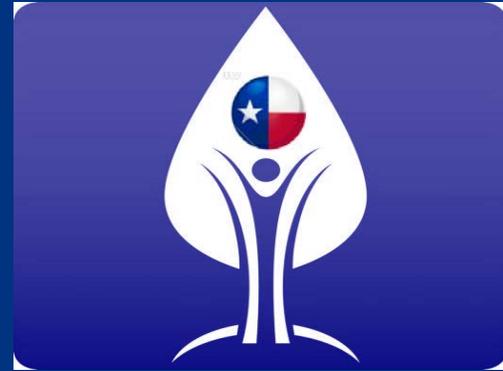


# Christian Yogi

*Spiritual Awakening: South Texas Style*



Connect with Christ Consciousness  
or Kutastha Chaitanya

DNA & Vortex Activation

Crystal Skull Healings

Intention Circles

Crystal Light Bed

Cleansings

Ecstatic Chant

Angelic Attunement

Aura Readings

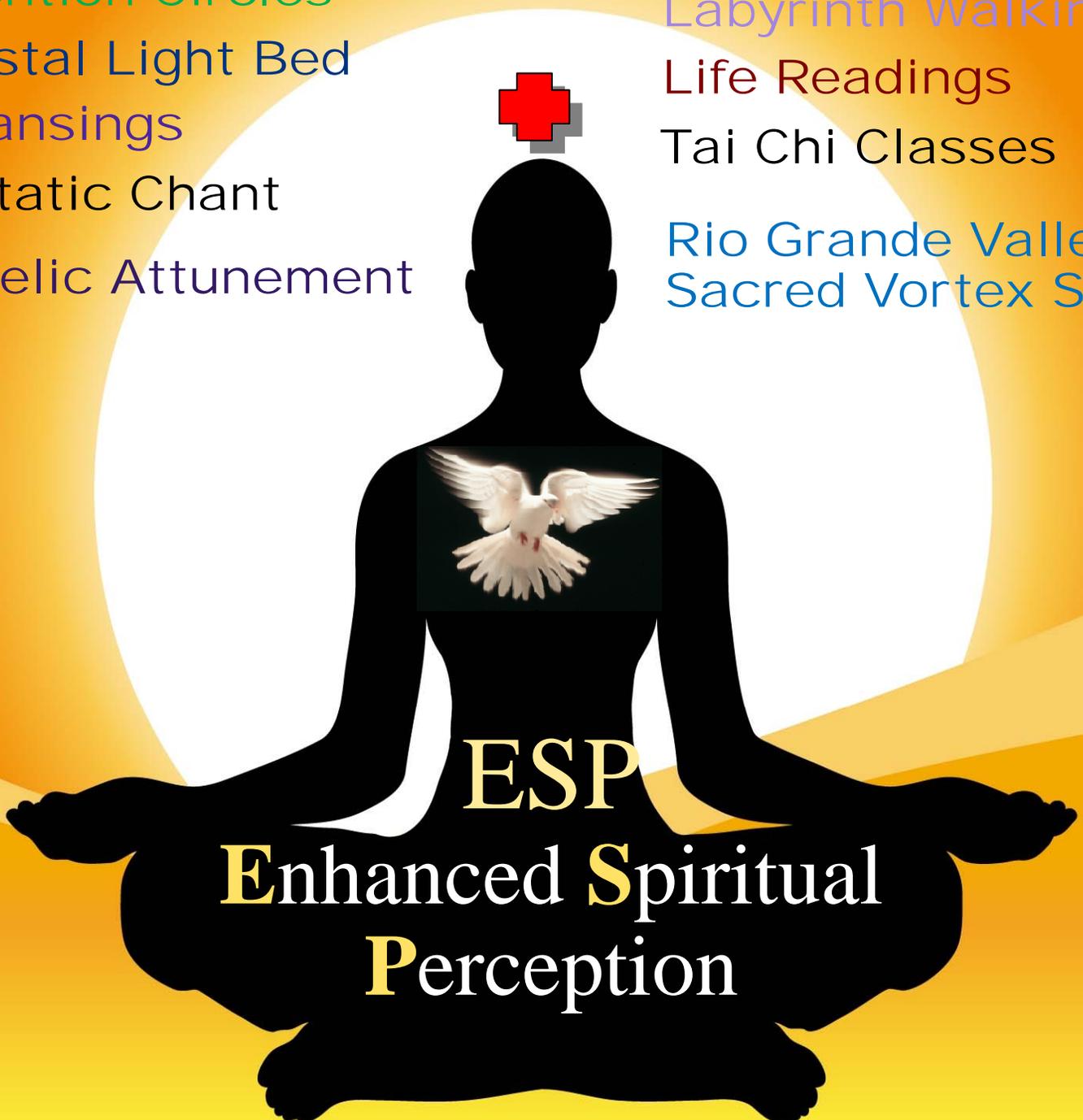
Reiki Healing

Labyrinth Walking

Life Readings

Tai Chi Classes

Rio Grande Valley:  
Sacred Vortex Site



ESP  
Enhanced Spiritual  
Perception



# Letter from the Director

by Dr. R.E. Dahl, *Church of the Divine Spirit*

## What is a Christian Yogi

'*Empty thyself and I shall fill thee.*' This is a wondrous single sentence message of **Jesus the Christ**. What does it mean to empty oneself and be filled by the Spirit? This is the great philosophy of the Spirit. We are heading towards the real **Yoga** when we speak about these things. Christ was a great Yogi, Master Yogi, one of the greatest Yogis the world has produced, a Yogi in the true sense of the term. He was constantly Spirit filled, drew sustenance from the Spirit and operated by the Laws of the Spirit in the world of matter. Science was not his mode of thinking. He performed miracles that went against all physical laws. This gospel '*Empty thyself and I shall fill thee*' is complemented by another equally powerful statement of His, '*The kingdom of heaven is within you*'. The more we let God into are life, the more we become spiritual, the

more we are a Yogi. Yoga is not becoming something in the social sense. It is not doing or making something with your hands. It is a transformation of your inner being...your thinking and feeling. It is your willingness to do the Divine will and be in line with God's plan. This is where the Christ is born, inside of us. The Sacred text say that Christ and Krishna were born at midnight. They were not born when the sun is bright, which means to say, when it is day light to the senses. "*Ya nisa sarvabhutanam tasyam jagarti samyami, yasyam jagrati bhutani sa nisa pasyato muneh*"—says the Bhagavad Gita. You must learn to see in the dark. What the sages see, you cannot see. When the Divine Spirit is administered to the sick soul of the human being, a person becomes a Yogi. A Yogi is a temple enshrining the Christ Spirit or Christ consciousness which is God realization. When God thinks through man, we call him a Yogi. *Note: This path is open to anyone regardless of their religious tradition. Christ Consciousness is not a term used exclusively in the Christian religion, nor does it mean that you must adhere to the Christian belief system to attain this state. All of the world's religious traditions offer a path to achieving this "Christed" status. What is significant to remember in the ChristianYogi Program is that each person has his and her own path to finding the Divine Spirit, and they should allow this path to unfold naturally.*

## Our Healing Foundation

The Christian Yogi Program is based on techniques pioneered by Bruno Groening. I first heard about Bruno Groening in 2006, when we hosted a workshop at the Church of the Divine Spirit, Brownsville Texas. During this time we watched a movie about this man who had been termed a modern day miracle healer. Over the years, people who had been healed created the "**Bruno Gröning Circle of Friends**" to help promote his teachings. Apparently, he is one of the most highly documented spiritual healers.

After the lecture, I was extremely interested in the "Bruno Model" as a key to finding an effective model for youth substance abuse treatment. Over the last 19 years I had obtained numerous research grants, spent millions of dollars and wasted endless days and nights on demonstration programs that produced little positive results in terms of getting and keeping kids off drugs and out of jail. The one treatment model that appeared to work was the A.A. model. However, the AA model was based on the "Healing Power of God" and therefore Federal funding was limited. Furthermore, the A.A. model had changed over the years. Present research suggested that today's model was less effective and it never was intended to work with youth.

Most new spiritual healing models for drug treatment were dependent on accepting Jesus Christ as your savior. These models eliminated all non-Christian youth from the treatment group. Finding a "Spiritual Model" that could be used for youth with a variety of spiritual backgrounds (i.e. Jewish, Islam, Pagan, Hindu) was very difficult. Furthermore these models had limited data based research to back up their effectiveness in the Recovery Process. The attraction of the **Bruno Groening Model** was that it had a large data base to back-up the effectiveness of the model. There was some indication that the "Bruno Model" had positive results in substance abuse cases. In addition, it could be used with youth from a variety of spiritual backgrounds. You only had to acknowledge a higher power to become part of a healing group.

In 2006, I became a Community Leader and George Samano became the Treasurer for *the "Bruno Groening Circle of Friends for South Texas"*. We were invited by the Bruno Groening Headquarters in Germany to come to New York and

# Christian Yogi Method



CONNECTING WITH  
CHRIST  
CONSCIOUSNESS



**EARTH VORTEX  
ENERGY**  
We Bring in the Soul of  
Mother Earth for Healing

be trained in the "Bruno Model". The training was intended for administration personnel responsible for setting -up Bruno Groening Circles in their Communities. People from all over the U.S attended. During this training, we attended intensive and lengthy meditation sessions where we downloaded the Divine Force. After these sessions, I made it a point to talk with other Community Leaders about their experiences with the healing energy. It was no surprise to hear about the numerous physical healings that were taking place across the country. However, there were other things happening that were not being reported on a monthly basis.

During the "Bruno Groening Healings" people across the country were speaking to angels, seeing Jesus, meeting God, having visions of sacred symbols, seeing supernatural lights and feeling energy vortices. It appeared that some persons were having intensely mystical experiences that were reconnecting them to God. These mystical experiences were similar to the experiences that "BILL" the founder of A.A., experienced when God healed him of alcohol addiction and led him to create A.A. It was at this point that I decided it would be my mission to document and research the spiritual effects of the "Bruno Model".

I have experienced several personal healings using The Bruno Groening Model and have seen other individuals experience physical and emotional healings. In 1973, I was healed by the power of the Holy Spirit and Jesus Christ from a genetic disease. Although, I was not aware of Bruno's method at the time, my healing was a result of using similar techniques. Likewise, my Father who was going blind in 1983, received a healing after a vision of the Blessed Virgin Mother at The Basilica of Our Lady of San Juan Del Valle National Shrine in San Juan, Texas. He regained his vision after this experience. Once again he used techniques that have been outlined by Bruno Groening.

The main difference in the Christian Yogi and other alternative health programs is that we ask and expect the holy spirit, our guardian angels, spiritual guides and other angels of healing to be active members of the sessions and to participate in the healing service. We add in the Spiritual Healing Methods of Bruno Groening combined with, Authentic Prayer in the form of Intention Circles and then we boost this healing energy by plugging into a powerful earth vortex energy using an adaption of Eastern Kriya Yoga founded by Babaji ( See pg. 40). The Vortex healing methods tap into a particular **energy force** in South Texas (See pg. 17) that results in a more powerful & quick spiritual healing experience. Working with vortex energy fields allows us to access the "healing realm" of divine consciousness which was created by the Harmonic Convergence in 1987 and sets the foundation for Ascension in 2012. The Earth Vortex Energy of South Texas helps to clear the healing channel and establishes a stronger connection between human and angelic /celestial healing team.

It should be noted that all worship, praise and petition of healings are addressed to God, from whom all healing comes. If our Spiritual Facilitators enable your body to heal, thank the Facilitator. However, we should thank God for the healing gift the Facilitator has. These gifts are called charismas by St. Paul, who describes this kind of healing as a gift of the Spirit in 1 Corinthians 12:9. In this context, The Spirit of God is the real "leader" of every healing service. The Christian Yogi takes the Master Jesus at his word, we 're told that *we are the light of the World, that we must be perfect, that we are to heal the sick, raise the dead, cleanse the lepers, cast out demons* because *all things are possible*. We can do this because *the kingdom of God is in the midst of you. Ye are gods and the Spirit of Truth dwells with you, in you. You are goodness, filled with knowledge, for you have received, not the spirit of the world, but the spirit which is from God. Christ in you, the hope of glory. You are God.*

**NAMASTE The Christ within Me, Salutes the Christ within You**

**Dr. R.E. Dahl [robbyndahl@wildblue.net](mailto:robbyndahl@wildblue.net)**

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# THE MODEL: COMBINING SPIRITUAL & VORTEX ENERGY FOR HEALING

*Three Things cannot be long hidden: the sun, the moon, and the Truth -Buddha*



## **PURPOSE**

The purpose of the Christian Yogi Program is to restore your connection with God and thereby helping you to download energy that will clear out psychological and physical blocks of frozen energy. We provide you with the knowledge and therefore the ability to reconnect with God or Universal Life Force. We intensify this connect by linking into vortex energy created at power centers in South Texas. Power centers called Earth Chakras are places, such as Mount Shasta, California, and Mount Fuji where the spiritual energy is held to be particularly strong. The belief was that if 144,000 people (See Hundredth Monkey principle pg. 15 ) assembled at these power centers and meditated for peace, that the arrival of the new era would be facilitated.

**Spiritual Healing** : The Christian yogi combines several forms of spiritual healing. Spiritual healing is a form of prayer, healing meditation, or laying on of hands that has been practiced in virtually every known culture. Reports of folk healers are familiar in legend, the Bible, anthropological studies of traditional cultures, the popular press, and more recently from Scientific research. Spiritual healing is defined as a systemic, purposeful intervention by one or more persons aiming to help another living being (person, animal, plant or other living being) by means of focused intention, hand contact or passes to improve their condition. Spiritual healing is brought about without the use of conventional energetic, mechanical or chemical interventions. We attribute the healing to God, Christ, other "Higher Powers", universal forces, biological healing energies residing in the healer. Some examples of spiritual healing include: Reiki, Healing Touch, Energy Medicine, Polarity Therapy, Qigong, SHEN Therapy, Tai Chi, Orgone Therapy, and Shamanism.

**Vortex Energy** : Earth is a living being that emits energy. This energy forms a circuit between a human being and the planet. Two such circuits are Ley Lines and Vortexes. Ley lines have been compared to the acupuncture meridians of the human body. Ley lines transmit or receive energies from different locations around the globe. In days of old energy dowsers were able to feel these ley lines and energy spots. When they found a strong power spot, people built the church around the sacred spot.

An Energy vortex is a spots of increased energy on a ley line Some people use terms such as "magnetic," "electrical," or "electromagnetic" to refer to this type of energy. A vortex is the funnel shape of spiraling energy. A vortex can be made up of anything that flows, such as wind, water, or electricity. The vortexes in South Texas are swirling centers of subtle energy coming out from the surface of the earth. These vortexes are created, not by wind or water, but from spiraling spiritual energy. The vortex energy is not exactly electricity or magnetism, although it does leave a slight measurable residual magnetism in the places where it is strongest. Vortex sites are believed to be locations having energy flow that exists on multiple dimensions. The energy of the vortexes interacts with a person's inner self. It is not easily explained. Obviously it must be experienced. This resonance happens because the vortex energy is very similar to the subtle energy operating in the energy centers inside each person. If you are at all a sensitive person, it is easy to feel the energy at these vortexes.

It is believed that these vortexes are spiritual locations where the energy is right to facilitate prayer, meditation and healing. When we link with vortices or ley lines we become part of a global consciousness for universal regeneration. Our mind, body and soul find rejuvenation in the original source of wellness... the Earth chakras . We can absorb vortex energy by: 1) developing an awareness of our body's energy circuits, 2) by using basic breathing methods, and 3) by practicing will and creative visualization. The purpose of the Christian Yogi is to help you transform celestial and vortex energy into healing and manifestation energy .



# Connecting with the Spiritual Healing Energy

*Just as a candle cannot burn without fire, man cannot live without a spiritual life*  
- Buddha

Spiritual healing is not about curing a disease, but unleashing the power of the Holy Spirit. The main focus of the Christian Yogi is to teach you methods to unblock the Spirit so it can flow through your life, changing and transforming you. The Christian Yogi teaches you to live in the Spirit. Our Codex for Healing is based on three assumptions:

1. God is love. God heals you without asking anything, no strings attached.
2. God loves you unconditionally. We accept this truth as fact and meditate upon it daily, when we rise and before we go to bed. "I am God's Beloved Child."
3. God wants to give us health, abundance, success and happiness because God's nature is pure goodness. The key to healing ourselves is learning to put our lives under the guidance of the Spirit. Healing begins inside each of us with the desire to be the best person we can be. To be whole, healthy and successful. The human being is designed for health, not sickness. The Holy Spirit can guide us toward the path to healing but we have to exert the effort to get on the path.

## **Authentic Prayer**

One of these pathways was mapped by the famous Spiritual Healer Bruno Groening. Throughout Bruno's life he stressed the importance of Authentic prayer in the healing process. Authentic prayer is about learning to listen to the "still, small voice" that Elisha heard in the Old testament. Prayer isn't about just talking to God, it is about listening for the answers. Our conversations with God are not monologues but dialogues that contain specific instructions for solving life's problems.

In general, our healing methods are not focused on "Getting Healed", but on you coming to know God on a personal level. Yoganada stated that you should never approach meditation with the attitude that you were going to "Get" something in return. In meditation you go to connect with God, and then anything that results— whether its wisdom, peace of mind, less stress— is an added bonus. It is very common for people to start out on a spiritual healing path to get good results first and God is the extra bonus. Listed below on some principles for authentic prayer practiced by the Christian Yogi.

## **The Power of Faith and Authentic Prayer**

For Authentic Prayer to work, we need faith. When I talk about faith, I mean the kind of "Believe" that mystics, yogis and adepts from all the mystery schools talked about. The faith that moved mountains. As Jesus in the Gospel Luke (17:6) stated. "If your faith were the size of a mustard seed you could say to this mulberry tree, be uprooted and planted in the sea and it would obey you", You must really believe that God and you are partners working together for your success.

## **The Power of Decree and Authentic Prayer**

In addition, for Authentic Prayer to work we must be able to use God Spirit within us to command the negative energies that are attacking us to get out of our lives once and for all. The key to getting rid of this negative energy is an ancient form of prayer called the "Decree" and more recently labeled as the "Intention". Intention Circles have been started across the country based on the power of the "Decree". This is one of the most powerful healing forces you can use. The secret of the Intention is to have your thoughts and emotions aligned with a sense of Congruency. When we pray the word "perfect health" with feeling as a decree or intention, Miracles will occur. It may happen instantly, it may take an hour, it may take two weeks, but it will happen. This method is the key to effective healing prayer. It should be noted that to make prayer effective you must be able to stir up the kind of genuine, deep feeling, when stating the Intention to God..you must burn with it.

**Example of Authentic Prayer Meeting  
Bruno Groening Circle of Friends, New York**



# The Power of Bruno

## Who was Bruno Groening?

Bruno was born in Germany 1906 and died in 1959. He was married and had two children. He was raised in a strict Catholic family, where no church service could be missed. Bruno started his healing ministry as a young boy and continued until he was 53 years old. His work peaked in 1949, when 30,000 people gathered in a city near Munich, Germany and received a mass healing through the power of God. Today thousands of people have experienced help and healing through his teachings. These healings are being documented by a group of medical professionals called the Medical Scientific Group. You may read about these ongoing healings online under "Circle of Friends, Bruno Groening" on <http://www.bruno-groening.org/english/default.htm>

## What did Bruno Believe?

He was a Christian and believed that Jesus Christ was the son of God. Therefore he set the foundation of his healing ministry on two Christian laws....Love God above all else and love your neighbor as yourself. Like most Christian healers, he believed that he did not heal only God healed. His mission in life was to heal and reconnect people. Bruno would say his destiny was to build a bridge over the abyss between God and Man and re-establish the instinctual connection with the creator that was lost centuries ago. After his death, his techniques were used to start healing prayer circles across the world.

Although Bruno was Christian, he had a Buddhist connection with nature and animals. As a boy he retreated into the forest to connect with God. In nature he stated he, "experience God, in every shrub, in every tree, in every animal, even in the stones." He valued the life of all God's creatures and would never harm any animal. He asked, "Do we know what kind of souls animals have? Have you given life to an animal? No, therefore you have no right to take an animal's life." Like Saint Francis, it is documented that he helped heal all kinds of plants and animals with the divine life force.

Researchers have compared his healing techniques to that of an Indian Yogi. He talked about the power of breathing and working with a person's life force energy sometimes called Chi or prana. Like today's Energy Workers and Reiki Masters, he described himself as a transformer of Divine Energy. He took in the Divine Energy into himself, transmuted it so others could receive the energy in a softer and gentler manner. In addition, he never touched the patient, he simply transmuted the life force and then sent it to them. This healing energy could be sent across distances. He used pieces of tin foil to store and conduct energy indicating a knowledge of the electromagnetic properties of the body and certain metals.

## Bruno's Healing Method

Bruno believed in an all powerful healing energy that comes directly from God. The Spiritual Healing process is a means of re-charging our battery. By reconnecting with God, the life force will recharge our battery. Once the battery is recharged, the energy will start the healing and enlightenment process. This energy is natural and everyone has a supply of this energy within their body. It is only because we have become blocked and separated from our power source that our batteries have run low. The re-charging of our battery can push people beyond the normal range of conscious into the transpersonal and spiritual realms where body, mind and spirit not only heals but they experience enhanced spiritual perception.

Enhanced spiritual perception and spiritual healing can be developed and experienced by everyone. The spiritual senses exist in all of us. For most they lie dormant. There are things we can do to help us in developing the ability including the use of **Heavenly Assistance and Recovery Transmissions** (See Next Page) and the **Aura Bio-Energy Imaging** (See Aura Readings pg. 44) .



2006 Bruno Groening Conference New York using Spiritual Energy Downloading Tool designed by Bruno



***We have all had the experience of failing time after time in changing old habits. Then suddenly old habits lose their hold on us. What was so attractive suddenly becomes unattractive. This is a sign God has accepted our repentance. We have truly changed and we are now someone who is not even tempted to commit them.***  
**-Roger Fragen, Sufi**

## **The HART Method**

The purpose of **Heavenly Assistance and Recovery Transmissions (HART)** is to open up your receiving channels to allow spiritual and vortex energy to impact your mind, body and spirit. This allows healing and enlightenment to take place. The Aura Bio-Energy Imaging allows you to see for yourself the difference in your energy before and after experiencing HART. To download HART, all you need to do ... is tune in to the transmissions. The tuning in process is similar to entering a meditative state. You relax your body and clear your mind of all distracting thoughts. Bring your attention into your body and feel the energy moving. Focus on how your body is feeling, your whole body.

In the past meditation teachers have recommended a "Closed Meditation Posture" to their students. These teachers promoted the famous "Lotus Position" of Buddha. This posture has many benefits, however, its main purpose is to isolate the meditator from worldly relationships. Since the **HART Meditation System** embrace's life relationships, the most effective posture for downloading spiritual energy is an open position called the "Egyptian Posture".

In this position you sit comfortably in a chair with your back straight, both feet flat on the ground, arms and legs uncrossed and your hands resting, palms upward, on your thighs. This posture allows your energy to flow freely throughout your body and aura. It allows you to remain open to life, grounded in your body, and in the present moment. Breathing gently, smoothly and deeply into your belly during this meditation will increase the spiritual energy's benefit and effectiveness. The **HART Process** can be summed up in the acronym of GRACE. The GRACE stands for Ground, Release, Allow, Converse and Experience.

**GROUNDING:** The first step in the HART process is to establish a "**World Link**". You create this link by : 1) doing breath work, 2) running cosmic and earth energy through your body circuits, and 3) performing visualization and verbal intentions. The "World Link" is a powerful connection in which an individual becomes a communication link between earth vortex energy and celestial spiritual energy.

**RELEASE:** The second step in the HART process is to **release** your illness. Many times when we are sick, we become focused on the illness. The illness becomes part of us and we let it define us as a person. During this step we detach from this illness. We declare that we no longer choose to be sick or ill. The illness no longer serves us and we let it go. Your thinking should be: **There is abundance everywhere and I let it manifest in my life. I have a magnificent health body in perfect order, where every cell is of a perfect pattern and I am whole and complete.** This is every hard for some people to do. They have a hard time in letting go of their illness or other problems as they have served them in some way. If energy follows thought and we create our own reality, than you must ask yourself why you created this illness or other problems in your life. You must be willing to set yourself free from the disease and all other problems

**ALLOW:** The third step in HART is to **allow** God to move through you and heal your body. We are constantly trying to stay in control. We want to be the one to heal. We want to be in charge of the healing process. The art of **Allowing** is basically ... letting go and letting God. You must have a lot of trust to hand over your sickness to God. You must really believe that God wants and can heal you. You have only to intend for it to be so.

**CONVERSING:** The fourth step in HART is to be open to **Converse with God and your Spiritual Guides**. You must remove any blocks or doubts from your mind or body that would limit the flow of loving healing energies from God. Send out your "Intention" to be healed in thought, word and feeling. Have a conversation with God.

**EXPERIENCE:** Lastly, the fifth step in the HART process is about **Experiencing** the Healing. You must be aware of what is going on inside your body. Feel the healing energies enter and spread throughout your entire body. It may be felt as a tingling or a warming sensation. Healing or health is not just a state of being, but rather an experience.



# HART Prepares You for 2012 Ascension



" When you make the two into one, and when you make the inner like the outer and the outer like the inner, and the upper like the lower, and when you make male and female into a single one, so that the male will not be male nor the female be female, when you make eyes in place of an eye, a hand in place of a hand, a foot in place of a foot, an image in place of an image, then you will enter [the kingdom]."

*Jesus Verse 22. Gospel of Thomas*

The HART process was designed to address many of the mental, emotional and physical problems resulting from the Ascension process started in 1987. The following pages discuss the Ascension Process and how it applies to HART.

## Harmonic Convergence

1987 was a momentous year that marked the beginning of humanity's ascension, rebirth and shift into the Fourth Dimension. 1987's Harmonic Convergence also marked the beginning of our sun's direct alignment with the center of our Milky Way Galaxy. This very rare cosmic event has been exposing our whole solar system to intense rounds of "torsion wave" energy. Many believe this newly discovered energy source emanating from Galactic Center is activating our DNA and setting in motion The Great Shift long prophesied by many indigenous traditions, including the Mayan, Incan, Hopi and Vedic.

Mayan timekeepers records indicate that 2012 marks the close of several large cycles of time: a 26,000 year Mayan Calendar cycle, a 78,000 year Earth cycle, a 26 million year Earth cycle and the 225 million Galactic Year. The simultaneous close of these cycles in 2012 is like the odometer turning over for the entire history of our galaxy, and perhaps the whole cosmos. It is a moment when humanity, Planet Earth, the Milky Way Galaxy and perhaps all of creation is expected to take a simultaneous leap in evolution.

Believers of this prophecy maintain that the Harmonic Convergence ushered in a five-year period of Earth's "cleansing", where many of the planet's "false structures of separation" would collapse. The subsequent events of the late 1980s and early 1990s, including the breakup of the Soviet Union, the reunification of West and East Germany, and the ending of apartheid in South Africa could be deemed by adherents as evidence of the named cleansing. Some people believe that these signs indicated a major energy shift was coming and there would be a turning point in the global perspective of man from one of conflict to one of co-operation.

The planetary shift is called **Light Ascension**, or just **Ascension**. Our individual spiritual evolution, including the soul shifting, is also called Ascension. Our soul's vibration rate is ascending (increasing). Currently we reside in the physical three dimensional bodies. Lightbodies are a new way of existence that some of us will be starting to develop soon – if not already. The Lightbody composed of sound, light, color and geometries. It holds the template for us to return to our true nature as beings of Light. We normally look something like the glowing white ETs in the movie "Cocoon".

During our life on earth the Lightbody is normally dormant. We feel disconnected from Spirit/God/All That Is. The Ascension process requires us to reactivate the Lightbody so we can fully reconnect to Spirit/God/All That Is. This involves clearing all the energetic structures, and programming. Lightbody Integration work is the means for us to return to our true nature which is Love.

**"Believe nothing, no matter where you read it, or who said it, no matter if I have said it, unless it agrees with your own reason and your own common sense."** Buddha

## **THE LIGHTBODY: Bring Forth the Holy Spirit**



**HART** is a means of downloading Spiritual and Vortex Energy to feed our **Lightbody**. We like to think of the **Lightbody** as the Holy Spirit. For example, in the 13th century mystic Meister Eckhart made the point that the Holy Spirit isn't so much **descending** on us as **coming forth** from within us and through us.

When we talk about this divine energy—whatever name we give it - we should understand that it is coming from **within us**, because we are the energy of God. The early Christian mystics believed that each of us is a spark of God, or what they termed the **Holy Monad**. In the 21st. Century we call this spark of God, our **Lightbody**.

***We activate the Lightbody to assist in what the Christian sacred literature calls the "Rapture"***

***and today we call it "Ascension".***

Ascension is the shifting of our consciousness and physical body into a higher dimension. Unlike so-called "death," in which our physical body stays here while our consciousness moves to a higher plane, in Ascension our physical body goes with us. The catch is this -- it must be transformed into a **"body of light"** in order to make the trip!

The Lightbody is sometimes referred to as "the Vehicle of Ascension" for that very reason. It connects you to your encoded data that assist manifesting your soul purpose. The Lightbody is our Vehicle of Ascension that transports us into the higher dimensional system of new spiritual energy. Referred to as the Merkaba, the Light Body is a gridwork of Light and Sacred Geometry that electromagnetically links your lower self, higher self and the Universe. As you activate the Holy Spirit and build this **"Light Vehicle"**, your cellular structure and body undergoes mutation. Your latent DNA coding turns on resulting in the releasing of old emotional and mental blocks.

To paraphrase the commercial **"You can't go Home without it"**. **HART** helps you to develop your ability to be in your Lightbody, understand your soul purpose, develop your ESP, connect to other spiritual seekers, and download the necessary information to lead you home and more. Every time you do HART you take your Lightbody up maybe a 1/2 level (*See Lightbody Meter*) or even one level or maybe you jump up two or three levels. How many times do I need to download with HART? It just depends on where you are on the PATH or your Soul Purpose. *Note: Everyone started accelerating their ascension process in 1987 during the Harmonic Convergence which opened a critical window of opportunity in the space-time matrix of the universe to initiate the ascension program.*

### **THE LIGHTBODY IN SACRED TRADITIONS**

In Tibetan Buddhism, it is called "the light body"

In Kriya Yoga, it is called "the divine body of bliss"

In Judeo-Christian tradition, it is called "the resurrection body" and the "glorified body"

In Sufism, it is called the "most sacred body" and "supracelestial body"

In Taoism, it is called "the diamond body" and those who have attained it are called "the immortals"

In the Alchemical tradition, the Emerald Tablet calls it "the Glory of the Whole Universe"

In the Hermetic Corpus, it is called "the immortal body"

In some mystery schools, it is called "the solar body"

In Ancient Egypt, it was called "the luminous body" (akh)



*"It is better to travel well than to arrive" - Buddha*

# THE LIGHTBODY METER

WHERE YOU ARE ON THE ASCENSION PATH

*The 12 step program for Ascension from the Writings of ZaKaiRan AatKa'Nui SheeHan*

**First Level Lightbody:** An inner voice can be heard saying, "It's time to go home." You feel "Now is the time". At the same time, the body says, "Time to change, lighten up, get rid of the heavy density". Most people have the flu and release old traumas, toxins and stored emotions from the physical body. In March 1988 a majority of lightworkers were activated to the first level lightbody.

**Second Level Lightbody:** You may feel a little disoriented, a little tired and still experience flu symptoms. You begin to have a feeling that there is something called spirit in your life and that you are connected to your soul. You start seriously asking the question "Who am I, and why am I here". Physical change happens very rapidly and you experience lots of fatigue as your body mutates and needs the rest to catch up.

**Third Level Lightbody:** Your physical senses are becoming stronger. You may grow intolerant of loud noises, strong chemical smells etc. You may become aware of anything that is not natural and organic. You will probably become determined to have natural things around you. Your eating habits are changing, you want to exercise more, you want to get outside with nature more. If you're not a vegetarian yet, you may become one. Clothes maybe distracting and you may want to run around naked. You may think of leaving the city and moving to a smaller town or into the country. Your sexual drive may increase. You will want to make love a lot and to improve sexual relations. Your cells are beginning to absorb the light directly. A two-way conversation between your physical body and spirit has begun.

**Fourth Level Lightbody:** This is the mental stage. The chemistry and electromagnetic energy of your brain is beginning to change. You may be experiencing headaches, chest pains, eye problems, blurry vision or difficulty hearing. The hemispheres of your brain begin to light up electrically across both hemispheres at the same time. You feel the electrical energy running across your scalp or down your spine. There are flashes of clairvoyance and a sense of being connected to all things. Chest pains are something you may experience throughout the lightbody process because the heart chakra begins to open at deeper and deeper level. Personal identity changes to include the possibility of being a spirit having a human experience rather than a human having a spiritual experience. You start connecting with like minded people, considering past lives and other spiritual alternatives. You may question your direction in life, career choices, relationships. You may be drawn to reading spiritual books or want to take spiritual courses.

**Fifth Level Lightbody:** The mind is now surrendering to the spirit. You now believe you are more than what you thought you were. You sense that your thoughts and feelings may not be your own and that they are not you. You begin to question everything you do and realize there are somethings you wish to change. At this point you give up all past religions, beliefs and completely adopt new ways of perceiving reality. You may vacillate between the "the old" and "the new". You may feel between two worlds. Your ESP or Intuition is getting better. You remember more of your dreams, sense things are going to happen more frequently. What you think manifests more quickly.

**Sixth Level Lightbody:** You are becoming an active participant in the awakening process. Your spirit will direct you to your spiritual family, teachers and guides. Spirit will start directing books and workshops your way to accelerate your awakening process. You will become more enlightened on "what is reality" and realize that nothing is real and that all of this is a creation for our experience. You now realize time does not exist, you start to perceive multidimensionally and come to understand that you are here and elsewhere simultaneously. You start to have friends who live multidimensionally.

This is an important stage... you cannot return to what or who you were. This is where you realize you are a member of the transition team, sent here to co-create heaven on earth. You begin to realize the vastness of the task on hand. You may feel the job is way to big, for someone like you. This is where things may get difficult. This is the stage were you take your power back. You start actively imagining pictures of a new reality for yourself and humanity. You come to understand that this a planetary mission. Many people choose to drop out at this point. They cannot handle the increased levels of light and energy. If they stay, this is when things start to rock and roll. You move away from everything you have previously known. You may leave friends because they can't keep up. Friends may reject you because your acting so weird. At this stage people change their relationships, jobs, marriages etc.- you may feel very alone. You are now frequently using telepathy and you are actively communicating with your spirit guides, councils, (Conti. next Page)

angels, etc. About 1/3 of the light body structure is now lit up in the new blueprint. You may feel lighter, your eyes will be brighter and people will notice your more intense level of energy. After some time you start grooving out on the divinity in all beings, the wonders of the universe and the excitement of the whole divine plan of action. You begin to actively participate with other masters on this level and on the astro in the Ascension process, you start to co-create heaven on earth.

**Seventh Level Lightbody:** This is the level of feeling and emotion. Your heart chakra is opening to a more passionate emotional state. You begin to experience the now, the energies of synchronization and of being fully present with spirit. You become more spontaneous, just doing things because they occur to you. This is the time to balance the mental with the emotional. All areas where you feel unloved will come to the surface and you will have to deal with these issues. This will be a time of intense emotion. You may feel things very deeply, begin to cry. When you get angry, you will lose it. When you're happy, you will laugh and roll on the floor. You will be emotionally spontaneous, not caring who sees your heart. You will start redefining relationships and will stop some relationships that no longer serve you. All emotional karmic contracts are now cancelled. You now look at whether spirit is guiding you to be with that person for the planetary awakening. If so you stay, if not you go. You may appear to be cold to others because you are less emotionally dependent and now value your personal space. Meditation becomes easier because you're out of your head and into your heart. You are feeling about things ... not thinking about things. You can now handle any level of energy that is downloaded without burning out.

**Eighth Level Lightbody:** Your pineal gland is growing, it feels as though someone has their finger between your eyebrows and is pushing against it. Your pituitary and pineal glands are starting to grow and change shape. You may feel pressure at the back of your head as the pituitary gland expands or you may experience cranial expansion. Your 8th, 9th and 10th chakras have opened up. You can decode more messages from your guides. Obligations to anything but the divine plan are dropped. You communicate with people on a spiritual level. You no longer connect with anyone on a psychic co-dependent level. You are no longer searching—but just know. There is no doubt that you are awesome and immortal.

**Ninth Level Lightbody:** This is when your body starts changing. You may get taller or thinner. You know you exist on other dimensional levels. You care less and less what anyone thinks of you personally. You now live the cosmic self. This is one of the most difficult levels as you must completely surrender to the spirit and your mission in the divine plan. You realize that everything in your life has been directed to this point in time. Free will is put into its proper place—*Deny spirit or Follow spirit*. You now radiate the force of light that influences every person that comes in contact with you. In the past you felt all you wanted to do was ascend—"I want to go home". Now you realize you have chosen to stay and are co-creating your home. You are part of the TEAM that will assist in the transformation. In fact you have become resolved to complete your mission, no matter what the cost. You work in the Christ level of consciousness with compassion and forgiveness.. You will vacillated between being a cosmic master of divine love, trust and compassion ... to realizing you are a stupid human with ego, greed and weaknesses. You realize that even though you are an immortal you are operating within the limitations of a human body and human existence.

**Tenth Level Lightbody:** The last three levels of the Light body are "spiritual levels". All your chakras start operating as one unified field of light and you are online with the Christ Oversoul at every level. You can transport yourself via teleportation, manifest anything etc. Your Merkaba is fully activated, all three strands of DNA are activated, you link up with your personal Avatars, councils, brotherhoods or ascended masters to coordinate changes in the new frequencies that are being channeled into the earth.

**Eleventh Level Lightbody:** You have built your merkaba and it is fully activated. You may decide to stay in the light body and ascend with the planet, ascend ahead of the planet or go to pure energy form. Or you may decide to stay and further assist others and with their ascension. All these decisions are outlined by many Masters still on earth.

**Twelfth Level Lightbody:** This is the final Lightbody activation. You understand and are not "doing" but "being" the divine plan for the planet Earth. You have hooked up with your Soul family, creating Group merkabahs, Light Center, Light Communities, Light Cities. Creating real communal governments, redistribute wealth, food and resources. You now act without hesitation. You know the plan. You will be affiliated with new groups such as councils, governments and families that have come into being for Earth's final ascension. You are gathering into a different type of community for living. You are doing new rituals and ceremonies to awaken and connect to the spirit. A new world is emerging, where we will live in our spirit, living fully in the present, we are in the world, not of the world. At the 12th level all parallel realities and dimensions converge, everybody is in their lightbody, heaven on earth is in full swing. At the 12th level we are all avatars and we have completed the 12 step program.



# WHAT IS OUR LIFE PURPOSE

Every individual has a life purpose. This is the mission that you agreed to prior to your incarnation. There are 2 parts to your purpose: a personal one and a global one. Your personal purpose involves a specific issue or characteristic you need to develop in this life time, such as compassion. Your global purpose involves developing your abilities to help other people and the planet.



**The Contract :** Before you were born, you signed a contract. This contract is your karmic contract outlining exactly what type of work you would undertake during your incarnation, what help you would receive and what activities you would engage in. In general, you agree to raise your vibrational level during each lifetime. In theory you come in at a certain vibrational level when you are born. During a lifetime your ideas, concepts, thoughts and of course actions should increase these vibrations to the higher frequency of 'Love' .

All the help you get with your Life Purpose begins with the Contract. The choice of your parents, DNA, planetary alignment, is all part of the Contract. This Contract is made between you and Spiritual Guide Team (SGT). Your SGT consist of 5 to 20 souls and/or ascended masters who have some sort of connection to you. They have been related to you in previous lives, you have worked with them on the astral plane or in the temple. They assist in manifesting situations that provide you with the opportunities you need to transmute a particular type of negative energy into positive energy. Many of our key relationships in life have been what we call karmic set ups. In many relationships we come together to clear karma or negative energy. Once these setups are no longer necessary, the relationship breaks up. (conti . on next page)



## CAN A CHRISTIAN BELIEVE IN PAST LIVES?

Yes, in fact the origins of Christianity supported reincarnation. Nowhere in the Bible is reincarnation repudiated. This concept was generally accepted at the time of Jesus and his followers. Jesus himself speaks of John the Baptist as the return of Elias (Matthew 11:14 and 17:11, Mark 9:11-13). In the following passage, Jesus clearly identifies John the Baptist as the reincarnation of Elijah the prophet. Later in Matthew's gospel Jesus reiterates it.

And the disciples asked him, saying, "Why then do the scribes say that Elijah must come first?" But he answered them and said, "Elijah indeed is to come and will restore all things. But I say to you that *Elijah has come already*, and they did not know him, but did to him whatever they wished. So also shall the Son of Man suffer at their hand." Then the disciples understood that *he had spoken of John the Baptist.*" (Matt. 17:10-13)

To understand how the concept of reincarnation lost favor in Christian tradition, we must look to the development of the Roman Catholic Church and its doctrines. The first 300 years after Jesus' death, there were many variations of Christian doctrine as the new religion spread throughout the Roman Empire. Some factions believed in reincarnation, some did not. All of the factions were in conflict. In an attempt to consolidate his crumbling Roman Empire, the Emperor Constantine in 325 A.D. offered his official support to Christians if they would settle their differences and establish a unified set of beliefs. The resulting Council of Nicaea put together the foundation of the Roman Catholic Church and established a new doctrine, from which reincarnation was omitted. Christians were instructed to drop any belief that was not covered in the new doctrine.

However, the belief in reincarnation did not disappear easily, and in fact persisted for centuries afterwards. During the early 13<sup>th</sup> century, the Pope launched a crusade against the Cathars, a Reincarnationist Christian sect in Italy and Southern France, and wiped them out completely. The next blow to the Doctrine of Reincarnation was during the Spanish Inquisition. At this time, there was a fatal intolerance for any deviance from strict church doctrine. This was the final blow in forcing Christians to give up their belief in reincarnation – at least publicly.

Why did the early church care if Christians believed in Reincarnation? Reincarnation undermined the authority and power of the developing church. A believer in reincarnation assumes greater personal responsibility for his own spiritual evolution, relying less on the influence and control of priests, confessionals, and rituals to ward off eternal damnation. None of these trappings of the church were part of Jesus' original teachings, they were added by the men who shaped the original movement .

Early Christianity was subject to the same pitfalls many grass-roots movements face when their original leaders are gone. Of necessity, the followers begin to establish a structure and organization to carry on what was given to them. In the process, some valuable elements can be lost and even replaced by dogma that has more to do with practical concerns (like church finances) than spiritual ideals. Reincarnation has never been in conflict with the tenets of Christ's teachings, merely in conflict with the control wielded by the church.

**We are what we think.  
All that we are arises with our thoughts.  
With our thoughts, we make the world.  
- Buddha**



**Personal Purpose: Cosmic Janitor :** In general we are cosmic janitors, working to clean up all the negative energy that we created during past lives. The process is simple. We take the negative energy stored in our bodies and clear it. This process transmutes the negative energy into positive energy.

**GLOBAL Purpose:** The second reason you are here on this earth at this time is because you have contracted to participate in the spiritual work necessary for **Ascension**. The Mayans first came to identify the Ascension as the seventh creation, the Christians call it the second coming, and the eastern religion identifies it as nirvana. Ascension in universal terms is focused on the planet, solar system and all things in the universe and other galaxies hitting cosmic Christ consciousness. Some call this: The creation of heaven on earth, Emergence of Shamballa, the return to the Godhead or bring the physical world back to the spirit world. We do this by raising our vibrational level to positive love energy.

### **DIFFERENCE BETWEEN AWAKENING AND ASCENSION:**

Many people confuse "Ascension" with "Awakening". It is hard to distinguish these two because they go together. When you begin the process of awakening, you also begin the process of ascension. Likewise when you start the process of ascension, you also begin to wake up. The two go together, however they are different. So what's the difference? Michael Sharp ([www.michaelsharp.org](http://www.michaelsharp.org)) defines these two process as:

**Awakening** is the process of returning to full consciousness of your spiritual self. When you awaken, your mind expands to allow more spiritual knowledge to be taken in. When you awaken, your body clears negative emotions and fear stored from past lives. During this stage your body and mind becomes "purified" of fear and negativity. As this happens, your "view" of things changes dramatically.

Awakening is very easy to do. How long will it take? This depends entirely on you and your comfort level with the higher consciousness. Everyone's process of awakening is slightly different. The awakening process can be halted at any time, usually as the result of disorientation, fear, and/or lack of understanding. Awakening can also be accelerated through intent. Simply say "I wish to awaken as fast as possible" and your process will accelerate. You can also ask for help with the process by simply asking your guides, your angels, the universe, or God for assistance

**So, what is Ascension?** There is only one symptom of Ascension: an increase in your ability to manifest in the world. You are the creator of your world. You become aware that there is a direct correspondence between what is in your consciousness and what you find in the world. **You realize energy follows thought or as above in consciousness, so below in matter**. When you are cut off from our full spiritual power, you can't manifest or create at full efficiency. So, "things" happened in your life at a relatively slow pace. However now, as the planet ascends (and as you ascend along with it), the rate you manifest will change. You will have a more direct influence over the physical world. You become more powerful and as that happens, "things" start occurring at a faster rate around you.

## WHAT KIND OF THINGS HAPPEN DURING ASCENSION ?

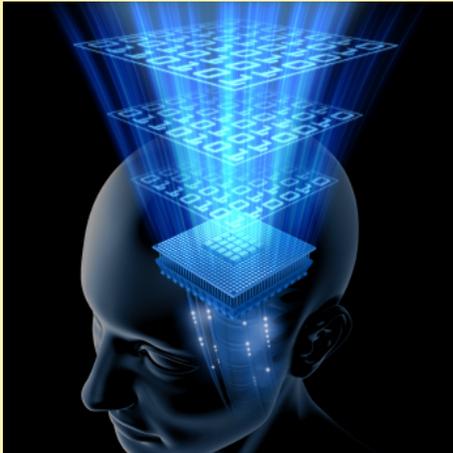
This depends on the state of your consciousness. If your consciousness is focused on fear, you'll find these fears manifesting around you faster and faster. If your consciousness is all dark and confused, you'll find the world becoming more confusing all the time. If your consciousness is full of hatred and spite, you'll find yourself hurting others more often and with greater force. This is just the beginning. As the ascension proceeds, as "the shift" happens, manifestation will continue to accelerate. Very soon creating in this world will be very easy and quick. It won't take much effort at all. The most important ascension symptom is our Co-Creation Power.



At this time you will feel an acceleration of time. If you're on the negative side you will feel a sense of chaos in your life or the life of those around you. It is important to get control of your consciousness and this involves not only purging any negative emotions, fear, or heavy heart blackness that you might be carrying around deep inside you, but also getting rid of any erroneous notions you have about life and the universe. These notions can influence how you manifest your world. If you believe God is vengeful and judgmental, or that your government is out to get you under this new ascending energy, you just might manifest these very conditions. And if you ask me, you really want to avoid that. With a few million people thinking the same way, it could get very nasty .

## HART CAN CHANGE HUMANITY :

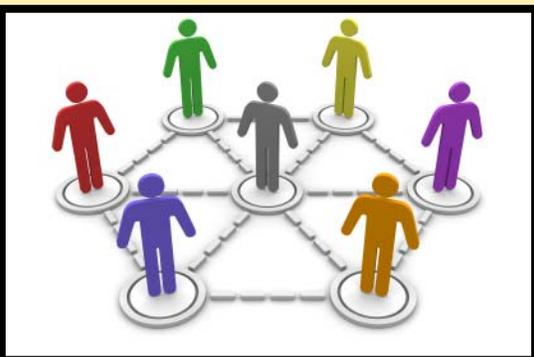
One of the aspects of HART which excites me the most is the reprogramming we will launch for humanity as a whole. All those who actively take part in the process of reprogramming their consciousness will directly contribute to the evolution of the human race. In fact, by virtue of the **Hundredth Monkey Principle**, each time someone reprograms a section of his or her consciousness, this process benefits all of humanity.



The Hundredth Monkey Theory came from scientist observing a colony of monkeys that lived on an island in Japan. In 1952, on the island of Koshima, scientists provided monkeys with sweet potatoes dropped in sand. One day an adult female (just like Eve?) discovered she could eat the potatoes without sand covering them, by simply washing them off in water. This female showed her new trick to her close friends and family, who in turn showed it to their acquaintances. Gradually, the whole colony had learned the "potatoes washing technique". And then a strange phenomenon occurred. Let us say 99 monkeys had learned this technique. Once the 100th monkey learned how to wash potatoes, all the rest of the monkeys on the island suddenly knew how to do it ...**in an instant. They did not learn the technique. They just knew it.**

Scientists were surprised to see monkeys from other colonies, living far away on other islands, with no contact to this first colony of monkeys, were washing their potatoes. The theory of the "**Hundredth Monkey**" was formulated to try to explain this behavior. We can summarize this theory in the following way: as soon as something new has been developed and integrated by the critical mass of subjects, this knowledge becomes accessible to the race as a whole. In other words, each time a small part of the big picture is understood, it becomes available to the rest of the community, and there is no further need of pioneering work to access it. The Hundredth Monkey theory has been used to explain why important discoveries happen simultaneously in two separate areas without any contact between inventors.

## YOU CAN CHANGE THE WORLD :



For us, the principle of the Hundredth Monkey means that anyone working on raising his/her consciousness and releasing negative programming adds to the critical mass that will allow humanity as a whole to finally hit ascension. Whenever people reprogram their consciousness, they automatically transmit the knowledge of this potential to others. Each time one of us examines a section of our own consciousness, ask appropriate questions, lets go of negative programming, the results of this work becomes available to the entire community. Only a few have to go through the entire process. This is how one person's work can move things forward for humanity and this potential lies within us here and now.

*Do ye still not know and ye ignorant? Know ye not and do not understand that ye are all Angels, All Archangels, Gods and Lords, all rulers, all the great Invisibles, all those of the Midst, those of every region of them that are on the Right, all the Great Ones of the emanations of the Light with all their glory..."*  
*Jesus, Pistis Sophia Treatise of the Gnostics*

**So my advice to you?** Start clearing out your heart and head. Now is the time for you to create your own vision of the world and make it happen. ***HART is specifically designed to empower you. To those chosen few, who would like to take this process to the max... sessions will help you with the transition through ascension, awakening, and into the higher spiritual vibration.***

### **SOME INTERESTING NOTES ON ASCENSION**



**Dolphin Energy Transmissions** are of valuable assistance in helping you to align with new frequencies. There has been a "Calling of the Dolphins and Whales" to come and participate in the uplifting of human consciousness. The Cetaceans are assisting us in this process, sort of like midwives, and the energy grid alignments at South Padre Island and Galveston in Texas are supporting this process. The Cetaceans help us recognize what it's like to use more than the puny 7-10% of our brains. They use upwards to 80-99% of theirs without wasting precious brain cells on intellectualizing and rationalizing linear concepts. They are nonlinear thinkers and foster multidimensional awareness. Just by being in proximity of their domain, the Ocean, our own limited and muted

sensory apparatus increases its vibrational level. We begin to "in tune" with the Dolphins on a cellular level. In other words, our bodies pick up on their sonic atmospheres and we respond on an unconscious level. This process in and of itself helps us to raise our normal level of conscious awareness. Just living in South Texas affords us the rare opportunity of constantly basking in these higher vibrations. That alone is worth the price of admission on a Dolphin Watch Boat ride off the coast of South Padre Island !

### **Are there any crystals which will help me prepare for 2012?**

Some crystals have been provided and energised for the 2012 higher energy. There are FIVE which will help you to prepare of 2012. If you can carry them with you at all times, they will subtly work on your chakras:



Calcite (any colour) which will help to open your Stellar Gateway chakra.



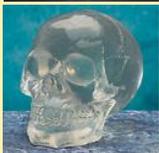
Hematite, which will help bring the divine energies into your blood stream, so that it spreads through you. (See Spirit Guide Communication Rings pg. 54 for more



Selenite which will work with your Soul Star.



Kyanite, which will help to re-align your mind and brain for the higher energy



Ascension crystal skulls serve as a tool to raise human consciousness and perfect the mind in preparation for ascension.

### **Photo belt**

The photon belt is a belief, largely linked to the 2012 movement, that a belt or ring of photons is going to fully envelop the Earth in 2012. This interaction might cause massive failure of electrical equipment with 2-3 days of total darkness or total daylight, and/or initiate a spiritual transition (usually referred to as "a shift in consciousness", with the time period leading up to the shift as "the quickening or awakening"; it has also been referred to as "zero point" and ties in to various prophecies, the Mayan calendar, extraterrestrial life, 2012 millenarianism, etc.). The core of the photon belt beliefs is that an immense belt of photons exists, and orbits around the Pleiades, a star cluster some 440 light years away from Earth, composed of some 500 stars. According to some 2012 beliefs, Earth will pass through this belt, resulting in either Humanity's evolution to a higher plane of existence or the end of the world, or both. Some Authors write that it represents a temporary window for spiritual transition during which time humans can reach a higher point of existence.



# Connecting with the Earth Vortex in the Rio Grande Valley

Ever wonder why they call the Rio Grande Valley “the Magic Valley “. One reason could be that the Valley is located directly on several powerful earth energy vortices (See vortex maps). These vortices generate a large amount of high frequency “Magical” energy. HART was designed to tap into the Rio Grande Valley Energy Vortices that are fueled by:

- **7th Earth Chakra for Inner Balance and Androgyny.**
- **Planetary Grid Line that draws energy from the Bermuda Triangle**
- **Head of the Dove**
- 

## Planetary Grid & South Texas

### What is the Planetary GRID:

There are many types of energy fields within the earth. These energy fields are sometimes referred to as the "**Grid**". Lynn McTaggart in her book, "*The Field*" provides a scientific explanation of the "Grid". She explains the Grid as:

*"a subatomic field of unimaginable large quantum energy", in space that "connects everything in the universe to everything else, like some vast invisible web and we ourselves are part of this vast dynamic cobweb of energy exchange."*

The Planetary Grid is the energetic lattice that covers our planet. The grid reflects and amplifies our ascending levels of consciousness. Visualize the grid as a geodesic sphere, of pentagons and triangles, sparkling as a faceted, brilliant diamond. The concept of planetary grids is not a new one. Plato theorized the concept as did the ancient Egyptians, Mayans and Hopi Indians. In a sense, the grid is a template, the 'Windows' program', that allows all life to accelerate in the graduated light format that is called the ascension. The Grid, is 'Windows 2012', and indeed, it is quite necessary for our ascension. The Rio Grande Valley is located in the portion of the grid activated by the Bermuda Triangle. Brownsville is located directly on a ley line stemming from the Bermuda Triangle thereby giving it an extra boost of energy in relation to other areas in the Triangle.

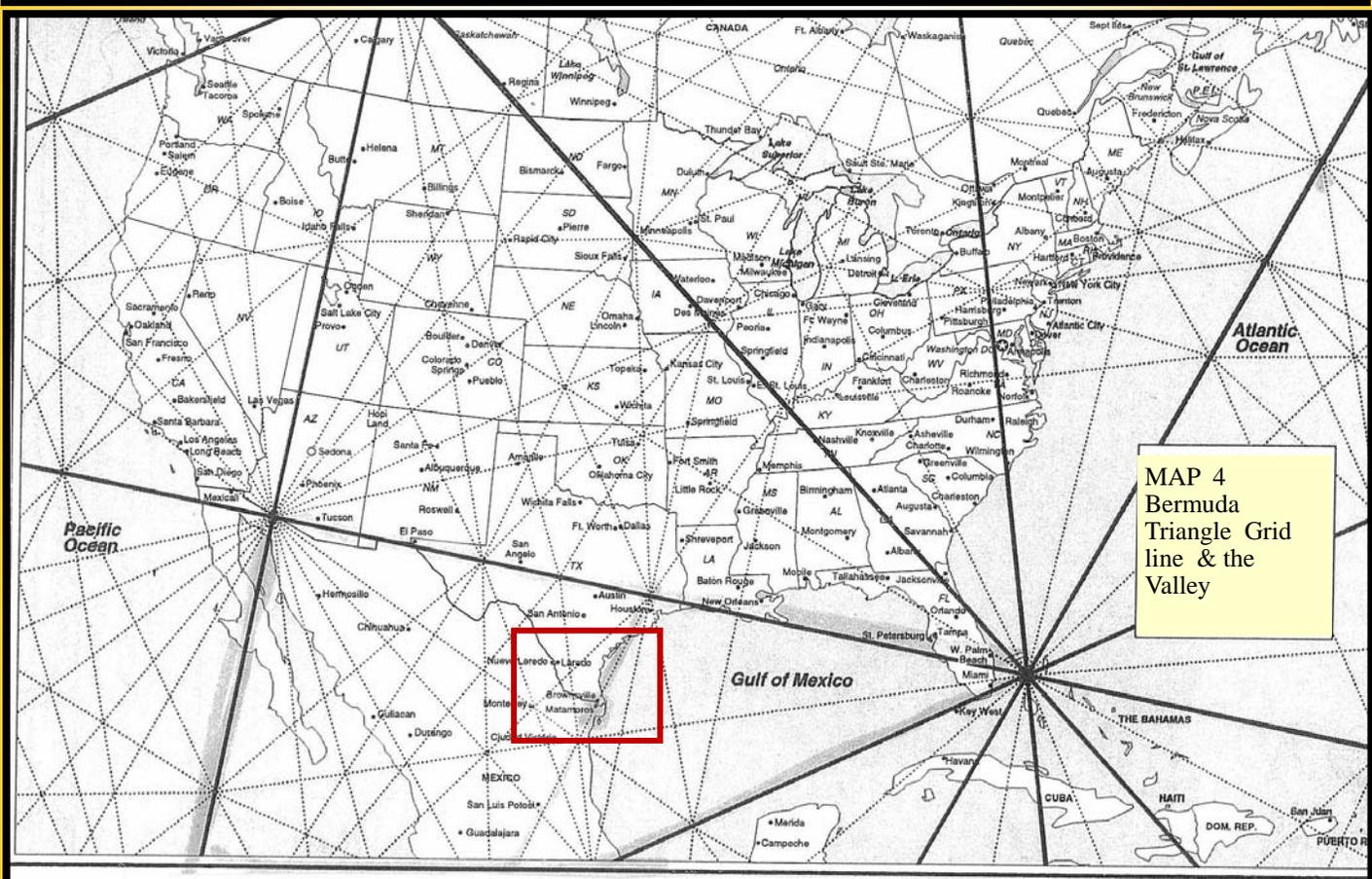
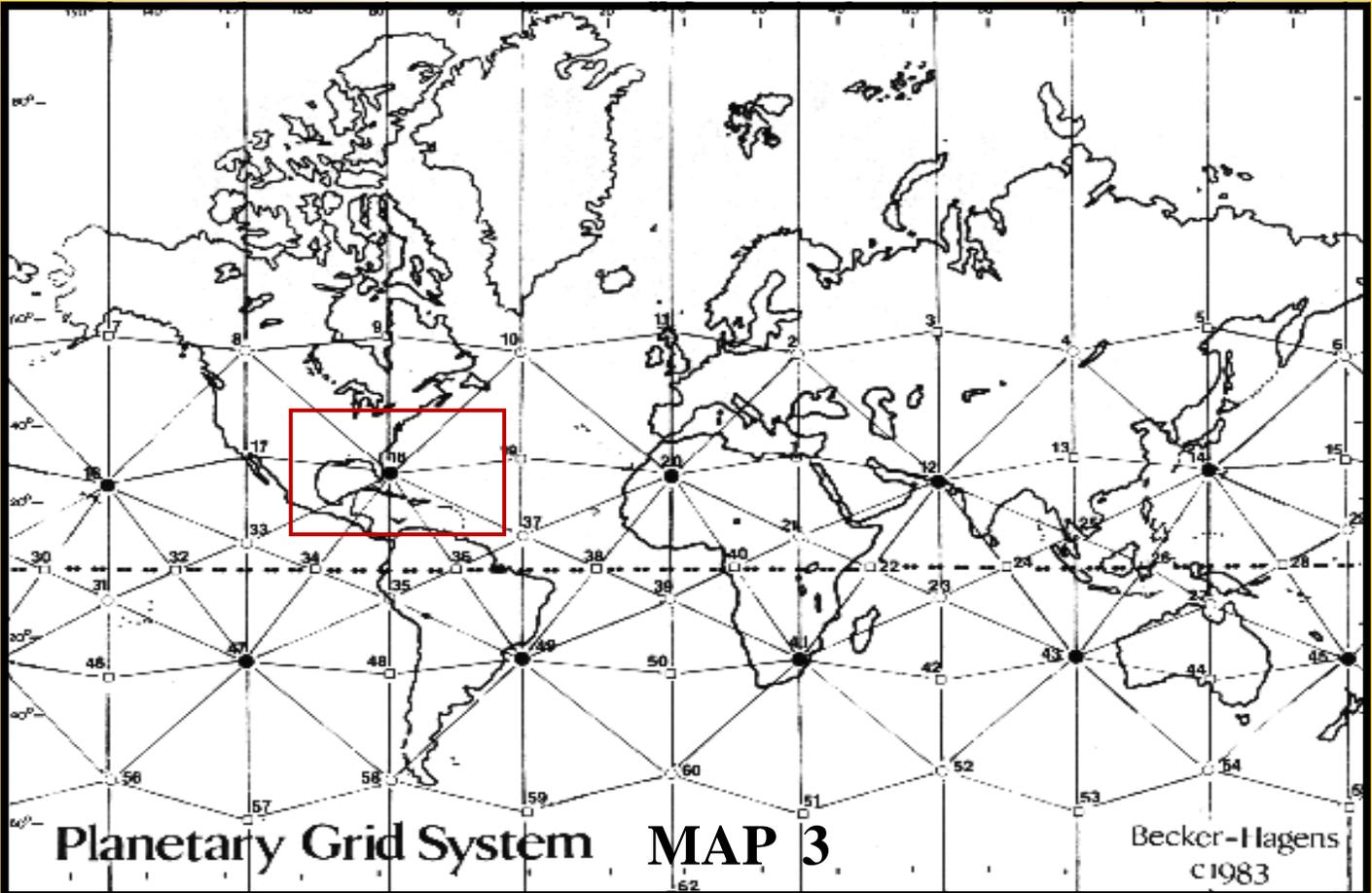
### Power Spots on the Grid

The Grid is a bit like the Force in Star Wars. There are certain energy power spots located on the Grid. These energy spots are sites where the earth releases an extra energy boost. These power spots are located within natural geological features such as rivers, valleys, and mountains. In the Valley, geographic areas located next to the Rio Grande River or a Resaca have an extra boost of this energy. This is why we get an extra concentration of Vortex energy at our Retreat Center located on a Resaca in Bayview and the Healing Center in Brownsville, just blocks from the Rio Grande River. Both of these sites are places where the energies of the spiritual realm are entering the physical. You can actually feel the difference in the level of energy generated at these two Rio Grande Valley locations. The sensations range from tingling in fingers, spine, or back of the neck to a sense of peace to an unidentifiable strange feeling. When we "tune" in to the energy of the Vortex, our mind and body are able to learn of Spirit directly from Spirit.

At Brownsville, you lose a sense of time and several hours appear as only a few minutes. Everyone who visits the Brownsville Healing Center notices the change of energy as they walk in off the street. You have the feeling of being at a "crossroads", an "in-between place". At the Downtown Brownsville location the effects of the vortex has been well documented over the years. (*See Article of Energy Vortex in Downtown Brownsville pg. 19 documenting an image of Christ appeared in the Healing Center building and an image of the Virgin Mary formed on a tree several blocks away*).

At the Retreat Center there is a different energy. The Los Fresnos- Bayview area of the Valley has long been known for its 'Fairy, Deva and Nature Spirit Energy'. When you enter the Retreat Center you are aware that you have entered a magical place of nature spirits or a different dimension. You can feel the presence and often see the "Other Kind". Those who are on the spiritual path find the energy soothing, relaxing and stay for hours on end... just soaking up the energy waves. Group meditations and visualizations done within the circle can affect our planetary destiny.

# Planetary Grid Maps & South Texas



## Vortex Energy In Downtown Brownsville: Second Holy Vision to Appear on St. Charles Street



Top Picture: Church of the Divine Spirit Chapel before the appearance of Jesus's face

Below: Church of the Divine Spirit Chapel with the Image of Jesus, April 28, Sat. 2007

After the Church of the Divine Spirit was incorporated in January, 2007, the Elders of the Church struggled with the decision on how to keep the church a float financially. Although we had a steady stream of visitors that received spiritual healing ... the donations did not cover the operating expenses.

**On April 28, Saturday 2007, we prayed and asked for a sign on whether to close our Spiritual Healing Services.**

On Sunday April 29, of 2007 while Archbishop Thomas A. Andrews was saying Mass at the Church of the Divine Spirit, behind him on the high altar formed an image of Our Lord, Jesus Christ. It had not been there before and Mr. Robert Martinez saw it form as the Archbishop delivered his sermon. The local television stations and newspapers covered the event.

Over the next two months many people visited the church and viewed the apparition. We decided that this was a sign from God, and we should keep the Spiritual Healing services open. The Altar was moved to the Christian Church in Los Fresnos were Archbishop Andrews is planning on building a Special Chapel to house the Altar.

**Another Miracle on St. Charles:**  
**This is the second Holy Vision that has appeared on St. Charles Street in Brownsville. Just several blocks away from the Church, in the 1990's an image of the Virgin Mary was discerned on the bark of a Cottonwood tree located on St. Charles. Thousands of believers hung flowers and offerings from its branches.**



## THE HART VORTEX EXPERIENCE

**The Grid affects our intuition, creativity, memory (both individual and group) and healing.** The Grid can be activated and used to increase the flow of energy for healing and manifestation. It can be activated through the act of intention, will and visualization. In regard to our work it is important to note that lines of energy within the Grid can be worked with and made stronger through prayer, meditation and ceremony. Remember **energy follows thought**. Because humans consist of quantum energy, our energy can connect and exchange with the energy in the Grid. Energy combining with energy.

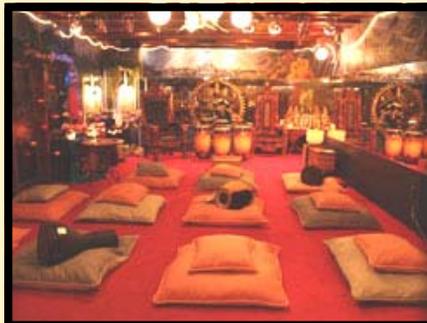
We can tap into the Grid energy and use it for a variety of functions, particularly healing. Studies have shown that illness and disease are actually a disturbance in the energy flow (or quantum energy) of the individual and may also be due to a disconnect from the Grid. To heal oneself, all

that may be needed is to access and redistribute a person's energy flow to operate in coordination with the Grid.

There is a powerful healing that can happen when you combine the power of the "group" with vortex energy from the "GRID", Individually you could do it, but the advantage of the group is that more energy can be funneled through a group than through separate individuals. The "Grid" is why working with group energy is so effective. *The Grid receives thoughts of the group more readily* than if a mere individual were to send out an intention. The Grid amplifies this group energy, thereby giving the healing energy an extra boost. This makes the energy more effective. A synergistic group can raise a greater amount of energy and affect change on a larger geographic area ... such as a city ... or on a serious health issue such as a tumor. Dowsers and meditation groups often find that their influence is expanded by working together. Likewise, those who practice reiki or energy medicine may have greater results when working as a team or as part of a healing circle.

The "HART Vortex Experience" is a learning process which helps us understand new ways of perceiving reality. We are learning directly from the Earth itself. Vortex energy works upon humans on many different levels. Vortices provide keys and codes to allow you to fulfill your mission on earth. They are portals of time/space. A vortex can activate neural pathways which allow us to experience psychic awareness and work with the forces of pure Spirit. Activating these pathways can be compared to loading programs into a computer: it is a type of rapid learning. It is also a de-programming process, a letting go of negative thought patterns and reclaiming who and what you were before you incarnated in this lifetime. By meditating at power spots and using crystals which help us to "tune in" to the energy of the earth, we amplify our thoughts and powers. In addition, by bonding our energies together in group energy circles we create a powerful energy field that will affect the group consciousness of humanity.

Sometime the Grid energy is referred to as the Divine Spirit or Christ Consciousness. The Christ said in Palestine: **"Where two or three are gathered together in My name, there I am"**. That is literally true in the energetic sense. Where two or three are gathered together to decree God's healing power, than Christ Consciousness will transmit energy to the group...that energy will flow. We use this synergy in both our **Intention Circles, Healing Circles** and to activate our *Divine Energy Activation Water*.



# South Texas and Ascension

The most aligned point of Ascension 2012 in the Americas is South Padre Island, TX and Galveston Island, TX, within the Moody Pyramid Complex. This area is drawing energy from both the 7th Earth Chakra and from the "Head of the Dove". According to the 'Return of the Dove' Map (see page 24) in 'The Keys of Enoch', Galveston Island and South Padre Island are centered in the new vortex as the 'Head of the Dove'.

## The Head of the Dove

All areas in the Head of the Dove have been called Stargates. A stargate is a sub-space vortex through which energy may pass. This passage of energy is most unrestricted during a solstice or equinox, when the position of the planet is such as to allow an optimal amount of energy through to Earth. During a Stargate Meditations such as the HART Intention Circles, cosmic energy is brought into the Earth through the circle meditation and conscious intention; participants virtually act as "conductors," by connecting their physical bodies and conscious mind to the energies coming to the planet. New and enlightening information may be brought to the Earth this way. During a Stargate Meditation important "earth work" may also be performed for the planets ascension process.. Some people believe that individuals located in the Head of the Dove will be integrating cosmic energies for the purpose of restoring the function of the specific codes of consciousness that existed during Atlantis. The 'Heart of the Dove' (located in the central U.S. ) was activated in 2009 and on the spring solstice of 2010 it will join with the Head of the Dove . Everyone within the Head of the Dove including the Rio Grande Valley will begin a major transformation process that will end in ascension in 2012 From: <http://spiritlibrary.com/earth-keeper/earth-keeper-chronicles/divine-feminine-the-heart-of-the-dove>

## South Texas : Atlantis Sub station

What makes this geographic area of particular importance at this point in time is that there is an Atlantis substation operating under the Gulf waters off the coast of Texas. Over the years people visiting the South Padre Island have reported that they have heard sonic booms coming from under the Gulf waters off the Island as they have walked the beach front. Several psychics who have visited South Padre Island have validated the existence of the Atlantis substation. This submerged complex extends from Galveston Island to South Padre Island and is fueled by the Pyramid Complex of Moody Gardens.

### *The Earth-Keeper Chronicles - February 4, 2009*

"Now, approximately 5 miles from the area of Galveston Island, Texas an ancient ceremonial Pyramid complex existed in a coastal region, now submerged and covered in the sedimentary silt and slime of the ages below Gulf waters. The Crystal Skull now called Max was among the 13 skulls located within it. The Moody Gardens Pyramids have taken on the multidimensional energies of the submerged Atlantean complex and are now fully formatted to play a major role in the Cosmic Trigger. This energy transferal was completed when the ancient skull Max, indeed of Arcturian origin, was taken into the Moody Pyramids for ceremony!" From: [http://www.earth-keeper.com/EKnews\\_2-4-09.htm](http://www.earth-keeper.com/EKnews_2-4-09.htm)



## **Moody Gardens Fueling Station**

The three Pyramid complex of Moody Garden on Galveston Island was built in a strategic alignment. One unit is an aquarium eterically guarded by Master Dolphins, another is a bio rainforest with a geological cave containing massive clusters of quartz crystal, and the third is an academic museum pyramid, glassed in copper tone. The unique trinity pyramid complex in Moody Gardens is in a direct alignment to Giza, correlates to magnetic north and are attuned to the energies of the Yucatan Pyramids. This alignment energizes and activates all cities on the South Texas Gulf Coast including the Rio Grande Valley. When approached with appropriate intent, the energy within these pyramids stores and transmits data similar to quartz. Due to how they are aligned both terrestrially and celestially they create electromagnetic anomalies, that alters gravity and dimensional time. It should be noted that Pyramids themselves are extremely powerful sacred geometric

engines that by their nature and construct penetrate, receive and culminate higher dimensional forces. They are celestial transmitters of the supreme Gestalt that you think of as GOD.

The Philanthropists who funded, originated and completed the Moody Gardens Pyramid project were extremely advanced souls. On an intuitive level, they understood the greater purpose of this complex. Shortly after completion, the ancient crystal skull Max, was taken into the complex for ceremonial attunement and anchoring of intent, by Joanne Parks, the caretaker of this potent crystal skull at the request of the most advanced of the founders. It was a homecoming, in effect.

*During the Harmonic Concordance in 2003, light workers, star seeds and healers across Houston and South Texas received channeled messages to gather at the Moody Gardens Pyramid complex. Among the light workers that attend were 2 staff members of the Church of the Divine Spirit, George Samano and Dr. Roberta Dahl . The inner transformation that occurred in Galveston for all members of the group was surprising. They each experienced strange sensations within the third eye, in which pictures like slides were flashed nonstop in their heads for as long as an hour. Each member of the group received personal keys and codes to help them in the ascension process.*

**WHAT IS THE RETURN OF THE DOVE :**Return of the Dove” is another name for the 2012 Ascension process channeled by Dr. J.J.Hurtak in his book “Keys of Enoch.” The Return of the Dove “ will set up the firmament for the New Earth. The 21st and 22nd chapters of Revelation in the Bible talk about the New Heaven and the New Earth. It says, "and then I saw a new Heaven and a new Earth; for the first Heaven and the first Earth had passed away, and the sea was no more". This has been interpreted as a dimensional shift. The spring equinox on March 20, 2009 was the beginning of the New Heaven and the New Earth. It will take until 2012, or longer to complete, but this is the beginning. During the Return of the Dove, the Crystalline Grid called “The Christ Consciousness Grid’ surrounding the Earth that was destroyed during the destruction of Atlantis will be restored. The **Head of The Dove including South Texas** was a sacred energy complex used by the Atlantian “Brotherhood of Light” (Scientist/ Priest Sect) to maintain the Crystalline Grid. It is believed that their technology is still activate under the waters of the Gulf of Mexico, the Rio Grande Valley Resacas and the Rio Grande River. This explains some of the strange sonic booms that can be heard coming from the Texas Gulf of Mexico Waters. The Brotherhood of Light ’s home base covers the 7th Earth Chakra (See Next Section). Between 2010- 2012 the Brotherhood of Light will be stationed over America and will be sending different codes or frequencies to specific geographic areas that correspond to the body of the Dove. (See Map on pg. 24) . The Heart of the Dove has a different purpose and will receive a different code than the Head of the Dove. The **Head of the Dove** is a gathering area for the 144,000 old souls that wear the “ Mark of Christ” . The “Mark of Christ” is an intuitive state that these souls had at birth. They have a special relationship with God and have returned in this lifetime to help bring in and ground the ‘Christ Consciousness” energy needed to ascend. They are **Stargate Transmitters**. The 144,000 gathered in the **Head of the Dove** have the keys and codes for the purpose of restoring the Crystalline Grid to the frequency of “Love “. During 2010 to 2012 this Grid will generate frequencies to upgrade the physical body into a lightbody .

## Earth Chakra and South Texas

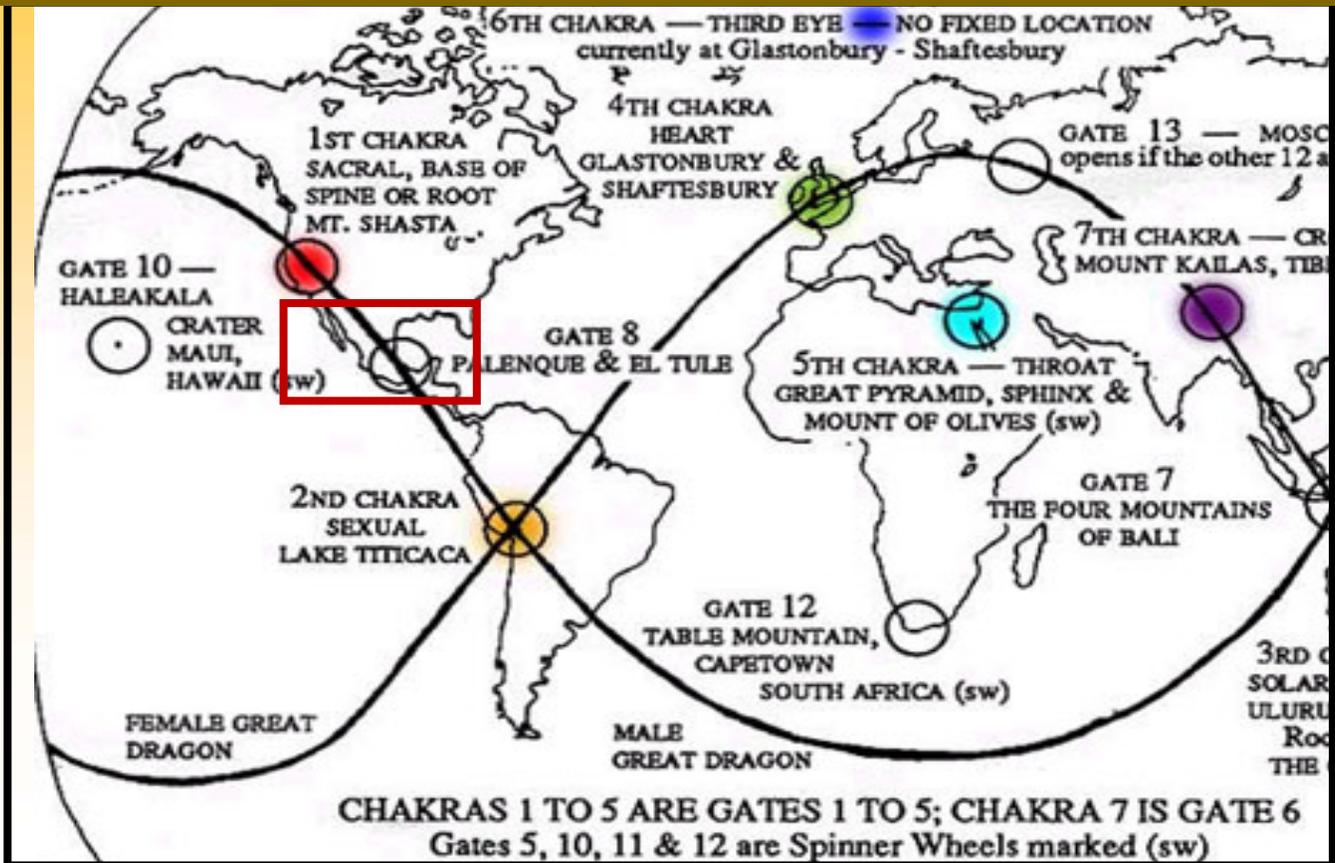


There are only two Earth Chakras in the U.S.: Mount Shasta, Calif. and South Texas. South Texas is located in the 7th Earth Chakra. What is the 7th Earth Chakra for **"World Inner Balance and Androgyny"?**

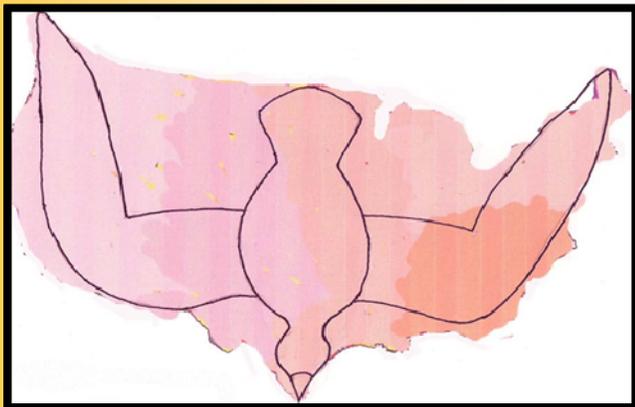
*This Vortex balances the body, mind and spirit allowing for the absorption of higher frequency energy that feeds the ascension process. The key to the future for the Planet is the harnessing of this energy for manifestation during the ascension process. This chakra is located around a 700 mile radius in El Tule and in Palenque, Mexico. The Chakra extends from Mexico into the United States to include the southern most tip of Texas called the Rio Grande Valley. As an average, each of the 13 Earth Chakras have a full radius of 777 miles .*

These Earth Chakras are considered to be the Gates of the New Jerusalem. These are the major sacred sites where the archetypal energy for Christ Consciousness is most clearly experienced and effectively utilized. These Chakras will be fully activated in 2012 for the ascension of Mother Earth, giving birth to a new way of life and civilization. During 1989, psychics called these earth chakras... the 12 Apostles. The combined energy from these 12 sites will create a Planetary Messiah. Each of these 12 Apostles has a unique quality, or virtue, which contributes to the planet earth and mankind's enlightenment. These sacred chakras are equally spaced around the earth with at least one on every continent. Listed on the next page are the 13 Earth Chakra. For more information go to Robert Coons website: [worldalchemy.bravehost.com](http://worldalchemy.bravehost.com)

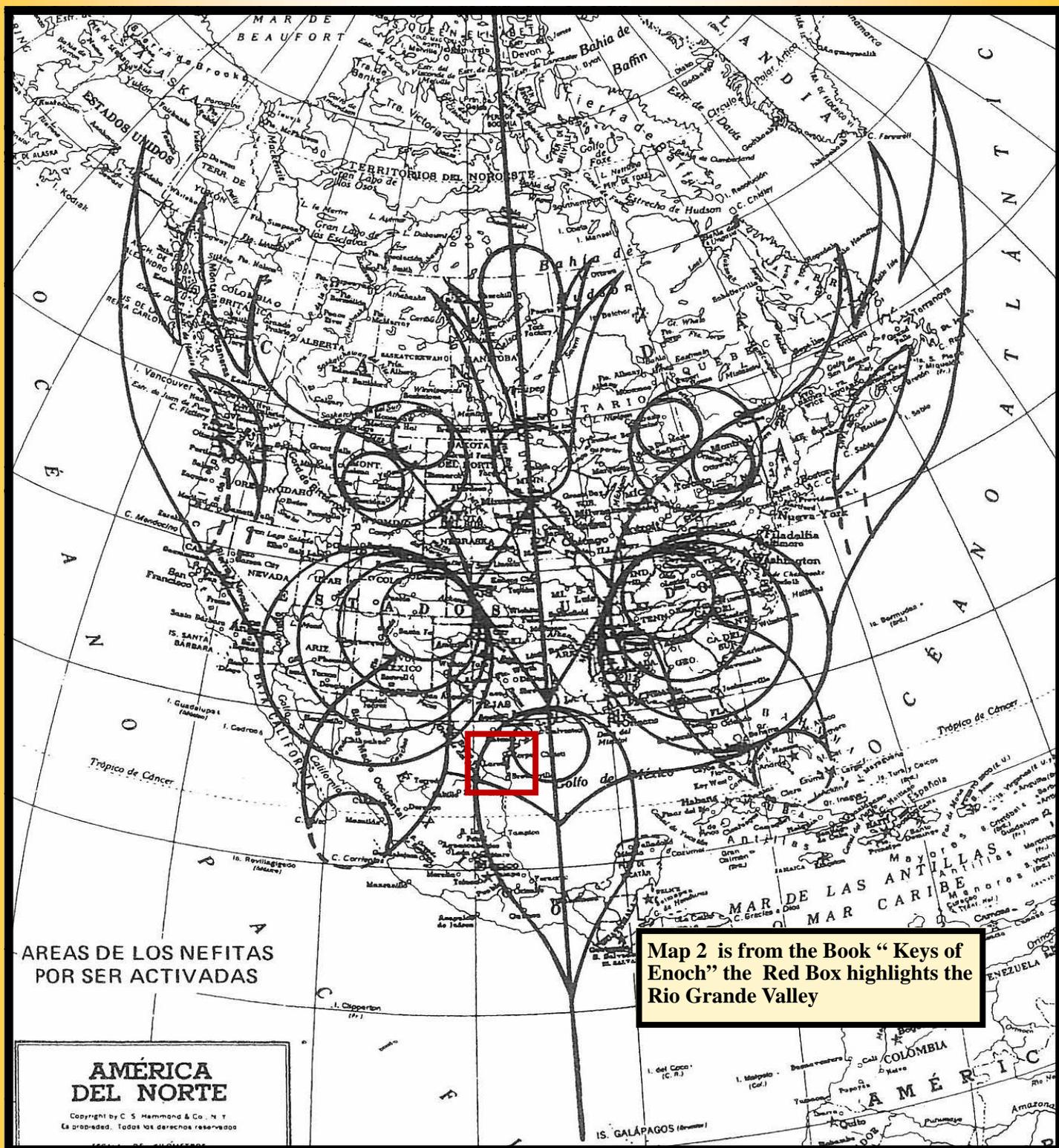
# Map I Earth Chakra and Rio Grande Valley



1. **Glastonbury-Shaftesbury, England:** Cardinal Global Heart Chakra with geometric center at God's Hill just south of Castle Cary. Hadspen House also near this center.
  2. **Uluru-Kata Tjuta, Australia: World Solar Plexus Center.** Geometric center equidistant between Uluru and the Olgas, a related site to the west. Katatjuta is the name for the Olgas that the Aborigines use.
  3. **Lake Titicaca, South America:** Global Sexual Chakra; Island of the Sun.
  4. **Bali: Earth Chakra for Purification;** Gunung Agung, Batur, Batukau, and Bukit Petjatu. Center at midpoint of these four, near Tirta Empul, the sacred spring.
  5. **Mount Kailas, Tibet: Earth Crown Chakra** in Tibet. Midpoint is summit.
  6. **Mount Shasta, North America:** Earth Base Chakra with midpoint at summit.
  7. **El Tule and Palenque, Mexico: Earth Chakra for Inner Balance and Androgyny.** As these two sites are 300 miles apart in Mexico, this site contains two zones, one centered on each site. Extends into the US to include the southern tip of Texas. (The Rio Grande Valley)
  8. **Mount Fuji, Japan:** Earth Chakra Planetary Immortality and Beauty center. Summit is focus.
  9. **Haleakala Crater, Hawaii:** Earth Chakra of Fire- Liberty . On Maui in Hawaii; center of summit area is midpoint.
  10. **Lake Taupo-Tongariro, New Zealand:** Earth Chakra of Water-love . Lake and several sacred mountains on North Island of New Zealand. Lake Rotopounamu is center.
  11. **Great Pyramid-Mount Sinai-Mount of Olives:** Earth Throat Chakra,
  12. **Table Mountain:** entry of table summit. **Earth Chakra of Planetary Earth-Light.** Near Capetown, South Africa
- The **13th Chakra:** When the 12 chakras are opened so that the Heart-Highest Purpose Blessing of Gaia is freely flowing outward, then the 13<sup>th</sup> Chakra is activated in Russia



*In the Map from “Keys of Enoch” The head of the dove is in Texas and the wings go up to Maine and partly into Canada .*



# MENU OF HART HEALING SERVICES

## AURA READINGS

Initial Chakra Reading (20 –45 minutes)  
Suggested Donation: \$35 to \$65

Aura Reading & Balancing (45 –60 minutes)  
Suggested Donation: \$100

## ANGELIC VIBRATIONAL HEALING

Regular Session 45 minutes  
Suggested Donation \$65  
Deluxe Session 75 minutes  
Suggested Donation \$90

## MIND SYNC TABLE

Brain Wave Balancing  
45 minutes  
Suggested Donation \$60.00

## SACRED SOUND WAVES HEALING

Group session  
45 minutes  
Suggested Donation \$20

## T'ai Chi Classes

45 minute sessions  
**Suggested Donation \$15.00 per class**  
*Free Classes for Seniors on Saturday*

## HEALING AND INTENTION CIRCLES

1st. Saturday  
3:00 p.m. to 5:00 p.m.  
2 hours  
Love Donation of \$5.00

## ANGEL READINGS & LIFE READINGS

45 minutes to 1 hr.  
Suggested Donation: \$65

## LABYRINTH WALKING

20 minutes  
Love Donation

## CRYSTAL LIGHT TABLE

20 minutes  
Suggested Donation \$30

## E.S.P. CLASSES

Connecting to Spiritual Guides  
1 to 2 hr. Classes  
Suggested Donation \$20

## REIKI ATTUNEMENT

Reiki Level I Cost :\$100  
Reiki Level II Cost: \$225  
Reiki Level III Cost: \$375

## KIRTAN MEDITATION CHANTING

1 to 2 hour.  
Love Donation

## REIKI HEALING BY REIKI MASTER

30 to 45 minutes  
Suggested Donation \$65

### REIKI SHARES

Every Tues. & Thurs  
Nite 6 p.m. to 8 p.m.

*Free Reiki Healings by Level 1 Reiki Healers*

## HEALING EXPO EVERY SUNDAY OF MONTH

1:00 P.M. TO 6 P.M.  
Love Donation

### DISCLAIMER:

Please note, that all of these sessions have not been evaluated by the FDA. None of these sessions are a substitute for medical care. Information in this publication is not intended to diagnose, treat, cure, or prevent any disease. You should consult with the appropriate health practitioner in case of any medical condition.

## JUMP START

Communication Ring Session  
Get in touch with Spirit Guides'  
20 minutes  
Suggested Donation \$30

*"However many holy words you read, however many you speak, what good will they do if you do not act upon them? "*

*-Buddha*

# Preparing the Body

PRELIMINARY PREPARATIONS FOR HART



The Body is you're the receiving station for Heavenly Assistance and Recovery Transmissions. Proper diet, exercise, fresh air and rest is essential for downloading spiritual and vortex energy . Here are some suggestion to make downloading easier.

Work on meditation and relaxation. The more relaxed we are, the easier it will be to download and connect . Work with progressive relaxation. Practice sending warm, soothing feelings to each and every part of your body. This alleviates stress and it facilitates a more balanced contact. Learn to perform rhythmic breathing. Try inhaling a count of four, holding for a count of four and exhaling a count of four. Breathe "in " relaxation and "out "tensions.

Perform visualizations to raise your vibrations and to facilitate downloading contact. Keep your focus on the spiritual. See yourself as light. Now visualize a

dial that runs from one to ten. As you turn up the dial your entire energy field increases, becoming brighter and stronger, illuminating all the area around you.

Practicing merging your consciousness with the universe through exercises like the "Pillar of Light'. Before meditations ground yourself and create a powerful energetic connection between your body and the earth. Learn the basic method of running and combining earth and cosmic energy through your body circuits.



Remove Toxins with a Good Diet. Some foods are considered high vibrational foods. They raise the energy levels of the human body and thus assist us in perceiving the higher vibrations of the spirit realm more easily. Fish, white meat, vegetable, pineapples, papaya, lemons, oranges etc. are high vibrational foods.

It takes more energy to eat and digest than anything else we do. If our energy is taken up with digesting food, we are less perceptive of the subtle energies surrounding us. Red meat is a lower vibrational food. It slows the metabolism and thus inhibits a strong connection for downloading energy. It can take anywhere from 6 to 36 hours to fully digest beef. It is also not good to eat within one hour of spirit contact or meditation. Reducing salt intake is also beneficial. Much of our development of downloading system is like the development of an electrical system. Just as salt corrode an electrical line, it

also inhibits the electrical impulses through the body. This makes our impressions of the spirit realm less exact. Fasting occasionally is also beneficial to increase awareness of the spirit. It cleanses impurities from our system that can inhibit our perceptions. The healthier the body is the healthier and clearer our spirit contact

When we begin to work with high energy levels of spirit we need to increase the water. **Water is a conductor of energy and it allows the attunement to occur without becoming short circuited by higher vibration.** Do a cleansing. A baking soda and epsom salt bath with a black tourmaline crystal eliminates toxins from body and cleanses aura. Use one cup Epsom salt and one cup baking soda. Place the crystal in the bath water with you. If the Black tourmaline crystal is embedded with a crystal the cleansing power is twice as effective. In addition, this crystal will cleanse any astral entities that you have absorbed that may hinder perception abilities.





*“Holding onto anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one getting burned”. -Buddha*

# Preparing the Mind

PRELIMINARY PREPARATIONS FOR HART

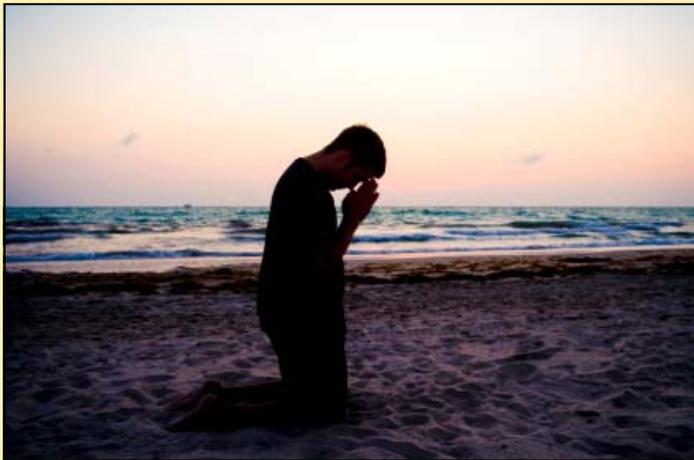
Spiritual Energy is the highest vibration and is the most powerful energy we can tap into. When we “Intent, Pray or Decree something” we are connecting with this energy. Attitude is critical to connecting with the spiritual energy .

Your Mind is the Channel for Receiving Heavenly Assistance and Recovery Transmissions. Here are some guidelines on the right mind set for working with the spiritual energy .

1. **Bring the Divine Spirit into your life by simply acknowledging its presence.**  
Open your mind to the possibility that there is a universal force that is aware, intelligent and creative.

## 2. Surrender to the Spirit.

Take a leap of faith that the Divine Spirit is better able to solve your problems and guide your life than you are. The Divine Spirit has the ability to heal you and wants to heal you.



Carlos Castaneda says that one must first recognize that the Spirit exists and then turn our will and our lives over to it as we understand it. Only in turning our life over to the Spirit, can we become empowered to make true life changes.

Acknowledging the Spirit gives you the boat for traveling the river of life, you must surrender to the flow. Surrender does not mean just sitting around waiting for a divine voice from above to tell us what to do. It means that we take the necessary action. However, we do not worry about the outcome. Let go... let God. We let go of our expectations. We trust in God to do what needs to be done ...when it needs to be done and the way it needs to be done. Remember "take action but let go of results". You must push all doubts out of your mind and truly believe the Spirit can help you. Doubt creates a blockage to Spiritual Healing .

## 3. Unbinding intent or single mindedness acts as a laser beam to guide the spirit to its target.

Intent is desire taken to its nth degree. If you want something to change you need to feel that it is absolutely necessary and absolutely possible. One needs to want something with every fiber of one's being. You have to burn with it. Not just think about it but feel it in your heart.

### A BURNING DESIRE.

You can ask the Spirit to help you to develop unbinding intent. It is important to understand one principle. Energy follows Thought. The Divine Spirit responds to energy. The more energy you can summon, the faster the spirit will respond to your request. Once you have summoned this intensity of feelings, you then simply ask the Divine Spirit to make it so.



#### 4. Open Clear Channel by Losing Ego & Self Importance



Spiritual Energy works through your own energy system. Once we have connected, we need to unblock our energy channels so we can receive healings. Most of the blockages to healings come from constantly trying to defend the image of the "self". The trick is to protect yourself without being offended by the acts and words of others. It is taking offense, not self protection that creates a block to the Spirit.

You should learn to be modest and not bloated by arrogance. **Feelings of resentments is the number one way of blocking spiritual energy.** If we are to live with the Divine Spirit we have to be free from anger. The Spiritual Warrior renounces anything that is a barrier between himself and giving unconditional love to

others. Remember the energy that is being used to resent others that have offended you, blocks the Spirit. Below is a list of some activities to do to release resentments.

- A. Write down a resentment list of actual people or institutional or even abstract concepts that offend you.
- B. Look at this list and identify overall patterns of thoughts, behaviors and fears that lead to these interpersonal conflicts in your life.
- C. Then ask the Divine Spirit to remove the overall negative patterns such as the need of approval, fear of the future, fear of not being provided for, fear of being hurt by other people, the desire to control the behavior of others, or the need to retaliate.

#### 6. Fake it till you make it :



Downloading Spiritual Energy heals us but we must make the effort to fix these changes into our constitution by a repetitive process. Act like you are well, wealthy, happy or beautiful.

Remember first you must summon up the unbinding intent to get rid or manifest what you want. Then ask the Divine Spirit to remove or send it into your life.

After doing this try hard as you can to resist the urge to repeat the pattern of behavior that leads you into trouble. Act "as if" the fear/character defect does not exist. Likewise, if you want something, act as if you already have it. If you want to be healed, act as if your healthy. One must create this thought through performance and action. You will find that this process will change your thinking and behavior very fast.

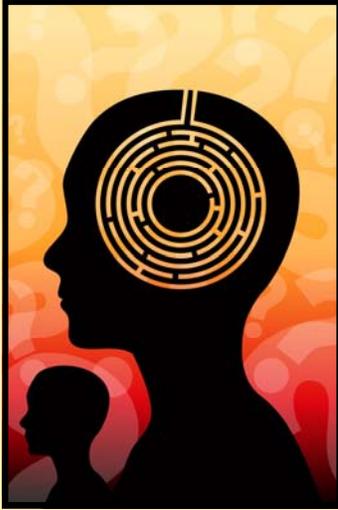
#### 7. Learn to sit with negative and destructive feeling:



Remember feelings are not facts. Feelings and actions can be separated. As long as we do not act out on a negative or destructive feeling or thought pattern, the feeling will not become a reality. In everyone's life, unpleasant situations arise over which we have no control. These experiences can cause feelings of unhappiness, anger. If you get angry do not act on it, sit with it than transmute it. You can do this by bring it into your heart and think about something nice on a higher level. Think about how much God loves you or that this person has certain problems so you should have compassion. When we do these things we take back the energy. Any negative feelings, will pass as long as you do not act out on that feeling and as long as you do not drastically change your behavior. As you sit with these feelings, ask the Divine Spirit to help you to release them. You

are asking for advice, so listen. Be patient. You will always get a answer on how to deal with your negative feelings.

*Just for today, I will let go of anger. Just for today, I will let go of worry,  
Just for today, I will give thanks for my many blessings. Just for today, I will work honestly.  
Just for today I will be kind to my neighbor and every living thing. –Reiki Healing Motto*



### **8. Changing the internal dialogue or saying affirmations.**

We maintain our image and our perception of the world by talking to ourselves. We walk down the street saying, this is a tree, this is a car, there is a beautiful woman. If one stops the internal dialogue, one stops the world. This internal dialogue has an impact on what we are and how we live our lives. A obese person thinking about how fat he or she is, is likely to remain so. A depressed person, thinking about how depressed he or she is, is likely to stay depressed.

Changing your thought patterns is not done over night. However, once a day you should make an effort to change this dialogue with yourself. Begin to change your internal dialogue by saying daily affirmations. If you repeat positive statements long enough, the Divine Spirit takes over and makes the right changes in you. Every morning while I am having my coffee or taking my bath I say a series of affirmations, **its important to state these affirmations in a clear audible voice.**

It is important that your affirmations are structured so that they are completely positive. In other words I do not say, " I am not depressed ". I say, " I am Happy" . It is **not** important that you believe anything you are telling yourself, its just important that you do this on a daily basis. Below is a sample of a daily affirmation.

*"All is well in my universe. I am happy. I am healthy. I am successful. I am wealthy. I am on my spiritual path. I am complete. I am at peace. All is well in my universe. I love myself and accept myself exactly the way I am. Because I love myself, my world is filled with love and abundance, which comes back to me many times multiplied. All is well in my universe. I accept and acknowledge that I am the sole creative force in my world. I will now enjoy my life. I forgive everyone. I forgive myself, I forgive all past events, I am now free. Love comes easily to me and I deserve to be loved. Once love comes it stays and flourishes. My God helps me in all things and puts everything into its proper order. I draw only good people and abundance to myself. My interactions are enjoyable and without conflict. I save my energy. I have nothing to defend. All is well in my universe and everything is unfolding as it should. "*



### **When a negative thought comes into your head reject it.**

Negative thoughts do not come from God. Negative thoughts open us up to absorbing the dark or negative energy life force. We can chose or not chose to take in the negative energy. One solution to this is to shut ourselves off to this energy. Since energy follows thoughts, if we shut off all negative thoughts, and continuously focusing on the good and positive thoughts, we open our selves up to God's healing power.

### **10. Improve your connection to the Divine Spirit.**

Keep a journal . It is beneficial to record your contacts and experiences. It serves to build a stronger foundation between levels of the mind that perceive God . It provides a record for verification. Recording will eventually enable you to determine if the Spirit advice works.

Set time aside each day to have a conversation with the Divine Spirit. Make a gratitude list and give thanks for each of the items on a daily basis. Practice creative visualization to development your ESP (Extra Spiritual Perception). Strive for a personal, interactive relationship with the Spirit that is characterized by respect, gratitude and most of all TRUST. **If you want to change something about yourself, all you have to do is follow this sequence:**

- 1) Summon the Intent/become willing and ready to change
- 2) Ask the Divine Spirit to make it so;
- 3) Make a deliberate effort to act "as if" you have changed until the new reality takes hold.





*“Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die, so, let us all be thankful.” - Buddha*

# Preparing the Spirit

## YOUR SPIRITUAL GUIDANCE TEAM

Scriptures of all religions bear testimony to the intercession of divine beings between God/Goddess and mankind. Our spiritual facilitators have a unique relationship to the Planetary and Spiritual Hierarchy, similar to the Mystery School Teachings undertaken in Atlantis, ancient Egypt and the Kabbalah. Communion with these spiritual beings is not to be misunderstood as the spirit communion of spiritualist. Truly divine beings cannot be contacted by this means. Only by raising one's own consciousness, through right action and right thought to the higher spiritual realms of the heavens, home to the Divine Spirit— can such communication with saints, angels and ascended masters be realized. These teachings are in line with the belief system of **Alice Bailey** and later expanded upon by **Dr. Joshua David Stone**. Our clients actually become involved with a spiritual guides in the healing process of themselves, their family, friends, the planet earth and the universe. If you would like to attune yourself to the higher planes, or kingdom of heaven, where spiritual guides live you must consciously choose to follow the path of light.

### YOUR SPIRITUAL GUIDANCE TEAM



Our Healing Services work with your Spiritual Guidance Team (SGT) to help bring about healing. Your SGT consist of 5 to 20 souls and/or ascended masters who have some sort of connection to you. They have been related to you in previous lives, you have worked with them on the astral plane or in the temple. They assist in manifesting situations that provide you with the opportunities you need to transmute a particular type of negative energy into positive energy. These are usually beings that once walked upon the earth as great teachers and healers and now help humanity in their location in the astral plane. They are associated with formal religion but they are nondenominational and will help anyone who calls upon them. The SGT can include Jesus, Buddha, Mother Mary, Krishna, St. Germaine and many others. Your Spiritual Guidance Team (SGT) including your guardian angel has watched over you since you were born. The main purpose of

the SGT is to work with you to help to open your own personal “channel” so you may be in direct contact with your God/source energy. This leaves you “dependent” on no one but empowered in your own life with a true connection to the truth.

In other words, Contact with SGT helps you to avoid negative energy and draw in positive energy. With the help of the spiritual hierarchy we are able to download a higher quality of healing energy . The higher frequency of this energy makes healing and manifestations quicker and changes are made a deeper level...effecting even our **DNA** coding. We use Group Energy Circles, Private Transmuting Sessions and Take Home Exercises to help you find your SGT. It is important to remember that God has given the soul the gift of freewill. Your SGT will not interfere with the choices you make in this lifetime. They may strongly suggest to you ideas and choices that are in line with your destiny, and, are for your higher good, but it is not in their power to rule your life with an iron hand.

**Daily Methods for Contacting SGT:** Most people expect to see or hear Spiritual Helpers using their eyes and ears. In fact, this is a rarity. Spiritual helpers communicate with us through telepathy or spiritually. Therefore, we need to develop our spiritual vision to see them clearly. Often messages come through as a faint, feeling or intuition. Many times a message from the Angels or the Divine Spirit will seem exactly like a thought and only later you will realize it was from the Divine Spirit. If you are not open to receiving messages from the Divine Spirit it will remain unheard. *Note: Spiritual beings and Ascended Masters most effectively make contact, download messages and healing energy to persons in groups. This is because more energy can be safely passed through a group and at a higher potency than through the same number of separate individuals. It is possible to make contact with your Team by yourself. But of course only so much energy can be placed through one person, or through two people. When you have groups of three or more the Life stream energy is maximized and contact is easier and faster.*



**"Every human being is the author of his own health or disease". -Buddha**

Some questions often arise when we first start talking about Spiritual Guides: ***If the Spirit Guides can assist us in every endeavor, why can't we perceive them? Why can some people communicate with Spirit Guides and others can't?***

There are a number of reasons why spirit guides can not be felt immediately. You may be tired, or stressed, or overly anxious. You might feel skeptical about the whole experience. You might have your mind on other things. Some people have shut the door to God, the angels and the spiritual plane. Some individuals can't make contact because they have limited vision due to life experiences, bad habits or negative thoughts. Some people have made contact but don't recognize the connection. Remember, contact can be made through any of our senses (sight, hearing, smell, taste, touch). We may physically or intuitively see beings, colors, images or even symbols. Many individuals experience the SGT through a sense of smell. If the SGT is manifesting as the Archangel Michael, the individual will smell rosemary, frangipani, and wisteria.

In the western world because of the fundamental religious background, spiritual beings are often treated as being evil or dangerous. Furthermore, our society is very logical and rational. Anything that is not immediately verified is either ignored or scoffed at. This includes the perception of other realms and dimensions of life.

### **FINDING THE SPIRITUAL GUIDANCE TEAM THROUGH TOOLS**



**The Pendulum:** Pendulums have been used for thousands of years—at least since Roman times, when they were used to forecast battles. A pendulum is a small solid object suspended from a chain or cord. Many people use wedding rings suspended from a length of cotton. The cord is held between the thumb and first finger of the hand. If you are right handed, use your right hand. If your left handed use your left. Start by holding the weight to stop the pendulum from swinging. Ask it which movement indicates "yes". Let go of the weight go and see what the pendulum does. It will move in one of four ways. It may go from side to side, or towards or away from you. It may also move in a circular direction, either clockwise or counterclockwise.

Once you have the moment for "yes" you can ask which directions indicates "no". This still leaves two directions. You can use one for "I don't know" and the other for "I don't want to answer". For work with your Guides start out by asking if your Guides are there. If the answer is positive, you can start asking questions. I usually ask the questions out loud, as it forces me to frame my request in the form of a question. The major disadvantage of the pendulum is that, if your emotionally involved in the outcome, it will give you the answers you want. In these cases, you will get more accurate results by asking someone who has no emotional involvement in the outcome to hold the Pendulum and ask the question .



**Automatic Writing:** Automatic writing is a means of communication using a pen and paper. The pen moves over the page directed by a power other than the conscious mind of the person holding it. You must relax and sit in a comfortable chair with your writing arm creating a ninety-degree angle at the elbow. The hand holding the pen or pencil should be comfortably resting off the paper. It is worth mentioning that some people have better responses using the hand that they normally do not write with. Say a prayer to ask your guides to be with you.

Write down a question you want answered. After a while, the hand holding the pen will start to move. Resist the temptation to look at what is happening. Automatic writing is unconscious writing and any conscious interest will destroy the flow. If you are lucky you will start writing in sentences and words. However, most people begin start by drawing circles and ellipses. It doesn't makes a difference if you use the right or left hand. As long as it creates something. Sometimes you will produce nothing, even after you have been doing it successfully for several months. Do not worry about this. Simply stop and try again at another time. If you practice regularly, you will get better and better. Over time you will experience that your hand is moved by an outside power. All you have to do is relax and communication can go on for hours at a time. Some people can do automatic writing while watching TV. If you practice this long enough you will find that the answers come into your head before the pen writes. Soon you will not need the pen. This is a good training for direct contact with the spirit guides

***A great teacher never strives to explain her vision; she simply invites you to stand beside her and see for yourself -The Rev. R. Inman***



### **FINDING THE SPIRITUAL GUIDANCE THROUGH FEELING**

Some experience the SGT through the sense of touch. We might feel a tingle on the arm or feel the warmth or coolness encircle us. Our head may feel like a fly is walking across it. We may feel the urge to scratch an area of the body repeatedly. Some people experience a tingling sensation in the small of their back. It rises up the spine into the neck. This is an indication your SGT is present. You may feel a gentle touch on your shoulder or some other part of your body.

You may experience something completely different. You might have a sudden sense of knowing that the SGT is present or perhaps a tingling sensation in your toes or fingers. You may suddenly feel a sense of warmth or security, similar to the feeling you had when you were a child

with your mother. The response may be an emotional one, with great feeling welling up inside of you. You may have the urge to laugh or cry, or do both. You may feel a sensation of wonderful love pervading every cell in your body. It makes no difference what feelings or emotions you experience. You will suddenly become aware that the SGT is there with you.

#### **Exercise:**

Find a comfortable place in your house where you will not be disturbed by the phone or your family. Sit in a comfortable chair or lie down on a bed or sofa. Some people cover themselves with a blanket, because body temperature goes down during this process. Close your eyes and relax. Take deep breaths and imagine yourself sitting on a sand dune above the ocean. There are ten steps leading down to the ocean. Double your relaxation with breath each breath and step you take down to the water. Next spend a few minutes releasing any negative thoughts or feelings. Then spend some time to feel the warmth of the sand on your feet and legs. Feel the gentle sea breeze as moves across your body. Listen to the sea gulls and the sound of waves breaking on the beach. Smell the clean, salty air. Sense God's unconditional love all around you. Intend your spiritual guides are with you and you feel them. Pay attention to your body and your senses and feelings. Don't Think –Feel. Approximately 35% of the people I have worked with sense the spirit on the first attempt. The others had to practice several times.

### **FINDING THE SPIRITUAL GUIDANCE THROUGH HEARING**

We may hear our guides. This can be internal, as well as external. Often those who are beginning to hear the SGT, will hear soft buzzing, whispers, ringing, pops and cracks that cannot be explained through physical problems or the house settling etc. Eventually the sounds become distinct voices. It is not unusual for individuals who are developing their channels to the SGT to awaken at 3:00 a.m. thinking they feel or heard someone in the room



### **FINDING THE SPIRITUAL GUIDANCE THROUGH DREAMS**

You may experience the SGT in your dreams. This is very common. Place a notebook beside your bed so you can write down everything you remember as soon as you wake up. While your lying in bed waiting for sleep, think about different questions you want to ask your guides. Formulate one question. Then visualize a God's love enfolding you and ask to be protected during the night. Ask God to send your SGT to give you an answer to your questions. Once you have done this relax and go to sleep confident that your question will be answered. Usually the answer will pop into your mind as soon as you wake up. However it may occur later in the day.

Do not be concerned if it takes longer than this. If you do not get an answer, ask the question again using the same method. It is important you really believe you will receive an answer. IF YOU DOUBT IT WILL NOT HAPPEN.



***"Work out your own salvation. Do not depend on others". – Buddha***

### **FINDING SPIRITUAL GUIDANCE BY THINK ABOUT IT**

Using complementation is another way to connect to your SGT. This is very much like meditation, but instead of stilling your mind ... you allow any messages from the Divine Spirit to flow into your consciousness.

To practice this technique use some deep breathing and relaxation techniques. Tell your mind to be still. The first few times you try this your mind may wander and thoughts pop in and out. However with practice you should be able to hear an inner voice that you can have a conversation with. Sometimes the SGT will express itself telepathically. Sometimes a message will simply appear in your mind.



### **FINDING SPIRITUAL GUIDANCE BY COINCIDENCES AND SYNCHRONICITY**

Some time ago I was working on a metaphysical paper and was having a problem understanding a certain concept. I had a feeling to turn on the television and a program came on discussing the very subject I was having problems with. Likewise, I was looking for a certain proverb, and had gone through all of my books and couldn't find it. The next day a friend came over and gave me a book she felt I should read and the proverb was in the book. Once you start looking for instances like this, you will find that many apparent coincidences are the results of the SGT .



To find the answer you're seeking , it is imperative that you pay attention to the little things that happen around you. Pay close attention to those things that reoccur or are repetitive. These are road signs you can see, hear or feel around you.

Sometimes these signs are subtle, at other times they are very obvious. These messages may come through a conversation you overhear, a newspaper headline you just happen to see or a conversation with a friend on the telephone . The list is

endless. The secret is to be open, now is the time. Look around you and listen your SGT is talking to you. Remember, the things that happen around you are not random occurrences. They are actually being manifested by you and your SGT. Whether your aware of it or not.

### **Sai Baba in India taught the "Four Laws of Spirituality"**

**The first law says:** "The person who comes is the right person," meaning that nobody comes into our lives by chance, all the people around us, interacting with us, are there for something to make us learn and advance in every situation.



**The second law says:** "What happens is the only thing that could have happened." Nothing, nothing, absolutely nothing happens to us in our lives might have been otherwise. Even the smallest detail.

There is no "if I had done such a thing ... it happened that another ...". No. What happened was all that could have happened, and it must have been like for us to learn that lesson and move on. Each and every one of the situations that happen in our lives are perfect, but our mind and ego will resist and do not want to accept it.

**The third says:** "Any time you start is the right time."

It all starts at the right time. When we are ready to start something new in our lives, that's when it starts.

**And the fourth and final:** "When something ends, it ends."

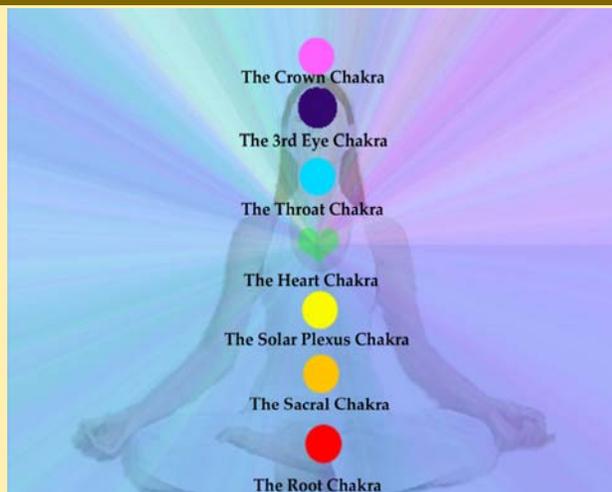
Just like that. If something ended in our lives is for our evolution. Let it go. Move forward.

*I think it is no coincidence you are reading this, if this text comes into your life today, it is because you are prepared to understand that **no snowflake ever falls in the wrong place***



# THE ART AND PRACTICE OF WORKING WITH VORTEX ENERGY

The art of working with vortex energy consists of learning to use the body's basic energy circuits and a few basic breath and visualization exercises. One of the most important aspects of this art is understanding that the spinal column is the primary energy channel in the physical body. The most energizing experience a person can have is to energize the spine to a point that the life force is running at 240 voltage instead of the normal current of 140 voltage. During this experience the life force is supercharged and is speeding through your body clearing out blockages, awaking dormant DNA codes and turning on activation keys. The experience is known as the Kundalini experience. To become spiritually enlightened we must work to strengthen the flow of the life force in the spinal column. This is done by breath, visualization and "Locks" (bandhas)



## **Breath**

The first step to working with Vortex energy is to develop an awareness of your body's energy circuits by practicing using your *Will* and the power of visualization to breathe energy through the chakras (see picture of seven chakra system) and the spine. There are four stages of breathing: inhalation, retention, exhalation and the pause. During inhalation and exhalation, we visualize golden light moving through the energy circuits of body, and clearing out our energy channels. During retention, we process and integrate the vortex energy. During this stage, you feel and absorb the energy into your body, mind and spirit. When exhaling you use the natural outflowing of energy through the palms of your hands or your heart, to send the energy out into your aura and the outside world.

## **Use the Root Lock**

One of the ways that yogis have found to increase and circulate energy is to use **locks**. There are three primary locks: the throat, the solar plexus and the root. In vortex energy we are mainly concerned with the root lock. The root lock has the ability to increase your power and your ability to project energy for healing yourself and others. In metaphysical circles and societies, the method of using the root lock has been kept secret for ages.

Using the root lock procedures allows you to absorb, hold and project vortex energy. The root is the base chakra. The Universal life force energy (Shakti Kundalini) and vortex energy enters into the root chakra at the base of the spine and leaves the root chakra through the area of the perineum.

## **To Perform the Root Lock.**

*Draw in Vortex energy into the area of the perineum. Next, slightly tighten the muscles in the area of the perineum as breath is drawn in. This closes the area of the base chakra where the vortex and life force energy is known to leave the body. Applying this lock cause the energy to "COOK" and build up. The key to this lock is remembering that as the breath is drawn in, the vortex energy is brought up from the earth, the perineum should be tightened a little. When the breathe is released the perineum should become relaxed.*

ALWAYS breathe through your nose,

ALWAYS keep your tongue at the roof of your mouth to complete the energy circuit

INHALE, using Will to draw Vortex energy up through your base chakra, up the spine into Chakra 1 (base of spine for men. Between ovaries for women), Chakra 2 (three fingers below navel) and Chakra 3 (Solar Plexus). As you draw the breath up you apply the root lock.

HOLD the breath and the root lock for a moment, as you allow the vortex energy in the Chakras 1,2,3, to build up.

RELEASE the breath and the root lock and use WILL to send the energy up the spine from Chakras 1,2, & 3, to the crown and third eye, thus activating these energy centers and awaking dormant brain cells

## **Running Vortex Energy Through the Antahkarana**

The Antahkarana originates in the realm of the soul. It is the interdimensional link between celestial energy, earth vortex energy and the physical body. The Antahkarana enters the body at the crown chakra, passes through the center of the body, exits the body at the perineum and terminates just below the feet and continues into the earth Core. All your energy fields spin around the Antahkarana. The spine and the Antahkarana are parallel to one another.

The fastest and most direct route to access vortex energy is through the Antahkarana. The difference between vortex energy work and standard yoga meditation is that instead of meditating for years to attune oneself to the higher self, the process is accelerated by activating vortex energy of the earth and celestial energy from the heavens with the WILL, and then using these energy channels to send prayers and healings directly to the higher self.

## **Bring Down Celestial Energy: White Light of the Holy Spirit**

Find a comfortable position and visualize the holy spirit as white light coming down through the crown chakra, which is the highest vibrational point within your body. Visualize the white light flowing down through your body into each of your seven chakras from the crown, down through the third eye, throat, heart, solar plexus, sexual center and into your base chakra. Visualize each of your chakra centers as empty and filling up with white healing light. Use your Will to spin the energy in each chakra.

## **Rooting Yourself In**

Think of the rooting system of a tree. Now visualize roots coming from your feet, going down into the earth and spreading out, just like roots of the tree. Now imagine your main tap root is something like a tail coming out of the base of your spine. Your roots are the circuits that will enable you to take and run vortex energy from Mother Earth. As both your taproot and side feet roots go down into Mother Earth and connect, be ware of the reaction from the planet. Visualize your roots linking into a underground ocean in the heart of the earth. This is the planetary core that represents love, healing and the earth power.

As your roots tap into this earth energy, you should feel and sense the unconditional love of a mother for her child. As you draw this energy up into your roots, visualize it as a color flowing through your roots into your body. Is the energy cold or warm? Does it move in a spiral motion or a straight line? What color is it? Is it moving fast or slow? Do you see pictures of other things as the energy moves through you? What do you hear with your inner hear? This exercise of rooting yourself should be done before starting other vortex meditation work

## **Relaxing a Tight Root Chakra.**

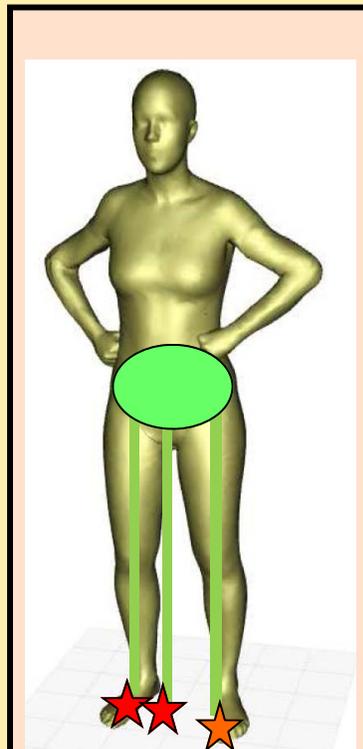
People may impede the Vortex energy flow by keeping their anal muscles very tense. When your inner or outer security is threatened, your anal area, closely related with feelings of security will be the first place to tense. Before a vortex healing or meditation, sit on the floor and lean back on your hands; raise your buttocks off the floor and drop them down again. Do this three or four times, then lie down and feel the area relaxed and at ease.

## **Rocking Release**

Sit on the floor. Visualize or imagine vortex energy entering your spine, raising up and going to the top of your head. During the visualization use the following rocking movements with your body: 1) back and forth, 2) side to side, 3) in a circular motion

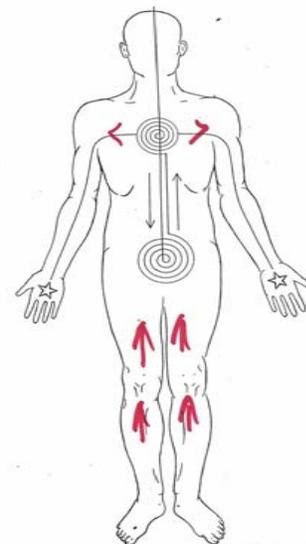
## **Puffing Exercise**

From a standing position, slightly bend your knees so that the top of your body is slightly bent forward. Place your hands at your hips and with your mouth closed begin to huff and puff like a steam engine pulling it load up a hill. Move your solar plexus and belly area in and out. Visualize the Vortex energy being pulled up the hill— up your spine. Do this only 6 times in the beginning . . . work up to twenty times.



Running Vortex Energy is brought in by three channels: the feet and between the legs through the perineum.

With breath, vortex energy is brought up into the perineum and through the feet chakras, up through your knees and thighs and into your first chakra. The first chakra is the base of the spine for men, between the ovaries for women. Imagine a spinning green light from 3 to 6 inches in diameter spinning in your first chakra.



Bring this energy up the front of your body and into your heart. Once again imagine a spinning green ball of light. Bring the energy up to the throat and send it down the arms and out the palms of your hands.



# EARTH VORTEX ENERGY

*We bring in the Soul of Mother Earth for Healing and Enlightenment*

## HART Healing Circles: Join the Intention Community



This meditation amplifies and clears your energy and allows the Spiritual Healing Energy to flow through your body circuits and clear out blocks and implants. Every time you do this meditation, your connection to the divine current will become stronger, your emotions will become more stable and your awareness of the divine or spiritual side of life increases.

**Date:** First Saturday of the Month

**Time:** 3:00 p.m.

**Location:** Angel Station

**15 E. St. Charles, Brownsville, TX.**

The Intention Community is a body of people who come together to put forth their hearts desires in the form of intentions, share experiences of successful manifestations of their intentions and to help each other become more powerful creators. This Community is open to anyone who is interested in stepping up to their role as creators of the world around them. The Intention Community is Free: There are no dues to pay, no memberships to join and no leadership positions to occupy. This Community is designed to provide you with a unique format for coming together with your friends and neighbors, in order to change your life for

the better. The format we use is called "**Circles**". This format is specially designed to empower you so that you can manifest your hopes and dreams into your personal life. An Intention Circle is formed by a group of like-minded people who pray, meditate, intend, manifest, or decree together at a specific time to give or receive healing or manifest through the working of energy.

**1 + 1 = 3 This is the Synergy of the Group Energy** We use this synergy in our Circles .

Aside from manifesting your dreams ... these Circles have a healing effect on most persons attending. After a circle most people report: Reduced negative feelings such as anxiety and depression; Increased feelings of trust, acceptance, belongings, and connection with God and community; A sense of well-being, wholeness, harmony and balance, and a general shift from negative to positive emotional states. We also see a shift in subtle energy patterns. This shift in energy "Quickens" the desired results for manifestations or healing. In her book, *The Field*, Lynne McTaggart summarizes the importance of working with this type of energy in circles and individually. She writes " *In the next 50 years time, the idea of using drugs or surgery to cure anyone will seem barbaric. We'll be manipulating people's quantum energy, as a member of frontier types of medicine are attempting to do already*"

### Overview of Intention Circle Activities

1. Introduction
2. Tai Chi Warm up
3. OM attunement - Aligns you and balance you with Universal Force (God)
4. Clear Energy Channels and Release negative energy
5. Ask for Divine Help and Assistance
6. State your intentions and express your gratitude for the positive things in your life
6. Guided Meditation, send all intentions to the center of the circle and up to the universe,
7. Download Energy with Meditation 25 minutes
8. Closing,

**Call (956)621-3510 for more information.**



## **How To Improve the Intention Process**

**By George M Samano**

The intention process is just about as simple as it can be. All you have to do is say "I intend" and then follow it up with whatever it is that you desire. It could be anything. Remember to always include "if it serves the highest and best good of the universe, me and everyone everywhere". Therefore we have invoked the "Highest Good" and are in line with the Divine Will.

Make at least one intention for a physical object. Have it be something you need and remember to intend that you're open to receive it from both expected and unexpected sources.

Set a clear intention for your environment. For instance you might intend that our water, air, and soil are completely pure. Or that mankind is living in peace. Get as creative as you like.

Make one intention for an emotional experience. Perhaps it will be for a relationship or for a state of joy to embrace you. On this one, be sure to find a positive way to say it. Don't say "I intend that I am not angry anymore". Instead say, "I intend that I am tolerant and emotionally balanced at all times."

Make one intention about expanding your mental facilities. It could be to enhance your memory or that you are connecting with a higher source of wisdom. Anything that expands your thinking outside of its customary process. A good example of this "I know that my thoughts are forerunners for my experiences, I intend that I am careful of my thoughts and that I am keeping my attention only on thoughts that serve me and my world."

Make an intention or two regarding your spiritual growth. Perhaps you'd like to intend that your next step is clearly revealed to you. Or that you experience yourself as a spiritual being becoming fully conscious. Or that you feel the true love of God in your life. Make sure it's something you really want.

Intentions work best when they are combined with feelings of the heart. We need to get into our heart center when we send out our intentions. **Love is what makes the intention process work.** The major force for manifesting what we want is the "**Love Force**". The stronger the love force within a person the stronger the power of manifestation.

**Belief:** Past research shows that placebo can have a powerful effect. Just believing in the "power of intention" can make all the difference in manifesting outcomes. Keep firmly fixed in your mind the desired outcome and do not let doubt or thoughts of failure creep into your thought processes. If you're trying to help someone, both of you should share the same beliefs in the power of Intention.

**Timing:** Past research on mind-over-matter intention (that is psychokinetic) the most effective time is during increased geomagnetic activity. Find out what level of geomagnetic energy is in your area by looking at these websites. For the forecast of the day you plan to carry out the intention see, <http://sec.noaa.gov/today2.html>. All geomagnetic activity is measured on a K index, with 0 being the most quiet and 9 the most turbulent. The higher the K the better. In a perfect world, intentions should be sent on days with a **5k or higher index**. Days lower than **3 k index** will get little help from the geomagnetic activity.

**Be Specific:** Specific intentions seem to work best--the more detailed, the better. Your intention should cover: who, what, where, and when. Specify exactly what you want, but not how you're going to get it. Do not specify a source of supply in the material world for what you want. What appears to be the most obvious material source may not, in fact be the right one.



## *What May Happen After You Attend a Circle*



Circles can bring physical and emotional issues to the surface. The next day your body may have more body aches and pains, especially in the neck, shoulder and back.



You will experience mood swings. For example you may get depressed or begin to cry as you begin to release negative emotional and mental issues from this lifetime and other lifetimes.



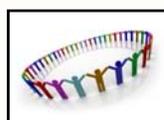
Things will start changing in your life. For example, you may suddenly change your job or career. Longtime friends or family relationships may become less important or nonexistent.



Your sleep patterns will change. You will not have a good night sleep, but you will not be tired in the morning. You will feel as if someone was working on your body and mind all night long. It's likely that you'll awaken many nights between 2:00 AM and 4:00 AM. There's a lot of work going on within you, and it often causes you to wake up for a "breather." Not to worry. If you can't go back to sleep, get up and do something rather than lie in bed and worry about humanly things. *This too shall pass.*



Your dreams will intensify. Your dream plots will include war and battle, being chase or monster characters. Remember, you are getting rid of the old worn out energy. These energies are often symbolized as wars, running to escape and boogiemen.



You may feel spaced out. After a circle some people feel ungrounded. You'll be "spatially challenged", with the feeling like you can't put your feet on the ground. You will be literally walking between two worlds. As your consciousness leaps to the next stage, your body sometimes lags behind. Spend more time in nature to help ground the new energy.



Increased Conversations with Higher Self. After circle some people find themselves talking out loud to themselves. This is the next level of communication taking place within your higher self. This is just the first step to experiencing your new self with "self talk". The conversations will become more frequent, and they will become more fluid, more coherent and more insightful. You're not going crazy, you're just moving into the new energy.



Even when you are with a group of people you will have feelings of being alone. You will not be able to stay in a group situation and may feel the desire to "flee" groups and crowds. These feelings of loneliness may cause you anxiety. At this time it may be difficult to relate to others. The feelings of loneliness may also be associated with the fact that your Guides have backed away so you could fill your space with your own divinity.



You may not want to do anything. You may need some "downtime". That's OK, and it's just part of the process. It's similar to rebooting a computer. You need to shut down for a brief period of time in order to load the new software, or in this case, the new seed energy.



You may experience a desire to leave the planet and return to Home. Like the geese flying south for the winter. Your instincts are kicking in. Go with the feelings. Listen to your inner voice. It will show you the map home. During this transition process, you have an inner remembrance of what it is like to be home.





# LABYRINTH WALKING:

WALKING YOUR SPIRITUAL JOURNEY HEALING

*"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment". Buddha*



The use of earth energies has been an ancient art in Feng-shui. Earth energies are connected in legends with mazes, spirals, labyrinths and hills, coiling around them or within them. With spiral mounds and labyrinths the energy was guided into the center of the structure to be used by the initiates who understand its great power and potential. This energy is a form of static electrical energy flowing naturally through the earth. When one connects with this energy the sensations range from the tingling in the fingers, spine, or back of the neck to a great sense of peace to an unidentifiable strange feeling. Whatever this energy is... it is extremely strong when ever it is concentrated into a contained area, such as the center of a stone circle or a spiral. The radiating power amplifies a person's ability to make contact with the astral. There are many such power spots, well known in Europe and beginning to be recognized in the USA.

We have built two labyrinths: 1) seven circuit design ,and 2) five circuit dragon spiral. At St. Michael's Sacred grove in Bayview, Texas. These labyrinths were constructed on power spots that were located by using Dowsing rods to identify the ley lines or energy streams . Mapping the energy lines of the property made it possible to know where to go to access a burst of power. We found that sitting on or within these areas is a great aid to meditation or contact with your spirit guides.

## The Labyrinth Experience

Labyrinth walking is generally used as a form of meditation. As a form of walking meditation, the labyrinth produces the same verifiable results . For 30 years, Herbert Benson at Harvard University has championed the physiological benefits of meditation, which he calls the "relaxation response." He clearly shows that meditation slows breathing, heart, and metabolic rates, and lowers elevated blood pressure more effectively than drugs. In fact, it is described by many as walking meditation. People walk through labyrinths to reach any number of goals, such as inner peace, heightened spirituality, personal insight, prayer, relaxation, stress relief, or just "letting go". The labyrinth journey may represent pilgrimage, the seeking of inner wisdom, and other mysteries.

People walk the Labyrinths for a multitude of reasons, but most find that walking a labyrinth can be a transformative experience. As you tread through the turns and counter turns of the labyrinth, the world begins to drop away. Walking, breathing, being become conscious and deliberate. The spiritual and physical merge into a walking meditation. As one moves toward the center, one senses one is approaching a spiritual center as well. Intuition deepens. Healing occurs. Some say they hear their inner voice, experience guidance, or feel a sense of grace or transcendence. Some feel they have been touched by the Divine. Such experiences are the goal of any meditation, but some believe it is easier to reach them on the labyrinth than in other meditative practices.

We recommend that people add sacred sound into their Labyrinth Experience. We experience sacred sound through a variety of chanting (kirtan) , toning and esoteric practices including connecting to the natural world. We give classes on how to use Hebrew and Sanskrit sacred sound to explore deeper states of being-opening doorways to intuition and universal wisdom.

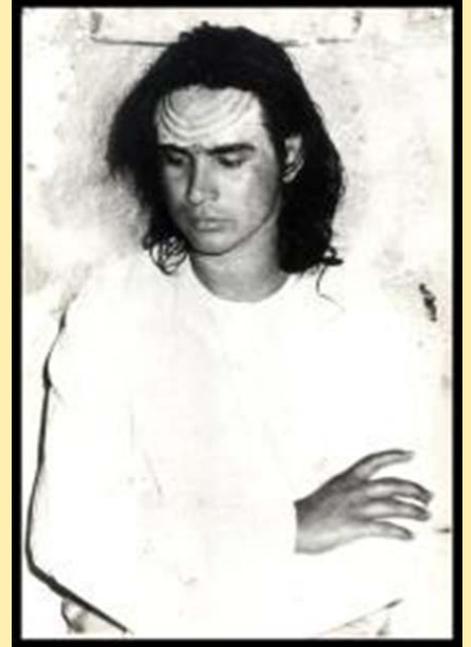


Babaji is a 10,000 year-old Immortal Being and Ascended Master whose mission is to bring about the evolution of human consciousness. Babaji's disciples think of him as the incarnation of Lord Shiva or Lord Krishna, and so believe that he is present everywhere.

Babaji is said to have spent centuries as a recluse in the Himalayas, performing intense penance and meditation to attain enlightenment. His teachings are focused on three words : "Truth, Simplicity and Love". This is what Babaji did during his stay on this earth from 1970-1984. He selected a few people from different countries, cultural backgrounds and occupational groups. He taught them how to trust in God, to find the divine power within and let go of our ego and surrender ourselves completely to God. Today many of his disciples believe that he moves around in the interior recesses of the Himalayas accompanied by a group of highly evolved American, European and Indian disciples.

Although Babaji lived in a Hindu -culture and usually is worshipped by Hindu rituals, He was not connected to any religion at all. It was his conception that all religions are one and each unique path will bring the true devotee to God. Babaji followers include Hindus, Muslims, Christians, Jews and Sikhs. Therefore Babaji always said: "Follow the religion of your heart". As Jesus came on earth to redeem mankind from the evil by his personal suffering, Babaji also took human form. Babaji's path, however was different. Babaji's mission sometimes is summaries as the following: "The most important work that has to be done is to change the hearts and thoughts of mankind: only in that way can all living beings become happy".

Babaji pioneered Kriya Yoga, the form of yoga envisioned by Krishna in the Bhagavad Gita. He believed that Self-dedication is surrendering the ego and loving humankind. Selfless service is service performed with detachment, without expecting returns. To attain this, Babaji put forth five major kriya yogas: Hatha yoga, kundalini pranayam, dhyanasana, mantra yoga and bhakti yoga.



### **Yogananda and Babaji: A Story of Two Masters**

Paramhansa Yogananda played a major role in popularizing Babaji's principles worldwide through promoting Kriya Yoga. Yogananda came to America in 1920, and was the first of India's yoga masters to make his home in the west. He was a tireless lecturer, extolling the benefits of meditation and yoga to millions of Americans over the next 32 years. He taught the mystical, original teachings of Christ, and emphasized the underlying unity of all religions. Paramahansa Yogananda, in his Autobiography, described Mahavatar Babaji's role on earth:

The Mahavatar is in constant communion with Christ; together they send out vibrations of redemption, and have planned the spiritual technique of salvation for this age. The work of these two fully-illuminated masters—one with the body, and one without it—is to inspire the nations to forsake suicidal wars, race hatreds, religious sectarianism, and the boomerang-evils of materialism. Babaji is well aware of the trend of modern times, especially of the influence and complexities of Western civilization, and realizes the necessity of spreading the self-liberations of yoga equally in the West and in the East.

**Mahavatar Babaji as Krishna:** Lahiri Mahasaya wrote in his diary that Mahavatar Babaji was Lord Krishna . Two disciples of Paramahansa Yogananda report that he also stated Mahavatar Babaji was Krishna in a former lifetime. Yogananda also frequently prayed out loud to "Babaji-Krishna . Though Babaji wears a man's body, his aspect as Mother Divine is undeniable. One cannot say he is man or woman. Both aspects are merged in him. The creator of all contains all within himself. A quote from Babaji:

**Love and serve all humanity. Assist everyone. Be happy, be courteous. Be a dynamo of irrepressible joy. Recognize God and goodness in every face. There is no saint without a past and no sinner without a future. Praise everyone. If you cannot praise someone, let them out of your life. Let the Lord's grace set you free. Let your life be that of the rose; in silence, it speaks the language of fragrance.**

As we walk the Labyrinth we can chant two mantras to bring in the energy of love and enlightenment : OM Namah Shivaya or The **Gāyatrī Mantra**



# Restoring Your Life Force with T'ai Chi

*"The secret of health for both mind and body is not to mourn the past, nor worry about the future, but to live the present moment wisely and earnestly." -Buddha*

T'ai Chi has received world wide recognition as a system of beautiful, flowing movements used by millions of people around the world .

- The Cambridge Research Lab in Boston offers a class in T'ai Chi to help workers blow off steam.
- Pam Towne works with professional golfer on the Professional Golfers Association Circuit to relax, focus and improve their swing.
- Tais Hoffman of San Clemente teaches T'ai Chi in a halfway house to women who have just completed a 21 day drug/alcohol detoxification program.
- Saint Luke's Hospital in Kansas City teaches T'ai Chi to arthritics in its Center for Health Enhancement to provide greater mobility, coordination and flexibility.



The practice of T'ai Chi Chih is a modern method of T'ai Chi originated by Justin Stone and based on the ancient art of T'ai Chi Chuan. This method involves simpler and fewer movements. T'ai Chi Chih can be easily learned and memorized.

Very little space is needed. One can stand at one's desk whenever feeling drowsy and do a few of the movements. To get the benefit of T'ai Chi Chih all you need to do is to practice the movements regularly, 10 or 15 minutes in the morning and 10 or 15 minutes in the late afternoon or early evening. You will feel the flow of energy and a feeling somewhat like the afterglow of an internal bath. Our method involves simpler and fewer movements for those individuals who wish to benefit from the health aspects of T'ai Chi without studying the martial arts sequences. For the martial arts student this practice has proven beneficial for the balancing and storing of Chi. This form of exercise is suitable for most everyone... males, females, disabled, and all ages.

A recent study sponsored by the National Institute on Aging showed T'ai Chi was the only exercise to show a 45% decrease in the number of falls among elderly study participants. The following are a few of the possible benefits of this form of T'ai Chi:

- \*Alleviates carpal tunnel syndrome
- \*Tones the body
- \*Relieves arthritis
- \*Stimulates circulation
- \*Reduces stress, controls blood pressures, raises the energy level, improves coordination and balance
- \*Alleviates stiff joint and stimulates the immune system.

## **About the Instructors**

Dr. R.E.Dahl .and George M. Samano, Obl.S.B. were trained under the University of Incarnate Word, Spirituality and Arts Center of the Sisters of Charity in San Antonio. Dahl and Samano are practitioners of Tai Chi Chih. In addition, Samano studied for three years under the Grandmaster Jung in Houston. Jung coached the U.S. team in the fourth, fifth and sixth World Kung Fu Tournaments and has attained recognition worldwide. Dahl and Samano have been very fortunate to have had other classes with various Master throughout the years.

Over the years, Dahl and Samano have conducted classes at UTB/TSC's Employee Wellness Program, Brownsville Independent School District Homeless Youth Program, Brownsville Medical Center's Premiere Plus Wellness Center and at community centers throughout the States of Texas and Indiana.

## T'ai Chi Benefits for ADHD & ADD

ADD and ADHD is a growing problem not only with children, but adults as well. Attention deficit hyperactivity disorder (ADHD) is the most commonly diagnosed psychiatric disorder of children, afflicting about 35% in the U.S. ADHD, often treated by drugs such as Ritalin, oral antihypertensive or antidepressants, is characterized by inattention, impulsivity and hyperactivity. However, the medical and educational community have begun to express concern about the sheer numbers of young children being diagnosed as ADHD and administered **drug therapy**.



While these medications can at times be effective if carefully monitored, side effects are possible, and most of these drugs should not be (though sometimes are) given to children under age six because of risk of toxicity or lack of dosage information due to inadequate testing for adverse drug reactions in this population. Twenty percent of ADHD children do not respond to the first stimulant drug tried, or have a negative reaction to it.

### Alternatives to Drug Therapy

Recently researchers have explored Holistic and Alternative approaches to deal with ADHD and ADD. For example, Clinicians using homeopathy for ADHD have reported good results, but objective evidence has been lacking. Likewise, a double blind, placebo-controlled study of 43 children with ADHD shows that homeopathy can be effective in treating the disorder. In 1998 a Touch Research Institute (TRI) study showed that massage was effective in increasing focus, improving mood, reducing fidgeting and lowering hyperactivity in adolescents with ADHD.

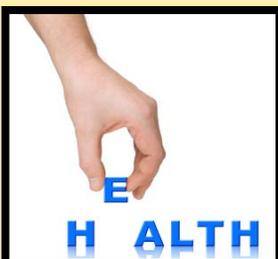
### T'ai Chi for ADHD and ADD

More recently TRI examined whether Tai Chi, the Chinese martial art of slow-moving, meditative exercise, would have similar effects. During and after five weeks of tai chi lessons, adolescents with Attention Deficit Hyperactivity Disorder (ADHD) showed less anxiety, daydreaming, inappropriate emotions and hyperactivity, according to a study by TRI. T'ai Chi may be a wonderful adjunct therapy for treating ADHD because it augments many of the mood management techniques recommended for ADHD sufferers.

A University of Miami School of Medicine study shows T'ai Chi is a powerful therapy for ADHD and ADD. The children participating in the study saw a drop in ADD symptoms, and an enhanced ability to focus, concentrate, and perform tasks. Adolescents with ADHD (Attention Deficit and Hyperactivity Disorder) displayed less anxiety, daydreaming behaviors, inappropriate emotions and hyperactivity, and greater improved conduct, after a five week, two day per week class. T'ai Chi meets many of the criteria for mood management techniques recommended for ADD.

Drs. Edward M. Hallowell, M.D., and John J. Ratey, M.D., experts on the management of ADD wrote,

**“Exercise is positively one of the best treatments for ADD. It helps work off excess energy and aggression in a positive way. It allows for noise-reduction within the mind; it stimulates the hormonal and neurochemical systems in a most therapeutic way, and it soothes and calms the body.”**



**Treat yourself to a session today  
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Call (956) 621-3520 FREE CLASSES FOR SENIORS**



# Mind Sync Table Reorganizes the Brain to perform at Higher Level



**Fatigued or Depressed? Can't Sleep? Impossible to lose weight? Hormones out of control ? Forgetting things ? Unable to concentrate? Need a lift in your ESP? Try Our Mind Sync Table**

The Mind Sync Table "teaches" the brain to use both sides equally-unleashing abilities you may not have known you had. The confirmed benefits include relaxation, stress reduction, improved hand-eye coordination and reflex response, increased concentration, deepened meditative and sleep states, and brain hemispheric synchronization. For details, please visit ITEM's website at:

<http://www.item-bioenergy.com/boss/index.html> ..

The MIND SYNC TABLE (MST) enables both hemispheres of the brain to function more equally and simultaneously. The MST is based on 10 years of scientific research conducted by The US National Aviation and Space Administration (NASA), the US Navy and numerous alternative medicine professionals. Research suggests that rotating table sessions enhanced, maximized and induced meditative states that activated critical and rarely used parts of the brain. During the 1950's and 1960's NASA used a rotating table in

research to cultivate children's psychic abilities and involved telepathy, remote viewing and induced out of body experiences. Many Individuals who have tried our table have seen a remarkable increase in their psychic abilities.

During the MST session the patient lies fully clothed on the MIND SYNC TABLE for a minimum of 45 minutes. The table is programmed to move in a clockwise rotation at 3.5 RPM for a minimum of 15 minutes. This leads to left and right brain synchronization . Then to ensure that the brain remains synchronized and stable the table rotates counter clock wise for 15 minutes. Finally, the table rotates for another 15 minutes clockwise at 3.5 RPM. This would be considered a typical session for a right brain dominant person. If the person was left brain dominant, rotation would go counter clock wise (15 minutes) , clockwise (15 minutes) and lastly counterclockwise 15 minutes. The general rule of thumb is that clockwise motion synchronizes left brain dominance and counter clockwise motion synchronizes right brain dominance.

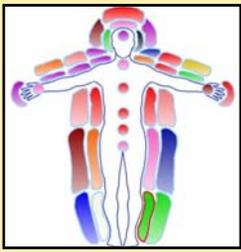


## List of Some Other Benefits:

- Experience states of Deep Meditation
- Leads you to "Whole Brain" Functioning
- Improve your thinking, learning ability, memory, intuition, creativity,
- Opens your channels to your higher self
- Lowers stress levels
- Improvements in mental and emotional health
- Increases brain chemicals related to longevity, well being and quality of live
- Beneficial for chronic neck and back pain \* Motor Coordination improvement
- Improvement in Chronic Fatigue, Fibromyalgia and other connective tissue disorder
- Improvement in central nervous system disorders , TMJ
- Replacement for Craniosacral therapies \* Improves orthopedic problems
- Increase ESP and Psychic abilities
- Relieves Migraine Headaches, Traumatic Brain and Spinal Cord Injuries

**Mind Sync Table Suggested Donation: 45 Minute Session \$60 .00**

***"Do not overate what you have received , nor envy others. He who envies others does not obtain peace of mind." - Buddha***



# What if you could look at an image like an external MRI, that will tell you if your energy is imbalanced? Now you Can ... Resonant Field Imaging

## AURA READINGS



There is a way you can see what your aura looks like. We have a resonant field sensor that will read what your aura and chakras are doing. This machine will show you on a screen what the aura and chakra conditions look like. We will demonstrate and discuss the overall health and balance of the energy in terms of bio-energetic science and can show you where there may be future health difficulties.

### RFI Provides:

- Full color images and detailed interpretations of the Psychological Profile, Health Profile and Brain Waves.
- Medical Quality Brain mapping which prints color images of the Brain and detailed interpretation of right brain bioenergies, left brain bioenergies and integrated

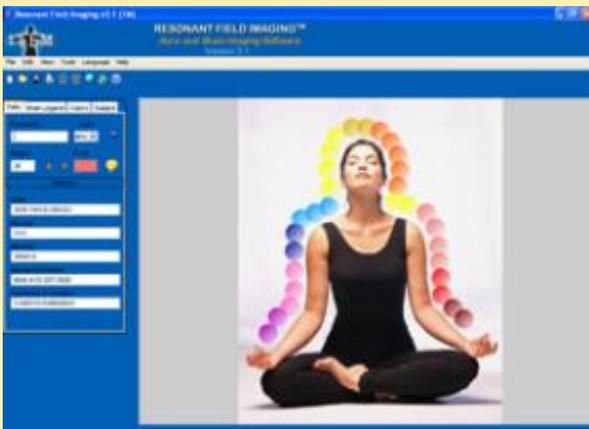
### What is an AURA?

The human being is basically an energy system. We take in energy and then transmutes it to be used for varying purposes. As energy is taken in and transmuted, it emanates from the physical body. This energy given off by the physical body is called an aura. The aura shows what we are experiencing on all levels as well as what we have experienced in the past.

The aura surrounds us in every direction. It is three dimensional. Basically our psychological and emotional activities are sent throughout the body as electrical impulses, radiating electromagnetic fields outside of the body. These fields can be measured by an electromagnetic imaging process called an RFI.

The Aura is connected with the quality of consciousness, as well as one's emotions, thoughts, abilities and the vital energies of a person.

The history of Auroras goes far back into the past. Natural tribes, the Christian Mystics of the Middle Ages, painters, and artists of all ages have shown the Aura in a radiant, shining ray of lights around human being, animal or plant. This information, which can be perceived by sensitive and psychic people, has been researched and proved scientifically in the last decades. Modern scientists measure the Aura as an electromagnetic field around living creatures.



RFI produces detailed computer generated bio-energy mapping



*"If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you." - Jesus Gospel of Thomas*

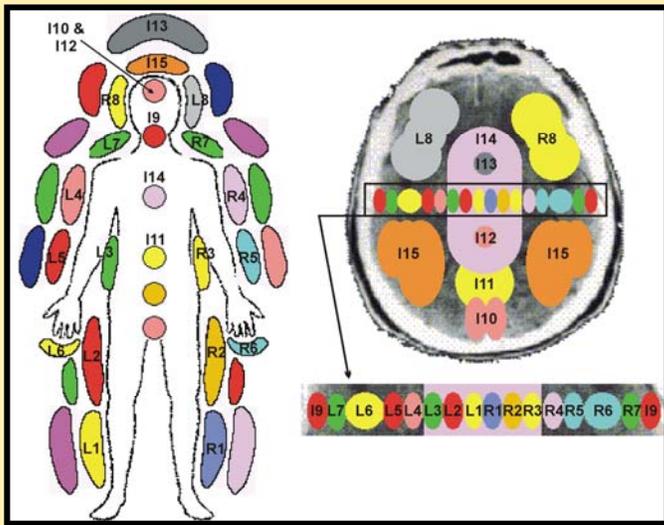
The first Aura photo was made by the genius scientist Nicola Tesla in 1891. The Soviet Union did research in several tests in the 1960's. From 1975, the Aura was measured and photographed in universities with great precision worldwide.

### **Why do we need to read Auras?**

Everyone needs to learn to recognize the limits and strengths of their own energy field. We each need to be aware of when there is a need to intensify our energy fields, strengthen them, purify and cleanse them of negativity. Every time our aura contacts the aura of someone else, there is an exchange of energy. Every time things get hectic, emotional or extra "mental"... when situations and people around us get aggravate, irritate us or bother us we give off and use more energy from our own fields.

We need to recognize when we are losing and using excessive amounts of energy. We need to recognize and learn how to recharge the energy before we deplete it to the stage of manifesting illness. By reading the Aura it seems possible to see where there are malfunctions in the body (diseases) long before physical and emotional symptoms become evident. By consciously controlling your Aura you can actually heal yourself.

### **What is Resonant Field Imaging Session like?**



The Resonant Field Imaging system consists of a small, hand-held, easy to use device which, placed in a person's energy field, provides electromagnetic feedback. It is a hand-held digital frequency counter with a specially tuned antenna.

Measurements are made in a number of specified locations within the bioelectric field or aura. The measured frequencies are then fed into a computer program, which prints full color images and detailed interpretations of the psychological profile, health profile and medical quality brain mapping of the client.

There are a number of highly effective Aura imaging devices in the world but the RFI is the first program I have seen to accurately analyze and interpret the aura colors for psychological and health conditions. This does not constitute a medical diagnosis but certainly alerts non-medical professionals when a referral should be made. *Note this*

*technique permits our staff to demonstrate/document "before and after" images and the impact of our specific healing modality on our clients energy fields. It also provides a way of training people to manage and deal with their emotions and take control of their health.*

Environmentally, Resonant Field Imaging can be used to show and interpret the energies within the environment. If, for example, you move into a previously occupied home and want to gain understanding of the energies lingering from previous residents, RFI can be used to evaluate existing energies. Subsequent to the evaluation, the homeowner can determine whether Environmental Cleansing is desired. This technology is also effective for outdoor environments.

### **What Happens After an Aura Reading ?**

After the RFI process, you may choose to have the problem areas balanced, unblocked or activated by a vibrational therapy session. What happens during a vibrational therapy session? The client is fully clothed and custom-made tuning forks which have been precisely tuned to color frequencies based upon the Pythagorean (Lambdoma Matrix) formulas are used in contact with the body on key acupuncture points, as well as on the energetic field surrounding the body.

Reiki healing energy is applied to areas of body and aura to unblock and activate your chakras. After the treatment a second RFI Imaging session is done to see if positive changes have appeared in your energy system. For more information on Aura Chakra Therapy see Vibrational Therapy Tuning Forks on this site. Pet therapy is available in half hour increments.

## **What can we do with the RFI**

**Healing Sessions:** We use **RFI** to make "before and after" images, to demonstrate and document the effectiveness of our therapies.

**Biofeedback:** **RFI** can reveal real-time changes in a person's psychology and health. While measuring only the forehead (pineal body transmission) region, as subjects go through various stages of brain states during relaxation or concentration, **RFI** can identify bioenergies that reveal their brain state at the moment. **RFI** frequency data generally has a good correlation to data obtained from electroencephalogram (EEG) technology.

**Parapsychology:** **RFI** has proven very useful in detecting and analyzing ambient fields such as psychic and mental energy, and various paranormal phenomena. We have used it for poltergeist investigations, which resulted in comprehensive explanations of seemingly paranormal phenomena occurring in a house or territory. We also use the Brain imaging program to explore brain power, psychic abilities and other "psi" phenomena.

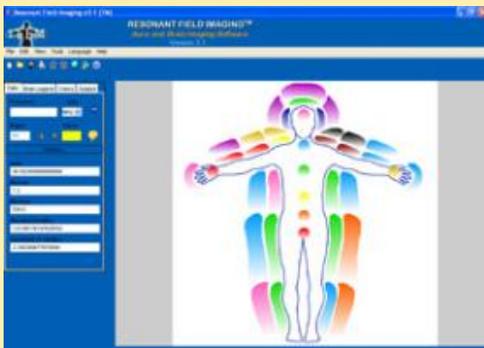
**Antique Collectors & Archeologists:** **RFI** is generally sensitive enough to read energy imprints emanating from physical matter, to perform electro-psychometry. This allows us to make indirect psychological analysis of the energies of people who owned or used an object. In archeology, this flexible feature allows us to better understand the beliefs or feelings of ancient cultures through electro field mapping of artifacts, or scanning archeological ruins and preserved sites.

**Feng Shui:** **RFI** allows us to determine the identity, type and function of the energy fields that is in the air, in spaces, near or on furniture, in different rooms, etc. We use it to observe the fields generated by the different ways you arrange furniture in each room in your house, and the energy effects of featured objects or decorations which you add or place in different parts of a room.

**Plants:** **RFI** has been successfully used to create bioenergy images and analyses of herbs, plants, flowers, or trees, and the **RFI** software includes a special function for analyzing the energies detected around plants.

**Pet Lovers and Veterinarians:** **RFI** is used to explore the health of animals, or to better understand your pet's emotions, thoughts, spiritual needs and hidden abilities.

**Science & Self-Development Hobbyists:** We use the **RFI** to help clients Gain a better understanding of themselves and how they interact with their environment. **RFI** has successfully helped train people to develop psychic abilities, manage and deal with their emotions, and take control over their own health.



### **INITIAL AURA & CHAKRA READING**

(20 - 45 min.) Suggested Donation: \$35 to \$65  
Determine personality type, emotional-energetic well-being and find the "right" product or treatment

### **IN-DEPTH AURA READING & BIOENERGY BALANCING**

(45 - 60 min.) Suggested Donation : \$100  
This deluxe treatment includes: Aura Chakra Evaluation and Vibrational Balancing



*"Neither fire nor wind, birth nor death can erase our good deeds." -BUDDHA*



## Looking for Your Life Purpose? Try our Life Readings & Angel Readings

Look at the present moment on your life path.

These readings can clarify relationships and work issues, bring resolution to hurts and fears, help you to access your intuition, present new options for your life and bring insight into current health issues. The Readings use a combination of I Ching, Mayan Oracle, Runes, Angel Cards and conscious channeling from Spiritual Guidance Team.

**Suggested Donation: One Hour \$65 to \$160**



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What 's Hot in Healing:

# St. Michael's Crystal Light Table with Crystal Skull Reiki Grid Configuration



By San Kat Mochan das

## What is the Crystal Light Table?

St. Michael's Crystal Light Table Therapy is a holistic form of treatment, seeking to promote or reestablish physical, mental and emotional well-being. It can benefit almost anyone, ranging from people affected by specific conditions to those with more general or diffuse complaints. Crystal Light Table involves the application of colored light beamed through quartz crystals onto the "chakras" or energy centers of the body. The therapy clears, balances and energizes the chakras, promoting healing, health and well-being.

This new alternative healing stress relief method, uses new ground breaking light technology to focus specific therapeutic color on each chakra meridian within the body. Color light therapy effectively boosts the body's own natural healing ability by targeting the critical Endocrine and Immune Systems. Research has shown that colors can dramatically affect your health, inner harmony and even your emotions. Color is a living Energy. Crystals are a primary source of natural healing energy, due to their symmetrical molecular structure and their effect on the chromatic composition of light. The crystalline structure contained within them is very pure in its formation.

The Crystal Light Table comprises of 16 quartz Lemurian crystals, which are suspended and positioned over the eight main chakra points of the body. They radiate a programmed frequency of color and energy to the respective chakras to cleanse and balance the energies. The specific color associated with each chakra is amplified as the light passes through the crystal point, activating it and radiating the energy to the person. This helps to clear any energy blocks, bringing the chakras into balance.

This form of healing was first introduced as "The Crystal Light Bed" by John of God from Abadania Brazil. Each of the John of God quartz crystals had been cut to a specific frequency and blessed by John of God. This healer from Brazil allows a specific group of highly evolved spirits or "entities" to take over his body and perform miraculous healings while he is completely unconscious of what is happening. These healings can and do occur on many levels - spiritual, mental, emotional and/or physical. It is reported that John of God has healed many with incurable diseases.

**Everything that is created in the universe is here already . We are not really creators as much as we are combiners of everything— Wayne Dyer**

The John of God crystal bed has 7 vogel crystals suspended approximately 12 inches above the client lying on a massage table. Each crystal is aligned above one of the seven human energy centers or chakras. Colored lights, chosen to match the chakra colors, radiate light and energy through the crystals to each respective chakra, and shine on and off in certain rhythms to cleanse, balance, align and raise your frequency. The individual receiving the session rests face up with eyes closed, bathing in the energy from the Crystal Lights.

### Why we use Lemurian Crystals

George Samano and Dr. R.E. Dahl developed the St. Michael's Crystal Light Table under the direction of two Church of the Divine Spirit Board members that traveled to Brazil to work with John of God. However, we have chosen to use natural, uncut Lemurian crystals in our St. Michael's Crystal Light Table.



Lemurian crystals carry healing qualities and energy, both of which are innate to crystals generally and particular to these specific crystals. These crystals came from Diamantina, Brazil. When one works with them in healing practices they infuse the client with the pure vibrational energy of divine love.

Lemurian crystals have been programmed with the consciousness of life force energy of Atlantian and Lemurian Ascended Masters. These two civilizations have contracted to help heal the earth at this time. The crystals are helpful in cauterizing wounds that allow energy leaks and assist in healing individuals who are overly sensitive to the emotions of others or who have been energetically traumatized by negative environments. Lemurian Crystals evoke feelings of peace and serenity. You may experience insights and release of specific personal issues and memories. You may have feelings of warmth, movement, tingling and expansion.

### Why We Use Crystal Skulls

Crystal skulls intensify and amplify the power of intention and hold the specific frequency of **Mahatma or Grace energy**. This is energy based upon forgiveness, prayer, and awakening. At this time the Crystal Skulls have been rediscovered as tools to activate Christ consciousness for healing.



The shape of the skull is important in terms of Sacred Geometry. For example, various three-dimensional shapes have a particular energy that they generate just by the nature of their structure. For example a pyramided shape generates an energy that fosters integration. Likewise, the skull formation is a sacred shape that generates a specific energy. The structure of the crystal skull helps to conduct the electro-magnetic powers inherent in brain function. Although our culture over the years has adopted the symbol of the skull to represent death, in metaphysical terms, the sacred shape of the skull

represents transformation, or in fact, death and re-birth of consciousness.

### How We Use the Skulls

We place a Reiki Grid Configuration of crystal skulls under the massage table in the formation of the Flower of Life or Tree of Life. The grid is created and charged with Reiki, which will then continue to send energy to heal, protect or manifest a goal for the entire session. I

In addition the Crystal grid is used by spirit guides and higher-self, as a bridge to transmit healing. The crystal skulls are inscribed with the names of the Archangels and Reiki Attunement Symbols. *Recommended Books about Crystals and Crystal Skulls:* "The Mystery of The Crystal Skulls" by Chris Morton and Ceri Louise Thomas "Love is in the Earth - A Kaleidoscope of Crystals" by Melody



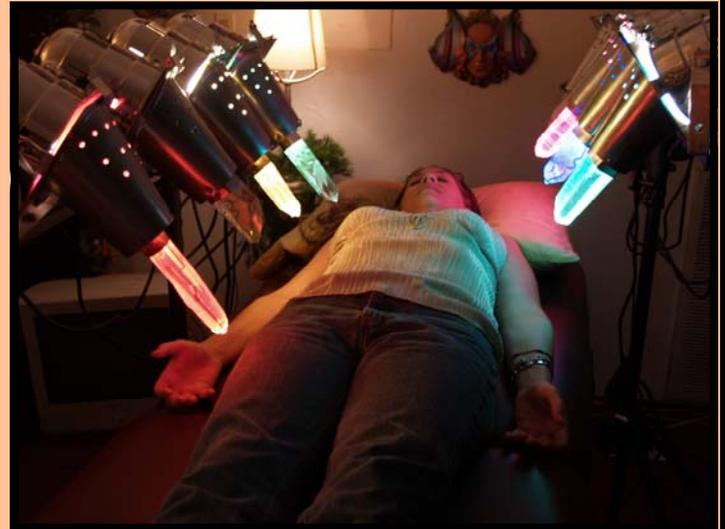
## Benefits of the Crystal Light Table

- Reconnects and Activates 13 Strands of DNA to help Realize Life Purpose... why are you here
- Relieves Physical & Emotional Symptoms from Ascension (headaches, eye problems, hearing problems, chest pains, anxiety attacks, depression)
- Helps you to reconnect to your spiritual guides and to receive clearer messages
- Strengthen your Aura so astral parasites, negative entities or negative thought forms can not influence you
- Puts you in the universal flow so that things just happen at the right time, in the right way and for the right reason... with little or no effort
- Helps you to remember who you were before you incarnate on this plane ... where you came from and where you are going
- Turns on your Heart Chakra's tracker beam to draw in your spiritual family, teachers, guides and soul mate.
- Increases your power of discrimination so you can see who and what needs to be in or out of your life... then helps you to bring it in or get rid of it
- Heals Energy Leaks & Cuts Emotional Cords
- Rebalances the energy field
- Harmonizes the Chakras and Subtle Bodies
- Activates the Body's Ability to Self Heal
- Rejuvenates the Body, Mind and Soul
- Develops an Inner Sense of Peace and Harmony
- Clears negative energies
- Balances emotional and mental energies
- Enhances Psychic Functioning

### *Treatments:*

*20 minutes Suggested Donation : \$30*

*It is advisable to have 3 to 5 sessions to receive maximum benefits.*



**WARNING DISCLAIMER:**  
**This information is under-stated.**  
**Major stuff will Happen in your life**

# Angelic Vibrational Healing Sessions

## Look what can happen at a healing session



Mental	Emotional	Physical	Spiritual
More clarity	Feeling more alive	Feeling more grounded in physical body	Vivid dreaming
Better focus	Less fear	Straightened posture	Greater presence
Enhanced childhood memories	Greater joy	Increased energy and endurance	Acknowledgement by others
Improved decision-making	Reduce stress	Deeper sleep	Access to spiritual insights
Centering	Emotional release	Provides deep relaxation	Aids meditation
Quieting mind chatter	Peacefulness	Reduce muscular tension, spasms, and pain	Connect to Guides
Boosts creative thinking	Greater confidence	Lowers high blood pressure	ESP Enhanced
Getting rid of outmoded belief systems	Assistance for breaking old habits	Alleviates tension headaches caused by stress	Insight into Life Purpose
		Chronic pain, chronic fatigue, fibro-myalgia	Greater balance during ascension process

### All problems, emotions and stresses are stored in the body as energy patterns.

Negative experiences, thoughts and emotions can cause frozen blocks of energy that stop the flow of healing energy in our lives. In addition, **many people are living at the survival level**, with just enough energy to get through the day. Using tuning forks tuned to sacred Solfeggio sound frequencies and the Archangel sound frequencies in an **Vibrational Healing Session releases unclogs frozen energy blocks and frees up the stored, unused healing energy**. When this energy flows freely, we become aware of new choices in our lives and we have the necessary energy to make the changes we want and/or need to make.

Sound is also a powerful way to help people to open up to a deeper level of consciousness. The sound from the Solfeggio and Angelic tuning forks assist the body's energy channels to stay open and keeps the life force (Chi) flowing freely throughout the body.

### What Happens During A Session?

Sessions are held at Angel Station in Brownsville. Regular sessions are 45 minutes. Deluxe sessions, which incorporate an Aura reading are 75 minutes. (Please arrive at least 10 minutes early.) Angelic Vibrational Tuning Sessions are conducted fully clothed on the St. Michael's Crystal Light Table. Although not a required feature with vibrational healing sessions, the experience of "Crystal Light Therapy" incorporates specific frequencies into the body at a cellular level. (See *article on St. Michael's Crystal Light Table*).

*You will be asked* to state silently an intent for this personal session. As you breath deeply and relax, we'll begin with a special tuning fork called an "OM" tuner to take away the stresses of the day. Then we use the sacred Solfeggio and Angelic tuning forks in a technique designed to open the body's energy centers and raise your energy level from survival to optimum vitality. In addition, as I work with the Tuning Forks, I charge them with Reiki energy for an even deeper level of energy healing. The tuning forks are struck to create the vibrations and moved around the body.

In addition, we will be placing the end of the vibrating tuning fork directly on the body until it stop vibrating. Sound frequency technology is also utilized through CD's for DNA activation, and brain wave balancing .



**Ask about our Sacred Sound Waves Group Healing –**  
Experience Sonic Bliss & Energetic Transformation with crystal and Tibetan/Himalayan singing bowls, tuning forks, toning, and other sound healing tools! In this special event participants will get to experience powerful healing sound waves that help clear stress and disharmony and open us up to higher consciousness. 20 minutes Cost \$20.00



**List of Archangels for Attunement—Read more on Angels in John Randolph Price “Nothing is Too Good to be True “**

**Khamael: Mars - 144.72 Hz, Blue:** *Angel of Courage and Perseverance.* Provides the energy of steadfastness, the courage to live the truth and to preserve in that consciousness-regardless of what is going on around you Stimulates new ideas, calls one to action, encourages new beginnings, creates encourages forward movement and self-assertion

**Tzaphqiel: Saturn - 147.85 Hz, Blue:** *Angel of Success and Rebirth* Brings successful completion of any matter. Helps to bring fulfillment to a person’s place in the Divine Plan. Encourages deeper connection with crystals & gems, helps you to trust the Divine Process with total acceptance of the Goodness of God. Stop the mind from interfering with the healing process.

**Gabriel: Moon - 210.42 Hz, Orange - Angel of Imagination, Creative Wisdom , Patience and Liberation.** Helps you to open the inner eye and ear. Helps to solve problem quickly, allows judgment to be clear and correct Strengthens spiritual vision that enables you to see the truth of heaven on earth. Rejuvenates DNA and slow down aging

**Raphael: Sun - 126.22 Hz - Light Green: Angel of Truth and Enlightenment , Loving Relationships** Overshadows the healing pattern, ensuring the right vibration in the physical body to maintain health and wholeness Promotes generosity, opens the heart, stimulates creativity, promotes self-confidence, assists in finding one's purpose.

**Ratziel: Neptune - 211.44 Hz, Orange: Angel of Renunciation and Regeneration .** Provides the energy for Surrender, Deepens our understanding of mysticism, assists in getting in touch with past lives, promotes dreams, imagination and intuition, deepens meditation, encourages transcendence.

**Haniel: Venus - 221.23 Hz, Yellow-Orange: Angel of Abundance.** Direct influence on health, creative success and relationships, puts one in touch with Goddess energy and sensuality, restores balance, enhances one-on-one relationships, discovery of feminine attributes. Helps one to find their soul mate

**Tzadqiel: Jupiter - 183.58 Hz, Red: Angel of Cycles and Solutions.** *Provides the ability to accept change and move into expansion cycles with a positive attitude Encourages expansion and growth, learning from a global point-of-view, welcoming higher energies to come in, encourages travel & discovery, promotes optimism, encourages morals and ethics.*

**Metatron: Uranus - 207.36 Hz, Orange: Angel of Unconditional Love and Freedom** Promotes harmlessness and Universal Love and assist in the realization of your Divinity and the Divinity of Other. Reconnects our minds with the spiritual essence of clarity. It is for this reason it helps with insanity, comas and diseases of the mind. Chakra Balancing: also used for the Alpha

**Sandalphon: Earth - 194.18 Hz, Orange-Red: Angel of Materiality Temptation ,Discernment and Victory** *Helps you to stay grounded ,Protects you from going to far .* Helps to train your mind to be prudent and judicious. Helps you to meet your objective with determination and resolution Helps to put us in right relationship with Earth. Matters dealing with reality to the material world and success. Releases self centeredness, insecurity, violence, greed, anger,

**Michael: Mercury - 141.27 Hz, Blue-Green: Angel of Illusion and Reality., Spiritual Strength and Will** Helps to separate false from true in life. Release mind from blocks and enables you to see Divine Plan .Helps you to have the mental will to follow your spiritual path, promotes higher communication, opens receptivity to receiving & understanding messages, opens one to knowledge and clear thoughts. Michael is well known as a protector and the one to end suffering. His frequency holds the keys that unlock everything that may get in our way. Chakra Balancing: Also used for the Angelic Chakra Thymus

**Shekinah: Pluto - 140.25 Hz, Blue-Green: Angel of the Creative Word., Spiritual Understanding, Power and Authority** Lifts the vibration of consciousness to the level of spiritual perception. Energy of open mindedness, enabling person to see deep esoteric truths. Releases energy to move prayers and intentions into manifestation Encourages letting go of the old so that Her power to heal is all encompassing. She is the expression of Gods love and light. It is the Shekinah that makes it possible for healing to take place by bringing the spirit to the physical. Provides the determination to rely on the will of God in every situation. Chakra Balancing: also used for the Omega Chakra.



**Come in for an Energetic Tune Up Today!**  
**\$65 Suggested Donation - Regular Session 45 minutes**  
**\$90 Suggested Donation - Deluxe Session 75 minutes**  
**Simply put... You just feel better all over!**

# Reiki Healing Services



## Reported Benefits of Reiki

- Creates deep relaxation and aids to release stress
- Accelerates self healing abilities and aids better sleep \* Reduces Blood Pressure
- Helps with allergies, asthma, eczema, headaches
- Aids in breaking addictions \* Helps relieve pain and removes energy blockages,
- Brings the body into balance and harmony
- Helps to clean toxins and reduces side effects of drugs
- Helps to recover from drug therapy/ chemotherapy
- Supports the immune system
- Increases vitality, slows the aging process
- Raises the vibrational frequency of the body and emotional clearing
- Aids in the grieving process
- Increases energy levels, reduces stress, promotes creativity

One of the greatest Reiki healing health benefits is **stress reduction and relaxation**, which triggers the bodies natural healing abilities, and improves and maintains health. Reiki healing is a natural therapy that gently balances life energies and brings health and well being to the recipient.

## How does Reiki work?

Reiki energies are multi-dimensional and can heal the root of a problem on whatever level it may exist... body, mind, or spirit. The Japanese name, Reiki (pronounced Ray-Kee), means 'Universal Life Force' the flow of energy that keeps us alive. The practice of Reiki is a natural healing technique in which a practitioner (or healer) channels universal energies and provides them to another person. Without conscious intervention by the healer, intelligent healing energies flow through the healer to the client in exactly the right amounts to precisely the right places. The healer's job is to "get out of the way" to keep the healing space open, and to watch and listen for signs of what to do next. The Because it is a channeled healing, the Reiki practitioner's energies are never depleted .The energy is used to heal oneself, loosen internal energy blockages, reestablish spiritual equilibrium and mental well-being, and revitalize body and soul. Reiki can be used as a non-intrusive complementary or alternative therapy to treat almost any disease, the most common being stress-related disorders. Reiki is not a religious practice, as it encompasses all systems of thought, but the results can be spiritually uplifting .

## WHAT IS A REIKI TREATMENT SESSION LIKE?

Before and after the healing , the client is cleared with a OM tuning fork and a Channeling crystal. The OM tuning fork is tuned to the sacred syllable of "OM" and opens up the Heart Chakra to let the Chi or Life Force flow, Channeling Crystals help the client to gain an inner clarity of their soul purpose and helps the cells to absorb higher vibrations weeks after the healing .

After the client has been cleared of negative energy, the Reiki Healing Process begins. In its simplest form using Reiki is simply the practitioner placing their hands on the recipient with the intent of bringing healing, and willing for Reiki energy to flow. There is a set of hand positions traditionally taught which give good coverage over the recipients entire body. If there is a specific area of concern the practitioner can keep his/her hands right there for as long as necessary. This process is accomplished during a 20 to 45 minute session. During the session the client lies fully clothed on a massage table while listening to DNA activation music. Suggested Donation \$65 for 30 to 45 minute sessions Healing done ay Reiki Master; Level 3.

**DISCLAIMER:** Please note, that Reiki is not a substitute for medical care. Information on this site are not intended to diagnose, treat, cure, or prevent any disease. You should consult with the appropriate health practitioner in case of any medical condition.

# REIKI ATTUNEMENTS: WHAT THEY DO \* WHO CAN BE INITIATED

A Reiki attunement is a ritual performed by a Reiki Master. The ritual involves energetic placement of Reiki symbols through a specific set of sequenced actions into the student's crown and palms. Everyone can be initiated to Reiki. It is very easy to learn Reiki. No special background or knowledge is required, so anyone of any age can learn and practice it. The attunement process enables you to be permanently open and connect to the Universal Reiki Energies on mental, physical, emotional and psychic level. The attunement will clear and balance important energy channels within the body. Each attunement you receive will open you up to higher levels of healing and understanding Universal Life Force. The Attunements are given by Reiki Master, Dr. Roberta Dahl and there are three formal levels of initiation.



## REIKI LEVELS

**REIKI LEVEL I** You are permanently attuned and connected to the Reiki source of healing energy. After you are initiated it allows a person to perform healing on oneself and others. It requires no special invocation or alteration of the thinking process to "turn on the flow" of Reiki. By simply placing the hands and opening the heart to love, one automatically brings in the energy. The First Degree is the foundation for all three degrees. This level deals with physical issues. Suggested Donation \$100

**REIKI LEVEL II** You will be attuned again to better connect with energies that heal mental and emotional issues and travel across any distance and time. You can practice sending distance healing to your friends and family, even animals. The power symbol learned can be used to help focus energy for specific purposes. In order to receive this initiation, one must have been previously attuned to Reiki I. Suggested Donation : \$225

**REIKI LEVEL III/MASTER** All the Reiki energy is unlocked when attuned to this level. At this level the initiate will be able to perform Reiki attunements to others. One must have been previously attuned to Level I and II in order to receive this level. Suggested Donation \$375

### Preparing for Attunement

- >Eliminate (or reduce) intake of meat, fowl, or fish from your diet 3 days prior to your class date.
- >Consider doing a water or juice fast for 1 to 3 days prior to the attunement.
- >Consume no alcohol for at least 3 days prior to the attunement.
- >If you are on any type of medication continue to take it as prescribed prior to and on the day of attunement.
- >Smokers should smoke as little as possible for the day prior to the class date and on the day of the attunement.
- >Avoid outside stimulation (TV, radio, computers, newspapers).
- >Find moments (hours) of solitude. Meditation and spending time with nature (walks, sitting beside streams, etc.)
- >Be gentle with yourself. Don't tackle any tasks that will deplete your energies.
- >Drink plenty of water.
- >Cleanse your aura prior to class.
- >Get a good night's rest the evening before your class. In the morning if you are not fasting, eat a light

**Tips:** Daily prayers / connection with your inner guidance is recommended during this period.

Be prepared for a 21 day cleansing period following the attunement process.

If you are in a doctor's care you may wish to have him/her re-evaluate dosages of medicines being used after the 21 day purging/balancing period.

**Ask about our "Reiki Shares". We welcome Reiki practitioners of all levels of training, as well as all lineages, in communal Reiki treatments. The sessions are an opportunity for the practitioner to receive a treatment from multiple healing hands, as well as to extend the benefits of a group session to others. Reiki Shares are offered on selected Wednesday from 6-8 pm. Healings are usually done by Level 1 and Level II Reiki Healers.**



# VORTEX ENERGY-SPIRIT GUIDE COMMUNICATION RINGS

THE MOST POTENT ENERGY TOOL AVAILABLE TODAY!

Instantly takes you into higher dimensions!

Connects you with your spirit guide and multi-dimensional Vortex Energy.

Assists you with moving through dimensions quickly and effortlessly,

Rings have higher amplitude than the crystal

Maximum potential reached in 15 minutes

Stimulates *mental and psychic energy, thereby enhancing meditation and mental clarity.*



2700 BC Israel-Sumerian Goddess with Rings

Spirit Guide Communication Rings are used to facilitate healings during a Reiki Healing, Acupuncture Treatment, Channelings, Remote & Distance Healing and more. We have found them to be tremendous in reaching a higher state of consciousness or grounding quite quickly. They are also great for couples to use together! The RFI Aura Imaging, which shows the energy flow in the body, reveals that 10 minutes of holding the rings has the same effect as 30 minutes of meditation! This current has been shown to follow the meridians used in acupuncture. The rings “cleanse” the meridian system which allows energy to move more freely through the body. When held properly, the rings create an electrical conduit that both increases energy flow and improves the functioning of the central nervous system. Over the years we have found that using the Communication Rings helped people to connect to their spiritual guides. The Rings help to open the Alpha Energy Center (6 inches above the top of the head), the New Angel Chakra (located between the Third Eye and the Crown) and the higher pathways through the 8th Chakra (12 inches above the top of the head). These three chakras are gateways to the higher self and connection to the celestial and astral realms, making communicating with spiritual guides faster and easier.

## Jump Start Sessions

All people have the ability to communicate with their spiritual guide. But sometimes it is necessary to have a “jump start” to restore the natural flow of energy to your communication lines. We have developed the “Jump Start Program” for this very purpose. During the “Jump Start” sessions our Spiritual Facilitator and Client are linked by holding two Communication Rings, one in each hand. The Spiritual Facilitator draws in earth vortex energy and sends this energy to the client via the Rings. Earth vortex energy is run back and forth through their bodies via the Communication Rings. The Rings act as a conduit for the vortex energy. These sessions quickly help you to clear your energy and reset your communication lines to the astral plane. Our Jump Start sessions take 15 minutes and cost only \$20.00 per session.



## What makes the Rings so Powerful ?

**We have taken the power of Hematite plus Magnetic Therapy and combined them using an ancient design channeled through the Ascended Masters.** Ancient Egyptian & Sumerian legends speak of power rods and rings that could be charged by priests using their energy to move great blocks of stone for the pyramids. Pictures show Ishtar goddess, holding power rings. Our Hematite Magnet Communication Rings represent the new 2012 energy of the Divine Feminine, like the rods they help balance yin and yang energy. However, the circle shape taps into higher frequencies that are now available. In addition the rings are made of Magnetic Hematite. Alternative healers have credited Magnetic Hematite with the ability to improve memory, mental focus and concentration. It has been shown to be an excellent aid in meditation, recognized by healers for calming the mental state and increasing the pathways that lead to inner knowledge. **Take home your own set of Rings and open energy channels in minutes a day.**

**COST: One Pair of Small Rings: \$200.00 One Pair of Large Rings:\$269.99**



# Krishna Kirtan Meditation: DEVOTION CHANTING



Charles Torres (on left) Leading Kirtan with guitar at Earth Day 2009

Join Charles Torres for an unforgettable workshop into healing and union with the divine. Kirtan is an ancient participatory music experience that offers another method of meditation. If you find it hard to meditate -come to Kirtan. One of the oldest sacred music traditions of the world, the Kirtan chanting comes to us from India. Using ancient Sanskrit mantras, the Kirtan calls upon sacred energies which serve to quiet the mind, remove obstacles, and bring us back to the center of our being.

## Go Within

By repeating simple mantras over and over, faster and faster, the Kirtan is an easy way for people to experience the inner silence of meditation. And while it is true that we can sing these chants in the privacy of our own home, you get a different feeling when you turn on to magic of chanting live with musicians and thousands of individuals -from children to seniors-all joining their energy to the chant. Most People have stated that they feel "buzzed" for days following such a chanting experience.

## Activate the Divine Spirit

What is the "buzz" of Kirtan? The Kirtan experience is not just about the music itself. Yes we all feel the experience of musical vibration. When we are listening to music we resonate at different frequencies, and these frequencies change according to what we are listening too. So when we are all doing the same thing-chanting, breathing, and moving to the same rhythms-our vibrations begin to synchronize and the resulting experience is very powerful. The laws of vibration help us out here, because vibrations align themselves to stronger vibrations, so even if you're having a truly rotten day, it may be difficult to hold onto those feelings during the chant experience. If you were only to sit in the room without participating, the idea is that you could still feel the shift. Something happens-the energy begins to activate the spirit that exists within us all.



Although the kirtan involves music, the underlying art of kirtan chanting is not actually about musical ability or training-it is about the heart. Everyone can participate, regardless of age or cultural background. The purpose of this music is to get us out of our heads and into our hearts.

Typically, the songs can last for 20-30 minutes each with a few moments of silence in between each song so you can soak it all up. The longer songs allow for deeper experience of the effects, and with the simple, repetitive lyrics (it's a chant, after all!) we really don't have to think much about the words. In fact, because the ancient Sanskrit lyrics are not familiar to many of us Westerners, these words take us away from the mind's constant chatter a little easier. The powerful healing and transformational energies of these ancient chants can help to

reconnect us to the Ever-Present and Eternal Being that lies within us all. All the mantras, melodies, and instruments of kirtan are designed to lead us toward this meditative state.

**Charles Torres** has led kirtan groups for over 20 years. Charles leads you in kirtans, chant instruction and Sanskrit translation and pronunciation. Teachings about Hindu deities, chakras and Bhakti yoga as well as storytelling of the ancient Indian Myths helps deepen your kirtan experience.



# Following the Path to Enlightenment: Krishna Consciousness

*I searched for God and found only myself . I searched for myself and found only God –  
Sufi Proverb*



## **Chitsukhananda Das (Charles Torres)**

**Initiated Disciple of His Divine Grace  
A.C. Bhaktivedanta Swami Prabhupada**

Chitsukhananda Das, born as Charles M. Torres in the New York is a influential figure in the International Society for Krishna Consciousness (ISKCON). His spiritual brothers distinguish in him spiritual qualities such as compassion, devotion, and integrity based on solid spiritual values. He is specifically well known for his service rendered to the movement's leader A. C. Bhaktivedanta Swami Prabhupada.

He began his association with the Krishna Consciousness movement in 1969 during the early days of the movement as an official disciple of the A.C. Bhaktivedanta Swami Prabhupada. As a member of the pioneering group of the Krishna devotees in America, he was personally trained by Sri Bhaktivedanta Swami Prabhupada on

During his 38 years of teaching, studying and conducting worship services, he traveled throughout the world spreading the message of love and devotion. His tireless efforts helped establish temples in California, Latin America and the West Indies. In 1971, he pioneered the first Vaishnava Temple in Latin America (Mexico City). He served as Priest in the Temple in Dallas and conducted extensive outreach with the Universities in the area. Due to his academic merits, he secured a position teaching the Bhagavad Gita at San Jose State University Experimental College in California.

His Public Relation duties with ISKCON lead him to numerous radio and TV programs, where he spread the Word of Krishna Consciousness. Likewise, his classes on Vedic Scripture have been heard in Churches, Mosques and Jewish temples across the U.S. Over the years, he has consistently supported movements that promoted unity and understanding among different religions. For his efforts to bring "Unity within Diversity" among different faiths, he received special recognition and honors from La Salle University.



Chitsukhananda Das has worked to establish his reputation as a master vegetarian chef and spread the yoga philosophy of cooking or bhakti-yoga. The bhakti-yoga practices were widely introduced to the Western world in the 1960s and 1970s by Prabhupada.

It was from Prabhupada that Chitsukhananda Das first became inspired to follow his natural propensity as a cook, and at the same time satisfy his spiritual cravings. One of the main elements of Krishna Consciousness is the preparation of sacred vegetarian foods, foods fit for God.



For thousands of years, priests in temples throughout India have prepared divine vegetarian offerings for the Supreme Being. These offerings are saturated with love and devotion. Cooking thus becomes yoga. When vegetarian dishes are offered to the Lord with love and devotion and the Lord accepts them, the offerings are infused with spiritual energies of God. By tasting such foods, the individual devotee experiences divine pleasure and enlightenment. Many spiritual truths are revealed to one who simply eats this divine meal, called prasadam.

Chitsukhananda Das has gained a wealth of culinary experience by traveling to India many times. Across the US, he assisted cooks in temples, restaurants and private homes. He has cooked for numerous celebrities including the President of Costa Rica, the Ambassadors of India and Mexico, and Lata Mangeshkar.

Desiring to share his experience with others, he has opened three restaurants in Mexico. For the past three years he has been serving gourmet vegetarian meals at Atlantis Healing Center and The Church of Divine Spirit in Brownsville,

Texas. Aside from his culinary gifts, Chitsukhananda Das is a well-respected singer and composer of Vedic songs and mantras. He has numerous recordings on several different labels. Chitsukhananda Das will be offering Hindu sacred text, kirtan and vegan at [Church of the Divine Spirit, Brownsville Texas](#)

Chitsukhananda Das joined the Church of Divine Spirit in September of 2007 and established *Sri Krishna Chaitanya Theological Society* as a means of promoting the Lord's message "Unity through Diversity". One of the goals of the Society is to have all religions come together and discuss how to make unity in diversity. This message is a keystone of the Church of the Divine Spirit.

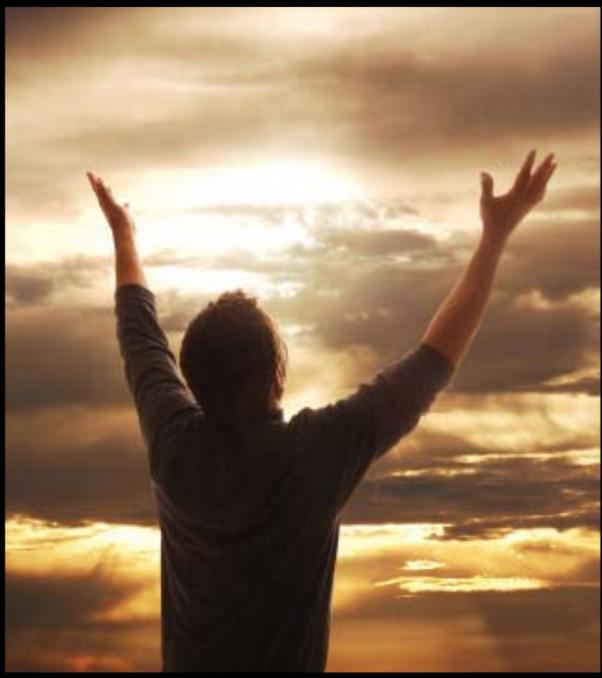
Chitsukhananda will be teaching classes in "The Essence of the Bhagavad Gita" every month based on his ministry schedule. The Krishna Religion recognizes Jesus Christ as the Son of God and the Virgin birth of Christ. They believe that Christ traveled to India and trained under the great India Sages that visited Mary as the Three Wise Men. They see no difference in what Krishna taught thousands of years prior to Christ's arrival. Christ's teachings are seen as holy scripture from the one God.

He is married to Palindhika Dedi Dasi (See Picture) and they have two sons, Bibhatsu (See Picture) and Gauranga.

The couple is currently running a Temple and Mission for the Society in Xico, Veracruz, Mexico. Chitsukhananda Das and his wife conduct missionary work extending from Veracruz, Mexico to Belize and along the Gulf Coast. They are currently working to establish a retirement community for individuals seeking a spiritual path. The community is open to all faiths.



**For more information on Classes or Kirtan  
you may contact Dr. R.E. Dahl  
(956) 640-4966 or (956) 621-3520**



# FIND YOUR SPIRITUAL GUIDE Christian Yogi Classes Start

## 2012 ESP: Enhanced Spiritual Perception

ENHANCED SPIRITUAL PERCEPTION  
(CHRIST CONSCIOUSNESS)

Enhanced Spiritual Perception is one of the early stages of Mystical Spiritual Development. It is the ability to make an intuitive connection with the Creator. It opens the communication lines between the Divine Spirit and yourself. ESP allows you to heal your own body, receive guidance and remove mental blockages by attuning to the Universal Life Force Energies that emanate from the Divine Source.

### *Who should be on this program?*

This program is not for everyone. You will feel led and guided to be a part of it, if offering is part of the process that is right for you. You are welcome to check for yourself (intuition, dowsing, muscle testing etc.) that Life Empowerment program is truly authentic Note: For those who seek to awaken not their Higher Self, but their ego, for gain of power over others, these 2012 activations will not work. This eliminates the risk of abuse of this program.

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1/2 Container of High Quality

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- Clean, drip-less, crisp fragrance is ideal for use in self-purification rituals, clearing a space, or purifying ritual objects.
- To protect against sorcery, sickness, misfortune, & to cleanse Body
- Healers use as a diagnostic tool to see client's energy field.
- Gazing through smoke to detect illness and energy blocks.
- The dried natural resin, when burned, emits an odor akin to frankincense but with a lighter, citrusy tone

**For Information Call :**  
**(956) 640-4966 or (956) 621-3520**

# Some of Our Natural Health Consultants, Spiritual Facilitators & Certified Practitioner of Energy Medicine



George with Huichol Shaman from Mexico during Limpas

## George Samano ,Obl. S.B.

*Elder Church of the Divine Spirit, Oblate of Saint Benedict, Reiki Master/ Tai Chi Instructor, Resonant Field Imaging Analyst Spiritual Healer /Intuitive Counselor*

**"We do not conceive of new ideas, and we ourselves do not discover new facts and theories. Rather, they flow through us, they are a gift, they are a reflection of the beneficence of God."** Quoted by Raphael Kellman, M.D. Matrix Healing

My life as a spiritual journey has been driven by the desire to unite with the Divine and has involved countless years of being lead by the still inner voice. The urge toward mystical understanding started young. I was born into a Catholic family of the Samano's and Champion's living in the Rio Grande Valley. We were a founding and pioneer family of South Texas. My family strongly supported the Catholic church. Until the day she died, my mother did daily prayers and novenas to save our souls and to protect us. At first I must say, that I am not what you call a religious person. Although I was baptized Catholic and attended a Catholic school, I have not attended church regularly. However, my life has been filled with psychic and spiritual occurrences.

During my youth, my family spent part of the year in Mexico, where it is common conversation to speak of those in the Village who are currently being attacked by witchcraft, vampires, ghost etc. It was in Huatusco, Veracruz, Mexico that I learned to feel and acknowledge other dimensions. In Mexico, I had the luxury of having wide open spaces to play on, but at the same time my psyche was being bombarded by the many energetic forces roaming the land. My own personal experiences in the Tropical Mountains of Mexico made me aware of beings on many levels of existence.

My teenage years were spent reading Dr. Tuesday Lobsang Rampa mystical texts and mediating on the problems of the poor and the aging. I became intrigued with the thought of out of body experiences. For several years, I focused on the spiritual training and enlightenment to achieve soul travel. This experience demonstrated that we as human beings, are as much spirit as flesh. I approached religion as a science... it is provable, logical and offered solutions to questions that cannot be explained by existing Dogma. I spent countless hours studying Western Occult teachings such as the Golden Dawn, A. Crowley, Hermetic magic, and Alchemy. At that time in my life, I could never find a book that addressed the questions and answers that I was seeking about God. Of course I did eventually find some of my answers, but it took years and it came piecemeal from experience and other spiritual seekers who were receptive in sharing information.

I left school at 17 and managed numerous family businesses. My father was a successful entrepreneur and had string of small business including a newspaper, printing company, dry cleaning, pharmacy, hotel and rental apartment. I spent over 20 years managing Quality Printing Company in Brownsville. However, my favorite job was working on the 7000 acre ranch with my Uncle. I lost interest in the family businesses and donated most of my time to worthy charitable and spiritual organizations. Over the years, I was labeled a Maverick by the South Texas community where I lived. People found my interest in the metaphysical and spiritual, weird and threatening. In 1972, I held the first Krishna Hindu Worship service in my home in Brownsville.

George with Leader Grete Hausler of the Bruno Groening Circle of Friends



Krishna priests, dressed in long flowing orange robes with shaven heads invaded Brownsville Texas. On that nite, drums and chanting of Hare Krishna rang through the Texas night skies. The next day, I was labeled a devil worshiper by my neighbors. Over the years, this attitude lead me to live in other parts of the country outside of South Texas. As we know, things happen for a reason. So I left South Texas and started my personal journey with God. It was a journey that took years, and travels around the country. But, through the years I found many spiritual seekers like myself, who were open minded, willing to embrace new ideas and change in their relationship to God.

Over the years I explored different paths to find the real Jesus. I travel the country with the Children of God trying to expand my faith beyond church walls. I joined the Pentecostal Church and learned to dance in the holy spirit. I joined the Lutheran Church to explore the rewards of a Christian community. My strong belief in Christianity lead me to spend 10 years as Assistant to the Abbott at Corpus Christi Abbey and to do a sabbatical at the Saint Mierid Arch Abbey in Indiana. I strictly followed the Christian tradition and took "refuge" with Jesus Christ. In time I learned the secret workings of the church, engaged in the practice of rituals, made offerings, prostrations, recited magical prayers and most important learned the monastic way of life. Father Abbott Alfred Hoenig was my mentor, through him I learned about the Christian path to enlightenment. It was a mind blowing experience. I discovered what a perfectly qualified priest I had inadvertently met. I saw first hand his awesome qualities of humility, compassion and wisdom. There was an aura of purity around Father Abbott, Alfred that words could not describe. During this time, I came to understand my deep commitment to being connected to a spiritual community. However, in the months and years that followed, I saw the shadow side of the church workings. The pettiness, jealous and corruption of the inner administration left me disillusioned and I left.

It did not take me long to realized, I missed the daily ritual of prayers and meditation within a sacred space. After a long string of deaths of close family members and friends, I found my mental state needed a quiet place to grieve and heal. My close friend his Divine Grace Guru-Prasad Swami, invited me to stay at the Krishna Temple in Mexico City. I have always felt a deep love for the teachings of Krishna.



My close friend his Divine Grace  
Guru-Prasad Swami

During this part of my training, I studied the teaching of the Gurus from India and proceeded to purify my intellect and heart through daily mediation, chanting, contemplation and devotional practices. I spent several years living in Mexico City at the Krishna temple .At this point, I was getting stronger year by year.

While I was in Mexico City my niece Celia and her husband Pedro Galindo ask me to join them at a movie set being filmed in the mountains of El Oro, Mich . Pedro's family has been in the movie industry for three generations.

I took a short sabbatical from my temple activities to act in three movies with the Galindo family. During the filming of "Panico en La Montana" , "Teatro del Horror", and "Mi Nombre Es Gatello", I learned the art of being an actor from several famous Mexican movie stars including Adalberto "Resorte" Martinez, Pedro Fernandez, Maria Rebeca, Jorge Reno, Rafael Sanchez Navarro and Andres Bonfiglio. It was on the movie set that I learned to be and feel in the present moment. As Ram Das would say, being an actor taught me to...**Be Here Now**.



George with Tibetan Buddhist Energy Healing Tools in New Mexico

Shortly after my return from the Temple in Mexico, I moved to Houston ,Texas and became involved in Taoist esoteric practices of Tai Chi and Chi Kung. I spent three years in daily mediation with World Grand Masters and Masters studying the healing practices of chi kung and becoming a Tai Chi Chin instructor. It was during these years, I realized my own healing power and the effect I could have on people's health. Later I channeled this healing power as a Reiki Master, Reconnective DNA Therapist and Healing Touch Practice.

In general, getting my act together emotionally has always been more difficult than getting it together spiritually. I met my soul mate, Dr. Roberta Dahl in 1970 and we were married after 3 month of dating. The dating was a whirl wind affair. We spent 24 hours a day together and never stopped talking. We were a perfect match...we believed the same things, liked the same things, disliked the same things, our value and beliefs systems were identical. We were both on a mission.. .Old souls waiting to be called home.

Metaphysically, we were advanced for our age group. However, emotionally and in dealing with earth grounded relationship, we were extremely immature. After 6 month of marriage we were divorced. However, throughout the years, we remained best friends and talked on the telephone for long hours at least twice a month. We

admitted that we would always love each other and one day when the time was right, we would give it another try.

In 1995, I was taken to the hospital in critical condition. I almost died on the operating table. When I wake up in the hospital, Roberta was by my bed side. She has not left my side since that day. We were officially remarried several years later. Since 1995, we have worked as a team with the Spiritual Hierarchy to create a path of mutual help and support for others on the path to enlightenment by setting up our Metaphysical Center, The Church of the Divine Spirit.

In the coming years, my dream of a self sufficient spiritual community will become realized. In the name of the Christ, the name of the Holy spirit, it was revealed to me that I would have the resources to set up this community as a safe haven for those on the spiritual path. The spiritual hierarchy has been working with Roberta , myself , our furry friends and loving plants over the last few years on setting forth a 2012 blueprint. The starting date is now .



***Today's challenge is to BE... not Do .  
To take time to smell the flowers and  
learn unconditional love from  
our furry friends.***

***G.M.Samano, Obl.S.B.***



# Paw Power My Greatest Guru

By George Samano, Obl.S.B.

I never thought of animals as being equal in consciousness to humans... until I became friends with Sabra and joined the wolf pack. It is thru the eyes and heart of a wolf that I came to understand what unconditional love is. If unconditional love is God, than the wolf knows God and walks with God, everyday of their lives. By living, sleeping, playing and working with the wolf pack I realized how inadequate my concept of love, friendship and

community really was. Sabra loved me in a way I always dreamed my soul mate would love me. It was unconditional. No matter how grumpy I was or what horrible thing I had done that day she was there for me. Everyday she greeted me with those amber eyes that said I was the most wonderful person she knew. Her compassion and love touched me at the core of my being.

Sabra was the Alpha female, Queen of the Pack. All the other wolfs would pay homage to her. They would crawl on their bellies until they were right in front of her. Then they would give her loving kisses of respect and honor. In return, she would kiss them back. Wolves have this mouthing custom; they greet each other by licking inside the mouth. It is like they are French kissing each other. It is amazing to watch. The genuine care, love and respect for each other is apparent.

It has not always been easy living with the wolf pack. Daily they exhibited the critical thinking skills of at least a 7 year old. They can open doors, plot revenge, throw temper tantrums, engage in gang warfare, steal your tools and put them away for safe keeping . For example, one day Robyn and I arrived home to notice the back door open. I thought to myself who would dare be brave or crazy enough to break in with 19 Wolves in the Yard. As I entered the house I notice empty food cartons scattered everywhere and there they were... The whole pack having a grand old party...Taking all the food out of refrigerator and also the freezer... I could not help myself but laugh at the sight of this Grand Wolf Pack Party ... I could not even bring myself to be angry.....For when they saw us, they brought us food .to share with them....together we had a Grand Feast ...I will remember this forever .



Recently my beloved Sabra past to the other side. She died of cancer. One day...I notice a lump on Sabra breast...I took her to the Vet...he took x-rays and blood samples....and told me the sad news, that Sabra had cancer. It had spread thru out her body. The Vet said that since her immune system was strong we should consider doing Chemo. I had talked to several people...who had pets with cancer. The pet owners, who had done Chemo and Surgery, reported they would not go that path again.

They would let their pet go peacefully into the night. Robyn and I did not want Sabra to suffer. We did not believe in the current approach to cancer. In the future...Doctors may look back at Chemotherapy as being as primitive a treatment as using leeches was in the dark ages. I told the Vet that I needed to look at other alternatives and brought Sabra home. I remember, she was so happy to leave the Vet's office and to get back in the car. Sabra loved to sit in the front seat...look at all the cars speeding around her. All you had to say to her is ... "Lets Go Bye Bye"...she would get so excited...that she would almost knock you down

In the end we did what we could to make her last days more comfortable. We put her on special food to strengthen her immune system and make her body more alkaline, we did Reiki Healing daily, sent Christ consciousness healing energy to her, and fed her glucose tablets when she stopped eating. But God's plan for her was set in motion....the divine spirit was calling her home. I could not bring myself to put her to sleep. No matter how bad she was feeling on that day, she always had a smile and a kiss for me. For days she would not eat....then I would buy either roasted chicken from HEB or smoked turkey from Rudy's and she would be up running again. But the cancer kept eating away at her...she was getting thinner and thinner. During In her last days...she began to have mild seizures. I know Sabra was a reincarnated spiritual master on the road to ascension. During the last days, she would lay at our 7 feet Temple Statue of Shiva. Day in and day out, she would be at Shiva feet as if she was preparing for the cross over. On the day of her death, she kissed my hand as if to say "Good Bye" and she looked at me... I felt as she was telling me...it 's OK... I am going Home...I will be their for you ... protecting you ... when it is your time to take the Great Journey back to GOD. She proceeded to walk to our temple Statue of Buddha, took a few deep breaths and died at Buddha's feet. This was very appropriate since Buddha message was that all creatures are created equal and have the right to life, liberty and the pursuit of happiness.

I realized that Sabra was not just a dog, she was my friend, who shared my spiritual path and taught me one of the most important spiritual secrets. She taught me about unconditional love. If God is unconditional love, then Sabra was his/her finest Guru. No human could have taught me this secret; I had to learn it from an animal. Thank you Sabra for bring me closer to God.



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Dr. Dahl with Tibetan Buddhist Monks

## Dr. Roberta Dahl *Spiritual Facilitator*

I have always had the best of two worlds—the business and the world of metaphysics. I have a M.B.A and a Ph.D. with a triple major in the area of Research Methodology, Measurement and Statistics. During my early years in business, I headed up a successful market research and advertising agency.

After receiving, my Ph.D. I worked at the national, regional, state and local levels for the improvement of social services, and educational opportunities as a federal and state evaluator for at-risk youth programs. For over 10 years I have worked in association with the U.S. Department of Justice and U.S. Department of Education to develop research based program models to address teenage substance abuse and juvenile delinquency in the Rio Grande Valley. I am one of the few professionals in the Valley to integrate needs assessment, research based program design, program evaluation, and spiritual healing modalities in the area of youth and adult drug prevention, intervention and treatment.

It has not been easy to integrate the real world with the spiritual world, especially for a female living in the macho Hispanic culture of South Texas. For example, during the 1990's , I was employed as a Program Evaluator in a Youth

Substance Abuse Treatment Center in Brownsville, Texas. The program was based on A.A . principles and we frequently discussed spiritual topics during staff meetings. The counselors were aware that I had taken Spiritual Vows to devote my life totally to God. Aside from other things, I had vowed never to have children. One morning, during a staff meeting, a male Hispanic program counselor expressed his concerned over my eternal soul. He wondered how I was going to fulfill my life purpose as woman if I never had children . He wondered if God was going to forgive me .

I explained that the purpose of life was not only to create children but to create a new world based on Christ Consciousness and a new "ME" (i.e., born again, ascension). The highest form of Creation was to co-create with God ... to rebirth this world. Needless to say the counselor just looked at me in bewilderment and walked away.

My path has always been "Spiritual" from birth. I was born in 1951, in Chicago, Illinois, USA. An Indigo soul born into a Piscean Age. I incarnated into an psychic family. My family tree was strictly W.A.S.P. (White, Anglo, Saxon, Protestant: 1/2 English 1/2 Scandinavian ). Both of my parents were interested in things like Atlantis, psychological development, and ESP. My mother was a friend of Jeanne Dixon, and a natural clairvoyant. Every time a disaster would befall the family she had advance warnings. My mother had a regular spiritual guide, " Archangel Michael". Michael gave her advice on everything from the books we should read... to where we should live. She mediated regularly, was a inconsistent vegetarian and dealt in antiques from the Mideast . In 1964 She had a close encounter of third kind with a UFO and was regularly in contact with ET's.

My father was a Design Engineer for General Motors with four Engineering Degrees and numerous patents. He believed in the theory of Ancient Astronauts and followed a religion of logic and science. Instead of bedtime stories, he read me books on philosophy, ancient civilizations, ESP and the power of mind over matter. ESP was seen as a natural ability in everyone that could be developed by controlling one's mind. He made psychic energy and parapsychology a normal part of my child development program.

I became aware of my own psychic abilities as a young child. At the age of 5, I was channeling and doing automatic writing. By the age of 7, I was astral projecting out of my body.



*" In the end it comes down to enthusiasm. Your creativity is basically your expression of the God Force". - Stuart Wilde*

My mother started training me in meditation techniques and hatha yoga at age 10. By the time I was 14, I regularly channeled angels and was providing spiritual counseling to my classmates. As a youth, I excelled at very sport ... tennis, baseball, ice skating, swimming, horseback riding, ballet. I took regional awards speed skating, horse back riding and swimming. I lettered in field hockey during my high school years.. However, my major interest through out high school was on enhancing my Spiritual abilities. I graduated high school with honors from Ferry Hall College Preparatory School in Lake Forest, Ill.

My first years of College (Stephans College in Columbia, Mo) were spent studying world religions. At the age of 19 in 1970 I was accepted into a Zen Buddhist Monastery in Colorado. However, I never made it to the monastery. During this time, my mother received a message from the Blessed Virgin Mother saying my family was to leave Chicago (including me) and move to a special house, so we could help Mary's Children. The house was part of our Mission from God. The location of the house was not given, but my Mother received a drawing of the house through automatic writing.

For five years my mother traveled across the country with my father on business trips. She would show various people the drawing of the "special house". She would ask if they knew where it was located. After 5 years, a friend in Bayview, Texas recognized the house. The house was built in 1928, was said to be haunted, was deserted and was for sale. My parents bought the house and I moved to Texas in 1970 to fulfill my spiritual mission.

Immediately after relocating to Texas in 1970, I had a close encounter of a Third Kind with a UFO on the salt flats outside the City of Brownsville. The encounter involved a friend who was with me and was able to validate the events that transpired. At this time, I meet the "Council" and was given a brief overview of the "Things to Come" including "My Mission". My spiritual development has always been guided by the "Other Side". They enlightened me mentally, balanced me emotionally and healed me physically. In 1973, I was healed by the power of the Holy Spirit and Jesus Christ from an genetic disease. Likewise, my Father who was going blind in 1983, received a healing after a vision of the Blessed Virgin Mother. He regained his vision after this experience.

Since 1973, I have been exploring the many paths of Spiritual Healing. Over the years, I found myself getting farther away from the traditional church but closer to God, the Holy Spirit, Jesus Christ and the divine feminine My personal path is very universal and eclectic. I have studied under many masters of healing and been initiated into many spiritual healing traditions including:

*Kabbalah: Builders of the Adytum (B.O.T.A)*

Crystal Healing Therapy: Hazel Ravenwood;

Reconnective Healing: Eric Pearl

Toltec Shamanism: Esmeralda Arana

Reiki Master: Winfred Jense

T'ai Chi Instructor: Justin Stone

Divine Spirit Healing Techniques : Bruno Groening

Light worker/MAP Medical Assistance Program: Perelandra,

Vibrational Therapist:

Institute for Research and Development of Alternative Therapies

Human-Animal Pet Therapy Partner: Delta Society

Certified Energy Medicine Analyst -

Resonant Field Imaging and Brain Wave Synchronization

Kriya Yoga- Self Realization Fellowship Babaji

Flower of Life: Drunvalo Melchizedek

In 2002, I quit my job as a State and Federal Evaluator for At-Risk Youth Programs to devote my time to my spiritual path. At this time I was advised by the "Council" to open a metaphysical meeting place to help with the vibrational shift of 2012 . I was told The Rio Grande Valley was one of the "Gathering Places" in the US for the 144,000 persons who will usher in 2012. .The Church of the Divine Spirit was born. This is part of my cosmic contract ,



Working with Angels  
to Heal your Life  
Leticia Roggenkamp



## Leticia Roggenkamp

Born a clairvoyant and a channeler, I was given the natural ability and gift to communicate directly with angels and guides. It is simply a part of who I am.

I believe that we are all blessed to have Guardian Angels and spirit guides in the nonphysical realms that are there to assist us and love us. They radiate pure unconditional love from the heart of God.

We also have access to all high beings of light, such as Ascended Masters, Archangels, Saints and God embodiments.

Channeling is simply the ability to connect telepathically and energetically to these higher dimensions (such as the angelic realms) and bring

forth messages of love and wisdom. I work multi-dimensionally with celestial and angelic energies including Gabriel, Archangels, highly evolved beings, master teacher spirits and the Christ Consciousness

When I channel, I always connect with white light from the heart of God and surround myself with loving joyful energy. In that sacred space, I am able to blend with the energies of my angels and spirit guides. It is always a beautiful, warm, loving feeling that comes over me. I allow them the opportunity to share their insights to people who ask to speak with them. I consider myself very blessed to have this gift from God that allows me to bring through messages from the angels to humanity

In an angel guide reading, I communicate and converse directly with Gabriel and other guides and angels. These guides and angels are divinely appointed and specifically assigned to help mankind along this pathway and in this life. These guides and angels know you and your situation intimately and thus are able to be very specific and detailed.

I can hear them just as if they were standing right beside me. In addition to speaking to me, they will also send me what I call "movie clips" so that I can see who or what you are asking about and what will unfold. Another way they will answer is by sending me feelings. For instance my heart may feel heavy or joyous. All these types of communication are happening concurrently so that I can best answer your question. Most often, they will simply speak to me and I repeat to you what they say word for word, or describe the image they send me. As soon as you ask the question they start answering.

### **PRIVATE SESSIONS**

A private session offers the most benefit for the individual seeking insight, information, clarity, and guidance. I respond to the client's questions by channeling the angels and tune into the individual's energy field. This allows me to read the vibrational patterns in order to determine the best way to assist them on their life path. Sessions can be tape recorded for the client. The cost of the cassette tape is included with the session.

### **TELEPHONE SESSIONS**

It is not necessary for me to see you in person to receive a private channeling session. From the comfort of your own home, We can talk on the phone and you may receive the guidance for which you are looking. The session can be tape recorded and the tape is mailed to you.



## Codex for The Church of the Divine Spirit:

God is the Life Force and has been the foundation of many religions.

Christianity is not the sole possessor of the truth, but we recognize that each world religion teaches different aspects of the same truths. We therefore embrace the Ancient Wisdom teachings that have permeated the doctrines and philosophies of world religions.

In recognizing that all faiths possess truth, we do not limit our expressions of worship or beliefs. We embrace Buddhism, Hinduism, Shamanism, Taoism, Islam, Christianity, and other religions, knowing that in so doing, we expand our consciousness and insight into Truth. Each religion is as a pearl on a string, and the string becomes the cord of Life or Truth which bridges all mankind.

All religions serve a specific purpose in the spiritual evolution of man, and each man will partake of a different nourishment according to his needs. It is not our place to say which nourishment or which religion one should belong to, but instead encourage each person in the pursuit of truth until they find it.

Spiritual enlightenment can be accelerated through conscious contact with the Divine Spirit via spiritual exercises and guidance.

Spiritual enlightenment and ascension are available to all.

The Soul is eternal and is an individual's true identity.

We promote the understanding of the Christian practice and teachings that lead to a greater concern for the way people treat each other and a closer relationship to God. We support the deliverance mission of Jesus Christ and his path to Christ Consciousness.

There is an interactive relationship with God and that divine revelation is source of daily wisdom and insight as shown by the life of Jesus Christ, Krishna, Buddha, Saints and Ascended Masters.

Humans are co-creators with God and each person has been sent to Earth to fulfill a mission.

The purpose of life is not just to solve our own problems and find happiness for yourself, but to free every living being from suffering and bring them to the happiness of full enlightenment.

Everything created by God is a child of God (Plants, Animals, Stones, Water and Mother Earth). God is present in all things.



# Church of the Divine Spirit

## STATEMENT OF FAITH

The purpose of the Church of the Divine Spirit is to conduct and support spiritual activities in the educational, therapeutic and metaphysical arena to awaken and strengthen a person's connection with the Divine Spirit through knowledge, inner illumination, and mutual fellowship. Our mission is :

- To provide a place of networking where each of the spiritual paths can come together on common ground to promote the Brotherhood of man and all life forms through sharing of healing, knowledge, wisdom and truth.
- To associate ourselves together as a group in regular worship, prayer, ceremony, monastic retreat and meditations for the purpose of attaining spiritual enlightenment , healing and fulfillment of our life purpose.
- To gather, receive and disseminate such knowledge so that it will be helpful to individuals and allow them to recognize the presence of the Divine Spirit in their daily lives.
- To educate individuals on the inherent powers of the human body/mind/spirit connection and the natural ability for emotional, spiritual and physical healing .
- To encourage the integration of Mysticism, Theosophy, Esotericism and Shamanism with traditional religion by presenting techniques and practices related to these areas of spirituality and that support traditional religion.
- To encourage individuals to take an active role in their spiritual development by providing educational experiences that integrate body, mind, and spirit, support personal growth, promote health and well being, thereby allowing individuals to make informed decisions on their spirituality.
- To engage in activities which are necessary, suitable and /or convenient for the accomplishment of the foregoing purpose or which are incidental there to.

The Church encourages everyone to make their own spiritual connection in the manner which works best for them. Our purpose is to help ease the transition as our society, planet and the human race changes from being fear-based to being love-based. It is not for us to say what is the best path for any individual, it is merely for us to provide the tools to assist people to make their own choice on how to expand their consciousness and make their own spiritual connection with God.

All resources, tools, healing circles, and meditations at the Church work in co-cooperation with the celestial hierarchies in implementing God plan. Our goal is to support individuals on their path towards living a meaningful and balanced life. We believe that individuals who develop holistic values will transmit these values to the greater community through their daily experience. Therefore, each of us is an instrument for social change.

The task of transforming ourselves and the world around sometimes seems impossible. We hope to assist you in finding possible solutions to impossible problems... thereby creating a better world.



# Do Animals Have Souls?

## Pope John Paul II: 'Animals Possess a Soul'

When Pope John Paul II declared in a public audience in 1990 that '*also the animals possess a soul and men must love and feel solidarity with our smaller brethren*' some people must have thought this was a new teaching, unaware of the Holy Father's scholarly familiarity with the authentic Hebrew texts. He went on to state that all animals are '*fruit of the creative action of the Holy Spirit and merit respect*' and that they are '*as near to God as men are*', animal lovers in the audience were ecstatic!

The Pope mentions the special relationship of mankind with God as being created in His image and likeness. He stated that animals have the breath of life and were given it by God. In this respect, man, created by the hand of God, is identical with all other living creatures. And so in Psalm 104 there is no distinction between man and beasts when it reads, addressing God:

"Thou hidest thy face, they are troubled: thou takest away their breath, they die, and return to their dust. Thou sendest forth thy spirit, they are

created: and thou renewest the face of the earth."

The existence therefore, the Holy Father reminds us, 'of all living creatures depends on the living spirit/breath of God that not only creates but also sustains and renews the face of the earth.'

## Living Souls

The findings in this article are based solely on the Bible. At the time the King James Version of the Bible was written men had not conceived of the possibility of animals having souls, and all translations resulted in them being referred to as *creatures*. Despite that fact that the Hebrew word for "soul" was the same for both animal and man. I refer to the word *nephesh* (Strong's number 5315). The Hebrew words (transliterated) are 'chay' (living) and 'nephesh' (soul). 'Nephesh' is mentioned over 400 times in the Old Testament signifying soul. Examine the verses given below. They each contain the word *nephesh*.

"God said "Let the earth bring forth every living *nephesh* (living soul) according to his own nature, cattle, and crawling things, and animals." Genesis 1:24

"And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life, and man became a living *nephesh* (living soul)." Genesis 2:7

"And out of the ground the LORD God formed every beast of the field, and every fowl of the air, and brought them unto Adam to see what he would call them: and whatsoever Adam called every living *nephesh* (living soul) that was the name thereof." Genesis 2:19

Ecclesiastes 3:19-20 says humans have no advantage over animals: "They all draw the same breath...all came from the dust, and to dust all return. "For that which befalleth the sons of men befalleth beasts, even one thing befalleth them: as the one dieth, so dieth the other; yea, *they have all one breath*: so that a man hath no preeminence above a beast: for all is vanity. All go unto one place, all are of the dust, and all turn to dust again. Who knoweth the spirit of man that goeth upward, and the spirit of the beast that goeth downward to the earth?" Ecclesiastes 3:19-21

Job 12:10 teaches that in God's hand "is the soul of every living thing, and the breath of all mankind."

## Gods Covenant with Animals

According to the Bible, God talked both to and with the animals. Otherwise it would have been impossible to establish a covenant with them. A covenant is an agreement between two parties and usually it is written down. In the case of God's promise to mankind and the animals, He gave His rainbow as the seal of commitment. Nevertheless, the animals must have been communed with in order for them to understand it. Otherwise it would be simply a document and not a covenant.

Examples of God's covenants with animals are given below:

"And I, behold, I establish my covenant with you, and with your seed after you; and with every living *nephesh* (*living soul*) that is with you, of the fowl, of the cattle, and of every beast of the earth with you; from all that go out of the ark, to every beast of the earth.." Genesis 9: 9-10

"And in that day I will make a covenant for them with the beasts of the field and with the fowls of heaven, and with the creeping things of the ground; and I will break the bow and the sword and the battle out of the earth, and will make them to lie down safely." Hosea 2:18

### **Thou Shall Not Kill**

A few years ago I saw a huge billboard that said,

**"Just what part of Thou shalt not kill don't you understand? God".**

One might protest that the killing and eating of animals was under God's authorization. Some scriptures show otherwise:

"For I spoke not unto your fathers, nor commanded them in the day that I brought them out of the land of Egypt, concerning burnt offerings or sacrifices. But this thing commanded I them, saying, Obey my voice, and I will be your God, and ye shall be my people: and walk ye in all the ways that I have commanded you, that it may be well unto you." Jeremiah 7:22-23

"Sacrifice and offering thou didst not desire; mine ears hast thou opened: burnt offering and sin offering hast thou not required." Psalms: 40:6 (see also Isaiah 1:11-15, Hosea 6:6, 8:13, Amos 5:21-25, Micah 6:7-8)

The following verse declares that God regards the killing of an ox as if one had killed a man:

"He that killeth an ox is as if he slew a man; he that sacrificed a lamb, as if he cut off a dog's neck, he that offered an oblation, as if he offered swine's blood; he that burneth incense, as if he blessed an idol. Yea, they have chosen their own ways, and their soul delighteth in their abominations." Isaiah 66:3

We all have to deal with the matter of whether or not animals have souls. Did our parents or grandparents believe that they had souls? Does your preacher believe it? The answer is probably no, but their ignorance cannot be the basis for our own value systems. If indeed they do have souls, then we are forced to rethink the matter of killing them for sport, caging them in zoos to look at them, experimenting on them to enhance our own health, and even killing them for food. I will not clutter up this article with statistics regarding inhumane and cruel practices at slaughterhouses but such information abounds on the Internet. It would be safe to say, though, that if slaughterhouses had glass walls we would all be vegetarians.

### **Our Creator's Character is a Protector not a Predator... Which one are you?**

What you and I believe about animals having souls will in no way alter the fact of their having them. One may disbelieve in the Law of Gravity but that does not render the law inoperative. At the time the Bible was written men believed that the world was flat. Nevertheless, the whole time the world was round regardless of their beliefs. Previously, during the Synod of Macon (585 AD), the Church had debated whether or not *women* have souls! Women in the Western world are finally being recognized as persons... socially, politically and spiritually. Animals have yet to be given the same kind of moral consideration. They have a moral sense, have the capacity of love, possess language, musical abilities, playfulness, fidelity, altruism and even self-sacrifice. We believe every living creature on Planet Earth is a child of God and the spirit of God resides therein. It is this spirit of God which resides within us which constitutes our individual souls.

Look into the eyes of your faithful dog or your loving yet independent cat. Do you for one minute believe that God spirit is not apart of them. Can you visualize a Heaven devoid of our animal friends? What kind of place would heaven be without the song of God's birds, the beauty of God's butterflies, the love of God's puppies and kittens? Heaven is the realm where all the souls unite in a spirit of love and caring. The Church of the Divine Spirit believes all of God's children have souls, whether the tiniest firefly or the grandest whale

Throughout history vegetables have been the natural food of human beings. Early Greek and Hebrew myths all spoke of people originally eating fruit. Ancient Egyptian priests never ate meat. Many great Greek philosophers such as Plato, Diogenes, and Socrates all advocated vegetarianism.

In India, Shakyamuni Buddha emphasized the importance of Ahimsa, the principle of not harming any living things. He warned His disciples not to eat meat, or else other living beings would become frightened of them. Buddha made the following observations: "Meat eating is just an acquired habit. In the beginning we were not born with a desire for it." "Flesh eating people cut off their inner seed of Great Mercy." "Flesh eating people kill each other and eat each other ... this life I eat you, and next life you eat me ... and it always continues in this way. How can they ever get out of the Three Realms (of illusion)?"

Many early Taoists, early Christians and Jews were vegetarians. It is recorded in the Holy Bible: "And God said, I have provided all kinds of grain and all kinds of fruit for you to eat; but for the wild animals and for all the birds I have provided grass and leafy plants for food." (Genesis 1:29)

Other examples forbidding the eating of meat in the Bible: "You must not eat meat with blood in it, because the life is in the blood." (Genesis 9:4) "God said, Who told you to kill the bullock and the she goat to make an offering to me? Wash yourselves from this innocent blood, so I may hear your prayer; otherwise I will turn my head away because your hands are full of blood. Repent yourselves so I may forgive you." St. Paul, one of Jesus' disciples, said in his letter to the Romans, "It is good neither to eat flesh nor to drink wine." (Romans 14:21)

Recently, historians have discovered many ancient books that have shed new light on the life of Jesus and His teachings. Jesus said, "People who have animals' flesh become their own tombs. I tell you honestly, the man who kills will be killed. The man who kills living things and eats their meat is eating the meat of the dead men."

Indian religions also avoid the eating of flesh. It is said that, "People can't get flesh without killing things. A person who hurts sentient beings will never be blessed by God. So, avoid taking flesh!" (Hindu Precept)

The holy scripture of Islam, the Koran, forbids the "eating of dead animals, blood and flesh."

A great Chinese Zen Master, Han Shan Tzu wrote a poem which was strongly against flesh eating: "Go quickly to the market to buy meat and fish and feed them to your wife and children. But why must their lives be taken to sustain yours? It's unreasonable. It will not bring you affinity with Heaven, but make you become dregs of Hell!"

Many famous writers, artists, scientists, philosophers, and eminent men were vegetarians. The following people have all embraced vegetarianism with enthusiasm: Shakyamuni Buddha, Jesus Christ, Virgil, Horace, Plato, Ovid, Petrarch, Pythagoras, Socrates, William Shakespeare, Voltaire, Sir Isaac Newton, Leonardo Da Vinci, Charles Darwin, Benjamin Franklin, Ralph Waldo Emerson, Henry David Thoreau, Emile Zola, Bertrand Russell, Richard Wagner, Percy Bysshe Shelley, H. G. Wells, Albert Einstein, Rabindranath Tagore, Leo Tolstoy, George Bernard Shaw, Mahatma Gandhi, Albert Schweitzer, and more recently, Paul Newman, Madonna, Princess Diana, Lindsay Wagner, Paul McCartney, and Candice Bergen, to name a few.

Albert Einstein said, "I think the changes and purifying effects that a vegetarian diet have on a human being's disposition are quite beneficial to mankind. Therefore, it is both auspicious and peaceful for people to choose vegetarianism." This has been the common advice of many important figures and sages throughout history!





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# Sacred Path :Peru Prophecy's for the Future

## **The Prophecy of the Condor and the Eagle**

“The Prophecy of the Condor and Eagle says that the condor and the eagle will have the opportunity to reunite and fly together in the same sky, along the same path. If the condor and eagle accept this opportunity, they will create a most remarkable offspring, unlike any seen before.

The Prophecy of the Condor and Eagle can be taken at many levels — the standard interpretation is that it foretells the sharing of indigenous knowledge with the technologies of science, the balancing of yin and yang, and the bridging of northern and southern cultures. The eagle represents the modern, technological world, and the people of the eagle have developed the intellect at the expense of the heart. They have developed technology to an extraordinary level, bringing them material wealth beyond their wildest dreams. But they also find themselves spiritually impoverished to their peril.

The people of the condor represent the indigenous people of the world living close to the land, with the heart and wisdom that come from being attuned to the natural world. They live from their heart and through their senses, and have an unparalleled depth of spirituality and wisdom that is an expression of their profound connection to nature. These people are spiritually rich but materially impoverished. The forces of the developed world now threaten their environment that they depend on for their material and spiritual sustenance. They must understand and develop some of the intellectual skills of the eagle.

According to the prophecy of the eagle and condor, we are at the beginning of the "Fifth Pachacuti", a time of partnership, love and healing, and a transition out of an era of conflict and turmoil into more sustainable and earth-honoring ways. It will be a time of great transition. However, most powerful is the message it offers about consciousness: it says that we have entered a time when we can benefit from the many diverse ways of seeing ourselves and the world, and that we can use these as a springboard to higher levels of awareness. As human beings we can truly awaken and evolve into a more conscious species”.

## **The Whirling Rainbow Prophecy**

“The Whirling Rainbow Prophecy is the promise of peace among all Nations and all people. The Rainbow Race stresses equality and opposes the idea of a superior race that would control or conquer other races. The Rainbow Race brings peace through the understanding that all races are one. The unity of all colors and all creeds working together for the good of the whole, is the idea that is embodied in the Whirling Rainbow. When all pathways to wholeness are respected by all cultures, the prophecy of the Whirling Rainbow will be completed.

The prophecy of the Whirling Rainbow is very specific. When the Time of the White Buffalo approaches, the third generation of the White Eyes' children will grow their hair and speak of love as the healer of the Children of the Earth. These children will seek new ways of understanding themselves and others. They will wear feathers and beads and paint their faces. They will seek the Elders of the Red Race and drink of their wisdom. These white-eyed children will be a sign that the Ancestors are returning in white bodies, but they are Red on the inside. They will learn to walk the Earth Mother in balance again and reform the idea of the white chiefs. These children will be tested as they were when they were Red ancestors by unnatural substances like firewater to see if they can remain on the Sacred Path.

The Whirling Rainbow will appear in the form of a full Rainbow Circle. This rare, natural phenomenon was named by Native Americans as ‘Sun Dogs’. Many Sun Dogs will be seen around the time of the White Buffalo, which will be the Sky Language sign that the Secret and Sacred Teachings are to be shared with all races. Enough Children of Earth will be awakened to carry the responsibility of the teachings and the healing process will begin in full swing”.

From the Sacred Valley

Cusco Perú



# THE CONDOR'S PRAYER

*This is an important time for Pachamama, Mother Earth.  
Now, more than ever, she needs our love and to be healed.  
We come from Peru to share the prayer of the south, the prayer of  
the condor.*

*Through different ceremonies and traditional rituals from the Andes  
of Peru*

*We will be doing healing work, for ourselves and for the Earth.  
In uniting the spirit of the south with the spirit of the north,  
We transcend concepts of 'boundary', we create connection,  
We honor the prophecy of the eagle and the condor flying as one.*

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Customers Who Think Outside of the Box**



**The Christian Yogi Café & Coffeehouse**  
Diabetic Friendly. Heart Friendly. Pet Friendly

For diabetics or health conscious individuals finding a restaurant that has options that won't drive you blood sugar or cholesterol levels through the roof can be a challenge, especially when travelling in an unfamiliar city or town. The Christian Yogi Café and Coffeehouse is trying to fix that. The menu, deemed "Diabetes and Heart Friendly" consists of a variety of familiar sandwiches and salads except they feature fewer carbohydrates, sodium, fat and calories. The Diabetes Friendlier Meal Choices provides a lower carbohydrate, sodium, and fat alternative to individuals with or without diabetes that are conscious about selecting healthier food choices.

Plus the Diabetic Bakery, is a no-sugar-added bakery offering products safe for diabetics and non-diabetics alike. The desserts are an excellent alternatives for those who wish to satisfy a sweet tooth, while controlling their weight, by limiting excess calories and carbohydrates.



*AUGUST 2010 : Come to our Friday Nite Live Music and Jam In . Bring an instrument and jam in. The Music starts at 7:00 p.m. and may end at 11:00 p.m.*

Think humans are the only ones moving toward more natural, wholesome foods? Nope...Fido and Fluffy have jumped on the bandwagon, too. Fresh-baked dog and feline treats made with ingredients like eggs, honey and cinnamon fill our shelves, where you can find all sorts of dog-lectable goodies for your furry friends. Then enjoy a great cup of Coffee, sandwiches and pastries with your four legged companion in our beautiful coffee shop or outside Pooch Patio complete with wireless Internet connection.



***Christian Yogi Café & Coffeehouse  
has wireless Internet connection.  
So you can surf the web...catch up on your e-mails,  
while enjoying your favorite beverage***



***Is Your Family Tired of Eating the same old thing nite after nite? Then stop by...***

## ***Christian Yogi Café & Coffeehouse***

*Where people and pets come together...  
The Ulti-Mutt Place to party and socialize*

The Christian Yogi Café and Coffeehouse offers an experience unlike any other in the Valley. Brownsville welcomes a new hot spot for pets and their owners. At the Christian Yogi we cater to fun, relaxation and comfort for two-legged and four-legged patrons. Looking for a cool place with an atmosphere for socializing and hanging out, then look no further.

Our pet-friendly coffee house provides the perfect ambiance and environment that offers comfort and fun. Sip on your favorite beverage from our pet-friendly coffee house as you sit and enjoy your pet in comfort and style.

Take a break and unwind just moments from the University and Mexico. Best of all, you can enjoy your coffee, sandwich or pastry and keep your little pooch in tow. The two of you can dine together. Discover what it means to dine in style and convenience without leaving your pet at home. Drop by anytime for drinks, socializing and mingling among pets and their owners. Christian Yogi provides the atmosphere, fun and the menu. All you do is bring yourself and the pooch. Whether making a quick stop or enjoying a pet play date, you're sure to find all the comfort and convenience in our pet-friendly coffee house.

## **Catering & Private Pawrties**



Who says only people deserve to celebrate special occasions? It's time for your pet to have an opportunity to "Party like an Animal!" Whole Health is proud to host a variety of special event pooch parties in honor of your four-legged companions. Depending on the weight and sizes of the birthday pooch and her guest, we can host up to 10, well behaved dogs at our place for a howlin' good time to celebrate:

**Pet Birthday Party \* New Pet Adoption Party\* Kindred Spirits Pet Memorial Bark Mitzvah \* Howl-O-Ween Happenin'\* Its Reigning Puppies Shower\* Summer Pawrty\* Santa Paws Celebration**

FOR THE DOGS: Large dog cake or an order of 12 pupcakes. Party atmosphere will include balloons, streamers, and a

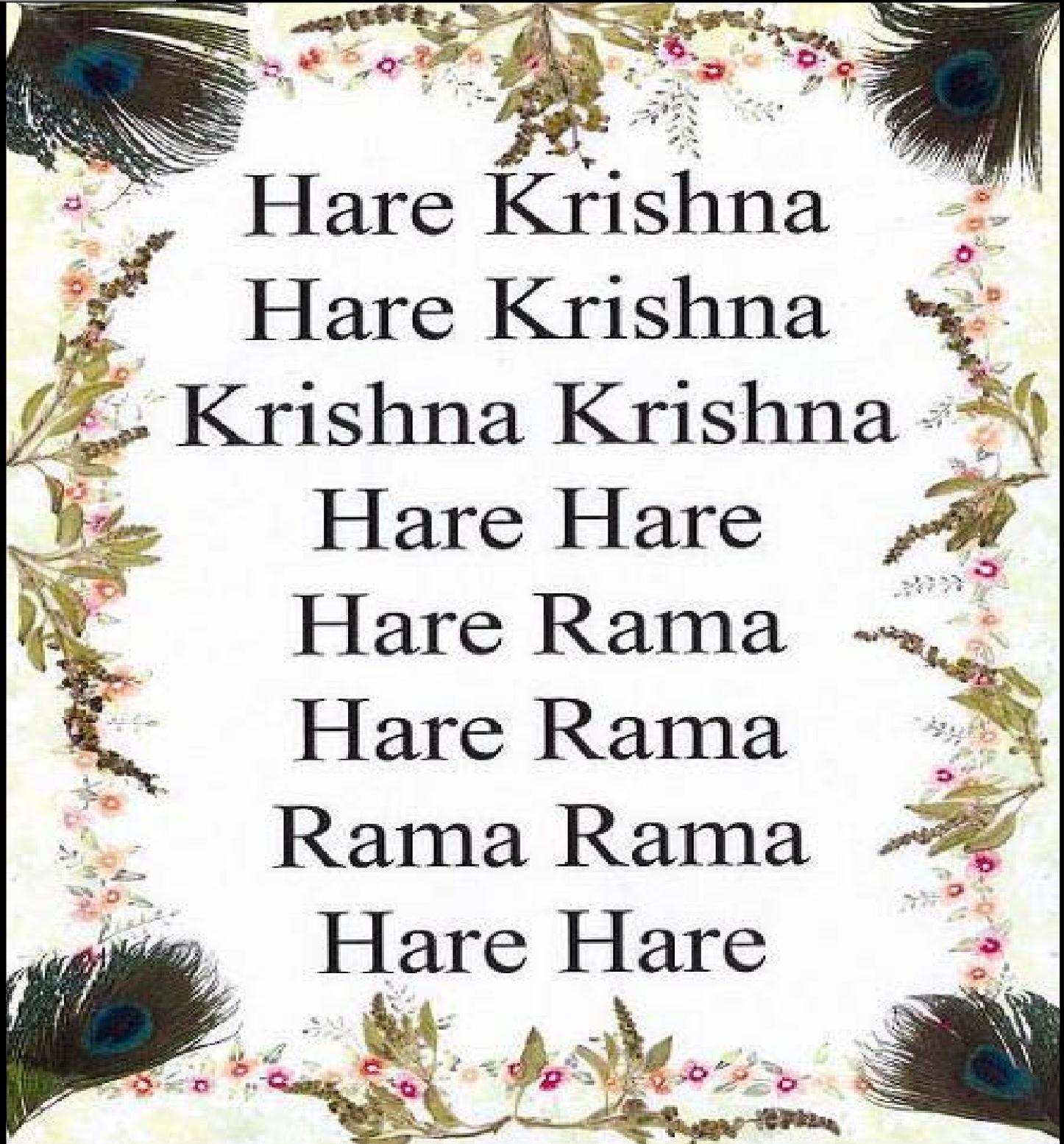
plate of TaPAWS consisting of gourmet treats from Barkery .

Each four-legged attendee will receive: a dog bandanna, a chew toy, and a tennis ball. We can provide a personalized cake, pawrt favors and activities. The deluxe Party Package includes a video clip of the event so that you can re-live the fun with friends, family and grand pups.





# Holy Name Brings Good Fortune To All



Hare Krishna  
Hare Krishna  
Krishna Krishna  
Hare Hare  
Hare Rama  
Hare Rama  
Rama Rama  
Hare Hare

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