

## Life Force

*Gentle Night* (2004)

*Gentle night, rain falling softly  
Gentle night soft falls the rain  
We are One with the raindrops  
We are One with the God of rain.*

*Gentle rain cleansing my spirit  
Soft falling rain, wash away my tears  
All is well in the house of the raindrops  
All is well in the garden of love*

As Soul and Prana were previously discussed (see Chapter 11), life force is intimately tied to the percentage of protection you are receiving from your soul.

When you are born, baby's degrees of life force can vary widely. If your mother had a difficult labor and delivery, a little body may be struggling to survive. The "Apgar" score, a measure of infant vitality, reflects what's happening with life force. If the Apgar score is at a four, life force will read in the low fortieth percentile. Over the next few days, while the baby gains strength and momentum, the infant's life force usually rises naturally as he or she gains ownership the body.

But that's jumping ahead. Let's go back to the beginning. Life force begins at eleven days and two hours past the moment of conception. Life force belongs to the body, which we sometimes refer to as the human animal. It is the third of the energy-body programs to come online. Light of cell in the stem cells begins at conception and the meridians begin to form at about three days past conception.

Life force provides energy to the physical body, that is, the body as human animal. Life force is the energetic twin to spirit and assists in the body's operations. The program for life force comes from the fifth stem cell, that is, early cells that begin their division at conception.

In a normal birth, life force will be around fifty percent. We are extremely dependent on our parents to provide and care for us as we develop and grow into an individuated, fully energized adult. At age four years and four months, our life force reaches one hundred percent.

As you travel through life, your life force will read as a kind of barometer reflecting on your health or lack thereof. A bad bout of chickenpox may drop your life force to twenty percent, but in the succeeding weeks, your body and life force will return naturally to one hundred percent.

People begin to lose some of the potency in life force as they age. As DNA programs of degeneration and illness play out, life force moves down in percentage and does not return to the pristine one hundred percent of its former glorious youth on its own. If childhood illness is not a strong factor, an average age of loss of life force begins around age twenty-five.

One of the wonderful properties of the Gold healing energy from our Miraculous Cellular Quantum Mechanics is that you do not need to have life force of one hundred percent to regenerate and heal the body. If however you are very healthy and are now looking to use this technique to actually reverse aging, your life force will need to stabilize at one hundred percent.

Major surgery requires an anesthesiologist to take a person's life force down to one percent. Many people never return to one hundred percent of life force after a surgery.

Later in this chapter, we will give you the remedy to return your life force to one hundred percent. The following chart gives you a range of life force adjustments down related health. The first number is the high range of the adjustment down and the second number is the lower drop a person could experience from the related illness.

**Table 13-1 Range of Life Force Drop that Results from an Illness:**

Illness	Percentage Range of Drop in Life Force
Common Cold	90% - 40%
Viruses	93% - 10%
Asthma	80% - 3%
Parkinson's	60% - 1%
Muscular Dystrophy	40% - 4%
Cancers	50% - 1%
Depression/Mental illness	60% - 6%
Fibromyalgia/Autoimmune	50% - 5%
Panic, Anxiety/Stress	50% - 9%

### **Carrie's Story**

Carrie is an art professor at an esteemed university. In her younger years, she explored the music scene and was hanging out in clubs. She was in the fast lane going through quite a number of men, cars and money before she settled into her present life. Along the way, drugs and alcohol left a permanent imprint on her liver and unfortunately she picked up hepatitis.

She was holding her own until an extreme disappointment in her personal life toppled her emotional life. Her health rapidly deteriorated. I had known Carrie for years. She is an interesting, colorful person, intelligent and well versed in the language of creativity.

Prior to this event, her life force was at approximately sixty percent. This is the norm for her circumstance, since she was in her mid-fifties and also had asthma. As the emotional crisis amplified, her health faltered. She came in weeping; unraveling a betrayal that looked like it would cause her to collapse and perhaps die from a broken heart. Her first session revealed a body in crisis; her life force of six percent told the whole story.

Over a period of fourteen weeks, I helped her rebuild a body in total crisis. During that time, we were successfully able to remove the hepatitis from her physical body. Over these months, we were able to bring her back to a stronger eighty percent life force and dramatically improve all functions of glands and organs. While I was working with her, I insisted no smoking or drinking and a practice of a balanced life. She was able to comply with my restrictions. Unfortunately, I understand that she chose not to continue a healthy lifestyle and went back to her old habits. Her life force now four years later at age sixty reads at thirty percent.

You get to choose. How do you receive a gift? Do you treasure it and acknowledge it is a treasure from above and live the rest of your life with the knowing you have been truly blessed, or do you squander it away and drop back into the amnesia of a lower energy lifestyle.

### **Marla's Story**

Marla, a young thirty-one year-old mother, struggled with anxiety and depression. She was married to a fellow who did not express himself well and, at times, appeared aloof or even verbally abusive. When she began treatment with me, her life force was at fifty percent, due to her struggles.

As she found meaning and value in her life, her depression and anxiety lifted somewhat. Her online boutique began to become a real career. However, due to her unresolved issues with an incident of sexual abuse much earlier in her life, and her insistence on living with a man who could not give her love and tenderness, her life force went up only two percent.

Marla shows us the negative results of holding on to that which does not serve us. She actually has a

young, healthy, and beautiful body. Her outer appearance does not match her inner landscape and energy.

#### **Stacy's Story**

Five-year-old Stacy has been receiving Miraculous Healings for her autism and has been really improving as the weeks go by and life normalizes.

Prior to our sessions, her life force measured typically around twenty-one percent. As we have gently paced her into a healthy relationship with her body, emotions, and mind, she has continued to strengthen in life force. Now after four months of sessions spread out to once every three weeks, she is reading as a normal child at ninety-nine percent life force.

Unlike Stacy, twin teenage boys I know are advancing into maturity and so completely unrelated to their bodies they read at twelve percent life force. They have a flat affect and move their bodies with human animal controls, having no appearance of animation or vitality from their human spirits.

What I mean by "human animal controls" is that is we are both human animal (body, or that which is comprised of matter) and human spirit (our essential nature). When the human animal is in charge, we are moved by instinct and operating from our base functions, motivated by survival of the body. On the other hand, human spirit will be motivated by a varied and diverse array of factors. Human spirit can be moved by love and altruistic ideas, or by hatred and jealousy. However, the human animal doesn't involve itself in emotions.

#### **Barry's Story**

Barry came to me as a pancreatic cancer patient at age eighty. As he was helped into my home for sessions, I saw him as frail and ready to die. I asked his family members to leave us for a while. He shared with me that he was really happy with his life. He was an amazing and daring fellow. In his life, he was an incredible painter. In addition, he was a peer of Jack LaLanne. Barry was a fitness guy keeping his body in beautiful shape. As a result, he starred in adult films among his many erotic exploits.

Barry was a gentle sweet soul who told me he was content. He didn't want to live a long time; he just wanted to feel good in his body until he left. He came to me with a life force of three percent, ready to slip away in fragility and illness. We began to work together; the Miraculous Healings were amazing for him. The cancer did not disappear, but his life force jumped up to seventy percent.

He was able to do what he wanted during his last months. His life was filled with parties and workouts in the gym as well as hosting a few last adult swinger parties in his home. The day before he passed, his life force was sixty percent. He went to bed and twelve hours later, with no suffering, he left.

I have shared a number of stories of how individuals have dramatically improved in life force and vital energy. You can also choose not to keep life force high.

My story of survival and return to vibrant health is a shining example of enhancing the regeneration and going on to live a vibrant life with my life force routinely between ninety percent and one hundred percent.

Life force is part of our God make up. You can, by will, force your life force up. Whether or not it stays up is often regulated by how healthy your lifestyle is.

#### **Life Force Movers**

Hearing the stories of peoples' challenges may get you thinking, I wonder if I can improve my life force? The answer is yes. The following are actions both positive and negative that affect the level of life force:

**1. *Mind and Thoughts***

What the mind can believe and conceive it will achieve. A great example of this is the example of what we do when someone tells us we are dying. Think about the “normal” response of the woman who heard she had acquired cancer and slipped away nine days later. Her mind complied with the doctor’s prediction. In contrast, a “dying” healer who had said “no” to the angel of death recovered against all odds.

**2. *Connection with God***

Disconnection with God from anger or hopelessness lowers life force, while reconnection with God through prayer, including the intercession of prayers from loved ones, can improve life force.

**3. *Miraculous Healings***

This healing is one tiny part of what is possible by activating the human blueprint. By pumping Gold into life force you can raise the percentage dramatically.

**4. *Possession of Body by Spiritual Parasites***

Your life force is reduced by the occupation of the body from evil spirits, entities, and demons. If this is your situation, please refer to Chapter 29, “All Things of Spirit,” to learn more about how spiritual parasites exist in the body and how to remove them successfully.

**As you can see, much of life force is your conscious choice.**

**Marilyn’s Story**

Marilyn was hanging on with impossible odds. She had a daughter and daughter-in-law, pregnant, as well as a second daughter getting married. She was receiving food from a tube and made it for months. She was very sick with an untreatable stomach cancer. This was years before I had the tools to help this condition. But she had me come daily to give nurturing massages and give her a break from family worries.

One day, while I was there the doctor arrived and we all cleared the room. He proceeded to tell Marilyn that she was dying and that there was no hope. Eleven days later she died. She was literally told to die. Good grief! And I can tell you that on the other side she was extremely upset she had made that choice. She longed to be physically with her growing family.

You can choose to live and choose to have a life force that reflects a healthy, energized body. Use your mind for the good. Focus on positivity and gratitude towards the parts of your health that are good. Pray for your loved ones who are sick, and see them returning to great health. Life force responds to prayers, as it is a gift from the Divine.

***The Woman in the Mirror* (1993)**

*Confusion*

*Will soon end;*

*I see myself;*

*I ask questions;*

*I look for correction.*

*Clarity stands at my gate,*

*Ready to open,*

*Anxious to reveal herself to me.*

*True Self-Love requires*

*Unending ease*

*And unrelenting acceptance*

*(An impossible quest at this moment).*

*I will find a way to nurture*

*Spaces and places hidden,*

*Undiscovered or still worse,*

*Imprisoned by a frightened mind.*

*Love will prevail  
With the woman in the mirror*