

Chapter 2 – THE BASICS

It is with great hesitancy that I write a chapter such as this one. Discussion and dispute about God and spiritual matters has been the single greatest cause of wars and death throughout all of known history. Humanity obviously has a deep desire to defend what he believes to be religiously correct. But neither my attitude nor my goal is to prove or defend any aspect of religion. There are so many religions, so many versions, so many theories; some based on what the Bible says, some based in mistranslation, some in tradition, some in myth, and some in what is believed to be science. If I were to defend something, it would be truth, not religion. But what is truth? Which religion or belief system is based on constant truth? Instinctive human nature will answer that question without hesitation . . . “What I believe is truth!” Even though there are many religions and many beliefs, each one believes itself to be the truth. We all believe that our beliefs are based on truth. Perhaps all beliefs have a piece of truth, or are some beliefs blatantly wrong? And who is to say that anyone is truly right or wrong? What is it judged against? And whose version?

All of these are perhaps unanswerable questions, thus it is not proof one way or the other that I offer, or care to present. What I wish to share is an idea that may be out of the box that you currently use. I believe that the information discussed in this book highlights certain aspects of truth that may not have been considered before now. Because I believe that spiritual advancement is the single most important goal of life, I feel a bit of obligated to share what I have come across so that you might consider and possibly grow even further than where you may currently be. I hope that at the least I challenge your current belief system into a stronger conviction. One fact is sure, what you believe will greatly influence who you are and what you become. Your belief, or lack of it, will create your limitations for success, happiness, love and your very destiny.

What is God?

The Bible refers to God as having always been and will always be. If you have ever contemplated that tidbit, you know that it is beyond comprehension for the human mind. We think in terms of linear time, so comprehension of something without beginning or end is simply confounding. Those who base their belief in metaphysics likely enjoyed the first chapter that indicated that our DNA literally expressed the dwelling place of YHVH, the Creator. While chapter 1 seems to prove not only that we have found an equation for the existence of God. It was revealed that the majority of the very elements that make up our physical body is God. We found that we are spiritual beings living a human experience, not physical body’s trying to achieve spiritual enlightenment. This is profound, yet it must be kept in context. Too many of those studying metaphysics and quantum theory loose perspective. To loose sight of the fact that there really is a presence, a being, an entity greater than ourselves is to loose grasp on the very nature of why all that is written in this book is possible.

It is in man to naturally believe in a higher power. Every culture in history has had a belief in something greater than themselves. If we take into account the information presented in the first chapter, you might say it is inherently genetic to believe in God – it is programmed into our DNA. There are people who do not believe in any version of God, but the amount of information available to the contrary puts that belief in a pretty small minority. (<http://www.godandscience.org>) The real question is not in whether there is a God, but in the definition of God. The Greeks had many gods, the greatest of whom was Zeus. Some cultures believed the rain, moon and sun were gods. Some believe the universe to be the supreme being. While I am not trying to help you conclude what version of God is the one you are to believe in, keep in mind that something must maintain order of all things. We must remember what actually holds the universe in place. Without this supreme being, things would not be orderly, they would be random chaos. But even the chaos theory in physics demonstrates an intentional design. Something holds everything together.

As you will see by the end of this book, we have great abilities. And why shouldn’t we? We are told that we were made in the image of God. But I say all of this in the discussion of who God is because even though we have the ability to shape much of our reality and influence the universe itself, we are not gods. The one word that describes God in a context set apart from what our mind is able to do is “Creator”. In the essence of what I will discuss as the human potential, we are much more powerful and influential than people are taught to believe. The essence of prayer is not in waiting for God to do something we request, it is believing for that something to come to pass. It is the belief, the intent of the emotion that initiates what will occur. We have the ability to shape our reality and bring things to pass, but we cannot create the elements, the molecules and the light waves that make the shaping possible. That small detail is what separates us from God. We are not gods, we are directors in creation. A child that builds things with legos is not the ultimate creator, the person who designed the legos with the ability to build things out of the pieces is the creator. The light waves and the quantum particles are already there, we simply activate, deactivate or rearrange those pre-existing elements to achieve those things we often think we are creating. The Bible placed humans as stewards of creation, but I dare to say that we have lost a decimal short of one hundred percent of what that means, what we are to be doing as stewards and what potential comes with stewardship.

Outside of religious terms, there really isn’t a word to describe what God is. Perfect, Harmonic, Pure Light and Pure Love are some of the words that might come close. In the presence of that perfection, or shall I say, if we truly lived in the essence of our spiritual potential, no tissue would become diseased and no imbalance would occur on the physical or emotional level. If God literally “dwells

within us”, we must have a very high potential. The further we get from the expression of that harmonic, that frequency, the more imbalance we manifest on physical and emotional levels. Some argue that one either manifests God or evil, what some call Satan.

Evil, the Lack of Good

A student asked his professor of philosophy the following questions when the atheist professor began his discussion that God was not love because there was so much evil in the world, that a loving God could not possibly exist.

"Professor, is there such a thing as heat?"

"Yes," the professor replies. "There's heat."

"And is there such a thing as cold?"

"Yes, son, there's cold too."

"No sir, there isn't."

The professor turns to face the student, obviously interested. The room suddenly becomes very quiet. The student begins to explain.

"You can have lots of heat, even more heat, super-heat, mega-heat, white heat, a little heat or no heat, but we don't have anything called 'cold'. We can hit 458 degrees below zero, which is no heat, but we can't go any further after that. There is no such thing as cold; otherwise we would be able to go colder than -458 degrees. You see, sir, cold is only a word we use to describe the absence of heat. We cannot measure cold. Heat we can measure in thermal units because heat is energy. Cold is not the opposite of heat, sir, just the absence of it."

Silence across the room. A pen drops somewhere in the classroom, sounding like a hammer.

"What about darkness, professor. Is there such a thing as darkness?"

"Yes," the professor replies without hesitation. "What is night if it isn't darkness?"

"You're wrong again, sir. Darkness is not something; it is the absence of something. You can have low light, normal light, bright light, flashing light... but if you have no light constantly you have nothing and it's called darkness, isn't it? That's the meaning we use to define the word. In reality, darkness isn't. If it were, you would be able to make darkness darker, wouldn't you?"

The professor begins to smile at the student in front of him. This was an accurate description. There is no cold, it is only a word used to define the absence of heat. And there is no dark, only the absence of light. Thus evil, is nothing more than the absence of God (good).

Does God Exist?

A man went to a barbershop to have his hair cut and his beard trimmed. As the barber began to work, they began to have a good conversation. They talked about so many things and various subjects. When they eventually touched on the subject of God, the barber said: "I don't believe that God exists."

"Why do you say that?" asked the customer.

"Well, you just have to go out in the street to realize that God doesn't exist. Tell me, if God exists, would there be so many sick people? Would there be abandoned children? If God existed, there would be neither suffering nor pain. I can't imagine a loving God who would allow all of these things."

The customer thought for a moment, but didn't respond because he didn't want to start an argument. The barber finished his job and the customer left the shop.

Just after he left the barbershop, he saw a man in the street with long, stringy, dirty hair and an untrimmed beard. He looked dirty and unkempt!

The customer turned back and entered the barber shop again and he said to the barber: "You know what? Barbers do not exist."

"How can you say that?" asked the surprised barber. "I am here, and I am a barber and I just worked on you!"

"No!" the customer exclaimed. "Barbers don't exist because if they did, there would be no people with dirty long hair and untrimmed beards, like that man outside."

"Ah, but barbers do exist! What happens is, people do not come to me."

"Exactly!" affirmed the customer. "That's the point! God, too, does exist!"

What happens, is, people don't go to Him and do not look for Him. That's why there's so much pain and suffering in the world."

What is Spirituality?

Spirituality is often thought of in reference to church or religion, but if church or religion or prerequisites of spirituality, then you would have to say that the "right" church or religion would help you achieve the greatest spiritual experience. My purpose is not to present you with theology as much as in the proving of how every aspect of life might influence our spiritual potential. When you read and understand the electromagnetic man, and introduce the fact that three-quarters of our DNA express the nature of God, spirituality can be defined as the expression of Godly attributes. It sounds simple, but in reality this is so difficult it is, or should be, life's most important goal. Anything that is love, that is self-less, that promotes all that we know God would be, is spiritual. It is not works or gifts or talents that makes us spiritual, it is the essence of the expression of our hearts. The Bible says, "If ye do to the least of these, you have done it to me". . . . From this, you might say that how you live from day to day with those around you is the ultimate expression of your spirituality.

If you go to church three times each week and preach conversion on the street corner but do not demonstrate love and respect to your wife, husband, children or neighbor, then you are religious, not spiritual. Study of the Bible, ancient inspired texts and going to church meetings or the synagogue are only steps to help one advance toward the ultimate goal. And these steps still apply if the meeting place you attend teaches truth above religion. No one can make you spiritual, and through no one can you become spiritual. It is your own person journey. It is the lack of spirituality that has this world in such a state of disharmony, hate, competition and war. There is more religion in the world today than there has ever been, yet there is more evil (lack of good). Might we have forgotten, or lost, elements that can help us reach the very purpose of our existence?

The Bible tells us that, "As a man thinketh in his heart, so is he." This does not refer to what you think in your head in terms of thoughts as much as what you feel in your heart of hearts. We will call this our emotional heart. Your emotional heart is governed by your convictions, the true nature of who you are, not who you pretend to be or even wish to be. It is what you manifest consistently. The reality we create is not what others see as much as what our heart expresses. It would seem that the more spiritual we become, the closer our heart is with what the essence of God is, the more our convictions and "thoughts" become life giving rather than disease promoting. The closer we get to God, the healthier we will be, and the more our tissues will reflect it. That may seem like a lifetime chore. Perhaps that is why the Bible also tells us to pray without ceasing; it is a lifetime chore. Spirituality is not the result of a revelation, an epiphany, it is a continual search. A revelation or epiphany may get you on the track, but there is a daily maintenance. We will always find ourselves tested in the weakest area of our life, not the strongest. Thus the path of spiritual growth is continual, a day by day and often moment to moment challenge. If it were easier than that, monks and nuns would "graduate" when they "arrived."

Since this book is about the electromagnetic man and spirituality paints a religious picture for most people, what do you suppose spiritual looks like when translated into energy?

The difference between energy and spiritism

Spiritism is the name properly given to the belief that the living can and do communicate with the spirits of the departed, and to the various practices by which such communication is attempted. It should be carefully distinguished from Spiritualism, the philosophical doctrine which holds, in general, that there is a spiritual order of beings no less real than the material and, in particular, that the soul of man is a spiritual substance. I do not want to cross the line where the laws of quantum physics and human potential merge into humanism (where one believes they are the creator rather than directors of creation). The intention of my heart is to fulfill my destiny, to attain continual growth in spirituality in spite of religion. If I resolve to accept the most common beliefs, then I may be compromising the highest level of destiny for my life. But as I said at the beginning of this book, truth can be measured with a reasonable degree of confidence if it can be held against Biblical and scientific standards. Each can help to protect the other from perversion, which one might call humanism on one end of the scale and religion on the other.

There is an order to the universe and the living are not supposed to communicate with the dead no matter how much help or benefit it might seem to be offering. I often hear people tell me that an ancestor or relative that has died comes to them and talks with them, or tells them things. Just because something does not appear evil does not mean it is not slowly leading you down a road that is off track, that is away from the spiritual path you seek. A perverted man snooping around a school yard is going to appear nice, helpful and even

have an attractive personality. He might be very helpful, have great advice and even come bearing gifts. It is all just a ploy to win an innocent, untrained youngster into a trap.

You might say that all energy is energy, spirit is energy of some kind, so is the dead, so what is the problem? Unfortunately, there is no way to answer that strictly with science. The total answer will have a lot to do with the religious belief that one holds. I don't want to theorize theology that does not have some science to validate at least some portion of it. Some call the place after death heaven and hell, some believe that when you die, you die, and that is the end of it. Some believe in a place where the souls or the spirits of the dead gather waiting for something (that something varies with belief systems). But science has multitudes of energy recordings that are unidentified to this realm and generally point to something referencing a previous living person. There is no denying that there is something out there. Most people testing and studying these fields of energy call them ghosts and believe the energy to be some lingering remains from a person that died with a sort of unresolved situation. I have not been to the realm of the dead, none that are living have.

I can say that all things have a realm, a level, where they exist in balance. For example, plutonium comes from deep in the earth where it is not a harmful substance. Bring it to the surface out of its realm of natural habitat and it becomes supremely destructive. Man has achieved the power to destroy the entire planet with atomic power because of the minerals they have taken out of their created balance. There is a difference between the electromagnetic energy that governs our physical reality and the energy in the dimension where the non-living exist. Most believe that death is when the heart stops beating. That isn't particularly wrong, but more technically, when the elements of Oxygen, Nitrogen and Hydrogen cease to coexist with carbon, the physical body dies. The elements of Oxygen, Nitrogen and Hydrogen carry the information that includes the soul, or spirit, or mind, or whatever you might call the part that leaves the physical body. If you are alive, you are an energy that is still attached to carbon. If you say you have the ability to meditate and detach from your body, fine, but your heart must keep beating and your lungs must keep breathing during your meditation or you are not getting back into your body. Whatever part of you goes into deep meditation must remain compatible with the body, which means there is only so far that energy, or spirit or soul can go. To communicate with the dimension that cannot support carbon (where the dead or the ghosts are) is to initiate imbalances with your own spirits potential to dwell harmoniously in its carbon shell.

Scientifically, anything that is alive must feed off of other elements that are alive. In physiology, death brings more death if that is what you are mostly influenced by. Those who eat dead foods, like cooked fruits, grains and vegetables, have more health concerns and die faster than those who feed from live fruits and vegetables. Spiritism and energetics are not the same thing. The laws that govern energetics make spiritism possible just as those same laws make the power of prayer possible. The difference between spiritism and the negative influence of electromagnetics, like some forms of music, is that you can simply change your habits of music (which changes the energy you were feeding yourself, thus will manifest), but if you are involved with spiritism, you must break a very real connection with an entity, a force, a frequency that forms a kind of marriage with you. This should be as simple as asking forgiveness for contacting and connecting with a realm that is outside that compatible with your body. Forgive yourself (expect yourself to be forgiven) and be done with it.

Healing with Medicine vs. Faith

A common question and turmoil for those in the church is whether or not medicine should be used when we are taught by many pastors, and the modern version of the Bible, that faith is sufficient. I once heard it put this way, "Once we've discovered and trusted in God, we have no need to turn back to the ways of the 'natural world' . . . it is God's spirit that produced life; and it is the source of all healing." I have heard people go so far as to say that if you really want to demonstrate trust in God, throw out all your medicine and believe! This sort of thinking can come across a bit fanatical, but there is a degree of this thinking that is true. I have stated that if we had spiritual abundance, all negative emotions would be resolved and we would become physically healed. But there is a time for everything, and spiritual achievement requires more than strict faith. Rarely do you see instantaneous healing of physical disease. When you do see it, you often see the disease return months or years down the road because people were not taught what they did to allow that disease to form in the first place. Disease is the result of something that went wrong, but those causative wrongs are generally made by ourselves and disease is simply the long term consequence. If you don't change the common denominator, what is the likelihood of achieving the same conclusion down the road?

We all know that there are natural laws that govern the universe. Gravity makes it certain that what goes up must come down, for example. If you throw a stone up in the air and it comes down on your head because you didn't move, you are simply the victim of ignorance, or the natural laws. You were not the victim of reduced faith or under judgment from God. If you don't know how to swim and you jump into a lake, you will probably drown. Not because you lacked faith or because God was trying to teach you a lesson. Once again you acted out of ignorance and the penalties for such actions can be fatal. Faith's attributes don't tend to overcome a natural law that common sense should have established reason for. Pregnant women are told that they must have a diet balanced with nutrition if they expect the baby to develop normal and healthy. Medicine does not promote this small fact for financial reasons, but the slightest amount of logic would indicate that nutritional balance must also be required to remain healthy. Every part of your body is replaced every seven years, so we are always in the process of growing in some way.

The first book of the Bible, Genesis, tells us that our medicine was to come from plants and trees. If we look at the active ingredients in natural medicine, you find that they are the same nutritional elements that are required to make a healthy baby and maintain a healthy adult as previously mentioned. These nutritional elements were originally designed to be supplied in the variety of foods provided for man by nature. These elements are the same ones found in the dust that was used to make man's carbon based shell. Lack of balance in the land that food is grown in now supplies a maximum of 35 out of 94+ elements currently known to be essential for the human body. In most cases, food supplies about 12 of those nutrients. Sadly, we get 12-35 minerals and an equal amount of chemicals, preservatives and herbicides. Understanding this principle, natural medicine, which refers to items as they are found in nature (herbs, roots, berries, etc.) are really food. We use them as medicine today because certain products have an affinity, or higher concentration, of different nutrients. The herb Saw Palmetto, for example, tends to be high in the nutrient Zinc, so it is used for prostate issues, which is the body's natural store house for zinc. When you read about an herb or natural product being beneficial for a certain area of the body, it simply means that that product has a higher concentration of the nutrients needed for that part of the body. When you look at medicine from this point of view, the question of faith vs. medicine are no longer separable categories. An herb is simply a form of salad, if you will. A natural treatment is just something that compliments the body's desire to become well. You don't say that you aren't going to eat because food might fill your growling belly and you want God to do that for you. That would be ridiculous. Herbs are food, as is most natural medicine. They were created for our use. It does not make you any less spiritual to use natural medicine. I cannot say the same for medication, surgery or anything offered at a modern medical facility. Actually, I would say very solidly that all medication, as simple as aspirin, will reduce your spiritual potential. The worst of them all is antidepressants, which create a hypnotic lull of the mind, but that is another story.

Physical illness is the result of imbalance in fundamental principles and statutes that were not followed. Physical illness is a consequence brought on by lack of knowledge, a lack of care and proper maintenance to the physical body. To study and show ourselves approved in finding the imbalance is the answer. As a loving father, God created everything needed to stay well and get well. People are forever asking for prayer of their physical needs and often receive no help because they are waiting for a supernatural miracle instead of looking for the answer God provides. If we did not have to search out the answer and do something in our own efforts, then we would never discover the cause of the issue. This would leave us ignorant of our mistakes and forsake growth on a physical and spiritual level. This is not to say that you don't pray and ask for healing, and for guidance into why you might have gotten sick. And you might have done something on a spiritual level that contributed to the problem. But physical sickness indicates a physical problem, not just a lack of faith or solely the consequence of some higher spiritual issue.

Does God want you sick?

Some people believe they are sick because God is trying to teach them a lesson. I agree that a wise person will learn from all things, particularly mistakes, but it is more accurate to describe illness as a consequence of something we have done. It is better to say that God has allowed an illness, rather than saying that God wants you to be sick, or gave you an illness. The Bible does reference times where God afflicted people with disease, but it is clearly preceded by the violation of some natural law or commandment. The illness is not the result of judgment, but a self-induced consequence. The Bible says: "if ye do these things . . ." such and such will happen. If ye "do not do these things . . ." there is a price to pay, a consequence. We are not completely subject to law anymore, which means we are not as children who must be punished when they are disobedient. When Yeshua died on the cross, it gave us the will to choose, which would make us more like teenagers. A child does not have the will to choose what it wants to do, it must do what the parent says. At a certain age, the decision making shifts to the child. If the parents have done their job, the child knows right from wrong, knows how to make decisions. While the parent might advise against a decision because of personal experience, the teenager will eventually reach a place where he must make his/her own choice. If the wrong decision is made, there will be a consequence, perhaps minor, perhaps major. Either way, a loving parent is saddened. They hope the child has learned, and the parent that makes the consequence disappear is only asking for the child to make the same mistake again. No consequence for a wrong decision means no knowledge was attained to assure a different path in the future. To some degree now, I don't want to sound like a capital punishment-type parent. Some lessons are learned just by seeing the outcome of the decision. But some kids and some situations are more hard headed and need more severe consequences. But neither does a loving parent hope that their child will suffer. A loving parent would hope that the lesson be learned as fast as possible and the child move forward into better decision making in the future. God is the same way. He would never give us an illness to hurt or punish us, but He will help us through it, help in guidance so we learn and make wiser decisions that hopefully induce wiser decisions in the future. All attributes of God are perfect, creation, healing, love . . . sickness and disease is completely consequential to our actions, to imbalance we have achieved, to distance from God's attributes.

Who is responsible for your health?

So many people pray for healing of their physical and emotional body's, yet they make little or no effort to take personal responsibility. The religious mentality is that "faith is sufficient." I cannot disagree that faith is sufficient. You have already seen me state that if our spirituality was strong enough, we would not have physical disease. I believe in that overall concept. But when you believe that God is responsible to heal you and you do not take personal interest in finding a natural answer God himself provided, you are saying that you are too good for God's intended medicine. You don't like God's supplied medicine. Rejection of God's creation is rejection of God is it not? Furthermore, by not taking responsibility, you are saying God is responsible for your illness. Because God provided herbs for the healing of the nations, if we choose not to use natural medicine, we are scoffing at God's ability to supply an

answer. We need to remember when we are praying for a miracle that it may come in a form that is not instant and supernatural. It may require effort and personal sacrifice. Perhaps God wants to use your search for an answer to your illness to teach you something about natural care of His temple, the human body, which you have obviously been a poor steward of if there is an illness.

Thus it is my belief that we must seek out natural answers to our natural problems. Natural medicine is simply a means or a boost to the faith that we already have. Jesus used oil for anointing and for healing. He used mud on a blind man's eyes. Notice that He used elements that originated in the earth as we did. Did Jesus not have the power to speak a word and have it so? I believe He did, but He used these physical items to show and teach us that we will often need a means of getting a job done. We live in a realm that is more physical than spiritual and so physical medicines are also needed. If Jesus did not use supernatural powers alone to heal others, why should we believe that is our sole answer? This does not mean that we stop having faith, but we should stand in faith that the natural medicine will work effectively and quickly, or that we are led to the right natural answer. Use your faith and connection to God to seek the lesson that is no doubt part of the healing. Have faith that God will lead you to the right medicine that will not harm or defile your body as drugs and surgery do.

Did God create evil?

A University professor at a well known institution of higher learning challenged his students with this question. "Did God create everything that exists?"

A student bravely replied, "Yes he did!"

"God created everything?" The professor asked.

"Yes sir, he certainly did," the student replied.

The professor answered, "If God created everything; then God created evil. And, since evil exists, and according to the principal that our works define who we are, then we can assume God is evil."

The student became quiet and did not respond to the professor's hypothetical definition. The professor, quite pleased with himself, boasted to the students that he had proven once more that the Christian faith was a myth.

Another student raised his hand and said, "May I ask you a question, professor?"

"Of course", replied the professor.

The student stood up and asked, "Professor, does cold exist?"

"What kind of question is this? Of course it exists. Have you never been cold?"

The other students snickered at the young man's question. The young man replied, "In fact sir, cold does not exist. According to the laws of physics, what we consider cold is in reality the absence of heat. Every body or object is susceptible to study when it has or transmits energy, and heat is what makes a body or matter have or transmit energy. Absolute zero (-460 F) is the total absence of heat; and all matter becomes inert and incapable of reaction at that temperature. Cold does not exist. We have created this word to describe how we feel if we have no heat."

The student continued, "Professor, does darkness exist?"

The professor responded, "Of course it does."

The student replied, "Once again you are wrong sir, darkness does not exist either. Darkness is in reality the absence of light. Light we can study, but not darkness. In fact, we can use Newton's prism to break white light into many colors and study the various wavelengths of each color. You cannot measure darkness. A simple ray of light can break into a world of darkness and illuminate it. How can you know how dark a certain space is? You measure the amount of light present. Isn't this correct? Darkness is a term used by man to describe what happens when there is no light present."

Finally the young man asked the professor, "Sir, does evil exist?"

Now uncertain, the professor responded, "Of course, as I have already said. We see it everyday. It is in the daily examples of man's inhumanity to man. It is in the multitude of crime and violence everywhere in the world. These manifestations are nothing else but evil."

To this the student replied, "Evil does not exist, sir, or at least it does not exist unto itself. Evil is simply the absence of God. It is just like darkness and cold, a word that man has created to describe the absence of God. God did not create evil. Evil is the result of what happens when man does not have God's love present in his heart. It's like the cold that comes when there is no heat, or the darkness that comes when there is no light."

The professor sat down.

The young man's name -- Albert Einstein

A true story.

Is God love, or judgment?

From the point of genetics (referring to the information explained in chapter 1), we all contain the expression of who God is. But that does not mean we allow those wonderful attributes to flow from us. The gift of free will is the clincher in answering the question of whether God should be revered as a God of love or judgment. Just as you cannot have good without evil, yin without yang or light without dark, I am sure that love does not exist without a measure of judgment. More accurately, I think the question should be closer to the dominating force, rather than the sole force. The choices you make from day to day are what will ultimately answer that question for you. We know from quantum physics that the majority of DNA expresses the acoustic and electromagnetic vibrations they are most influenced by. The choices you make each day, and each moment, what you choose to feed your mind and or allow in your presence will influence the essence of who you are. You may not feel the influence in the moment, as a matter of fact, you may not feel it at all. Your mind and spirit will slowly morph into the stage of thinking you are influencing yourself to, or watching on television or listening to from your friends and one day you will just be that way. You didn't realize you were slowly becoming that way, it just happens. If you put a frog in boiling water, it will jump out. If you put it in room temperature water and slowly heat the water to boiling, it never realizes it and it eventually cooks. What you expose your electromagnetic fields to, will all combine to create your reality, which you will express as attributes of the Creator or the carnal nature that the carbon element in our DNA base allows for.

There are many religions and many beliefs, but fundamental biology and physics were presented in previous chapters that allow us to go beyond theory and theological debate and form a working hypothesis. Taking into account the fact that the DNA of every human is made of the same elements that also represent who God is in the Hebrew and the Arabic language, it is clear that there are Godly attributes to every person. One of the greatest theological debates is in the discussion that humans are basically good at heart or driven by ego, self gain and general animal instincts. If you work in law enforcement or even watch the news every day, you likely see the animal instinct in people, but then you also see people bending over backwards to help total strangers in times of national disasters. Thousands of years ago, people lived in tribes and basically looked out for each other. You still find that pattern deep in the jungles of South America or the untouched regions of Africa. The potential for people to care for people is certainly there, so why and how do some people become possessed with the attributes needed to inflict intentional pain and torment to other humans? Where is the good in them at that point? According to our DNA, we are all made of the same elements, three-quarters of which are the same as the very name of God. No matter how a person chooses to act, they are still made of the same elements as the most righteous people you can think of. So what is the difference? Why do some people portray goodness toward others and some seemingly evil?

Because we are all made of the same elements, I believe the answer to this question is simply in which element we choose to feed, which leads to that which we will manifest. You might say that you can make certain elements become more dominant than others. If three-quarters of our DNA reflect the name of God, then we must be inherently good, at least by design. I think the underlying answer to the issue of whether man is inherently good or evil totally depends on what the individual chooses to invest. It boils down to will, choice and knowledge, or lack of it. Are you investing in more spiritual qualities that ultimately help one to be closer to the Creator and portray Godly attributes, or are we feeding the humanistic characters of carbon, which connects us to the most vicious animals found in nature. Each of the elements has attributes and when people try to attain spirituality without connecting to the creator, they achieve potential in staying clear of the carbon attributes, but one or two of the elements remain out of balance. Harmony, which transcends into the essence of spirituality, is only achieved when balance is found in all the elements equally. The only way to enhance the true nature of God, which we must describe as the purest essence of spirituality, is to feed the three elements that represent God equally, and feed the carbon element by caring for the physical body. In that sense, caring for the physical body is required to achieve the highest level of spirituality.

Does diet -health of the physical body- affect our spirituality?

Generally speaking, the Christian answer to this would be, "It's not what goes into the mouth that defiles, but what comes out." And yes, that is a Biblical statement. Taken out of context, but Biblical none the less. From a science point of view, we know that the deepest level of our human body is made of DNA, which is composed of Hydrogen, Nitrogen, Oxygen and Carbon. Carbon is the only of these elements that allow for the tangible human form. Take Carbon away and we become invisible and lose our mass. You could

walk through a wall at that point. The study of nutrition teaches us that the cells of our biological system are designed to take in, utilize and create energy from nutritional sources. Obviously, the healthier your diet choices, the healthier your carbon state will be, which is what governs your physical body. We know from chapter 1 that carbon does not have to do with the attributes of God as the other elements do, it is the human element. The question is, can we have health, can we have a real spiritual expression of the Godly attributes in us if the part of us that allows those expressions to manifest is sick, unhealthy or diseased? If we liken this question to the building blocks of DNA, we see that DNA is made up of four elements and each of these elements is made up of four amino acids. Each amino acid must be in precise atomic precision for the DNA to remain healthy. Any flux in the number of atoms and there is imbalance that could be as minor as a metabolic issue you never become aware of, or it could lead to a retardation. All the elements must remain in balance.

The book of Exodus in the Bible very clearly lays out a dietary guideline based on the foods of the day. Was there a spiritual reason for this or just another set of rules set up for God's chosen people? Or maybe the rules were just temporary, for that is how most of the world lives their life, including the larger Bible believing population. Interestingly, science has validated that there are more disease factors to the foods listed as "unclean" in the Bible than there are nutritional benefits. Even if the dietary standard was just for a time back in history, does it not seem clear that the better you care for the carbon element of your body, the better host your physical body will be for the expression of the other elements which express who God is in us? Putting all of this information to work in a joint effort, it seems to me that to come up with justifications for eating what we find pleasing to our emotional taste buds (lowest attribute of the carbon element) and thinking it makes no difference to our spiritual beings is ignorance at best. If you have been living in this manner because of things you have been taught, then you are the victim of false teachings. We are responsible for what we know, not what we choose to believe.

Let's look at it from another angle. Every action, reaction or function in the body is known as an electrochemical function. That means that chemical reactions occur from electromagnetic signals. In other words, before any chemical reaction occurs in the body, there must first be an electromagnetic action. So the electrical attribute is much more powerful than the response of chemical reactions. This makes it clear that diet and nutrition is not the primary aspect of spiritual enhancement, but it is a part of the puzzle. Those who have a hard time achieving self discipline in terms of diet and lifestyle should then realize that if they were truly achieving spiritual growth in their lives, they would begin to feel the conviction to make changes on the physical level. Thus no matter which way you choose to approach the issue, it seems that the physical body does play a role in spirituality.

Yet another angle. . . Some say diet plays no role in one's salvation—one's connection to God. This line of thinking often comes through the belief that Jesus (Yeshua), the son of God was crucified and that act paid the price for all of the laws that were previously required to stay in God's good graces. The point of the new message, what is often said to be a new covenant, is that love now conquered all of the previous laws (like avoiding certain kinds of foods). "We can eat what we want, we are saved under grace, pass the pork chops and sausage gravy please"! Even if that line of thinking is correct, it does not seem reasonable that God would honor abuse of one of the most precious gifts you will ever have, life. If you give your child a car as a present and find that the child abuses it in all sorts of ways, would you honor their request for a new one when the first one starts to break down? Doubtful. If the child shows no appreciation for the first, even abuses it, why would you show grace with a second car? And yet, we abuse our physical body's which is the vehicle which is used to reflect God on earth, then ask God to miraculously heal us of our ailments. If care of the physical body does not affect our spirituality, would it be accurate to think that if we were even a little bit spiritual, we would choose to care for the body we have been given? So you answer the question: "How important is diet to spirituality?"

Man's Intended Diet

Initially, we were created vegetarian. There is the Vegan, who eats no meat, eggs or dairy. This term should indicate that the person lives on plant foods alone. This is probably the closest to what the human body was originally designed for, if you include raw nuts, seeds and cooked legumes and various forms of beans. Lacto-vegetarian eats dairy products and lacto-ovo-vegetarian eats dairy and eggs. If we are talking about how it was intended in the beginning, milk was for the young of its own species and eggs were for reproduction of that animal, not for eating. Animals didn't even eat meat. Animals were put there and the Bible says Adam was to name them, not eat them. There are groups and individuals teaching what they are calling the "original" diet, meaning the one intended for mankind at creation. It seems obvious that if the Creator made the human body to function a certain way, following the mandates (manual) would keep the body in the best working order. I fully endorse and believe in the Creation perspective. This means that you find your answer to problems by first trying to figure out how it had been created to function. Looking at diet from the Creation point of view, it is most certain that mankind was designed to eat a vegetarian diet with raw nuts and seeds. Now the question is if the original diet is still the best diet for mankind. If you purchase a new vehicle, you would assume that the manufacturer knows the best way to care for the vehicle. What if you make some major changes to the vehicle? Is the manufacturer's maintenance plan still the best even with the changes or new modifications to the vehicle? Man was created to live in harmony with all animals, including wild beasts, but something happened to change that fact. Did anything change the original diet mandate?

I see that there are two problems with the Vegetarian diet as the current cookie-cutter diet for mankind. First of all, there are too many individuals who have tried it and found it did not produce the miracles that others achieved on that diet. If a vegetarian diet supplies

everything it is promoted to by those pushing it, then it should produce pretty consistent results. Secondly, the physiology of mankind is no longer the way it was initially created. There are several facets to this part.

Blood Type Discrepancies and Earth Catastrophes Change Physiology

For starters, there was only one blood type when there was only one human. I know that the Blood Type books teach blood type O as the original, but that is from the evolutionary point of view. If you believe in creation, the A blood type is more likely to have been the original type, which is the blood type that does best and responds best to a vegetarian diet. Interestingly enough, A blood types are not the most common blood types, O is the most common blood type. If A was the original, wouldn't there be more A types than any other type? The reason that seems interesting to me is that Peter Adamo, who introduced the Blood type models, indicates that O types need some meat for their metabolic systems to function optimally. If we were created vegetarian, why would our metabolism, our physiology, indicate the need for something it was never intended to have? Not only do some of the metabolic categories seem to need meat, but by average, the majority of people need some meat because the majority are O blood types. No matter what blood type was the original, there was still only one in the beginning, so where did the other blood types come from? I am convinced we were created vegetarian, but why are there other blood types, and why is the most common blood type one that does not seem to achieve maximum health on a vegetarian diet?

I suspect that the physiology of the body changed radically not once, or twice, but at least three times since the creation of Adam, the first person. Let's look at scenarios that might classify as catastrophic changes in the world. The first change occurred immediately after Adam failed to obey what God asked of him. The Bible documents this as eating a food offered to him from a tree he was not to eat from. Whether the "sin" was an act of disobedience, the literal consumption of a forbidden food or something else altogether is not the point. As soon the "sin" occurred, the physical body was no longer able to thrive in a state of perfection. The Garden of Eden, which is where the first created man lived in perfection, became forbidden altogether. In addition, Adam communed regularly with God on what appears to be a very close, personal level in the Garden of Eden. After the "sin", God could not be looked upon the same as before the "sin".

We don't know what the intended life span for the human being was, but the longest living person recorded in history was Enoch, who lived 969 years. That is an odd number and he didn't even die at that point, he was taken to heaven. Some suspect the human body may have been designed to be immortal. That may sound like a stretch, but if you think about living 969 years, that would sound like a stretch too. If you think about it, the body was created to regenerate every part of itself. According to medical science, the human body completely renews itself every seven years. Three hundred-million cells die in the body every minute. This is how the cornea replaces itself every 24 hours, the skin every 14 days, the blood cells every 90 days, the soft tissue every six months, and the dense tissue every two to seven years. If the body was designed to keep regenerating and reproducing itself, how long might it have been designed for? I don't know, but we know it was able to last at least 969 years. Adam's disobedience (interesting that the analogy of the sin was to a food that was not to be eaten) was the first radical change to the human physiology. One of the consequences was that mankind would now have to toil for food rather than walk around and gather it freely from the Garden of Eden. This is a physical consequence that affected the physical body. We are told that childbirth would be painful for the woman, another physical consequence. Most translations of the Bible indicate a tangible, physical sin relating to food with a consequence that affected the physical body on a variety of levels.

We know that meat was eaten by Adam's children because his oldest son Cain was a hunter. Maybe God told Adam what animals they were allowed to eat, and maybe they were all edible. The Bible does not mention much about dietary laws or principles until Noah's flood, which was about 1556 years after the first man was created. Men were living a very long time before the flood, and it appears they ate meat, so meat cannot be the primary reason for the reduction in the life span of mankind. After the flood, God told Noah that certain animals were to be considered unclean. These were never to be eaten. The blood of a clean animal was not to be eaten and even coming into contact with the unclean animals required certain cleansing rituals. I suspect that the change that occurred to the earth during Noah's flood became the second radical metabolic change in human physiology. Noah's flood was the end of a greenhouse effect that kept harmful rays out of the earth's atmosphere. A dew would saturate the earth each night, it had never rained before the flood. More and more evidence points to polar shifting and tectonic plate shifting at the time of the flood. The Bible says the whole earth was covered in water and it is possible that the land mass was all one continent and the pole shifting caused such tectonic plate shifting as to cause all the current continents. The technicalities of what really occurred are not important, the fact is that the earth underwent extreme physical change. The life span of man begins to fall gradually after the flood. Either the physics of the earth changed in such a way that the earth literally was unable to sustain life at such a healthy rate (it is said that the oxygen levels in the air were three times higher than they are today), or man began to eat unclean meats, or both. I personally think the oxygen content was the main reason for the reduction in life span.

The third metabolic, or physiologic change occurred at the time of the Tower of Babel. This is said to be anywhere between 101 and 870 years after the flood. At the Tower of Babel, man joined their efforts and talents and decided to build a tower into the heavens so they could be equal with God. Well, God didn't take to that intention too well, so He changed the common language into many languages so they could no longer scheme together. The people with common languages joined together and went out spreading in

every direction over the earth. When mankind left the immediate area, people were forced to adapt to the terrain and elements found in the area they settled in. The people that moved to the northern regions would not be able to farm or grow the original diet, so they had to adapt to the options that were left — fishing and hunting. I suspect that adaptation to local conditions was the beginning of the next three blood types we commonly see today. The body is extremely adaptable. After decades of eating the diets that developed in specific regions, adaptation took place. AB blood types, B blood types, both of which need a little meat, and finally the O blood type, which is the most meat dependant. I suspect again these would have been the people in the northern regions that had less seasonal time for gathering and farming, these people became the hardest of the blood types-surviving the hardest conditions, incorporating meat sources as a primary part of their diet. People seem to like the consumption of meat, and it has never stopped. I suspect that this is why the O blood type is the most common blood type on the planet – because as a rule, people are meat eaters and the body will adapt in order to survive.

Now the raw food advocates may not agree with what I have written believing meat to be an acid forming food, which is known to be a promoter of disease. So how do we know that certain people, certain blood types, actually do better with some meat in their diet? And if some people need meat, what is it about the meat that their body's seem to utilize? Well, we have the current work done by Dr. Peter Adamo. He took samples of blood from thousands of people and exposed them to a wide variety of foods. Over time he found patterns indicating that certain foods create something called a lectin in the blood. This particle acts in many health altering ways. In a nutshell, lectins are sticky compounds in the blood that cause everything from inflammation and allergies to chronic diseases. If you got a splinter in your arm and never got it out, just kept on shoving it into the arm when it tried to come out and hoped the bandage would take care of the problem, you have an idea of how lectins act. The blood type diet lists the foods that tend to be irritants to your metabolic potential. Even a so called "healthy" food will create lectins in your system if your metabolic system cannot convert it to something useful. I am not promoting the blood type diet as the best diet now, that is not what I am saying. I am explaining principles at this point. If you take the unclean meats out of the blood type diet plans, it isn't a bad place to start though.

Dr. William Kelly was a specialist in the area of cancer. He believed in the vegetarian diet for people with chronic health complaints until his wife got cancer. Everything he had done to help others didn't seem to help his own wife at all. He began introducing meat to her diet and found meat was a key to her wellness. I never did read if Dr. Kelly discovered why meat was actually needed for some types of people. In my own practice I have found that some people are not able to extract the full protein chain from vegetables and legumes. Proteins are required to make antibodies, which are critical to basic cell function. Ultimately, theories need to produce some results if they are to become truth. For this aspect, I can only refer to the individuals who have failed to achieve health with a vegetarian diet and found success with the introduction of small amounts of certain kinds of meat. We are talking about certain kinds of meat now, and red meat rarely makes the list. But certain meat also contains fatty acid chains that some metabolic types need to heal. So fatty acids and a more utilizable form of amino acids seem to be the key for those metabolic types that need more than just raw foods.

The allowance for consumption of meat is not being explained so that you can become a happy meat eater with no thought to your health. Several things need to be considered. First is that the body makes excessive amounts of acid with more than about 4-6 ounces of meat per day. Thus the meat eaters need to moderate the amount of meat they eat not only in one sitting, but in a day. 4-6 ounces once each day is plenty no matter what your blood type or metabolic type. Secondly, the kind of meat you eat makes a big difference. The Old Testament of the Bible discusses animals as clean or unclean. Book 01 has these listed, but the unclean meats are known to feed upon foods that are dead or eat trash, all of which will end up as part of the animal eating it. Thirdly, the origin of the meat should be considered. A following chapter of this book discusses something called entrainment. This is where weaker attributes of an element take on the properties of the stronger elements. In this case, hormones, vaccinations and genetically modified foods, fed to most industrial animals, are extremely toxic to the consumer. Not only in the sense of physical poisons and hormone disruption, but to the emotional and even the spiritual elements. I am not going to go into detail about this point here, but technicalities of that point are generally discussed throughout the pages of this book. Suffice to say that if you need meat to feel balanced, eat the meats considered clean meats, then use the kind your blood type does best with. Find these meat sources from a free range source so you don't introduce the energetic properties of chemicals, hormones, vaccinations, unclean feed used in mass produced non-organic feed and the terror that animal meat takes on being in a slaughterhouse. Yes, we are what we eat and if you consume meat with this in it, it will become part of you.

Self-test for Spirituality

We are told in scripture that what comes out of the mouth is an expression of what is in the heart, referring to the inner most part of who we are. This is probably the part that God sees. We are told that we cannot see this in each other, but we have some inclination of what is happening at the core of a person by hearing the things that come from their mouth, which are the expressions of their inner heart. If you want to get an idea of what is in your heart, look at the things you say to those in your family, the ones closest to you, the ones that test you the most. Are you impatient, irritable, yelling and angry? Or do you portray love, forgiveness and longsuffering, the Godly attributes? Anyone can be kind, likable, giving and forgiving to strangers or people they like a lot. We are only tested in the areas of our weakness. Look in the mirror at home and you will have a good idea of what your heart is expressing to God each day. The Bible tells us that if we have done it to the least of those around us, we have done it as unto God.

What is your potential?

You might conclude that living a basically good life is enough, that to be nice to people, to be a “good person” is the depth of it. Maybe you are happy going to church doing the right thing, studying your Bible and maybe even moving in some of the spiritual gifts. To have a gift is not special, for we all have gifts. To recognize and do what you need to do in order to access and use a gift is truly special. Doing what it takes requires decision, will and most of all desire. Bowing to emotional wants keeps us eating the junk foods, it keeps us acting and reacting in ways that are less than the attributes that reflect spirituality. Seeing the universe in the light that has been presented, you might take some time to ponder what your true potential is. I would venture to say that most people live far beneath their potential because of bondage set with the very religious beliefs they believe are saving them! It should be the other way around, but it is not for whatever reason. Or maybe your situation is the opposite and you can’t believe in anything larger than yourself with humanism or atheism. The following chapters are specifically designed to bring attention to some of the potentials you may not be aware are within you.

The bottom line of this book is not to give you a 1,2,3 protocol that works for every person. We must feed and enhance every aspect of our being (spirit, soul and body) in a balanced proportion. Some of us need to work on one of the attributes more than we work on others. If you are an avid studier of the Bible and pray continuously but do not care for your physical body, you are out of balance. If you are absolutely stringent about avoiding any chemicals or toxins in real life to the point where that itself becomes a religion, then you are missing spiritual growth. And if you are one who believes in the power of the mind, meditation and acts of spirituality but do not communicate with the creator or care for your physical body, then you are also out of balance.

The following chapters will be focused on the electromagnetic part of who we are – our deepest selves, the reality of who we are. You can eat well and pray and meditate, but the greatest governing force in our existence is our thinking.