

Spiritual Health

One Remembered (section from the larger poem The We)

*I remember a time when there was no speaking,
When sound was outside the realm;*

*The self was still;
There was no separation from the great We
We heard the vibrations of brilliance
We heard the voice of love
Our self responded to the beckoning.*

*A time when Real was All
And manifest was illusion;
The We knew the self fully;
The self knew the We.*

In this chapter we explore how you can take care of your spiritual body and introduce you to the five intervals of health.

Have you ever wondered why, in the Old Testament, that individuals are said to have lived to seven hundred years or more? When you heard that as a child, what did you think? Is there any evidence in your world that you would live past eighty or ninety years old?

These are questions many have pondered as children, then they were told by their teachers that it was just a metaphor or that time was different then. By being told this it put the wonderful notion of life extension, meaning real and authentic longevity, to rest never to be considered again.

Why are most human beings not living youthful lives into their fifties, sixties, seventies and beyond?

Longevity Blockers

Here are the longevity blockers as well as a path to safety out of the troubled waters that lead to early death.

1. Group Mind

A powerfully strong agreement exists among you and your tribe around early death. Isolationists have attempted to break the pull of group mind by separating themselves from the "virus." Listen to how people reference their longevity and their expectations for the future. Notice how you might even reference yourself by saying, "I'm getting old...."

Overcoming a meme (group mind) or a miasm (group virus) is simple enough. It involves intentionally pumping the Gold Energy towards the group mind or miasm. This clears the program leaving you free to clear your unhealthy references to aging.

There are religious group mind programs that are very strong. For example "My reward is not here on earth, but in heaven." So if you were going through a difficult passage, you might begin to embrace the idea that life on earth is difficult and something to get through. You might think, I will be rewarded in the afterlife and the afterlife is Nirvana. The mind would match up with the hypnotic group mind that is programmed into the minds of many Judeo-Christians—that death will bring your reward and your escape from this hell on earth.

Another approach to understanding challenges is to think of them as opportunities you set up for yourself prior to coming into this body for personal growth, awareness and even the path to enlightenment and ascension. When a challenge comes to you, embrace the opportunity to learn

and grow. Do not resist it, allow it to hone down your rough edges, as you become your multifaceted diamond self. Every problem is an opportunity to be and become more authentically you. Celebrate your challenges and see the resultant ease with which you travel through life.

Suicide and Sin

Last year a husband of an acquaintance committed suicide. For some reason, with group mind embedded in his thoughts and essence, he decided that death was a better place. He believed that severing his body from his spirit offered him the elusive peace he imagined awaited him. This is definitely group mind at play. What if you knew that when you left your body as a spirit the final time, you would be in the exact same place as when you were in your body? So, if you were very happy in love with your life then in your afterlife you would experience something much like that; a wonderful heavenly paradise.

There is this funny misconception of what sin is. Sin is not a wrong you do and something held in an accounting with God or St. Peter at the pearly gates. You answer to no one, except yourself when you do a wrong. Living a good life, a life of contribution where you learn from your mistakes and adapt and adjust to better more loving ways of being, is a true and proper understanding of growing from sin. The word "sin" is so charged that you might even have a hard time reading it. You might be thinking, "Why is she addressing this here?" I'm addressing it because a sin is something you do against yourself, not God. It is harm you do to yourself, to your spirit, to your essence. When a person takes their own life they are doing harm to themselves. They did not give themselves the time or the love, or the connection to God to resolve their problems so they could experience the joy, the paradise that is here on earth. They may have sinned, but not against God. Once you are on the other side you cannot repair what has manifested in this earthly plane. You must come back again and face those challenges yet again.

Coming back to our concept of group mind; James plugged into an idea that life was better out of body. What he discovered on the other side was that he was still in a terrible fix, but no longer had the body to correct the issues. His wife, unable to hear or feel him, retreated into grief and pulled away from her community to bear the shame and loss alone. None of this was better for James.

2. *Global Depression* (lack of self-purpose and mission)

Have you ever heard retirement community seniors having the conversation of "being in God's waiting room"? They go retirement communities to hang out and get ready to move out of their bodies. If a husband passes, a few weeks later the wife will pass, and before you know it her best friend has also made her transition. There is no sense of future or vitality or joy, just a certain ending.

Just yesterday, my friend Jenny told me of someone she knew who had received the diagnosis of pancreatic cancer a few weeks back and had already passed away. Jenny said her friend just gave up. Hopeless and without mission or purpose, she just let her body die.

I am aware that pancreatic cancer is the worst of the worst when it comes to life threatening diseases. However the apathy and the willingness to let go is a sign of global depression.

When facing death, I have firmly called upon my strong will and desire to fulfill my legacy with humanity to survive the many brushes with death I have experienced. My sense of purpose at first was fueled by the desire to see my children grow up. I have always had a sense of something more to live for, even though I didn't yet have it formulated.

It was in an EST meeting (now called "the Landmark Forum") that the concept of living one hundred and fifty years was introduced into my consciousness. The group I was in did an exercise in which we imagined, with focus and intention, what we could do to create change in the world.

The first ideas we wrote in our journal were in response to the following question: “In the next year with focused concentration, what could you do to effect change in the world?” “What if you had 2 years?” “5 Years?” “10 years?” “25 years?” “50 years?” “75 years?”

I saw myself helping blast apart the global depression and shifting the notion that there’s not enough time to make a change, so why try? I saw myself creating bigger and bigger legacies to create and live into.

Finally the group leaders asked us to imagine, “You now have one hundred and fifty years to leave your legacy. With focus and intention what could you do to create change in the world?” I knew instantly that for me it was about global depression being completely banished. I saw myself living large with my intentions, creating huge pictures of contribution and global change for good.

This experience was an opening for me to break out of the unconscious trance that had affected me my whole life. What was interesting was that I didn’t even know it was there. It just was. Everyone was thinking the same thing. We thought that life was short and we would not have enough time to really make a difference. I too saw that, until I woke up. All of the sudden it was no longer my reality, just a lie into which I had been lulled.

Are you ready to wake up with me? What could you do if you knew you had another hundred and fifty years, with focus and concentration, to make the world a better place?

Here are a few ways a person can address global depression:

- Plan not to retire from life until you are 500 to 600 years old. This means in essence, continue to be alive and a contributor to life and the world. Retiring is this way of stepping away from activity to rest. To retire from dinner is to leave the meal and go to rest. But with regular retirement there is no returning to life. Have purpose and meaning in your life every day here on earth.
- Live a life of contribution and gratitude. When you are busy appreciating all the wonder and magnificence in this life and on this Garden-of-Eden planet, you are aligning yourself with the highest expression a human can experience. Please don’t be fooled into thinking you are there when you are using your problems and dramas over and over again to prove that you can turn lemons into lemonade. Stop the drama wheel now. Step away from relationships and experiences that drop you down to the battles of the lower emotional world.

I know a gal who has endless battles with infinite problems. She keeps them brewing on a back burner, telling people about them over and over again.

Listen to me if you are like she is; ***being like this gal will not raise your energy vibration***. It is more like being a gambler shooting craps with a hopeful wish that something good might come from the muddle of life, and hey once in a while it does.

Awaken grateful for your good health and your good home and the people in your life who love you and play with you. Even if you feel like some of this is a stretch, do it anyway. If you are alive, even if you are very sick you have something to be grateful for.

- Learn from the masters and continue to create new dreams to fulfill. Boredom with life is most assuredly inviting the Grim Reaper to take your life and vibrancy.

Create plans that are tangible. Forget the “pie-in-the-sky” dreams for now. I want you to be able to understand how you will get from here to there, and by working backwards from the future dream fulfilled to the present day, you will uncover your path to greatness.

When I lead my *Accelerate Wealth from the Inside Out* program, during the first few days I often notice that my students are working on “pie-in-the-sky,” unrealistic dreams. However, with the help of some amazing tools, students quickly learn how to get their energetic bodies vibrating with their visions. Not only that, but the physical tools they will need and the circumstances necessary to realize their visions clarify themselves for fully embodied, grounded manifestations.

3. *External Toxins*

Toxins on the earthy plane run rampant. Do your best to live in a clean space and practice spiritual cleansing through meditation, especially while traveling in places that are less than desirable.

Below are a few examples of how you can help clean up your toxic environment:

- a. **Nutrition:** Purchase organic food as much as possible. I suggest you measure the life force of your food with the technique of kinesiology/muscle testing to see if the food registers beneficial enough to truly nurture your body. Research which food and drink is best for you and then follow through, in order to support your vibrant health. Eat foods that are kind to your body and avoid ingesting things that damage your cells, such as chemicals, additives, prescription and non-prescription drugs, GMO foods, and so on. In addition, you can add air and water filters to your healthy lifestyle.
- b. **Sound:** Harmful sounds, such as alarms and bad frequency music, can damage and degrade the cells. Listen to the sounds in the woods such as a bird song, (especially in springtime) the beauty of a symphony or a children's chorus. Sound can do wonders for maintaining the vibrancy and light of cells.
- c. **Lighting:** Indoor lighting can be harmful to the skin and brain. Choose natural light where possible and healthy lighting choices that can enrich your experience.

4. *DNA and Family Programs*

When claiming longevity as your divine path you will need to clear away family illness patterns and life span programs. Our Miraculous Living year-long programs and our three-day healing weekend courses provide the recipe for clearing DNA. On a very simplistic level, I will explain this process, as follows:

- a. Imagine you are able to see a DNA strand stretched out in front of you on a view screen. This is a special DNA strand from one of your stem cells.
- b. Imagine you are seeing the programming for dying young. Have it show up as black dots on the DNA.
- c. Imagine using a Golden vacuum cleaner to vacuum up all the darkness.
- d. Once you have cleared the black dots see the Divine Human Blueprint restore positive programs for your long life.
- e. Pulse Gold through the strand.
- f. Imagine it coils back up into the stem cell. Have the healthy, improved DNA strand mirror and reflect its healthy state to all the rest of the DNA in the body by pumping Gold Energy into the stem cell.
- g. Pump Gold Energy into the family DNA bubble to release yourself from the group programming.
- h. Finally, go to the baseline program (to which your body resets every morning) as you wake from rest, and shift the reset to that of longevity by again pumping Gold into

the DNA.

The Healthy, Bright Miraculous System

Everyone has heard of the aura and the chakras, and yet there are many less-known aspects of the spiritual body and the Miraculous System, which, when tuned brightly and to a hundred percent, allow us to live a Miraculous life

Additional spiritual body attunements of longevity include brightening the soul/spirit and keeping a life force vibrant and functioning at a hundred percent. The place where spirit and body connect is at the back of your head, one inch above where the spine meets the skull. This channel often becomes restricted, and opening it can prove very, very valuable. The following are the steps to clearing the human access portal:

Step 1: Light of the Cell

The final step for Cellular Neo-Genesis is working with the Light of the Cell. Just as the spirit has a body, the cells also have a light. It is like a mini spirit that animates and allows the cells to regenerate. See Chapter 5.

Step 2: Your Halo

The Golden Rings over your head provide the space of creating miracles. They support you in accessing your Creator God Force energy. See Chapter 6.

Miraculous Healing Protocols

This book is the guide to healing in the Miraculous System using kinesiology (muscle testing) to hone in on the exact order and locations of healings. As you begin, it will feel foreign to you, but like all things new you will discover over a short time that the process becomes effortless and simple.

I suggest you not attempt healings unless you have gotten yourself into a high vibration first. Another important part of caring for your own body while caring for others is to do specific meditations available for Miraculous Living. I recommend the following three meditations for daily practice especially if you are healing others:

1. The Definitive Guide to Meditation

This is the basic guide to running energy and clearing systems. It is a great tune in and tune up for vitality and gets you flowing in vibrant health. (You can find this and other meditations at www.JulieRenee.com under the meditations tab.)

2. From Fatigued to Fabulous Meditation

This was created for folks who tend to run a lot of stress through their adrenals and nervous system. It is a wonderful refreshing and healing meditation. If you want to feel good all over this may be your answer, especially if you have anxiety or are over-stimulating your nervous system. This meditation will help you find your way back to joy. (Free at www.miraculouslivingtoday.com)

3. Brilliant Brain Meditation

This is an extraordinary tune up for the brain so that your five brains can run on all cylinders, clear and focused for your day. It's time to reactivate the brilliant brain you came with. Students tell me they love this one! (You can find this and other meditations on JulieRenee.com under the meditations tab.)

When you are ready to start your Miraculous Healing process you will follow these steps. Your body is very wise and will have the perfect recipe and order of healing processes for you. Unlike Western medicine that makes a diagnosis and simply treats the issue, the Miraculous Healing process will continue to clear and make ready the body until it has cleared well enough for new cell growth and new DNA patterns.

Spiritual health and wellness can be nourished through both the practice of prayer, silent meditation, and devotional singing including hymns, chants, and mantras as well as times of meditation in the natural world. Since we are in earthly bodies we are meant to be together and celebrate the divinity of life. Some do that by attending a synagogue, church, temple, or other spiritual center. For any Miraculous Healings to occur, it is important that you be with your heart and spirit community. A good and loving spiritual community can provide a place in which to both serve and fill up. If you are depleted or frustrated with the politics of your community, you are not in the right place. You have complete permission to find a place that resonates with who you are now.

From a spiritual health aspect, we will now move into the five intervals of health.
The Five Intervals of Health (journey of the embodied human spirit)

From my research into the Divine Human Blueprint, I have discovered that there are five distinct levels or phases of health that individuals experience during their lifetime journeys. Understanding which of the five levels you are currently experiencing provides tremendous information about you. We can see the patterns for your life expectancy. We can see if and how much you whole-heartedly embrace and enjoy your life at present. If you fall into one of the reduced levels, Miraculous Living programs can show you the path back to a more vibrant interval. In addition, you will learn the way to turn back the hands of time and maintain your vibrancy for many decades to come.

If your interval of health registers as Level 1, you are in an elite group of individuals who can reverse aging and extend life. (Most folks in this interval are young children.)

Mapping out the Terrain of the Five Intervals of Health

What follows are the details for each of the intervals and how they express themselves in the body:

Level 5 Details

In Level 5, aging has occurred, typically the individual is over age fifty, and identified as being, currently, in poor health. Aging patterns and DNA play a large role in getting to this interval so early in life. Keep in mind that our bodies were designed for lifespan of up to seven or even eight hundred years. To degenerate at the very, very young age of fifty or sixty (though it is the trend of our current belief system) was never meant to be part of the human condition.

Nathan's Story

Nathan is an elder in his early eighties who is a loving kind man aging at the rate and velocity of his group. He has occasional health scares and is hospitalized about three times a year. He is a big kind man who retired years ago and gets excited about his books and audio trainings, and spends much of his day sitting.

Identifying Factors in Level 5

Systems Functionality

Brain Functionality	Potency Percentage
Brain 1 – instinctual	20% or less
Brain 2 – emotional	50% or less
Brain 3 – logical	22% or less
Brain 4 – creative	9% or less
Brain 5 – angelic	2% or less

Poor muscle tone at ten percent or less. Systems typically are at thirty percent or less.

Life is lived primarily from the mental body. In other words, your enjoyment of life in this phase is experienced by your thoughts conversations and visual experiences, such as watching a sunset, your

grandchildren playing or perhaps a movie.

Unfortunately, if the individual in this interval is suffering from some form of dementia, their life and enjoyment narrows significantly.

Sheryl and Arnold's Story

Sheryl and Arnold approached me for healings three years ago. Arnold was moving rapidly into advanced stages of dementia. His wife of many years, Shirley (fifteen years younger) was hoping to improve the quality of their life together.

As I worked with Arnold, he never spoke to me or had a conversation with me. I could see he would improve only to a certain level. We did manage to help him regain his ability to remember the day's activities and join in on dinner conversations with friends. But after a time we stopped the tune ups and he returned to the unconscious state he had been in. You see he had chosen the path of oblivion and unawareness. With my energy fueling him he could have something different, but without me assisting him he returned to the sleepy unconscious awareness he had when we first met.

Dementia is both from DNA and from agreement. Arnold had cheated on his wife for years and hurt her terribly in retirement. He has chosen not to remember the past pains and so he lives with his caring wife without the emotional or mental abilities to repair or restore the past damage. They will likely come back together in a future life to work this issue out.

The physical body requires eleven hours of rest. Sleeping and napping become an important part of the flow of the day. In Interval 5, the individual is unable to really absorb the nutrients needed from diet. This condition causes the body to become malnourished and often overweight.

Toxicity, radiation, memes and miasms, and poor programs in the DNA are primarily responsible for entering this lowest and most challenging interval, which is a precursor to death.

My Own Story

I myself have been at the fifth level at eight different times. I dipped into this lowest and least healthy level of life during the many days I spent in bed and in a great deal of pain. When an individual is this sick, he or she imagines what death will be like. Nine years ago, I lay on my bed shaking, while very, very ill with a kidney infection. I had what is medically referred to as "rigors." In laymen's terms, the infection in my kidneys had gotten into my brain and heart, and I had, perhaps, only moments to live. As I lay there shaking, I saw the angel of death above me. (The angel was a "he") He said, "Okay, you can come with me now." I looked him in the eye and said, "Get thee behind me, Satan. I know you are not Satan, but I will not be tempted by your offer to leave my pain-filled body to join you. My life is not over yet."

Such a response is a true testament to the courage and will power of the human spirit. I have seen this happen with other people that should have died but haven't. At that time, I was able to move my body to the side of the bed (by sheer will) to reach the phone and call for help.

By the time I reached the hospital, the medical staff there judged my affect to be too strong for a dying woman, so although they triaged me and put me in a room, they did not read me as urgent. As a result I was left to wait for a quite a while before the doctor ordered tests. When the test results came in, a team with a crash cart and multiple stands for IVs ran into the ER cubicle where I had been waiting for help. The doctor explained the severity of the infection and started IV's full blast in both arms, draining the icy antibiotic into me. All the while I lay shaking.

I found the hospital unpleasant, and several hours after the antibiotics had run, I requested to be sent home, promising to stay resting for the next few weeks and to take the meds that were prescribed. The doctors were again stumped as I was defying the hospital rules and perhaps the rules of physiology. For

example, a person with blood pressure under 90/60 cannot stand or walk. Indeed, I did walk the length of the ER hallway with a blood pressure of 80/40. By proving to the hospital staff that I could walk, I was released from the hospital to do my “magic” on myself at home. I had not yet discovered the Human Blueprint, but my positive thoughts and actions helped me return to health.

Level 4 Details

In Level 4, aging has occurred. Typically, a Level 4 individual is over age forty and is identified as being currently in acceptable health. DNA aging patterns, group mind or virus (referred to as a miasm), and associated societal rules play a large part in moving from a healthier function to this less healthy interval.

Societal Rules

Examples of societal rules are, “People in their forties don’t have time to play basketball” or “Once you’re past thirty- five, you can forget ballet dancing.” One hears such rules all the time. Excellences in physical activity, mental agility, or even creative expression are slowed down with age in steady conversational streams by the “herd.”

Identifying Factors in Level 4

System or Symptom Functionality at Level 4

Brain Functionality	Potency Percentage
Brain 1 – instinctual	40% or less
Brain 2 – emotional	70% or less
Brain 3 – logical	40% or less
Brain 4 – creative	20% or less
Brain 5 – angelic	3% or less

Muscle tone is reduced to fifty percent or less, and all bodily systems, typically, are at fifty-two percent or less.

Life and its enjoyment in Level 4 are primarily lived from the mental and spiritual body. It is not always this way, but this is a good norm from which to understand this interval. Another distinguishing factor is the appearance of aches and pains in the body. The importance of this is two-fold: The aches wear on the nervous system and can cause fatigue. On top of that, an overtaxed nervous system will allow brain chemistry for the “happy” chemicals to dip to all-time lows. People can have difficulty laughing or finding joy at this level, despite there being nothing apparently or overtly wrong.

The physical body requires nine hours of rest. At Level 4, individuals are able to absorb about thirty percent of the nutrients needed for optimal health from their dietary intake. This condition can often cause the body to become overweight.

Tamara’s Story

Tamara is a forty-seven-year-old female, currently in Stage 4, and is in the process of reversing her circumstances, as she practices the Miraculous Healing protocols and returns to a more active life. Her symptomology of back pain and an overall achy body were exacerbated when she lost a corporate job after seven years of service to the company. The company’s downsizing coincided with Tamara’s extreme emotional challenges from menopause and deteriorating spinal issues, which landed Tamara in Level 4. She is soon to return to Level 3, where she was formerly, as she is actively using suggested meditations to restore her emotions, hormonal body, and spinal issues.

Level 3 Details

Those in Level 3 typically include ages twenty-seven and younger. At this stage, the body stops its rapid regeneration and begins following the family aging DNA programs. It is an important time as

the mind is now ready to formulate a plan for adult life. Some of the agility of youth and energy wanes. Naturally, life begins to focus around the mental body.

Identifying Factors at Level 3

Systems Functionality

Brain Functionality	Potency Percentage
Brain 1 – instinctual	70% or less
Brain 2 – emotional	90% or less
Brain 3 – logical	70% or less
Brain 4 – creative	50% or less
Brain 5 – angelic	40% or less

Muscle tone I reduced to eighty percent.

Systems typically are at eighty percent or less.

Human expression and fulfillment come from all areas, physical, emotional, mental and spiritual.

At Level 3, one experiences relatively little difficulty operating the body or the mind. They are becoming wise, gathering knowledge and owning their authority.

The physical body requires seven hours of rest. At Level 3, the individual is able to absorb about eighty percent of the nutrients needed for optimal health from diet.

If you are generally healthy and in the middle of your life, this is likely the category you are in. Melissa is at level three moving into level 4. She has just turned fifty and in the past two years has had liposuction, a breast lift, implants, and has just completed a neck lift. She is aware that youth and vitality are not as accessible as they used to be and is attempting to surgically hold on to the appearance of youth. She has a naturally healthy quality about her and has not suffered with illness or significant disease. However, she could dramatically improve her current circumstances with meditation and healthy lifestyle choices.

Level 2 Details

Those in Level 2 typically include ages twelve and above. They are in good health; their bodies are functioning very well, although they have discovered their bodies are fallible. Level 2 individuals are in a period of generation, growing, and developing while learning and absorbing all the knowledge and information they can.

Identifying Factors at Level 2

Systems Functionality

Brain Functionality	Potency Percentage
Brain 1 – instinctual	90% or more
Brain 2 – emotional	95% or more
Brain 3 – logical	82% or more
Brain 4 – creative	98% or more
Brain 5 – angelic	80% more or less

Muscle tone is typically at one hundred percent.

Systems typically are at ninety percent function or better. At Level 2, the body requires nine hours of sleep to build new cells. This is a wonderful and challenging time. However, the development of the ego can begin to undermine confidence. Programs and patterns for self-criticism develop, such as a Level 2 individual's constant comparison of him or herself to others who are stronger, more intelligent, more athletic, or more beautiful. These patterns may lead a person down the path of envy and coveting what others have, a state in which perfection is sought from outside oneself. From this condition, self-

sabotage can begin the creation of memes or miasms and lead to degeneration and premature aging.

On the positive side, Level 2 lets most people experience joy and competency in operating the body and mind. They are becoming self-actualized, growing the physical body and gathering knowledge.

David is a young, healthy individual at Level 2. He came to me with some lower functions with emotions and trauma, which we happily corrected, and he is resiliently back in his life as himself.

Each interval has eight levels. You could be on the high or low end of the interval closer to the next smaller or next larger interval. Just because you are in Interval 4 or 5 does not mean you have to stay there. Now that you are aware, you can begin to do something to change your circumstances, if you so desire!

Level 1 Details

Those in Level 1 include those just born and older. They are in great health; their bodies are functioning very well, and they are not influenced by negative programs. They are in a rapid period of generation, growing the body and brain, developing, learning, and absorbing all the knowledge and information they can.

Identifying Factors in Level 1

Systems Functionality

Brain Functionality	Potency Percentage
Brain 1 – instinctual	100%
Brain 2 – emotional	100%
Brain 3 – logical	100%
Brain 4 – creative	99% or more
Brain 5 – angelic	82% or more

Muscular Systems typically are at one hundred percent.

Level 1 people require twelve hours of sleep as they build new cells in all areas of the body. This is a wonderful and exciting time.

Human expression and fulfillment come from all areas: physical, emotional, mental, and spiritual.

Unique to Level 1 is innocence; that is, Level 1 people lack programs and societal pressures that would have them think they are less than perfect. The Waldorf Educational Programs are keen to this concept. Program leaders request that parents or caregivers show children in their early years no TV and no technology to facilitate the safe and loving development of the creative expressive human.

Regeneration/Reversal of Aging

The concept of regeneration and maintaining a young healthy life for hundreds of years leads us down the unique path of remembering the truth about who we are. We can choose to let go of the negative influences of the media, memes, and DNA patterning that allows us experience deterioration.

There is much to learn and understand about the reversal of aging and the complete regeneration of the human body, leading to greater longevity. Now, we stand at the precipice of new knowledge, as science and spirituality come together and as the walls that kept us in the dark fall away. We will soon emerge with a new knowledge: that of Cellular Quantum Mechanics.

The Umbrella (1995)

Up and down without a complaint,

Down and up with no restraint!

*Up the shaft my hand slides harder,
Caught by winds, my sails reverse!
Bruised by little hail bombs flight,
Hold me now; hold on tight!*

*Up and down silently moving,
My rain parasol has lost a spoke.
A triangle tears and sails collapse
Laughing umbrella with a joke.*

*Moral; one can live in a down pour so long
Before they finally give up, as is the way
Of all things in life.*