowledge and passing it down to subsequent generations. We all have the ability to
freely perceive the universe around us, gather knowledge, and use it as we wish. We don’t need anybody in between us and that knowledge, meting it out to us. The universal energy grid is all around us, 100 percent of the time; all we have to do is decide to consciously plug into it. We don’t have to accept the status quo, and we don’t have to accept the current form of life and death that is presented to us by the current form of society we live in. We can, through the self-authorization and the development and manipulation of our personal energy, or our personal power, live the life of our own choosing and, when the time comes, pass on to the form of “afterlife” we prefer.
CHAPTER SEVENTEEN: PUTTING IT ALL TOGETHER

All this information isn’t worth a hill of beans if we don’t know how to put it together and use it in our daily lives. The list of actions below will help accomplish this. Of course, every individual will have to tweak this information for his or her own situation as needed and as possible. Above all, do them at your own pace; pick and choose. It’s not necessary to do all of them to get results. This information is simply my interpretation of the universally available knowledge that we all can directly access and interpret for ourselves. I offer this as a way to get started or to add to what you are already doing.

There are three main concepts we will have to assimilate in order to actually put any of this information to work. The first is learning how to build and maintain our energy (and thereby build our health); the second is how to manage our energy (and thereby maintain and support our health and life over the long-term); and the third is to take steps to make our lives work for us and support our sense of fulfillment in life. Building our energy up and getting it flowing is a fairly simple process. Managing that energy over the long-term and keeping it leashed, modulated, and working with us and for us can be much more difficult. The overall state of our health is a direct result of how we manage our energy flow and our stored energy or personal power, and is the foundation of any enjoyment and happiness we can experience in life.

Building and Maintaining Our Energy
In order to build and maintain our energy, we must quit engaging in activities and ingesting substances that dissipate it or give us too much of it. We must also eliminate the environmental influences that put a strain on our body’s internal systems, create an additional drain on our energy, or harm us beyond our body’s capacity for repair. At the same time we must retrain our body, mind, and senses to appreciate and enjoy appropriate energy-modifying activities and substances, things that build our health and support our body, not break them down.

**Be selective:** Don’t blindly trust that any consumer goods or foods are safe to use in the manner advertised. Government regulations meant to protect consumers and limit exposure go only so far, and are more or less controlled by the manufacturers of those products. Scientific tests and studies are just as suspect, because they, again, can be initiated and controlled by the corporate world for their own purposes. We have to look out for ourselves. This concept is huge for anybody wishing to attain better health through self-help. When it comes to your body, be an asshole. Don’t accept that something is OK to use just because it’s on the shelf for sale, or millions of people are using it, or there was a study done, or the government says it’s safe, or a TV ad says it’s good for you. Read the ingredient labels and research the effects of the ingredients, substances, and chemicals. Gauge the effects of everything you put into or onto your body for yourself and, above all, eliminate synthetic, refined, and chemical food and cosmetic additives of all kinds. Anything you put in or on your body will make its way to the bloodstream and, as a result, your entire body. Your mantra should be, “What is the proof that this won’t hurt me?” Instead of “There is no proof this is harmful.”
Learning the language of our body: Our bodies talk to us all the time. Odors, aches, pains, rashes, energy fluctuations, intuition, feelings, hunger, cravings—all are forms of communication. Every single cell in our body is alive and has a consciousness and can communicate with every other. The cells carry on their work and lives in our subconscious. We don’t normally relate to the separate parts of our body consciously, but their communication is going on in the background. Consciously connecting to that communication is paramount to any self-healing. This personal communication is important, due to the fact that every individual is unique. Symptoms in one body may not mean exactly the same thing in another. Medication that works to cure an ailment here may not work at all over there. This does not mean there was a faulty diagnosis, or the medicine was “snake oil.” It simply illustrates that medical ministrations are unique to each individual due to the unique energy pattern of each person. The only way to get a straight answer or diagnosis is to ask your body and listen to what it tells you. The basic symptoms I related in earlier chapters are a guide to get you started. You or a properly trained health practitioner has to interrogate and explore your body and hear what it is saying about the problem and what it takes to fix it. The energy of every cell in our body can communicate with all the external energy patterns around us. That communication will lead us to what we need to be healthy and fulfill our lives in every way. There are many techniques to tap into this communication, such as applied kinesiology (muscle testing), magnetic muscle testing, pulse diagnosis, physiognomy, and various observational and intuitive procedures. Once we learn how to understand this language and associate it with things we are using, doing, or eating, we can begin to help ourselves
and not be at the mercy of harmful medications and food ingredients, dangerous consumer goods, and environmental contaminants. By keeping our body’s systems and our living environment as healthy and supportive as possible, we make it much easier for any outside medical help to be effective. Take the time and effort to experiment and listen to your body. Learn to trust what your body says.

**Discovering our personal energy pattern and learning to support it:** Find out what kind of energy you have without the interference of all the energy-draining or supercharging foods, chemicals, additives, and substances we all consume. Eliminate all overprocessed foods, such as junk food, fast food, candy, caffeine, chemical food additives, texture enhancers, thickeners, sweets, and artificial sweeteners. Read ingredient labels. If you don’t know what an ingredient is, don’t eat it. Learn to cook, pack a lunch, and reduce your dependence on restaurant and fast food, or take the time to find a venue with healthy, additive-free food. Stop eating all exciting or depressing substances. Once all those items are eliminated from your diet, your real, dependable energy pattern emerges. Once each of us recognizes our true pattern, we can explore its strengths and weaknesses and consciously make choices to support and manage it effectively.

**Developing our intuition:** Logically thinking about energy, food, health, and healing is accepting the “1 + 1 = 2” world of science—and all the restrictions, limitations, pain, suffering, and blind alleys that go along with it. Our feelings and our intuition—the parts of us that can sense the unseen, the unquantifiable, and the unprovable—are the only things that can save our body and mind from the self-destructive world in which we live.
Our body, mind, and consciousness all come from a reality in which $1 + 1 = \infty$, or infinite possibilities. What actually happens is largely up to us.

Our internal energy grid, energy centers, distribution network, and other innate systems can feel and intuit what we need, what needs to happen, and what the right choice is at every step before we are even confronted with it. They accomplish this by interacting with all the energy grids in the world and universe outside of our own grid. Developing our intuition is similar to becoming blind and developing our other senses to compensate. We must turn down the volume of our logic center low enough so we can begin to feel the world with our heart, gut, solar plexus, or any of our other energy centers, rather than strictly with our mind. As if we were blind, we can develop our other senses by sitting in the dark and listening. Pretty soon the dark takes on texture, motion, and even subtle light variations. Sounds expand and take on all new meaning. Similar to a blind person developing the abilities to function independently, we can accumulate enough experience and data to live life using our intuition to help make our decisions. If we take the time to quiet our minds, sit in the dark, and let all the internal noise bleed out, our intuition will develop naturally, as it is actually an inherent form of communicating with the world that we all possess. We have just been trained since birth to not recognize it, trust it, or use it. Our intuition can be exercised and calibrated by making some experimental decisions to follow it, go with our gut feelings, and see what happens.

As our mind calms down, we can take notice of all the various faint feelings and energy-frequency fluctuations we experience throughout the day. If we then commit to memory all of the contextual surroundings of those feelings (people, places, and things), we can correlate that information with future experiences related to those same feelings.
and thereby identify the source and learn to understand what those energies are communicating.

Many aspects of the future can be “seen” by developing the ability to correlate our own internal feelings to outside events. We can get a bad or good feeling before certain events happen. If we match the feeling we had beforehand with the event, we can avoid future harm or allow ourselves to receive the good things as they are offered to us. By doing this over a period of time, we can learn to make good decisions by using the information our intuition provides about people, places, things, and our future.

**Moderating our self-destructiveness:** We all have two aspects to our personalities, variously called good and bad, angel and devil, yin and yang, self-supportive and self-destructive. They are natural attributes of being a human, and the interaction between the two defines who we are as individuals. We need both of these attributes to survive in the world we live in. Normally, these attributes stay well blended inside of our personality and have no real conflict, especially in cultures with a more accepting set of morals. These cultures produce individuals who are well adjusted and well equipped to handle life’s peaks and valleys without the added baggage of questioning whether they and their actions are good or bad.

Highly restrictive cultures, with hard lines between good and bad, will cause these two aspects of our personality to separate (often in early childhood) into two sides that are independent of each other, with the bad side possibly even being seen as an invading entity (such as a devil or a demon). This process is accentuated when life’s trials cause us to question our own actions.
When members of these more restrictive cultures engage in frowned-upon activities, the guilt they are made to feel creates a separation between the body and the mind, resulting in multiple personalities that are then perceived to be at cross purposes with one another. Each time we do something we regret, we question our actions, or we lose control in some way, we tend to run from ourselves and from that disapproving “good” side. We begin to distrust ourselves and make bad choices; our lives begin to break down, accidents happen, and relationships break up. This reality radiates outward from us and affects how others treat us. Restricting our self-destructive activities and redirecting our energy into self-supporting avenues, and at the same time learning to accept ourselves and what we do, can have a huge positive effect on our lives in general. These changes can alter our energetic vibration, which in turn will alter the type of people and experiences we attract to our lives.

Engage in some form of mental discipline: The purpose of mental discipline is to allow our consciousness to disengage from the mind and body’s subjective connection to the current cultural reality we live in, and allow us to take on an objective view of that reality and reconnect with who we are and the greater universe we are members of. The subjective connection to all the energy input we come into contact with on a daily basis, be it through other people, our environment, or the various media input we are barraged with (TV, radio, the Internet, movies, newspapers, billboards, books, etc.), generates spontaneous thoughts in our minds. These thoughts play and replay even when we are trying to be quiet and relax. We relive events in our lives over and over again. This replaying is our mind’s attempt to eliminate the reason we hold onto these events. We
have to give our mind the space to allow these mental images to work their way through our consciousness and be eliminated. The only way to do that is to stop the inflow for a while and let the images bleed out.

Too high of an energy level obstructs this process, as high-energy-level personalities tend to hold onto thoughts, looking for mistakes and imperfections, trying to find ways to make our every second of our life’s performance perfect and error-free. Lower energy slows down and quiets the mind’s internal dialogue and reduces the subjective hold these thoughts have on the mind. Slowing down and reducing the energy input through our eyes, ears, and mouth will allow our mind and consciousness to relax and attain some peace and quiet.

With mental discipline, over time we will be able to see our life in the local culture more objectively, which is tremendously empowering. This process, coupled with energy manipulation, will give us control over our life in a way we never imagined possible. Once disengaged, our thoughts and anxieties will naturally begin to bleed out, and eventually our internal noise and confusion will disappear. A mental discipline can be as simple as turning off the TV or as complex as yoga. There are as many forms of it as there are people in the world.

Reducing internal noise and mental confusion is an essential part of learning our body’s language and developing our intuition and our ability to plug into the universal grid of energy and knowledge. This goes hand in hand with altering our energy levels, as it is very hard to engage in any discipline with too high or too low of an energy level. Letting our energy build up, or simply not dissipating it regularly and self-destructively, effects a series of changes naturally endemic to each individual. Focusing our energy by
concentrating on ourselves in quiet contemplation or meditation opens up the path of our life and brings it into focus. Redirecting our energy back into ourselves builds our body and mind, utilizes our full potential, and helps mold the life around us. People start treating us differently; we notice things starting to go our way. Life’s bumps and potholes get smoother; we become stronger and sharper, self-doubt fades, our self-esteem increases, and our personal attributes come to the forefront and are accentuated. We start to emerge from the fog of the mundane and the everyday, and see our own purpose and place in life. Exactly how this moves forward is unique to each individual. Continual dissipation of our energy below a certain level inhibits this natural process, as does allowing the energy to build beyond a certain level.

**Stop doing things that depress the internal systems**: We have to quit doing things that depress our immune and regenerative systems. These systems keep us alive. No matter what kind of medical advances we have or will have, they don’t mean squat if our internal autonomic systems don’t function properly. It’s easy to get into habits that depress our immune systems in the West, as so many immune system-depressing substances and activities are readily available to all. Simply walking down a busy street can depress our internal systems, due to all the pollutants present. All the chemicals, food additives, heavy metals, and such that we ingest and absorb on a daily basis have a huge negative impact on our health. These substances block our internal systems from performing at their full potential. Our immune, regenerative, and filtration systems are then forced to work overtime to repair the damage caused by these substances and to filter them out, which in turn puts an elevated draw on our stored energy. If you are just
starting to try to eat healthy after many decades of eating the regular Western diet (and living the Western lifestyle), you may have to be severely restrictive for a while. The speed at which we obtain better health is directly proportional to how many damaging substances we eliminate from our diet and surrounding environment. Take it a little at a time, and your health will return a little at a time. After you have eliminated all these depressing substances and activities and have robust health, you can try some of the old foods and habits to see what you can and can’t sustain.

Give your body time to recoup its energy stores and repair itself. Stop using substances that don’t support it. Tobacco, alcohol, caffeine, sugars (cane, beet, corn, artificial, and all highly refined varieties), marijuana, cocaine, crack, meth, and all the recreational drugs and things we do to get high depress our internal systems and leave us exposed to chronic health issues. Restricting or eliminating sexual activities and eliminating sleep deprivation will also strengthen our immune and regeneration systems. Anything we do in excess will negatively impact our health. If we listen to our body, it will let us know what is too much.

**Eating with the body and not with the mind:** We have to quit listening to the media as to what is good for us. We need to learn to find those health-supporting foods on our own, or find somebody who can listen to and interpret our body for us. We must also quit eating foods that are attractive simply through our taste buds and the excitement they cause in our mind. We should shift that decision-making to our gut and let that area decide whether a particular food is good for us or not. Retraining our body and mind as to
what is good and bad (through experimentation with different kinds of whole, healthy foods) will support our health more than anything else we can do.

In my childhood the medical authorities supported and educated us on the benefits of a meat- and dairy-product-based diet. That was considered normal and healthy at the time. Later studies suggested that diet was no longer healthy, and that our diet should be based on grains, vegetables, and fruit. What is healthy actually has never changed, and was constant throughout all that time period, and throughout history for that matter. What is healthy depends on what the individual’s needs are at any point in time. In our ignorance and impatience, we try to come up with one diet that is good for all. This is simply based on our current human need for one truth that explains and encompasses all. If we listen to all the external noise about diets, foods, and supplements, we will get lost and lose sight of our body’s unique needs.

**Find alternative health care:** In order to give our body and mind the support they need in our destructive society, we need to find a health-care practitioner who is trained to listen and interpret our internal energy patterns to help with those issues we can’t resolve ourselves, or those illnesses that modern medicine just can’t cure, or can’t cure in a supportive way. There are a wide variety of healing techniques available in the alternative arena, all of which depend entirely on applying the proper technique or substance to the specific health issue. This can be done effectively only by someone who is capable of feeling the energy frequency of the health problem and the energy frequency of the proper medicine or procedure for that problem, and putting the two in contact with each other to effect a real, lasting cure.
I am not advocating the total boycotting of the conventional medical profession. What I am suggesting is using this information to become less dependent on expensive medicines and medical procedures. Similar to how we might repair a car, most of us can learn to do maintenance and minor repair work to cut back on the time our body is actually in the shop. Some will be able to learn to do major repairs and complete overhauls, and never have to go to the shop at all. Keeping ourselves healthy is not that hard. Finding alternative help can be a little tougher, as the current Western medical community and governmental regulatory bodies are constantly trying to discredit (through disinformation) and pass laws to eliminate these practices. However, a little research will put you in contact with a vast, worldwide community of alternative-health resources. Herbal remedies, acupuncture, homeopathy, wave therapy, massage therapy, chelation therapy, and muscle-testing diagnosis are but a tiny fraction of what is available.

Managing Our Energy

**Adjusting our diet:** We have to keep in contact with what our energy needs are and be watchful for any excessively high or low energy conditions that crop up. Our ancestors didn’t have to do this, as a very limited diet was available to them in each geographic location and season. Today we can get food from around the world at any time of year, rendering any natural energy-ingestion limits void, plus, we generally lead very sedentary lives compared to just a couple generations ago, which greatly contributes to excess energy accumulation. We have to supply that filter through vigilance and communication
with our body in order to keep our energy balanced, or at least at an acceptable level, for our own health and comfort in our current society.

Today we are going through another round of fads promoting diets that cut out meat and animal products. In the 1960s and ’70s the fad was vegetarianism. Today it is called being vegan (refusing to eat or use any animal products to avoid exploiting animals in any way). Since the majority of Western health issues are caused by a high energy signature, veganism is generally a good thing, as elimination of all animal products will greatly reduce one’s energy levels and allow that massive ball of animal-based stored energy to slowly bleed out. This is a huge weapon in the reduction of cancer and many mental issues caused by a high energy level.

However, one’s adherence to the vegan diet must not be based purely on a mental concept (not wanting to exploit animals for example), as the body’s energy needs must be met. Adherence to the vegan ideal can cause serious health issues to those of us who are not able to hear what our body is saying. As that stored ball of animal energy slowly bleeds out, our stamina, libido, and ability to consume sugar, caffeine, alcohol, and recreational drugs will be negatively affected. Yet, the most dangerous aspect of veganism, or vegetarianism for that matter, is when adherents eliminate all animal products but do not eliminate all of the extreme-energy lowering substances (such as chemical food additives, junk food, fast food, refined food, sugar, alcohol, caffeine and recreational drugs) from their lives. Eventually, due to a low-energy condition, our internal systems may be negatively affected, leading to increased susceptibility to bacterial and viral infections, slower healing times, impotence, and all of low energy’s associated health issues.
Therefore, total elimination of all animal products must be combined with: 1) the elimination of highly refined, processed foods, and all extreme energy-lowering foods and activities, and 2) the addition of all-natural, whole, unrefined foods, especially whole grains. If we do not do this, our energy will become too low and we risk becoming ill or, at the very least, another vegan washout.

This is just one example of how we must be constantly vigilant and open-minded in supplying ourselves with the high-quality food input we need to maintain our proper energy level and, thereby, support our internal systems, which, in the end, are the only things keeping us alive.

**Adjusting our energy frequency and strength:** If we eliminate all or most of the things we do to dissipate our energy, our energy will naturally increase over time. We can adjust its strength and frequency through the food we eat and the activities we engage in. If we just let energy continue to build, we will eventually be forced into a potentially harmful dissipation event, such as recreational drug use, excessive sexual activity, fights, accidents, or binge eating. Also, our minds can be seriously damaged by excessive energy buildup.

Those of us who are extremely sensitive generally have low stored energy, so our energy field is not strong enough to repel biological invaders or even resist any threatening figures in near proximity to us. Low energy allows us to be greatly affected by the people and energy fields around us to the point we can lose ourselves or have a hard time maintaining an independent identity. Adjusting our energy frequency by ingesting higher-energy-producing foods will help us keep the continuity of our own
consciousness and have an easier time knowing what is and what isn’t ours. There are substances other than food that can help with this—quartz and lapis lazuli, for example, the use of which would be specific to the individual situation and vibration.

Conversely, high-energy fields repel others and can lead to a mental condition that refuses to accept the possibility of the existence of other, different, valid realities. Those with a high energy signature may wish to get along with people better, open up to other people’s needs more, and be able to take their advice.

Too high or too low of an energy level can be uncontrollable and may force us to make decisions based on anger, resentment, bigotry, the influence of others, or various emotions that we will later regret, causing those moments in time to lodge in our consciousness. These lodged moments will ultimately result in discomfort within ourselves, make our lives unstable, and may lead to mental issues if not addressed. We never know exactly what will happen in the future, so the best we can do is make the right choices every step of the way. Learning to keep our energy level manageable and strong enough to repel unwanted outside influences gives us the best chance to do that.

**Keep the flow going in a supportive way:** At some point along our road to better health through energy manipulation we will have to decide what to do with all of our excess energy. Instead of engaging in ultimately self-destructive activities to dissipate the high-energy charges, we must retrain ourselves to do self-supporting and self-expanding activities. Start a hobby, go for walks, exercise, volunteer, work on the house or the yard, do more with the family, or help people around you. Direct your energy into self-, family-, community-, and government-building activities.
Our energy flow should be like breathing: bring it in, pass it through, and let it flow out. We use energy to build our reality and generate even more energy within ourselves. We use it to expand our physical bodies and our minds, heal ourselves, and explore the universe. We do things and create things with it. The energy buildup feels really good, but if we try to hold on to it and let it build up too long, our body starts applying pressure to get the excess dissipated by whatever means available, including energy-lowering foods, exercise, sexual activity, substance abuse, or violence. If we don’t allow this necessary dissipation, we will eventually become diseased and die. Before we reach that point, we can use our energy to help others and explore the world around us; we can learn to focus it and extend it to others. Some of us will even be able to learn to heal others with it. If we don’t spend some time exploring what we can do with it, outside the usual buildup and pleasure-seeking dissipation, we may miss out on the one true thing that will give our life meaning and fill us with satisfaction and accomplishment.

Observing our personality: As we must remain aware of the energy build up or loss in our body due to the substances we ingest, so too must we observe our personality and how we treat others. Human beings need one another and are the main reason we are alive in the first place. What is really worth experiencing here in life? After all is said and done in our lives, what will we remember at death’s door? Will we think of all the wealth we accumulated; the cars, computers, or high-definition TVs we bought; the online game levels we achieved; the clothing we wore; the jobs we had; or the food we ate? No, we will think of all the people we met and how we treated them—how we interacted with living beings.
Our energy controls how we treat other forms of life we come into contact with and, as a result, how they treat us. Energy manipulation will allow us to maintain an easily controllable energy level at all times, allowing us to make the right choices in our interaction with those who we meet through the course of our lives.

**Exercise regularly and spend time outside:** Engage in some form of exercise every day to keep the energy flowing. Regular physical exercise will help keep the energy flow positive and keep it from pooling and weighing you down with accumulated fat and free-radical toxins. Many mental- and physical-health issues depend on these stagnant pools—cancer and depression are just two examples. As the mind needs discipline to keep clear, the body requires discipline to properly maintain its health. Energy must flow through us unimpeded in order for our body to maintain a healthy, balanced system. Not much effort is needed. The main thing is regularity; do something every day. A small amount of calisthenics or running goes a long way to making our lives more enjoyable. If we have extra weight due to fat build up, we can use exercise to turn that fat into muscle.

Try to get outside and into the sun every day. Our body and mind actually require what the sun gives us when we are simply out in the daylight. Not only does the sun have positive nutritive and medical modifiers, it directly imparts its energy to us and has an uplifting effect on our mind. Walk around barefoot and feel the grass between your toes. Walking on the ground barefoot will actually help alkalize our body’s pH value, and the fact that we increasingly don’t do this as we age contributes to the high incidence of cancer and other acidic conditions in the body.
Getting some fresh air, hanging out by a babbling brook, hiking, or taking in the landscape will all have a beneficial effect on our consciousness, not only by imparting positive medical and nutritive modifiers, but also by reducing stress and allowing excess energy and mental dialogue to bleed out. It is truly amazing how spending a few minutes out in nature can greatly improve our physical and mental joy.

**Giving ourselves the authority to use our energy:** Religions tend to give the responsibility for managing our energy to a god or higher power, as it can be a very daunting task to wield it and try to control it on our own, especially with no knowledge of its attributes. Society trains us to give the authority to use our energy or power to authorities such as government bodies, various regulatory entities, the police, lawyers, and doctors. Due to the lack of traditional information concerning our energy and personal power in our current Western society, it’s very easy for us to go down the path of self-destruction and criminal, antisocial activities. As a result, and out of necessity due to this ignorance, most religions have made the use of free will, creating our own life, and using this power something to be avoided and have labeled it bad or evil. They have even created self-sustaining loops of myth to keep individuals from taking control of their own lives (for example, Christianity’s myth of Satan bringing free will to humans and causing our fall from grace, and the Hindu concept of karma and the caste system that it supports).

Though it is very easy for this energy to be used for destructive purposes, it is not inherently so. How this energy is used and what form it takes simply depends on what frequency it is and which energy center it emanates from, which is something we
ultimately control. With proper education and training, we can be observant and respectful of our energy’s power and use it in harmony with that of others.

**Respect the law of the jungle:** What is the law of the jungle? Anything bigger and more powerful than you will kill you and eat you. Always keep in mind the fact that the current cultural reality, and all of its associated structures and norms, is far bigger and more powerful than anything most of us would want to create. We can create our own life-fulfilling reality without conflicting with the current local society and culture, but problems arise when we try to supplant other people’s “normal” structures and realities with our own. Coexistence is the key to peaceful survival. If we insist on conflict, the result may be our own elimination, as we will be seen as a threat to the safety of the “normal” reality. All of our civil rights and constitutionally guaranteed freedoms are disregarded in the name of protecting the “normal” structure. Examples of such conflicts include the experiences of members of the Church of Jesus Christ of Latter-day Saints in Illinois before they moved to Utah; the state-government raids on the Short Creek polygamists; the ATF (Bureau of Alcohol, Tobacco and Firearms) raid on the Branch Davidians in Waco, Texas; recent “cult” raids in Fouke, Arkansas, and Eldorado, Texas; and the various, similar “cult” or genocidal exterminations down through the millennia. The majority-held reality will protect itself and eliminate irritants. This is not to say we cannot effect change on a broad scale; we can and individuals have done so throughout history. I am simply advocating peaceful coexistence and acceptance of all realities as valid and worth experiencing.
**Learn to let go:** Don’t close off completely from the “normal” cultural reality. That can be terribly lonely. (Take it from someone who was looking at being a reclusive monk for the rest of his life at nineteen years old.) Save that kind of thinking for your old age. Learn to let go occasionally and rejoin society in ways that aren’t destructive to the new reality you are building. Don’t be so severe in rejecting the norm that you push people out of your life. Life is very, very long, and there is much to experience. Accept other realities as valid for those who live in them—they are just as viable as your own is for you.

**Open up to new things:** The bulk of the way of thought we in the West employ to observe reality has been taught since medieval times. Our current social structure also hails from that time period, and our system of education continues to train our young in that thought pattern, which inhibits evolution to new ways of thinking. Our social structure is a natural result of human beings living together and interacting with our environment. As our society’s population grows and our group energy increases, our group consciousness changes and evolves new perspectives and attitudes. Society tends to view these new concepts as unsettling, bad, or evil. Human beings want a safe, secure, consistent reality to live in, and anything new is a threat to that. It doesn’t help that our religions have self-supporting prophecies that insulate their associated cultures from the possibility of change by preempting new ideas with claims of impending evil. Individually and culturally, our happiness and well-being are directly proportional to the degree of acceptance we cultivate.
Supporting Our Happiness and Fulfillment in Life

Recognizing and appreciating our own lives: Make the effort to disconnect from the hollow, consumer-driven, mass-market, faddish, and unsustainable reality that is currently the normal Western lifestyle, at least for a while in order to gain some objectivity. All these things ultimately support and contribute directly to poor health, antisocial behavior, and broken families and communities.

At first, our attempts at disconnection may seem like a scary dive off a cliff into extreme boredom and listless emptiness, but with a little effort, we will soon experience a truly fulfilling life and reconnect with people and ourselves on a deeper level. Once we make this break, the activities to which we naturally gravitate will support our health, internal systems, and social interface. We must give ourselves the authority to take back control of our lives and make the changes we want. Alter your energy vibration, slow down, relax, turn off the electronics, and open up to the quiet spaces of your life. Quit trying to fill up the empty space with material goods and self-destructive habits. Try something different, something you can do simply in the small space you physically occupy, with nothing more than your body and mind.

Once we start exploring ourselves, our minds, and our body, we hit a point where the whole universe becomes ours and we feel solid and secure in our place in it. Then we can begin to explore reality consciously, instead of blundering about causing harm to ourselves, those around us, and the planet as a whole. This may seem egocentric, but in the end, what we do to help ourselves in this manner radiates outward and helps those around us to do the same, ultimately benefiting all.
We all have a unique energy signature that is an ingredient or a utensil used to create a recipe that constitutes each moment in time. Each energy signature present, for whatever reason, is an equal and necessary component in the creation of that moment. Each ingredient contributes something to the resulting dish, such as flavor, texture, or bouquet. Sometimes we are the cook, whisk, measuring cup, bowl, spoon, or the fire it’s cooked in.

**Pick or construct a belief system that is supportive:** We can build our own positive and individually supporting belief systems and still function in a positive contributing way within our current society. Once we authorize ourselves to use our energy for our own health and happiness, and gain some objectivity about the social mental constructs we live in, we can shop around for the beliefs and structures that will best support what kind of life we want. We can pick and choose from what is already available or create our own.

Why would we settle for a set of beliefs or good-and-bad structures that cause us to feel bad, that paints our personality in a bad light, or that condemns our activities? How can we possibly expect to feel any kind of happiness, enjoyment, or experience fulfillment in any way if our own set of beliefs treat us negatively? If we read about other cultures around the world, research current and past philosophies, or simply discover and nurture our own self-knowledge, we can create a set of beliefs to help us interpret and respond to our environment in a self-supportive way. By altering our existing belief system, or by creating a new one, we will unlock our ability to feel fulfilled in life and greatly contribute to our experience of happiness and joy.
**Experiment with the macro view of life:** Employing the macro view of life means plugging into the universe and consciously making decisions using our intuition. It doesn’t mean we have to eliminate logical thinking. Employing the macro view simply means keeping logical thinking and our intuition from becoming mutually exclusive.

Our hunter-gatherer ancestors didn’t have much of a choice—they had to stay open to the big picture and everybody and everything in it. They had to be able to sense impending events (weather, animal migrations, droughts) without the help of radar or satellites; heal themselves without antibiotics, microscopes, CT scans, or X-ray machines; find food, water, and shelter without maps; and protect themselves without body armor or firearms. Today, we have many devices, structures, and processes that keep us from having to confront those types of survival issues as we once did. In the process of creating these survival aids, we have trained our minds to interpret our environment in such a way that we are always trying to improve on it in order to make ourselves safer and our lives easier. When something detrimental happens to us, we try to figure out how to keep that thing from ever happening again, or we create a protective device or procedure to insulate us from it. This mental training is a component of what we call logical thinking. Our scientific processes are an offshoot of that training and require us to break down everything in our environment to try to understand it, so that we can control it, artificially replicate it, and make improvements on it.

Our current Western civilization is built around these sets of mental processes, so trying to look at life in any other way is going to seem absurd. However, all of our stress, conflict, disease, and unhappiness with ourselves and others go hand-in-hand with these
same mental processes. By incorporating a macro view of life into our day-to-day routine, we can feel more relaxed, happy, and fulfilled. We don’t need to explain everything. We don’t need to try to protect ourselves from every contingency or possible scenario. Some things simply need to happen. Just because a scenario plays out one way at one time with a certain result, that doesn’t necessarily mean it’s going to happen the same way every time. We assume far too often that we can logically and scientifically see all the variables affecting any outcome and could possibly know all probable results.

The macro view is basically unscientific in nature. We can allow ourselves to try new, unscientific things or alternative things without getting thrown in jail or ostracized from society. Just because science can’t explain something does not mean it doesn’t exist or won’t work; it just means science can’t explain it. Logical scientific thinking and experimentation is not the only game in town; it’s not even the oldest or the most widespread. Many, many more of us subconsciously follow our intuition far more often than those of us who use logical-thinking processes. We just need to bring that intuition out to the forefront and consciously support it.

It is possible to benefit from a thing or process that we have no idea exists or even know what it looks like by simply following the urging of our intuition. It that way, the whole universe and everything and everybody in it becomes our tool for survival and the support of our health and happiness. It is available to us twenty-four hours a day, seven days a week, and three-hundred-sixty-five days a year, every year of our lives.

A particular instance in my life is a good example of this intuitive macro view of life I am describing. While working in a warehouse, I injured my knees when I tried to jump onto a table. A couple of days later, I noticed some bruising just above the kneecaps.
Over a week’s time, the bruising gradually increased accompanied by slowly increasing pain in both legs when I was standing. Eventually, the pain was so bad that I could not stand up for more than a few seconds at a time. Both legs from the knee down eventually turned gray, and the flesh became clay-like in texture. The tissue wasn’t dying, so I decided to just stay home and see what rest and staying off my feet would do to improve the situation.

After two weeks of no improvement, I was sitting outside and noticed how green and lush the grass was in the backyard. For some reason, I was really attracted to it. Having experimented with wheat-grass juice earlier in my life, I assumed the healing aspects of the chlorophyll in the grass were attracting me. So I cut some grass, mashed it up, applied it to my legs with bandages, and went to bed. Halfway through the night, I woke up with my legs itching like crazy. I tore off the bandages and scratched my legs until they bled. I did this for a couple more nights and then quit applying the grass. The itching continued for a week, and each night I would scratch off the scabs that had formed over the previous night’s injury, as the urge to scratch was uncontrollable. Miraculously, my condition began to improve. The gray-colored flesh began to lighten and turn pink again. The pain slowly and gradually lessened, and eventually, I was able to return to work.

One evening shortly thereafter, one of my roommates and I were sitting outside in the grass, talking. I mentioned my grass cure and all the itching. He laughed and pointed out that he quit letting his son play in the backyard because of all the chiggers. His son would wake up in the middle of the night with terrible itching from chigger bites that would not subside for days. Many years later, I befriended a man who had served as a nurse during the Vietnam War. Somehow my injury came up over beers one night, and he
explained that the symptoms I described were very common on the battlefield because of artillery-shell concussions. He explained that I had probably ruptured the fluid sacks behind the kneecaps, and the fluid slowly had dispersed into the tissue below the knees and caused a constriction in the capillary blood flow. This resulted in the discoloration and clay-like texture of the tissue and the excruciating pain that I had experienced. He told me that the only known treatment was aggressive massage in order to work the fluid out of the tissue and allow normal blood flow to return. So, the result of following my intuition while looking at a yard of lush green grass led to a cure by chigger bites (massage by scratching an itch), all the while being in complete ignorance of the nature of the problem or what eventually cured it.

**Observe the flow of the universe:** What is the flow of the universe? Does it sound like some hippy-dippy, New-Age, pot-haze exultation of meaningless BS? The flow of the universe is a real, functioning aspect of our everyday life that our body is in direct communication with at all times. Describing it in Western terms is tough, as it is a state of being more than an actual object we can see with our eyes. Picture all of life, all aspects of our universe, from galaxies to microbes (including us) as members of a herd of horses or a huge flock of birds, constantly in motion, twisting and turning, going this way and that. Is there a higher power controlling it? Is there a group consciousness? Is something guiding its movement, or is it simply a result of external influences? There is no one leader or organizer; all members sense what to do and when. The herd members run or fly along, feed, graze, clean themselves, breed, and carry on with their individual lives amongst the larger group.
As humans, we carry out our individual lives as we exist and move in the greater herd of our society and civilization that moves along through history as a whole entity. We contribute to its direction, energy quality, and vibration—following, partnering, and leading all at once. In this way, all of life is a member of the universe’s greater herd body, and we all move along in the flow of our universal herd. Every aspect of life, from the weather to the motion of galaxies, is part of the flow of the universe.

We can see physical evidence of the universal energy flow in our own bodies and the bodies of the life forms around us. Cut a head of cabbage in half horizontally with the crown on top and the stem at the bottom. Notice the spiral pattern of the severed veins of the leaves. Compare this with a picture of a spiral galaxy. This same pattern can be seen in snail shells, shellfish, and on our own bodies in our hair swirl on the back of our head, and on our chest. This spiral pattern is physical evidence of the energy flow of the universe.

Through our logical mind and intuition, we can choose to be subjective to the flow, be partners, or try to dominate it. Our hunter-gatherer forebears were more or less total subjects of this flow and, as a result, caused very little damage to the environment and lived fairly balanced, fulfilled lives. Their environment (the universe) controlled a greater amount of their existence than their own minds did. The mind comes from a place outside the universe. It connects our consciousness to the universe and is basically an experiential device not necessarily concerned with survival.

As we evolve and create a life increasingly separated from mere survival, our minds’ experiential needs gain more of our attention. The more we walk down our current path of attempting to dominate the flow of nature and act strictly using logic originating in our
own mental interpretations of our environment, the more we separate from the flow of nature and are left to our own devices and what we can figure out on our own.

Our intuition is born out of the physical body. The physical body is 100 percent connected to the universe, constructed by it and controlled by its energy. Disconnected from our intuitive connection to nature and the flow of the universe, we can’t help but cause damage and destruction to ourselves and our environment. Our intuition is what allows us to hear the universe when it attempts communication. It allows us to feel when we are doing something that is going to cause harm even if our logical scientific mind cannot figure it out at the moment. Listening to and observing the flow of the universe will allow us to make decisions that will keep us alive and well on our planet while our logical and scientific attributes will help us advance in our quest to make life easier, and find mental fulfillment in exploration and discovery. We need to use both of these aspects of ourselves at the same time in order to survive and be happy.

**Becoming aware of how we compare ourselves to others:** Comparing ourselves to those around us has some basic survival value (being able to discern who can harm us or not, for example), but beyond that the practice is largely self-inhibiting. We are who we are, nobody can be us, nor can we be anybody else. The more we try to be somebody else, the harder life becomes, and the discontent we were trying to eliminate by emulating others will only get worse, as we will experience an ever-growing sense of being lost.

We should also be observant of how we evaluate our self-worth. Self-worth is the value we place on ourselves when comparing ourselves to others, to mental concepts, or to material objects. If we base our self-worth on anything or anybody outside of
ourselves, we could be subjecting ourselves to that object or person’s condition. Whatever changes those things undergo, so will we, and any aspects of our lives based on those objects or persons will come crashing down, similar to a house with an earthquake-damaged foundation. For example, if our self-worth is based on having a lot of money, we might consider suicide if we went bankrupt.

We can’t depend on others for our happiness or fulfillment in life. They can assist and help us, but our relationship with ourselves must be the foundation for anything we build in life with which we wish to experience lasting fulfillment. Working from a solid place of self-knowledge allows all our relationships with others to function better and be much more enjoyable. When life is over, one of the few things we can find comfort in is that relationship with ourselves and those close to us with whom we have built a life, based on that foundation of self-knowledge.

**Consider reducing or eliminating the one-truth reality:** By *one truth*, I mean one way of doing things or a belief system that we consider is the right way for everybody. This reality or way of looking at life can take many forms, such as a diet that works for all, one religion for all, one structure of right and wrong, one belief system, one form of government, one way of treating illnesses, one culture, or one set of morals. It shows up in our daily relationship interactions: keep hair out of the sink, keep clothes picked up, no dating until age fifteen, no lying, or cats are all bad.

Certainly, the one-truth reality is just as valid as any other belief system. Historically, it is without a doubt the most powerful form of reality, as it contributes to a high degree of energy focusing and power utilization in the pursuit of whatever goals are
set by the authority-wielding entity or group. The downside of the one-truth reality is that it contributes inordinately to conflict, resentment, elitism, exploitation, exclusionary mentalities, persecution, and broken relationships. It is particularly harmful in relationships with those close to us, such as our parents, siblings, spouses, and children.

Our everyday human communication is based on how we open up our reality (our set of truths) to the possible existence of other valid realities or truths emanating from those who we meet in life. As we talk to people, we can sense if they are open to what we are saying. Communication happens in a similar way as a herd or flock moves; it’s an organic communal act that requires the participation of all concerned on many different levels for it to occur at all.

If we keep our minds closed and are not open to others’ truths, we will not have an easy time with our relationships with other people and quite possibly eliminate our own growth and learning opportunities. Over time, our reality becomes isolated, keeping out all other realities to the point nobody can stand to be around us.

**Moderating our emotions:** I’m not advocating becoming a stoic and eliminating emotions. I’m suggesting we learn to have some objectivity about how we experience our emotions. In my opinion, emotions are one of the major reasons life is exciting at all, if not the only reason. The problem with emotions is the damage that seems to shadow certain situations caused by getting caught up in our emotional experiences. We say things and do things while under our emotions’ influence that can lead to regret, remorse, guilt, property damage, injury, and death. Conversely, the good side of emotions is fun and enjoyable, and it’s pretty hard to imagine life without them.
Through various techniques of mental and physical discipline, we can train ourselves to not be so subjective to our emotions and learn to mitigate and avoid the damage they can cause. Clarity and calmness of mind allows us to experience emotions but at the same time maintain control over our physical body and what we say and do. Emotions well up out of our nervous and energy systems after being stimulated by various mental or environmental input. Emotions are therapeutic and help to balance the energy of the physical body and our mental states by eliminating various excesses and stored baggage. So we don’t want to control them to the point we close them off entirely, as this will eventually result in a new set of issues to address. But learning to feel our anger without acting on it, for example, can give us some insight and help with any subsequent desire to eliminate the source of the anger, or learn how to put it to good use.

Observing how we react to certain situations and gauging the intensity of our reactions can also point to possible external influences that may be contributing to the emotional outbursts. These external influences can be many and varied, such as learned behavior, parental influences, microorganisms, environmental substances, and mental or physical abuse. But the main positive results of gaining some objectivity with our emotional outbursts are being able to see what is coming from us and what isn’t, and owning up to our part. Unexplained or unusually intense emotional outbursts can lead to reciprocal outbursts, resentment, and blame from those around us, setting off a back-and-forth reverberation that can cause a break-down in relationships. If we have the clarity of mind to recognize and own up to what we clearly see as our personal issues, we can make amends and prevent destructive events from blossoming further.
For the most part, our body and mind have subconsciously kept us at a comfortable energy level by using what we have been giving them since birth, without any of the above energy-management techniques. Once we begin applying this information consciously, we will upset that balance and cause a period of chaos while our body and mind adjust to the new foods and activities we force on them. If we drastically alter the energy-type intake of our food the body will rebel. We must cut back or eliminate things gradually. If we normally eat a lot of chemical-laced processed foods, and we stop eating them suddenly, we can get sick. Our body has been storing all the chemicals it couldn’t eliminate, and they will start entering our bloodstream once they get a chance to do so. Our body will also experience energy swings, mood swings, and extreme emotions as we adjust and experiment with our energy levels. Over time our body and mind will reset to this new paradigm, and we can begin to consciously manipulate and explore not only our energy, but also the energy sources around us.

Modern Western culture is based on the overabundance of energy. Our meat-, dairy-, and salt-based diet causes us to rush around, always in a hurry to get things done, make more money, grease that wheel, and stoke that fire. Our approach to medicine and healing is the same: pop a pill or take an injection for that immediate cure; cut out the offending organ or scrape away that cancer. This approach has its value in the short term, but who wants to walk around with a pacemaker or a colostomy bag, take chemical injections that make us nauseous and our hair fall out, or have to have our blood sucked out and cleaned every couple of days? Do you enjoy spending thousands of dollars on medications that usually have side effects that are worse than what they are supposed to be healing? Who
among us wants to end up in a care facility wearing diapers and being fed through a tube, just barely aware of our surroundings while awaiting death?

Adjusting ourselves through diet-based energy control takes time. Eliminating foods that we have grown accustomed to is hard to do. If we are willing to take responsibility for our own health and put out the effort needed to build a little knowledge about ourselves through experimentation, we can eliminate the need for most medical care. We can avoid all those surgeries and the need for medications later in life, and we can keep active and aware until we decide it’s time to leave this life.

We must also be pragmatic and all-inclusive about how we effect change in our lives. Since beginning my experiment with food and energy at age fourteen, I have not been to a doctor for medical care aside from getting stitched up a couple of times and the mushroom incident at eighteen. That was forty years ago. No pills, no aspirin, no cough syrup, no prescription drugs, no antibiotics, no surgeries—zip. Recently I came down with a case of food poisoning, while at the same time my prostate decided to become inflamed, preventing my bladder from emptying properly, which led to a bladder infection. After forty-eight hours of vomiting, dehydration, a raging fever, and a constant pain in my groin from the backed-up urine, I went to the emergency room. The doctors plied me with intravenous painkillers and antibiotics, and I was damn happy to receive them. Not that I hadn’t had problems before this that could have used medical care. I simply learned to take care of them myself through energy adjustment and environmental manipulation through the use of personal power. Anybody can do the same. This system of self-help can be used in conjunction with conventional medical treatments and
medications in order to greatly reduce the frequency, associated stress, and the emotional and financial impact of health issues.

CONCLUSION

Our body is a very strong, flexible, and capable being. It can take a massive amount of abuse before breaking down. The ultimate conservator and survivor, our body can drag out disease and death by cutting off noncritical processes one at a time, holding onto life as long as possible, waiting for any supportive action. Conceptually, little effort is required to initiate positive change. The real challenge is trying to actually change the way we do things, as our current lifestyle and way of thinking does not allow for easy or timely transitions, especially if the necessary transition is inconvenient.
The duality of our current culture—alive or dead, soulful or soulless, good and bad, high and low, have and have-not, capitalist and subsistence—creates a separation between ourselves and the universe we live in. The easier we make life, and the further from the edge of sheer survival we live, the greater that separation seems to become. We forget where we came from, and inevitably fall into self-abuse and abuse of what gave birth to and sustains us. We become intent on eliminating anything that gives us life and replacing it with things that cause us harm. For the most part, this has happened just since World War II in this country and Western civilization as a whole, and is slowly spreading around the globe. We must reinvent our society and learn to think differently in order to survive this phenomenon.

Civilizations of the past have risen and fallen with similar scenarios: wealth hoarding, self-abuse, environmental collapse, the breakdown of gender roles, no sense of belonging to a greater whole, and lack of teamwork. What makes our current situation so much worse is the introduction of highly toxic man-made substances into our internal and external environments.

The Roman civilization lasted for a thousand years, with many aspects of it still in existence today. That society went through many cycles of overconsumption and excess at the expense of its neighbors and subjects. The Romans ultimately could not sustain their own lifestyle. By the time their culture fell, they were so reviled that all activity resembling Roman culture was rejected, which resulted in the European Dark Ages.

We are experiencing a similar dynamic today among our Western culture and the rest of the world. The Western nations have created a free society and a standard of living that has become, more or less, the template for the rest of the world, while at the same
time our capitalist overconsumption is suppressing and impoverishing our neighbors. We are also creating ever-wider divisions within our own society through corporate greed, elitism, bigotry, and the hoarding of wealth.

Our society is still very young compared to others. It is entering a stage of adulthood where we must learn to direct our collective energy and worldwide presence into self- and global-supporting activities and policies if we are to keep ourselves from going down the road of dissipation and self-destruction, and dragging the rest of the world with us. We owe it to our ancestors, who risked everything to establish free countries in a world of despots, to take responsibility for this lifestyle of freedom and plenty that we have created, and direct it onto an all-inclusive, globally supportive path.

If we don’t see ourselves as alive and connected to all things, we allow ourselves to be OK with treating one another and the environment poorly. We place ourselves above the physical natural world and remain detached, to the point that we kill ourselves by destroying that which supports us, though we can no longer see it. It’s as if we as humans create a society resembling a limb of a tree. We climb farther and farther out on that limb and eventually forget it’s attached to a tree. The day eventually comes when we make the final fatal decision to remove all the trees, including our own, as they are getting in the way of our limb’s growth. We can repair our damage and clean up our toxic waste, but as long as we see ourselves as separate from nature and misuse it, and treat our internal and external environment poorly, we will continue to have these issues until it’s too late.

Our coming-of-age rites and public education system have to include usable all-inclusive information about our body, our energy, the environment we live in, and the
universe of which we are all a part, in order for our youth to find and take their place as responsible adult contributors to our society.

Not only do we make the mistake of separating ourselves from nature, but we also separate from ourselves. We see ourselves as two separate beings inhabiting the same body—good and bad, material and spiritual. The body of our society is similarly separated from itself—noble and peasant, rich and poor, management and labor. How can we possibly treat ourselves with respect as long as we fight aspects of ourselves? How can we possibly treat the world we live on with respect and support if we can’t do that to ourselves and one another? And this is not just a recent societal turn of events. We hunted animals to extinction and clear-cut forests long before any hint of capitalism or profiteering. Our current abusive culture is the result of a thought pattern we have had for tens of thousands of years—come to fruition.

No food or drug manufacturer sets out to create harmful substances. A bag of chips is obviously not going to kill us. Taking a decongestant isn’t going to cause our hair to fall out. An X-ray or CT scan is not going to make our bones rot. Drinking water out of a plastic bottle isn’t going to give us cancer. Eating a frozen burrito cooked in a microwave won’t finish us off overnight. Wearing polyester clothing won’t hurt (except maybe on a really hot day). Wiping our nose with a white paper product won’t give us asthma. Getting a dental cavity filled won’t give us Alzheimer’s disease, and eating our favorite junk and fast food won’t shut our liver down at lunchtime. But all these things taken together—multiple times a day, week, and month, year in and year out—can and do kill us. They all contribute to the one thing we can’t afford: the degradation of our autonomic systems, especially the immune system.
All realities work. All lifestyles work. All diets (including the microwaved hot dog, and the bag of chips and soda from the corner store) will keep us from starving and keep us alive. There is no one dietary system that is 100 percent perfect for all people. Any substances we consume or come into contact with have distinctive aspects and characteristics that will be experienced if we choose to ingest them. But how long can we expect to be able to eat low-quality food without suffering the health consequences? Our children are paying the price with poor health and wrecked lives at far too young of an age—and it’s only going to get worse. The point of this book is to enable us to choose what we want so that we do not simply accept what is thrust upon us or what we grow up with.

It’s clear we are doing the same thing to our bodies that we are doing to our environment: we are abusing it to the point of self-destruction. We have been able to engage in these self-destructive activities for decades and are only just now beginning to wake up to the pain and suffering of the degenerative diseases they cause, simply because of the sheer number of individuals who currently suffer from them. Any of these abusive activities taken on their own is not insurmountable. If they are lumped altogether, however, our bodies will not be capable of winning the battle.

Our government, the scientific community, and the manufacturers of these offending substances and processes are incapable of the degree of self-policing needed to effect a positive solution. Not because they don’t want to; it’s due to simple human nature. We humans don’t want to recognize that these products and services are causing our health problems, because it’s easier to go about our lives in ignorance than to put out the effort to change. Our government, the scientific community, and the corporate manufacturers
collectively support one another in the construction of a massive “head in the sand” mentality, whose one governing concept is “let the buyer beware.” It’s high time we, the consuming public, become wary and accepted the responsibility for our own health.

Our current health situation wouldn’t be so bad if the treatments, procedures, and medicines the medical and pharmaceutical industries are currently producing were affordable and would actually support our overall long-term health. All too often they are wildly expensive and ineffective in the long run—not to mention the fact they generally come with dangerous side effects—but this was not always the case. The health community was originally a very charitable, philanthropic organization whose main concern was alleviating suffering and saving lives. The Hippocratic oath was the governing concept: “Do no harm.” Unfortunately, profiteering has taken over as the guiding light, with predictable results. We have been trained to be consumers from birth, subjected to health-destroying substances, and then forced to pay to get cured of the resultant damage to our bodies. Corporate greed and the total disregard for the individual have gotten so bad and so common it’s become acceptable behavior. Instead of “How can I help you?” our template of human interaction has become “How can I screw you?” Our health has become another investment opportunity, through the financial instruments of pharmaceuticals, health insurance, and hospital procedures. If we get healthy, we are no longer a source of profit.

A real cure for this destructive health paradigm begins with taking personal responsibility for our health and having respect for our internal environment. Respect and responsibility for our external environment will naturally follow. The real issue with our external environment is not whether we are protecting it; it’s whether we as a species
wish to survive. The environment will always be here, but it’s our choice whether it will support us or not. All the things we do (conserving land, cleaning up toxic spills, passing pollution laws, changing industrial techniques, etc.) are just bandages that fix only symptoms of the real issues: how we think about our place in the environment and the universe, and how we connect to them.

As a culture we suffer from the cancers of profit and energy hoarding, which actually cause individual, physical cancer issues. But instead of bombarding our physical diseases with increasingly dangerous medications, we simply must open up to new things and learn to think differently. All things are possible. It is human nature to try to protect what “is” from change, to fight tooth and nail to keep the status quo. What currently exists will always seem safe and secure when compared to the unknown, even if it’s killing us. So how do we effect real change? We all must start with ourselves and take responsibility for ourselves and our actions.

The health paradigm we have currently saddled ourselves with in Western culture is very dysfunctional and geared for profiting from disease and death. We are fed food constructions that cause us pain and suffering. We are trained to desire manufactured goods that we work ourselves to death trying to provide for our families, and which, in the end, cause us harm when we use them, and harm to our environment when we make them. We live in a constructed reality that has become separated from the physical and natural aspects of our body and the environment we live in. Profit and material wealth are all important—even more important than the lives of our fellow human beings and other living things. Cancer and all the other degenerative diseases we suffer from are the cure for the disease that is us and the way we think.
With very little actual effort, we can create the life we want. Everything that we need in order to accomplish this is provided for us as soon as we are born. Recognizing our energy, connecting to it, and learning to manipulate it are the things we can do independently and free of charge to effect real and lasting change. The only thing standing in our way is our own trained ignorance of ourselves, which we ultimately control. How we live our lives is our choice. We don’t have to revolt or produce an armed insurrection of any kind. (Whom would we be fighting anyway? Ourselves?) We simply have to take the small simple step of changing how we think. Everything else will follow naturally and easily. It’s time we change how we think about life and our place in it. It’s time we see all things as alive and worthy of respect and learn how to live in mutual support. We have to sign a pact of mutual need with one another and all of life in order to survive. We must take personal responsibility for getting along with ourselves, for supporting our health, for supporting all the life that is Earth, in order to own and maintain our place in the universe.
APPENDIX A: SELF-DIAGNOSTIC TOOLKIT

Over the course of my education in energy and alternative health, I have dabbled with several techniques of self-diagnosis that have proven helpful in interpreting the symptoms my body has exhibited, and in finding solutions for them. The basis of all these techniques is ancient traditional knowledge passed down from generation to generation, modified and refined along the way. I have added my own observations here and there, and they all should be interpreted like open source code, to be added to by your personal interpretations of your own body. These techniques are particularly useful in helping us determine our energy level, especially if there are symptoms for the presence of both high and low energy. These techniques can also be used to help us get along with others, because they can assist us in determining why people act in a certain way over the course of a relationship. They are not necessary to properly diagnose energy-level issues, as I have described in this book, but they are helpful as a corroborating influence. I have listed these with brief explanations as an introduction only; the reader may explore more fully as needed. There is a vast body of much more in-depth information available on all these techniques in many media formats (books, online, and research publications), plus a plethora of health-care practitioners who have devoted many decades to perfecting their use.

Energy-level monitoring: The most common and important technique for the system I am describing in this book is simply being conscious of one’s current energy level. Constant conscious modification toward your comfortable energy level will eliminate the
vast majority of discomforts and illnesses before they occur. Being aware of sudden shifts in your energy level and then taking action to correct them will develop into your most valuable health-maintenance technique. Of course the success of this technique depends on actually figuring out what that comfortable energy level is after the elimination of all the abusive activities and substances to which we submit ourselves.

Observing our bodily wastes: Everything that comes out of our body can tell us something about its functioning. The condition of our body’s waste products can be observed for the following traits and their meanings, which can help point us in the right direction for a proper diagnosis and course of action.

- Feces, from green to yellow, brown, and black. The darker the color the higher the body’s energy level. Green indicates an energy level so extremely low that our immune system is compromised and infections of some sort are probably already present. Yellow is next and is OK but still on the low side, and is generally an early warning sign of low-energy illnesses on the way. Brown is the color we want to use as a baseline target. It indicates a good balance of energy and suggests everything is working normally. Dark brown and black feces indicate an extremely over-energized condition. Loose stools mean low energy and hard stools mean high energy. Bad smelling feces generally mean too high an energy input, but can also mean simply too much food.
• Urine. Dark, as well as bad-smelling urine, is an indication of a high energy level. A greenish tint means too low of an energy level, with a high probability of infection.

• Mucous discharge in general (green snot or phlegm) is a sure sign of an energy condition that is too low, with an infection of some sort present or in the works. Clear versions are early warnings of a lowered energy condition.

• Pus is an excretion that shows up with an active infection and means corrective action is needed immediately in the form of medical attention, if the issue is not minor in nature. High energy input, coupled with the elimination of all energy-lowering activities and input, can assist greatly in the healing process and can actually cure minor infections without further attention. This regimen can also support any medical process used to address any life threatening instances of infection.

• Body odor, including our breath, indicates too high of an energy level if it is unpleasant in nature.

**Organ location:** Observing where organ communications (symptoms) emanate from will alert us to impending trouble and allow us to make the proper choices for the health and maintenance of our internal systems. It is very helpful to know where our organs are, so that we can associate those aches, pains, and skin changes with the proper organ. This will help us in adjusting our diet and environment, and will contribute to our detective work, so that we might uncover what we may be unknowingly exposing ourselves to or ingesting that is distressing our body. Chart 5 depicts the positions of our internal organs.
**Physiognomy:** This diagnostic tool, as discussed here, was developed over millennia by the Chinese and later the Japanese (in macrobiotics) and is used primarily in their traditional medical techniques. The physical features, proportions, and color of our face; and the location of wrinkles, warts, acne, freckles, and broken blood vessels, can help in the diagnosis of many internal issues, and give us a chance to perform a daily physical by simply looking in the mirror, right along with brushing our teeth in the morning. Different areas and features of the face reflect the condition of corresponding internal organs. My use of this technique has focused on alerting myself to any excesses of consumption and undue wear and tear on my organs, allowing timely corrective actions. I have also used it in my relations with other people, as it can alert me to underlying personality traits that might be in conflict with my own. Chart 6 depicts the basic areas of the face and their corresponding organs, indicated by reference numbers.

Chart 6 Key:

1. The circulatory system: A deep wrinkle that runs across the forehead in the referenced area (as illustrated) indicates general distress, especially high-energy issues, with the blood vessels.

2. The nervous system: A wrinkle running across the forehead in the referenced area (as illustrated) is evidence of excess high energy affecting the nervous system. This excess will express itself in an overly agitated condition, low patience, being easily angered, and violence or rage.
3. The digestive system: This reference also points to a deep wrinkle running across the forehead (as illustrated), generally indicating high-energy issues with the stomach, duodenum, and intestines.

4. Gall bladder: This area, between and including the eyelid and eyebrow, will indicate various energy-, fat-, and oil-excess issues, usually in the form of skin tags, sties, moles, rashes, or dry skin.

5. Liver: This organ’s issues show up in multiple areas on the face including the whites of the eyes, between the eyebrows, and below the eyes, running perpendicular to a line between the cheek bone and the nose. The usual indicators are wrinkles, dark patches or lines, dry skin, or red patches.

6. Kidneys: Our ears, especially the lobes, and the areas immediately below the eyes will show the condition of these organs, usually in the form of bags, dark areas, and deep wrinkles.

7. Lungs: This area is just to the outside of a line that runs from the outer edge of the nostrils to the corner of the mouth; its indicators are acne, skin discoloration, broken blood vessels, or puffiness.

8. Reproductive organs: These refer to the ovaries, vagina, and various glands in women, and the testicles, penis, and associated glands in men. Deep wrinkles are the usual indicator of issues in these areas and generally evidence excess energy, usually caused by overconsumption of dairy products.

9. Pancreas: Problem indicators here are pain, acne, moles, skin tags, and redness, or swelling.

10. Stomach: Issues show up here as pain, acne, moles, warts, redness, and swelling.
11. Heart: The tip of the nose area can indicate many heart issues including an
enlarged heart, swollen right or left ventricle, or damage to the tissue. The typical
indicators are a general or bisected enlargement or swelling (relative to the overall
size of the nose), red discoloration, broken blood vessels, warts, moles, or skin
tags.

12. The bronchi: These are the main air passageways into the lungs and are
represented by the nostril flaps of the nose. Issues, such as tissue damage caused
by smoking, show up as discoloration of the skin, puffiness, and broken blood
vessels.

13. Small intestine: The upper lip will exhibit various symptoms indicating problems
with its normal functions resulting in acne, sores, chapped or dry skin, cracks, or a
puffy or swollen condition.

14. Duodenum: This is the area that joins the stomach to the small intestine. The
corners of the mouth can exhibit issues that will indicate problems with this
organ, usually indicated by acne, sores, or cracks in the skin.

15. Large intestine: The condition of the lower lip and chin area can indicate issues
with this organ. Acne, wrinkles, puffiness, sores, cracks, and dry or red skin can
alert us to these problems.

Listed below are some of the symptoms that typically show up on our face and what
internal issues or personality traits they can indicate by their position.
• Acne generally means too much energy or chemical food additives affecting the organ indicated by the position.

• Warts and skin tags are also indications of too much energy, generally having to do with overconsumption of dairy products, and tend to show up around the eyes, indicating gall bladder issues. Moles can indicate tumors in the associated organ.

• Puffy eyelids indicate gall bladder issues, whereas puffy bags under the eyes show low-energy kidney issues.

• Wrinkles are generally caused by some form of extreme high-energy condition in the organs indicated by their position. Wrinkles on the upper lip or bracketing the corners of the mouth suggest sexual organ problems; those between the eyes, liver issues; and horizontal lines on the forehead, general over-energized problems.

• Broken blood vessels (red, purple, or blue lines) show damage to the organs indicated by their location.

• Dark patches or bands show organ exhaustion from extreme high-energy input.

• Red patches reveal a very high energy condition.

• Freckles are generally an indication of a low-energy condition, usually caused by overconsumption of sugar and sweets.

• A bulbous nose tip indicates low-energy issues with the heart.

• The general (nonlocalized) condition of the skin indicates the condition of the liver and large intestine. Among other functions, the liver filters and detoxifies just about everything we put into our body and uses the skin as an organ of elimination of the impurities. The large intestine works in conjunction with the liver in the digestion and elimination process. It also houses a large and varied
population of microorganisms, both beneficial and not so beneficial, that greatly affects our overall health. The large intestine is also responsible for the absorption of water and is critical to keeping the body hydrated. Dry skin usually indicates some issue with the large intestine. Light color to yellow skin indicates low energy, and dark, high energy (this means lighter or darker than usual). Dark or red spots also indicate high-energy-input issues.

The basic structure of our face and head can help describe aspects of our originating energy pattern, constitution, and personality. Listed below are some of the more common observations.

- A big, wide chin and jaw indicates a high energy pattern; a small pointed chin, low energy and a more sensitive constitution and personality.
- Eyes close together show high energy, and eyes set widely, a low energy pattern.
- A high, wide forehead suggests low energy, and a short one (measured by the space between eyebrows and hairline) indicates high energy.
- Big ears with detached lobes suggest a strong constitution.
- A flat back of the head suggests a high energy pattern, while a round or bulbous condition in the same area indicates low energy.
- A wide mouth generally suggests low energy, a propensity for mental instability, and a large appetite for excess. A small mouth with pursed lips shows a high energy level and a propensity toward high disciplinary control.
• Eyes that droop toward the cheeks show an unstable mental condition generally associated with low energy.

• Eyes that are generally just slits or thin represent a very untrusting and insecure person, usually of a high energy pattern.

• Irises that are partially obscured by the upper eyelid indicate extremely low energy and a propensity for accidents. Irises that are partially obscured by the lower eyelid, or when whites of the eyes can be observed between the iris and the upper eyelid indicate extremely high energy with a propensity to anger and violence.

• The coloration of the iris reflects the energy pattern of the overall system and can indicate excessive consumption of chemicals, high or low energy foods, and drug use. According to physiognomy theory, there are two basic types of eye color: brown and blue. All of the other colors indicate variations to the two basic colors due to energy level and substances ingested. My observations support that theory. Yellow indicates extremely low energy (indicative of low-energy type cancer), green indicates a general low energy condition or consumption of many low-energy substances, and black extremely high energy (indicative of high-energy-type cancer). Hazel eyes are brown eyes with some green, indicative of low-energy substances. Varying shades of blue and brown eyes indicate degrees of high (darker shades) and low energy (lighter shades). White striations indicate chemical or drug use.
The circulation of ethereal energy: This concept is illustrated in Chart 7. This diagram is full of information that can be used to discern our physical, mental, spiritual, emotional, and relationship conditions and predispositions. I was first introduced to this device by Rock Avery, who has spent many decades experimenting with it and has developed a highly successful diagnostic technique using the basic information it contains. The chart demonstrates how our internal organ functions (and their unique energy vibration along with the associated emotions) correspond to times of the day and months of the year. The time of year we were born will indicate one to three organs that will be weak and predisposed to malfunction for various reasons. When our mother (and to a lesser degree our father) was born will also indicate a weakness or predisposition toward issues with the indicated organ or system. The time of day we feel bad or time of night we habitually wake up can be indicative of health problems with the corresponding organs as well.

Examples of use:

- If you were born between July 21st and August 21st, the heart will be susceptible to health issues, and you will have a smaller possibility of issues with the small intestine and bladder. The organ opposite your birth time also tends to show a weakness, the gall bladder in this case.

- Constantly waking between three a.m. and five a.m. indicates lung problems.

- Using the emotion associations listed below, someone born between October 21st and November 21st will tend to experience unusual levels of fear.
• The areas denoting the five elements and aether indicate a finer level of energy vibrational influence. Each element has a set of attributes that influence our body and mind and the flow of energy through them.

**Organ-emotion associations:** Each organ has an associated emotion. Emotional problems can indicate issues with the corresponding organs. Conversely, emotionally traumatic events can cause problems with our internal organs. Certain weak organs at birth can cause deficiencies in the emotions connected to those organs. Massaging or strengthening those organs through the various types of energy manipulation (food, environmental, or human influence) can help mitigate emotional issues.

• Anger is associated with the liver.
• Anxiety and worry are associated with the spleen.
• Fear is associated with the kidneys.
• Grief is associated with the lungs.
• Fright, shock, or panic is associated with the gall bladder.
• Joy is associated with the heart.

As an emotional diagnostic example, in early 2014 I was experiencing cramping in my liver, which I attributed to maintaining too high of an energy level. Dry skin and a red face also contributed to this diagnosis and created an urgency for a cure. I had recently had good luck with clearing plaque out of my arteries with a particular brand of herbal remedy, so I decided to try the same company’s liver-cleanse formula. As I read over the
product’s ingredient list I noticed several highly energetic herbal ingredients. The product information also mentioned that the formula was particularly helpful in cases of cirrhosis of the liver (a low-energy condition generally attributed to alcohol consumption). As my initial diagnosis was an overly high energy condition, I had reservations about taking this formula (being worried about trying to cure a high-energy condition by applying high-energy herbs), but I went ahead and gave it a try just to see what would happen.

After a couple of days of following the recommended dosage, I was driving to work, when a fellow driver pulled ahead of me into my lane a little too close to my car. Whereas this maneuver is pretty normal for rush hour traffic, I had an extreme rage and anger response, envisioning running the car down, pulling out the driver, and inflicting serious bodily harm. The reaction was so intense I immediately realized that something was off. After a quick review of what I had been doing recently that might have introduced the huge uptick in my rage, I determined that the liver-cleanse formula might be the culprit, and I halved the dosage. The very next day I had a similar incident while driving to work, plus later that day I had a rage-filled argument with a coworker. I decided to quit taking the liver herbs, due to my knowledge of the relationship between the liver and anger, which resulted in the elimination of the rage episodes.

**Energy meridians:** These conduits are to the energy system as arteries and veins are to the blood circulatory system. They conduct energy to every part of our body. See Chapter Sixteen: Plugging into the Grid, for further explanation. The locations and therapeutic uses of these meridians were developed by the Chinese through centuries of
experimentation and are used in many traditional medical techniques, including herbal remedies, moxibustion, acupuncture, and acupressure.

As we experience problems with our organs, symptoms such as pain, swelling, inflammation, redness, infections, warts, and acne, will show up along the meridian associated with that particular organ. Observing where these symptoms show up will help us diagnose which organs may be in distress. Chart 8 depicts the positions of a few of the meridians and stimulation points. For simplicity sake I have depicted these lines as asymmetrical. In actuality they are symmetrical with matching lines on both sides of the body.

**Chakras:** These are the energy-distribution centers or junctions of the body that act as an interface between the environmental energy and our own. (See Chapter Sixteen: Plugging into the Grid, for more on this.) My conscious use of these centers has been limited to visualization techniques intended to move energy from one to the other (to alter my personality traits), controlling the various types of environmental energy vibrations I allow myself to be subjected to, and in the energy-manipulation technique of projecting my energy vibration outward from the various centers to effect change in my environment (personal, home, and work). Chart 9 illustrates the approximate position of these energy centers.
Chart 5: Internal Organs

Lungs
Liver
Gall Bladder
Kidney (In Back)
Small Intestine
Large Intestine
Appendix
Heart
Spleen
Stomach
Kidney (In Back)
Pancreas
Bladder
Rectum
Chart 6: Physiognomy
Chart 7: The Circulation of Ethereal Energy
Chart 8: Meridians and Stimulation Points
Chart 9: Chakras

- Crown
- Brow
- Throat
- Heart
- Solar Plexus
- Groin
- Base of the Spine
APPENDIX B: REAL-WORLD APPLICATIONS

As stated in earlier chapters, we use energy unconsciously to stay alive and to provide us with everything we need to survive. In order to use it consciously, we have to be able to visualize what we want to use it for so we can form intentions and set goals. That can be problematic, as it’s hard to visualize how to use energy when we have little knowledge of what it is and what can be done with it. Hopefully, the information presented so far has been helpful in describing energy and how it acts in and around us. What remains is to convey some specific ideas as to what can be accomplished in our lives and community through the use of this information. What can we actually do on a personal, familial, communal (city, state, national, and international), and universal level with this information?

First of all, why would we want to change our lives on any of these levels? What would have to happen to us on a day-to-day basis that would make us feel as if our lives were in need of change, especially in Western societies with our relative wealth and ease of life? The most obvious would be that we get sick and our doctor tells us we have to change our lifestyle habits in order to survive. Then it’s up to us as individuals to attempt to control our own bodies and minds in order to survive.

Even though Western culture is easy from a survival standpoint, we tend to make life hard in other areas with the result being we have increasingly pervasive mental and physical health issues. We pack on the stress with work as we constantly strive to make more money so we can buy all those alluring consumer goods we think we have to have. We are taught that our purpose in life is the accumulation of wealth in order to live a
certain lifestyle. In fact, our success in life is generally gauged by how much money we make. I’m not saying having that purpose in life is a bad thing. I’m simply pointing out that it’s not healthy for everybody as evidenced by the increasing mental, physical and environmental issues, cultural dissatisfaction, societal inequities, elitism, and bigotry that are the result of focusing exclusively on the accumulation of wealth.

After all, focusing on making money is essentially an attempt to gain some security in life. We are taught in the West that security equals a certain amount of money that, for most of us, is always just out of reach. So we keep trying harder our whole lives to reach that goal. Even if we surpass that goal, we still strive to keep accumulating as much as we possibly can because that is all we know to do. The end result usually is that we retire with our health wrecked and die within a few years. The harder we focus on finding that security, the more our lives fall apart. Our relationships break down for lack of attention or affection, we notice a growing empty feeling and general lack of enjoyment in life, and eventually our lives seem to be working against us. This phenomenon is evident on a national level as well. Our economy is based on ever-expanding development, inflation, and the need for publicly held companies to show increased profits every year. Commodities and consumer products decreasing in price (seemingly a good thing from a commonsense perspective) is seen as detrimental to a healthy economy through the effect known as deflation.

Even if we are lucky enough to attain the goal of having enough money to provide ourselves with a life in which we don’t have to work for survival, we can get dissatisfied, bored, and suffer from accelerated decomposition mentally and physically. This physiological state is caused by a lack of feeling fulfilled. Feeling fulfilled is what gives
us happiness and joy in life, keeps it interesting, and creates enthusiasm. How we attain
this feeling is not necessarily governed by any societal structure. It is governed by the life
we currently live. How we have put together our own lives since birth will determine
what gives us fulfillment. We can be fulfilled by becoming a millionaire, helping the
poor, or being a criminal—it all depends on who we really are.

So if we wake up one day and realize we have no fulfillment in life and simply are
not enthused about it anymore (or in fact, never have been) what do we do? We start
trying to figure out how to change that situation and get some fulfillment. It doesn’t take
wholesale rejection of our culture to disengage from the stress, emotional loss of control,
and lack of fulfillment our lifestyles impose on us. We can spend some time learning how
to disengage from our learned unconscious or destructive use of what is around us and
learn to use it constructively, not become so caught up in and blinded by it. Listed below
are some of the ways we can use the information presented in this book in order to make
the changes necessary to get more enjoyment out of our lives and to help protect us from
activities that can cause harm.

**Personal Level:**

- We can use energy-manipulation techniques to make our lives easier and keep
ourselves healthy and full of energy. We can discover and observe our personal
energy pattern and learn how to manipulate it using the charts in Chapter Twelve:
Getting Started. By noticing the effects of the food and substances we consume
and the activities we engage in, we can learn to keep our energy levels where we
want them and keep our immune system healthy enough to fight off anything that wishes us harm. Just like our individual cells create a bioelectric field that protects them from bacteria, viruses, and fungi, our body as a whole creates an energy field that other life-forms can sense. A strong, energetic field around us (generated by keeping our energy and immune systems strong, clear, and focused) will keep not only harmful microorganisms at bay, it will also protect us from what we call accidents and people who wish to take advantage of us or do us harm. Examples of this can be seen in animal behavior such as how predators will usually not attack healthy adult prey and will seek out the young, old, or infirm members of a herd. Human beings are similar. We size up our prey and shy away from the healthy, fit, focused, or those with high-energy levels. We seek out the old, the weak, the young, and the gullible.

- Energy manipulation can also be used to alter our personality, how we look at life, and how we interact with those around us. If we have a hard time putting up with people, have low patience, or become violent—all traits of too much energy—we can reduce our energy by eating foods with lower energy or foods and substances that take away energy. If we can’t get up in the morning, are depressed all the time, or have no enthusiasm for life, we can eat foods with more energy and eliminate the foods that take away energy.

- If we get sick or injured, we can support our regenerative and immune systems by eliminating all foods and substances and activities that reduce our energy supply.
This will greatly assist any other medical techniques we might use at the same time.

- This information can prevent and cure many chronic diseases, such as cancer, asthma, diabetes, IBS, and heart and lung disease, that would otherwise destroy our health and finances. It can also increase our stamina, endurance, ability to hydrate, and physical strength in general.

- Preventing sports injury and eliminating the propensity for accidents are possible through the utilization of energy manipulation. Our energy field essentially surrounds us with what amounts to an inflated bag. These bags of energy bump into one another and alert us to impending physiological interactions with others. They also act like bumper cars protecting us from others as we move about in life. The stronger and more forceful our energy field is, and the more conscious we are of its alarms and alerts, the more protection it can provide.

- Energy manipulation will improve our mental acuity and memory capacity.

- The information concerning medicine will help us avoid the dangerous side effects of prescription drugs by reducing our need for them through self-help, diet adjustments, and alternative health care.

- We can learn to recognize and reject foods and consumer products that can cause debilitating diseases through exposure or over-consumption.

- By keeping our energy at an individually healthy level at all times, we can increase enjoyment of our recreational activities.
• If we develop an understanding of sex’s effect on our energy levels, we can increase enjoyment of our sex lives.

• Keeping our energy at an optimum level will help us learn to reduce our insecurities and general poor feelings about ourselves.

• Building up a tolerance to heat through energy manipulation (reducing high-energy consumption) can help those of us who work outdoors during the summer months or in tropical regions. We can also increase our energy level and stored energy to insulate against the energy-lowering effects of cold weather.

• By visiting or relocating to mountainous or northern latitudes, we can take advantage of the energy-lowering effects of those areas to help cure chronic high-energy symptoms.

• We can develop our intuition so that we can see future events.

• Learning to read personal energy fields will help us to avoid those who wish to deceive us or do us harm.

• Energy manipulation will help us reduce or eliminate depression, mania, and stress.

• Through the use of mental discipline techniques coupled with altering our diets, we can learn to control our desires and emotions, and keep our minds calm and clutter-free.
• In the midst of all the authority structures we are subjected to every day, we can learn to be our own boss.

• We can choose to change our reality to something more supportive of the lifestyle we wish to live. We can choose to live a life that prevents disease instead of one that creates it. We can choose the reality that causes us to have our organs cut out and replaced, endure wildly expensive medical procedures, become drug company guinea pigs, have our bodies irradiated and ravaged by chemotherapy; or we can choose the reality that will prevent the need for those procedures in the first place.

Community Level:

• We can use our observations of the energy levels of others to better understand why they act the way they do which would improve our ability to negotiate and communicate.

• Violent criminals can be altered through energy manipulation to get along with their fellow human beings better.

• Prison violence can be reduced and eliminated through these techniques by reducing the overall energy level.

• The sex drive can be controlled by reducing energy, resulting in fewer sex crimes.

• Cooperation can be enhanced by reducing energy levels.
• Lowering or balancing our energy levels will result in more empathy and appreciation of those around us. This will allow us to put more of our energy into being considerate of others.

• Energy manipulation techniques can support and enhance treatment for many mental and physical issues caused by too high or too low of energy levels, greatly reducing the burden these conditions put on our health care infrastructure.

• By recognizing the negative effects of industrial substances on our lives and eliminating them from our environment, we can take back control of our community’s health.

• We can prevent our children from becoming indiscriminate consumers through media training by not allowing their young naive minds to be exposed to consumer marketing through the TV and computers. Unplug and give them the opportunity to develop independent thinking.

• Support our youth by providing them with better tools to help their transition to adulthood so they can be self-supporting, support the community, and find their place in it.

• Train our children while they are young to appreciate the taste of whole and minimally processed foods. Even if they turn to junk foods when they are older, a healthy foundation when they are young will support their health for much of their lives.
• Avoid feeding our children sugar in all of its forms (such as candy, cakes, soft drinks, and ice cream) as it is so destructive to the health of their growing bodies and minds.

• We can learn to understand, control, and eliminate community destructive addictions.

• Vote with our wallets by boycotting foods and substances that cause harm to our body and the environment.

• Many aspects of this information will help improve gender relations through better understanding of the gender-specific effects of energy on our physiological conditions.

• We can improve race relations and facilitate inter-religious relations through the observation and manipulation of differing perceptual realities.

**National Level:**

• We can maintain national fiscal health by consciously manipulating the flow of energy into and out of the financial system. We can create a healthy and stable national financial structure easily accessible and useable by all if we reduce the negative effects of energy-depleting financial activities that focus on making money with money. Severely restrict or eliminate stock-market manipulation, financial instruments based on debt, and retail-bank involvement in the stock
market and replace them with investments in energy-building activities such as mining, manufacturing, research and development, food production, and renewable-energy production.

- Analyzing and controlling all types of products imported into our country and barring entry to harmful substances will help protect us from many debilitating health conditions.

- In order to ensure the long-term health benefits of staple farm products, we can regulate genetically engineered foods and support the security and maintenance of the viability of indigenous-seed stock for future generations.

- We can recognize the negative impact that junk food, fast food, additives, and preservatives have on our mental and physical health, increase regulatory oversight of food manufacturers, and expand public education and warning labels on food products.

- The creation of a publicly funded lab to systematically test the health impact of all industrial substances and food additives would go a long way towards the elimination of a host of degenerative health conditions.

- We should require industries that produce environmental pollutants and products that are detrimental to life-forms to set aside research- and development-funds to create environmentally neutral processes and products to replace the harmful ones.
• By forcing new industrial materials to be submitted for approval to an FDA-like government body before use in the environment or commercial products, we could prevent new pollution and health issues from occurring in the future.

• Basing international negotiations on observed energy levels, personality traits, and the perceptual realities of dignitaries and national populations as a whole would lead to a more-efficient use of foreign aid and improved international relations.

• Maintaining an acceptance of differing cultures, races, ethnic groups, philosophies, and religions would make our lives more conducive to peace. Balancing our energy would contribute greatly to creating this state of being.

• Recognizing the polarizing effects of exclusivity, elitism, the hoarding of wealth, income disparity, and adjusting our “every man for himself” perception of security to a more-egalitarian version could translate into reduced poverty and crime, a higher standard of living on average, lower unemployment, increased electoral participation, and a greater sense of belonging to and appreciation for our country.

• We can elect effective government representation by recognizing that the ultimate authority belongs to each of us working together to get what we want. If we elect impostors (those looking out for themselves instead of the implied civil service of public office), we will get poor governance. In the arena of solving problems and getting the job done, style, posturing, and rhetoric cannot effectively replace substance, moving to solution, and hard work. Elected leaders are reflections of
the populace who elects them. If we can’t get along and work with one another, how can we expect them to?

**Universal Level:**

- Maintaining the health of our environment, fellow life-forms, and the planet by lowering our energy intake and adjusting our perception of what is important in life will help us experience the flow of the universe and allow us to see how we are all interconnected and dependent on one another and all life.

- If we spend some time training ourselves to hear and communicate with the many life-forms around us, we will learn to appreciate the sacrifices they make to provide us with the raw materials that we use to build our lifestyles. This appreciation will help us to take steps to ensure the continued survival of all life-forms by reducing our environmentally destructive activities and unsustainable appetites.

- By maintaining a balanced-energy condition, we can learn to give everyone and everything around us the authority to be whom and what they need to be. We can learn to treat everything in existence with respect and as equals.

- Learning to recognize the many forms of energy that pass through and around us every second of every day that impact our physiological conditions will bloom into a better understanding and acceptance of our place in the universe and our path in life resulting in an overall feeling of fulfillment.
• We can develop our intuition, reconnect to the commonsense knowledge base of our ancestors, and reduce the authority the scientific community has over our lives, thereby enabling our ability to make better decisions concerning our interactions with the universe and custom tailor them to the infinite variables presented to us in each moment of time that only the individual can properly interpret.