



**SPIRITUAL  
ASCENSION**





From the beginning of Man and the path that he's tread,  
The footsteps he's left one day will be read,  
Through the Universal dust and the places he's been,  
Unknowingly guided by the forces unseen.  
Who were these guardians of man through the ages?  
The unseen messengers of prophets and sages,  
Guiding the race of man down through time's pages,  
Directing the countless eras and man's different stages.

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Each individual, in some point in their life, will search for truth and understanding of who and why they are, where they came from, where they're going and where they fit into the grander scheme of things.

May you reach Illumination.

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## Spiritually Inspired Writing.



In the Light of Spiritual Ascension.



In the Light  
of  
Spiritual Ascension.

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Each and  
every soul born  
from earth are on various  
levels of spiritual ascension.  
Each eventually rises, up away  
from this birth star to inherit the  
emancipated ethereal heavens above.  
Know this and know that we are  
all one family among the stars.  
Let us join together to help  
raise each other and all  
other Earth Children  
in our Cosmic  
Family.

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From the Light of Spiritual Ascension  
Comes the Illumination of the Soul.

## Revelation 1.

As the Living Light from the Higher Heavens penetrate the corporeal reality of this universe, all life is structured, developed and formed by the Living Laws of the Ever Presence of our Creator. This Living Law creates all there is and all that is within it. Our earth and mankind have been created by the same Universal Intelligence that directs a destined path to be traveled by all that is in Creation.

The Creator of All is beyond all and beyond the boundaries of All Light. The Living Light that is created by the Ever Present is but the result of the His Presence in this corporeal reality. The All Life is the reason for all there is, and in retrospect, all that there is, is in fact the Creator in all the different manifesting expressions of His Being. Life created is for life's sake. Our Creator lives through and expresses all that He is through His many different creations. Our Creator perpetuates His own life by the life He creates that is everlasting and ascentiant. We, the human race are His Children, given our birth on this nursery planet, destined at some future time, to once again become one with the One that created us. Our Creator is forever and everlasting and so are we, His Children.

## Revelation 2.

In the shadowy darkened plateaus of earth where mankind is born and lives a mortal existence, the Light from etherea filters into man's surroundings and into his being. This Living Light structures his intelligence and awareness and enlightens him to the Higher Laws of Truth as far as his interpretation, understanding and spiritual grade level will allow.

There are those who live within the higher light of heaven that need no written laws to live by. They are in the way of the direct inspiration of our Creator, living life in a pure, higher, holier intelligence and unconditional universal love. They are unencumbered by the lower vortexian currents of the earth, its material structure and their deceptive illusionary influences.

Those that are born deeper into the earth's influence are farther away from the Light's Truth and have a harder time discerning and interpreting what the Higher Living Laws of Life are. Those at the extremes away from the Living Light live a life in the shadows of corpor and abide in confusion, chaos, darkness and death. It is no fault but for the limitations of the Light's penetration into the substance of mass in the physical universe.

If there is to be life in this universe and on this planet as well, a balance of light and mass must be achieved. If the intensity of light is too great on the corporeal plateau, it separates and voids its adherence to form structure. In retrospect, if the concentration of mass is too great for the light to penetrate, the radiance of life cannot occupy and produce the living we perceive here on this world. Thus, there are different degrees of life that occupy the living zone between the two extremes of light and darkness on this earth. Some are at the extremes of light and life. Some occupy the many different degrees of gray,

while others reach into the extremes of darkness and death.

In this understanding, those closer to the Light must interpret and discern the Living Laws for those closer to and deeper within the earth. Down through mankind's time, the higher, holier angels have passed down and established written laws through various prophets, so those who reside in the darker plateaus of earth can separate themselves from the chaos, darkness and death that lie within the physical realm. In this separation, each soul must ascend into the higher vibrations of the Living Light through the Living Laws of Life by treading a straight and narrow path that lead up through the darkness with its many deceptions and illusions.

### Revelation 3.

Through time the written laws of the prophets have become obscure by the darkness of this corporeal reality and have lost their true meaning. The written symbols have been kept and adhered to, while the Light within the written laws has been forgotten and perverted. The higher Laws of Light have been compounded by the lesser laws of darkness and have lost their intent. Redemption and resurrection have been given over for the punishment of some and for the glory of others who revel in self righteousness.

God of this earth and its heavens has seen these deviations from the Light of All and has renewed the understanding of the Living Laws for mankind's judgment. The severity's of these judgments are of man's own doing. God has merely reflected man's actions in the Living Light which flows from our Creator. It is left up to man to turn in on his own soul and judge himself accordingly.

In our Creator's infinite wisdom, He has given mankind total liberty in his thoughts, words, actions and deeds. In this liberty, He has also given man full responsibility for all he is and all he does. For man to start his ascension into the higher realms of life, he must first be judged worthy of its path. Judgment, therefore has been, ultimately, left up to man's own undertaking. Man's final judgment, must be in the reflection of the Light and Presence of the Creator of All. It is left up to man to accept or reject this judgment and then judge himself. Better is it for man to judge himself by his own decision, inspiration and interpretation of the Light than to read and follow judgments blindly that are decreed and written in books of corpor. To be forced to act according to a set of rules does not change the man within. Each must judge their own thoughts, words, actions and deeds in the reflection of the Light of our Creator. In doing so the change is made within at the discretion and liberty of each soul. It is a change of permanence. This becomes the final judgment of man. It is within his own soul for his own redemption and resurrection. The Light has created such judgment in man's soul and sooner or later will triumph in truth and power.

Once man has set judgment on himself, any harm he has inflicted on others, be it in thought, word, action or deed, must be atoned for. It is easier to accomplish this while on earth as a mortal than in the intermediate heavens as a spirit after

mortal death.

The plan is simple in its complexity. Mankind is born of his Creator through the earth. He lives on his world in a progressive manner, aiding and adding to the earth as a procreator. He helps others to live, be joyous, and to be healthy. He adds to the Light of others and learns of his Creator through His creations. After his mortal demise, he grows up into the heavens and assists those around him to do the same. In the heavens he learns to be one with the Living Universe, adding to and aiding its life and the Ever Present Living Light.

At the extremes of Light and Darkness mankind comes forward to take his place in the Grand Universal Design. In the balance between these two forces judgment is rendered. Man, as a new creation grows as a child from the womb of Mother Earth. His judgment, being the same as an infant's and with no experience, must grow from this point of light.

As God of the Earth oversees mankind's development, he directs the earth children on the upward path. When mankind veers off the path and falls into darkness, God and his angel emissaries intercede and stand man upright once more and put his feet back on the road to everlasting spiritual ascension. God's judgment is for man's own good, not as a punishment, but to correct the flaws mankind has accumulated since his birth in creation. By amending such imperfections the earth child will be able to grow into the eternal heavens of the Ever Present Living Light.

Within our Creator's light, man may reflect and judge himself accordingly, and in judging his own thoughts, words, actions and deeds, he begins his eternal spiritual ascension. As man ascends into the higher light of spiritual revelation, the higher realms of reality will illuminate his soul. The higher the rise, the more brilliant the illumination.

## Revelation 4.

Man of the Earth has the capacity to receive inspiration from all things and thus manifest good or evil. According to his birth and surroundings is a man inspired to be good or bad. Man was created to comprehend these things, so he may work his way up to the Godhead and understand all things below him.

God has sent his angels to teach mankind to distinguish the different inspirations that are upon him, so he may govern himself accordingly. These angels have given to man these inspirations as a guideline.

These are the direct inspirations of goodness and Light upon man from his Creator:

Love thy Creator above all else and thy neighbor as thyself.

To give delights only and not pain.

To kill not.

To do no violence against the Creator's creations.

Be considerate of the liberty of all the living.

Do not interfere with the happiness and hope of others unless you can replace them with a higher transcendent glory and hope in its place.



As there are inspirations of Light on mankind, so are there inspirations of darkness which lead to chaos and death. They're also the result of one's birth and surroundings and separates the soul from the higher Light, resulting in the degeneration of the holy spirit within. These then are thus:

To kill.

To slander.

To punish.

To destroy the Light and creation.

To strive for self above all others.

To gratify the flesh at the expense of purity and wisdom.

To be false to one's Creator.

To be false to one's own inner light.

To speak falsely.

To covet or steal what is another's.

To co-habit in the gestative period.

To engage in contention and strife and to participate in, aid and abet conflicts and wars which are all the results of a carnivorous lifestyle and transmitted from one generation to the next through birth.

As these inspirations are upon mankind at all times, the path to salvation, to say the least, is not an easy one. It can be quite confusing at times. With the help of the higher holy angelic family we are able to keep a balance and walk the path of redemption and resurrection. With the help of God's judgment, we may reflect our lives in the Light of the Great Holy Spirit and open ourselves to ascension and receive the illumination of truth.

## Revelation 5.

The highest truth that opens wide the door to ascension is that there is but one Creator of All, who is beyond conception and without limits. Our Creator lives through all things created and is inexhaustible. All life, light and structure are the manifestations of His being. He has given away His very Person to each and everything and every living being, so all may have life. In this, we are all interconnected with all things and one another through the Living Source from which we are all created.

In Light, the plan of the Universe is life itself. The life in all things is the Life of our Creator. It springs forth and gives life to all without measure or prejudice. The flow from the Fountain of Life fills the Universe with Light and all the living. To be one with the Creator, everlastingly, is to become one in life's progression in its abundance. The Earth in all its years has yet to fill itself to the fullest in life and children of the Creator. Let those who see, aid in the progression of life's plan. For as wide and vast as the heavens are, they are but sparsely inhabited. Look into the infinite firmament and find that life is scarce and precious and must be nurtured. To stop, hinder or go against the flow of life

is contradictory and opposite to the Creator's plan. To do so brings about darkness, disease and death. One is of love, joy, goodness and growth while the other is chaos, confusion, pain and dissolution.

By the ebb and flow of the Universal Life Force is all life brought forth. By the Life that flows from our Creator is the Universe filled with the Living Light. By the inspiration of the All Intelligence does the Creator form the Universal Sculpture. The Dreams and Visions of the All One manifests expressions in all Life and lives through all the living created. For our Creator is All and the All are One in the Same.

## Revelation 6.

In truth, the Light of Spiritual Ascension has revealed that there is but One worshipful above all else, Our Creator, the giver of all life. Worshipping any less than the All Highest cuts short man's rise into the higher heavens. To worship less than the Creator will hinder one's growth in spirit. The highest conception one has opens a door of perception to a path of ascension that leads one to that particular destination. Our Creator is beyond any conception and without end. The growth that one acquires from worshipping only the Creator is a never ending ascension and flows endlessly through eternity. By worshipping and loving the Creator above all else, having faith in Him, and through righteousness and good works is the path of ascension opened and made clear. Through this worship and focus of awareness is life everlasting made a reality.

In worshipping less than the Universal Creator of All, one is cut short of the ascension and continuous growth into the Light and the ever increasing higher heavens above. By setting up lesser idols of worship one will rise no higher than that perceived. By setting up lesser gods, lords, angels, saviors, idols, mortals and philosophies as the All Highest, to that level of ascension will the worshipper rise. Since through time, there have been too many different ideals of who or what should be worshipped, it has factioned the family of mankind. It has brought about great turmoil and deadly disputes of who has the True Higher Light. By the many races and cultures who have set up the countless lesser religions of darkness, the competition for the control of souls born of the Creator becomes heated. Mortals on the earth and their counterpart spirits in the lower intermediate heavens control these lesser false religions. They become entangled in its wealth and power and begin expanding their philosophies by force to established their false idols of worship. In their dictatorship of hypocrisy, they have contrived a scheme to live in worthlessness on the contributions of their fellows. They go about the world preaching their doctrine, setting up their missions and temples and establishing their false religions. Where their mortal priests go, so do their evil spirits of darkness, and where mortals can't be converted or obsessed, war, misery and death ensue to promote and establish their idol-god/s. Through time and even now are they known, not by their teachings and words but by their actions. They enslave and control all they can for selfish gain. They contribute not to the Light of Truth, mankind's comfort,

joy in life and to his resurrection into the higher heavens.

In the Presence and Protection of the Creator of All there is an inherent peace and spiritual ascension into the higher spheres of reality. Joy and progression in life are the results. Eternal unfoldment of the soul is the blessing within the worship of our Creator. Except no less.

## Revelation 7.

In the Light of Spiritual Ascension it has also been revealed that, according to one's thoughts, words, actions and deeds, it shall be known as to what type of angels or spirits are associating with and inspiring mortals, and from what level of ascension and heaven they originate.

The angelic associations of the higher heavens, the second resurrection and higher, work with affiliated associations of mortals on the earth, for the advancement of all mankind. Individual spirits of the lower haden heavens, the first resurrection and below, inspire and guide mortals on the earth towards self gain and self glory.

Those who are good, compassionate and giving, working in associations to promote man's condition towards his redemption and resurrection are being administered to by the organized, organic angelic associations from the second resurrection. When people abnegate self and affiliate in a communal association after the manner of the higher heavens, the angels from the second resurrection will guide, direct and protect them in their efforts. They will be surrounded by the light from the higher realms and this will control the spiritual intercourse between them and the different grades of spirits and angels around them. The lower spirits of chaos and darkness cannot withstand this higher light and will be kept at a distance. They will not be able to get close enough to molest or deceive the members being protected.

It has been advised through the laws given to the prophets, not to call on the spirits of the dead for council on the acquisition of earthly gains. It has been advised to reverently call upon the Creator of All for wisdom, light, truth and purity. By doing such, the Ever Present will send to you such angels as are best adapted to you, your circumstance and your resurrection.

Whoever consults the spirits of the dead as to earthly things, profit, great undertakings, marriage, war, riches or other self absorbed wants, will be influenced and ministered to by the lower haden spirits of the first resurrection or below. Unless they change and start their rise into the higher realms of ascension, woe be unto them at the hour of their death. For they will be under the obligation of the spirits who had given them their asking. The spirits will seek reimbursement for their services and make slaves of the ones they have helped.

Beware of those who are mediums, channelers, and those of entrancement that allow the spirits of the lower inorganic haden heavens to speak through them. They will profess any name that will please their audience. Judge them on their merit only as to wisdom, truth and of such doctrines that will lift mankind up,

out and away from darkness, crime, poverty and misery. Some spirits will preach the doctrines of re-incarnation through their hosts. Know that these spirits are in darkness, for they are engraphers, fetals and vampires. They are the thieves of life and live on the living substance of mortals. They are a pestilence and disease upon the life-force of all humankind.

For those who worship less than the Creator, there are deceivers who will profess to be any god, lord, savior, angel, or any other heavenly spirit or deity with a great sounding name. They dwell in churches, temples and oracle houses where mortals worship, pray or do sacrifice. Some mortals spend most of their lives attending services in these buildings, and when they die, the spirits who have taken up residence there are the first spirits seen by the mortal after their death. These newly dead mistakenly judge these spirits to be the angels of, or even the very god they had been worshipping all their lives. They are then taken as slaves by these deceiving spirits and reside in a false heaven of that church, temple or religion, thinking they are in the very heaven they had desired to be in while on earth.

Be aware, there are those who have gone on before us into the spirit world, that have risen to the high angelic ranks of marshal, sub-lord, lord and sub-god. They have learned the ways of the heavens and of the physical elements, both corporeal and atmospheric. Even at such a high estate, some have fallen from their high grade for selfish gain. They wanted a kingdom of their own, not to help educate and raise up their younger kin in the ways of the eternal heavens but to enslave the newly dead from the earth, to build and maintain their false kingdoms and do their bidding.

Use your own higher judgment in discerning what angels and spirits are ministering to you and others. Judge not by their words but by the fruit therein and the actions they manifest. What is manifesting on the earth has its counterpart in the spirit world. Determine from which realm of heaven it comes. That which gives to and supports all is from the All High, that which is self-serving and absorbent is from the darkness below.

The balance is evident.

# Cosmic Offspring.

Children of the Living Light.



As the many galaxies travel, whirling through their own universal roadways,  
all life created in their wakes of fire are left in the peaceful ethereal seas,  
as calm embers glowing, wherein the higher universal realms of heaven reside.

## Cosmic Offspring. Children of the Living Light.

Mankind should know the true destiny of life and thus align the path traveled into  
the heavens. This Earth can be enjoyed without being drawn into darkness and  
death. Academic institutions can be designed to link mankind with the True  
Heavenly Hierarchy and so be raised into the heavens unhindered, knowingly  
from birth onward and upward.



## I.

In our galaxy's cycle in the universe of some nine million four hundred and eighty four thousand years ago, our solar family came into being. It was designed and given its birth out of the One Great Life-force and Giver of Light with the help of the planetary engineers, many of whom are older than even the thoughts of our own worlds design.

In the Great Mechanism, where solar systems are born, great ancient beings help in this labor of love. Some are older than our galaxy. Some as old as our universe. Yet, each had their humble beginnings, just as you and I. They were born of a planet, lived a mortal life, died and grew up through the many heavens that are forever upward. As they grew and evolved through the many realms of heaven, they learned to control the many elements of their surroundings and add to the progression of the eternal creation.

During the birth of our small planetary family, the design for mankind was already complete. This is not the first world where life has existed nor will it be the last. There are ancient skilled laborers on all sides of the galactic roadways where planets, just as ours, have been traveling for untold eons of time.

These solar systems are guided and assisted through their life span as they generate the countless number of souls that now, and will in the future, inhabit the many heavens in etherea. These numberless souls born, have risen into the emancipated ethereal heavens as technicians of a greater design. There are many skilled facets of expertise needed in this living entity we call our universe.

After the completion of our own solar system, it was set forth in its own galactic roadway. Its galactic orbit runs a complete cycle every four million seven hundred thousand years. Our system is now one hundred and forty-four thousand years into its third cycle around our galaxy. ( $4,700,000 \times 2 + 144,000 = 9,484,000$  yrs.) The measurement of travel through the cevorkum or galactic roadway is set, approximately, in three thousand year sections. Our solar system completes one orbit of the galaxy after traveling through one thousand five hundred and sixty seven sections. ( $3,000 \times 1,567 = 4,700,000$  yr) As with our solar system, so are there many other solar families of suns, planets and moons traveling in their own orbit around this same galaxy. Also, as our galaxy travels in its roadway through the universe, so are other galaxies traveling in their own roadways in this same universe.

There are many different densities of materials, on the earth, in the earth's atmosphere and in the heavens beyond. In these heavens, away from planetary bodies, there reside the many different ethereal homes where angels live. As there are many different densities of materials on the earth, so are there many different densities in the heavens. Different ranks and grades of these souls inhabit these varied heavens according to their age, accomplishments and resurrections.

As the many solar systems and planets travel their roadways, they pass through these heavens. As a world passes through these heavens, ancient ethereal angels are informed of its status and receive all pertaining information as to its atmosphere, its planetary surface, its varied life forms and the mortal inhabitant's evolutionary

grade and enlightenment. These elders then organize themselves in councils, debate and decide what the next best action should be taken to help those of that world to a better, higher lifestyle, paralleling the life on that planet with its planned heavenly outcome.

Our Earth has a two fold character. One is corpor (mass/darkness) and the other is spirit (life/light). The spiritual life of a world has a layered intelligence. Its gross and dense to the center and more refined and subtle at its extreme. Mankind shares this existence with other life forms of this planet except in one aspect. The life that comes up out of the earth belongs to the earth and is confined and bound within its own life force or aura. The Earth and its plant and animal kingdoms are of the vortexean life currents and the condensed nebulous materials our planet is made of. Once the demise and dispersion of the Earth takes place, all of its life forms return to their original creative energies and materials.

Mankind on the other hand is given more. His destiny lies beyond the limits of the Earth's design. The one characteristic mankind has that the earth kingdom does not is an eternal soul and an awareness of his own awareness and personal being. Mankind was created with an infinite ability to acquire knowledge and skills through experiences, not only on this world and its intermediate heaven but through all of time, rising forever higher into the emancipated ethereal heavens and beyond.

This earth experience we perceive is but a birth place of our spirit and soul. As we were brought forth in our mother's womb into this world, we still as yet occupy a womb called a physical body. Our spirit and soul is still being molded, nurtured, protected and educated as it grows up towards its next new existence, which is in the heavens above. In time and with our earthly experiences, we leave the corporeal and once more, we are reborn into the next level of life, the atmospherean.

This new atmospherean life is much the same as the corporeal life lived on the earth, except it is a more refined existence and closer to the Light Realm. Our spiritual body takes on a new outer structure made up of the refined gasses that surround our planet. Remember, all solids have their effervescent or atmospherean counter part. All that our planet is made of was once nebulous clouds in the etherean firmament. As our planet traveled in its galactic roadway, the earth's vortexean field (gravity mechanism) pulled this space material to its center and layer by layer built the outer structures of this world by condensing these gasses, and finite particles into a globular solid form.

To better understand how the atmospherean heavens are created you have to look at the structure and formation of our world and its atmosphere. As the Living Light penetrated the physical universe, it structured the many diverse materials, gathering and combining each unto its own kind. The space that all galaxies, stars, planets, moons, nebulous gasses and other heavenly materials reside in is a ratified substance known as Ethe. Ethe exists externally as well as a penetrate into and through all corporeal mass in this universe. It separates and holds all heavenly bodies in their places. It is also the dissimulative element which breaks down and separates corporeal and atmospheric substances into their original molecular and atomic structures.

As the Unseen Force brings these two opposing forces together, light and mass, it



also brings forth the inner mechanism of the All Motion.

The All Motion can be better understood as vortexean currents. The currents of vortexia pull to the center and push outward to its external perimeter at the same time. The vortex is a main factor in the creation of our world, other planets and moons, suns, galaxies, and the universe itself. All smaller vortices are created and reside within larger vortexean currents. The universe itself has a central vortex. Within these currents, galaxies are moved in their circuits, cycling the great universal roadways. As the galaxies travel their pathways, they spiral, creating currents or roadways that the many solar systems move in. The sun is the central vortexean force in our solar family. As our sun travels its cevorkum (solar roadway), it creates a wake of currents ( solar winds ) that its planets and our world travel within. Our world, as with all other planets, contains a vortex which emits currents that cause it to spiral. Our moon even spins around our planet because of the vortexean currents that are produced by the Earth. Also, the winds, sea currents, the weather, the seasons, plant and animal life are all under the influence of the Earth's vortex. The power we move by and even light and sound can also be termed vortexia.

The purpose of vortexia is life. It is the generator of life from the inner to the outer, from the smallest detail, accumulating and growing into the unlimited boundaries, forever.

The All Motion is performed and controlled by the Great Unseen Power, our Creator. By the Unseen Power is the All Light brought forth by producing the friction of vortexia. This friction of vortexia illuminates the Universe through its galaxies, stars, suns, planets, moons, nebulous areas in etherea and all other atomic and sub-atomic structures in its vast firmament.

All things created come from the unseen, and all created things, sooner or later, return to the unseen. By the power of the vortex are galaxies and worlds formed. By ethe are all things corpor dissolved back to their original structures. Life exists in the balance between the two. All the living are brought forth and then seem to perish. All life is born and all life dies. As with the planets created, the Ethe slowly dissolves them back into the firmament. The effervescent part of the earth's materials rise up into its atmosphere while the heavier carbon ash is pulled to the center of its vortex.

## II.

Man is also a created product of the universe. His nature is two fold. One is the evanescent, the ascending spirit, the other mass, the outer corporeal flesh structure. Upon its release at death, the spirit rises upward into the heavens while the physical body is taken back to the elements of the earth.

All living materials of the earth, in time, die and decay. In the decaying process, these materials are broken down to their original compositions. In this process, heat and gasses are released and rise up into the atmosphere. The heavier elements are returned to the earth. These different gasses that rise up from the earth are of different atomic weights and so rise to different altitudes where they combine with other like materials. There are many strata of materials in the atmosphere. All

materials on the earth are also found in the atmosphere but in less, more rarified density. The same laws also apply to the spirit of mankind. When the spirit is released from the physical body, it will rise to a plateau in the intermediate heavens according to the grade and enlightenment the mortal had attained while on the Earth. Also, others of like nature will reside on that same level of ascent and will be their companions.

The intermediate heavens are of different densities. Heavier and darker at the surface of our world and more refined and brighter at its extreme elevation. The grade and degree of spirit a mortal contains will determine the level of ascent they will rise to in these heavens. Those more grossly related to the earth in their habits, appetites, manners, actions, thinking, behavior and in general, being of a selfish nature will rise little or not at all. They will be the same in the afterlife, just as they were before they died.

Those that have lived a higher life of love and giving, thinking and doing more for others than themselves and subsisting on the purer elements in their diet will rise to a higher spiritual plateau in the heavens. They will also be of the same spiritual grade they were before they died.

There is no magical transformation at death. You just pass over to the other side the same person you are before you died. A major difference though, is you will have companions of your like nature around you instead of a diverse number of individuals.

### III.

Another change experienced in the after life is your outer spiritual body. The vortexean life force your soul generates will always be a part of you through eternity. While on the earth you were surrounded by an earthly body, at death you pass into the intermediate heavens. Your life force draws to itself another outside body of the materials that surround you. These materials are of a rarified nature. The clothes you wear, the food you eat, the structured habitats, plateaus of lands and mountains, bodies of water, companions, etc., will all be of this more refined material. The same also applies when you rise up away from the Earth and all its influences.

Going beyond the Earth's vortexean field you will go through another change or resurrection even more refined. This change will be of an ethearic nature. Beyond the ethereal transformation there are even more refined levels of life, each brighter and higher than the previous, continuously and forever.

In the rise up away from the earth, each density has an intelligence and there being many plateaus from the earth upward, there are many levels of thought and enlightenment. As one learns what is needed in each level of life, we also learn to control the surrounding elements much in the same way we do here on the of this planet.

### IV.

Some seventy two thousand years ago, mankind was touched by the eternal and the seed of everlasting life and light was planted on this world. This Line of Light

has guided man down through time as a beacon of salvation. This line of Light was carried by a race of people that could see and converse with the ancient immortals. In fact this race was their descendants. This sired race of the angels were taught by the ones above. All that is of heaven and of the earth was given to them that they may know how to live on this world. Mankind on the other hand, was as a child and needed nurturing, guidance and direction. The descendants of the Light were brought to this world to help raise man and add to his development, being teacher, priest and prophet to keep mankind on the path of eternal life.

In the Earth's design, these children of the immortals were destined to be taken back into the heavens when mankind reached a certain age. As the Earth and its solar family traveled into the higher lights in the galactic roadway, some of the Children of Light ceased to regenerate and the remainder were absorbed into the race of man and seen no more on the surface of our planet. The seed of light had been planted and the higher ethereal lights of heaven, where the earth was traveling, took the place of the people who had been carrying this light for man in the early days of his childhood.

The written laws, given by these prophets of Light, have been used to build the many diverse social structures of Mankind on this planet. In times of darkness, these laws, become obscure and forgotten. Mankind forgets their genetic teachings and practices a selfish behavior. As the Light and inspiration of the heavens increase, those that attune themselves to it and follow its direction rise to a higher level of life and enlightenment. The Living Light of our Creator flows through their being, inspiring them to goodness, love and truth. Those who except this Light are lifted into the ever increasing levels of enlightenment and awareness, their souls filled with the Living Love and thoughts from the higher heavens. Those that do this in a concerted effort, increase this higher light and frequency and eventually bring to our planet's surface 'Heaven on Earth'.

Those that deny and turn away from the Light will proceed into darkness and death as will their descendants, if unchanged. The Living Law cannot be experienced and received the same as the written. The Living Light comes directly from our Creator to our soul through acceptance, prayer and meditation. From the Living Light there is no concealment of your morals, intentions or secret sins. You are transparent with all of your flaws revealed. These obstructions of Light will deny your ascension until they are corrected or removed. The rise into the higher realities of life is not a random ascent. It's a very orderly and organized mode of development. Mankind, as he is on the earth, cannot ascend into the higher heavens without evolving into a higher life form.

## V.

In the very early stages of mankind's development, a heavenly council in the spiritual realm was formed to oversee his upbringing. This council organized a structured hierarchy to assist man on the earth, during his ascent through the intermediate heavens and his indoctrination into the emancipated ethereal heavens.

The Chief of the council remains in the balance between the corporeal earth and the ethereal heavens. As our solar system orbits its galactic cevorkum, it encounters

various densities of elements and resident heavens where the emancipated angels dwell. The Chief stays abreast of all the information where the earth is traveling, who's in control of what sector of etherea, what heavens are available for the earth's harvest of souls, and obtaining assistance from those higher raised angels in securing the emancipation of mankind up away from the earth. The Chief also has the knowledge of the rates and grades that man should ascend to on the earth, in the intermediate heavens and what needs to be accomplished to further their education, evolvment and enlightenment.

The Council's Chief is also known as God of Heaven and Earth. He is the chief executor of the council, governing the many aspects of the earth, the life of and on the earth, the intermediate heavens and mankind's path and journey from the earth into the higher emancipated ethereal heavens.

Mankind's growth and development is governed by an intricate organic association of angels. These spiritual beings can be centuries old and also be acknowledged as our elder brothers and sisters. They have taken a path in their lives that has prepared them to be at one with the Ever-present Life-force, the Creator of All, That which is Seen and Unseen. The God-head or Heavenly Hierarchy that oversees man's rise into higher levels of life, are angels that have volunteered for that purpose. The different official positions held by each individual angel can be transferred to another angel of the same degree. All the different positions that angels hold do in fact change completely over a certain amount of time.

## VI.

Within the galactic orbits of our solar system there are smaller cycles that have a beginning and end. The beginning of a smaller cycle which is known as a hi-dan, is a time of intense illumination and increased enlightenment. A doorway between the two worlds of the corporeal seen and the spiritual unseen is opened. Angels and mortals converse directly with each other without much difficulty. It is a time of setting mankind's evolutionary direction for the next three thousand years or so. These time periods have fluctuations of light and darkness, peace and war, abundance and famines, faith and anarchy, faith and denial, creation and destruction, ... etc. Each three thousand year cycle is basically the same as the previous and the cycle yet to come will also be much the same. Each cycle is a milestone that mankind crosses in his overall evolution, much like the growth years of a person on the earth. Mankind is now twenty four cycles old.

Each three thousand year period or sub-cycle has a different design for man's growth. Technicians of varying skills of expertise assist in the upbringing of the human child. Some angels work directly with the people on the earth while others work with those that have crossed over into the spirit realm.

After mortal death, the infant spirit is known as an es'yan. According to the life that person had lived on the earth, their guardian angels will take them to a place in the lower heavens which is best suited for their resurrection and advancement. If the spirit had refused an ascending lifestyle and any help or inspiration from above, the guardian angels will have little or no influence or authority in persuading them

towards the upper heavens. If the spirit refuses to chose ascension, they will wander about on the earth in the lowest intermediate heaven ( hada ).

The spirits that have chosen not to rise into the heavens become bound to the earth and eventually sink lower into the earth's lower vibrational planes. This results in the dissipation of the holy spirit in the individual and increases their lower base nature that is connected to the earth's vortexean currents.

If a mortal has rejected a heavenly path of ascension and clings to the lower vibration of the earth, they are known as a druk. In the spirit realm they are known as druj. The druk has no spiritual knowledge or understanding and has no desire to attain such. The druj is a spirit of a druk after mortal death.

Through time, if unchanged, the drujan spirits sink even deeper into darkness and dissipation. The higher frequencies from the heavenly realm that keep the spirit alive are too weak to sustain their soul. Receiving no nourishment from above, these spirits engraft themselves onto mortals and live off their substance and life energies. These are known as fetals ( vampires ).

## VII.

The lower base nature of man and spirits have seven characteristics or personalities. These dark realms of influence are known as the tetracks and are responsible for all such evil dispositions in man, on the earth and in the spirit world. Each personality has many levels of identity, from the seemingly harmless to unspeakable depravity. These seven base personalities are as follows with a few of their names they have been known by in time's past :

Dibbah and Owow - The enticing evil. That which plays for our attention to draw you away from the Light and righteousness. A slandering mind and tongue that reports or tattles the evils or shortcomings of others. It is the gossiping darkness, demeaning and destructive, the opposite of good speech and praise. The speech that poisons the mind and spirit.

Ra and Hissce - The flesh evil. Sensuality, carnal desires, debauchery, drunkenness, the incurable wickedness, gluttony and those that have desires of the earth only are its characteristics. They have no desire for the ascending life and since there is no desire for Light, darkness and death ensue. These people and spirits take delight in being evil, causing others misfortune and grief and inspiring others to do the same.

Zimmah and Ugs-ga - One who avoids truth. Those that constantly lie. At times they themselves believe the lies they tell, preferring falsehood over truth. This personality is also known as the joking evil. Since the truth in life is beyond them, they make fun of or joke about those that are on the ascending path. They are persistently stubborn in their thinking and actions. They delight in role playing and take on any name or character that suits them, trying to deceive those around them. This character can be either mortal or spirit. If a spirit, they come to those mortals who pray to, or channel spirits and take on a personality of some grandeur telling their lies for a selfish end.

Belyyaal and Hoe-zee - This personality is of the worthless nature, being of no good to themselves or others. They do not progress, they degenerate and are retiring

and lazy. They instill no positive influences into any one or anything. They burden those around them, living off of their labor and life energies.

Aven and Uk - This is the spirit of vanity, self centeredness, conceit, bigotry, ego and selfishness. They have no thoughts of putting others before themselves or helping someone else without receiving something in return. They always have to be first. They think they are better than others and deserve more, if not everything. They are spoiled, catered to and generally live off the substance of others.

Anash and Bow-hiss - This personality takes delight in destruction. War and the disintegration of civilizations are their lively hood. The tools of their trade are the wicked evil inventions of death, destruction and misery. They have no desire to create for life's sake. They are destroyers, spiteful anarchists and revengeful. They generally serve kings, governments and war mongers in the conquest of others. They care not who they serve, often playing the middle ground, serving both advisories, being mercenaries, munitions manufacturers and arms dealers ..etc.

Satan - This personality is the desire for leadership for self gain only. To be the ruler, having absolute authority over others and reveling in its so called glory, is the delight of this retract. It assumes the place of the Creator to separate and control man and angels. This is done in many ways and on many different levels of thought, both on the earth and in the spirit world. It is the deceiver and trickster of the young and uneducated and those who are born or brought into a position of power. Satan is the captain of death and the leader of the other six tetracts and they in turn take great delight in its power.

These are the seven faces of darkness and death that have influenced mankind in the past and will continue to do so through his mortal life, and, into and through his spiritual life in the intermediate heavens. Mankind could not live and survive on this planet without this external structure of the animal man or beast. There has not been anyone born on earth that doesn't have this nature in them to some degree. When this structure is bred out of mankind, the taste for corporeal life dwindles and he ceases to regenerate his species on this planet.

Once born, the desire to live is great and the tetracts push mankind on in life, regardless. Once awakened to the factual realization of the beast nature, many want to rise up away from the lower vibrations of earth to a higher, more refined existence. This turns the thoughts towards heaven and a desire to live a purer, higher, enlightened, angelic lifestyle.

## VIII.

In contradistinction to the tetracts, mankind is also endowed with another influence. As the tetracts are the lower structure and the dark force of influence, the aspiration that lifts man to higher levels of enlightenment and consciousness, has in the past been known as ASHA. This is the Light of man, the good spiritual angel in man that leads to life eternal. ASHA is also known as the Cosmic Order, the Wheel, immortality, the Right, the Truth, and all that is good, progressive and creative. ASHA can be understood as a light penetrating the spiritual structure of man to open his awareness to the higher life up away from the darkness of corporeal worlds. It can also be thought of as the Best of All Good in Man.

As our Creator shines His Living Light on man, one side is illumined and thought of as ASHA. The shadow of darkness that is cast on the opposing side can be understood as the tetracts.

The tetracts have seven distinct personality traits. ASHA also has seven. As one is of heaven the other is of the earth. These two separate characters in man have been revealed down through time, even from the ancients, and it has been stated: "Some are born of the spirit and some are born of the beast."

The seven personalities that are the good, higher spiritual natures of Mankind, known as the Forces of Light are:

Vohu Manah - This personality is 'The Holiest' and 'The Good Mind'. It is the true and right path of thinking. It is the friendly breath of peace acquired through the ear. It is the speech that gives happiness to the soul. It is more powerful than all other creatures and its presents inspires others to the same. It is the worker of good whose name is Peace, Strength, Unity, Deliverance and Welfare.

Ameretat - This personality gives the ability to see spiritual immortality into the heavens and beyond. It inspires and teaches that there is more to life than the corporeal worlds. Its light and inspiration makes the world grow and increase. It is the true spoken speech that gives the soul joy. It is the inspirer of Guardians and Protectors who contribute to the growth of plants and the wooded areas of the earth and all the life therein.

Asha Vahista - This is the personality of 'Truth and Righteousness'. It is the best of 'All Perfection'. It is the bestower of the 'Holy Blessings'. It is the -"Fairest and Most Holy Divine Order'. This trait is the opposite of druj, druk or darkness. It stands as a High Raised Angel surrounded by intense Light.

Khshathra Vairya - This characteristic of Light is 'The Realm of Divine Will' that directs mankind in his advancement on the earth and his rise through the intermediate heavens and beyond. It is the desirable lordship of mercy and charity. This Light moves the angels and man to lift others up and help them in their salvation and resurrections. It is as a parent that oversees and guides their child's development and growth.

Spyenta Amaita - 'Humility and Piety' is this personality's character. Beneficent devotion, benevolence and the true piety in believers gives sublime glory in the submission to the Creator. Through submission, the path of Light is opened and the attainment of higher consciousness and enlightenment begin.

Haurvatat - This Light is of 'Perfection and Plenty'. It is the inspirer of laborers and producers and moves them to contribute to the prosperity of the seasons and their harvests and manufactured goods. They are the guardians and protectors of the water's purity and all the life therein.

Sraosha - This is the 'Light of Obedience'. It inspires the 'Cosmic Order' its laws and wise conduct. It is the guardian and protector of the Light and Creation. It is the contender of evil. It is the Master of Holiness and is rich in good thoughts, words and deeds. It is the 'Ambassador of Peace and Harmony'. It is the 'Guardian of Corporeal Worlds' and the continuing influence of the Light to All.

All good Thoughts, Words and Deeds, are thought, spoken and done with Intelligence.

All evil thoughts, words and deeds, are thought, spoken and done with folly.  
Let the men and women who think Good Thoughts, speak Good Words and do Good Deeds inhabit the Heavens as their home.  
Let those who think evil thoughts, speak evil words and do evil deeds abide in chaos in the lower spirit realms.  
For all who think Good Thoughts, speak Good Words and do Good Deeds, the Celestial Realms, the Best Worlds, doth belong.

## IX.

Within the Cosmic and Planetary Kingdoms, the influences of Light and Darkness are in constant struggle for the control of our world and its inhabitants. Light over darkness is the constant. The Light fluctuates in intensity and illumination. When it comes forth in power, life flourishes and darkness decreases. When the Light decreases, the Darkness overshadows and death ensues. In this balance of power, there are sixteen realms or kingdoms in which the forces of Light and Darkness have their influence. These realms are either in a progressive and flourishing state, as our Creator makes them, or in a declining or decreasing state when the Light and Life-force of our Creator is withdrawn.

These sixteen realms or kingdoms of dual nature are:

1. Creation and Destruction. 2. Preserver and Spoiler. 3. Eternal Life and Death. 4. Wisdom and Ignorance. 5. Work and Idleness. 6. Love and Hate. 7. Peace and Violence. 8. Power and Weakness. 9. Sun and Darkness. 10. Water and Impure Water. 11. Air and Impure Water. 12. Fertile Earth and Barrenness. 13. Food and Impure Food. 14. Health and Disease. 15. Man and Inferior Man. 16. Joy and Sadness.

The forces of Light and Darkness have their influence on the earth and in the spirit world. As mankind is neither of the Dark or the Light, but a product of both, the influence they have on him has an impact on his evolution.

Man is the only creation on the Earth that is born blank. Although he has genetic memories through his ancestral lineage, he watches and learns from the parental and peer examples set before him. All that is seen and happens to a person writes upon their soul and forms their character.

The two extremes of Light and Darkness have their effect on each individual and the world's population until they have reached and completed the third resurrection, rising into the emancipated heavens in etherea. These extremes create the 'Wheel' that mankind rides from the earth into the heavens.

When all the traits of Light are acquired, one is able to overcome the lower aspects of earth and rise higher into the emancipated nature of the ethereal being. When one chooses to rise to this higher frequency of spiritual light, others who remain stationary or in a declining state of spirit will neutralize their efforts of ascension. The environment, one's living conditions, surroundings and diet also have their influence on the rise into the higher spheres of spirit, intellect and awareness. Those that surround themselves with others of the same aspirations will find it much easier to rise up away from the earth's vibration and align themselves with the frequencies of heaven.



The overall balance of ascension into Light as opposed to the declining nature of Darkness will determine the spiritual outcome of the nuclear family and its future generations. The same holds true for a community, a city, a nation and the world as well.

## X.

People of the earth are generators of mental and spiritual levels of awareness and their energies. The influence of a highly spiritual person of light and goodness can lift and enlighten and through conduction, transfer the same sight and elevation to others. In retrospect, the darkness can also devolve the spiritual person and influence those around them until all light and goodness are consumed.

Mankind, as a whole, is one family among the stars. He is born of the earth to complete his individuality. All the influences of Light and Dark mold the entire character of man, polarizing to the extremes. Those that choose to rise and put forth their spiritual energy to do so, will grow into the ethereal heavens. Those that refuse to release their dark ways will cling to the earth's energy, vortexea, and will eventually be drawn into the center spheres within our world. These are the evil influences, void of spiritual light, that inspire souls to their wicked ways. In time, as the Earth's life force extinguishes itself on the exterior, the darkened souls will retreat inward, following what's left of the world's life currents. They will be confined within the earth's grip, until at its extreme, the world novas. With the outer crust gone, the remaining vortex will draw an atmospherean world around it. The many souls that were entrapped are released and having no anchor in corpor, are weaned of their darkness and begin their rise up through these nebulous heavens and eventually etherea. None shall be lost. All shall be resurrected.

Unseen to mortal eyes, the influences that control mankind are beyond his earthly comprehension. The many forces that direct his life are unperceivable to the physical senses. Before mankind was born from the vast pool of Cosmic Life, the feeling of oneness was paramount. The journey we've taken into this corporeal world separates us, sculpting our individuality and consciousness, to the extremes. We can feel separate, lonely, isolated, misunderstood and at odds with the rest of humanity. The journey back home, to become one with our Originator is an excessive trek in time and space. The rise from this orbiting sphere into the heavens and the higher realms of reality is not an unguarded, haphazard, from chaos comes order situation. It is a well structured, organized nursery from which the children of the universe are born.

From the beginning of time, souls have been brought forth into the heavens from the many created worlds in etherea. Not all planets are birth stars. The souls that are generated from planets and born into the cosmic sea from the nursery stars are vast. (approx. eighteen billion souls per one hundred years for this planet, depending...)

## XI.

Mankind is not alone in this universe. There are countless planets within the untold number of galaxies that also give off life such as our own. Mankind is not

alone on this world. Spiritual guardians from the higher heavens are assigned to mortals at their birth. These guardians stay with such mortals through their lives even until after their death. They stay with them day and night, inspiring them to do during the day and influencing their dreams at night. These angels guide mortals to meet each other, go where they go, act as they act, protecting them from the dark forces, building and creating the world around them as they are inspired to. These guardians are volunteers that want to help mankind to rise up away from the earth and grow into the heavens. These angels work in an organized, organic structure from the surface of this planet, through the intermediate heavens and into the ethereal realms. They are the midwives, teachers, educators, administrators, and in time, close companions, brothers and sisters. These guardian angels who oversee mankind personally on the Earth are known as Ashars.

Ashars watch, oversee, protect, guide and keep records of a person's life while they are mortal. The history of their genealogy, activities, their strengths and weaknesses, habits, diet, surroundings and all other influences of the individual are recorded.

The work of these 'guardian angels' is on the cusp of the individual's light and dark sides. The adversity that is encountered is the tetract influence on both the physical and spiritual realms of life. The guardians have a strong influence on the mortals they watch over, but they are not alone in the spirit world. Others of the lower nature that have passed over can also have an influence on their wards. These lower spirits of immoral habits seek out mortals who have a love for the same indulgences they have. As a mortal experiences such indulgences, they give off a certain life vibration and vapors (auric emanation) and the spirits around that mortal absorb and experience the same feelings and pleasures. If a spirit enjoys a certain indulgence, they will try to persuade or inspire mortals to those certain habits. One mortal indulging in a specific vice may have more than one spirit enjoying the same activity. If a mortal doesn't have any bad habits, vices or indulgences, the lower spirits will have no use for them and seek their pleasures elsewhere.

One of the main goals and work of the ashars is to influence their protégés to a higher light in the spiritual realm. When a guardian angel is successful in redeeming their mortal ward to the light, together they are generators of light and goodness and inspire some of the drujan spirits that are around them to the same. The mortal's actions also influence other mortals on the earth plane to a more enlightened way of life.

When an ashar receives the spirit of a mortal at the time of their death, the newborn es'yan and the records of their earth life are delivered to one whose position is known as Asaph. The Asaphs have control over where the es'yans will begin their spiritual education. If the es'yan is deranged, ill, incomplete, wild, morose, incoherent, etc ... they are taken to the nurseries or hospitals situated to bring them back to health and awareness. After they have completed their rehabilitation, they continue their education in the spirit world and so rise up, outward and finally away from the planet.

The different levels of entry into the heavens vary per individual. The grade of the spirit is determined by their faith, parents, life, surroundings, aspirations, morals,

selflessness and selfishness, and in general all thoughts, words, actions and deeds. Their grade is also influenced by their diet, attitudes and the companions they had while on the earth. The grade of the spirit determiners where the individual will go after leaving the mortal coil. How you prepare yourself on the earth will determine your first steps into the afterlife.

There is no magical transformation of turning into an angelic being, full of light and power. You're basically the same after death as you were the last day of your earth life. You just simply transfer to the other side. Light and Power are added to you when you have rightfully earned them. If while on the earth you lived a life of a gross corporeal nature, your entry level into the heavens will be close to the earth. If you were giving, selfless, working for others who were less fortunate, aiding in their salvation, your elevation will be high in the intermediate heavens.

The heavens are unified in both life and action. A great work is done by the multitudes of angels when it comes to lifting mankind up out of the earth and beyond. The link that elevates goes beyond the intermediate heavens, connecting man to his emancipated home in the ethereal heavens.

Think not that mankind's growth and development is unattended or unguided. The whole of mankind as an individual has a predetermined pattern of growth. Mankind has a birth, a childhood, adolescence, genius, maturity, old age and finally dotage and death. Through all these phases, man's genetic structure is overseen and guided by a group of angels who provide for his prenatal conditions. This group of angels are known as Loo'is, Masters of Generations. They bring together certain mortal men and women to produce specific offspring of different qualities and for many different reasons. When certain changes in mankind's destiny are required, the Loo'is bring about designed individuals to accomplish such a task. These masters of generation work directly with the upper echelon of angelic hosts who see far into the destiny of mankind's growth on this planet.

Throughout the many generations of man, guardian angels have led them to build villages, communities, towns, cities and nations. As the tribes of man grew in number, the larger areas of land were divided proportionally and additional guardians were added to watch over and guide man's advancement.

These angels that oversee these large numbers of mortals and es'yans, and coordinate and direct the ashars, asaphs and loo'is in their labors are called Lords. The Lords work directly under the authority of God of Heaven and Earth and as advisors and administrators to the angels who deal directly with mortals and the newly dead.

The lords and their angelic entourage abide in a heavenly kingdom in the lower atmosphere, close to the earth. Hospitals, nurseries, educational centers and the manufactories of needed goods are part of their dominion. The newly dead (es'yans) are brought to these plateaus to start their indoctrination into the spiritual world.

The Lord is a god of the earth, next lower in rank to God of Heaven and Earth. The first exalted rank an angel receives in heaven is Ashar, the second is Asaph, third is Loo'is, the fourth is Marshall, the fifth is Lord and the sixth is God. Marshals are rather vice-lords and are not titled. The first title in heaven is Lord.

The second title is God. God of Heaven and Earth sometimes appoints a lord to a single city and at times appoints one to a state or one to a country or nation. In the first days of man, God appointed one to a continent. A lord's minor dominion is one hundred million angels and a major dominion, several thousand million. A lord must have past beyond the second resurrection before they become eligible to the title.

God of Heaven and Earth has a singular kingdom, situated in the second resurrection in the outer perimeter of the Earth's vortexean currents. When the es'yans of the first resurrection have advanced through the lower heavens sufficiently they are received into the lord's heavens. In this heaven they are prepared to rise even further into God's kingdom. While in the lord's kingdom, the es'yans are weaned of their singular individuality and indoctrinated into a group consciousness. The individual spirits become part of the larger family and strive with these others to attain the Oneness with their Creator. In passing from the singular consciousness to group affiliation, one passes from the first resurrection to the second resurrection. The first resurrection is of the lord's kingdom. The second is of God's kingdom.

In God's plateau their education continues to prepare them for the ascent out away from the earth's rotating heavens into the emancipated ethereal heavens. This is the third resurrection. God's position is intermediate between the Earth and the Ethereal Heavens. He watches over and directs the advancement of mortals to es'yan, and the rise of the es'yan from the lower heavens into the higher heavenly kingdoms.

From the upper kingdom, God, and his Council keep a watchful eye on the roadway of our solar system as it journeys its orbit in the galaxy. There are many diverse sections of light and darkness within our galactic cevorkum. Each has a great impact on the evolution of our planet, and all the life on and in it. In the periods of light, our planet is unobstructed from the light and life force from the center of our galaxy or has entered an arc of light that has been constructed in the paths that solar systems travel. The Earth and all on it is in a state of evanescence or giving away. It is releasing its substance which is evaporating and rising out away from the surface of our world. This is a period of enlightenment for mankind. During these periods of light man is more spiritual, giving, peaceful and intellectual. He dwells into the secrets of life and aspires to be a higher, more enlightened individual. Towards the end of these periods there are droughts and famines. Man is less productive and produces less offspring. It is a time when all has become depleted.

In times of darkness, the Earth and its solar family roll into thick nebulous regions in its cevorkum. This nebulous material is pulled onto the earth by its vortexean currents. In this period of absorption, the earth replenishes itself of the materials it had given away during the period of light. It is a time of re-establishing the outer material structure of corporeal life. During these periods, mankind becomes more stately, assimilating to himself. He becomes influenced by the earthly tetracts more than the inspiration from the ethereal realms. Man becomes self centered and egotistical. It is a time of plenty and less effort and labor is spent growing and harvesting sustenance. Man has more time to build up his earthly kingdoms and

create new civilizations. Unfortunately in these times of darkness, man is more aggressive and warlike and such is the savage in pruning his own kind. Look back through time, notice the many cities and nations that have come and gone. The periods of darkness build up and become strong. Yet, in the turn of Light, they disappear, evaporating, never to be seen again on the surface of this world.

In the vastness of this galaxy that our solar system travels, there are untold numbers of souls that have been generated into existence. The emancipated heavens are filled with ethereal homes for the souls of these eternal. The universe has many levels of life, from the corporeal to the ultra refined and beyond. As mankind is brought away from the earth and its influences, they are taken to a heaven that is best suited for their future growth. God of the Earth is in communication with those living in these higher, more refined ethereal heavens. The Earth's harvest of souls are passed on and delivered, timely and in vast numbers from God's care and the Earth into these higher heavens and within the protection and care of those known as Orian Chiefs.

Orian Chiefs oversee vast areas of heaven that have the many roadways that our and other solar systems travel through. Along these celestial paths are the many heavens that differ in densities and substance. They know well in advance when a soul generating planet is to pass through their sector. They prepare and make ready these heavens for the birth of the millions of souls from this womb, the Earth and other nursery stars, that are predestined to live in the universal heavens.

Within the Orian Fields, on the many solar roadways, there are stationed those that are known as Shrevarhs. These council, debate and execute certain actions that arrange and purify a planet's surface and atmosphere, so that life will be more productive, increasing its quality of life and the grades of mortals.

When the multitudes are born out of the earth, they are taken to an ethereal heaven of a certain density that is best suited to their level of growth. Gradually and in time, these souls are graduated into higher and more refined densities until they enter the Nirvanian Heavens. [Mankind, when born on the earth, subsists on corporeal substances and assimilates it to his growth. As corporeal man reaches an apex in his physical life, he grows more on Living Light than mass. Spiritual growth depends on the accumulation of this Light that is the essence of the Ever-present Living Light and Life-force, our Creator, Jehovih. As mankind grows out away from the darkness of corporeal worlds, their outer structure changes from mass to light. Their outer body and all of their surroundings increase in this light through time, as they grow into the higher heavens.]

The Nirvanian Heavens are ultra refined crystalline light structures unperceivable to the human eye. The souls that live there must be pure and wise suited to that existence. As the Earth's heavens are to the Nirvanian heavens, so are the Nirvanian heavens to even higher, more refined heavens beyond.

This life structure we're born into is forever and without end. The heavens that we ascend to are also without end, each higher and more refined than the previous, forever.

Beyond the nirvanian heavens of rest and paradise, the souls are educated to become co-creators in the uncountable phases of universal activities. This includes

the building and setting into motion, the star families that travel the galactic highways. These great souls of power and light are known as Oe'teans. Beyond still, are others known as Eons. They travel in the higher surveys of etherea. They notify the Oe'teans of the conditions of the solar roadways, where new solar systems can be created and where old exhausted systems need to be dissipated into the materials from which they were created.

Beyond still are others, makers of galaxies and organizers of ethe, creators of light and corporeal substance, and all other substances that universes are made of. The All System of Life is but one life entity, intergraded from the lowest to the highest, giving life out of itself, that in time, will once again, become one in the same. This universe sustains all within it, co-existing and in harmony with all the other uncountable universes of the same order and life structure and being one in the same, forever.

## XII.

In mankind's trek through the earth into the heavens, he has two choices. One is to aid life's plan and become one with the will, action and growth of the universal flow of life. The other is to be at the will and mercy of the unseen forces that move all and influence the total outcome of the earth's plan in the universal fabric of life.

At some time in our life we are given this choice and we consciously choose the path we take. The Light calls us to the door of decision. For some it is but a faint glimmer. To others it is as the sun itself, unsetting. Some are blinded and cannot move. Some just go back to sleep, forgetting that it ever happened. Regardless, we are all eternal and travel the degree of light we choose.

The path we choose here on the earth, determines the path of ascension we rise through into the heavens. One path is to the Godhead. The other is to the lower spiritual soul mass.

Down through time, the Great All One has inspired and directed certain preconditioned souls to deliver instructions to mankind that would help him on the earth to prepare them for the life in the hereafter. Those that accepted and adhered to the messages were watched over, guided and protected by the many guardian angels assigned to them. These prophets have come at different times to different continents and nations to help those people in their particular development.

New revelations are given to mankind in the beginning of a three thousand year cycle. (1848 has been the most recent.) It is a time of new light and new instruction. It is a time when the Lord calls Jehovih's children to come together and establish a new foundation from which the higher heavens come through and manifest its Light on the surface of this corporeal world.

The higher Light attracts its kind and new civilizations are created. Those civilizations that are in darkness and reject the Light are eventually dissipated and lost because of the prevailing darkness and evil within them.

## XIII.

For the new civilizations to thrive and prosper, the new revelations from the

heavens and the reminders from the previous prophets should strongly be considered. These written guidelines should not be thought of as restrictions or rules to punish by, but accepted freely and practiced willfully so that all may be a glory to their Creator, giving each a fuller and more joyous life here on this earth and in the hereafter.

Most of these written guidelines have been much the same, and if combined would be as such:

Jehovih, the I Am, the Great Spirit, the All Light, the Ever-present, Father of Heaven and Earth, Creator of All; was, is and forever shall be. He is the All Life that you see in Earth and in the Heavens. Even the unseen worlds are His very Person. He is the Whole. Nor is there anything in all the Universe that is not a part of Him.

With Him all things are possible and all things good.

He created the whole of the Universe. He created the heavens, etherea, wherein all galaxies reside with their suns, stars, planets and moons. Each to course their own circuit by the power of the All Motion. Where heavenly kingdoms of light reside away from the darkness of corporeal worlds.

He created all that live and all that have ever lived and died and all that have ever breathed.

He created life, to all a life to live, a right to live and die. Out of His Very Person, He gave to all life and death.

To be all pure, all good, all wise, all holy and to do all good works is to hear the voice of Jehovih.

To be all bad, all foolish, to be all evil thinking, to do evil works is not to hear His voice.

To the All good, good is alive and evil is dead.

To the All evil, it is alive to itself only.

The All good is the Creator, the All Light.

The All bad is darkness, the opposition to the All Light.

For man's understanding what is good you shall call good, what is evil you shall call evil.

To your Creator there is no good or evil, but the ripe and unripe .

With the ripe there is light, with the unripe there is darkness.

Without the unripe, there can be no ripe.

Without the darkness there can be no light.

All creations are good. All or any light or life is good no matter in what degree.

The time of creation is a time without measure, thus there shall be forever created creations.

Jehovih, the One Great Person, which is incomprehensible, matchless in wisdom, truth, power and unity of purpose is Creator and Ruler over all in Heaven and on the Earth and on all other worlds, seen and unseen.

Love and worship the Creator above all.

You shall have no other God, lord, savior, idol, man or angel to worship forever.

Serve not any god, lord, savior, idol, man or angel, and swear against such.  
Make no image of the Creator out of anything that is in the heavens, on the earth or in the waters.  
Do not bow down before idols or images or anything having the form of anything in the heavens, on the earth or in the waters.  
Do not worship or call on angels for council on the affairs of worldly gain.  
Covenant yourself to your Creator every day and search for His expressions in all things on the Earth, in the waters and in the Heavens.  
Complain not against Jehovih for anything that happens. All are His and He accomplishes in His own way for the good of all.  
Cut not yourself off by making yourself seem greater than your Creator.  
Build altars unto your Creator for it enforces the thought of worship to Him.  
Speak not Jehovih's sacred name in public, or give it to idolaters or lovers of evil.  
Remember the sacred days and keep them holy. Six days shall you labor but the seventh day is the Sabbath; a day of rest and worship.

The star of light within each of us is the Creator.  
All men are created of the same light and spirit.  
Love your neighbor as thy self, for they are your brothers and sisters created from the same.  
Do good unto others with all your wisdom and strength, for this is the highest religion.  
Good works are the key to salvation.  
What one does for others on the Earth shall be done for them in heaven.  
Look for the good in all, and forgive what is not. Do not criticize, censor or find fault in them for they are the Creator's, and it is between them.  
Return good for evil and show them the way.  
The soul of man is immortal and everlasting, and shall ultimately attain the peace and joy in the heavens of the All Light.  
All people should rise up in their own might to embrace the Creator, to practice good works and promote love to all; and by charity and independence elicit the protection, the pride and the glory of the Almighty.

Speak truth only, and be truthful in all things.  
Be aware of your speech.  
To talk of good things, delights, loves, the Creator and His wonderful creations, of life and death, of everlasting life and happiness. These are good speech and give the soul great happiness.  
To talk of dark deeds, of one's neighbor's shortness, of disgusting things and words, these bring darkness to one's soul.  
Make your neighbor rejoice in thee.  
Cultivate joyous hearts, rejoice in your own life, sing and dance respecting the rites and ceremonies so all things may be orderly before Jehovih.  
Deal with all men, women and children justly and kindly, and with great love.



All men shall have liberty.

This is the age of reason in which all men should be inspired to read and think and judge with their own judgment, and not through any priest, church or savior.

One man's judgment shall not be binding to another, for all have their own point of view.

Do not argue for opinion's sake.

Respect the opinion of others, for you may be in error.

Speak little of yourself and your possessions, for all have a history.

Make yourself compatible in righteousness with others.

All men are equal in the eyes of the Creator. Death comes to each, the high and the low.

Be self righteous above no one.

Keep your thoughts pure.

Inflict no evil or harm.

Raise up those that are cast down, and help them in the way of their salvation.

Nothing belongs to any man, for all things are Mine, saith the Creator.

Provide for the spirit first, and then the body.

Be not vain in possessions. That which you possess on the Earth shall possess and bind you in heaven.

Use what is needed. Own or possess nothing under the sun, and steal not.

Give all that is in no use to the poor.

Desire no more than what you will give.

Hold and care for all things in common.

We are just passing through this Earth. That which is material gained will eventually be as the wind.

God said; "To him who saith: This is mine, I have not spoken. To him who saith: My house, My lands, I have not spoken. For in as much as these things belong to them, such men belong to such things, and not to Me."

All life is sacred, for it is the life of the Creator.

Kill not what is created alive.

The star of light; the life, the spirit, the soul, is given at the conception of birth and is most sacred.

Keep holy the body, and be pure and clean.

Inoculate not your flesh with poison and corruption to save it from the same, for it is to use the battle ax of Satan. Man shall learn the higher law, to save by virtue instead of vice.

Be observant of what you shall eat and drink and where you dwell by day and sleep at night and who you commune with, for all things shall write upon your soul their character and kind, being either good or evil.

Every living thing that groweth up out of the ground shall be food for you. Of all things that are flesh and blood, wherein is the breath of life and spirit, you shall not eat, for thou shalt not kill.

If thou would be gentle like the lamb, non-resistant and docile, so you may obtain

great knowledge and wisdom, feed on herbs and fruit, nuts and cereals and your blood shall be pure and cool and charged with food for thy spirit in peace and love. But if you would be ferocious like a carnivorous beast, feed on flesh and fish and your blood will be hot and your spirit will be stirred with passion and anger and contention and tattling and war and jealousy and love of vengeance.

For what so thou chargest thy blood with, shall be charged upon thy spirit. From your blood shall your spirit be inspired according to what your blood contains.

As through corpor, the corporeal part is nurtured, so through the gaseous atmospherean part, is thy spirit nurtured.

Man according to his diet, desires, thoughts, words and actions, being either good or evil, shall dwell in spirit in the first heaven, on a plateau either near the earth or high above to which he has adapted himself during his earth life; resulting in light or darkness, joy or unhappiness, having companions of the same.

Honor thy father and mother. Pay reverence to your grandparents and ancestry.

Marry only once.

Commit not adultery.

Marry not on the impulse of the flesh, but consider the spirit of each.

Wed not any of thy kin, save beyond the fifth generation.

Take not a spouse of unclean habits.

Be circumspect as to marriage, that your offspring Incline towards spirituality than to earthliness.

Multiply and adorn the Earth.

Seek to bring forth heirs to be a glory to the Creator.

The young are your angels, given to you by the Creator, and you are as their God. Your example will be their guideline. Consider what kind of kingdom you will have.

People of chronic ill health or deformity or hidden sickness should bring forth no heirs.

Respect the times of women.

Do not have sexual relations with your wife during pregnancy. Give her no heavy burdens and do as she asks.

Abnegate one's self for the peace and good of the family, be it opinion, desires or possessions.

Be as a father or mother to the sick and helpless, the orphan, the stranger, the widow and others who are destitute.

Your Creator is your King, and no other. Be non-resistant and live under the law of Jehovih, our Creator, for He speaks to the soul of all men.

He has created the power in you to live without worldly kings. Disown and bow to none but Him.

Man has a natural right above all kings, priests and sacred writings to serve his Creator in his own way.

The king's people have not faith in the All Light; therefore, their souls will fall into

darkness.

Have nothing in common with the king's people.

Take no part in the governments of man, kings, queens or dictators. Neither fight for them or against them, and enter into no treaties or alliances with them.

It is better to live in tents in the All Light with happiness and life, than to dwell in a magnificent kingdom of lust and death.

Engage not in war, nor aid those in the act of war, nor stand with those that are of the opinion that war should be waged.

The All Light has said; "Those that would not kill because of their natural love for me and my created sons and daughters, the impress in service of war taking them from their kindred saying, 'Come away from peace and kill; be a soldier of death for the glory of the King.'"

I commanded them in the olden times to kill not at all. My words were plain. But the kings commanded their priests to interpret My words round about whereby war might be justified.

"I commanded them against taking that which is another's. My words were plain. But the kings commanded their priests to intemperate the meaning so the kings could extract tribute for their own glory. And so they levy wheresoever and whensoever they will, saying: 'for the defense of the king and the country.' Thus they have perverted My Commandments from beginning to end. But I declare unto you that in My sight, to kill one man, I will hold him and his accomplices accountable, and ten times accountable if they kill ten men, and a hundred times for a hundred, and even thousands. They shall not hide death and murder from My sight by the word war. Neither shall they excuse stealing by levying tax for the King or country's protection. For by this evil hath it come to pass that they talk about protection. Have I made a law that one king or country should protect itself from another? Seest not any man that these doctrines come from the flesh and not the spirit? "

"Behold, I alone shall judge. My mark is upon all those that engage in war or who keep warriors, or who keep forts or arsenals, and use weapons of death; and upon all who kill, and upon those that eat the flesh of anything I created alive; for these are pagan and heathen in My sight."

"My kingdoms are not by violence or by war, but by liberty to every soul; and, whoso practiceth peace, love and liberty unto others are My chosen. They are on the way of everlasting resurrection."

God hath said, "I come as an elder brother in the name of Jehovih. I show thee how thou canst live without governments of man. And how thou shalt live in order to join in my resurrections"

Let not the faithist of this day say, "I will purify the government. I will leaven the whole mass!"

"I say unto thee, thy God laboreth not in such method. The cure is, come out of Uz and be thou clean. Take with thee only things that have proved good, the rest, leave behind.

Whoso hath faith in Uz, let him remain in Uz. Whoso hath faith in Jehovih, let him

come into His Kingdom.

To know thy Father in Heaven, O man, who hath learned this? They profess Him in words, but they belie Him in their behavior.

Renounce them O my beloved, gather up thy household and follow my voice, which I speak into thy soul from the Almighty.

Follow thou thy highest knowledge, and make thyself a glory in Jehovih's kingdoms forever and ever.

Be not ascetic. Build communities within the world. Be an example that love and peace, plenty and happiness are possible on the Earth.

Labor for the good of all, and not just thyself.

Be not a master or servant to one another, but as brothers and sisters. In doing so, there will be no rich or poor.

Discover your own gifts and use them to benefit all.

Fall not into idleness. Be industrious, producing something good, and be rewarded in your efforts.

Learning is as a gymnasium to the spirit. Knowledge is the strength of the soul.

Whatever promotes the greatest harmony and wisdom between people is of the highest light and practiced in the higher heavens.

If angels or men advise thee against these suggestions, they have little to offer, for they have not yet discovered the harmonious heavens of your Creator. Light is the freedom to all. To know this, is the beginning of wisdom.

Jehovih hath said, "My children, even God, I have brought thee forth out of earth quickened into life everlasting. By faith I inspired you to do whatsoever you have done. Faith, I have given to you as the tree whereon all perfection is the fruit.

By the faith within you, that nurtures the I Am unto perfection becomes My child, doing by the virtue of My Presence. According to your wisdom and love have I given you strength, and by that strength raise you up."

Have faith in the Ever-present, and you will have spiritual ascendancy.

Whomever lives the higher laws will pass on to Nirvana and endless light.

Every and all things come from your Creator. The universe, even your body, is the body of the Creator. All life therein, even your own, is the life of the Creator. All light that proceeds out of this life is the light of the Creator. Your soul, your spirit, your very being is, in fact, your Creator, given to you out of His very Person. All are the One, and the One is All.

Into your hands are you given the key to His heavenly kingdoms.

Remember the password which admitteth thee to the all highest heavens:

Jehovih, the I Am. The Almighty, Ever Present, Great Spirit and All Light.

#### XIV.

Revelations have been past down to us about the rise into the heavens in past cycles. As each cycle is different from the last, according to the godhead of that time, we can ascertain approximately what the educational system in the heavens will be at the time we enter the afterlife. What was good for the souls in the past

was given to them. What is good for mankind in this cycle will also be given to us.

Paying close attention you will notice that some of the past educational systems have already manifested on the surface of this world and others are in the process. After their completion into this corporeal reality is achieved, the 'Kingdom on Earth' will be anchored securely and mankind will begin his educated awareness that the heavens are his home and the earth is just our birthplace.

In the past, those that adhered closely to the teachings of the prophets and the Universal Living Laws, experiencing the Presence and Light of the Creator, rose into the heavens after mortal death and were educated as such :

Upon entering the E's world, the initial transformation from the corporeal to the spiritual world is experienced in the exterior. The outer structure that was earthen changes to a less dense more rarified material. The soul body had clothed itself in the material of the atmosphere.

This atmospherean body differs in each individual according to the life they had lived on the earth. Some will have more density and some less. The more refined and enlightened will ascend into the higher intermediate heavens. Those of gross habits and who were influenced to the tetracts will reside in the lowest atmospheric heaven,( hada ), wandering about on the earth with those that are mortal. In most cases, these druj go about their lives just as before. They haunt the places where they had lived and worked. They also stay in the places they had enjoyed while indulging in their earthly delights and vices. These spirits will not start their ascension until they repent, giving up the earth and pray for the redemption of a higher existence.

Those that do not change, follow the currents of vortexea from the earth, lose spiritual flux and enter the lower realms of darkness and dissipation. This group is like a plague on the earth, infesting the life force of the planet. At certain times these spirits become an adversity to man's growth on the earth. They are then forcibly removed from the world's surface and taken to the hospitals and infirmaries in heaven for rehabilitation.

In this new spiritual life there is much to know and much to discover. In the infinite rise out away from the planet, there are those who have volunteered to help the new es'yans in their new environment. These volunteers instruct and educate the individual spirits, singularly and in groups. The es'yans learn the same things and rise in concert, together. This educational process is structurally organized and has been developed since the days of the ancients and is well perfected.

In past cycles, the deceased that followed the path of Light up through the God-head were educated thusly:

Once a spirit had recovered their senses, healed of any afflictions, repented and had been fully resurrected, their ashar delivered them to those that had been prepared to receive and help them. For two years or so those spirits were as babes being born into a new world. Everything was new to them and they needed to be cared for until they could care for themselves. Their guardians who were in charge of them, showed them about, acquainting the newly born es'yans with their atmospherean surroundings and explaining the changes they had gone through and will experience in the future. They were also introduced to new modes of

transportation, singularly and in groups. They were shown how to locate and travel to the different regions on the earth and in the realm of the first resurrection, the lower atmospherean heaven.

Being of a different outer body, which is comprised of a gaseous or atmospheric nature, the es'yans were shown suitable spiritual food, complimentary to their new life in the intermediate heavens. As food grows from the earth, so does it give off vapors in its life process, in its decaying and when it is transformed by fire. There are certain vapors from vegetation that rise up from the earth into the different strata in the atmosphere. From these strata, suitable spiritual foods can be harvested. There is not an element on the earth that is not found in the atmospheric state. As much as man on the earth uses the different materials in a variety of uses, so do the angels use these atmospheric materials in their building, manufacture and harvests.

Man on the earth sustains himself on corporeal food. The newly deceased or es'yan sustains their bodies on dense atmospheric vegetation. As the spirits progress into the higher realms of the intermediate heavens, their atmospherean foods become less dense and more refined. Beyond a certain point in the outer extremes of the earth's influence, the angels begin living on a substance that exists in the ethereal realms and give up atmospherean food altogether. Their sustenance is the Living Light that permeates the fabric of the universe. Those that are graduated from the earth but are not totally weaned of it are taken to the nebulous regions in the Orian Fields ( a'ji'an fields and ethereal swamps ) and begin their ethereal lives. Here they gradually progress into the higher lights of the emancipated heavens.

These es'yans did not labor for the first couple of years in the lower heavens. They were cared for and educated in their new environment.

In the next two years the es'yans were entered as 'Apprentices in the First Resurrection'. Their lessons consisted of making (materializing) clothes and providing food for themselves. They were also offered a variety of recreational activities, such as music, dancing, marching, painting and other artistic endeavors.

In the next seven years, they served as 'Craftsman'. Here they contributed their talented skills to the building of the heavenly kingdoms. In their education, they furthered their understanding of both corporeal and es'yan knowledge from the spiritual point of view.

For the next three years the es'yans labored in the nurseries in heaven, assisting the asaphs. They witnessed first hand the problems of untimely births into the heavens, spiritual afflictions and deformity, crazed and chaotic spirits and those of a ripened old age, who had given up the earth of their own free will. The teachings of the es'yans were to learn to hear and see corporeally from a spiritual point of view. They were taken down to mortals on the earth and taught about fetalism, the obsession of mortals by drujan spirits (vampires) that they may know and understand the cause of lying, stealing, tattling, racism, conspiracies, jealousy, sexual perversions, gluttony, addictions, contention and fighting, murder and wars. In general they were shown the effects and the nature of the tetracts, not only on mortals but on spirits as well.

For the next ten years the es'yans served as the 'Assistants to the Physicians'. They were taught the restoration of spirits that were in chaos, crazed spirits, deformed and sick spirits, spirits afflicted with foul smells who cannot clean themselves, especially women who had committed abortions on themselves and all manner of diseased and distorted spirits. They were taught how to safely sever fetal spirits from each other and from mortals. (exorcism) They went into battlefields where mortals slayed one another and who were still in spiritual chaos, not knowing they were dead, and still fighting. The es'yans would assist in taking those chaotic spirits away from that corporeal place of combat to an area where they were restored to sanity and then delivered to the hospitals and infirmaries for their rehabilitation. If any spiritual knots (vortexean spiritual hells in the form of a ball) were found, the physicians would show the es'yans how they were to be untied, mastered and delivered. Also if any other hells were found (anarchy and chaos) they were taught how it should be delivered and its spirits restored.

After due examination and fulfilling the position of 'Physician's Assistant' the es'yans were promoted to the full rank of 'Nurse' and served in that position for the next ten years.

After passing the examination of 'Nurse' under the authority of their lord or their lord's assistants, they were promoted to the full rank of 'Physician'. They served in this position for the next fifty years.

In the following twelve years, after proving themselves knowledgeable of both the corporeal and the spiritual man, they were registered as 'Entered Factor'. While in this position they enter a slightly different level of education. The es'yans learned to form and produce fabrics for raiment and other useful, ornamental purposes. In the next twelve years the es'yans labored at gathering and transporting large volumes of food from the plateaus of atmospherean vegetation to the heavenly kingdoms they inhabited.

After this and for another twelve years they did much the same, except they labored at managing, commanding with power and skill, large bodies of materials and carrying the same, long distances from the different plateaus to where they stayed. These materials were used in the heavenly kingdom's factories, textiles and in construction.

For the next thirty years they served as 'Creatif'. From an apprenticeship they learned to create with the elements of the earth (corpor), that which has length, breadth and width.

In the following twelve years they lived in and learned of Uz. They learned to manipulate, disseminate and break down corporeal matter from its solid structure to its atomic nature. This can also be viewed as the skill of 'The vanishment of things seen into things unseen'.

For the next five to forty years, according to their individual talents, they entered and were educated in the 'Heavenly College'. Here they learned to measure distances, rotations, velocities, magnetics (corporeal and es'yan), currents of velocities, roadways of vortices, how to measure vortices by their spiral force and how to find the center and outer perimeter of vortices.

For the next eight years they worked in architecture. Entering as an apprentice,

each learned the proficiency of building heavenly mansions and cities. This also included the furnishings, judgment seats and thrones which took another sixteen years.

In the next seventy years they were educated in the 'School of Light and Darkness'. Here they learned the relative power of attraction and propulsion in theory and practice.

In the following twenty four years they served in building and propelling heavenly ships and smaller atmospheric boats that coursed the intermediate spirit world.

Then in the next fifty years they traveled and surveyed the atmospheric heavens, on the earth and the oceans of the earth, both corpor and atmospheric. This made them knowledgeable of the roadways and currents that were prevalent around the earth at that time.

## XV.

This completed the es'yan's primary education in the first resurrection in the lower intermediate atmospheric heavens above the earth.

When the es'yans had completed their primary education of the elements and chose to continue a higher level of knowledge and understanding, they began serving two hundred years as an apprenticed 'Loo'is'. In this first exalted rank they would become proficient in the knowledge of the procreation of mortals, their grade level at birth through their adult life and into the heavenly realms, and at times bring certain individual mortals together to produce offspring of a higher grade through many generations of marriage. They learned to prophesize what certain offspring would become according to parentage, whether the spirit of that individual will be good or evil according to their flesh and inherent light and learn how the Es of the mortal governs the sex, ultimate size, health and strength of the offspring.

To learn this the students were taken to the earth by the Loo'is to thousands of mortals and they would make records of their observations. When making these records they would closely detail the births of the mortal offspring. They gave close attention to the character of the birth, the foundation of the child, together with the conditions and environment that surround the mother and child. The student then followed that child until it was grown, married, beget their offspring, and continued to observe that family line to the sixth generation.

This gave the student the insight on whether the mortal generations of certain lineage would prosper and continue or dissipate and go out of existence.

After due examination by their Lord or one of the Lord's deputies and found proficient in prophesying to the sixth generation of mortals, the student was entered as an Ashar (guardian angel). For one hundred and thirty three years they served in this position, learning to have dominion over their mortal protégés, day and night, while keeping their spiritual presence unknown to them. These guardians of mortals taught them from their infancy through adulthood, talking to their spirits while they slept, guiding and inspiring them through the day, persuading them to enlightenment, the ways of righteousness and resurrection, truth and goodness.



In the examination of the ashar, not only was the student examined and graded, but also their protégés as to their grade level when they entered the intermediate heavens.

After passing the examination of ashar, the students were promoted to Asaph. They served in this position for sixty six years. In this rank the students became proficient in receiving and delivering the newly dead to the lower heavens of the Lord, where they were administered to in the infirmaries, hospitals or nurseries. Here again the examination was not with the asaph alone but of the work they had done and of the grade level of the souls that had been received through their position.

For the next one hundred years the students learned to be 'Messengers'. The first lessons a messenger received was to read the waves and their velocities and the substances of light and sound, both corporeal and ethic. To achieve this they entered the 'Chapter of the Primary Soul'. Here they received instruction in the sounds of conversation. First they learned to listen to and distinguish the conversations of two individuals, then three, then four, five, ten, fifty, one hundred and then a thousand and so on. Upon hearing these conversations, the students analyzed the waves of the voices, not only close up but at great distances where no sound could be heard. Not only did they learn to know the words spoken but the kind of people speaking them. They then learned to read the waves of light emanating with the waves of sound traveling to them from singular and multiple people speaking.

The students were then taken to a distance away from a battlefield where mortals were in deadly conflict. They were not close enough to hear the sounds but as the waves of vibration came to them, they could read them and know the number of people involved in the battle, the kinds of weapons used and the cause of contention.

After due training and examination the students were promoted to 'Messenger'. They then traveled between different lords, between the lords and different gods, and between the different gods and God of the Earth and from God to those that live in the ethereal realms, delivering specific messages. With the training they had received, they could pass over the earth, reading the waves of light and sound from the surface of the world and the lower hadan heavens. They could then ascertain what condition men and angels were in and where by reading the different waves of thought, prayer, speech, singing, activities, contentions, conflicts, battles, wars, and the different types of hells that had formed in the spirit world. When a messenger would read these waves, knowing the location from where they came, they could report these different conditions to the nearest marshal, lord or god.

At the end of the term as messenger, the student's lord or god examined their records and if proficient, promoted them to 'Marshall'. This term was for two hundred years, serving up to as many as forty lords and gods and in as many as twenty heavenly kingdoms. Marshall is not a titled position and is known as a vice-lord.

After time spent as Marshall, some were promoted to Lord and held dominion over a city, nation or country of mortals and over the spirits belonging to such. The

other marshals became members in the Lord's Council.

As lord, one can serve up to as much as three thousand years, depending on the time of their birth in the cycles of the earth. At the end of a cycle, the harvest of souls from the earth is collected and taken into the ethereal realms of heaven, away from the vortexean currents of the planet. The lords accompany these newborn ethereal angels to their new home in the emancipated heavens. Here they develop and evolve into the next level of universal life.

God of Heaven and Earth is chosen by those Ancients that have the power and control over our solar family and other systems like ours. There is only one God of Heaven and Earth and is chief executor and governor of our world. The position is permanent although the person who occupies this position or throne changes every three thousand years or so. That is to say, a new God of Heaven and Earth reigns for one complete cycle of our solar system. At the end of a cycle, God also accompanies the earth's harvest of souls to their new home in the upper heavens and a new God of Heaven and Earth is chosen for the next three thousand year cycle. And so it was for most of God's hierarchy, leaving behind some of the high raised angels who chose to stay until the next harvest. Those that stayed kept the Earth's heavens structured so the many souls being born out of the earth would have a path to follow up into the universal heavens above.

## XVI.

This was the end of the education for those that had faith in the Universal Great Spirit, our Ever Present and All Powerful Creator, Jehovih, the I Am.

For those who didn't follow the teachings, advice and principals of the All Living Light, they were unsuited for the higher exalted places of labor and delight in the upper atmospherean heavens. These positions are given to those that have prepared themselves accordingly. Those unprepared and uneducated in higher spiritual matters shall not run to the Lord-head or to the God-head. Those that rejected the spiritual teachings and held fast to the earth shall not be a column in the Father's Building, nor an arch stone of great strength, but shall stand as a plane brick in the wall. Jehovih deems to those that have chosen the higher path to over see His Dominions.

The Ever Present Almighty looks far ahead as to who will walk the path, becoming the Lords and God of this world, its intermediate heavens and in time, ascending with their harvests into the emancipated ethereal heavens.

To those who chose not to be Faithists in the Great Ever Present Creator of Life, at death were delivered to the asaphs, who entered them in the es'yan nurseries. They remained their for six years learning the elementary powers and expressions.

For the next twelve years these es'yans became apprentices in manufacturing and in general labor, unless they had been previously instructed and trained in these fields while they were on the earth as mortals.

For the next thirty years they learned measuring and surveying with and without instruments. They also learned the different kinds of effervescent and evaporative materials that rise up from the earth, what their densities were and to what altitudes they rose to.

These spirits also learned of the earth and the heavens by exploration and judging its balance of corpor and spirit by enumeration. Also in this time, they learned to construct and navigate peidmazrs, otevars, arrowships and all other vessels used in the heavens to carry materials from one place to another.

In the following thirty years, they worked in the nurseries, restoring and caring for the spirits in darkness (drujas), who were being rescued from the earth and the hells that had formed on the earth, by the captains, generals, marshals and lords.

In the next fifty years, if the es'yans acknowledged and practiced faith in the Great Spirit, they were taught to manifest flowers, trees, clothing and other useful items used in the lower heavens. They were then instructed in the elementary lessons of music and expressions in the College of Creation. After their examination on this level of education, and if found to withstand the third grade of light, they were ranked according to their gender, Brides and Bridegrooms of Jehovih. In this they became united, becoming as one with their Creator and after due time and preparation, they were taken into the emancipated ethereal heavens with their Lords and God.

## XVII.

If the es'yan spirits had not comprehended faith in the One All Person and could rise no farther, they were granted their freedom in all the places they had previously served. They were emancipated from their lords and gods and from all such labor and education and honorably discharged to pursue whatever they desired in the lower heavens of the earth. Nor did any god or lord take notice of them other than due respect and honor. Although they had been granted their liberty, those that were not of the lord or god-head did not rise into the upper regions of the intermediate world; the second resurrection, where resides the throne of the True God of Heaven and Earth, Jehovih's Son and chosen Chief.

From those spirits that cannot or chose not to ascend into the higher atmospherean heavens and beyond, come the many false ones who claim to be high raised gods and even the very Creator of Heaven and Earth. They are the ones that have created all the false religions on this world.

The false lords and false gods, being educated to some degree and highly skilled as to mortal expectations, have fooled the many millions into worshipping them and becoming willing slaves in their false kingdoms. Down through time there have been too many. The last four great false gods and their religions have run their course and have been put away. What they have left behind still imprints the earth, the intermediate heavens and still has an influential memory on the minds of men. There will also be others in the future that will fall victim to the same traps of self and set themselves up as false worshipful personalities. They rise to the heights in heaven but are still weak in spirit and short in sight. They lose faith and reject truth, set up their own false kingdoms in atmospherea and play out the role of the All Highest and glut themselves in all manner of self glorification. Even in doing this, Jehovih will make use of those impostors in His far reaching plans for raising up mankind out of the earth.

The true God and his administration can only raise man by persuasion, giving him liberty in his own decisions. These less scrupulous masters, the false gods, influence mortals into believing they have the only true kingdom in heaven over the earth. They promise that if mortals worship and sacrifice to them, at death they will be transformed and rise into their heavenly kingdoms. They also promise that if mortals reject them, the fires of hell will be their final outcome. When these duped mortals die, they are taken and made slaves in these lower false kingdoms. Even the lowest of drujas, who otherwise would never labor for themselves or any one else, are taken and put to work to sustain and support the selfish hierarchy of these inept lying spirits. In setting up these kingdoms, the false gods have unknowingly done a service for their Creator. For in due time, even the lowest of these spirits grow, seek and question while laboring, and eventually become aware of their situation. They want to rise to something better and wait for their opportunity. Jehovih's emissaries, from time to time, search for such souls trapped in these lower realms. When these spirits are discovered, they are rescued, taken away and registered with the asaphs and begin their higher education.

## XVIII.

Through time mankind has been growing and learning, much as a child develops into adulthood. The lessons mankind learns are suited to the age of his character when they happen to him. The lessons of the false gods and all antiquated religions have fulfilled their purpose and have come to an end. The earth has moved on into new fields of light in its galactic roadway. The Creator has seen fit that mankind should put away that which is no longer good for himself and stand directly under the Light and Direct Inspiration of His Ever Presence. Jehovih is as prevalent today in love, wisdom and power as in ancient times. God, Jehovih's Chief, has been preparing the way for the 'Kingdom on Earth' using the North American continent as its anchorage. The revelations given to man in the eastern continents will be completed in the western lands.

The North American continent has been set aside so that no god, lord, savior or any other religious sect will rule or enforce itself on any of its people. The individuals of this land will not only be free in body but in spirit also. All shall have liberty to pursue the fullness of creation and worship in a way where they may become closest to their Creator. The Ever Present Great Spirit and All Light will press upon the souls of mankind and they will rise up by the thousands and receive the new revelations. These people will see and feel that there is a new era at hand and will be skeptical of the ancient doctrines of past gods, lords and saviors. The older order of religions will decline and a higher, new pattern of truth and life will triumph in all the world. This new nation of multi-ethnic, multi-raced people will in time blend together and become the amalgamated culture that will overcome all racism and false religions which are at the root of all hatred and war.

The people of the North American lands shall join together in the only possible link they all have in common and what they all believe to be true. This view is that all religions at their pentacle grasp and acknowledge a faith in their Creator, no

matter by what name or verbal utterance each uses. All the different religions, sacred doctrines and beliefs that have been with mankind in the past, were but different pathways leading each to their Creator. These many diverse beliefs that have been through time, contradict and contend with each other and so separate this planetary family of ours. All the different views and teachings of these religions are but lower plateaus beneath the experience of living the Ever Present connection that exists in the Universal Cycle of Life.

The people in Jehovah's new kingdom will realize and join together in unity on this higher cosmic reality of the Living Universe. They will establish a strong bond, linking their souls together in purpose. The reality and truth that all people born of this planet are but one family born of one Creator will bring about unity on this continent and in time, spread outward to all other points of our world. The genetic pool of life in North America will have its strain in all other parts of the world and will tie together all cultures and ancestral lineage.

This new race of people will understand that we are all caretakers of this planet, owning nothing, sharing all, using only what is needed and observing the natural organic laws of Light and happiness. In this, the world's life chain will prosper instead of being threatened. Paradise will begin to flourish. Mankind will look upwards and know that all that have gone before them have made the journey into the next life in the intermediate heavens and will be there to meet them when they pass over. Knowledge will be handed down from the heavens and humankind will align themselves with the Cosmic flow of life from birth to death and beyond. The educational system on the earth will be as a primary school leading into the higher halls of learning that await them in the heavens.

## XIX.

As the Great Cosmic Life Force surges forth into our corporeal dimension, all life flourishes abundantly. On the ebb, death's wake is sure to follow. It is no fault but the design of the circle. Death is given so we may rise upward and inherit the heavens above. The rise and fall of men and nations have their time in the Universal Garden.

As there are seasons on the earth so are there seasons that cycle even on a larger scale. Planets come forth abundant in life and are tilled, bringing forth the harvest of souls that fill the endless heavens. Their cycles turn full circle and they vanish back into the unseen realms from which they came.

The Universal All Life has given away of itself so that all may have life. In doing so, it lives through all the living everywhere. All life on the earth and in the universe are but the living expressions of its Creator. All that we are, our bodies, our thoughts, our actions, emotions and feelings and our expressions are but the expressions of our Creator. We are all the Cosmic Flow of Life expressed through this universe by the Great All One and Creator, Jehovah, the I Am.

In this our time, the Great Personality wishes to manifest goodness, purity, love and a caring awareness on the level of a united world consciousness. This is a time when all mankind will become herbivorous and all wars will cease on our world.

The expressions mankind is experiencing, now and what he will experience in the future is on a higher plateau of evolution and enlightenment. This plane of awareness has never been experienced by this particular planetary race of man. It is a time when man, his physical world and the higher advanced technologies, will be balanced with the awareness and reality of our Creator, the heavens, and the social hierarchy of God, and all other angels on and above the earth and in etherea. In this, the Kosmon Era, the solar system we travel within is moving into more intense fields of illumination. The actual solar and spiritual light will increase, penetrating all things in our solar family raising it to a higher frequency. All the darkness that mankind has been influenced by through time will dissipate. Some will shun this dark nature and let the light purify them. Others will reject this change and bury themselves even deeper into the darkness. There will be many generations that will adapt and prosper and there will be many other generations that will go out of existence.

This change that our world will go through will not be sudden. It will happen over many centuries. In 1848 or so, our planetary system entered into the Kosmon Arc, a field of light in the solar roadway (cevorkum) we travel through in our galaxy. This was just the beginning of the Kosmon Era and will last four solar cycles or twelve thousand years. This is the seventh era in mankind's creation.

Some individuals and groups have been made aware that we are on the cusp of change and are inspired to divert mankind's direction to a closer alignment with the Cosmic Structure.

## XX.

If you would, I wish for you to remember that all people on this planet belong to a special group of souls born into this universe. We are all one family in the midst of others born of other worlds. No other people on any other world or in any other galaxy will ever be born through this one planet of light we call the Earth. All souls born in this our time frame, will rise together through the intermediate worlds of spirit and reside together in an emancipated heaven in the ethereal Orian Fields and then beyond. Realize this and accept the fact that we are of one soul body born of one world, joining others born of other planets in this grand universe, the body of our Creator.

Pray for inspiration and go straight away in faith and put your strength to the labor. Use what gifted talents you have been blessed with and help where you can. The time of practice is now. The time of action is now.

Your spirit grows by cultivation, which is the practice of wisdom, truth, virtue, benevolence, affiliation and the labor you do unto others.

As you embrace the Light, the Light shall also embrace you.

As you assist life in its progression, you are in the way of your Creator and will be added to and blessed.

Life takes precedence over death. The precious time of life on earth is short. Manifest the inspirations that make life wondrous. Once departed the afterlife is forever.

Remember that the written laws of heaven will eventually be lost, for the words of man change and perish. Quibble not over the words written in corpor, look for the light that is contained within them, for the life is within the fruit and not in the husk that protects it.

The life of our Creator is within us all. Seek to become one with the Ever Present Universal Living Light and Soul of All. Seek to read and understand all the expressions set before you, for they are the language and living word of the Great Spiritual Author and Architect of Life.



The Spiritual Side of Health,  
and  
Physical Healing.





# The Spiritual Side of Health and Physical Healing.

As future points of heavenly light, each of us are born through this Earth. According to our genetic ancestral heritage are some born deeper into the darkness of the corporeal world while others are born to the higher realms of spiritual understanding. By our decisions are we and the future generations of mankind influenced towards light and life or darkness and death. The choice, ultimately, is our own.

Its not the intention of this writing to wholly advise how you should heal yourself, rather, it is to help bring you to an understanding that physical health and purity are important factors in acquiring a higher level of intelligence and spiritual unfoldment.

It's the goal of this information to provide you with a stepping stone to a higher quality of life, health, longevity and an understanding that the physical world is but a starting point from which we all grow, forever, into the higher plateaus of life, here and in the hereafter.

## Life's Realities.

Mankind is a product of the universe. We're a dual creation. One side of our nature is in the seen or physical world. The other side of our nature is in the unseen or spirit world. Where one relates to the earth, the other relates to the heavens. All aspects of man that you see in the physical world has it's counter part in the realm of the spirit. While the physical body is but a temporary dwelling place of the spirit and mortal, the spirit of mankind is everlasting.

The spirit or soul of mankind is born from the Ever Present Universal Source of Life. In birth, man's spirit is projected into this corporeal or physical existence. In this physical world, our spirit is solidified, strengthened and tempered in this mortal structure before rising into the higher realms of heavenly life.

In our transformation through this earth, we become separated and isolated from the source of our creation. The life that we once lived within, fades in intensity as we travel longer and deeper into the physical world. We forget where we originated and our destiny becomes obscure.

The two realities we face in life are Light and Darkness. One is life while the other is death. One leads to life everlasting, the other to degeneration and dissolution. The whole balance of the universe is based on this principle. The existence we perceive as ours is but a result of creation and destruction, generation and dissolution or Light and Darkness. Together they are but one force used to generate the Universal Creation.

We are all a part of this universal cycle of creation. The Creator has given Himself away in various parts and degrees to create each of us and all that exists. We are all His children and His many different forms of expression. Our destiny lies in our eternal growth and evolution through this earth and into the higher heavens forever.

To accept this truth and align ourselves to the Creator brings light, life, health and eternal spiritual salvation. To deny this reality and our true destiny, creates inner conflict and chaos. This creates a misalignment, deviation or separation from the light of truth, causing darkness to shadow one's being. With darkness comes dissolution. With dissolution comes degeneration. With degeneration comes disease. With disease comes eventual death.

In our decision to accept or deny life, comes the reflection of our resolutions. We become living examples of our thoughts, words, actions and deeds. This has a profound influence on our overall state of well being as well as those around us.

## Spiritual Healing.

From our birth, through life on earth and beyond, each of us reside and rise through the many different levels of spiritual ascension. The acceleration through these levels depends on one's openness to the Higher Power.

To open the channels of Light and Energy from the Higher Power, one only has to have faith in its reality. By meditating on the higher possibilities, praying to and communing with the Creator of All Life, a spiritual channel of Living Light is opened. Through this channel is a living spiritual energy transferred from the originator or source to the one who seeks connection. By this connection is the conduction completed. The longer one communes or stays in contact with the source, the more one receives of it's Light. Through this contact one grows in spirit and enlightenment.

The Creator is without measure, boundary or limitation, forever progressive and unfathomable. By our being a living creation of our Creator, His child in fact, so are we given the same destiny. Through contact and the desire to become one with the All Source of Life is our spiritual growth and ascension forever progressive through eternity.

When one realizes and accepts the reality that we are all apart of this Living Universe,

illumination, spiritual growth and the welling up of life's living energy is increased. When filled with this increase of spiritual energy, one has the potential to transfer it to others through contact. As the Creator transfers this Living Light to each of us, so are we transferring this energy to others. One's capacity and the filling there of, determines whether you receive or give. Those full transfer to those who are not. Those empty absorb from those who are full until they reach their capacity and then transfer it to others and so on. By allowing this living energy to flow through us to others, it is increased more and more with each cycle of transfer. Spiritual and physical health is supported, nurtured, strengthened and increased in this process.

The angels of heaven play a decisive role in transferring Life's energy to the mortal world. The higher angels are older and have access to a vast reservoir of spiritual energy. Together, they touch mankind and raise humanity into the higher ascending grades of spirit. They raise civilizations by their contact. When they remove their influence, civilizations disappear.

When the one or the many denies the higher power that dwells within, neglecting or harboring contempt for their fellow man, this living energy is blocked. Isolation and degeneration become predominant and disease occurs. Disease is a reminder to those lost in self that they are on the wrong path. To feel good is to be good. To feel bad is to be bad. That which is healthy is pure and sweet. That which is sick is foul and stinks. A pure and healthy person is on an ascending path of good. A foul and unhealthy person is on a descending path to death. One's disposition, being either good or evil will cause one's flesh to be either pure or corrupt. In retrospect, the flesh of a person will inspire one's spirit to be either good or evil. Each of us chooses our own destiny on this path, singularly or collectively, knowingly or unknowingly.

Each and every individual's health, the health of our country, and the world, depends on this higher spiritual contact. Ascension or degeneration is the result of this influence. What mankind desires, decides his path and fate. Through communion with the Creator of All Life is the motion set forth. Health and enlightenment are but the results of a chain of decisions that parallel the spiritual path that is chosen.

### Mental and Emotional Imbalances.

It's been said that disease is entirely the result of a conflict between one's spiritual and mortal self. Health and happiness lie in being in harmony within our own complexities. By doing one's work, living one's life and attaining the desires we are inspired to, without any interference, constitutes a continuous flow of life's living energy. Disharmony arises when we are averted from our true course in life. Disease is but a reaction caused by the interference of the inspiration and manifestation of life's energy. When we are unable to complete or live out our dreams, desires and inspirations, an emotional and mental imbalance occurs. This disruption brings disharmony and hinders growth and stability. Disharmony creates chaos and chaos creates a chain reaction of mental conflict and negative emotions. This has an impact on the central nervous system that controls the many functions of the physical body. The continuity of life's energy is disrupted and a vulnerability to darkness and disease is created.

Life's energy and its manifestation originates from and flows forever outward from the Ever Presence of our Creator, the Fountainhead and Source of All Life. The will and desires that originate from this source ultimately become our own. Our desires are but the reflections of the inspirations given to us by our Creator, directly, and by our surroundings and those around us, indirectly. All harmony comes directly from our Creator. Disharmony comes to us indirectly from our surroundings. One is the Source while the other is the result. Living in the Light and Life from the Source constitutes harmony and overall health. Living in the indirect reflection of the light brings a misdirecting path that leads to the disharmony of darkness and dissolution.

Being in the Light of the Creator brings peace, harmony, faith, certainty, love, wisdom, joy and

a healthy disposition and physical body. Growth and stability are claimed and spiritual salvation is assured.

To be unaware of or reject the Ever Present Creator is to bring disharmony, chaos, fear, indecision, uncertainty, rejection, despair, loneliness, paranoia, and an over all loss of interest in life. Darkness in the soul results which has it's reflection in the physical body that leads to disease and eventual death.

### Unbalanced Holistic Nutrition.

Being a creation of the Universal Life-force and a product of the earth, certain biological laws must be followed to give mankind optimal health.

The life that we perceive on earth are but particles of living energy flowing from and acting upon the will of it's source. These particles of energy in the physical universe attract and are combined with cohesive particles of corporeal or physical matter. All energy and corporeal particles are interwoven chains or strands of atoms to molecules that form the microscopic and the macroscopic structures in the universe. The design of all life fulfills its destiny by manifesting itself according to the desire and will of its Creator. Mankind is but one of the designs the Great Architect has created.

Man's physical structure is created and maintained in balance with the physical world according to its design. The Creator has seen fit to provide man suitable foods for his physical growth, strength and purity of flesh. These foods grow from the earth in a certain balance of elements designed for that purpose. To tamper with or devalue such foods will give man an inferior outer structure that is out of balance with his inner spirit and energies. This imbalance leads to weakness, illness and disease.

Just as man has a two fold nature, so has the Creator provided foods from the earth to provide nourishment for both the physical and the spiritual side of his growth. All foods in the plant kingdom have a living energy and a physical structure. The physical elements build and reinforce the physical body of man, while the living energy of the plants become evanescent and feeds the spiritual side of man.

In the digestion of food and the releasing of its energy, the corporeal elements are assimilated into physical body. The vaporous, atmospheric or evanescent part of the food is assimilated into the spirit body. In this process the physical and spiritual nature of man is nourished and kept in balance.

The foods of the earth should be consumed as they are without modification. They are designed with a purpose as they are. Man has tampered and played with his food in different ways to soften it, make it more palatable, faster and easier to produce and preserve it for longer periods of time.

Most all people cook their food to some degree. This destroys its life giving elements for the body and releases the evanescent vapors that feed the spirit into the air. This creates an inferior substance to be consumed by the whole person. The result is a degeneration in the physical structure and a weakened spiritual nature. This leaves the physical body vulnerable to outside organisms, infections, illnesses and disease while the spiritual side of man is weakened to the invasion of spiritual darkness.

### The Spiritual Side of Vegetarianism.

There are many reasons for being a vegetarian. The most persuasive reasons can't be found in scientific studies or arguments based on animal rights. The strongest reason for being herbivorous lie in the effects it has on the spirit of the individual. This path of understanding

relates to the effects of mankind's earthly diet and how it influences his life now and his rise into the higher spiritual realms here and in the hereafter.

In the wilds of the animal kingdom, we can observe the many different expressions of life the Creator has set before us that we can learn from. In this kingdom there are two extremes, the carnivores and the herbivores.

Carnivores live off the death, flesh and blood of other animals. They are ferocious, fast, cunning, contentious and competitive. Although they hunt and run in packs, they are separate and isolated individuals, each to fend for themselves. They are not organic in association but each for their own existence. They stink of death and the foulness of blood and rotting flesh. Their lives are quickly lived and even their own kin will turn on them for territorial rights when food supplies diminish.

Herbivores at the other extreme are the largest, strongest and the most docile of creatures. They also live a longer life span. They are mostly communal, living sometimes in large herds. They live off the grasses, vegetation and fruits of the earth. They are generally non-aggressive and kill not any other animal for their existence. When food supplies run short, they become nomadic, traveling to greener pastures. They have strong bonding ties and help to raise each others young to become an intricate part of the group.

If you will notice, mankind is a lot like these two groups. Through time it has been found that to raise a warrior of a ferocious, pugilistic nature, they should be fed only flesh and blood and fish. Their blood will be hot and stirred with passion, anger, contention, tattling, jealousy and have a drive for vengeance and war. Their self is increased and their grasp for material things and glory become predominant.

In the other extreme it has been found that to raise a gentle person, nonresistant and docile, one of high intellect, who will obtain great knowledge and wisdom, should be fed only herbs, fruits, nuts and cereals. Their blood will be cool and charged with food for the spirit in love and peace. Their example proves that harmony and plenty can be realized within an organic community.

From another point of light you must realize the differences between the world of earth and the realms of spirit. Whereas all things in their essence are spirit, we are all covered in physical mass as we pass through this existence we call Earth. Being born through this physical universe has an influence on the velocity in which we travel into the higher realms of reality. Those who understand the influence of the physical world on the spirit, rise into the heavens less obstructed and faster than those who don't. They understand that the human body is but a channel we travel through which forms, molds and strengthens our spirit and readies it for the next higher realm of existence. The purer and less obstructed channel one has, the quicker their rise into the celestial realm. The more corrupt, impure and obstructed their physical channel is, the longer, they are detained in the physical world.

All things of the earth have their relative ascent into the heavens. Physical matter, in time, breaks down into its molecular and atomic structures. The less dense or rarefied materials are evanescent and are released into the atmosphere. They take their place in the atmosphere according to their atomic weight and distributed into the different stratospheric plateaus above the earth. The heavier materials lie closest to or on the earth. The purer elements ascend to the heights.

The same laws hold true for the spirit of man. While on the earth and according to genetic inheritance, immediate surroundings and influences, desires, thoughts, words, actions and diet, does man rise to a relative height of intelligence and spiritual awareness. The same also holds true for the ascension of the spirit into the heavens after mortal death.

The spirit of man will rise to a height in heaven that he has prepared and adapted himself to while on the earth. The power of attraction is manifest in all things. Like shall attract like and reside in a place according to its content and density.

Purity and refinement will find its place in the outermost or highest plateau above the earth,

whether it is of the earth or of the spirit. That which is most dense, gross and impure will reside closest to or on the earth's surface.

That which is sweet and pure rises the highest, that which stinks and is poisonous rests upon and in the earth.

Without purity man cannot rise to the higher levels of intellectual refinement and spiritual realities.

The foods that man eats have a two fold nourishment. The material part is broken down and assimilated into the physical body. In the process of digestion and exertion, the chemicals or fires of the body burn and release the vaporous, atmospheric part of the food. This part of the food feeds the spirit.

Whatever you eat, you charge your blood with. Whatever your blood contains is charged upon your spirit. From your blood will your spirit be inspired by what it contains. To consume pure foods, so will your spirit be provided with pure inspiration. To consume the flesh and blood of animals, which is to feed on death and destruction, so will your spirit be inspired by the same, causing darkness to shroud your spirit.

By what man chooses to put into his mouth and body will either purify or contaminate the blood. This will in turn inspire the spirit to the same degree. One will cause man to rise in peace and love. The other will cause a dissension into conflict and contention. One is light and life and the other, chaos and death.

The habits that man acquires while on the earth will also be entailed on his spirit after mortal death. The heavens that man ascends to are varied and different in altitude and degrees of density. As like attracts like in the spirit world, those who are pure in spirit will rise to the higher levels of heaven. Those who are impure in spirit will reside closer to, in or on the earth.

Mortals consume and subsist on the foods that grow from the earth. The spirits that live in the atmospherean heavens live on the atmospherean part of foods that rise up from the earth's surface. The purer vapors rise to the higher strata in the earth's atmosphere, while the impure, denser vapors rest on the earth's surface. That which man consumes for nourishment while on the earth will in some degree dictate his place in the atmospheric spirit world in the lower heavens.

If one wishes to rise into the higher heavens, purity is paramount. To set one's soul to feed on the flesh of animals and live with them will hinder their rise into the higher levels of heaven. By the carnivorous and gross habits acquired on the earth, the spirits of the deceased have engrafted themselves close to the earth's surface where their previous food supply originated. By the carnivorous habit have they contaminated their own flesh. It is as a stone that covers their soul and blocks the light and the way to the upper grades of spirit. They have fashioned their spirit to the flesh of their physical bodies and not to the higher spheres of spiritual life. By their previous habits on earth will they reside in the lower hadan heavens that they have adapted themselves to. They will live in these lowest of heavens with the gross feeders on the earth. They will draw their sustenance from the slaughterhouses, the cookhouses and eating establishments where flesh is prepared and consumed. Their companions in the spirit world will be the impure, darkened spirits and much the same as vultures that flock to a dead carcass. Their rise up away from the earth will be a difficult one. It will take longer than those who are of purer nature. They have set their souls to live off death and even the angels from the higher heavens have a hard time convincing them to let go of the lower earth and rise to the higher plateaus of spirit.

By man's diet is he attracted to the earth or to the heavens. Herbivorous foods cultivate the spiritual side man, while flesh foods cultivate the physical. Where one carries man to the higher realms of prophesy and spiritual illumination, the other carries him to the earth and its darkness within. Save you reframe from flesh foods, you will not find the spirit in all things created. Without spiritual understanding and enlightenment, illumination cannot be achieved and the higher heavens cannot be realized. Through purity is a path opened to the higher spiritual realms of life here and in the hereafter.

The spirit is as a seed of a beautiful tree which the Creator has planted.  
Give it Good Light and Clean Soil that the blossoms and the fruit thereon  
may glorify the Creator, thee and all those you touch.

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### The Healing Decision.

There are many people on this planet who are ill and don't know why. They can't be totally healed and reside in a marginal balance of health. They have given their fate of health over to others and pay a heavy price in the process. They haven't made the decision and commitment to take their lives in their own hands and heal themselves.

What is the basic thought in healing one's self? Its to choose life and to develop a desire to promote the life they have within themselves. To then seek out and find a cure that's true and right for them as an individual.

To start, one must realize life, all life, is interconnected and interwoven throughout this world and the universe. To choose life is to inadvertently chose that from which all life comes. Life as we know it is but the manifestation of living energy from the Source of all creation. Once this realization is recognized, a decision must be made whether or not to align oneself to the Creator and commit to the side of Life, Light and Health in thought, word, action and in deeds to others.

To commit to the side of light opens the door to an outpouring of healing, life giving energy. This energy originates and emanates from the source of all life. This strengthens the inner spirit, which is the basic force that supports the outer physical structure. When one is out of touch with the Source of all life, a lesser light or inner strength is experienced. This allows the darkness and it's dissolution to invades one's being, ultimately causing illness and disease.

Before one starts on a path to better health and a higher sense of spiritual well being, it must be realized that there is no quick fix or short journey. To give up all bad habits and change for the better is no easy matter. The momentum produced by living is a force that drives us to a predetermined destination. Whether we've consciously chosen our destination or not, once started and continued in time, its a force to be reckoned with.

By our ancestry are we given our start. What we chose is a process that creates specific genetic growth. By our decisions do we dictate the future of the world's population. Our decisions are reflected through time by the actions we create. Our actions influence the direction of life's flow into time's future. Your decision is interwoven into the collective consciousness of the world's population. Your choice will direct the many generations into the dividing realm of Light and Life or Darkness and Death.

By the Grace of Angels, Under the Direction of God,  
Come the Blessings of Life.

God has granted to those who have committed to Light and Life, the redemption from darkness and death. He sends His Angel Ambassadors to touch those who seek the healing influence of their Creator.

God has granted and prepared some people with a higher intelligence to receive inspiration and discover healing formulas in the Creator's Kingdom of Nature. Those who have been touched by the Higher Powers have consciously committed themselves to the side of life and find such

remedies and methods of healing to alleviate the spiritual and physical sufferings of mankind. By their commitment have they been chosen by God to discover the Creator's healing powers.

The inspired healers that have found such methods and formulas are then found by others who have also chosen the side of life and redemption. By inspiration are they led to find their cure. For the healers and those who seek to be healed are under the inspiration of the same angelic association. They have both chosen light over darkness, life over death. By the will and actions of those in this heavenly realm is the light of inspiration transferred to those on the earth. In this are certain generations of man sanctified and healed while others are not.

### Deceptive Influences.

In our daily lives we are influenced by what goes on around us. The people we meet and associate with, our surroundings, television, commercials, videos, radio, music, work, our pace of life, responsibilities, and all the stresses that come with living, all have an impact and effect on our health, outlook, perception and quality of life.

In the fast pace of this nation, the basic diet of its people has become the same. The fast foods that have been adopted are for convenience, not for health. The trade off is time saved verses quality nutrition. What you receive from the 'Fast Food' diet is a low concentration of nutrients and a high concentration of devitalized, oil saturated, fat producing, toxic foods. Mankind's original design wasn't created for such a diet.

Through the false ideals of commercialism, the delusions of dietary habits and options have played havoc on man's thinking. He's lost the conception of what's good for himself instead of what tastes good and is easy to pick up or quick to prepare. The companies who promote such products have no desire to see people healthy but watch the bottom line of their profit margin. To further the producers margin of profit, they've added preservatives and other chemicals to their products to lengthen its shelf life. To produce more and speed up this process they've also added artificial fertilizers to the earth and spray their crops with toxic insecticides. Unknowingly the people who consume these products also consume the chemicals used to grow and protect them. For in using these chemicals, the plants have absorbed them through their root systems and it becomes apart of their structure. On top of this travesty, if you add all the petrochemical and industrial pollution in the water we drink and in the air we breath, its little wonder this nation of people hasn't degenerated any more than it has.

It's shameful that there are so many people that are uncaring, callused or just ignorant in their actions towards others. Their personal greed and selfishness have caused them to promote such lies. What's worse and even heart breaking is that there are those who try to live up to such deceptions, thinking its normal or the correct way to be. These deceivers of the human race, in time, will have to answer for their actions and deeds and correct their errors, either in this life or in the hereafter.

### Unbalanced, Inferior, Toxic Foods and Their Influence on Mankind's Genetic Growth.

There are many foods in today's market that are substandard in providing optimum health. The living energies have dissipated leaving an inferior nutrition for sustenance. These foods were originally processed for long term storage or shelf life in times of winter or famine. Other foods are processed and designed simply for taste. Through time, these foods have been adopted as mainstays in the everyday diet. In this, the richness in living foods have been put aside for an unbalanced, inferior diet of degenerated nutrition.

In processed grains and other foods, the basic elements have been separated and a portion



removed for taste or cooking ease. This creates a molecular imbalance in its original design and function. They add other processed elements and call the products enriched, but the truth is, what is used to reinstate the nutrition of the food is inferior to its original design. Beyond this they include stabilizers, additives to keep the foods from packing for easy flow, artificial colors, artificial flavorings, artificial sweeteners, preservatives, etc. Canned and bottled foods and juices have been previously cooked. They've already lost some of their health giving qualities. In canning, some of the metal may leach into the food it contains. This is toxic to the human body.

In frozen foods, the freezing process separates the foods molecular structure and burns it with extreme cold. In shipping, these products are loaded and unloaded from station to station. Thawing can occur during this process and then refrozen. As they thaw the evanescent properties are released in vapors and its physical nature deteriorates and decays to some degree.

Oils that are used should be pure and natural. Cold pressed are the best. Refinement and the hydrogenation of oils have been linked to cancer because of their toxicity.

Unnatural beverages concocted and produced by man are also detrimental to the physical and spiritual nature of man.

In cooking, the utensils you use are important. You should never use aluminum. Aluminum oxide has been found to inhibit neuron activity in the body. Without this electrical activity in the brain and body, the messages to and from the brain through the nervous system are diminished, grounded and blocked. It's especially tragic in brain functions, such as memory, balance, eye hand co-ordination and other thinking processes. It also increases the aging process due to its toxicity.

In the food preparation and dining industry, there are those who are unhappy, uncaring and sometimes sick. They are low wage earners and some care very little for their profession. They can be neglectful and unsanitary in their work habits. Since they make little money, they have to go to work even when they're ill. They can and do forget to wash their hands after using the toilet, sneeze, cough and pass on to the consumer the bacteria and viral strains they carry. These conditions can also be passed on to the consumer on the packaging of the products.

In the manufacture of animals and animal products for food, they've extended the already toxic nature of flesh and blood to the extremes. The animals they use are fed on and inoculated with a variety of antibiotics, steroids, hormones and other agents for growth stimulation and preservation. These elements are stored in the animals blood, flesh and fats. When slaughtered and packaged, the consumers receive the entire array of chemicals, drugs and concoctions created by man to increase the production of a profitable commodity.

Another toxic factor is that when animals are sent to the slaughter houses, they know death is close at hand. As in all animal life, when life threatening danger presents itself, the physical structure releases chemicals. This is a chemical that's induced by fear and panic. It produces aggression and an increased metabolism. Some know it as adrenalin. This is released in the animals blood at the time of their slaughter and is passed on to the consumer in the finished packaged product.

The flesh food products, from the time of death until reaching the consumer, can be long enough for corruption to set in. Certain bacterial strains grow on the flesh and blood, breaking it down and consuming it. If improperly cooked or passed on to other foods by surface contact, these organisms will invade the human body. Here they multiply and start breaking down and consuming their human hosts.

Within the human body, all of the unnatural chemical elements contained in processed foods and those given to animals are assimilated. Through time and passed down from generation to generation, these biologically arranged molecular structures influence the arrangement, growth and regeneration of cells, genetically to the DNA level.

In the quantum level of structuring these genetic strains of DNA, the materials consumed form the basic physical building blocks that adhere to our inner life force. What we eat our bodies

become, What we are is passed on to the next generations. Our ending is their beginning. They build on what was previous and then add to the next strands of genetic life.

The continuation of life depends on its forebears. The genetic strands of life dictate whether or not the future generations of man will be strong and healthy or weak and degenerated.

The dark or bad habits of the parents are passed on to their children. One dark habit will influence another bad habit to be accepted and passed on. In retrospect, the good habits of parents are also passed on to their children. These good habits will also influence better habits to be accepted and passed on.

By one's flesh and habits will the spirit within be influenced to the same.

This predetermines and predestines what generations of man will survive and progress and what generations of man will degenerated and go out of existence.

As the sun is the light of the earth, so is the Creator the light of our soul.

From light will come light. From darkness will come darkness.

As light is of life, so is darkness, death.

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### Physical Health and Healing.

The human body is a part of the Universal Design. It operates on the same basic principles. These factors are creation, maintenance and dissemination. In the human body they are more commonly known as assimilation, maintenance and elimination.

A simple way to look at this process is at the cellular level. First we chose what we take in as nutrition. This ultimately provides the body with the basic building blocks and fuels it needs in the life process. The body takes this food and breaks it down to its molecular structures. The blood carries these particles to each cell in the body. Each cell digests, absorbs and assimilates what its designed to. In the assimilation or burning process what is not absorbed is discarded as waste. This waste can be toxic to the rest of the body and is taken by the blood to the kidneys where its discarded in the urine. Between the processes of assimilation and elimination the cells maintain themselves on what they have absorbed. If there is a problem in the digestion stage, the blood stream, cellular activity or in the eliminatory process, degeneration of the overall system is the result.

If degeneration has occurred due to some malfunction or an oversight in nutritional intake, in most cases it can be corrected. Since the body is a biochemical, molecular, mechanical structure and under the control of our decisions, once we decide to heal ourselves the first step to a healthier life is taken.

The next step is to formulate a plan of healing that works best for each individual. What will cure one person may not cure another. Each individual has a genetic history passed down through time by their ancestors.

The flow of life through the family tree of each individual has developed to what it has become by the different stages and growth it has gone through, both physically and spiritually. Mankind is constantly on the move through time. Sometimes forward, sometimes backward, sometimes up, sometimes down. Forever progressive is the design. In this, what is needed today will not be needed tomorrow. The same holds true for what was needed yesterday will not be needed today. There are certain basic methods of healing that effect everyone in the same manner but in different degrees. Since the human body is a product of the earth and both are the products of the

Source of All, the Creator has seen fit to give us healing agents from the same. These agents are natural compounds found within certain herbivorous varieties in the plant kingdom. We are given both the intelligence and inspiration to find and use these medicinal properties to heal our afflictions.

This specific healing method is a combination of many different tried and attested to techniques and cures. It is designed to give a certain level of physical health and well being to most individuals. Beyond this, it is left up to person to continue their own path to total recovery and optimal health.

The basic understanding I would like you to understand is that a clean and pure blood stream is the key to health. Imbalanced nutrition, toxins, poisons, oxidation, micro-bacteria and viral parasites are the causes of most all physical illnesses and diseases.

The overview of this process is to clean the system and to nutritionally reinforce the physical structure with what it needs to provide optimum health.

These methods and formulas have been used by others to alleviate the worst of the life threatening diseases that plague mankind. Some people use these methods and products to insure the health they already have. Still others believe that a pure and strong body will give them a basis for an unhindered and clear intelligence and the possibility for a higher spiritual life.

Darkness, chaos, disease and death are the curses that mankind brings to himself when he does not know or rejects his Creator.

Life, health, Light, spiritual fulfillment and  
unfoldment are the Creator's blessings.

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#### A Formula for Life.

The first steps in producing a healthy body is to stop using all imbalanced detrimental foods, drinks, chemicals and stimulants. This includes separated, revitalized and enriched grains and other food products that have been tampered with. Avoid any cooked, canned or frozen foods, Eliminate foods that have been artificially fertilized, pesticide sprayed, genetically altered and chemically preserved. All animal products and their by-products should be discontinued. All drinks that are unnatural, chemically formulated or stimulants such as coffee, black teas and sodas should be stopped. Sugar, salt, pepper and chocolate along with hydrogenated and partially hydrogenated oils should also be eliminated. Tap water should not be used for drinking or food preparation unless properly filtered. All recreational drugs, alcoholic beverages, tobacco products and over the counter, chemically formulated drugs should also be avoided.

By eliminating the use of these products and introducing a purer, highly nutritional organic diet to your lifestyle, most ailments will be eliminated.

The human body is made up of all the elements that have been put into it. It builds its cells, tissues, bones and creates the fats that store the unused portions of ingested materials. The blood also contains these products. In the digestive system, the intestinal tract is packed and coated with these materials.

When all inferior foods and toxic substances have been eliminated from the diet, the body will go through a withdrawal period. During this time discomfort, anxiety, nervousness, nausea, weakness, emotional mood swings from anger to hopelessness will be experienced and a desire to return to the old habits that are trying to be broken. This healing crisis should last a few weeks. To help the body in the process of elimination, you should bath once or twice daily. Saunas and sweat baths are also a plus. Drink plenty of pure water and fruit juices (apple, grape, prune,

citrus, etc.. organically grown and unfiltered). Laxatives and intestinal cleansers should be used to help move the solid wastes out of the system. Use only natural products without chemical stimulants. Enemas, both high and low volume will also help greatly in this process.

Due to a diet high in oils, fats, cholesterol and other mucous forming foods, the intestinal tract becomes coated with a layer of waste that doesn't allow nutrients to filter into the rest of the body. This causes a feeling to over consume to balance the low energy being experienced. This is a basic factor in being overweight. A high fiber diet is needed to 'scrape' clean the intestinal walls and allow nutrients to be absorbed.

If the intestinal tract is too slow or is blocked in its function, toxic wastes can re-circulate back into the system. This results in the blood becoming toxic and impure. The solid wastes can also compost while in the intestinal walls causing burns, cysts, ulcers, tumors, colitis and eventual cancer in some.

In the regimen of cleaning out the lower tract, acidophilus, or lactobacillus bifidus, and other strains of bacteria should be added to the diet. These are good digestive bacteria used to aid in the breaking down and absorption of nutrients into the system. It also helps to keep the eliminatory system clean and running properly. Its a natural product found in yogurt, sauerkraut and the soil. It can be found in a variety of products in the health food industry in concentrated form. Its best to use a plant food based bacillus. Its higher in purity.

A bad diet will cause a lot of waste to accumulate in the system. From this waste, poor hygiene and other factors, microscopic parasites will invade and multiply in the body. They settle in the weak or damaged areas of the body and live off the tissue and surrounding waste it produces. In short, they eat you and then excrete their waste into your system, creating for themselves a living and breeding environment. There are natural Antibiotics and Antiseptics found in the plant kingdom that will eliminate these organisms.

There are also larger parasites that are ingested in poorly cooked and decaying animal flesh, deteriorating plant materials and impure water. These can be eliminated by natural Anthelmintics and Vermifuge. These are found mostly in the hulls of nuts of trees and other plants. They have a strong defense against insect invasion, large and microscopic.

Parasites that invade the body gather and live in its weakest areas. The bodies defense system reacts to their presence and tries to absorb and eliminate them. Packets of white blood cells encircle these parasites and form balls of pus around them. The body then compensates by growing new tissue in the damaged area. When the body is unable to completely heal the weakened area, the infection returns, new damage occurs and the white blood cells go back to work. A continuation of this creation and destruction cycle causes the infected weakened area to grow in size, layer by layer, creating a type of scar tissue mass. These become hardened over time if the affliction is unresolved and out of control. These are commonly called cysts, ulcers and tumors. Unchecked they can cause great discomfort and complications. There are natural remedies known as Discutients and Resolvents that break down and remove these problem areas.

To help the body to remove the wastes of putrefied matter, dead blood cells and microorganisms, nature has given us plants that contain Mucilaginous properties. Much like white blood cells, mucilagins work on a larger scale. They trap and absorb large amounts of waste and carry them out of the system. They also coat and soothe the infected areas and aid in its healing process.

All ailments and dysfunctions of the body have an effect on the blood stream. An unhealthy body will cause an unhealthy blood stream. In retrospect an unhealthy blood stream will cause an unhealthy body. Too much waste in the blood will cause poor elimination of cellular waste. If this waste backs up into the cells, cellular dysfunction will occur. The blood will also carry the waste to other eliminatory systems besides the kidneys when over burdened with too much excess. This excess will then be routed to the lungs and skin for discharge. Too much waste in the lungs will cause an overabundance of mucous and oxygen intake will be decreased. If an infection occurs at

this time serious problems can arise. When the excess is eliminated through the skin, acne, pimples, boils, tumors and skin cancer can form.

Bad body odor is a sign that the blood is impure. To help the blood stay clean, nature has provided us with blood purifiers and cleansers known as Depuratives. If the blood is kept clean and pure it can carry off the toxic wastes that the body produces in the eliminatory process.

In our daily lives, we are constantly exposed to various forms of poisons, toxins, petroleum and chemical pollutants in our air, water and foods. These are known as free radicals. Free radicals are atoms and groups of atoms that are destructive, foreign invaders to our physical bodies. Once they enter our bodies, they can cause damage to our cellular structures. Through prolonged exposure to these free radicals, poor nutrition, stress, age, etc.. our immune system becomes overtaxed and impaired. This leaves us open to and vulnerable to infections and degenerating diseases. The body itself naturally creates free radical scavengers that eliminate and keep these agents in check when we are healthy. There are also natural anti-oxidants in the foods we eat. Unfortunately they are heat sensitive and are destroyed in the cooking process, eliminating their design and purpose.

In our daily diet and over time, we have been unknowingly executing a great injustice to our physical structures. In the habits we've received from our ancestors, we practice cooking nearly all our foods. The origins of cooking originated when flesh foods were fired to make them more palatable and less toxic. In this cooking for taste, many combinations of cooked plant foods were added to the diet. In heating foods, precious living elements that the body needs are destroyed. One of these elements necessary to our overall health and energy are known as enzymes.

Enzymes are essential for maintaining certain functions in the body such as digesting foods and in the repairing of tissues. They also act in the storage of food in the body and then converting these stored foods back to energy. They construct new muscle tissue, nerve cells, bone, skin and glandular tissue. They also aid in the elimination of toxins by the colon, kidneys, lungs and skin. They are the catalysts or activators in the chemical reactions that are continually taking place in the body. Enzymes are essential chemicals that are the foundation of human bodily functions. Raw foods are essential and necessary for the proper levels of enzymes needed to insure good health.

There are thousands of these little workers that perform just as many functions in our bodies. If we restrict our intake of living enzymes, we restrict and over burden the many various phases in the life process. This results in stress, toxemia and an acceleration in the aging process.

Vitamins are necessary for health and life in general. They regulate metabolism and assist the biochemical processes that release energy from digested foods. These micro-nutrients work with the enzymes to control the many different functions of the body that regulate the timely and accurate bio-mechanical processes. Vitamins, much like enzymes, are found naturally in the plant kingdom. Also like enzymes, vitamins are heat sensitive and are destroyed in the cooking process.

When vitamin supplements are used, it is wise to be aware of where they originated, their processing and of any additives used. They should be extracted, from natural sources, unrefined and unfired. The best vitamins are those contained in a food matrix. Nature provides vitamins in complex molecular structures, not isolated nutrients. Its been found that concentrated isolated nutrients are more readily absorbed and used by the body when combined with a natural food base. ( rose hips, citrus with vitamin C, alfalfa with vitamin K, carrot with vitamin A & Beta Carotene, yeasts with B vitamins etc.).

Isolated free state, chemical nutrients found in common vitamin supplements may contain other unnatural ingredients. They may or may not be labeled natural and contain coal tars, artificial coloring, preservatives, sugars, starches, and other additives that are toxic. You should also be aware that misleading advertisement is normal in today's market place. Just because their labeled natural doesn't mean they were extracted from a natural high quality food source.

Another nutritional supplement that is very helpful in the purification process, in healing and in the elderly is M.S.M.,( Methylsulfonylmethan ) Also known as Sulfonium or Nutritional Sulfur, this substance creates a flexible pliability in the connective tissues, joints and skin. It keeps the body permeable to fluids and aids in the absorption and elimination cycles of cellular activity. It takes hardened tissues and cells and softens them by creating flexible bonds between proteins. As an anti-aging and anti-oxidant agent it fortifies and protects cells and membranes. It removes free radicals and foreign proteins from the system.

M.S.M has been reported to reverse and clear up skin tumors, liver spots, hardening of the arteries, varicose veins, emphysema, diverticulitis, diabetes, deafness, migraine headaches, bad eyesight, scar tissues, cataracts, and Alzheimer's disease. Its also said to control Candida which causes epilepsy, chronic fatigue syndrome glandular malfunctions, abnormal blood sugar levels and the body's PH balance.

MSM keeps the intestinal walls soft and permeable which allows for the absorption of nutrients into the blood. Old age and death occur when the body can no longer complete this function. MSM is a naturally occurring non-toxic nutritional substance found in rainwater, wheat grass, aloe Vera and most of the living plants and fruits we eat. It is heat sensitive and is destroyed in the cooking process.

MSM is greatly needed by vegetarians especially Vegans.

Minerals are natural elements found in the earth. Rock formations are made up of mineral salts. Through time rocks erode and are broken down into dust, sand and dirt. This forms the basis for soil. Plants absorb these minerals as they grow in the soil. Animals and man then eat these plants, absorbing and assimilating these minerals of a more refined state.

Like vitamins, minerals function as coenzymes. They enable the body to quickly and accurately perform its activities. They are needed for the compositions of body fluids, the formation of blood and bone and the maintenance of healthy nerve functions.

Minerals are classified as macro (bulk) minerals and micro (trace) minerals. Bulk minerals are needed in larger amounts than trace minerals. Both are important to good health.

The best mineral supplements come in a chelated form. This means that the minerals are attached to a protein molecule that transports them to the blood stream in order to enhance their absorption.

The body is made up of many different types of cells. All cells have an exterior structure that provides the inner mechanism with protection and stability. When the outer cell wall is weak or damaged, the cell can't function to its fullest capacity or is invaded, damaged or destroyed by exterior forces. In order for a cell to be its healthiest, its outer wall must be given the proper materials to build and reinforce its containing structure.

There are twelve basic salts or minerals that the bodies cell walls contain. When one or more of these elements are missing, weak cells occur.

The vitamins and minerals that nature gives us from the plant kingdom are best suited for our nutrition and growth. They are of a higher quality with less toxic residue. Supplements should be used to catch up or help us in our healing processes. Once a good level of health is achieved you can discontinue their everyday use and take them only in a periodic maintenance program, when deemed necessary.

Amino acids are the chemical units or 'building blocks' that make up proteins. Proteins are essential to life. They provide the structure for all living things. Proteins make up the muscles, ligaments, tendons, organs, glands, skin, hair, nails, bone and body fluids. Next to water, protein makes up the greatest portion of our body weight.

In the nervous system, amino acids act as neurotransmitters or as precursors to the neurotransmitters. They are necessary to the brain in transmitting and receiving messages. A diet high in quality protein will increase mental alertness.

There are twenty nine known amino acids. These account for the hundreds of different types of

protein complexes present in all living things. In the human body the liver produces eighty percent of the amino acids needed. The other twenty percent must be obtained from outside sources-in the diet. This twenty percent are called 'essential amino acids'. If there is an imbalance in these eight essential amino acids the rest of the absorbed nutrients will not effectively perform their functions and physical disorders will start to complicate life.

Protein supplements should contain all the essential amino acids, be in a free form state and of plant origin. This type is absorbed more rapidly, of a purer quality, without any toxic residue.

There are two types of carbohydrates, simple and complex. Simple carbohydrates are sugar in its many forms. Sugar intake is the cause for many physical problems. It causes the pancreas to be over active, producing too much insulin. A high intake of sugar can cause the over stimulation of this organ and wear it out. When the pancreas can no longer handle this sugar intake, diabetes and hypoglycemia are the result. When the pancreas no longer functions properly, fatigue, dizziness, confusion, restlessness and headaches are experienced. Ultimately, this leads to other diseases such as the collapse of the adrenal glands.

When fats are combined with simple carbohydrates, nutrients and oxygen being delivered to the many cells and tissues become reduced. When these two are combined, blood cells become cohesive and clump together making it difficult for them to enter the small capillaries that feed the tissue cells. When no food or oxygen can get through to these cells, disease is sure to follow. Simple carbohydrates (sugar) also creates an excellent breeding ground for bad bacteria to multiply in.

Complex carbohydrates on the other hand are beneficial and necessary for a constant flow of energy and body heat. The foods that contain these carbohydrates have the fiber necessary to keep the intestinal tract clean and free of toxic, morbid and digested foods. They also provide the body with vital vitamins and minerals that are important to good health. Complex carbohydrates are found in fresh fruits and vegetables, beans, nuts, seeds and natural whole grains.

Recent studies in complex carbohydrates have revealed that there are eight glyco-nutrients necessary to provide the body with optimal health. From these eight are the many strains of carbohydrate complexes created in the body. Classified as polysaccharides, these eight basic carbohydrates create a communication network necessary for all of the different cells of the body to 'talk' to each other. When the body is able to transmit information freely and unhindered, the autoimmune system works at its peak performance.

Phytochemicals are some of the most recent discoveries made in natural healing. Their discovery and isolation, and what they achieve in the human body is yet another land mark in unveiling optimal health, elimination of degenerative diseases and the suffering it causes. These micro nutrients assist the body to heal and repair cellular tissue, reinforce and support the auto immune system. A healthy immune system is perhaps one of the most important factors in maintaining optimal health.

Phytochemicals are non-toxic complex nutrients. They can be thought of as the biochemical information carriers and communication system. They link up the cellular communication network whereby, cells, tissues, glands, organs and cellular fluids can relay information to one another. They are the lines of broadcast in the neuro-pathways and the receptors on the cellular walls of all the various tissues. They are like the code keys that unlock the various functions of the body.

Free radicals, toxins and poisons hinder and block the transmission and reception of the messages sent through out the body. In this degenerative process, the communications between cells become garbled and confused. Partial or no information is transmitted and bio-chaos results. If the cells become weak or damaged and their transmissions are blocked, they are isolated and vulnerable to outside destructive elements. If the cells could continue to release the information that it was weak, damaged or under attack, the body would respond by giving it what it needs for repair or protection.

Phytochemicals have an anti-viral effect, an anti-cancer action, promotes a reduction in allergies, a prevention of infections, aids rapid healing and adds to the actions of medications. To reinforce the body with phytochemicals insures that the auto immune system will function to its fullest capacity.

Unfortunately as with vitamins and enzymes, phytochemicals are heat sensitive and destroyed in the cooking process. They are available in their highest quantity only in vine ripened fruits and vegetables. Phytochemicals are found in short supply in inferior fruits and vegetables grown in artificial chemically fertilized soils and out of season foods. They are not essential to life, but when added to the diet you receive a higher level of optimum health.

Foods in their basic structures have different chemical compositions. When mixed, some of these natural chemicals are compatible and some are not. Mixing the wrong combinations together with the stomach acids can cause indigestion, gas, poor digestion and inferior nutrition absorption. The proper combinations of foods eaten within certain time periods aids digestion and keeps the body's chemistry balanced.

When foods are properly combined, less energy is used in the digestion process. More nutrients are absorbed because chemically opposing elements don't cancel each other out. There is also less toxicity created in the digestion and intestinal tract. The operation is smoother, quicker and without interference. In short, it eliminates excess stress on the over all body.

The bodies digestive chemistry is made up and formulated by what its nutritional intake is. An imbalance in these fluids will cause either Acidosis or Alkalosis. The bodies chemical PH factor should range from 6.3 to 6.8. The values below 6.3 is considered too acidic. The values above 6.8 is considered too alkaline. The bodies PH values will fluctuate according to diet and can be adjusted by the same means. Foods are either acid forming or alkaline forming. They should be consumed in such a manner to achieve a balance.

To test the bodies PH, nitazine paper can be found at drugstores.

Fasting has been one of mankind's rituals throughout recorded history. Primarily used in the spiritual sense, fasting frees the individual from earthly ties and releases the thoughts to travel to a higher plateau of awareness. As a result, the inspirations and visions of the physical and spiritual world, past, present and future are realized from a more refined and transcendent point of understanding.

Physically we find that during a fast, the body uses less time and energy in the assimilation cycle. This gives the body a break from these activities and lets it's organs rest. The body just maintains itself. During this time what the body has stored is used and eliminated. What's stored in the fat cells and fluids of the body is released into the blood stream. The longer the fast, the more stored materials are eliminated. This also includes the toxins and poisons that have been accumulated. The less pollutants one has in their body, the purer they become. The purer one becomes, the less resistance one has to life's energy. The more life energy one has, the healthier one becomes. The healthier one is, the stronger one is and more pronounced is the feeling of well being. This feeling leads one into the higher joys of life and the realities of spiritual awareness while on earth. Spiritual buoyancy is the result of a pure nature. To achieve such a state, a balance of the inner spirit and the physical world is a necessity.

There are many ways to fast. In many religious cultures its standard to fast one day in seven. Some find that a three day fast once a month is sufficient. Some fast five to seven days every six months. For others, longer periods at different intervals of time. The fast should suit the individual. There's no set way that can include everyone.

The only advise I could give you is to start slow and increase how long you fast. Vacate the bowels with unfiltered juices and or gentle laxatives. Enemas of warm water, coffee or lemon juice can also be beneficial. This will remove the solid wastes that may re-circulate back into the body. Do not use enemas for a prolonged period of time. The body will become dependent on them for evacuation and they will begin to remove the good bacteria in the large intestine. Avoid



dehydration and toxic shock during the fast. Drink fruit juices, vegetable juices and broths. Never fast with just water, at least not at first.

Shortly after the fast, a higher level of energy will be experienced. Your immune system will increase and keep you healthier. When freed from the discomfort of toxins and poisons you should become happier. The quality of life will increase and longevity should be realized. The spirit in all things will become more pronounced and a higher level in awareness should be achieved.

### Goal of the Messengers.

It's our goal to pass on this inspired information we've been blessed with. We hope it will guide you to a higher level of physical and spiritual well being.

This certain method of prevention, healing and purification will give a specific level of health. It's designed to give a strong-starting point, where at some future date you may take your own life and health into your own hands and travel even farther upon the path of Light and Life. It's your life and no one has more control over it than yourself. You must be your own master.

It's not our aim to addict you to any certain products. At some point you should be able to discontinue their use. Then, from time to time, use them in a maintenance program, if needed.

We would once again like to point out that change is not an immediate turn around. Old habits are not easily broken. With determination and perseverance, a higher life style can be achieved with permanence.

Those who strive for the higher Light and a better life take steps to insure their survival and the survival of their future generations. Those who care not, see not and act in a darkened manner will lose their grip on life and continue on this earth, no more.

So is it the plan of life and the path of human genealogy.

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### Basic Reasons for Illness and Disease.

1. To deviate from one's own inner light, which is our connection to the Source of All, our Creator.
2. Unnatural, stressful-and detrimental lifestyles, environments and associations.
3. Poor and unnatural nutrition and it's combinations.
4. Organisms that are parasitic and damaging to the human body.
5. Pollution: petrochemicals, industrial wastes and other harmful chemicals that poison our food, water and air.

### Methods of Reversal.

1. Realign and reaffirm the connection to the Source of All, our Creator through prayer, meditation, realization, thought, word, action and deed.
2. Create a stress free lifestyle in a clean, pleasant, natural environment. Provide for adequate fresh air, sunshine, exercise, recreation, rest and sleep. Work to progress mankind's condition. Associate with others of like nature, who are on an ascending path. Embrace joy and happiness.
3. Nutritionally adjust the daily diet to a purer and healthier level.

4. Cleanse the physical body:
  - A. Cleanse the intestinal tract and reinforce it with good bacteria.
  - B. Use natural antibiotics, antiseptics, vermifuge, antioxidants and resolvents to rid the, body of harmful bacteria, parasites, free radicals and abnormal growths.
  - C. Cleanse the blood with Depuratives and Mucilagins.
  - D. Create a schedule for fasting.
5. Reinforce the body with nutritional supplements to protect, maintain and rebuild its cells tissues, organs and fluids by using:
  - \*Nature's products to promote and reinforce the auto immune system.
  - \*Vitamins...\*Phytochemicals...\*Polysaccharides...\*Minerals...\*Protein...\*MSM...
  - \*Enzymes... \*Tissue cell salts... \*Rejuvntatives.
6. Balance mental and emotional states as needed with herbal and flower remedies, meditation and prayer.
7. Drink large amounts of filtered, purified water during the entire process.
8. Repeat the above methods until a desired result is achieved.

Those who choose life, choose That from which all life comes.  
Seek to know this and you shall find the Source, which is the Creator of All.  
We have been given the liberty of choice to become what we choose.  
The choice is singular to the extreme.  
Ultimately, all strive to become one with the Source of All.  
To own or to become the lower goals is to be possessed by the same.  
To be one with the Creator of All is to be free from all possessions and goals.  
In this you become the master of all that is in the Kingdom of All Creation.

Choose Wisely.

## Charts.

Nature's Products for Purification,  
Health and an Overall State of Well Being

<p style="text-align: center;"><u>Elimination</u></p> <p>Aloe Vera Buckthorn bark Calamus root Cascara sagrada bark Mandrake Psyllium seed husks Senna leaves</p> <p style="text-align: center;"><u>Acidophilus</u></p> <p>Sauerkraut Soy yogurt Yogurt, dairy Bicillus concentrates grown on vegetarian sources, tabs &amp; liquid FOS- feeds and stimulates growth of acidophilus</p> <p style="text-align: center;"><u>Antibacterial Agents and Antiseptics</u></p> <p>Bee propolis, Neem Chaparral, leaves Echinacea, root, leaves Electro-Colloidal Silver Golden Seal root Garlic, aged extract Myrrh, powdered gum Pau d'arco, inner bark Olive leaf extract</p> <p style="text-align: center;"><u>Vermifuge</u></p> <p>Black Walnut hulls, (green) whole, extract &amp; tincture Cloves Sheep sorrel, leaves Vervain, whole plant Wormwood, whole plant</p> <p style="text-align: center;"><u>Antioxidants</u></p> <p>Barley grass Broccoli Brussel sprouts Cabbage Chaparral, leaves Chlorophyll Gamma linoleic acid (GLA) from vegetable oil Grape seed extract Green tea L-Cysteine -amino acid L-Glutathione-amino acid M.S.M. Milk thistle</p>	<p style="text-align: center;"><u>Antioxidants</u></p> <p>Phytochemicals Pine bark extract Selenium Sprouts, all Superoxide Dismutase ( SOD ) Vitamin A Vitamin C Vitamin E Wheat grass</p> <p style="text-align: center;"><u>Diuretics and Resolvents</u></p> <p>Blue Flag root Chickweed, whole plant St. John's Wort, tops and flowers Sanicle, roots &amp; leaves</p> <p style="text-align: center;"><u>Dépuratives</u></p> <p>Burdock root Chaparral, leaves Dandelion, root, leaves Echinacea, root, leaves Golden seal root Holy Thistle, all Pau d'arco, inner bark Red clover blossoms Yellow dock root</p> <p style="text-align: center;"><u>Mucilagins</u></p> <p>Blue violet, whole plant Chickweed, whole plant Fenogreek seed Slippery Elm, inner bark</p> <p style="text-align: center;"><u>Immune System</u></p> <p>Astragalus root Chaparral, leaves Dioscorea, wild yam DHEA (over 40 yrs.) Ginseng Pau d'arco, inner bark Phytochemicals Polysaccharides Spirulina Suma, root, bark, leaves, berries Vitamin A, beta-carotene Vitamin C, bioflavonoids Vitamin E Selenium Kelp- giant red, brown</p>	<p style="text-align: center;"><u>Vitamins</u></p> <p>Natural food form base with no preservatives or other additives</p> <p style="text-align: center;"><u>Minerals</u></p> <p>Bulk and trace minerals should be in a chelated form</p> <p style="text-align: center;"><u>Enzymes</u></p> <p>Avocado Aspergillus Bananas Bromelin - from pineapple Mangoes Papain - from papaya Pineapple Sprouts Unripe papaya</p> <p style="text-align: center;"><u>Phytochemicals</u></p> <p>Beets Broccoli Brussel sprouts Cabbage Califlower Carrot Garlic Kale Onion Pineapple Spinach Tomatoes Turnip All fresh ripe fruits and vegetables con- tain phytochemicals Concentrates should be from the juices of fresh, ripe, freeze- dried fruits and vegetables, plants</p> <p style="text-align: center;"><u>Protein</u> supplement</p> <p>Should contain the eight essential amino acids be in a free form state and from plant origins (organic)</p> <p style="text-align: center;"><u>Bio-chemical Cell Salts</u> Formula by Dr. Schusler</p>
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Nature's Products for Purification and Health - Part 2.

<p><u>Polysaccharides</u> Ambrotose-by Mannatech</p>	<p><u>Flower Essences</u> <u>Mental &amp; Emotional Imbalances</u> ( cont.)</p>	<p><u>Colon Cleansing Fast</u> Use herbal laxatives for two(2) nights before starting this program.</p>
<p><u>Flower Essences</u> <u>Mental &amp; Emotional Imbalance</u> Agrimony-mental torment Aspen- fears of unknown Beech- intolerance Centaury-weak willed Cerato-uncertain judgement Cherry plum- nervous breakdown Chestnut bud- learning disability Chicory- possessiveness Clematis- withdrawn from present Crabapple- self hatred, self disgust, unclean feeling Elm- overwhelmed by responsibilities Gentian- hopelessness, despair Gorse- discouraged, despondent Heather- self-centered, self concerned Holly- hatred, envy, jealousy Honeysuckle- lives in the past Hornbeam- mental fatigue and doubt Impatiens- impatient Larch- no confidence Mimulus- fear of the known Mustard- deep gloom Oak- exhaustion, waning inner strength but struggles on Olive- total exhaustion Pine- guilt, self reproach unworthy, shame Red Chestnut- anxiety and fear for others Rock Rose- terror Rock water- self denial, self concern Scleranthus- uncertain in decisions</p>	<p>Star of Bethlehem- after effects of shock Sweet Chestnut- mental anguish Vervain- tension, hyperactivity, overly enthusiastic Vine- domineering and inflexible Walnut- oversensitive to outside influences and changes Water Violet- Prideful, aloof White Chestnut-uncontrollable thoughts of worry, events and arguments Wild Oat-uncertainty about correct path in life Wild Rose-resigned to unpleasant situations, apathy Willow-resentment, self pity, bitterness *May combine for different symptoms*</p>	<p>Mix: Four(4) tbls. psyllium seed compound. One(1) tsp. volcanic ash or purified granulated charcoal. One(1) pint papaya juice (concentrate is O.K.) Mix well and drink quickly, it will start to thicken rapidly. Take four(4) times daily; breakfast, lunch, dinner and bedtime for three(3) to five(5) days.</p>
	<p><u>Fasting</u> Juices: unmixed Apple Grape Lemon Papaya Vegetable: unmixed Aloe Vera Cabbage beet Carrot Chlorophyll Green leaf drinks Spirulina Teas: unsweetened or honey Echinacea Pao d'arco Red clover Slippery Elm Enemas: Coffee Lemon juice Lactobacillus</p>	<p>Use this and the items listed in the fasting column for best results.</p> <p>Break all fasts slowly Do not gorge afterward Foods to break fasts with should be fresh fruits, vegetables, whole grain cereal and breads, soy milk, tofu and tofu dishes.</p> <p><u>Water</u></p> <p>Water used for drinking and cooking should be filtered by: Charcoal filters Micron filters Reverse Osmosis *Filtered Distilled Distilled</p> <p>Water is the purifier of the body. When it is pure it acts as a magnet to impurities. Drink plenty of purified water during the cleansing process.</p>

## Medicinal Herbs and Their Preparations.

The preparation of medicinal herbs are very important. Herbs contain volatile oils that are essential to their potency. These oils vaporize quickly, leaving only the base materials.

When purchasing pre-capsulated or bulk herbs, its best that they are cryogenically ground (ground at temperatures from 0 to -70°degrees) and sealed in air tight containers immediately afterwards.

The herbal capsules should be of a vegetable origin with no starches, preservatives or other additives.

The herbs should be organically grown or wild-crafted from a pollution free environment. They should contain no additives whatsoever, other than the natural herbs themselves.

### Preparations of Herbs

**Infusion-** Use One(1) ounce(2 cups) of cut or ground dried leaves, tops or flowers to one(1) pint of water. Bring the water to a boil and remove from heat. Add herbs, cover immediately. Let steep for ten(10) to fifteen(15) minutes. Take a half( $\frac{1}{2}$ ) cup three(3) to four(4) times daily.

**Decoction-** Use one(1) ounce (2 cups) herb to a quart of water. Simmer just below boiling point for thirty(30) minutes to one (1) hour, or until half the liquid is gone. Herbs for decoctions are roots, stems, bark or heavy leaves.

**Concentrates-** Make an infusion or decoction. Put the herbal mixture in the refrigerator for 48 hrs. The heavier herbal compound will settle, leaving the water at the top. Siphon off the top layer of water and store the remainder in sealable containers. Use accordingly.

**Tinctures-** Use four(4) ounces of powdered, ground or finely cut herb to One(1) pint of brandy, vodka or gin. Mix in a sealable glass jar. Shake mixture several times daily over a two(2) week period. Let the herbs settle and strain off the liquid. Store the liquid in sealable glass containers.

\* To remove alcohol, add one(1) pint oil, olive, sesame, almond and heat at low temperature until alcohol is evaporated.

**Syrups-** Use two(2) ounces dried herb to one(1) quart of water. Low boil until it becomes One (1) pint and add two(2) ounces of honey. When using fresh fruit with leaves, roots etc. use four(4) ounces to a quart of water with same procedure.

**Ointments & Salves-** Use two(2) ounces dried herb or four(4) ounces fresh to one(1) pint of oil (olive, sesame, almond, wheat germ). Let stand in a warm place, covered for three(3) days, or heat for one(1) hour, less than 200°, while hot add 1-1 $\frac{1}{2}$  ounces melted bee's wax and stir as it thickens and cools. Can keep one year if refrigerated.

## Food Combinations for Easiest Digestion

One food at a meal is the most ideal for the easiest and best digestion.

Do not mix more than four foods from any one classification.

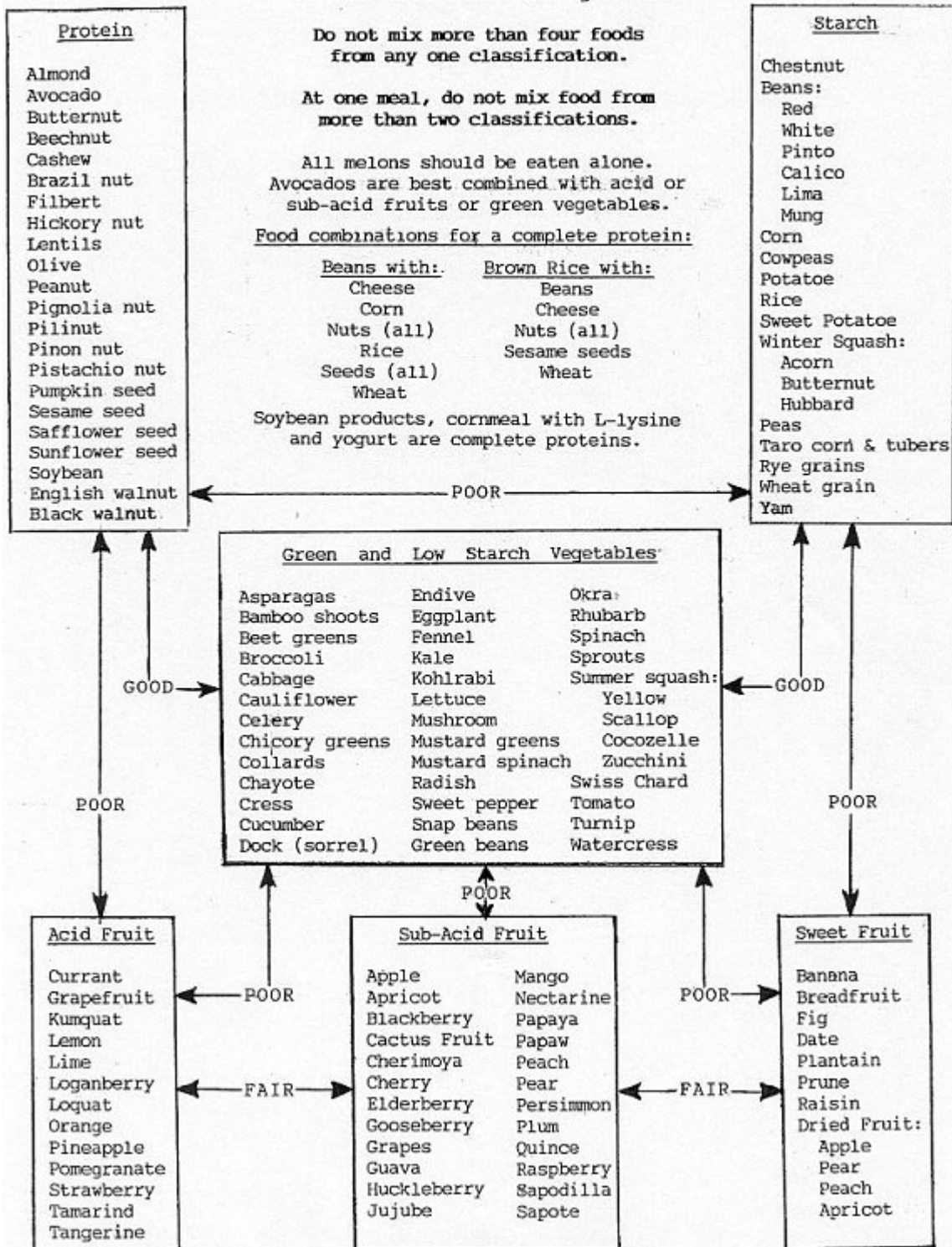
At one meal, do not mix food from more than two classifications.

All melons should be eaten alone.  
Avocados are best combined with acid or sub-acid fruits or green vegetables.

Food combinations for a complete protein:

<u>Beans with:</u>	<u>Brown Rice with:</u>
Cheese	Beans
Corn	Cheese
Nuts (all)	Nuts (all)
Rice	Sesame seeds
Seeds (all)	Wheat
Wheat	

Soybean products, cornmeal with L-lysine and yogurt are complete proteins.



Acid Fruits and Sweet Fruits are a poor combination

Acid - Alkaline Food Chart

<p><u>Alkaline Fruits</u> Apples and cider Apricots Avocados Bananas, speckled only Berries, all Breadfruit Cactus Cantaloupe Carob, pod only Cherimoyas Cranberries Cherries Citron Currants Dates Figs Grapes Grapefruit Guavas Kumquats Lemons, ripe Limes Loquats Mangoes Melons, all Nectarines Olives, sundried Oranges Papayas Passion fruit Peaches Pears Persimmons Pineapple, ripe Plums Pomegranates Pomelos Prunes &amp; juice Quince Quince Raisins Sapotes Tamarind Tangerines Tomatoes</p>	<p><u>Alkaline Vegetables</u> Artichokes Asparagus, ripe Bamboo shoots Beans, green, lima, string, sprouts Beets and tops Broccoli Cabbage, red and white Carrots Celery, entire Cauliflower Chard Chayotes Chicory Chives Collards Cucumbers Dandelion greens Dock, green Dulse Eggplant Endive Escarole Garlic Jerusalem Artichoke Kale Kelp Kohlrabi Leek Legumes, except peanuts and lentils Lettuce and romaine Mushrooms, most Okra Onions Oyster plant Parsley Parsnips Peppers, green and red Potatoes, all Pumpkin Radish Rhubarb Rutabaga Salsify Sauerkraut, lemon only Sorrel Soy bean Soy bean extract Spinach Squash Taro, baked Turnips and tops Water chestnut Watercress</p>	<p><u>Acid Vegetables</u> Artichoke, globe Asparagus tips, white Beans, all dried Brussel sprouts Garbanzos Lentils Rhubarb</p> <p><u>Alkaline Cereals</u> Corn, green 1st 24 hrs.</p> <p><u>Acid Cereals</u> All flour products Buckwheat Barley Breads, all kinds Cakes Corn, <del>cornmeal</del>, corn flakes, hominy, starch Crackers, all Doughnuts Dumplings Grapenuts Macaroni, spaghetti Noodles Oatmeal Pies and pastry Rice Rye, rye-krisp</p> <p><u>Alkaline Nuts</u> Almonds Chestnuts, roasted Coconut, fresh</p> <p><u>Acid Nuts</u> All nuts, Coconut, dried Peanuts</p> <p><u>Alk. Dairy Prod.</u> Acidophilus Buttermilk Koumiss Milk, raw, (human, cow or goat) Whey Yogurt</p> <p><u>Acid Dairy Prod.</u> Butter Cheese, all Cottage cheese Cream, ice cream Custards Milk, boiled, pasteurized malted, dried or canned</p>	<p><u>Alk. Flesh Foods</u> None, all are acidic</p> <p><u>Acid Flesh Foods</u> All meats, fish and fowl Beef tea Fish, shellfish, all Gelatin Meat gravies</p> <p><u>Alkaline Miscel.</u> Agar Alfalfa products Coffee substitutes Ginger, dried, unsweet Honey Teas, all-unsweetened except black tea Yeast cakes</p> <p><u>Acid Miscel.</u> All alcoholic beverages Candy and confectionery Cocoa and chocolate Coca-cola and softdrinks Coffee Condiments, salt, pepper, curry, spices Dressings, sauces (dairy) Drugs and aspirin Eggs, especially whites Ginger, preserved Jams and jellies Flavorings Marmalade Mayonnaise Preservatives, all Sago, starch Sodawater Tapioca Tobacco, juice, smoke, snuff Vinegar Lack of sleep Overwork Worry</p> <p><u>Neutral</u> Sugar, refined Oils, olive, corn, cotton seed, peanut, soy, sesame, etc... Fats, lard and other greases</p>
<p>A good and healthy diet should consist of 80% alkaline foods and 20% acid foods.</p>			

## Nutrients in Foods - Part 1.

FOOD LIST FOR			
VITAMINS, MINERALS, PROTEIN, FATS and CARBOHYDRATES			
FROM HIGHEST CONCENTRATION TO LOWEST			
<p><b><u>Vitamin A</u></b>  <b>Alfa-Beta-Gamma Carotene</b>                      Hot red pepper, dry                      Hot red pepper, raw                      Dandelion greens                      Dock ( sorrel )                      Carrot                      Apricot, dried                      Kale leaves                      Mustard spinach                      Collard greens                      Cress                      Sweet potato                      Parsley                      Spinach                      Turnip greens                      Turnip                      Mustard greens                      Swiss chard                      Beet greens                      Chive                      Watercress                      Mango                      Sweet red pepper                      Peach, dried                      Winter squash                      Cantaloupe                      Apricot, fresh                      Broccoli</p> <p><b><u>Vitamin B Complex</u></b></p> <p><b><u>Vitamin B1</u></b>  <b>Thiamine</b>                      Rice bran                      Wheat germ                      Sunflower seed                      Rice polish                      Pinon nut                      Peanut with skin                      Soybean, dried                      Cowpea, dried                      Peanut, no skin                      Sesame seed, whole                      Brazil nut                      Pilinut                      Pecan                      Pinto bean, dried                      Pea, dried                      Millet                      Wheat bran                      Pistachio nut                      Wheat                      Red bean, dried</p>	<p><b><u>Vitamin B2</u></b>  <b>Riboflavin</b>                      Hot red pepper, dry                      Almond                      Wheat germ                      Wild rice                      Mushroom                      Safflower seed                      Turnip greens                      Chestnut, dried                      Millet                      Hot red pepper, raw                      Wheat bran                      Kelp                      Collards                      Soybean, dried                      Broadbean, dried                      Pea, dried                      Cress                      Dandelion greens                      Kale leaves                      Parsley                      Cashew nut                      Rice bran                      Sesame seed, whole                      Sunflower seed                      Broccoli                      Prune, dehydrated                      Beet greens</p> <p><b><u>Vitamin B3</u></b>  <b>Niacin, Niacinamide</b>  <b>Nicotinic Acid</b>                      Rice bran                      Rice polish                      Wheat bran                      Peanut                      Hot red pepper, dry                      Wild rice                      Kelp                      Sesame seed                      Sunflower seed                      White wheat                      Peach, dry                      Brown rice                      Pinon nut                      Hot red pepper, raw                      Wheat                      Mushroom                      Wheat germ                      Barley                      Almond                      Apricot, dried                      Pea, dried</p>	<p><b><u>Vitamin B5</u></b>  <b>Pantothenic Acid</b>                      Rice polish                      Soy bean                      Peanuts                      Wheat germ                      Legumes                      Fresh vegetables                      Whole wheat</p> <p><b><u>Vitamin B6</u></b>  <b>Pyridoxine Hydrochloride</b>                      Rice polish                      Wheat germ                      Corn oil                      Peanut oil                      Whole grains                      Cabbage                      Beet                      Orange                      Lemon</p> <p><b><u>Vitamin B12</u></b>  <b>Cyanocobalamin</b>                      B-complex foods                      Tofu                      Cheese                      Eggs</p> <p><b><u>Vitamin B15</u></b>  <b>Pangamic Acid</b>                      Apricot kernels                      Rice bran                      Seeds                      B-complex foods</p> <p><b><u>Vitamin Bx</u></b>  <b>PABA</b>  <b>Para-aminobenzoic acid</b>                      Rice polish                      Rice bran                      Wheat germ                      B-complex foods                      Whole grains                      Molasses</p> <p><b><u>Vitamin C</u></b>  <b>Ascorbic Acid</b>                      Acerola cherry                      Hot red pepper, raw                      Guava                      Hot green pepper                      Sweet red pepper                      Black current</p>	<p><b><u>Vitamin C</u></b>  <b>Ascorbic Acid(cont.)</b>                      Kale leaves                      Parsley                      Collard leaves                      Orange peel                      Turnip greens                      Mustard spinach                      Sweet green pepper                      Dock (sorrel)                      Broccoli                      Brussel sprouts                      Mustard greens                      Watercress</p> <p><b><u>Citric Acid</u></b>                      Lemon juice                      Pomegranate                      Lemon                      Black current                      Lime juice                      Blueberry                      Cranberry                      Grapefruit                      Red raspberry                      Black raspberry                      Strawberry                      Orange                      Pineapple</p> <p><b><u>Bioflavonoids</u></b>                      Citrus fruits-white material beneath the peel                      Peppers- white material inside and around seeds                      Buckwheat                      Black currents                      Rose hips                      Prune                      Parsley                      Apricot                      Plum                      Cherry                      Walnut</p> <p><b><u>Vitamin D</u></b>                      Sunlight</p> <p><b><u>Vitamin E</u></b>                      Cold pressed vegetable oils                      Wheat germ oil                      Wheat germ</p>



Nutrients in Foods - Part 2.

<p><u>Vitamin E (cont)</u> Brown rice Barley Rye Rice germ Green leafy vegetables Nuts Seeds Legumes</p> <p><u>Vitamin F</u> <u>Essential Fatty Acids</u> Safflower seed oil Corn oil Soybean oil Sesame seed oil English walnut Sunflower seed Peanut oil Black walnut Sesame seeds Pumpkin seed Brazilnut Pecan Peanut Almond</p> <p><u>Vitamin H</u> <u>Biotin</u> Most B complex foods Soybeans Whole grains Yeast</p> <p><u>Vitamin K</u> Alfalfa Broccoli Dark green leafy vegg. Soybeans Blackstrap molasses Brussel sprouts Cabbage Cauliflower Oats Rye Safflower oil Wheat</p> <p><u>Vitamin U</u> Cabbage leaves Celery Raw greens</p> <p><u>Choline</u> Dry soybean Turnip Mustard greens</p>	<p><u>Choline (cont)</u> Spinach Snap bean Peas Cabbage Wheat germ Nuts Fruit</p> <p><u>Folic Acid</u> Mushroom Green leaves Soybean Wheat germ</p> <p><u>Inositol</u> Grapefruit Orange Wheat germ Dry lima bean Dry peas Cantaloupe Nuts</p> <p><u>Malic Acid</u> Plum Rhubarb Prune Gooseberry Quince Sweet cherry Grapes Apricot, dried Apple</p> <p><u>Lecithin</u> Soybean Brewer's yeast Grains Legumes Wheat germ Most all plants</p> <p><u>Oxalic Acid</u> Beet greens Spinach Swiss chard Rhubarb Almond Cashew Parsley Beet Lime</p> <p><u>Rutin</u> Buckwheat</p>	<p><u>* Minerals *</u></p> <p><u>Bromine</u> Watermelon Celery Cantaloupe Casaba melon Honeydew melon Turnip greens Cucumber Asparagus Tomato Lettuce</p> <p><u>Calcium</u> Sesame seed, whole Kelp Irishmoss Agar Dulse Collard greens Kale Turnip greens Almond Soybean, dried Mustard spinach</p> <p><u>Copper</u> Nuts Legumes Whole grains</p> <p><u>Chlorine</u> Tomato, ripe Celery Iceburg lettuce Kelp Spinach Red cabbage Kale Common cabbage Parsnip Radish</p> <p><u>Fluorine</u> Almond Carrot Beet greens Turnip greens Dandelion Spinach</p> <p><u>Iodine</u> Kelp Agar Swiss chard Turnip greens</p>	<p><u>Iron</u> Dulse Kelp Rice bran Rice polish Wheat bran Pumpkin &amp; Squash seed Sesame seed, whole Wheat germ Soybean, dried Legumes</p> <p><u>Magnesium</u> Kelp Wheat bran Wheat germ Almond Cashew Soybean, dried Cowpea, dried Brazilnut Dulse Peanut Sesame seed, whole Legumes Nuts</p> <p><u>Manganese</u> Parsley Carrot Celery Beet Cucumber Chive Avocados Nuts Seeds Whole grains Seaweed</p> <p><u>Phosphorus</u> Rice bran Wheat bran Pumpkin &amp; Squash seed Wheat germ Rice polish Sunflower seed Brazilnut Sesame seed Pinon nut Black walnut Soybean, dried Almond Pistachio nut Pinto bean Peanut Wheat</p>
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### Nutrients in Foods - Part 3.

<u>Potassium</u>	<u>Zinc (cont)</u>	<u>Vanadium</u>	<u>Histidine(cont)</u>
Dulse	Legumes	Vegetable oils	Apple
Kelp	Whole grains	Olives	Pineapple
Soybean, dried	Brewer's yeast	Snap beans	Pomegranate
Lima bean, dried	Lima beans	Dill	Papaya
Rice bran	Mushrooms	Radishes	
Banana, dried	Pecans	Whole grains	<u>Isoleucine</u>
Hot red pepper, dry	Pumpkin seeds		Papaya
White bean, dry	Lecithin, soy		Avocado
Wheat bran	Seeds	<u>* Protein *</u>	Olive
Lychee, dry		Soybean	Coconut
Mung bean, dried		Pignolia nut	Nuts, except peanut
Cowpea, dried	<u>* Trace Minerals *</u>	Pumpkin & Squash seed	cashew, chestnut
Pea, dried	<u>Boron</u>	Wheat Germ	sunflower seed
Pinto bean, dried	Leafy vegetables	Peanut	
Red bean	Fruits	Dulse	<u>Leucine</u>
	Nuts	Broadbean, dried	The same as Isoleucine
	Whole grains	Lentil	
<u>Silicon</u>		Mung bean, dried	<u>Lysine</u>
Lettuce, Boston, Bibb	<u>Chromium</u>	Pea, dried	Carrot
Iceberg lettuce	Brewers yeast	Sunflower seed	Beet
Parsnip	Brown rice	Pinto bean, dried	Cucumber
Asparagus	Whole grains	Red bean	Celery
Dandelion greens	Legumes, dried	White bean	Parsley
Rice bran	Corn	Walnut	Spinach
Horseradish, raw	Mushrooms	Almond	Dandelion greens
Onion, mature dry	Potatoes	Sesame seed, whole	Turnip greens
Spinach		Cashew	Alfalfa
Cucumber		Wheat bran	Soybean sprouts
Strawberry	<u>Germanium</u>		Papaya
	Aloe vera	<u>Amino Acids</u>	Apple
<u>Sodium</u>	Comfrey	<u>Essential</u>	Apricot
Kelp	Garlic		Pear
Olive, green pickled	Ginseng	<u>Arginine</u>	Grapes
Dulse	Shiitake Mushroom	Alfalfa	
Olives, ripe	Onions	Green vegetables	<u>Methionine</u>
Hot red pepper, dry	Suma, herb	Carrot	Brussel sprouts
Swiss chard		Beet	Cabbage
Beet greens	<u>Molybdenum</u>	Cucumber	Cablliflower
Celery	Legumes	Celery	Dock
	Cereal grains	Lettuce	Kale
<u>Sulfur</u>	Peas	Leek	Horseradish
Kale	Dark green leafy vegs.	Radish	Chive
Watercress		Potato	Garlic
Brussel sprouts	<u>Selenium</u>		Watercress
Horseradish	Whole grains	<u>Histidine</u>	Pineapple
Cabbage	Brazilnuts	Horseradish	Apple
Cranberry	Brewer's yeast	Radish	Brazilnut
Dock (sorrel)	Broccoli	Carrot	Filbert
Snap bean	Brown rice	Beet	
Turnip	Garlic	Celery	<u>Phenylalanine</u>
Cauliflower	Onions	Cucumber	Carrot
Raspberry	Wheat germ	Endive	Beet
Spinach	Vegetables	Spinach	Spinach
Kelp	Molasses	Leek	Dandelion grns.
	Dairy products	Garlic	Alfalfa
<u>Zinc</u>		Onion	Spinach
Wheatgerm		Turnip greens	Pineapple
			Apple

Nutrients in Foods - Part 4.

	<u>* Fatty Acids *</u>	<u>Carbohydrates (cont)</u>	<u>Color Relations of Foods to Body Actions</u>
<p><u>Threonine</u> Carrot Alfalfa Green leafy vegetables Papaya</p>	<p><u>Saturated</u> Coconut meat, dry Coconut meat, fresh Coconut cream Coconut milk Peanut oil Soybean oil Sesame seed oil Brazilnut Olive oil Corn oil Peanut</p>	<p>Apple, dried Fig, dried Peach, dried Prune, dried Pear, dried Apricot, dried Legumes Beans Peas</p>	<p><u>Red</u> Sensory stimulant Liver energizer Irritant Caustic Hemoglobin builder</p>
<p><u>Tryptophane</u> Carrots Beets Celery Endive Dandelion greens Fennel Snap bean Brussel sprouts Chive Spinach Alfalfa Turnip</p>	<p><u>Unsaturated Oleic Acid</u> Olive oil Hickory nut Peanut oil Macadamia nut Pecan Sesame seed oil Almond Pistachio nut Filbert Brazilnut Cashew nut</p>	<p><u>* Energy *</u> Seed &amp; vegetable oils Macadamia nuts Pecan Hickory nut Pilinut Coconut, dried Brazilnut English walnut Pinon nut Filbert Black walnut Almond Pistachio nut Sesame seed Peanut Cashew Sunflower seed Pumpkin &amp; Squash seed Soybean, dried Chestnut</p>	<p><u>Orange</u> Respiratory stimulant Antispasmodic Aromatic Lung builder <u>Yellow</u> Motor stimulant Alimentary energy Lymphatic activator Digestant Nerve builder <u>Lemon</u> Cerebral stimulant Antacid Laxative Bone builder <u>Green</u> Pituitary stimulant Disinfectant Antiseptic Germicide Muscle, tissue builder <u>Turquoise</u> Cerebral depressant Tonic Skin builder</p>
<p><u>Valine</u> Carrot Turnip Dandelion greens Lettuce Parsnip Squash Celery Beet Parsley Okra Tomato Apple Pomegranate Almond</p>	<p><u>Unsaturated Linoleic Acid</u> Safflower seed oil Corn oil Soybean oil Safflower seed Sesame seed oil English walnut Sunflower seed Peanut oil Black walnut Sesame seed Pumpkin &amp; Squash seed</p>	<p><u>Life Energy &amp; Vitality Potential in Plants</u> Watercress Beet greens Celery Turnip greens Mustard greens Carrot tops Radish Kale Lettuce Parsley Endive Spinach Rhubarb Dandelion greens Turnip Alfalfa Asparagus Parsnip Carrot Yam</p>	<p><u>Blue</u> Antipruritic Counter irritant Demulcent Vitality builder <u>Indigo</u> Thyroid depressant Astringent Sedative Pain reliever <u>Violet</u> Splenic stimulant Cardiac depressant Lymphatic depressant Motor depressant <u>Purple</u> Narcotic Hypnotic in Sex builder, supernormal <u>Magenta</u> Cardiac energizer Auric builder <u>scarlet</u> Vasoconstrictor Sex builder in subnormal</p>
<p><u>* Fats *</u> Seed &amp; vegetable oils Macadamia nut Pecan Pilinut Hickory nut Brazilnut Coconut meat, dry English walnut Filbert Butternut Pinon nut Safflower seed Black walnut Almond Pistachio Sesame seed Beechnut Peanut Pignolia nut Sunflower</p>	<p><u>* Carbohydrates *</u> Prune, dehydrated Banana, dehydrated White rice Chestnut, dried Barley Raisin Brown rice White wheat Wild rice Rye Dates Millet Wheat,</p>		

## Self Help for Cancer

For the removal of cancer cells, malignant and benign tumors anywhere in the body:

Ojibwa or Essiac: Ojibwa was the original Native American formula. Rene Caisse used the formula to relieve thousands of this dreaded disease in a clinic in Canada. Caisse's formula was called Essiac, her last name spelled in reverse.

The formula consists of: Burdock, Sheep Sorrel, Slippery Elm Bark and Turkey Rhubarb Root. It can be purchased in Health Food stores. If you wish to make it yourself the recipe is as follows:

Burdock Root - 6 1/2 cups (cut)

Sheep Sorrel - 16 ounces (powdered)

Turkey Rhubarb Root - 1 ounce (powdered)

Slippery Elm Bark (inner bark) - 4 ounces (powdered)

Directions:

1. Mix the above recipe together.
2. Take out 8 ounces or 1 cup of the mixture.
3. Bring 2 gallons of distilled water to a boil.
4. Add the cup of formula to the boiling water, stir and boil hard for 10 minutes.
5. After 10 minutes of boiling remove from heat and let it sit for 6 hours. (covered)
6. After 6 hours, stir thoroughly, return to heat and bring it to a boil.
7. At the boiling point, remove from heat.
8. Strain twice into cleaned vessels. Strainer should be fine mesh.
9. Store in clean, sealable, glass bottles and refrigerate.

Directions of use:

1. Mix 4 tablespoons or 2 ounces of heated distilled water and 4 tablespoons or 2 ounces of formula. Drink.
2. Take in the morning, do not eat anything for two hours. Take two hours after lunch. Two hours after dinner and take before going to bed.

Author of The Cure for All Cancers.

Dr. Hugla R. Clark's parasite removal formula:

1. Black Walnut Hull Green Extract Tincture.
2. Cloves.
3. Wormwood.
4. B2 - 100 mg.
5. B6 - 250 mg.
6. B Complex - 50 mg.
7. Magnesium Oxide - 300 mg.
8. Hydrogen Peroxide (food grade)
9. Ojibwa (Essiac)
10. Thiocetic acid

Mannatech Inc. Phytochemicals and Nutraceuticals

1. Ambrotose or Man-Aloe, monosaccharids, cellular communication
2. Plus, support of the endocrine system
3. Phyt-Aloe, supports the body's defense mechanisms
4. Profile, nutritional supplements designed in three different formulas for genetically different individuals. Food form supplements.

Potassium: Cancer cells can not grow in potassium.

Foods highest in potassium listed in quantities to the lowest:

- |                           |                      |                       |
|---------------------------|----------------------|-----------------------|
| 1. Dulce                  | 10. Lychee(dried)    | 19. Dehydrated prunes |
| 2. Kelp                   | 11. Mungbean(dried)  | 20. Sunflower seeds   |
| 3. Soybeans (dried)       | 12. Cowpea (dried)   | 21. Chestnut (dried)  |
| 4. Lima beans (dried)     | 13. Peas Dried)      | 22. Wheat germ        |
| 5. Rice Bran              | 14. Pinto beans(dry) | 23. Chickpea (dried)  |
| 6. Bananas (dried)        | 15. Red beans(dried) | 24. Lentil (dried)    |
| 7. Hot red pepper (dried) | 16. Dried apricot    | 25. Almond            |
| 8. White bean (dried)     | 17. Pistachio        | 26. Raisin            |
| 9. Wheat bran             | 18. Dried peach      | 27. Parsley           |

Use all the before hand information and herbal combinations listed in this book. They are an accumulation of about 25 years of investigation, personal study and use.

May the Creator of All bless you always !

Spiritually Inspired Poetry.



In the Eye of the Mind.



## Spiritual Flight.

Through endless space,  
The light travels on,  
Your soul's brought forth,  
On the everlasting ride.

Keys to endless doorways,  
Transcending paths of time,  
Still another Universe,  
The Architect designs.

From beginningless time,  
Has the race been run,  
Of countless strides,  
How far we've come.

Transmissions received,  
Lights from beyond,  
Spiritual wings soar,  
On life's eternal song.

Elevation eternal,  
The souls of all ride,  
One level to the next,  
As ageless time resides.

In the eye of the mind,  
Of those who learn to rise,  
All is seen, all is known,  
To those of eternal sight.

In spiritual flight,  
Our souls do soar,  
Higher than the dust,  
Where we've been before.

Energy patterns penetrate,  
Rays of ethereal light,  
To wake the earth born children,  
To that of eternal flight.

Truth from beyond,  
You cannot resist,  
What comes from the Source,  
That radiates bliss.



Releasing man's soul,  
To rise up and soar,  
To heavenly heights,  
Never reached before.

### Echoes of Light.

Mysterious world,  
We stand upon,  
Floating in the midst,  
Of eons of time.

Reality's feelings,  
Our hearts are resigned,  
Echoes of Light,  
Our lives are designed.

From the inner heavens,  
The Light travels on,  
To the outer realms,  
Where worlds are born.

Our world is designed,  
Thoughts from a high place,  
An echo of Light,  
In this dark space.

All things created,  
In this world of stars,  
Are echoes of Light,  
From this Light we are.

Echoes of Light,  
Are what we see,  
Echoes of Light,  
We're created to be.

Echoes of Light,  
In this Universal Sea,  
Echoes of Light,  
Our reality.

### Without Love.

Of all the thoughts,  
And ideas conceived,  
Of why there's life,  
And what to believe.

Why is there,  
All that we see?  
Why we're here,  
And our destiny?

Love is the answer,  
For all you see,  
For love we're created,  
For love we're conceived.

Love is the answer,  
Love sets us free,  
Its the reason for all,  
Or we wouldn't be.

Without love,  
What would the world be like?  
Without love,  
Where would the planets be?

Without love,  
What would we have to share?  
Without love,  
There wouldn't be.

### Patiently Waiting.

We're so sorry,  
Sorry we're late,  
The line's been drawn,  
In chosen debate.  
To know who we are,  
Where we all stand,  
Of what we desire,  
The course of our plans.

What's wished of the future,  
Our children's soon fate,  
Their lives our decisions,  
A balance we create.  
Today's actions halt,  
The dark steps of shadow,  
That oppose life's hope,  
In Light's endless battle.

Remember back when,  
Dreams were quite clear,  
A child's future look,  
To a world with no fear.  
What's wished for them,  
Is wished for you,  
A wish wished for all,  
Makes dreams come true.

A wish for light,  
A wish for life,  
A wish for dreams,  
To come true.  
A wish for all love,  
A wish for all truth,  
A wish for heaven,  
To come through.

The line's been drawn,  
To know where we stand,  
The sides now chosen,  
The fruits of our plan.  
Show our true self,  
Our wish for the land,  
Our children's fate forced,  
By the will of our hand.

So sorry we're late,  
But now we are here,  
To give you our love,  
A direction that's clear.  
To lay the foundation,  
The Almighty's design,  
Of Heaven on Earth,  
You've prayed for to shine.

### Paradise.

The cycle's been broken,  
Some paid the high price,  
Wrong paths were taken,  
Out of paradise.

On this our world,  
One family, one tree,  
What's done here's taken to,  
Our afterlife's reality.

The cycle is broken,  
The wise paid the price,  
To get us on path,  
Back to paradise.

In this bright land,  
We'll all live in peace,  
Where madness and war,  
Where all hate has ceased.

Who will be the ones,  
To leave the sinful fun,  
The call is on the wind,  
Your path on you depends.

The vision can be yours,  
Open your inner sight,  
Take that fateful step,  
And rise into light.

Leave the old behind,  
Start out from anew,  
Those who will not change,  
Will have to pay their dues.

Those who will not change,  
Will be left behind,  
The paradise we seek,  
A place we've yet to find.

Those who look for paradise,  
Will find it in time,  
They're Seekers of Light,  
The rest are left behind.

Nursery of the Gods.

The world is changing,  
They're clearing off the old,  
The world is changing,  
Just as foretold.

To free the Earth,  
Release Man's soul,  
To break the bonds,  
Of darkness long ago.

This garden's to be,  
Readied for the new,  
The new light descends,  
The Ancient's time through.

So understand my Family,  
The earth's change to Light,  
To free the new souls,  
To rise to higher life.

So let me tell you,  
There's more to be told,  
Of an age old secret,  
Hidden long ago.

The reason for this world,  
It may seem some what odd,  
For the planet that we ride,  
Is a nursery of the Gods.

### Spiritual Thoughts.

Look inside,  
All you see,  
Mystery of all,  
Do we believe.  
Spiritual thoughts,  
We perceive,  
And wonder,  
What's to be.

Believers in Myth,  
Believers in Light,  
Believers we are,  
Believers in life.

Mysterious world,  
We're set upon,  
Where are we headed,  
From here when we're gone.

Transcending pathways,  
We travel in time,  
Leading us where,  
In time we will find.

What is the meaning,  
What's the song?  
What's the reality,  
Where we belong?

This mysterious life,  
We ride upon,  
Leading us to where?  
And then we're all gone.

Mysterious veil,  
Of the life untold,  
What hidden secrets,  
Will you have to unfold?

Speak to me mystery,  
Speak of your soul,  
Speak to me secrets,  
Of mysteries unknown.

### Soul's Price.

All that you see,  
All that you feel,  
All that you are,  
All that is real.

Is what you think,  
Is what you are,  
Is what you do,  
What's in your heart.

The truth we live,  
Writes our life's story,  
Forever on souls,  
Our darkness or glory.

The illusions of life,  
Are not worth the cost,  
Of one soul's pain,  
And the love that is lost.

### Life's Dance.

Through empty space,  
We travel on,  
The dance of life moves,  
To the Universal song.

In life's beginning,  
We start our travel,  
Destined to journey,  
As the mystery unravels.

The life dances forth,  
On our great journey,  
Filling the Heavens with,  
Souls of eternity.

Rising into heaven,  
Away from our earth,  
Remember the journey,  
Your miracle of birth.

### Sea of Life.

We are the miracle,  
In a planetary sea,  
Life is the mystery,  
Given so freely.

We are the miracle,  
Some still can't see,  
We feel, we move,  
We love and we breathe.

Life's the mystery,  
We're the miracle,  
Open your heart,  
You have the key.

Universal Children,  
All souls on this Earth,  
Miracle of miracles,  
All life given birth.

We are the miracle,  
Life is the mystery,  
What's been created,  
Is here for you and me.

Holy, holy, holy,  
The name our Creator,  
Blessed are all children in,  
This Universal Sea.

Open Your Eyes.

Open your eyes,  
You Children of Light,  
Open your eyes,  
And Realize.

Your all Light's Children,  
The Great Spirit's own,  
The Light is descending,  
On our Earth home.

Open your eyes,  
To what will be,  
You Children of Light,  
Will all soon be free.

The promise is kept,  
The High Light descends,  
The angels are coming,  
The dark will soon end.

Open your eyes,  
You Children of Light,  
The new light is dawning,  
Our new world begins.



My One World Family,  
War No More Forever.



I woke this morning,  
My mind in a dream,  
This dream I remember,  
This dream and what it means.

The dream was of angels,  
Talking to me,  
These words they were saying,  
This they said to me.

Don't go to war children,  
Fighting's no way to be,  
Destruction's not the answer,  
If you want to be free.

This message we give you,  
A message from above,  
The time of war's over,  
Its time for world love.

War is of Darkness,  
Life is of Light,  
Peace is the answer,  
Give up the Fight.

Accept not the lie,  
Used through the ages,  
Killing is a madness,  
Read through time's pages.

War no more,  
War's a cancer,  
War creates hell,  
Peace is the answer.

To who will you listen,  
The givers of joy or pain,  
What's the answer to this dream,  
We live here on earth's plane?

Give up the war,  
Or give up on life?  
Give up on peace,  
Give into strife?

The children are crying,  
Our family in pain,  
All due to the madness,  
And corrupted insane.

We're tired of destruction,  
We're tired of the tears,  
We're tired of the darkness,  
For many dark years.

It seems our worlds dying,  
All due to the touch,  
And caress of the darkness,  
The sins are too much.

Since time has begun,  
Many have sought,  
To control this world,  
Such misery it's brought.

Their struggles continue,  
Each visions their reign,  
To control Man's destiny,  
And rewards in it's gain.

Just pawns and puppets,  
With delusions of glory,  
Unseen powers guide,  
Our world's future story.

Plays for world power,  
Are guided and formed,  
Forging our world,  
Molded by storms.

Through time governments,  
And the religions they ride,  
Cry out for the wars,  
Causing children to die.

For wars on the earth,  
To cease, go away,  
All people must stand,  
Fight no wars, today!

Don't fight for religion,  
Don't fight for the law,  
Don't fight for opinions,  
Don't fight for the war call.

Don't believe in war,  
Don't believe in might,  
Don't believe in killing,  
Don't believe in their fight.

Be lovers not warriors,  
Be builders of life,  
Make the earth grow,  
In happiness and light.

The wars that are fought,  
The hardships we face,  
Are not of common men,  
Or the color of their race.

World war's not the answer,  
Don't give into its call,  
World peace is the answer,  
World peace not world war.

Create paradise,  
Where we live in peace,  
Where madness and war,  
Where all hate has ceased.

Don't waste the life given,  
On Death's War Machine.  
Use it for the living,  
On the Garden's Heavenly Dream.

Wake up America!  
My people, my land,  
Rise up my family!  
Take the free stand.

We're all one people,  
Mixed blood of the earth,  
Within the stars of heaven,  
Giving hope and rebirth.

We're not one religion,  
One creed or one blood,  
We're all the earth's children,  
Diamonds in the rough.

This hope of the world,  
Uniting all souls,  
One nation of all people,  
A united stronghold.

The world is America,  
America's the land,  
Where all the earth's children,  
Come together and stand.

Oh say can you see,  
This land of the free,  
This home of the brave,  
Unites humanity.

Our Creator's Light shines,  
On the shores of this land,  
Where the people are one,  
Where the free people stand.

All the world lives here,  
America's the land,  
The one world family,  
United we stand.

Stop all the wars before they begin,  
This planet of children need to grow up in peace,  
The lives that are saved one day may be yours,  
Stop all the wars so the madness will cease.

The Great Barrier lies in front of us all,  
To cross and return we can never again,  
Meeting one another on the other side,  
What we've done here we surely can't hide.

The gold and glory and the power of might,  
Turn men from light and against one another,  
They then fall victim, heed to the war call,  
Creating the hells for themselves and all others.

Stop all wars before they begin,  
Stop the madness, resist the great sin,  
This darkness will pass, Light will come forth,  
Hold to Life's Law which comes from the Source.

Engage not in war nor aid it's act,  
Stand not with those thinking that war should be waged,  
They will entice you to be a killer of men,  
"Be a soldier of death... for the nation." they'll say.

The people of tyrants have no faith in the Great Spirit,  
The evil governments of men will fall,  
Fight for no reason, no treaties or pacts,  
Live not in dark kingdoms but in the Light of All.

God commanded man in olden times,  
To kill or steal not at all,  
The worldly priests perverted His words,  
To justify tribute and war.

God's words are plain, their meaning clear,  
They've twisted His Laws from beginning to end,  
For defense of the country they tax for the nation,  
They murder by war their family of men.

God's mark is on them, by God they'll be judged,  
Those that wage war are blind to His sight,  
Heaven's not by violence but liberty to all souls,  
Practice peace, love and light, inherit forever's life.

The angels did tell me,  
Through this dream that I write,  
God's message to all people,  
Life's sacred, do what's right.

World Love is the answer,  
World Unity the call,  
World Family awaken!  
The One Spirit is All.

Peace, Love and Light,  
One spirit of man,  
One world, one family,  
The Earth's Heavenly plan.

Eternity now watches,  
You have it's decree,  
On which side will you stand?  
For peace ... stand with me.

World peace,  
Heaven's call,  
World love,  
No more war.

World peace,  
No more war,  
World love,  
Heaven's call.



The Light,  
the Sea,  
and the Ascension.





On the shore of forever's time, the ocean's breath beats,  
Anticipation of the unknown, ancient questions to complete.  
The transformation of man, on the wake of All rides,  
Stirring white caps rise, on the waves of endless tide.

From the depths of the sea, they lay in their calm,  
Complacency now settled, in their darkness too long.  
To grow into change, they give up their right,  
They drown in their depths, giving up freedom's flight.

From the heights above, this ocean that's vast,  
The wind has changed, new directions are cast.  
From higher still, a bright light does fall,  
The ocean's depth illumined, must heed to it's call.

From darkness to light and cast to the shore,  
Broken free from the whole and sleeping no more.  
Aware to the truth, of that where he's been,  
Now knowing he's separate from his ocean of kin.

The Sea calls out loud, it's tides changed their course,  
To pull him back under and take him by force.  
*"Dream the deep dream and sleep the dark sleep,  
You're no more than I and I will you keep."*

The crystal shore gleamed as he took to his flight,  
Away from the Sea and it's dark empty might.  
On through time's sand, he struggles to run,  
Up the high cliffs, at the base of the sun.

Still the Sea calls out *"Why break from the past.  
We are alike, from the same mold are we cast.*  
Closer now to the cliffs, he remains on his course,  
*"There must be something better. I'll be free, never yours."*

Up the shining sands, in the distance he sees,  
Two objects standing, seen in the sun's gleam.  
Side by side standing and yet still out of reach,  
Farther up the shore, strangely beckoned by each.

The Sea bellowed once more," *You cannot escape me.  
I am a part of you and with me you'll be.  
There's nothing more in all of time, nothing more than I,  
My Darkness can't be touched by the Light from the sky.*"

At the base of the cliffs, from the sea he rejected,  
He halted in amazement, as he found his objective.  
One was a great staff to aid the path protected,  
The other was a sword, with a power that projected.

The sword was adorned with sultry lavish jewels,  
Of black and orange and deep crimson red,  
Thrust into the earth, it looked like a cross,  
It's legions uncountable, once alive now all lost.

A tool of power to shape and mold men,  
To the bearers stern will, a slayer of kin.  
Inscribed on it's crossed guard, by these two words it is known,  
'Righteousness and Militant' are the strengths that it's shown.

By the side of the sword stands a staff straight and long,  
To aid in the path, the sage spiritually strong.  
It's gems green, blue and purple and topped at it's crown,  
A bright shinning clear crystal, it's light heaven bound.

Inscribed on the staff is the symbol of life,  
The Great Spirit's name and the triangle of light.  
The circle, the cross and the leaf it does bare,  
The strength it contains is the love and the care.

As he stood there gazing at the two,  
A voice from the past called, a voice that he knew.  
*"You cannot escape me, you're mine and your bound.  
You shall be as always, in my darkness you'll drown."*

*"Through time I have held you deep in my depths,  
As now through forever, you'll always be kept.  
Just as all others, you're all in my grip,  
Through my net of deception, no one will slip."*

*“I keep you blind and sorted, turned on each another,  
You insignificant one, in my body with all others.”*

His taunting went on and struck to the soul,  
Turning the one rising away from the high goal.

*“You shall never have me, I'd teach you if I could,  
By the might of my strength, I'll force you to be good.  
I'll be the master and not be your slave,  
I'll turn you by might, away from your dark ways.”*

Blinded by rage, forgetful of the sage,  
And the staff that he carries and the light of it's way.  
Pulling the Great Sword out from time's sand,  
Feeling it's powerful ray as he holds it in his hand.

It filled him with might and a strength of ten fold,  
An invincible feeling that heated his soul.  
The sky filled with lightning, the thunder rolled loud,  
He looked to the sword, it made him feel proud.

With power in his anger to put an end to the Sea,  
To be clear of it's cold depths, at last to be free.  
The blade of the Great Sword, grew bright at this thought,  
He looked at the Sea and the wrath it had brought.

*“By the power of the righteous and this sword in my hand,  
I'll silence you forever, you're voice from this land.”*

He clutched the Great Sword as he ran for the Sea,  
Down the crystal shore to fill his blind need.

He entered the dark ocean with rage in his heart,  
Slashing the great waves, the battle did start.  
Time seemed to stop as the fighting raged on,  
The might of one soul against an ocean so strong.

To change the Great Sea, it's depths cold and dark,  
One person cannot alter the tides from their start.  
The Sea then swallowed the seeker and the sword,  
It's rightful prize claimed, with laughter it roared.

The raging waters calmed,  
And battled no more.  
As the Great Sword reappeared,  
On the bright crystal shore.

The calm of the Sea, lay deep once more.  
The dark now far from the bright crystal shore.  
Assured of it's victory of might over light,  
The souls of the many still kept from their flight.

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The blue of the sky grew bright once again,  
Brighter than before, it's power did begin.  
The Sea started to stir, the white caps formed,  
Lightning flashed as the wind fiercely stormed.

The Light spread across, up high in the vast sky,  
Then pulled to a point and down it did drive.  
Penetrating the Sea, even deeper than before,  
The waters boiled up to the sands of the shore.

With wisps of steam, a spirit did stir,  
Now free from the Sea, one walked as before.  
Up the crystal sands, protected by the love,  
Another soul freed by the Light from above.

The Sea came alive, with rage it lashed out,  
To recover it's victim and leave him no doubt.  
That the might of the Sea and it's darkness within,  
Is greater than Light or where it begins.

A great wave rose high, up from it's dark depths,  
Crashing to the shore, it's victim is met.  
The strength of the Sea's grip, below did return,  
Without the bright soul, on the shore he stood stern.

Turning to the cliffs, he starts his climb,  
The path once taken by another now blind.  
Away from the sea, on crystal sand he walks,  
Where the light gleams brightly, where wind seems to talk.

Through sands of time, this path now worn,  
The souls great quest, to that we are born,  
From darkness to light, an everlasting rise,  
Forever on the path, a search for paradise.

The Sea called out loud, to turn him from his path,  
Trying to find a weakness and cure it's own great wrath.  
The sage looked towards the light, turning not to the sound,  
He thought to himself quietly, "*To the Sea I'm not bound.*"

On roared the Sea as the seeker reached the cliffs,  
*"There's no better way, what you've heard is a myth.  
The path of the higher way is much to steep to climb,  
Come back to my comfort, there's nothing more to find."*

The seeker stood at the cliff gazing at the sword and staff,  
Then looked up to the highest ledge and saw the untread path.  
The way of the sage is clear the sword is the way of death,  
Then pulled forth Life's Great Staff and began the higher quest.

A soft quiet fell around the seeker and the path,  
No longer could he hear the Sea or feel it's angered wrath.  
A penetrating light lit the way to an arch with '**Liberty**' inscribed,  
**'To those that are truly free, goes the ability to rise up high.'**

On through this great arch the path was narrow and straight,  
Upward through the rocky cliff he wondered of his fate.  
Until he came to the next great arch, it's inscription with truth did ring,  
**'With strength of discipline, One can accomplish anything.'**

Looking deep within, he gathered spiritual strength,  
The arch passed behind him, it's wisdom as a drink.  
Reassured, refreshed and revived, his weakness began to subside,  
And continued the higher journey up towards the endless sky.

As he came to the next great arch, the carved inscription did read,  
**'Unity is the strength of All, and all can accomplish with ease.'**  
Weary as he looked at the staff and leaned to it a bit,  
*"Together we'll make the journey, together we'll accomplish it."*

Further still he did push on, staff in hand did he rise,  
Higher into the cliffs he went, following the path of the wise.  
Until he discovered the next great arch, inscribed at the top with great care,  
**'The talents at birth that are given, are to be nurtured, perfected and shared.'**

This great arch was the last on the path,  
The steep cliffs gone, the land leveled flat.  
Walking through the archway, a bright sight he did see,  
A book on a crystal pillar, a shining great book indeed.

Approaching this bright, clear pillar and the book that brilliantly glowed,  
The high cliffs edge looked out across the vast dark Sea far below.  
He reached forth his sure steady hand and opened the eternal book,  
And read from it's living pages to the Sea from where he looked.

'These high ideals are given to you,  
For your own well being and a joyful heart.  
Heaven will be your home in time,  
From the Earth you begin your start.'

'These Universal Suggestions  
And Reminders given together,  
Are from the ancient, for the now  
And into the infinite forever.'

Jehovih, the I Am, Great Spirit and All Light,  
Ever Present Creator of Heaven and Earth,  
Has been and is and forever shall be,  
The All Life creating from the time of the All Birth.

His very Person is all there is,  
The unseen, the seen He is the Whole,  
Nor is there any thing in all the Universe,  
That's not a part of His very Soul.

He has and is creating the Whole of this Universe,  
Wherein galaxies travel their vortexian whirls,  
Where Heavenly Kingdoms of Light reside,  
Away from the darkness of corporeal worlds.

He has created all that has ever lived,  
And all that has ever had life's breath,  
From His very Person He gives a right to live,  
To each He's given rights of life and death.

To be All Good, Pure, Wise and All Holy,  
To do good works His Voice does persist,  
To be all bad, foolish and evil in thought,  
To do evil works, His Voice they do miss.

The All Good is Creator, giver of All Light,  
The All Bad darkness, the opposition to All Sight.  
To the Man of the Earth there is the good and the evil,  
To the Creator there is but the ripe and unripe.

Without the dark there can be no light,  
All light is good regardless of degree,  
The time of creation is a time without measure,  
Forever in time shall creation forever be.

The One Great Person, Jehovih, the Great Spirit,  
Is matchless in wisdom, incomprehensible,  
With truth and power and unity of purpose,  
Creator and Ruler the Almighty Invincible.

Love and worship your Creator above all,  
Having no other to worship before Him,  
Serve no other nor make any false image,  
Call not on the angels to grant earthly whims.

Bow not before idols, images or forms,  
Covenant yourself to Him everyday,  
Search out His expressions in all that you see,  
Listen for His Voice and discover His Way.

The Star of Light within is the Creator,  
The soul is immortal, we're created the same,  
Ultimately attaining to peace, joy and light ,  
Rising into the heavens, proclaiming His name.

Do good unto others with all truth and wisdom,  
Love one another as if you were one,  
Do unto others as you would have them do,  
Heaven shall bless you and what you have done.

Return good for evil and show them the way,  
Look for the good in all and forgive what is not,  
Embrace your Creator and ask for Heavenly Light,  
All glory be Jehovih's and His way that we're taught.

Speak and be truthful in all that you do,  
Speak only good words, let Light fill your soul,  
Rejoice in life given, receive His Living Light,  
To be One with our Creator should be your high goal.

All men shall have liberty in this age of reason,  
Using no one's judgment other than their own,  
One man's judgment should bind not another's,  
Each has a point of view, a light of theirs alone.

Argue not for opinions sake, respect that of another's,  
Inflict no evil or harm, be self righteous above no other,  
Raise up those cast down and help in their salvation,  
All are seen as equals in the Eye of our Creator.

All things are Jehovih's, be not vain in possessions,  
Use what is needed, give the rest to the poor,  
First provide for the spirit, then the mortal coil,  
Own nothing of the Earth, be not bound for evermore.

Desire no more than what you'll give,  
Hold all possessions in common,  
We're just passing through this world,  
Earth's riches can't be taken to Heaven.

To those that say "*This is mine,  
My house, my land.*" shall not be free,  
For those that own these earthy things,  
Belong to such things and not to Me.



All life is sacred, this life of the Creator,  
Thou shalt not kill what is created alive,  
The soul is given at the conception of birth,  
Our Creator shall decide when someone shall die.

Eat not what is created of spirit, flesh and blood,  
Keep holy the body and be pure and clean,  
Your food shall be that which grows from the Earth,  
Receive of this Light and the All Spirit shall be seen.

If you would be giving, gentle and kind,  
Obtaining great wisdom from those up above,  
Be only herbivorous and your blood will be pure,  
Your spirit will be charged with light, peace and love.

If you would be ferocious like the carnivorous beast,  
Feed on the flesh and the blood and the fish,  
Your spirit will be stirred with passion and anger,  
Your harvest of hate and war will be rich.

For what you eat, you charge your blood with,  
Your spirit will receive the same and in full,  
The corporeal part will build up your body,  
To that of your spirit the vapors will rule.

According to diet, desires, thoughts and action,  
Being good or being evil in spirit you will dwell,  
On plateaus near the Earth or high up above,  
Residing in light or darkness or that of heaven or hell.

Honor thy father and mother, to your ancestry pay respect,  
Marry only once in your life and consider the spirit of each,  
Multiply and adorn the Earth, the young shall be as your angels,  
As their god consider your kingdom and what to them you'll teach.

Your Creator is King, live under His law,  
He speaks to your soul and ever-present to all,  
Your created with power to live without kings,  
And serve your Creator in the way that your called.

The people of the king have no faith in the Great Spirit,  
The governments of man in darkness will fall,  
Neither fight for or against, enter no treaties or pacts,  
Dwell not in dark kingdoms but in the Light of All.

Engage not in war nor aid in it's act,  
Or stand with those thinking that war should be waged,  
They will try to persuade you to be a slayer of men,  
"Be a soldier of death for the nation." They'll say.

I commanded them in olden times,  
To kill or steal not at all,  
The nation's priests interpreted My words,  
To justify tribute and war.

My words were plane, their meaning clear,  
They've twisted My Laws from beginning to end,  
For the defense of the country and tax for the state,  
They murder by war their family of men.

My mark is upon them, I alone shall be judge,  
Those that wage war are pagan in My sight,  
My kingdoms are not by violence but with liberty to all souls,  
Whoever shall practice peace and love shall inherit everlasting light.

Let not My chosen of this day say,  
*"I will purify the government, I will leaven the mass."*  
Thy God does not labor with those that aren't His,  
He calls to His chosen," *Come build what will last."*

Those that have faith in your Creator come forward,  
Those that do not remain in the dark lands,  
Be not esthetic people, build where they may see,  
That love, peace and plenty can be realized by man.

Be not as a master or a servant to one another,  
As brothers and sisters there will be no more poor,  
Discover your gifts and use them for all,  
Produce something useful and receive your reward.

Brought forth from the Earth into everlasting life,  
My Presence has inspired you to be what you've been,  
Have faith in the Ever Present and your spirit will ascend,  
Into the higher heavens where the All Light begins.

Every and all things come from your Creator,  
The Universe, the Light, the Spirit and the Life,  
From His very Person the One becomes All,  
Jehovih, The I Am, Ever Present, Almighty,  
Great Spirit and All Light.

~~~~~

The reading went on and more was said,  
Life's mysteries revealed as the Great Book was read,  
The Light from High brightened as the books end was near,  
The souls that were sleeping, awake turned to hear.

In the dark cold depths where the many souls sleep,  
Made aware by the Light and the high heavenly heat,  
By all were the words heard in their hearts, minds and souls,  
Their spirits stirred to resurrection in the darkness far below.

As the timeless book closed the heavens shook with sound,  
A brilliant light lit the sky, a flash that was ocean bound,  
The whole of the Sea was filled with the Heavenly Light from High,  
Illumining it's deep, dark, cold depths reflecting the endless sky.

First the few and then the many,  
Till the millions awoke to the call,  
And took to their flight in life's freedom,  
Towards the shore and the Light of All.

As he gazed at the Sea's departure of souls,  
Through the shore's crystal sands, to the cliffs far below,  
The Light from High lit an arch till now unseen,  
'Ascension' it read, brighter than the sun's gleam.

Stepping from the crystal pedestal, the work that was his now done,  
He walked over to the archway, it's light as bright as the sun,  
He glanced once more back to the Sea and remembered from where he came,  
Then turned and looked to his future and entered the arch with no shame.

Into, onward and endless, even brighter archways rose high,  
An infinite and higher pathway, open to those that are wise,  
In knowing that there is forever still a higher heaven to rise,  
Eternity does beckon bright, forever from another,  
higher heavenly paradise.



# Eternity's Touch.



From the beginning of Man and the path that he's tread,  
The footsteps he's left one day will be read,  
Through the Universal dust and the places he's been,  
Unknowingly guided by the forces unseen.

Who were these guardians of man through the ages,  
The unseen messengers of prophets and sages,  
Guiding Man's race down through time's pages,  
Directing countless eras and man's different stages.

Of the untold galaxies in their universal flight,  
Each with their many systems and own drive of light,  
Each to their own path and their own destined time,  
Bringing forth the life the Great Architect designs.

As the Earth and it's family cycles it's great roadway,  
Moved by the currents of it's galaxy's vortexian wave,  
Transversing the starlit highway and it's elements within,  
Each step closer for it's life to begin.

While in it's first eras when the Earth was still young,  
It coursed with it's family in a galactic orbital run,  
Built upon by design for the beginning of it's life,  
Traveling in living fields, the final touch before light.

Our system sped forth through this cellular field,  
The Earth clothed itself, it's barrenness to yield,  
For the substance of which the living is made of,  
Stands ready for the touch of the Father's Living Love.

By the will of His Presence He caused to come forth,  
The life He designed in the Earth planet's course.  
The plan was now set and put into motion,  
Man's world was complete, all life in progression.

All things He created each to it's own,  
Combining not two, becoming the one.  
Each to grow forth in it's own special way,  
Man descends man, becoming man today.

In his beginning when man was an infant,  
The Father brought guardians in numbers sufficient,  
Descending from the heavens, their skills most proficient,  
To help raise the children, one day their descendants.

While in that time the Father called forth,  
One from a high heavenly station,  
An Arc Angel and his traveling hosts,  
To enjoy the Father's new creation.

For the angel hosts of this high holy elder,  
Died young unknowing what life was all together,  
Brought to this earth to find who they are,  
And finish their education of life on a star.

For in that time the air was quickly teeming,  
With light and substance and life forcefully streaming,  
That the angels took the material and wore it as clothing,  
Now seen just as man instead of as nothing.

They were then introduced to the man of this planet,  
To teach and raise him the way the Creator planned it.  
To learn of the earth and the way of the land,  
The vastness of heaven and the way he must stand.

But the plan was more than what they new,  
To them unknown their destiny true.  
The creation of man is only half the plan,  
To raise them into heaven is the completion of man.

For the Father had designed to give man a soul,  
To make him eternal with light shall he grow.  
For his body was created but lacked the final spark,  
Of everlasting continuation away from the empty dark.

To unite the realities of heaven and earth.  
To grace man forever with life after birth.  
To pass into heaven even after death,  
Into higher worlds the Father has blessed.

The Earth is just one cell from which we all must start.  
The spirit must be given to be whole not just a part.  
Man's plan of destination to be one with the angels,  
Intertwinement with forever, man must become entangled.

For the plan in time had come, the stage in which to complete,  
To bring the newborn earthman, his destined design to meet.  
To give him Eternal's touch away from the mortal,  
As everlasting as angels and pass through Infinity's portal.

The angels were commanded with man not to cohabit,  
And bring forth no heirs and keep their races separate.  
Least they loose their freedom and high heavenly home,  
Bound unto man on the earth where he roams.

As the young and the innocent do have a way,  
To fully experience the moment of the day,  
They began a new race as they laid down with man,  
For this was the new race the Designer had planned.

Now there's two races that live sharing the land.  
Ones facing heaven, the other to the ground.  
The angels had descended and planted the seed of light.  
Some were born to darkness, the others to eternal life.

Of the angel parents, to those that were born,  
For six generations, to the earth they were bound.  
To help raise the new man to a higher state of mind,  
To teach the higher way and the heavens he must find.

All this was done to a design laid forth,  
To complete the new man and set him on course.  
For the Earth's solar system had moved to new fields,  
To relinquish their bodies, the angels did yield.

For the living substance that made life pliable,  
Cleared and disbursed now making man liable,  
To stand on his own, he must rise to try,  
From sight the Guardians vanished,

Yet watch from the Heavenly Sky.



## Cosmic Pathway.

Forever Shall The Path  
Be Open To Thee,  
Already Have You Embarked  
Upon The Cosmic Journey.





A key to unlock the secrets of eternity,  
A path to the door to unlock heaven's way,  
A serious act, staged in which to play,  
Produced and performed on Infinity's Plane.

As worlds are turning and galaxies flow,  
Centered somewhere in the soul of Man,  
The Angels are singing as Devils go scheming,  
All to play a part in eternity.

~~~~~

There has come at times  
A message and a truth,  
From a distant past  
With the future at hand,  
A revolution to succeed  
For a more perfect Man.

Of the struggling forces entrapped as one,  
Man as the center has always felt,  
From the beginning of time  
To the ends of the Earth,  
The revolution of time  
And the pains of birth.

Look to the skies from where all things come,  
Look to the Heavens where all things return,  
Look all around you at that which dissolves,  
Back from which it was created and you will resolve.

The final revolution  
Is yet to come,  
When Heaven and Earth  
Will again be as one.

~~~~~

As a friend in the free life of long ago,  
Had come to face a way to go,  
A path to choose a direction to take,  
Standing at the crossroads of fate.

Uncertain in decision, confusion had been reached,  
With the help from the Master in the Game of Kings,  
Unknowing guided by the one that rules,  
The Castle of Illusion, the Lord of Fools.

It's sad to think of one that's searched,  
Took the temptation instead, of love,  
And locked themselves behind the walls,  
In the City of Illusion and It's empty halls.

But is this life my friend?  
A struggle in a flight upstream?  
To gain in inches what was wished in miles,  
Dreams of gold and glory, illusions all the while?

Are you where you should be now,  
And can you find any good?  
With a sudden thought to be far away,  
No one is holding you, why do you stay.

Where is your home  
And where does it lie?  
In a past heritage  
Or Heaven's future lights?

Let us fly home my love,  
For you know that our home,  
Does lie on eternity's realm,  
It's time for our journey  
.....to begin.

Come walk with me on the shores of time,  
Come walk with me to its edge,  
Come walk with me and then you'll see,  
My love for you will last eternally.

From the Canyons of Misery, together we'll rise.  
Over Deserts of Despair, higher we'll fly.  
Across the Planes of Yesterday through the Mountains of Light,  
Above the Lakes of Reflection, away from the Forests of Strife.

Higher over the Oceans of Now into the skies of forever,  
Within the Space of Tomorrow we'll travel with love together.  
Let yourself go and come with me,  
We'll venture throughout these galaxies.

Come take my hand and I'll show you the way,  
We'll follow the stars as we love and play,  
And through these times surely you will see,  
My love for you will last throughout eternity.

Forgotten yesterdays of ages past,  
Unseen tomorrows yet to be lived,  
Blind todays lost in time,  
Eternity's question outstretched in rhyme.

Continuous time give me direction,  
Sweet Heaven give me a path of perfection,  
Open your heart and comfort me,  
Bless me with a sea of tranquility.

And Man was swept up  
From the face of the Earth.  
Cast to the wind  
With only a prayer.

That wings would grow  
Where feet once were,  
And clouds and light would replace  
The confinement of his birth.

Ride the waves of the free winds far,  
Ride your thoughts to the farthest star,  
The skies are open and all things yours,  
Eternity is now as all things are.

And the skies did open  
With ethereal angels there.  
Friends helpful in the sight  
Of a thousand years.

Touched by the sight  
Of a light from high,  
Burdens released and freed at last,  
Flowing to his destiny with a universal sigh.

~~~~~

Dream of a dream  
In a wondrous place,  
Dream of a dream  
And float into space.

Dream a dream  
And you may find,  
The dream your living  
Is but a dream in time.

A dream of all dreams  
This Universe of ours,  
A dream thus conceived  
Unending in hours.

A dream of the Heavens  
And never ending stars,  
Of galaxies and planets  
And the way suns are.

A dream of all dreams  
Once dreamed in time,  
Are we not but just dreams  
In our Creator's mind?

But what of dreams  
And the things I see ?  
Is it all just as real  
Or Is it make believe ?

Are we not all children  
Under one sun ?  
Are we not all people  
Created as one ?

From where does all this come ?  
And where, if ever, will it return ?  
What are the answers  
If you know not the rhymes ?

What if we're just thoughts  
Imagined in time ?

~~~~~

And Man perceived the wisdom  
That all was dreamed before reality.  
And look at the world in wonder  
Of who dreamed its totality.

Who was the dreamer  
Of worlds and Suns?  
Of solar systems and. galaxies  
And the path the Universe runs?

Oh, Dreamer of Immaculate Dreams,  
What is the purpose of all I see ?  
Where did it start and why should we be ?  
If for what purpose did you dream of me ?

Where did we come from ?  
And where will we go ?  
What dreams do you have of the future ?  
These dreams I would like to know.

And as he spoke these questions  
Of all true seeking men,  
His guardian angels did approach  
And a story they did begin.

~~~~~

A long, long time ago,  
Far from where we are now,  
When this solar system was yet undone,  
When the Earth was just a Dream of One.

The Winds of Heaven began to move,  
By the unseen force the vortex His tool,  
Driving to the center the corpor of space,  
A world created for the Human Race.

When your solar system was complete,  
Set in it's pathway, a planetary street,  
All was in motion destined to meet,  
It's plan as a garden, it's harvest to reap.

For Man as you know has grown from this Dream,  
A seed thus conceived, of love it does seem,  
To populate the Heavens, the Earth as it's means,  
From the Creator of All, the Father of Dreams.

When the Red Star's time was right,  
The Father called forth His Dream into life,  
And Man was created as a thought through this Earth,  
Helpless and unknowing, a naked soul from his birth.

~~~~~

The stage was set,  
With performers complete,  
All Life in procession,  
The Eternal Play to repeat.

For as you know certain stars are born,  
As others before, to bring forth the heirs,  
To rise into the Heavens, forever it's been,  
Forever from now, for time never ends.

~~~~~

When Man was quite young and crawling about,  
The angels descended to stand him upright,  
To teach him to know he's separate from all things,  
A creation himself from the Master of Dreams.

Inspired at that time to fashion and wear clothes,  
To dwell in peace in the cities of old,  
To multiply his race on the face of this star,  
To rejoice in knowing His Creation they are.

In this same time the Beast rose and stood,  
It cunningly bayed Man to veer from the good,  
Possess all things and other lies it did tell,  
Then Man turned from grace and to war he fell.

Now death and destruction encompass the land,  
The possession of spoils had left blood on his hands.  
And Man's heart was sick as he called to the Beast,  
"I tire of these wars please teach me of peace."

The Beast thus spake on these matters to Man,  
*"To bring peace to the Earth is not part of my plan,  
To set you at variance I teach you nothing of peace,  
I bring you a sword so war will not cease.*

*Be carnivorous and eat what you will,  
Think not of tomorrow and live today's thrill."*  
And darkness came upon Man as he did all these things,  
No longer could he hear the Father of Dreams.

The Beast then divided itself into four heads,  
And Man fell to worship and do what the Beast said,  
To killing and war he gave up his life,  
In dissipation and drunkenness he existed in strife.

The Father of All then called out unto Man,  
*"Desist from the Evil come away from the Beast's plan."*  
But Man heard Him not for the cunning of the Beast,  
Had clouded Man's soul, from sin he wouldn't release.

*"This is not the first planet or the last I have planned,  
This is not the first Beast or creation of the first man.  
The paths of planets are planned before seen,  
The path that Man walks is designed in My Dream."*

So the Father called out to His angels once again,  
*"Go down to the Earth and say unto Man,  
From your carnivorous ways I command you to release,  
Come away from contention be an herbivorous man of peace."*

*"No more will Man worship any less than I Am,  
Sufficient to My creations am I and My plans.  
Those that choose Me with covenants in their hearts,  
I give them the foundation of My Kingdom to start."*

*"For they are My chosen and Faithists I they name,  
All others are Uzians as the Beast they're the same.  
Prepare and reveal in My name unto Man,  
My Heavenly Kingdoms and the Dreams I have planned."*

And the angels went forth with the message at hand,  
Descending to the Earth delivering it to Man.  
By hundreds of thousands they covered the land,  
Revealing the truth of our Father's redeeming plan.

That Beast was finally put away,  
And the air did start to clear.  
With peace spreading around this star,  
After too many centuries of darkness and war.

*"But the remnants remain from where you came,  
And there is yet a Heaven on Earth.  
Man hasn't turned from his carnivorous ways,  
The ancient doctrines he still lives in this day."*

*"They take from the farmers,  
So the lands won't be tilled.  
They build up their arsenals,  
So my Dream will be killed."*

*"They cut back on education,  
To separate and caste all men.  
No longer will they feel as brothers,  
And share my Dream with others."*

*“The cycles are the same,  
As in time they've been before.  
Taking from charity and kindness,  
Giving to greed, hate and war.”*

*“They will try to stop Me,  
As they have before.  
Stop Me from opening,  
Up MY Heaven's Door.”*

*“But My everlasting love for them,  
Will open their empty hearts.  
My light will touch their spirit,  
A new life they will begin to start.”*

*“For all are my children,  
In time they will understand.  
The Dream I Dream, I Dream for them,  
All are apart of My Heavenly Plan”*

*“I call out to Man,  
Come away from the past.  
This is the dawn of a new era,  
When My Heavenly Secrets are cast.”*

*“Look to the Heavens,  
From where the All Light comes,  
Look to your Everpresent,  
Where all, in just a matter of time,  
\_\_\_ again will become as one.”*

*“For I Am that which is All,  
My child that I have dreamed,  
I fill with life and motion,  
All that's hidden and seen.”*

*“I am the Quickener, the Mover,  
First and the Last,  
I create and dissipate,  
The future and the past.”*

*“Chief over all,  
Am I upon the Earth.  
By the virtue of My Presence,  
Is the Universe given birth.”*



*“The planets, the moons,  
The stars and the suns,  
I’ve placed in My firmament,  
With their orbits to run.”*

*“My Emancipated Heavens,  
I’ve created of Ethe,  
It permeates the highest,  
And everything beneath.”*

*“I give to Man death,  
That one day you’ll rise,  
Into My Ethereal Worlds,  
With everlasting life.”*

*“As one of My children,  
You are as I am,  
For I am as you,  
Soon you will understand.”*

*“That all I create,  
Has a place in My plan,  
All things I create,  
For My children called Man.”*

*“That you may distinguish,  
Who that I am,  
By My will you shall name Me,  
After the sounds of the wind.”*

*“For the wind is ever-present,  
Just as My plan,  
E-0-Ih, now Jehovih,  
Is My name known by Man.”*

*“Your need for these answers,  
Has brought you to this plane,  
But your time hasn’t ended,  
On the planet from where you came.”*

*“If in need of my presence,  
By My name I shall be brought,  
I’m farther than the deepest star,  
Yet closer than your nearest thought.”*

~~~~~

At that moment the warp in time,  
Arced and the vision disappeared.  
The destiny of Man's existence remained,  
In his memory so crystal clear.

As Children of the Universe,  
Forever together we'll stand,  
Sharing the dream and the vision,  
And the life of the Father's plan.

We are just one family,  
With others among the stars,  
Traveling through this galaxy,  
A circuit that orbits far.

The Earth is just our birthplace,  
The Heavens are our goal,  
To become one with the Dreamer,  
And His eternal Soul.

~~~~~

As he finds himself reappearing,  
Beneath the skies of the Earth,  
Awakened to the new realities,  
As that of a new found birth.

Forever shall he remember,  
The vision he had today,  
For he had journeyed through the dream,  
Along the Cosmic Pathway.



Final Thought.



*In this, the Kosmon era, the Earth will  
travel it's circuit in it's Galactic roadway  
encountering a stronger, more subtle and refined  
light of higher frequency and intensity.*

*Those who adhere to our Creator's  
suggestions, will and Ever Presence, becoming  
purer in body and spirit, will grow, prosper and  
flourish into time's future.*

*Those who remain in their darkness will be  
unable to survive and be lost  
from the face of the Earth.*

*So is it the plan of the future generations  
of Mankind on this planet.*

*The Garden Continues.*

