

## Chapter 18: Systems

We have looked at the minutest details that cause a Miraculous Healing and observed how beautifully our four bodies (mental, spiritual, emotional, and physical) synchronize to create the environment for life. You likely replace your computer every three or four years, as technology advances and the older computer slows down and develops problems. I know of no one who is holding onto a thirty year-old computer, babying it along. Yet as fabulous as a computer is, it doesn't come close to the amazing design of the whole human system.

Using the protocols successfully will lead you on an adventure in the body you had no idea existed. The following pages will help you understand how each of the systems rely on the other systems as well as components outside that system in order to thrive and function.

My endocrine system began crashing when I was age nineteen. My toxic exposure as a child to nuclear radiation was slowly destroying my thyroid functioning. In the process, as the thyroid was straining to function, other glands became compromised, and I became hypoglycemic, with fainting episodes, shaking, and headaches.

My pituitary gland was working poorly, and, as the thyroid ceased to function, so did the thymus and my ability to ward off illness. Eventually, I would lose my ovaries and thyroid as well as experience adrenal failure.

If you are going through this kind of life, you understand how challenging it can be. It feels like just as you get one raging forest fire under control, an entirely new fire breaks out somewhere else. It seems that no matter what you do, things just keep getting progressively worse. The surgical removal of an ill gland or organ may possibly stop the advancement of an illness, but it creates an entirely new set of difficult circumstances to sort out and live with.

If you can hold onto a gland or organ by a Miraculous Healing rather than having it surgically removed, this is by far a better option than attempting to grow a new gland or organ from nothing. The difficulty scale of replacing the gland or organ goes way up when you are starting from scratch.

### **The Digestion, Absorption, and Elimination Systems**

The director of the digestive system is located in the front area of the emotional brain. The administrator of digestion is the nervous system. Western medicine has discovered that if both the brain and the digestive system were treated together, results are phenomenally better than treating the digestive system alone. When you think about the connection between

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digestion and emotions, you will discover there are many clues leading to comprehending the role of the emotional brain, and feelings and emotions experienced in the digestive system, such as

- *I can't stomach this*
- *I find this information difficult to digest*
- *I feel like sh\*\*\*t*
- *I feel it in my guts*
- *So and so is a pain in the butt (hemorrhoid);*
- *It's tough to swallow*

Surprisingly, about sixty percent of the total nerves in the nervous system are involved in the successful function of the digestion system. Without the nerves functioning well, the digestive system would stop. If you have had difficulties with your nerves, such as a pain condition lasting over a long period of time, your nerves end up staying on at high-alert in the sympathetic nervous system. The nerves will get hot, inflamed, and angry, as they are never allowed to rest. All the energy within the sympathetic nervous system gets pumped out into the limbs, abandoning the function of digestion.

In the hierarchy of survival, running away from the saber tooth tiger is more important than eliminating your supper. Even if there are no saber tooth tigers chasing you, being on high-alert in a similar fashion, a stressful life or a life full of pain, is a reason for the sympathetic nervous system to be on alert at all times. However, digestion works properly when you are relaxed; that is, while the nervous system is functioning in the parasympathetic mode.

Our DNA contains all the information required for the digestive process. As I gaze into the DNA, I see what seems like millions of digestive information details.

The entire digestive system is the cleanup system not only for digestion, but for the rest of the body. In other words, it is the janitorial service for the entire body, the digestive system, itself, included.

Each system will have one or more reliance partners. The role of the reliance partner is to support parts of the system, without actually being a part of the system, itself. It is like being a relative of that system, such as a grandchild. In the case of the digestive system, the spleen takes the role of the reliance partner. The spleen supports digestion energetically and is a smaller processing structure.

An excellent digestive system will mean your nutrients are being absorbed and your bowels are moving waste out of your body one to four times daily. There are little finger- like structures with nerves, called villi, that are inside the intestines. They move the matter down and out as the digestive enzymes

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provide the chemistry to draw out the nutrients from the food and deliver them to the body.

Chemical support for digestive enzymes is found in the brain, the mouth (saliva), and the stomach. Energetic support for the digestive system is provided by the fourth and sixth chakras, and sixty nadis.

### ***Digestive System Protocols***

One-by-one, test the colors of system components. which are: mouth, throat, stomach, small intestines, and large intestines

1. Test color and percentage of function for system components
2. Clear the color and improve the percentage of function of the low-functioning system components by pumping Gold Energy into that part, and then continue pumping Gold Energy, raising system function to one hundred percent

If you are unable to bring it up fully to one hundred percent, this is a clue that you will need to do Cellular Neo-Genesis

***Table 18-1: Components of the Digestive System and Colors***

<b>Component</b>	<b>Mouth</b>	<b>Throat</b>	<b>Stomach</b>	<b>Small Intestines</b>	<b>Large Intestines</b>
<b>Function by Color</b>	Red, 100%	Green, 100%	Pink, 100%	Green, 100%	Orange, 100%
“	Yellow, 80%	Orange, 80%	Red, 92%	Pink, 87%	Brown, 34%
“	Orange, 60%	Red, 70%	Blue, 80%	Orange, 60%	Gray, 10%
“	Blue, 40%	Purple, 40%	Green, 73%	Blue, 42%	Black, 1%
“	Pink, 10%	Yellow, 20%	Purple, 50%	Purple, 40%	
“	Purple, 4%	Brown, 4%	Yellow, 20%	Brown, 30%	
“	Gray, 40%	Gray, 70%	Brown, 10%	Yellow, 10%	
“	Black, 90%	Black, 100%	Gray, 60%	Gray, 30%	
“			Black, 90%	Black, 70%	
“	White, Control	White, Control	White, Control	White, Control	White, Control

3. Individually ask if the component that has had any reduction of

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function, starting with the mouth. Then do:

- a. Ask if the component is being affected by a meme or miasm
  - b. If so, identify how many years back since it began being affected, starting with ten years, in increments of ten up to one hundred years, and after that, in increments of one hundred. (I have never seen a miasm or meme reach farther back than three hundred years)
  - c. Clear the meme or miasm
4. Is Cellular Neo-Genesis next? If so, do the full Cellular Neo-Genesis process found in Chapter 3. Make sure you check each individual component to see if Cellular Neo-Genesis is required for that component
- a. Test to see if the DNA Obliteration process is needed for specific components of the digestive system, for example, the stomach
  - b. After that, check on aging DNA for this specific issue sometimes DNA can be advancing in dysfunction based on it programs related to how old it is
  - c. Check for any problems that would occur for that component in the future
  - d. Completely clear DNA by pumping Gold Energy into the DNA, future problems, family DNA Bubble, and then do your reset
5. Ask if there is anything else, and follow the protocols if you get a Yes. For example, a spiritual problem could be a timeline issue or a chakra problem, etc.

### Gold Ribbon Healing

Continue your healings until the entire system is restored. Once it reads at one hundred percent healed/restored, you can do a –Gold Ribbon healing” to connect all the elements in this system with a new Golden Path. To do so, follow the procedure described in the paragraph below:

After doing a grounding-and-clearing meditation, imagine yourself sitting at the top of your head as a spirit peacefully sitting like a yogi or yogini, cross-legged and upright. You are sitting on a globe of Gold. Imagine grasping a piece of Gold, like a thick, silky Golden Ribbon, then diving down as a spirit into the system you have just restored. Start closest to the head; then travel down through each part in the torso. When you have brought the Golden

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Ribbon through the element furthest from the head, loop back up through until you have reached the top of the head. This is less technical than many of the procedures we use and more expressive. It is more like a dance through the body, which supports the creative nature of healing and the playfulness of connection.

When a gland or organ has undergone an illness or injury, it changes by lowering its functioning and connection even with unrelated system components. Connection to other systems is vital to reestablish full operation of the overall structure.

### **More about Digestion and Elimination** (beyond the digestive system)

Our digestive system processes the majority of bodily activities for gaining physical nutrition and for waste elimination, yet there are many other aspects in the body that support the process of elimination. For example, the skin is equipped to sweat out toxins and is considered the largest organ for elimination.

#### ***Carrier Fluid***

Carrier fluid surrounds the cells, glands, organs and vessels of the body; it is instrumental in moving out the toxic waste from cells and other sources. If your carrier fluid becomes overloaded with toxic materials, your glands and organs will be marinating in toxic fluid, hindering any progress in healing. For this reason, it is important to keep an eye on the percentage of clarity in the carrier fluid. In addition, a toxic carrier fluid could cause the body to “backslide,” meaning the problem could resurface even after a successful healing in which every step of the healing procedure was done correctly.

The toxins found in carrier fluid have several pathways out of the body; the circulatory and lymphatic systems, the kidneys, and the liver are all instrumental in clearing a toxic load. Every cell of our bodies has both an absorption organelle and an elimination organelle. These organelles provide a means to supply the cell with nutrients and dispose of cell waste products, respectively. Sinuses filter impurities that attempt access to the respiratory system. There is an amazing set of processes in the body that create a vibrant symphony of clearing/cleansing and restoring purity/health.

#### ***Other Methods of Nourishment and Elimination***

I have seen the digestive system shut down because the little finger-like nerves (villi) that move nourishment through the system had become coated with poisons from the environment. To bring the digestive system

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back to life, healers have used a combination of homeopathic and Miraculous Healings.

The Miraculous protocols are strong enough to heal all bodily systems completely. However, when working with nerves, a healer will need experience and skill to restore them. As I have already mentioned, nerve restoration requires more skill than most other processes. You can think about this as a process of paced nerve restoration over time.

I am often asked about cleanses. The more naturally you can cleanse, the better for you. If you have a build-up along the lining of your digestive system or in your liver, sometimes the fastest solution is using an herbal cleanse. But keep in mind, you can stimulate bowel function without cleanses and laxatives. It is important in any case to stay well hydrated.

The great thing about Miraculous Healing in digestion is that we are removing all digestive problems so you never have to deal with another digestive issue again, especially when you provide to the body the proper care and nourishment, exercise, and rest needed for normal functioning.

### **The Immune System**

To remain safe and healthy, unaffected by the latest virus or bacterial infection, it is a priority to keep the immune system in tip-top shape and running very well. People experiencing an autoimmune illness will be prone to infection, fatigue, and disease (not a fun way to live). After I was treated for cancer, I began to lose my defenses and became more and more susceptible to illness.

### **My Example of an Immune System Problem**

At age twenty-six, two years after my first cancer diagnosis, I contracted a devastating disease, one that had no cure according to Western medicine. What I am speaking of is mycoplasmas. These tiny organisms, neither a bacteria nor a virus, get inside a cell and eat away the nucleus of the cell, rendering the cell unintelligent and unable to defend itself against further invasion. Imagine a master cell having no nucleus. Now the common thought is that there are multiple intelligence processors in a cell, including the DNA strand and the outer membrane. But still, without the nucleus, your cells, at best, yield a D performance.

My immune system, no longer able to fight its own battles, left me open to many challenges such as infections that I was unable to recover from without a full on, prolonged confrontation. I continued to experience significant difficulties, even being diagnosed with an autoimmune illness. First they

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thought it was Chronic Fatigue syndrome. However, later they labeled the condition as fibromyalgia. (Note: the average time for diagnosis of fibromyalgia is about seven years because the symptoms can resemble other problems).

Recovering from an autoimmune illness is not a medical reality. Despite the general consensus that my experience of fibromyalgia was not a disease and was therefore untreatable, through Miraculous means I did, indeed, recover. Now, I no longer have any symptoms of fibromyalgia.

The last I had heard from my pain-treatment physician, as well as the therapists who helped me manage pain, was that I would not die of the autoimmune illness but from related problems. These came from the damage caused by horrendous side effects of medications used to control my pain and inflammation. One of my medical team informed me I might expect to live another ten to fourteen years. I believe that this doctor felt he was being helpful. This is an example of a curse, black magic, and a miasm.

To tell people they are doomed to die and fail to honor their innate ability to heal themselves is a curse, not one that a spell-caster does, but a curse all the same. Black magic is the unconscious insidiousness of this prognosis after it is repeated to others and begins to become a widely-held mental reality. With the belief of a group of people supporting the false reality that I would soon die, a miasm was created.

Between the horrible prognosis of autoimmune disease, the extreme pain and the recent bout of cancer, my medical practitioners sent death images to my mind so often (and I was sensitive enough to receive them loud and clear) that I had to stop seeing doctors all together. I quit my HMO seven years ago, and, along with it, I left behind any hope that Western medicine could heal me.

Soon after leaving my HMO, I wrote a will and instructed my children about my health care directive. If another awful thing happened to me, I wanted them to pull the plug. I explained; “I have been in too much pain for too long, you are all grown and doing well, and I need to be free of pain”. My oldest daughter said, “I understand, Mom, but we want you to stay.”

One morning about a week later, I awoke as if I had been in a sleep all these years. I knew what to do; it was simple. Go to the garden, pray and meditate. Simply claim my divine right to health or peace, preferably both.

And I did. The first day after prayer and meditation I requested, “God, take me or make me well. I will not leave the garden without an answer.” Each subsequent day I awoke and returned to the garden for a day of prayer, chanting and meditation.

The revelations came soon and I began to receive downloads for the “Divine Human Blueprint.” The door was open to the encyclopedia of our elegant design, and specifically how my body could be restored to health and free from the unrelenting pain and illness I had suffered from for many years.

We can only receive what we are willing to receive. We can only heal to the extent that we allow ourselves to heal. Many years ago I had pleaded with God to survive; now, I would learn to heal myself and others, to thrive, and to live each day as if I were living in the Garden of Eden.

### ***Restoring the Immune System***

The role of director for the immune system is shared by two organs, a specific part of the logical brain and the *thymus*, a gland under the sternum just above the heart chakra. The thymus serves as a professor for the immune system, providing enough education for the T-cells to identify harmful or helpful bodily cells and how to remove unwanted cells rapidly from the system. The students who are trained to administrate the actions dictated by the thymus gland are the T-cells. The emotional body provides significant enhancement to the immune function with high emotions; likewise, low emotions often follow low immune function. The robustness of the immune system is recorded in our blood. Blood reveals how effectively the immune system is functioning by measurement of various components, such as antibodies, cytokines, lymphocytes, etc.

As the immune system works to kill foreign bodies and unwanted elements, it produces energetic waste. The clean-up of this waste is provided by the energetic janitorial staff, the third chakra, which provides the energy for personal power and will, and the seventh chakra, an individual's direct connection with the Divine. Keep in mind, if you don't have the feeling that you have a right to health, or if you can't see that the relationship you have with the illness is a gift God has given you, you will find it hard to accept the higher option of complete healing.

Reliance partners playing a role in the immune system are the appendix, gallbladder, tonsils, and stomach. Success starts with a healthy mindset, which also supports a healthy immune system. In other words, your healthy thoughts and good feelings (or unhealthy and negative thoughts) reveal your relationship with your immune function.

### **Circulatory System Protocols**

My great grandmother was a most remarkable woman. Her formal name was Elisabeth, but she was not formal. Instead, she was affectionately called Lucy



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by all those who knew and loved her. Lucy had wisdom that was straight from God. She loved her simple life and was a compassionate listener to anyone in need. She had cultivated a life of gratitude for the simple pleasures in life. She had come to America as an immigrant in order to provide a better life for her children and she appreciated everything she had available to her.

I was with her when she passed. She was ninety-seven years young, and was committed to living life on Earth until it was time to leave. She was still gardening and walking a mile every day. When her eyesight got so bad, seeing only light and shadows, she took to walking the driveway of her home for a half hour or more every day. On her deathbed, sheets off her legs, she still had the beautiful smooth legs of a teenager. Who knew? She was an old woman everywhere else, but her legs were gorgeous.

Somehow I tie this Bible verse from Isaiah to her: "Blessed are the feet of those who preach the gospel," meaning (preach the language of compassion and love), and she was so blessed.

When I was young there was a popular song with the lyrics, "*These boots are made for walking, and that's just what they'll do!*" Walking and loving go hand in hand with good circulation. Many other physical activities support great circulation. The system of blood moving through the body delivering nourishment to the cells of the body requires movement.

The circulatory system is directed first by instructions from the DNA and then, listed in order of importance, by the lungs, nerves, and lymph glands. The heart, brain, and skin administer and direct the circulatory system and its fluid/flow process.

Your healthy emotions enhance your circulation. In contrast, unhealthy and low vibration emotions will serve to degrade circulation. DNA related to the flow and ease of healthy, happy emotions serves to improve the circulation. The resilient emotional body that operates from the position of "everything is pretty good or better" supports the circulation in doing a great job. You can improve your DNA programs around flow and ease of emotions by following the DNA obliteration protocols.

Circulation relies on white blood cells to clean up the blood stream. The body component that partners with circulation to strengthen the process is the muscular system. By engaging your muscles with regular activity and exercise, optimum circulation is stimulated, and vice versa. Years ago, when I was struggling with fibromyalgia, I discovered that my muscles were in a state of starvation and were atrophying from the illness. I learned that regular exercise forced blood and oxygen into the muscles helping them to feel and function better.

Actually, that was a great learning for me. Now, with no autoimmune illness to struggle with, I am delighted to be working out daily to get the blood and oxygen pumping into my healthy, happy muscles.

A person can really tell when circulation is in peak performance from the optimal mental function circulation supports in all five areas of the brain because these areas receive the nourishment they need. I look for mental clarity and a healthy emotional brain.

### **The Cardiovascular System**

The cardiovascular system is highly responsive to nerves and your emotional state of health. It is easily stimulated when the nature of an individual is to move swiftly into an emotional state of upset or anger.

### **Katrina's Story**

I worked with a mature Irish immigrant, a woman in her sixties who had struggled most of her life with high blood pressure. The fiery bloodline of the Irish can leave this entire group prone to high blood pressure. The DNA aging programs of the Irish as a group will manifest high blood pressure once members of that group reach about the age forty-four (or higher).

Katrina was prone to both bouts of anger and panic attacks. Her behavior, in many ways, was an attempt to free herself from the strong cultural patterns for an aggressive lifestyle. However, she would often rationalize her poor behavior and miss the opportunity to move past them and lose the need for them. I found her difficult to work with. However, she was a good study for me in the challenging life of an individual with very difficult patterns.

To help Katrina, I first altered her usual diet because it inflamed her situation. I also did many clearings on her nervous system until she was no longer having panic attacks. Once the panic ended, I dramatically improved her blood pressure and eased her off the high blood pressure medicines she had been taking for years.

When people have received a Miraculous Healing and become well, they need to alter their lifestyles to fully hold the healing. For Katrina, a year of meditation and attending healing classes supported her healthy new system.

Unfortunately, negative emotions stimulated her negative health patterns. She was jealous of her ex-husband's dating and had other reasons for agitation, such as constantly battling with neighbors over property lines and fighting the homeowner's association with lawyers, etc. This resulted in her former problems returning with a vengeance to dominate her life.

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Chapter 28 of this book discusses a person's attitudes that need to shift in order for illness and pain to leave. People become accustomed to or even enjoy the "high" they get from their blood pumping and adrenaline rising. They return to their old patterns to get their "fix." They have become "hooked" to the chemistry of their addiction.

Anger, jealousy, and even panic produced a chemistry Katrina was used to; she felt normal or even excited about them. For example, she could rush to the emergency room and gain attention from the male physicians, garnering their concern and attention regarding her illness. When she used lawyers to fight the association, she could have someone say to her she was justified and needed to defend herself.

On numerous occasions, I attempted to show her what she was doing but was unsuccessful. She called recently with all her past symptoms flaring, but I just referred her to an audio program for stress.

A Miraculous Healing is truly a gift. Just like the parable of the king dispersing talents, "If you take your talent and bury it or worse discard it, you will be given no more, until you realize what you have been given and give it its proper due." So, I can't give you what you can't receive.

I believe in Katrina's capacity to heal. It may take her some time, but I believe she will contact me in the future knowing what is possible and, at that time, readily alter her lifestyle for good. I will welcome her with open arms and rejoice!

The cardiovascular system is directed by forty percent of the muscles; including the heart, and the inner chest cavity musculature. These are the muscles that direct circulation. Of course, all muscles benefit from the healthy operations of this system. When I am observing which muscles are involved, they start about three inches below the waist line going up to three inches below where shoulders and neck meet; in other words, the upper three-quarters of the torso. Employing your muscles in healthy ways gives the cardiovascular system a good basis from which to function. The heart administers the activity of this system by providing the muscular strength and stamina to operate the human organism. Neurons also enhance embodiment where cardiovascular function is eighty percent human body and twenty percent human spirit. The veins and vascular walls serve to maintain the health of the cardiovascular system and provide purity.

The emotional brain and part of the left brain provide a partnership and alliance to the body's successful balancing of system strength. Emotional temperament indicates harmony or disharmony in this system.

Low blood pressure generally does not cause the life threatening circumstances that the condition of high blood pressure does. However, low blood pressure can be troublesome and can cause fainting or a sense of weakness for the sufferer.

***Restoring Blood Pressure (to optimal functioning)***

1. Using kinesiology, test to see if this is the healing the body needs
2. If Yes, begin by clearing the cardiovascular system. Chart both the color and percentage of functionality. With both high and low blood pressure, you will see a black or grey energy overshadowing the system

***Colors of the Cardiovascular System and Their Functionality***

Red	100%
Orange	97%
Burgundy	94%
Pink	80%
Purple	40%
Blue	10%
Yellow	7%
Grey	-2%
Brown	-6%
White	Someone else is in control

3. Using kinesiology, test to see if miasms (group virus) are a factor. If Yes, clear the miasms and related to frustration, anger and high blood pressure issues
4. Test to see if there are problematic energies or colors in the aura (specifically, layer two) related to the miasm you just cleared. If Yes, clear the problematic energy by pumping Gold into those layers

***Excessive Mental Energy*** (related to the mental body)

If the energy of high blood pressure is mental, it indicates there is too much energy in the mental body. For example, if I were to look at Katrina in a high blood pressure phase, she would read that four hundred percent of her energy was in her mental body, which would leave none to balance the emotional, physical, and spiritual body. Mental energy like this will

balloon out above the head.

**Test to see the percentage of energy in the mental body. Pumping Gold with the intention of returning an individual's mental energy to balance (one hundred percent) will restore the mental energy to its proper location and percentage.**

### *Blood Vessels*

5. Look for the Number 3 vessel. (Your body will understand this.) It will be black. Clear this vessel and any other vessels reading dark by pumping Gold Energy into the area(s). Muscle test until you read a bright color.
6. Chakras 3 and 7 will not be functioning at their norm, either off, or they will be missing altogether. Restore Chakras 3 and 7, both front and back.
7. Perform the DNA Obliteration process. Clear high blood pressure programs, and all future problem blood pressure programs, all the way to the end of the body and then perform resets.

There are many reasons for high blood pressure. Follow the protocols to discover other areas that may need improvement.

### **The Respiratory System**

The respiratory system provides freedom for the healthy individual to be able to breathe deeply and enjoy life. For the sufferers of lung illness, a life of restriction and adapting to less becomes the norm. These people struggle to exist. They lack the sense of self-value and a place of honor in their own life. People with lung illness and low function are convinced they do not have a right to take up space or to be fully who they are. Just as they adapt to the reduced lung function and lower their activities. They also lower their expectations and hopes for a wonderful life and great relationships with others.

Regardless of the source of the illness—whether it originated in the DNA, a response to outer toxins, or a mental response to a dominating family member or friend—the story is the same. They feel that their lives can simply be snuffed out if they aren't careful; this is the reality they live with daily.

I contracted silent pneumonia over the holidays last year. I hadn't been breathing well for a few weeks. One day I awoke and it was too much effort to speak or get out of bed and walk to the kitchen. I had experienced the regular variety of pneumonia for the two previous winters and thought I had gotten all

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the programs out through my healings. However, there was some residual program running that needed me to see it and clear it (which I did).

Think about the folks you know who have asthma or other lung conditions. How big do they play? Can you see the struggle pattern? I think about a business friend, Lidia, who suffers from asthma. She is constantly facing the struggle of having a right to exist. Literally, her grown children are attempting to take her home away from her and clear out what little she has managed to save. I see her puffing away on her inhaler as her children challenge her life and make attempts to snuff her out.

There is hope for lung illness sufferers. The solution takes courage, healing and letting go of the past to step into the new and happy reality that has only been dreamed of.

The respiratory system includes the sinuses, air passages, bronchi, lungs and the carotid artery.

The real director of the respiratory system is self-esteem. A healthy ego will override some negative DNA; a fragile ego will succumb much more rapidly to lung illness.

The healthy lungs administrate function and a good understanding of life. Healthy respiration is nerve enhanced. A creative brain is in service to purify respiration function with wholesome self-loving thoughts and expression of a new reality.

The respiratory system becomes ill from consciously ingested toxins from smoking, whether cigarettes or dope. This addiction speaks to the right to take up space and the need to contaminate the body for the chemical high and confidence that comes from nicotine, or the stress relief that comes from marijuana.

### **Grandfather Herb's Story**

My grandfather Herb was a kind and quiet man. He struggled to make a life for his wife and children. By almost anyone's standards, Grampa never made it. He had been a navy man in the World War I, serving as a cook on a battle ship. Ironically Herb could not swim.

He married the girl of his dreams, Adelia. She was from a family that was more well-to-do, but her eye was on her beloved. They married and began having children, some who died and some who lived.

They were very poor. Grampa just had no luck or right to take up space. He thought he would buy some baby chicks and raise chickens, but the money

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wasn't there to feed them and no one would lend him the feed so he and his boys had to kill the baby chicks. Then life got even more difficult. At one point, having no money and no food the family ate ketchup soup for a week, But not the ketchup you buy in the store, but some homemade concoction to flavor water.

When I think of my grandparents, they loved and were devoted to each other. Grampa with his thick German accent had a funny saying: –And that's the truth, so there!" He used that all the time. He was a sweet man. Herbert Doering finally died of a broken heart when the gas company commandeered his home and land in order to build a power plant. They condemned his land and gave Grampa pennies on the dollar for his home. This happened the year he was set to retire. He developed lung cancer immediately following this atrocity and passed away within a year.

Follow the Miraculous Healing protocols and you will be able to heal lung and respiratory challenges.

### **The Lymphatic System**

Yahoo, you've gotta love the system that tidies the body and removes toxic waste from the interstitial carrier fluid. The lymph system can be temperamental, especially related to pregnancy and aging issues.

I cared for many, many high-risk pregnancy clients during a four-year period when I specialized in this field. While developing my Miraculous Healing skills, I had the incredible opportunity to support the birthing community and specialists working with women and babies who were categorized as high risk. This meant they were possibly an older first time mom, a mom who had serious health issues and still choose to carry a baby, and babies who were identified during gestation as having worrisome abnormalities.

This category came with a high level of anxiety and need for physical and emotional/spiritual support during the term of pregnancy. I really loved this work, and the only reason I moved away from it was the intense and long hours, as I would often stay with the new mothers to support their process of birthing and bringing their babies into the world. Mothers found me because I specialized in pregnancy and birthing massage as well as infant massage. I assisted many moms in getting through the pregnancy and often followed them for the first six months to one year postpartum.

In this category, eighty percent of the women I saw and supported had lymphatic issues. Some of them gained so much water weight they referred to themselves as beached whales, while others very specifically had lymphatic backup in the limbs.

Massage is as good a way to get the lymph moving as is thirty or more minutes of swimming. However, when a woman's lymph system is presenting a problem and she is *not* pregnant, she won't find relief with the birth of a baby. So under those conditions, it would be time for a really restorative solution.

The director of this purifying system (the lymphatic system) is found in the first (survival) brain. Carrier fluid moves unwanted chemicals into the lymphatic system. DNA provides the vital diagram for implementing the flow and amount of collecting fluid responding to bodily injury.

The lymphatic system takes unwanted chemicals and drains them into the liver. The circulatory system does some of the lymphatic system's job if the lymphatic system is compromised or reduced in function. Please note that the parasympathetic nervous system needs to be —**Q**— for the lymphatic system to function.

However, the lymph nodes in the neck are not technically part of the purification system we are discussing; these lymph nodes and also the saliva glands can play a role in indicating the healthy (or non-healthy) chemistry of the area.

### ***Protocols for Restoring the Lymphatic System***

If you are deliberately tuning up this system, I encourage you to attempt to restore its functionality to one hundred percent. Anything less will not provide the best results.

1. Using kinesiology, test the level and percentage and color of the lymph system
2. Pump Gold Energy into the system until it comes to peach and one hundred percent of function
3. Restore the mental body to one hundred percent. Pump Gold with right hand into the mental body until it tests to be one hundred percent

Lymphatic imbalances and malfunctions go hand in hand with extra energy going into the mental body. This excess energy balloons up over the head. The result of this excess energy in the mental body is that it draws important energy away from the lymphatic system

4. Test carrier fluid for level of toxicity
5. Pump Gold until you have a read of zero percent toxicity



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With this process, I would like you to think of this as a “time-lapse” process, so do this clearing five separate times, allowing ten days between each clearing. Even though you may pump to a clearing of one hundred percent the first time, the spiritual body will be clear but the physical body will still be working towards clarity. Therefore, a Miraculous purification will require five successive clearings.

6. Using kinesiology, observe the skin, color and function. If the lymph is malfunctioning the skin is showing spiritually as black.
7. Clear the skin by pumping Gold till it goes up to 100% green.
8. Clear the Spiritual Timeline of impediments from past lives in relation to the lymphatic system.

Identify the number of each past lifetime affecting the lymph and pump Gold to clear each event. This is like clearing the post-traumatic information that never allows the situation to regenerate.

9. Perform the Cellular Neo-Genesis process next for the entire system
10. Regenerate the director of lymphatic function in the first brain. You will again use Cellular Neo-Genesis this time in a master cell in the upper left area of the first brain. Intend the regeneration focus for restoration, rather than any other operation
11. Follow with the DNA Obliteration process to remove problematic present and future lymphatic patterns. Be sure to include Family Bubble and resets

### ***Best Colors for the Lymphatic System***

Peach	100%
Orange	90%
Light Green	82%
Blue	80%
Pink	54%
Lavender	50%
Yellow	40%
Dark Green	20%
Brown	5%
Grey	-20%
White	-70%

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Black	-100%
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If you have experienced any problems with the lymphatic system, you will understand the significance of this healing. For people to have their feet or ankles swollen means they will experience difficulty walking, which ultimately means the loss of muscle tone/strength and the ability to enjoy movement. Lymph patterns show up with aging DNA patterns for many humans, and in an odd way, will convince you that you are old, feeble, and are ready to go when your time comes. When life presents too many challenges, the mind goes to the miasm of ~~–this~~ “this is what it is like to get old”, or ~~–I’m~~ “I’m falling apart”, or ~~–that’s~~ “that’s just part of getting older.”

There are so many messages in the language to excuse and not correct issues like this that we come to expect the issue and accept it without giving it a second thought.

### The Importance of Language

I would love for you to think about how you use language. Do you include little acronyms for aging, cute little metaphors for explaining away imbalance, pain, or some new illness?

I recently heard Dr. Daniel Amen speak. He said people who don’t challenge the status quo die much earlier than those who don’t readily accept everything that comes their way as true for themselves.

A great example of this is my brother Marty. I love and respect my brother. He is a cool dude. After his terrible accident and recovery, he decided he must comply with medical policies and procedures to assist him in surviving.

He eventually found a place for himself in a brain injury clinic at a hospital, serving as a volunteer. He felt his pain and poor brain function was just ~~–the~~ “the way it was.” He felt his lot in life was to help others deal with the confusion of a brain injury and unrelenting pain. And so his life, in the conventional medical model, progressed; he even won an award for being ~~–volunteer~~ “volunteer of the year” in a competition with two thousand others. Marty was well-loved in his volunteer role, but he was also in a lot of pain and experienced a lack of function in many areas of his brain.

I was anxious to work with my brother because I knew he could get better. However he wasn’t ready. His reality had to shift to the point where he could say, ~~–I~~ “I have done everything Western medicine has to offer and there are no other options: it is time for me to move on.” He got to that point just a few months back and is rapidly regenerating inside and out.

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The chapter on pain in this book has been very helpful in turning around Marty's somewhat cemented position, which is, "This is why I came back (survived horrendous situations). I survived in order to help others go through their painful, confusing lives."

You can't wish someone to change; they have to move themselves into a readiness for change and cultivate within themselves a personal desire to take responsibility for the change process.

### **Muscular-Skeletal System**

You've got the power!

Muscles and bones make the human life we live possible. People who do not have use of their muscles and joints are thoughtlessly called "vegetables" and none of us wants to live in a vegetative state. For example, we take precautions even to the point of having legal documents drawn up that state, "In case of coma, do not resuscitate."

On the other hand, in the recent Olympics with a sense of wonder we enjoyed the beauty and artistry of the pure strength of athletes with gleaming muscles and strong healthy bones as they leapt, swam, ran, and cycled across our television screens in absolute majesty!

I would love for you to remember when you were in your peak body. Were you an athlete? How did you use your God-given gift of strength and power? Did you comprehend how absolutely amazing your body was?

Likely not, as you have never known anything different.

### **My Athletic History** (and current athletic pursuits)

I have always loved being an athlete. In the past, I really didn't think about athletics as an abstraction; I thought about the training and skill athletics requires as well as my camaraderie/friendship with other team members. I also fondly recalled my sheer joy in running, skiing, skating, and playing ball.

In high school, before I got so sick, I was a powerhouse. I competed routinely in the 440-yard track and field race as well as cross-country running, skiing, and swimming. I was a red-cross- certified swimmer and could even do back flips off the high diving board.

I was fearless in my body and ran for the joy of running. I enjoyed skating on ice for the aesthetic beauty of the dance and the thrill of the twirl. I was ~~all~~ in" when it came to enjoying the body I had been gifted.

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Lately, I have again been hanging around young people who use their bodies this way, and I realized I had lost the "bar" (standard)) from which to measure the joy of a youthful, healthy body. With this in mind, I am once again doing all the activities of my youth, pacing back into a much more vibrant lifestyle.

I love the workouts I currently do. But after rappelling down a sheer rock face a couple of months ago where I got pretty bruised up and even broke my toe, I decided it was time to return to the youthful muscle strength I used to enjoy in my teens. Each day is an adventure in training. Of course, shooting Gold light into my muscles helps me reach my fitness goals faster. I am a practitioner of dance aerobics, lifting small weights, and yoga. I also practice a couple of super-fun sports I had forgotten I loved: swimming and ice-skating.

For my morning swim, I do forty laps, followed by some underwater spins and somersaults, a backwards dolphin move, and maybe a little underwater swimming. I even started diving. It might seem ridiculous to others that swimming is such a big deal in my life, but many years ago, while I was being treated for cancer, doctors told me that I should never swim again and that no swimming water would ever be clean enough for me because I could not fight off any infections to which the water might expose me. My doctors' reasoning was that having treated me for three years on antibiotics, and everything else they could think of to help me, the drugs and other treatments had finally put my immune systems into a weakened state.

Years later, now healthy, but still hearing those (PTSD) conversations running through my head, I thought, "It's natural to swim and it could even help me recover the knee strength I hurt when I used to run. Can it? I wonder; I wonder if I can swim."

Did someone tell you not to use your body in some way? That it's not ladylike or you should act your age? Did you begin to have an achy joint or an injury and take it as a sign you should back down on your activities? If so, I challenge you to do a big clearing of your timeline and all the "slowdowns" that got you to where you are now. Next pace back into your blissful youthful body with vim, vigor, and enthusiasm because, my friend, "It ain't over till it's over."

These are actually personal miasms. You might also be experiencing group mind miasms and memes regarding what you should or shouldn't do.

**Clue:** To be successful, be sure to remove muscular-skeletal system aging programs in the DNA.

I was visiting my folks a few years back. I was in good shape and was wearing a gorgeous designer blouse from Germany. It was see through with a camisole

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beneath. It was not a particularly racy blouse; it wasn't low cut and had long flowing sleeves. But my mom, so freaked out by the blouse, threw her size fourteen sweater on top of me, and said, "Cover up, my friends will think you're a prostitute!"

She was sending me the message, "You are not dressing in an appropriate way for your age," and she was sending strong control pictures to me. Have you had similar communications with friends or relatives about your health and wellbeing?

Recently my mother pulled me aside and said, "My friends and I have been talking. Do you know that you don't look your age?"

"Yes. Mom I know. I like it, and I am doing this on purpose."

"Ohhh."

Did you put on weight when a lover hurt you? Did someone tell you that you were too attractive or something was your fault because of your looks? That's the "garbage" we need to look out for when it comes to re-owning our bodies in a youthful and powerful way.

### ***Healing Injury in Bones and Muscles***

Bones and muscles are relatively easy to repair. They appear very different from the cellular body, the nerves, and brain. Think of this as the easy system. It is ready to regenerate and return to good shape.

### ***Bone Protocols***

1. When healing bones that are broken, proceed by clearing the dark colors from broken bone by pumping Gold Energy into the break.

As you pump Gold into the broken area as the bone will mend. It will appear as tree roots bonding together, from both sides until the mend is complete. This process can be done in as little as twenty minutes. The rapidity of the healing largely depends on the force and power of the Gold Energy you are administering to the break.

### ***Christine's Story***

Christine, seventy-five, came into our Miraculous Apprentice weekend feeling pretty miserable. She had taken a fall and was nursing two broken ribs as she struggled to stay focused on the process of learning.

It was a perfect segue, even though it wasn't included in the lesson plan to teach bone regeneration. We, as a group, read her and proceeded to pump

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Gold Energy. Christine reported feeling a warm, water-like experience where the bones were growing back. Within twenty minutes, we got a read that the healing was complete and a surprised Christine was without discomfort, filled with energy and more ready to learn than ever.

### *Ligaments and Tendons*

It's pretty much the same only faster for ligaments and tendons. If you have ever had the misfortune of having a severed ligament, meaning there is no attachment of the ligament to the bone, it is still possible to mend this situation by using the Human Blueprint as you pump Gold into the system and watch the ligament or tendon grow back.

### **Mark's Story**

I met Mark at a business-networking event. He was there with his business partner, Amy, promoting their joint venture and networking. My friend, Caral, is a super awesome connector, and she brought Mark into my room for the healing demonstration I was doing.

He raised his hand when I was done speaking and told me he had a torn ligament behind his knee. In a matter of seven minutes, we had gotten him out of pain and largely restored the ligament. He was happily surprised to discover that he had full flexibility in the joint and could stand on his leg without pain.

When regrowing any component of the muscular-skeletal system, I encourage you to do at least one follow-up session on the area. You will get a one hundred percent read on the follow-up healing; however, even if during your first session it's been set at one hundred percent it can slide down to a lower percentage and will really benefit from resetting several times till it holds firm.

Being set at one hundred percent doesn't mean that the results will show up instantly. But what it does mean is that everything is now set for the full experience. There will be days involved in the activation process that allow the physical body to heal fully. I have noticed that negative thinking, which ultimately turns into black magic, can affect or slow the healing process significantly. Restoration may take days, weeks, months, or even years, depending on the damage to the area and on the power and abilities of the health activator.

As you complete the protocols, you can get a read on how long you will have to wait before new growth begins. For example, you may see new bone growth start as soon as your current healing session, or you may not get it for another eleven days.

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The muscular-skeletal system is directed by part of the Second Brain, which is the emotional brain.

The DNA provides administrative programs for repair and regeneration.

Fifth Brain formats and shows how far you can access the power provided by this system. (The Fifth Brain is the angelic out-of-the-box thinking brain.)

Chakras move unwanted energies out efficiently and bring in the right nourishment for this system to thrive.

To take its place as the captain of the skeletal system, you might imagine the advantage of having a calcium-producing gland on your team to provide you with the necessary repair ingredient. This is exactly why the parathyroid gland is a good partner to rely on.

The mental body keeps a tally of the “wins” of the physical body. This is not the brain, but rather the mental body that stores information and brings it forward into future incarnations.

### **The Nervous System**

Nancy is a well-loved girl's coach who'd formally worked in the Pentagon in brain-based learning. She is an amazing woman with a heart of Gold and has lived a life truly dedicated to service/contribution on a grand scale of love, love, love. Nancy sought me out for assistance with an anxiety problem that would not leave her in peace. Anxiety is a malfunctioning of the nervous system. Sometimes it comes from a condition of mental health, but, usually, I see it as stemming from emotions and the nervous system.

Imagine playing in this big in the world, having your own MTV show, and appearing on large stages all over the country, while struggling with panic and anxiety. It's just no fun.

Marty, my brother, had been in a terrible accident. His nerves were malfunctioning in every way you can imagine due to their being on high-alert all the time because of his pain. Despite his inability to feel his foot or even his leg, his back was “on fire” with nerve pain. This level of malfunction was truly making his life a living hell.

Kathy came from a family of amputees. As we spoke about her numb feet and legs, she recounted that all the grandparents and great grandparents on both sides had undergone leg and foot amputations. Now, at the same age, her DNA time bomb had blasted onto the scene. Her nerve pain and numbness were out of control.

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These people were all cured from their maladies with the help of the Miraculous Healing protocols.

The brain directs the nervous system, including part of the right cortex, the frontal lobe and heart. The adrenal glands administer chemistry for dictating how the nerves will function at any given time. The aura provides energetic information to the nerves on sympathetic high-alert moments. The mental body gathers and stores nervous system information in its intelligence.

Emotions can rapidly purify and restore frayed nerves to a relaxed state. The spine provides tremendous support to give structure to the lacy network of nerves living in the spine. The neurons of the heart can either reflect a successful, happy system or a strained, compromised system.

### ***Nervous System Restoration Protocols***

1. Using kinesiology, read the energy and color of the system.

### ***Colors for the Nervous System and Their Energies***

Dark blue	100%
Great	96%
Purple	66%
Yellow	20%
Orange	5%
Brown	3%
Red	1%
Grey	-50%
White	Someone else is controlling your nerves

2. Pump Gold to clear the color and raise the energy to one hundred percent.
3. Clear the areas of the Third and Fifth Brains, directing the function of the nervous system. These areas will likely be grey if the nervous system functions at a reduced level
4. Clear mental imbalance. Using kinesiology, read the percentage of energy in the mental body. It will be over one hundred percent and will be expanded around the head. Pump Gold Energy to bring it back down to one hundred percent
5. Check for Spiritual Timeline issues up to nine lives back and clear all issues, using the Spiritual Timeline technique
6. Using the DNA Obliteration process, clear all difficulties and challenges from the nervous system, including those for the



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future, the Family Bubble, and resets

7. Perform Cellular Neo-Genesis for twenty master cells in the nervous system. Don't worry about counting. Instead, intend it, and it will happen
8. Clear muscles related to the nervous system (they will likely all be grey)

### **9. Do a Gold Ribbon healing of the whole nervous system**

#### ***Curing Anxiety and Chronic Distress***

This clearing is a combination of past life issues, dominant DNA, family patterns, nerves, adrenals, and emotional temperament.

1. Using kinesiology, test the nervous system for function
2. Pump Gold Energy into the nervous system bringing it up to one hundred percent
3. Clear the DNA issues of anxiety, stress, and worry with DNA Obliteration process
4. Proceed to Cellular Neo-Genesis of the nervous system
5. Clear the third and sixth chakras. Make sure they're on and spinning both in front and in back
6. Using kinesiology, read the cardiovascular system for function and color
7. If it's less than one hundred percent, pump Gold Energy into it until it reads one hundred percent
8. Using kinesiology ready the color and function of the intestines. When there are problems in the nervous system the intestines will be black
9. Pump Gold Energy to clear the color and function of the intestines to bring them up to one hundred percent
10. Using kinesiology test the mental body function. You will find it expanded over the head, and the number will range from 200 to 400 percent
11. Pump Gold Energy to restore it to one hundred percent. Clear the emotional brain (Second Brain) and amygdala of anxiety, worry, and stress by pumping Gold Energy into the Second Brain
12. Clear the survival brain (First Brain)
13. Using kinesiology, test to see if the First and Second Brains need Cellular Neo-Genesis. If Yes, perform Cellular Neo-Genesis for the

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cleared brains

14. Clear the emotional timeline of any anxiety, worry, or stress, especially as it pertains to this lifetime
15. Using kinesiology test for Fifth Brain function. It is typically shut down, so pump Gold Energy to restore it to one hundred percent
16. Clear the lungs and respiratory systems. If they don't completely clear, use kinesiology to check past lives, DNA, and personal affirmations: "I have a right to take up space; I have a right to exist." Clear items that test as positive
17. Clear the endocrine system; follow the endocrine system protocols
18. To indicate a nervous system problem, the skin's color will be grey or black. Pump Gold Energy to bring to a healthy color
19. Using kinesiology, test for memes around anxiety and worry, and clear them by pumping in Gold Energy
20. Using kinesiology, test for emotional timeline issues, especially around fear and death. Proceed to clear emotional timeline issues

Indicating nervous systems issues, the color of the stomach will often be black or grey. Using kinesiology, test for color and function of the stomach and restore it to full function by pumping in Gold Energy. At the completion of the restoration test to see if Cellular Neo-Genesis is needed. If Yes, proceed to Cellular Neo-Genesis

21. We have already cleared the endocrine system; however, we've just gone through a whole sequence of further clearings, so it's possible that the thyroid has additional issues to clear that have surfaced since we first cleared it. Using kinesiology, test the thyroid for its color and function again. If needed, pump Gold Energy to restore its color and function to one hundred percent. Test to see if Cellular Neo-Genesis is needed. If Yes, proceed to Cellular Neo-Genesis (CNG)
22. Using kinesiology, test for the color and function of the knees, which represent the ability to honor yourself. Clear the knees to one hundred percent, and restore the chakras to one hundred percent
23. Using kinesiology, test for emotional miasms. These miasms are a group mind virus; may have been adopted into the system as a frightened, helpless child; and may affect both the body and the emotions. Now, pump Gold Energy and proceed to clear the miasm
24. Using kinesiology, test the immune system. Since the system requires self-love and nourishment, it is important to create a new foundation. Restore the immune system to one hundred percent

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25. Although we have already cleared the adrenals in the endocrine healing, since we've done additional healing we may find the adrenals need a deeper healing. Test them for function and color. If less than one hundred percent, restore to one hundred percent and proceed to test if CNG is required. If Yes, Perform Cellular Neo-Genesis

Test the adrenals for adrenal obliteration, looking for strain on adrenals or low function Then proceed to the DNA Oliteration process, restoring the adrenals to one hundred percent and clearing problem energy

26. Pump Gold Energy into the brain and body

### ***Required Lifestyle Changes*** (for stress reduction)

Stress, panic, anxiety, and worry are a chosen lifestyle, but you can make a new choice. Start by removing the alarms and high stress sounds in your environment. Every time an alarm goes off, the adrenals set the nervous system on high-alert, and you are in the sympathetic mode. Nothing regenerates or heals when your nervous system is in sympathetic mode; energy abandons your body and, instead, fuels your limbs so you can quickly run away from danger.

Your lifestyle may be confusing your automatic responses to danger. Stress, for the body, indicates danger. You are not safe when you are experiencing danger.

You can consciously choose to be around loving supportive people, and change your music to classical or easy listening, uplifting sounds. Relax in a bubble bath, light a candle and meditate, walk in the woods, and take time to stop and smell the roses. This is your life. How good your lifestyle can become (how wonderful it can be) is entirely up to you and no one else.

**Once you have cleared anxiety and panic, you may want to review the Karma-clearing and love-clearing processes. What a perfect time to remove old, difficult connections and start with better ones.**

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**Table 18-2 Summary of Systems and Their Colors** (indicating functionality)

System	Cardio Vascular	Lymphatic	Nervous
	Red 100%	Peach 100%	Dark Blue 100%
	Orange 97%	Orange 90%	Green 96%
	Burgundy 94%	Light green 82%	Purple 66%
	Pink 80%	Blue 80%	Yellow 20%
	Purple 40%	Pink 54%	Orange 5%
	Blue 10%	Lavender 50%	Brown 3%
	Yellow 7%	Yellow 40%	Red 1%
	Gray -2%	Dark green 20%	Gray -50%
	Brown -6%	Brown 5%	Black -90%
	Black -70%	Gray -20%	
		White -70%	White=
		Black-100%	Control