

Post Medication Side Effects

My Inner God Revealed

January 2008, my bigheaded English Lab lay sleeping at my feet while I reread *Spirit Song*, written by Mary Summer Rain, an empathically gifted student of No-Eyes, a Native American shaman and visionary. I earmarked a page as I neared the end of the book and turned my attention to thinking about how God gave the people the truth about everything. He gave us free will and endowed us with guides and teachers that would help us along our life journey no matter the circumstances. Through cataclysmic and meteorological conditions humanity has been tested and will continue to be. Does God control these events? I am not sure we can be certain about that but it does bring a memory to mind. What can humans create when they put their mind to work in more positive ways?

While visiting a healing facility in Virginia the group I was with encountered a pretty significant rainstorm. As we toured the property a member of the group asked if I thought we could stop the rain merely by focusing on it. It felt right and I answered that I did believe. So together we focused our energy and attention on clearing the storm clouds and telling the rain to stop. Within minutes it actually stopped raining. As the sun came out around us, and the rain cleared, we looked at one another and began laughing. We wondered how long it would take to start raining again so instead of getting stuck outside in another downpour we headed back into the building. As we got resettled inside, the pelting rain began again. That raises more questions. Can we control the weather and things other than the weather? To some extent, through focus and intention I think we can. That also raises yet another question. Is the weather affected by our moods or life's unrelenting injustices? I cannot be sure just yet but something tells me that even the tides are affected by the decisions we make, how we treat one another and are also connected to how we feel about life. Interestingly, cataclysmic events have transpired more over the past twenty years or so and seem to be happening at an accelerated rate.

As I chewed on my thoughts I looked back at the book. Even No Eyes felt as if people have had ample warning, and I agree. We have all had plenty of time to change our ways and believe in something larger or grander than ourselves. Crazy as it seems, people tend to not change until they are directly affected by something that forces them to change. Those that choose to walk the same old beaten path and do nothing for the betterment of humanity will either come around or not. I am not here to sit in judgment over anyone, I am merely watching and paying attention. I am mindful and getting ready to act in alignment with whatever comes.

Interestingly, thinking about such things brought something else to mind, so I turned to the first pages of Summer's book to look at the date of publishing. Summer published her book *Spirit Song* in 1985 around the same time that the Hopi Indians came out within a documentary called *Earth Changes*, predicting many natural and catastrophic events for our planet. The Hopi Indians

also forewarned us about changing our ways so that we would survive and be able to carry on even in the toughest of times.

Just in case you had not noticed, there are many more of us on the change bandwagon these days. I think more people now know deep within their hearts that things cannot continue the way they had in the past. There's an inner knowing that we all must adapt to the changes that are taking place and adopt new behaviors in order to create a more peaceful space for the generations to come. Having presented this, I also have to say that there are many young spirits, new to the body and earth experience that do not want to, nor do they feel they should, change. Those new to the life experience reveal their disdain about what Mary Summer Rain and No Eyes shared in their books. You might stumble upon forums that suggest that Summer Rain is a fraud. That happens a lot these days, more so when someone has little experience related to what others have lived through. They won't agree with the person and will often badmouth them to gain support to justify their stance. Instead of just letting people have their own opinion they feel they must belittle or berate the ones they disagree with. When I experience others acting in this manner my body reacts by making me feel sick to my stomach. Not that I am judging their actions but rather, my body translates their actions as hurtful, and it affects my physical health adversely. Some people want so badly to be heard; to make their point, they don't realize how hurtful they are being. I disagree with those that think Summer Rain is a fraud. This is my prerogative, just as it is your right to believe the way you do. If you don't like her books I suggest that you not purchase them, but keep in mind that you were drawn to pick them up and buy them for some reason. Perhaps that book will be of value one day when that person is provoked into conscious change. Perhaps the desire to buy and read were provoked by the universal consciousness (God source) that offered an opportunity for your or their awakening. By putting the book, courses, or person in your path you'd be given an opportunity to go through an initiation of transformation so that you and those around you could benefit in some way.

Just as Mary Summer Rain was directed to author her books, I was directed to journal my experiences in order to share them with you to assist in the prevention of disease, in the healing and rebalancing of the body, and the shifting of our consciousness so that we could each prepare for upcoming Earth and life changes, to teach the coming generations to be more empathetic and proactive as the everything about us and the Earth shifts. In the event something should transpire, where you are unable find the expertise or resourceful individuals you think you need, the techniques within these pages will provide you with the confidence that is essential to handle whatever may come. Keep in mind that learned behavior, societal stresses, and our own self-driven ways have led many of us to forget that we came into this life pure, with a connection to a universal cache, the God source, which is a divine reserve overflowing with resources and answers to our many questions. Every answer to every question we will ever have throughout our lifetime is available when we tap in and trust what we sense. I believe that No-Eyes and Mary Summer Rain knew this to be true and that they willingly shared their heritage, their lives, their spiritual wisdom, and the great mysteries that are stored within each living thing on this planet. They sought to teach us how truly extraordinary we are and that the God source within ourselves

would lead to a never-ending wealth of information that would change the face of humanity, thereby creating a more empathic society void of slaughter and destruction.

Intrigued with the idea that we do not have to allow ourselves to become a byproduct of our environment, I began to look for others that had similar thoughts and ideas about how we might take better care of ourselves. I also wanted to be sure I addressed the idea of being cut off from key resources in the wake of disaster; chief resources being medical doctors, food supply chains, our families, and other people.

As visions flooded my mind's-eye revealing the misfortunes of those entangled in recent natural disasters, my thoughts were interrupted. I turned my attention inward questioningly. Holding my intent for an answer to the possibility of such instability, my inner God-source brought my awareness to rest upon visionary Thomas Edison (1847-1931). He proclaimed that *"The doctor of the future would give no medicine but would interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."* One could safely surmise that he knew something was wrong with the way his fellow men and women were caring for themselves, even back then. The origin of this quote was a notion claimed for the Health Maintenance Organization (HMO) relating a concept that has dominated the U.S. medical industry over the past few decades. This is an industry which would provide prepaid medical services to people for a set fee, encouraging them to seek preventative or early care, and take responsibility for their own health. It was thought that this method would head off hefty costs associated with serious illness and hospitalization. That concept was not practiced until the 1970s but amazingly, it is a concept physicians and medical institutions are now trying to move toward changing due to the realization that the old system of healthcare is not working for the masses. Many tend to wait until their conditions are extreme before seeking care. Countless individuals believe that their physician knows them better than they know themselves which can be a grave mistake because many organizations that employ physicians only allow under ten minutes, (typically 4-7 minutes), with each patient to diagnose and treat them. How is it possible for a physician to digest your entire history in ten minutes or less?

Edison was not a mad man, but rather a man that could foresee the future, a future where individuals would have to be more aware of their doings and participate in their care.

Let's be realistic. As you look at your environment and our economy, what do you see? You can see that we are all being pushed into a proverbial corner. We are at a place where it has become necessary to fix what is broken or leave the broken bits behind, to adapt, overcome, and be more attentive to our environment, one another and ourselves. Intuitively I don't feel that it's possible to totally destroy the human race, although the evolution of our race has revealed our propensity or susceptibility toward such an occurrence. Edison felt that the patching up of the sick man was coming to an end in his lifetime, thereby opening the door to a focus of preventative medicine. At the time of this rewrite it's taken over a hundred years for this idea to take hold. During what I consider to be the climax period of human existence, humanity spent a great deal of energy around creating war trappings but declared that they were doing it in the name of peace. I

have to say, who needs war when we are being inundated with pollutants that can destroy us from within. This includes the things we ingest and all of the stimuli we encounter that assaults the cells of our bodies. The overload of multiple layers of toxicity requires a fracturing, or fundamental shift in perception. We need to recognize that what most of us are in search of does not come from outside of ourselves, but rather, from within.

Poet Ymber Delecto suggested that a healthy body and soul come from an unencumbered mind and body. Think about all of the things we encounter and do in a day's time. Most of us are stressed to the max, wondering where our next paycheck will be coming from or how we will pay for our food, childcare, or medical insurance. Talk about overloaded! How many people do you know that aren't worried about something? I can't think of one. Even with the best of intentions, I get so caught up in my work and wanting things to turn out exactly as I planned that I forget to stay centered. Due to years of research and personal application of these processes, I can now offer up an extraordinary revelation that personally took years to embrace. The body of humans, animals, trees, plants, reptiles etc., possesses an innate intelligence that knows what it needs at any given time. Even in the grimmest of situations the body has its own rebalancing tools. All we need to do is tap into this power and use it. When anxiety grips you and pain shoots through your body, know that the cells in your body hold the key to restoration. To rebalance and heal you will first need to understand what your body is trying to tell you. So it is through subtle or severe pain signals the mind and body is actually communicating its likes and displeasures to us every second of the day, sending out warning signals, quite like an internal distress signal, a Morse code, if you will. By becoming innately aware of the signals we can lighten our emotional loads and inspire divine order within our bodies and, with practice, we can then begin to reach out into our external world. We can touch the lives of others by utilizing this virtual link between our inner body and our intellectual God mind or God-source, which is connect to all other things. Our native American elders were intimately familiar with the philosophy around being connected to everything and it stands to reason that we should get back in alignment with this rationale.

Consider the number of people on this planet. With this concept of tapping onto our innate God-source wisdom I am suggesting that it is possible to unfetter any community mind to spark change, that will create a healthy community body and expand outward to create peace on this planet. Holding my intention on hearing the truthful answer to this question I turn within, into my own body, to tap into my cells and ask my inner God-source. It felt as if the hands of God cradled me and supported this truth; my organs vibrated in answer to a new, uncompromising reality. Will this happen in my lifetime? Maybe not, but that won't stop me from holding the intention of creating this type energy within my own community.

Alison Rose Levy, the author of *An Ancient Cure for Modern Life* wrote: *"In minds crammed with thoughts, organs clogged with toxins, and bodies stiffened with neglect, there is just no space for anything else."*

Life is a never-ending matrix, a vast network of free-flowing energy that supports all things. This complex network is sustained by the God source to include all that exists within the

human body, as well as all of the endless outside stimuli that bombards us every minute of each day.

First Corinthians 3:16 reads, "Don't you know that you yourselves are God's temple and that God's Spirit lives in you?" My understanding of this is that God resides in each of us. Some scientists might prefer a different perspective but quantum physics sheds new light on the idea of the Godhead and its connection to humanity.

University of Oregon physicist, Amit Goswami wrote *God is Not Dead*, which suggests that there is a feeling that we get that provides the first sign of something beyond the physical plane and moves us to and that leads us to deliberate on the spiritual. Feeling is, by far, left unexplained by science. Goswami further expressed it thus:

When we look at our experiences of feeling, meaning, and the archetypal contexts of feeling and meaning through the conceptual lens of the new science, science within consciousness, we find that there is ample experimental proof that they don't arise from the physical body. They occur in conjunction with the body, but they are not the physical body. Instead they come from God, or more accurately from the Godhead; we choose them from our own God potential. In other words, no mystic has to tell us that God is our father. Every one of us has that intuition already. The new science is just validating intuition or inner knowing. Moreover, he stated: "The God hypothesis is needed to incorporate feelings as part of our experience. You will notice that feeling-oriented cultures tend to be believers in God (good or bad), whereas when rationalism dominates a culture, it tends to move away from the God hypothesis. This is not a coincidence."

The exercise of choice is God's exercise of the power of downward causation or action. Are we individually responsible for the things we take in, as well as that energy which we send back out into the world?

Goswami contends that it is consciousness, not matter that is the ground of all existence, maintaining that the universe is self-aware, (we do not have to give that any thought. It exists without us putting energy into it), and that our consciousness creates the physical world.

When we are busy living in fear, worrying about how we are going to feed our families and take care of ourselves, we are not consciously thinking about what we can do to help others. Better still, when in this state we may not be receptive to tapping into the resources that are left untainted within us that can be readily shared for the betterment of mankind.

In conclusion, the information passed down from generation to generation yields great wisdom for those of us that seek enlightenment, a path to perfect health and even world peace. Those that feel pressured only to succeed or simply survive the trying times take no pleasure in straying away from self-driven ways in order to find a better way, tranquility, or peace, that could ultimately change the way we live from day to day. Years of toxins, negativity and ego-based thinking brings us to where we stand today. We are in toxic overload! Fast food, being over

medicated, too much stimuli, lusting after outcomes, and our fear-based thinking leaves our bodies in a state of perpetual inequity.

Questions like: Where do we go from here?, How can we make a difference in our own lives as well as the lives of others, and how do we stop the senseless killing, the over consumption, the overmedicating and the fear-based living? My answer to you is quite simple, *tap the power within.*

"Respect and appreciate that you are the only you that will ever be here in this particular time and place; for in one second, you will be changed forever." ~Nicole Myers Henderson