

The Necessary Nine of Human Health ®

Application Guidebook for The NNoHH

“Choose health.”

By: Taylor Michael Holt

Dedicated to Jesus Christ of Nazareth
and the body of Christ, thank you.
For the one true family, always.

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on your website or include it as a part of a package
as long as the content in it is not changed.*

True LOVE is the only thing worth living for;
Everything else is just an illusion.
In the name of YHWH, Jahoshua, and the Holy
Spirit, amen. Thank you Jesus. Hallelujah.

“For God
did not
send his Son into the world to
condemn the world, but to save
the world
through him.”
John 3:17

Dedicated to the One.
Deuteronomy 6:4-5 + Mark 12:29-31

God bless us all to know the Truth.

“The Necessary Nine of Human Health.” ®

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Only complete absolute truth is complete absolute truth. It's either the whole truth or not. Science is looking for Truth but Truth exists with or without proof. Know The Truth.

***“My concern is not whether God is on our side;
my greatest concern is to be on God's side,
for God is always right.” - Abraham Lincoln***

***“I can see how it might be possible for a man to
look down upon the earth and be an atheist, but
I cannot conceive how a man could look up into
the heavens and say there is no God.” Abraham
Lincoln, a martyr for liberty, justice, and unity.***

***“I am in favor of animal rights as well as human
rights. That is the way of a whole human
being.” Abraham Lincoln***

***“The best way to predict your future is to create
it.” Abraham Lincoln***

***“The time is always right to do what is right.”
Martin Luther King Jr.***

***“The function of education is to teach one to
think intensively and to think critically.
Intelligence plus character - that is the goal of
true education.” Martin Luther King Jr.***

***“In the end, we will remember not the words of
our enemies, but the silence of our friends.”
Martin Luther King Jr., a martyr for liberty,
justice, and unity.***

***“The quality, not the longevity, of one's life is
what is important.” Martin Luther King Jr.***

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Hi, hello, howdy! Yo, Aloha, Om, Salem, Shanti, Namaste, Habibi and Shalom. Greetings!

Love, grace, wisdom, honor, integrity, mercy, peace, shalom, health, freedom, knowledge, understanding, truth, gratitude, righteousness and strength be with all of us. Power and peace be with us. May the God of love and grace be with all of us. Jesus Christ of Nazareth knows the true way of life. Know thyself. Love thyself. Love all. Enter Heaven. May those who truly love the lord Jesus Christ be blessed with love to have and to hold and a good life with family. The God who saves. Psalms 3:8.

The creation of this recipe of information has been an honor. Like I love to say, I didn't invent the avocado, I'm just making guacamole. The reason this piece of work can exist is because of the hard work of many other people and the grace of God, of course. If you have any good healthy honest feedback or quests for answers, please let me know. There is hope in improvement, all the time, always, everyone, for those who have faith that it is so. God is one. If you choose to, go be wild and free in nature for a time and remember to give glory for the sacred wonderful wild things of life. Remember who you are. Remember what you are. Know who you are. Be yourself. Be good. Be free.

Here is a book of information, resources, and applications for health. I recommend reading this at least once and to highlight and take personalized notes. Yes, this could become an encyclopedia style series, with each subject being a whole book and specific expertise of study that has been

researched and reported on for thousands of years. However, this is meant to be a guidebook reminder for those who are already deeply educated and also to be an enlightener for those who didn't know.

All information is recommendations and intended for educational purposes only; these are not prescriptions. Whether you like it or not this is what I have learned. Hopefully you like and love this work because it helps you receive the gift that you so desire in your pure and holy heart's dreams. Thank you Jesus for demonstrating and being the way, the truth, and the life of love, for love, by love. That being said, this is powerful and everything I say in here is truthful to the best of my knowledge. This is an accumulation of knowledge, understandings, wisdoms and beliefs from many people and from a lifetime of studies, observation, education, experiences, and truth seeking. Please, share with your loved ones. This work aims to add value to our lives. May we all be blessed with true health.

Being that I have faced death myself, and being that I have loved people who have passed from this realm to the next, and being that I believe there will come a day that I will pass from this realm to the next, and being that life is meant for living and we are not called to fear death, but we are called to love, this is why I share my spiritual and religious beliefs as seasoning throughout this God inspired assignment. I have experienced wholeness and I am saved; by the grace of God. Still, I seek the one. I believe true love and freedom exist and I believe they are part of our destiny, here and now

and for all of time. May you be blessed with the peace of God that goes beyond all understanding and with the wisdom of the Most High God.

Colossians 2:2-5

“My goal is that they may be encouraged in heart and united in love, so that they may have the full riches of complete understanding, in order that they may know the mystery of God, namely, Christ, in whom are hidden all the treasures of wisdom and knowledge. I tell you this so that no one may deceive you by fine-sounding arguments. For though I am absent from you in body, I am present with you in spirit and delight to see how disciplined you are and how firm your faith in Christ is.”
Colossians 2:2-5 NIV translation of Bible scripture.

Colossians 3:12:17

“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.” Colossians 3:12-17 NIV

As you may or may not know, the word religious means devote. We are all devoted to something. We all have a form of love, grace, gratitude, worship and reverence in us. We see this with our love and honor of air, water, food, clothes and shelter that seem necessary to survive. Many are devote to putting on clothes when they go out into society. Many, hopefully all, are devote to cleaning after they defecate. Many, and hopefully all who are married, are devote to their spouse and loving their family, being kind, gentle, loving, honest in all things, and patient; working to feed and take care of those they love. Who and what are you devote to? Have they, or it, given you true love and true life? There is a reason I believe what it is I believe. I have been given shalom, love and freedom by the grace of GOD and the love of Jesus Christ, my Lord and Savior and by the body of Christ who has loved me as Jesus loves and my own surrender to the Holy Spirit of the Christ Messiah and his God.

This is the movement and the call of family, friends, dreamers, lovers, and hopeful and healthy community; **LOVE LIKE JESUS CHRIST LOVES.** DON'T BELIEVE THE LIES. BE ONE WITH THE TRUTH, THE WAY, THE LIFE. THAT IS THE WAY OF PEACE, HEALTH, WHOLENESS and FAMILY.

"May the God of love and grace come closer and closer."

Fear not, be strong and courageous. This is more than a Bible verse from Moses written as a command from God for Moses to give to the children of Abraham and Jacob (Israel), this is a

way of life. The Lord our God is one, Love the LORD thy God with all of your heart, all of your soul, all of your mind, and all of your strength; and thou shall love your neighbor as yourself. Again, these are more than Bible verses that call us higher, healthier, and happier, they are the way of life, a wise and fulfilled life full of health, happiness, family, and friends. Christ's way is meant to put us on, and keep us on, (and back on if we fall off), the path of repentance, forgiveness of sins, salvation, and the Kingdom of Heaven. Hallelujah.

The Gospel, the Good News, of Jesus Christ lives. So does his Holy Spirit. Purifying and bringing wholeness to all those who love love, who love Him and believe his word. He is redeemer. He is Savior. He is Lord. He is the great uniter. Isaiah 53, he died to unite all of us, John 11. He died for us all to be set free and for us all to learn how to love, forgive, be guided and be accepted as we are so we can reach our potential and do the good works that are in us to do. The Lord of Lords and King of Kings. Alpha and omega, beginning and end. So I believe. Truly, GOD loves. Jesus loves. Let it be so. Amen.

If you don't sense God's love in your heart and throughout your whole body, it is not God's love that has changed, it is our own blocks of toxicity, whether by false beliefs or by false limiting beliefs that get in the way from being present with the presence of the Holy Spirit in your bodily temple. Jesus is the freedom maker whose teachings of free will, love, truth, and forgiveness as learned through the law of Moses and his own life have reached the nations. God's love gives us purity,

power, peace, and prosperity. Like the saying goes, if you love someone, set them free, if it's meant to be, they'll be with you. Freed people, free people. Hurt people, hurt people. Loved people, love people. Give and it shall be given to you. This is why we seek to have a personal relationship with God and self realization of our identity, purpose, assignments, position, and true family in Christ.

Personal Background

(Some of it :)

As the legend goes, my parents (who are not currently married to each other), met in 8th grade in Lubbock, Texas. And according to my dad, conceived me in New Orleans while the terrible tragedy of the Tiananmen Square protests and massacre were being televised from China to the United States of America in April of 1989, which I don't believe him as I was born a ten month old human being (inception to birth) in January 1990 in College Station, Texas; the son of a lawyer (whose first job was picking cotton for his uncle at the age of 5 and did so every harvest through college, and he worked 3 jobs while in law school and married with a child) and a son of an artist (oilist, muralist, art teacher, and yoga instructor). I am the youngest of 3, with an oldest sister and older brother. When I was five I had the end of my right middle finger cut off, which puts me in the rare category of people who experience severe trauma before the age of seven and therefore are less likely to conform to society and are also notoriously free thinkers. I have always had an interest in science, arts, sports, history, theology, and truth seeking. I played baseball through college and 1 year at the division 1 level when we won the Southland Conference. When I was 20 I had a jaw surgery to correct a minor underbite that I inherited from my dad (none of his brothers and none of my siblings or cousins had this). I had the jaw of a manimal that could take punches with ease. I mention this because I was the grandson of a heavyweight boxer and collegiate

football player and I used to have a jaw that could take punches like that, now, that doesn't sound as much fun as it used to be. I was told not to have dairy for 3 days after the initial surgery and 2 days later I had a milkshake that was given to me. I take full responsibility for this action, which I think came from trained appeasement, a place of fear. (Fight, flight, freeze, and appease; fear not, be strong, be courageous, be free). This led to me vomiting, diarrhea, sweat, and a high fever of 104.9 degrees. (Not Kelvin, that would be certain death at -270.85 Fahrenheit). This vomiting led to me breathing in stomach acid (aspirating my lungs) and an autoimmune response. I was asked permission to be put in a medically induced coma for a day or two to recover because I was about to get drug treatments that I was told that I do not want to be awake for and the possibility of a tracheotomy. I talked privately with a loved one who I believed had my best interest at heart. Then I consented and woke up 13 days later with a tracheotomy, a chest tube from a collapsed lung (from the ventilator back pressure and trauma induced frailty of my pleural cavity), a stomach peg that was feeding me, a central line to my heart for medications, I was also on paralytics, morphine (which was changed to demerol when I had bad reactions) a ventilator, a catheter that had been in my penis for 19 straight days, and having lost over 40 pounds. All this due to double white out pneumonia, pneumothorax, ARDS and a list of diagnosis. My dad wrote me every day I was under the spell of the coma drugs, and it became the length of a book. We each have a copy that I would like to publish, Good Lord Willing. I healed enough and woke up by the grace

of GOD. Hallelujah. My grandparents on my dad's side put me on a prayer list in the Church of Christ community and I ended being prayed for in all 50 states and multiple countries world wide, including China. Nurses would come into my room and pray and comment to my parents on the level of peace that was in the atmosphere. My mom would get the diagnosis from the doctors and would put essential oils on my feet to boost those organs and fight infection and she would do reflexology for the same things. I am alive because of miracles. Albert Einstein said something like, you either see everything as a miracle or nothing as a miracle. This was 11 years ago and I have obsessed over health and truth even more since then. I have been baptized in the Holy Spirit and I have experienced a godly form of wholeness. I was also initiated into level one Kriya Yoga by way of Sri Ninity in Austin, Texas but I signed a waiver to not teach it and I plan to honor my word and my name. I am thankful for all the good God has graced me with. God is using me for a plan greater than my own. I believe we get blessed to be a blessing and I would like to share wisdom and knowledge so that the righteous (right living) shall prosper and be filled with strength, health, hope, and happiness. Mark 12:29-31 (Jehoshua' quoting Mosheh Deuteronomy 6:4-5 and Leviticus 19:18).

Mark 12:29-31 "The most important one," answered Jesus, "is this: 'Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this:

'Love your neighbor as yourself.' There is no commandment greater than these."

Deuteronomy 6:4-5 "Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength."

Leviticus 19:18 "Do not seek revenge or bear a grudge against anyone among your people, but love your neighbor as yourself. I am the Lord."

John 15:12 "My command is this: Love each other as I have loved you." Jesus Christ.

Be healed.

Introduction

Here's some important information from, "The Necessary Nine of Human Health" ®. All my research has led me to understand that there are nine fundamental aspects of living that are in a continuum and are the fundamentals for each of our own health.

This formula is based on my knowledge, as limited as it may be, of anatomy, biology, cardiology, physiology, psychology, philosophy, life, science, theology (religious studies), arts, academics, athletics (sports), agriculture, aromatherapy, touch therapy, sound therapy, cell theory, quantum physics, sacred geometry, as well as the medium theory of you being one, whole being; Holy Spirit living in your bodily temple, and the macro understanding of the supreme most high lord of lords, the uniter of love, freedom and fruition that connects us to peace, love, and freedom; all things only a good God provides and is known through the Truth. God the alpha and omega. YHWH, ABBA, YHWH Madda (the Mind of God the Eternal One), Jesus Christ knows. The Holy Spirit knows. Only God, the Father, knows when the end will be. "But about that day or hour no one knows, not even the angels in heaven, nor the Son, but only the Father." Mark 13:32. Written to have been said by Jesus. 2 Peter 3:10: "But the day of the Lord will come like a thief. The heavens will disappear with a roar; the elements will be destroyed by fire, and the earth and everything done in it will be laid bare." So, might as well overcome the fear of death and live life for life's sake while we are blessed to do so.

Every day is a gift. “Today is a good day to have a great day.”

I want to impart the knowledge and wisdom I have learned on how to live a healthy life. This includes what I have as a registered trademark "The Necessary Nine of Human Health."® I want to be a part of the true love lifestyle because I want to stoke the uniting fire in the community of God to gain momentum towards the health of the people, the planet, and the choices we make regarding life. I want to be part of the movement that is turning the economy and society from cancerous consumers to Guardians of Life. One God. One Nature. One Humanity. With God, all things are possible.

"The Necessary Nine of Human Health."® This states that there are nine things that are in a unified continuum of a living healthy whole being. If you take away one of these things, quickly, death occurs at a biological cellular level, organ level, and individual sovereign human level. This is knowledge to raise the lower states of consciousness to get the most fundamental information of health knowledge out to the communities and cultures for the improvement of all lives. It's the most clear and conclusive formula I have seen to maintain health and problem solve unhealth very quickly for all levels of health.

<https://tholt979.wixsite.com/iaminspired>

Download “Breath Training 101” and “The Necessary Nine of Human Health” guidebook for free at my website. Genesis 1:1, Revelations 22:21.

Now, here are the nine fundamental ingredients for health.

1. Mindset
2. Breath
3. Hydration
4. Nutrition
5. Movement
6. Postures
7. Recovery
8. Environment
9. Relationships

For each of these nine, we are invited to ask "What is healthy and wise..." (fill in the blank)?

The nine subjects are:

1. Mindset (consciousness: heartset, soulset, mindset, intelligence; your faith system).
2. Breath.
3. Hydration.
4. Nutrition.
5. Movement.
6. Postures.
7. Recovery (i.e. rest, sleep, massage, meditation, ect.).
8. Environment. (ecosystem, habitat; internal and external culture; biosphere and biology)
9. Relationships (culture, creations and connection).

I wrap this up with a chapter on "Lifestyle" of Living Your Best Destiny for fundamentals on how to put it all together in an applicable way. And the finale is something. This really is awesome. I am so blessed to get to share this information. May you be blessed with the true health of God, which is YHWH shalom, which is the loving gift of peace, health, harmony, and wholeness of you and your life. Saved by faith through grace. Meditate on what that means. Do you have faith that God's grace is

sufficient? It is for those who have faith that it is and live by Holy Spirit guidance and get blessed to testify to the Truth of their life experience. I testify to the salvation of the Lord and I praise God for all gifts I have received in my past and the gifts I am receiving in the present and for all the glorious gifts to come. Towdah, thank you Jesus for teaching and being a living example of the way, the truth, and the life.

In Christ, I am one with Love, Grace, Wisdom, and Honor; Good Lord willing. Jesus.

“May the God of Love and Grace come closer and closer.” Mantra-prayer

The plan was to: 1. Pose question. 2. Put science of the question to illuminate truth and eliminate lies and leave room for more truth and protect from lies coming in. 3. Applications for experience. 4. People to follow. 5. Subjects of interest. 6. Links. 7. Story. 8. Next subject. To first pose a question and then put the fundamentals and the deep science I have learned. To explain the fundamentals and the deep science in a way that a youth would understand and would be profound to an adult who needs a refresher of heart and mind. To put people who are experienced in the fields of interest and link these together with resources. This was the plan. As you will see, this is not exactly the case for this book. Still, the information is in here, just not in the exact order as planned. A more indepth book, or series of books, to come, Good Lord willing.

1. Mindset.

What is a healthy and wise mindset?

All consciousness. All the consciousness of your being. Your heart, your gut, your brain, your body; all the cells of your being in one consciousness in unity with the eternal source of pure and holy love.

Self realization, God relationship, and Heaven. These are the goals, the destiny of enlightened saved souls. This is where true love and freedom live and come from. So I believe.

Thoughts and beliefs are not always static and many of them tend to change over time based on experiences and information. Do any of you still believe the same thoughts you had when you were five years old or even five years ago? How have they changed? What remains? Is it true? How do you know it is true? What do you do when you need to, or called to, change, upgrade, or let go of, a belief? Why? How is that working for you? A sign of intelligence is the ability to let go of false or limiting beliefs and adapt and evolve towards the highest, most best, true identity. This is part of where faith and conviction are experienced intellectually. Are you convicted to seeking to believe in truth and only the truth? Why or why not? The truth will set you free. John 8:32 The old Greek word for “make you free” is (used twice in that verse) “ἐλευθερώω” and is translated as “eleutheroō” and it means “to set free” and “set at liberty: from the dominion of sin.” It is the Liberation that the Truth enlightens and gifts

us with when in Unity with the Holy Spirit.

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Follow your own heart, listen to your own gut, make up your own wise loving mind and pay attention to your body within social and environmental context and of course, be able to receive wise counsel and holy spirit guidance. This is vital. We all have a choice and the choice is yours and yours alone. All you have to do is ask, believe, and receive. So I believe. I believe we are blessed to be a blessing. I believe that Christ Consciousness is the mindset that our spirit, heart's and soul's desires. This is the Holy Spirit, the mind of Christ and the heart of Christ. The mind of true love and the heart of true love. The mind of the Father and the Heart of the Father. If the heart is a magnet, and energy attracts energy, the heart and mind of true love is a magnet and attractor of true love. So I believe.

Love, grace, wisdom seeking, gratitude, forgiveness, belief, peace, hope, and healthy choices all super charge us in our connection with a higher power. (Holy Spirit is part of our connection with the Most High. Hallelujah.)

Let your love, peace, hope and faith be greater than your fear. Fear not. Be strong and courageous. Love, truly.

Placebo and Nocebo

Just like placebo can heal a person just by believing in the healing process, a time-tested, and double blind tested fact; nocebo can create illness through negative beliefs and thoughts. So I choose

to believe in the good things coming. Miracles happen every day. Hallelujah.

The B.A.R.E. Necessities

Belief and experiences loop:

"The B.A.R.E. Necessities."	Beliefs
Beliefs dictate actions.	/ \
Actions dictate results.	Actions Experiences
Results are experiences.	\ /
Experiences dictate beliefs.	Results

Scientific observation tells us the strong theory; that, for every action there is an equal and opposite reaction. There is always a reason that you believe what you believe? So, what do you believe? Why? Who did that belief come from? What is the absolute truth of that belief? Where did that thought come from in your body? When did this belief become a part of your belief system? Why do you continue to believe that belief? How exactly has that belief affected your life, your family's lives, your friend's lives, and the lives of the collective? Is it the absolute truth? And, how is that working for you?

Truly having the intelligence to discern what is true and what is false is powerful. Knowledge is potential power on our quest for healthy wholeness; and courage, integrity, strength and wisdom are needed to stop believing lies and to give your life to the Truth.

Power of thoughts on our life:

Here is a translation of an Ancient Chinese Proverb, attributed to Lao Tzu, the acclaimed father of Taoism:

“Watch your thoughts,
 your thoughts become your words.
 Watch your words,
 your words become your actions.
 Watch your actions,
 your actions become your habits.
 Watch your habits,
 your habits become your character.
Watch your character,
your character creates your destiny.
So watch your thoughts.”

(Bolding mine) This reminds me of 2 Corinthians 10:5 “Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;” An ancient and proven strategy to witness and watch your thoughts is to witness your breath and witness your heartbeat. It’s recommended to choose one to focus on until you can perceive both simultaneously. My two cents is to witness your breath and tap into your innocent and purified heart and soul, cognitively, consciously. As the wisdom goes, “Be still and know” that GOD is GOD. (And the angels sing Hallelujah.)

Open Focus Brain: Dr. Les Fehmi

Open Focus Brain techniques and application is very similar to the teaching of what is known as the witness mind. This is found in Christian, yoga and zen meditation traditions, and is the practice of witnessing your thoughts from your highest self, as in your best self, as in your heavenly self. Just like in Psalm 46:10 when it’s written to be still and know that God is God.

Open Focus Brain is a derivative from neurofeedback and is pioneered by Dr. Les Fehmi, PhD, BCIA-EEG, who was the director of the Princeton Biofeedback Centre in Princeton at the time of the publishing of his book "Open Focus Brain." He holds a masters and doctorate in psychology from UCLA. He has worked with the Dallas Cowboys, New Jersey Nets, and the Olympic Development Committee. He has also been a consultant for Harvard Massachusetts General Hospital, the Johnson & Johnson corporation, and the Veterans Administration. All stated in the flap-jacket cover of his book "Open Focus Brain." Dr. Fehmi writes, "Everyone has the ability to heal their nervous systems, to dissolve their pain, to slow down and yet accomplish more, to experience the deeper side of life--in short, to change their lives for the better dramatically."

The contents of his book includes exercises for "Expanding Your Awareness of Visual Space," "Head and Hands in Open Focus," "Dissolving Pain" (physical and emotional), "Heart-Centered Open Focus," "How Am I Now Paying Attention," "Thinking in Open Focus," and "Seeing in Open Focus." Chapter seven is "Love Is a Way of Paying Attention: Open-Focus Tools for Relationships." Great read. This is closely related to Emotional Intelligence, yet it is deeper than the connection but goes deeper into the source of our own awareness and how that can be used to increase the loving connection in your relationships. This is specific meditation skills practice designed to get you

consciously into your heart so that you can consciously love from your heart.

One of the practices for seeing in Open Focus is the softening gaze that has the panoramic vision talked about by Mark Divine, warriors, meditation practitioners, and athletes alike. This is powerful partly because soft focus like this is part of the parasympathetic nervous system processing (rest, digest, mate, and repair state). In having this sort of vision, you are able to see more movement on a macro level. The sharp focus allows us to see more minute detail, however, it does not see as wide of a landscape of vision, which is the wider orientation detail. That means if you find yourself jumping from one object to the next in a laser-like focus, you are highly likely in a state of sympathetic processing (fight, flight, freeze, and appease). Practicing the soft gaze that lets you see the entire field of vision to the sides, top, bottom, corners and all between simultaneously is awesome and beneficial. To not focus on one specific sight, but to have the sight be one experience. It's part of the resting brain that is able to be aware of their surroundings. (One of the reasons I loved baseball. We go from hard focus to soft focus pitch to pitch and when you're locked in as a pitcher, inning to inning also.) This is a necessary survival mechanism, as you can imagine. Dr. Andrew Huberman of Stanford labs has reported that when a person is in the sympathetic stress response (not meant to be the default lifestyle but a survival mechanism) their vision is narrowed and their eyes dart from one object to the next. When a person is in parasympathetic relaxed (kingdom normal for those

who are in the promised land and not worried about lion attack or violence coming at them and have peace of where they are and peace of the guidance of the Holy Spirit) their eyes are able to take in more of the environment and soften their vision to see more movement in the wider field rather than sharper detail. Both of these are used to see what's happening. One gives us sharp focus. Another gives us a panoramic view of reality. Practicing Open Focus seeing can help us overcome stress. The idea of not focusing on anything in particular (but not to zone out into a blurriness) but to focus on the senses and to just be in the present and sense what you are sensing in the now is very profound. Soften your eyes and allow them to perceive. I recommend reading the whole book and learn the practices yourself.

Other areas of Open Focus besides sight are hearing, smell, taste, and feeling (sensation) as are breathing and your heart (feeling these processes). It's possible that all that we recognize is just sound and light color and we are picking up on the frequency, energy, and vibration of the light and sound as thinking, feeling and sensing beings.

Some questions from the exercises in his book include: "Is it possible for you to imagine the space inside your nose as you inhale and exhale naturally?" Great question. As I learned in Kriya Yoga from Sri Nitya, perceiving with intention is the goal, as perceiving is the reality. The reality of the space. Imagining can help us unlock perception and imagination serves a purpose of its own outside of perception, as imagination can take us

beyond rationality and perception and into the realm of possibility. If you have a hard time imagining, imagine that you can imagine. "Can you imagine that your imagination happens freely and effortlessly?" "Can you imagine feeling the location of your heart within the space your body occupies?" "Can you imagine what it would be like to feel the space between your heart and your breastbone?" "Can you imagine feeling the space between your heart and your backbone?"

The nervous system helps us perceive where our body is in space and time along with other functions like being a link of communication between cells, organs, and other beings. There are powerful places inside the body that can help us fulfill and maximize our potential into kinetic reality. This is where the crown, third eye, heart, gut, and spine are powerful as are the hands and feet and voice and gonads. There are nerve plexus and hormone glands that correlate with the chakra system and are based in experiential science. The heart chakra is a center in the spine with nerve ganglia and plexus from the connection of nervous tissue from the heart organ, accounting for a high amount of neural activity for instance.

The Big 3 of a champion's mindset from D.C Gonzalez "The Art of Mental Training."

Mindset, Breath, Body Language.

What is the self talk of a champion?

What is the breathing pattern of a champion?

How does a champion carry themselves?

Here are some of my beliefs on what the self-talk, breathing, and body language of a champion are. Again, make up your own mind.

What is the self talk of a champion? Is it positive and good, or is it afraid and timid? It's good, it's positive, it's hopeful and believing in the good that is, the good that was and the good to come. The mindset of a champion is the mindset of more than just a conqueror. I believe in Christ consciousness; the mind of Christ and heart of Christ. And the mind of Christ is not trying to dominate a person, but to have self mastery, to love, connect to, and to serve with love, grace, and gratitude; building each other up and bringing the most best out of each other eloquently, gracefully, naturally, and lovingly, with conviction; true faith and true love. It's living so that we all are blessed with true justice and liberty.

What is the breathing pattern of a champion? Is it graceful and composed or is it shaky and worried? The breathing of a champion is graceful. The breathing of a champion is what it is called to be to get the job done; spirit led. Even if the job is to be present and intentional. For those who think it must always be poised, cool, calm, and collected, watch Alex Honnold in "Free Solo" as he breathes and climbs El Capitan in Yosemite National Park without ropes. His breath is revealing that we cannot say what breath should always be. However, as powerful as his breath was, and as intense as it was, and as rapid as it was at times, I would still say that it was graceful, as he completed the task in a seemingly effortless way. And how can anyone know the intensity of emotion and energy of that

moment without being the one who is experiencing it? Throughout the climb he was graceful. (Side-note, thank you Alex Honnold for your demonstration of mastery and thank you to the team who made your accomplishment known. Please be safe, then again, more importantly, be free. With love, TMH). As another Chinese proverb says, “the person who says it cannot be done should not interrupt the person who is doing it.” And as the Bible verse 2 Timothy 1:7 says, as attributed to being written by Paul the Apostle, “For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

How does a champion carry themselves? Does their body language look strong and healthy? Do they look at peace? Do they take up space, confidently, moving with grace or do they cower? They move confidently and healthily, willing and able to perform the task with the skills they have been given, asked for, acquired, worked on, and honed. They carry themselves as the Holy Spirit guides them too, surrendering to guidance. So it is.

Affirmations and Mindsets Progressions.

This formula can be used for any attribute you're wanting to increase in. I invite you to say these out loud at least once. If you find yourself unable to say one or more out loud confidently, that is a sign there is a spiritual, psychological or psycho-emotional block that needs to be addressed and healed. I encourage you to repeat the affirmation and declare it until it resonates throughout your whole being; (unless the desire to not say out loud is coming from a higher wisdom

that is in a state of transcendence, enlightenment, truth and salvation. Be aware, the evilness of Lucifer and Satan, the devil, the liar, lurk to feed pride, false humility, non-love, arrogance and willful ignorance that wants to keep us from uprooting evil and also wants to prevent us from our connection to loving God, loving others, and loving ourselves, purely and completely in a healthy way. The love of Jesus Christ and the Holy Spirit wants us to be whole, peaceful, healthy, thankful, blessed, loving, united with true love, and living out our design in harmony and abundance, amen. The breath of life is God. God is in the water because water is Life. God is goodness. The Holy Spirit is what Jesus was baptized in when he was a baby by a prophet of the Holy Spirit, who was named Simeon (Luke 2:21-35) and he was prophesied about by a very old woman who was a widow living at the temple named Anna, the daughter of Penuel, of the tribe of Asher. (Luke 2:36-40). She spoke of him to the ones who were looking forward to the redemption of Jerusalem (which means something like Sacred City of Peace). Salem. Shalom.

The affirmation formula goes as follows:

“I need to heal.”

“I wonder what it’s like to be healed.”

“I want to heal.”

These three above plant the seed of healing in our mind.

“I am allowed to heal.”

“I give myself permission to heal.”

“I can heal.”

These three above water the gift of healing in our mind.

"I am healing."

"I am thankful that I am healing!"

"I AM HEALED!"

These three above are the fruits of healing for our spirit, heart, soul, mind, and body, by the good grace of God!

This healing path led me to the experience of wholeness. Even though it was more of a very peaceful and graceful moment. The all caps and exclamation points are there to signify the absolute conviction and perfection of that experience, the power and peace that comes with the true knowing as I sensed complete wholeness in my body, mind, soul, heart and spirit and I heard my physical heart say, "welcome home" and that message traveled from my heart up my body into my head. I testify, the Holy Spirit is salvation. This happened when I was surrendered to the Holy Spirit within me, using my heart as a compass and my mind to discern what is wise or not during worship and I was guided to stand in a certain location and a man of God came and put his left hand on my heart and his right hand on my spine, behind my heart and he prayed out loud, "Holy Spirit, come. Come, Holy Spirit." with the love of Jesus Christ living in him. And it was in that moment I experienced complete absolute peace. I was completely balanced even as he took his hands off me with so much love overflowing from his spiritual body. I had absolutely no pain at all and I felt completely balanced and was in the energy of what felt like perfect peace as I stood there with my eyes closed worshipping God and being thankful for the Holy Spirit of Jesus

Christ whose living spirit provides prophecy, purity, prosperity, power and peace that goes beyond all understanding. Then a man prophesied over my life and naturally and organically brought up how God can reveal to us....well, I've said enough about that experience because that was a private conversation that I am eternally thankful for. Let's just say, God can reveal to us what we are seeking to know, no detail is too big or too small for our God. God bless all of us. It was as if time stood still and the merging of space and time and self were merged with the peace beyond all understanding. What I experienced is exactly aligned with the testimonies of the true zen that the monks seek, the true samadi oneness with all things the yogi seeks, the peace that goes beyond all understanding that Christians seek, the YHWH shalom that our Jewish relatives seek, the deep peace that our ancestors spoke of. What I experienced led me to a form of spiritual rebirthing on a later date and was a Holy Spirit baptism.

"We are healed! We are whole! We are home! Hallelujah! Praise God! Thank you Jesus!" Goals. The presence of God's perfect pure and holy love is real. Ask to receive the Holy Spirit with a sincere heart and then receive grace by faith, hallelujah, that's the promise of The Good Lord God Almighty.

This is part of the body of Christ and Kingdom of Heaven mentality. The words themselves can be cool, calm, and collected, even soft and subtle or with immense power and conviction, but the energy is where the exclamation and passion comes from. It's the radiating of God's love from your own heart

and connecting to the Source of God's love in yourself, in others, and all of life. When you truly love others, the love within you grows, I testify.

Feel free to be intentional and use this affirmation formula for whatever state that you desire, whether a champion, peacemaker, or whatever energy you want to embody. Again, you can use this formula for any other skill or desired state or experience; like learning, singing, dancing, language, arts, athletics, academics, engineering, creating, freedom, and love. Just fill in the area where it says healing with your chosen affirmation. Whatever affirmation you choose to say, say it like you mean it. Ask, believe, receive. Embody. Give. Receive more. Embody. Be. Become.

Powerful affirmation I have practiced often since 2015 and I practiced daily with a 4 to 5 second Box Breathing pattern for 100 straight days and use as desired now. Inhale for 4 to 5 seconds, hold filled lungs for 4-5 seconds (repeat affirmation), exhale for 4-5 seconds, and hold empty lungs for 4 to 5 seconds (repeat affirmation). I did this twice a day for about 5-20 minutes at a time (average of 10-15 minutes and doing 20 minutes often from what I recall) with the goal of being morning, right near after waking, and night, right near before bedtime and sleep. The affirmation is:

“Every day, in every way, I’m getting better and better.”

This affirmation came from Dr. Émile Coué (according to his wikipedia page: (26 February 1857 – 2 July 1926) was a French psychologist and

pharmacist who introduced a popular method of psychotherapy and self-improvement based on optimistic autosuggestion. People healed from maladies just by implementing this practice alone.)

One big challenge: say out loud 1000x in one day, "I like myself." And another challenge, use, "I love myself." Liking and loving carry different energy and are both great. GOD loves you and GOD likes you. Gospel, baby.

Driven From Within: Michael Jordan

Passion for your craft. Want to be the best. Believe in yourself and believe in your teammates. Do your best and let the outcome be what it is. If you fail, don't let that stop you from trying your absolute best again. The body may be tired but the heart is not tired, you gotta want it. All concepts taught and expressed by Michael Jordan, from his book "Driven from Within."

"I can accept failure, everyone fails at something. But I can't accept not trying." Michael Jordan.

"Get the **fundamentals** down and the level of everything you do will rise." Michael Jordan.

The Pyramid of Success: Coach John Wooden, NCAA HoF (Hall of Fame) as a Player and Coach

"**Success** is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming."
John Wooden aka Coach.

“Don’t let what you can’t do interfere with what you can do.” John Wooden. Coming from his book “The Pyramid of Success.” Honestly one of the best books I’ve ever read on life, teamwork, and success.

“I believe in the basics: attention to, and perfection of, tiny details that might be commonly overlooked. They may seem trivial, perhaps even laughable to those who don’t understand, but they aren’t. They are fundamental to your progress in basketball, business, and life. They are the difference between champions and near champions. For example, at the first squad meeting each season, held two weeks before our first actual practice, I personally demonstrated how I wanted players to put on their socks each and every time: Carefully roll the socks down over the toes, ball of the foot, arch and around the heel, then pull the sock up snug so there will be no wrinkles of any kind.” — John Wooden, “Wooden: A Lifetime of Observations and Reflections On and Off the Court.”

“Since the most important responsibility of a coach in regard to the actual playing of the game is to teach his players properly and effectively to execute the various fundamentals of the game, he is first of all a teacher.” John Wooden.

“Make each day your masterpiece.” John Wooden.

“Things turn out best for the people who make the best of the way things turn out.” Wooden.

“Be more concerned with your character than with your reputation. Your character is what you really are while your reputation is merely what others think you are.” John Wooden.

Go to

www.thewoodeneffect.com/pyramid-of-success/ to learn more or read the book “The Pyramid of Success” by John Wooden.

The building blocks of Wooden’s Pyramid of Success. From the public website listed.

“Industriousness: There is no substitute for work. Worthwhile results come from hard work and careful planning.” (*Hard work and planning create the two parts of industriousness*).

“Enthusiasm: Brushes off upon those with whom you come in contact. You must truly enjoy what you are doing.”

“Friendship: Comes from mutual esteem, respect and devotion. Like marriage, it must not be taken for granted but requires joint effort.”

“Cooperation: With all levels of your co-workers. Listen if you want to be heard. Be interested in finding the best way, not in having your own way.”

“Loyalty: To yourself and to all those depending upon you. Keep your self-respect.”

“Self-Control: Practice self-discipline and keep emotions under control. Good judgment and common sense are essential.”

“Alertness: Be observing constantly. Stay open-minded. Be eager to learn and improve.”

“Initiative: Cultivate the ability to make decisions and think alone. Do not be afraid of failure, but learn from it.”

“Intentness: Set a realistic goal. Concentrate on its achievement by resisting all temptations and being determined and persistent.”

“Condition: Mental-Moral-Physical. Rest, exercise and diet must be considered. Moderation must be practiced. Dissipation must be eliminated.”

“Skill: A knowledge of and the ability to properly and quickly execute the fundamentals. Be prepared and cover every little detail.”

“Team-Spirit: A genuine consideration for others. An eagerness to sacrifice personal interests of glory for the welfare of all.”

“Poise: Just being yourself. Being at ease in any situation. Never fighting yourself.”

“Confidence: Respect without fear. May come from being prepared and keeping all things in proper perspective.”

“Competitive Greatness: Be at your best when your best is needed. Enjoyment of a difficult challenge.”

The mortar pieces that hold the building blocks together are: (also public information that Coach John Wooden has encouraged people to share).

“Ambition: for noble goals.”

“Sincerity: keeps friends.”

“Adaptability: to any situation.”

“Honesty: in thought and action.”

“Resourcefulness: proper judgement.”

“Reliability: creates respect.”

“Fight: determined effort.”

“Integrity: purity of intention.”

“Patience: good things take time.”

“Faith: through prayer.”

All creating the pyramid and leading to the apex:
Success.

“Success: is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming.”
John Wooden. Or as one of my pastors taught, we are seeking **significance**. (Whether big or small, making a difference makes a difference. And all acts of God, of true love and grace are from goodness and for goodness).

**Unbeatable Mind: Commander Mark Divine,
retired U.S. Navy SEALs**

“The Big 4 of Mental Toughness” by Mark Divine.
Outlined from his book “Unbeatable Mind.”

1. Breath control
2. Mental control
3. Visualize success
4. Goal setting

“1. Breath (arousal) control: Breath in...breathe out...stay calm! Use your breathing to manage stress and the arousal response” [(fight, flight, freeze, appease, etc.). Using your breathing and mind to induce, and maintain, intentional states of being. These words in the blocks, I added.]

“2. Mental control: Control Positive Inner Dialogue to maintain a positive attitude.

3. Visualize success: Win in your mind first! See it, believe it, achieve it.

4. Goal setting: Learning to set proper goals, and scaling them to micro-goals when the going gets tough.”

“The only easy day was yesterday.” Navy SEALs.

Fear attracts failure. Faith attracts fruition. See it, believe it, achieve it. Hooyah.

The spirit cry of the Navy SEALs is “hooyah.”

Story of the War Within Our Selves

“The Story of Two Wolves” Faith vs. Fear (Love vs. no love or True Love vs. false love).

How can I tell you a simple story to get you to grasp the manifold of mindset and character? This is my adaptation of the legend. Please look into more historical context. I believe it is beneficial to take heart in your source of information and your accumulation of knowledge. “The Story of Two Wolves.” As the legend goes, there was a Tribal Indian (Native American) Chief walking in the wild with his grandson. He says to his grandson, “grandson, listen carefully to me. Inside of every man (person) there are two wolves. These wolves are at battle with each other. One wolf is good, he is faithful, courageous; he is fed by, and is, love, light, peace, kindness, gentleness, brave, humble, honorable, generous, graceful, wise, and of order. One wolf is evil, he is fearful and fed by darkness, hate, anger, fear, lust, cruelty, tyranny, all things evil, and of chaos. The good one wants you to be connected to true love and the evil one wants to separate you from love.” The grandson, attentive to his loving grandfather who is happy, healthy, well respected and loved, asks “Grandfather, which one wins?” The chief looks at his child's child and says, “The one you feed more.”

Resources:

The Bible

“Open Focus Brain” by Dr. Les Fehmi

“The Pyramid of Success” by John Wooden

“Wooden: A Lifetime of Observations and Reflections On and Off the Court.” by John Wooden

“Unbeatable Mind” by Mark Divine

“Tools for Titans” by Tim Ferriss

“The Art of Mental Training.” by D.C. Gonzalez

“Science of the Heart” by the HeartMath Institute

“Driven From Within” by Michael Jordan

“I Can’t Accept Not Trying” by Michael Jordan

“Victorious Mindsets” by Steve Backlund

“The Ascended Life: Volume 2: A 21-Day Guidebook to Co-Ascended Thinking & Breakthrough” by Brian Orme

Wise elders.

Wisdom itself.

Your own heart.

2. Breath

What is healthy and wise breathing?

The history of breath practice has been around for thousands of years and is used for many reasons including spiritual awakening, enlightenment, psychedelic experiences, health, and human performance.

The Art of Breath: Brian Mackenzie and Rob Wilson

“The 3 Pillars: The Pillars are a framework for understanding human performance and breathwork. If you affect one, you affect all.” from The Art of Breath. These 3 pillars are State, Mechanics, and Physiology. State is our state of being, mentally, physically and emotionally. We can use our breath to intentionally change, induce, or enhance a state of being. Mechanics is our positioning and the coordination of our breathing. Physiology deals with the processes our breathing affects life at an organ, chemical, hormonal, and cellular level.

The reason to use the nose to breathe as much as possible is to develop CO₂ tolerance, improve oxygen utilization, remain in control, build aerobic base (for exercise and fitness), maintain midline stability (posture), access nitric oxide, filter the air and boost our immune system.

The Oxygen Advantage: Patrick McKeown

Natural breathing is considered to be light, soft, quiet and graceful and through the nose during

times of rest. The diaphragm is considered the main mechanism of breathing. There is a three dimensional expansion to the front, sides, and back of the ribs with a graceful rising and expansion of the ribs and chest during a complete breath in and a graceful release of tension and passive contraction during the fully relaxed exhale. Breathing light and soft does not require a full breath in. Exertion breathing has a different dynamic that is more active and works to expel air with power and inhale air with power. You can use the relaxation breathing technique and Breathe Light to Breathe Right (similar to feather and ninja breathing) to discover your natural breathing rhythm for your current state. These are described at the end of this section along with other practices for a quick, consolidated reference guide.

Just Breath: Dan Brulé

There are two types of conscious breathing. There is breath awareness, where we witness our breathing, and there is conscious breathing, where we breathe with certain intention and certain pattern, we regulate and control the breath.

The Root of Chinese Qigong: Dr. Yang, Jwing-Ming

Masterful practitioners of the past and present teach us that breathing is to be practiced and then we are able to enter into the Return and Clean stages of breath mastery; meaning to return our breathing to natural breathing which is regulated without conscious effort to regulate and we seek and achieve spiritual cleansing so that ideally, every breath is loving and graceful, true wisdom

embodied. The Return stage and Clean phases are interchanging over time. Part of the Return phase is the integration and union of the mind, body, breath phenomenon back into natural breathing. This Return phase is when the breath regulates itself without conscious regulation needed. Breathing is designed to be second nature and something we can consciously regulate. I choose to spend focused time practicing breathing cadences, breath holds on inhales and exhales and naturally suspended breathing, different rhythms and variables such as the intensity, volume, duration of inhale or exhale or the hold times as well as different body positions and more. I then do my best to choose to integrate and release breath awareness and breath control back to my subconscious and use my consciousness and higher faculties to be present, positive, and intentional. The more that I practice breathing, the more I see the beauty of the old saying, “life is about the moments that take our breath away.” As in, life is about more than just breathing.

More precisely the quote is as follows: according to Quote Investigator at <https://quoteinvestigator.com/2013/12/17/breaths/>

“The earliest evidence known to QI [Quote Investigator] appeared in 1989 in a book for dancers titled “Tahitian Choreographies” by Vicki Corona:

“Yes, there are so many grueling details and rehearsals to agonize over, but the dances and music of Tahiti add a happy, healthy dimension to our lives! Remember that life is not measured by

the number of breaths we take, but by the moments that take our breath away! Dancing can do that for you!”

The same website page goes on to explain that, “The poet Philip James Bailey first released his magnum opus “Festus” in 1839. Later Bailey started to expand his poem. In 1853 a version was published in the United States that included the following passage which QI believes displays some points of conceptual similarity with the quotation under investigation:

“We live in deeds, not years; in thoughts, not breaths;
In feelings, not in figures on a dial.
We should count time by heart-throbs. He most lives
Who thinks most—feels the noblest—acts the best.”

Again, the same website includes that, “The words of Bailey were echoed in a remembrance written in 1904 about a member of the Methodist Episcopal Church in Pennsylvania:

“It does seem to us that his life was all too short. But a life cannot be measured by its length. For “we live in deeds, not years, in thoughts, not breaths; in feelings, not in figures on a dial. We must count time by heart-throbs.”

Resource notes are listed on the website, where you can find the resources to the original works of art that includes these beautiful words. Life’s a dance. Sense and feel your heart. Gorgeous. So gorgeous.

Fundamentals Academy, LLC aka TaylorFit Therapies, LLC

We can use our breath:

- to **increase energy**
- to **increase relaxation**
- for **calm neutral focus**
- for **human performance** (including athletics, singing, pain management and pain release)
- for **spiritual / mystical experiences**

We can use breathing as a way to induce a state of being and transform our physiology. This is part of what I believe it means to be spirit led. Example: thinking "I want to be...." And then consciously tapping into your heart space and allowing your breath to be led by your heart and conscious intention without restriction but with surrendered faith. This freedom technique is wonderful.

Relaxation breath technique:

(witness/awareness)

As found in "The Way of the Iceman" by Wim Hof and Koen de Jong

1. Inhale deeply, deeper than you normally would.
2. Exhale, let it go.
3. Wait

1. Inhale deeply, deeper than you normally would.
2. Exhale, let it go.
3. Wait

Repeat as desired.

The mindset for the inhale is “open and expand.” The mindset for the exhale is “let it go.” (Dan Brulé explains with circular breathing.) The mindset for the wait is to just experience. Allow yourself to be filled up with air. The inhale may be controlled or passive and aware. However, the exhale and the wait are called to be uncontrolled, passive and surrendered for this technique to be performed adequately to elicit the relaxation response. There are a variety of ways to “let it go.” You can set the intention to let it go at a slower, falling gently out of your nose pace. Or it can be a, let it go all at once, opening the vault and letting all your air out at once, pace. Try them both. Improve the skill of each. Experiment with other varieties if you so choose. I recommend using the nose in and nose out as the default and to let it go at a natural pace, however, each has their own benefits. This technique can be done breathing in and out through your nose or mouth. This technique can lead to many other forms, (one being circular breathing, where there are no pauses, just one harmonious flow of coordinated breathing; breathing in and letting go, without pauses). This technique is said to be the breathing pattern of those during deep sleep. This technique can be used to find and experience natural breathing patterns, effortless breathing, as well as a practice in itself for relaxation and recovery. The pattern of healthy people during deep sleep is shown to be; inhale, exhale, and a pause.

Effortless breathing: Fundamentals Academy

This is a highly advanced practice that babies and breath masters have mastered.

The effortless breath is found when you seemingly effortlessly breathe in and out. Allow yourself to be filled up with air and allow yourself to exhale effortlessly and allow yourself to wait for the diaphragm reflex, the natural instinct to inhale again. When that happens, let the breath breathe you. Of course there is more coaching and practice for this to be done and mastered, however, this is good information. Don't take my word for it, try it out. Do the relaxation breath, with an active inhale and letting go of the exhale. Then wait. Wait for the diaphragm reflex, the natural instinct that inhales without conscious control. To consciously get to this place is considered a form of mastery. When that happens, allow yourself to be filled up with air to a satisfying point and just witness the process. Effortless inhale, effortless exhale, effortless pauses; all creating satisfying effortless breath. Your effort is used to surrender, allow and be.

Those who do the effortless breath without ever doing breathwork and breath training and core development training may not notice the improvement in their breathing, athletic ability and human performance. Breathwork and breath training is worthwhile if you choose to accept the call. However, having practiced conscious breathing for years, I got to the point where I was doing conscious breathing every waking moment of every day for years, or so it seemed. It got to the point that I was actually distracted from life because I was so focused on breathing and did not know how natural breathing and effortless breathing was done. When I discovered this technique and practice, life started to make more sense again.

HeartMath Breathing: (consciously using a form of Even Breath aka Equal Breath).

This is a great default for conscious active breathing. Inhale and exhale as if inhaling and exhaling directly from your heart. (Even breath has an equal time of inhale and exhale, whether it is 4 seconds in and out each or 5 or 6 or 11 or 30). For the HeartMath technique, is recommended to inhale and exhale for five or six seconds or heartbeats each. For healing and a positive experience, conjure an elevated emotion like love, grace, gratitude, compassion, hope, belief and/or forgiveness. Use a memory, a hope, an imagination, a scripture, a prayer, a mantra, being present to the glory of God, or whatever is positive and true to invoke this elevated emotion. Breathe into that emotion and let it permeate through your entire body healing and uplifting your body, mind, soul, heart and spirit.

Breathe Light to Breathe Right:

(Use the feather breath or ninja breath as a similar application. However, the Buteyko Breathing is specifically working to reduce breathing volume and create a tolerable need for air throughout the practice to train CO2 tolerance). This comes from the Buteyko Breathing Method by way of Dr. Konstantin Buteyko, a Russian physician who studied breathing, the mechanics and cellular respiration, for the Russian space agency during the Soviet Space Race. I learned of this from Patrick McKeown, author of “The Oxygen Advantage,” who reversed and healed his asthma and the asthma of others with this technique who

studied directly under and with Dr. Konstantin Buteyko. Asthma is from a chemical imbalance in the body and can be recalibrated using conscious breathing. Your pain and shortcomings May not be your fault, but your healing is your responsibility. The whole premise is built around CO2 tolerance and regulating the volume of air we breathe by reducing the intake purposely to allow for a buildup of CO2 in the body, allowing for the Bohr effect to be trained (the effect that states CO2 needs to be present for blood cells to exchange fresh O2 into the cell). Training CO2 tolerance changes our natural breathing. The Breathe Light to Breathe Right technique requires concentration on a breath practice of reducing the volume and rate of breathing to an almost still like state, barely breathing. Being able to maintain this for 10-12 minutes can lead to significant changes in the blood chemistry and CO2 tolerance over time leading to improved oxygen utilization. Having already exhaled, sip the inhale through the nose, taking in as little as possible, but enough for what's needed to not gasp, and completely relax the exhale and repeat that cycle for 5-20 minutes. If your breathing gets chaotic, you reduced too much. It should be a reduction that is manageable and fluid, creating a tolerable to strong air shortage. If you need to take a recovery breath, that's fine. Try not to take a big breath but listen to your body during this time of training your mind, body, breath and instincts. This technique is done entirely through the nose.

Box Breathing. Also known as square breathing.

This is a 1-1-1-1 ratio of
inhale-retention-exhale-retention.

This is in many cultures and is being made publicly popular by Mark Divine at SEALFIT and Unbeatable Mind. This practice alone is worthy of a great deal of study and practice. There are many ways to use this breathing practice and the mechanics of this breath practice matters, so be sure to practice your breathing mechanics such as core engagement, diaphragm driving the inhale, and allowing the ribs and chest to expand. This practice can be used as a warm up before exercise, a cool down or recovery pattern after training, as a meditation, or a breath practice of its own and possibly more. You can find a ratio that works for you to stick with like a 4-4-4-4 pattern.

Or you can base it off your CO2 tolerance from a CO2 exhale test and using that test to program a breath practice use the Breath Test Calculator at <https://shiftadapt.com/breath-test-calculator/>

Or you can even use Box Breathing between Wim Hof breathing or the Step Up protocol from “The Art of Breath.”

You can build boxes which is the process of increasing the time of the ratio during a single practice at your own pace. Like doing 3 breaths with 3-3-3-3 boxes, 3 at 4 second boxes, 3 at 5, 3 at 6, 3 at 7, 3 at 8 and keep going until you find a sweet spot to repeat and stay with that feels great or are unable to complete the three boxes.

There is so much more that you can do with this practice. I recommend starting with a practice at a box ratio that you can maintain steadily and strongly for 5-20 minutes. Be happy with five minutes and develop your practice so you are happy with twenty minutes consistently, as recommended by Mark Divine. He says even just doing 5 of these breaths can help reset you in the present. He recommends starting with 5 minutes for those looking to develop this new habit and building to a daily practice of 20 minutes, once in the morning after waking, and once in the evening before bed, and using 1-5 minute “spot drills” in the day. He reports he would do 45 minutes of Box Breathing about once a week for a deep dive. You got this.

The Step Up: (also known as the Gas Pedal)
Created by The Art of Breath team and built from the Wim Hof Method.

This can be used in the morning or before exercising or any time you want an energy boost. It is stimulating and energizing and can be used to improve focus. There are few ways to tweak this practice to make it your own. Essentially, the practice is to inhale powerfully and completely and to let the exhale go, repeating as desired or towards the set goal.

Formally it is taught to begin with 3-5 breaths of even breaths (controlling inhale and exhale) followed by 20 of the super ventilating breaths. After the last exhale, hold your breath until you

have the diaphragm response occur naturally with a timeframe of :20 to :60+ (average about :30) followed by an inhale hold of :10-:15. This whole practice can be repeated as desired. It is recommended to do 2-5 rounds, increasing the even breath time as well as increasing the super ventilation breaths by 5 each time. This is optional. This technique is taught to be entirely nasal breathing. If you want to discuss further options for how to use this practice, please ask and I'm happy to share.

Example:

5 breaths at :04 in and :04 out

20 breaths of fast powerful nasal complete inhale, fast partial nasal exhale. No pause.

Complete the last breath and hold your breath after the exhale for :30. Inhale and hold for :10. Exhale let it go. Repeat this formula or customize.

Get coaching from a certified coach like myself or from Wim Hof and The Art of Breath themselves.

Shining Skull / Kapalabhati pranayama

Another important practice to include is the ancient practice known as Shining Skull, written as Kapalabhati pranayama in Sanskrit. Yes, I practice and teach these and many more. To practice the detoxifying beauty of the Kapalabhati breath it is essentially to inhale and exhale all the way out, then inhale about halfway and begin with a power nasal exhale, followed by a passive nasal inhale, no pause. The intensity, volume, and duration of this breath can vary. However, the principle remains of power nasal exhale followed by a passive nasal inhale. Traditionally this is taught as being 1-3

seconds per breath with 1 per second being standard. Take responsibility for yourself if you choose to practice. Start with 1. Build to 10 in a row. And know that some practitioners practice this for 3 straight minutes in poses and sometimes 22 straight minutes in a specific pose. Power nasal out, passive nasal in, power nasal out, passive nasal in, repeat as desired.

There are a few ways to dismount from this practice. Experiment with ending on an exhale hold followed by slow intentional inhale or ending with an inhale hold followed by a slow intentional exhale or ending with suspended breathing, or transitioning to another conscious breathing pattern of your choice. (If you pass out, that's your own repercussion. Just like exercise, you are responsible for your self. Like I said, start with one and build to 10 and even 30 or 40 in a row or 2 or 3 minutes without stopping. There are practices that do this for 22 minutes straight, so seriously, explore and discover what works best for you. Don't let the fear of passing out keep you from doing 1 or even 10, that is extremely unlikely to happen. Don't force the technique. Just use intention and build and improve your skill and experience. The feeling of doing it right and buzzing like and can feel like your head, your skull, is shining with light, hence the name, Shining Skull.)

Bellows Breath / Bhastrika Pranayama

This is similar to the step and the shining skull breathing practice. It is the combination of each one of them. Essentially the practice is:

Power nasal in
 Power nasal out.
 Power nasal in
 Power nasal out
 Repeat as desired.

Do 3 sets of 30 followed by prayer and meditation.
 Or an ascending ladder of 11, 15, 21 with breath holds with all three spinal locks in between each set. Feel free to explore and be your own coach.

List of Breathing Exercises: For You Information

Without giving all my secrets away, other breath practices include and not limited to: Vipassana (breath awareness), Zen mindfulness (3 point, 4 point, and 8 point breath concentration), team Breathing (syncing breathing rhythm), HRV Breathing (From Dr. David O'Hare), Heart Coherence Breathing (From HeartMath Institute), Wim Hof Breathing (which is super ventilation very similar, to exactly the same, as Holotropic, Circular, Rebirthing and Neurodynamic breathwork, combined with breath holds, cold exposure, and mindset training), breath holding (free diving application and more), Buteyko Method in its entirety, Nose-unblocking technique, feather breathing, bhastrika, Intermittent Breath, alternate nostril, rhythmic breath, lions breath (true lion's breath, not the fog the mirror style commonly taught

lions breath even though that is also one), ujjayi
 breath, crown Breathing, chakra breathing, aura
 breathing, reverse breathing (paradoxical
 Breathing), yawning (super powerful and Dan Brulé
 even teaches advanced yawning), Sufi techniques
 like sip-sip-sip-Pooh (taught by Dan Brulé) and
 heart pounding with breath and mantra, singing and
 out loud prayer (Christians know the power of this),
 effortless breath, freedom breath, Open Focus
 Breath, cooling breath (sheetali pranayama),
 Holotropic by Dr. Stan Goff, Circular Breath by
 Dan Brulé, Rebirthing by Leonard Orr, Dr. Ella
 Manga ABC Breath (awareness, Breathing,
 conscious choice: aka mind, breath, and action),
 shining skull, breath of fire, Pain Breathing, Power
 Breathing (taught by Pavel Tsoustaline), Valsalva
 lifting technique, Kung-Fu power breath (side note,
 your fist is not your fist, your body is your fist), Box
 Breathing (Sadhuru Moochu), all cadence and
 Apnea breathing (SO many! Think 1:1:1:1, 1:2:2:1,
 1:4:2:0, 1:0:1:0, 1:1:1:0, 1:0:1:1, 1:1:2:1 Breath.
 You can base these off traditional practice or your
 CO2 tolerance test score), CO2 tables for free
 divers, O2 Tables for free divers, 1-2 Breath
 (vishma Vritti), 4-7-8 Breath (for sleep, not a fan at
 all; so many others work more effectively.
 Understanding the principles of CNS, PNS, SNS,
 and PSNS shows why this breath can be helpful
 but is not completely a best pattern to practice for
 sleep), all movement and posture linked with breath
 (certain cadences for running, lifting, singing and
 the like), Full Yogic Breath, tactical breath (aka
 even breath with mental and emotional training),
 Spinal Cord Breathing of Qi Gong, breath with
 internal locks (3 locks, I have a secret here to

share. The locks are where main spinal areas meet. The bottom lock is where sacrum meets lumbar, the solar plexus lock is where lumbar meets thoracic, and the throat lock is where thoracic meets cervical spine. You're welcome), DMT Breath (From the Health Nut on YouTube), hypoxic Breath Training, ballon Breath (great for TVA activation), Tummo Breath (beware guru worship and religious dogmatism), Return and Clean Breath by Qi Gong, Deep Breathing (some of you think this is what breath practice is. Happy to wake you up to the more), humming breath (Bhramari), MDH Breathing Coordinations, left and right nostril specific breathing, panting breath, fountain breathing (meditation, very similar to crown breathing and aura breathing), Storm Breathing (Puyal Moochu), CO2 tolerance test, BOLT score (Buteyko), Brain Oxygenation Pattern, Natural Chest Squeeze (Tarzan), 5-7-9 Recovery Breathing (from the Art of Breath), Locomotion Breath (Michael Brian Baker), Coordinated Breathing for singing and diaphragm Training, laughing and of course SMELLING! I love smelling. Smelling, singing, and the complete capacity breath are my favorites.

This is the most comprehensive list of Breath practices I am aware of. I have currently written "Breathwork 101" (free download at www.tholt979.wixsite.com/iaminspired also available on Amazon) and am feeling inspired to write "Breathwork 201," "Breathwork 301," and "Breathwork 411." Beware, many of us are trying to transmit information that has been muddled and diluted from the source and perfection of mastering

these practices. Sanskrit words coming from Sundar Balasubramanian, PhD and his book “Mind Your Breathing.” (Be aware of dogmatic and religious chains in all traditions. Some try to get you to repeat mantras of their meaning and pray to their god or gods. Be aware of this. Always seek true love and freedom of heart, soul, mind and body and divine communion with the one true God. True religion is found through the spirituality of relationship with the one true God of all of creation. Thank you Jesus. Hallelujah).

Learn the patterns, principles and possibilities of breath so that you can create your own method and have mastery of other methods. Being that I spent 13 days in a medically induced coma, had pneumonia (white out), ARDS, a collapsed lung (in which the nurses were informed if this occurred I would die, and many nurses refused to believe this. One special nurse started the bedside surgery based on vital signs of a collapsed lung. She caught it early and I am alive. I am thankful to all the doctors, nurses, and prayers, all glory to God. They are not God, those who acted from love were acting from a place of God moving through them, so again, ALL GLORY to GOD. Also, I had a tracheotomy and other surgeries. Being all of this and the fact that I’m a child of creation, a spirit living a human experience, I LOVE BREATH. Jesus is written to have said “theos pneuma” in John 4:24. Theos pneuma translates to God breath or God is breath or more accurately, God Spirit, God is spirit.

What exactly does this mean? Currently, I don't know. But, I do know breath is super important and one of "The Necessary Nine of Human Health." ®

More on my story, I was being prayed for in every state in the United States and multiple countries, including China and I have a prayer map to prove it. I got sick because I had a milkshake post jaw surgery in which nurses post surgery told me to wait three days to have dairy. I waited two days and I take full responsibility for what happened afterwards. This is part of my passion for truth, freedom, love, and health. Do not let peer pressure dictate your life. We all are responsible for our own actions. We always have a choice in this life. There is a lot of bad information out there. Some of it is actually a lie. Some say what a technique is and they are wrong. I have been wrong. Forgive them but do not be so stubborn as to hold onto what is not true. I do not have all the answers. I am not certified to teach all the Breath practices listed, just most. As the saying goes, "a meter wide and a mile deep." On the surface what looks like a meter wide may be in fact a mile deep. The depth of these practices and breath are miraculous. Remember, the energy and impartation of the teacher is just as important as the practice, sometimes more. As Mark Divine says, "self-mastery towards service."

Salvation seeking and shalom towards True Love, towards freedom towards service towards family. Eternal salvation is real.

I teach breath. I love breath. I love truth. I love love. If you're interested in learning from me and what I

have to share, find me and ask. I work best with those who want to learn, are open to learn from me, want to improve their health, love Jesus Christ, and are truth seekers.

According to the Buteyko Method public research, a healthy individual takes about 6-9 breaths per minute in a relaxed state (some as low as 3-4). This is much less than the 12-20 that the average (moderately healthy to unhealthy) westerner has been measured to be taking. Then again, don't be dogmatic here either, freedom baby. Doing breath training, like Box Breathing, Heart Focused Breath, Buteyko Breathing, and many others I practice and teach, can help train the breath significantly. To measure your breaths per minute, sit or lay down and use the effortless breathing, your natural breathing, and count your breaths for 2 minutes and divide by 2. I like this practice more than doing 1 minute because once you become aware of your breathing, things change; this gives a buffer zone. You can also count your breath for 10 minutes if you want and divide by 10, obviously you are free to do as you like. You can also count your breaths using Box Breathing, or any other form of conscious breathing, as a form of meditation and concentration development. In fact, in many Qi Gong practices, counting your breaths is step one for breath practice; leading to the return and clean phase. Whatever you do, be free. Jesus loves you.

We can use breath to increase energy, increase relaxation, increase calm neutral focus energy, to improve athletic ability and human performance, and we can use breath as a meditation and a portal

into extremely powerful meditations and spiritual and mystical experiences. Hallelujah.

Dan Brûle, Brian MacKenzie, Rob Wilson, Mark Divine, myself, and many other breath coaches encourage us to play with and experiment with our breath.

Breathe in love. Breathe out love.

Breathe in gracefully. Breathe out gracefully.

Breathe in Holy Spirit, Breathe out Holy Spirit.
Hallelujah.

Ask for, seek, and find your freedom breath. Ask for, seek and find the wisdom breath.

Resources:

The Bible

“Unbeatable Mind” by Mark Divine

“KOKORO Yoga” by Mark Divine, who says kokoro is the merging of heart and mind into action.

“Just Breathe.” Dan Brulê (foreword by Tony Robbins)

“Becoming the Iceman.” by Wim Hof and Koen de Jung:

“Wim Hof Method Fundamentals” Online Course by the Inner Fire team

“The Art of Breath” certification in person at CrossFit Los Angeles by PowerSpeedEndurance
Content from www.powerspeedendurance.com /
now <https://shiftadapt.com> by Brian Mackenzie

“The Oxygen Advantage” by Patrick McKeown
(student directly under Dr. Konstantine Buteyko)

"Science of the Heart volume 2" by the HeartMath Institute

"The Root of Chinese Qi Gong" by Dr. Yang, Jwing-Ming

"Mind Your Breathing." by Sundar Balasubramanian, PhD

"Becoming A Supple Leopard" by Dr. Kelly Starrett

"The Detox Miracle Sourcebook" by Dr. Robert Morse.

"Original Strength Resets" by Tim Anderson

"The Art of Mental Training" by D.C. Gonzalez

"Beyond Training" by Ben Greenfield

"The Tao of Natural Breathing" by Dennis Lewis

"Breathe Strong, Perform Better" by Alison McConnell

"Introduction to Massage Therapy" Second Edition by Mary Beth Braun & Stephanie Simonson

"NSCA's Essentials of Strength Training and Conditioning" 8th Edition

"NSCA's Essentials of Personal Training 2nd Edition."

"Breatheology: The Art of Conscious Breathing" Stig Avall Severinsen

"Man's Search for Meaning" Victor Frankel
Buteyko Breathing public research

Lou Corona (at David Wolfe's Longevity Now Conference: Blessed to shake DW's hand too.)

Pranayama instruction (7 year personal practice before I was set free from ritual into freedom).

MDH Coordinated Breathing (6 total lessons for breath and vocals development. Well worth it.)

Many, many others. People who have kept sacred and holy knowledge and arts alive.

My own heart, mind, and life.

Holy guidance.

3. Hydration

What is healthy and wise hydration?

Water Quantity Fundamentals

Drinking water to equal half your body weight in ounces is recommended by the NSCA (National Strength and Conditioning Association). They advise an extra 12-20 ounces of water for every hour of vigorous exercise. The U.S. Institute of Medicine, and the World Health Organization recommend between 2.0 and 2.7 liters (8 to 11 cups, 64-88 oz.) of water a day for women, and 2.5 to 3.7 liters (10 to 15 cups, 80-120 oz.) a day for men. This includes water from all sources, not just beverages. Fruits and vegetables provide hydration naturally.

Water Quality Fundamentals

I recommend spring water, fresh filtered river water, filtered rain water, or reverse osmosis remineralized water. You can make it a form of tea and mineralized with herbs and/or fruits infused (set in and let soak.) It is considered wise to avoid water that has been in plastic when possible and to use glass or stainless steel, which are the best options that I know of for storing water. This is due to leaching of plastic into the water that can be a hormone disruptor as brought to light by Dr. Shanna Swan in her research on phthalates and BPA. Her book "Count Down: How Our Modern World Is Threatening Sperm Counts, Altering Male and Female Reproductive Development, and Imperiling the Future of the Human Race" explains

or you can listen to her speak as she has been on many platforms. For every action there is a reaction. So what are your actions promoting?

The Fourth Phase of Water

Water actually has four stages as there is a gel like state (like plasma) between solid and liquid that changes the conductivity and molecular structure of water, being H_3O_2 ; as highlighted by Gerald H. Pollack in his book "The Fourth Phase of Water: Beyond Solid, Liquid, and Vapor."

Water Consciousness

Also, water molecules, which are living energy shown to have a consciousness and memory and part of the foundation of all the life we see (trees, plants, fish, birds, beasts, and humans) actually change molecular design by the energy around, especially the emotions we emit and emote, and are in, as discovered by Dr. Masaru Emoto. The emoting of true loving, graceful, forgiving, gratitude, thankfulness, hope and all the good and positive emotions, are shown to bring harmony and innately beautiful patterned symmetrical structure on a molecular level. Imagine what this means for how we treat each other, as we are made of mostly water. Imagine what this means for our own self talk and belief systems and how our emotions affect the harmony and structure of the cells of our own bodily temples. (Motivating side note; if you're doing great and abounding in health, awesome! If you are struggling, know this, your current state does not have to be your destiny. We all have the power to change and it comes by choices and grace. Remember, condition is not identity. My

identity is eternal and my condition is temporary. This means a person is not a sick person trying to get well, they are a healthy person fighting off sickness. Kind of how our assignment and our purpose are different. The assignment may be temporary but my purpose goes with me to every assignment. I desire to live out my design, aligned with, and expressing my true identity as a child of God, the Most High).

Hydration Fundamentals

For quick hydration recovery from exercise, the NSCA recommends drinking water at a gulping pace but not so much as to be sluggish. However, for daily hydration, it is recommended by Brendan Brazier, professional ironman triathlete and author of “Thrive: Fitness,” to absorb about a cup of water at a time and throughout the day.

Set your water out in the sunshine for a short period of time and stir before drinking for premium hydration according to Harry Massey, M.S., who studies molecular electro-biochemistry. This provides a charge to the water apparently. However, don’t saturate in sunshine too long according to Viktor Schauberger, as he observed that water naturally finds shady areas and whole springs will return underground and re-spring when given adequate protection.

“Schauberger quickly learnt that water does not enjoy being exposed to sunlight. For example, there was a spring over which a stone hut had been built long ago. The hut was later torn down, and the spring lay exposed to the sunlight. Before much

time had passed, the spring dried up, and no one could say why. When the stone hut was rebuilt, the water returned. The Romans covered their springs with stone slabs, leaving only a round mouthpiece free, and attaching the outlet pipe in such a way that not even air could get in.

It's obvious that water loves the shade, which is why springs are found hidden in the deep forest or in clefts in rocks, and why a natural river or stream protects itself against direct sunlight with shady trees and bushes on its banks." From:

<https://www.facts-are-facts.com/article/the-inexhaustible-power-of-water>

Sun tea can be made by putting your tea substance in your water glass and setting them out in the sun for the day. The infusion of life force from the plant or tea energy will infuse into the water creating a nice healthy flavored water.

Balancing electrolytes and minerals is part of hydration and nutrition. Electrolytes like sodium, potassium, magnesium and other trace minerals are necessary. Sodium is the chemical to make muscles contract (and it also holds water), potassium is the chemical used to make muscles relax. "Magnesium is needed for more than 300 biochemical reactions in the body. It helps to maintain normal nerve and muscle function, supports a healthy immune system, keeps the heartbeat steady, and helps bones remain strong. It also helps adjust blood glucose levels. It aids in the production of energy and protein." according to medlineplus.gov

Avoiding water that has fluoride and poisons is essential to maintaining a healthy lifestyle and healthy bodily temple. Being that we are made up mostly of water, it is absolutely necessary to have healthy living water. Flouride is a waste product from fertilizer and was used in the Nazi war crime experiemtns on the prisioners of war. The Nazi's found that putting flouride in the water made the people drinking the flourided water docile, imbiciles, and easy to manipulate. It's a zombie state. The reason for this is because fluoride calcifies the pineal gland, also known as the third eye. This process hardens the pineal gland. The pineal gland is the inner eye as it has rod and cone receptors the same as the orbital eyes. A calcified pineal gland leads to diminishing of dreams and visions that are a designed gift from God to humanity. This is believed to be the internal eye that Jesus talked about in Matthew 6:22 when the Christ Messiah says, "The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light." KJV. That word for single is "ἁπλοῦς" pronounced "haplous" and means: simple, single, whole, good fulfilling its office, sound, and in which there is nothing complicated or confused (according to Strong's Lexicon at www.blueletterbible.org).

This is important because God speaks to us in our dreams as written in Numbers 12:6 "And he said, "Hear now my words: If there be a prophet among you, I the LORD will make myself known unto him in a vision, and will speak unto him in a dream." KJV. This is awesome and great news for the wise.

Job 33:14-18 “For God does speak—now one way, now another— though no one perceives it. In a dream, in a vision of the night, when deep sleep falls on people as they slumber in their beds, he may speak in their ears and terrify them with warnings, to turn them from wrongdoing and keep them from pride, to preserve them from the pit, their lives from perishing by the sword.”

Joel 2:28 “And afterward, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions.” which Paul echoes in his writing of Acts 2:17 “ ‘In the last days, God says, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your young men will see visions, your old men will dream dreams.”

But be warned and careful to discern wisely as Zechariah 10:2 says “The idols speak deceitfully, diviners see visions that lie; they tell dreams that are false, they give comfort in vain. Therefore the people wander like sheep oppressed for lack of a shepherd.”

And another warning is found in Deuteronomy 13:1-3 as it says “If a prophet, or one who foretells by dreams, appears among you and announces to you a sign or wonder, and if the sign or wonder spoken of takes place, and the prophet says, “Let us follow other gods” (gods you have not known) “and let us worship them,” you must not listen to the words of that prophet or dreamer. The LORD your

God is testing you to find out whether you love him with all your heart and with all your soul.

Resources:

www.nutritionfacts.org

NSCA (National Strength and Conditioning Association),

“The TB12 Method” by Tom Brady and Alex Guerrero

medlineplus.gov

Harry Massey, M.S., founder of NES Health
Dr. Jack Kruse.

Dr. Masaru Emoto: (MUST SEE!)

“Thrive: Fitness ‘The Vegan-Based Training Program for Maximum Strength, Health, and Fitness” by Brendan Brazier (triathlete)

Viktor Schauberger

4. Nutrition

What is healthy and wise nutrition?

“Let food be thy medicine and medicine be thy food.” Attributed to Hippocrates, the acclaimed father of modern medicine. There is a reason that Mosaic law had laws for food for the Hebrew tribes. Close examination shows that it is for health, which is a spiritual reason, as we have been given a spirit of life that wants to live and love, truly.

My philosophy and ideal goal in a nutshell: feel and be happy, healthy, thankful, wise, and fulfilled about what I eat.

I find that the more I eat anti-inflammatory foods and avoid inflammatory foods the better I feel physically, mentally, emotionally, intuitively and spiritually.

I believe food combinations matter significantly; as does sourcing, meal timing, the way it was grown, seasonality, and eating what humans are designed to eat.

According to Natalia Rose and also Optimum Health Institute, it is not recommended to eat fruit at the end of a meal (think of this as a rule and not a law) as it can ferment in the stomach affecting blood sugar and more. However, Dr. Michael Greger, in 2019, disputes this claim citing that he has not seen conclusive evidence to prove this and is open to this recommendation coming from subjective experience.

Dr. Michael Greger does agree however, that positive food combinations create absorption changes, such as vitamin C paired with iron does increase the iron absorption which is critical as iron is at the foundation of blood cells. Practically this means that putting a vitamin C rich food like lemon or bell peppers on a salad of dark leafy greens increases the absorption of iron. Other combinations include mixing turmeric and black pepper to enhance the anti-inflammatory absorption and usage of the tumeric. Tomatoes and avocado also create an uptake in nutrient absorption. That and combining beans and nuts to create a complete protein. Truly, all plant food is a complete protein, containing all necessary amino acids, just in varying degrees (more on that later). Not all foods need to be combined as mono meals is a form of healthy eating that many like to practice. That is the eating of just one kind of food at a time.

Importance of Optimum Food Combining “When optimal combination of foods are eaten at a meal, digestion is more efficient and nutrients are assimilated better, which results in improved health and energy.” This is because chemicals mixing with chemicals creates a variety of reactions based on portion, timing, chemical composition, and more.

The recommended “Principles of Optimum Food Combining” (from the Optimum Health Institute that overlap and agree with the recommendations from “Raw Food: Life Force Energy” by Natalia Rose).

* Drink each type of liquid alone.

- * Eat protein (nuts, seeds, legumes, etc.) only with low starch vegetables, greens, sprouts and predigested foods.
- * Eat dense starches only with low starch vegetables, greens, sprouts, and predigested foods.
- * Nuts combine only with other nuts, seeds, dried fruits, bananas, and all raw vegetables.
- * Eat fruit alone or with green vegetables.
- * Avoid combining acid and sweet fruits.
- * Dried fruits combine only with other dried fruits, avocados, bananas, nuts, and all raw vegetables.
- * Eat melons alone.

Again, you are free to think of these as rules and not laws.

Anti-inflammatory foods are plant foods like berries, fruits, vegetables, herbs, roots, stalks, nuts, seeds, legumes, mushrooms, and sprouted grains (unless you have an allergy). “In plant based protein you’re getting protein that’s packaged with antioxidants, phytochemicals, minerals, and vitamins that are going to reduce inflammation, optimize the microbiome, optimize blood supply, and optimize your body’s performance.” Dr. Scott Stoll, former Olympian and team physician for the U.S.A. Olympic team. I recommend doing more research on this topic from reputable sources from those who are living the dream and also from evidence based science. If it causes you to have an upset stomach, that is an indicator of poor combination or a current food intolerance. When eating these anti-inflammatory foods, the body becomes a

detoxifying and regenerating machine with an abundance of health!

Foods considered to be inflammatory (and also acidic) include animal products, meat, (wild fish may be an exception, yet even iceberg lettuce has twice as much antioxidants per 100g than the same amount of salmon. I also don't recommend it because of parasites and mercury poison. Factory farmed fish is inflammatory due to their diet and environment). Dairy (milk, not nut milks like almond or cashew but breast milk from another species), eggs, processed sugars, processed breads and foods with chemical preservatives. These foods can increase soreness, delay recovery, and lead to unhealthy bacteria in the microbiome. The International Agency for Research on Cancer (IARC) has classified processed meat as a carcinogen, something that causes cancer (Group 1; there is sufficient evidence to conclude it is carcinogenic, the same class as arsenic and cigarettes). And it has classified red meat as a probable carcinogen (Group 2a; clear, yet limited evidence in humans and sufficient evidence in animals), something that probably causes cancer. IARC is the cancer agency of the World Health Organization (WHO) and there are 5 categories for defining cancers. To read more about IARC's classifications visit,

https://ec.europa.eu/health/scientific_committees/opinions_layman/en/electromagnetic-fields/glossary/ghi/iarc-classification.htm

I also highly recommend reading “The China Study.” which is one of the most comprehensive studies of human health and diet using over “800 references in this book, and the vast majority of them are primary resources of information, including hundreds of scientific publications from other research’s that point the way to less cancer, less heart disease, fewer strokes, less obesity, less diabetes, less autoimmune disease, less osteoporosis, less Alzheimer’s, fewer kidney stones, and less blindness.” p.xxiv “The China Study”). They used the “Cancer Atlas” from China which studied over 880 million people and links to disease and twelve types of cancer using over 650,000 workers and more than 2,400 Chinese counties (p.60 “The China Study”). “The end result of the survey was a beautiful, color-coded atlas showing where certain types of cancer were high and where they were almost nonexistent.” p.60. The China Study research team themselves studied nutrition and disease, studying “different dietary, lifestyle, and disease characteristics within the survey of 65 counties, 130 villages, and 6,500 adults and their families.”(p.31 “The China Study. I am sorry, I used to send this as the China Study itself studied 880 million directly. I hate lies and I am sorry for this error.) “From the Cancer Atlas, we had access to disease mortality rates for more than four dozen different kinds of disease, including individual cancers, heart disease, and infectious disease. We gathered data on 367 variables and then compared each variable with every other variable. We went into sixty-five counties across China and administered questionnaires and blood tests on 6,500 adults. We took urine samples,

directly measured everything families ate over a three-day period and analyzed food samples from marketplaces around the country.” (p.62 “The China Study”) “When we were done, we had more than 8,000 statistically significant associations between lifestyle, diet, and disease variables.” (p.63). His work has what “the New York Times termed “the Grand Prix of epidemiology.”” (p.63). His team comments throughout the book on discovering the dangers of a diet high in animal protein compared to a whole foods, plant-based diet. It is written by T. Colin Campbell, PhD, who grew up on a farm and now teaches plant based nutrition at Cornell University and also by Thomas M. Campbell II, MD. There is a documentary that is free to watch on youtube at

<https://www.youtube.com/watch?v=DgJH50ifMxs>

“The science is there and it must be made known. We cannot let the status quo go unchallenged and watch our loved ones suffer unnecessarily. It is time to stand up, clear the air and take control of our health.” T. Colin Campbell, “The China Study” p.18.

To get a plant based certificate that offers Ivy League course content in partnership with eCornell of Cornell University, visit

www.nutritionstudies.org/certificate

“With the right food choices, physical activity, and not smoking, we could prevent about 80 percent of heart disease, about 90 percent of diabetes, and 70 percent of stroke,” says Walter Willett, chair of the nutrition department at the Harvard School of Public Health in Boston. “Those are the three

pillars. They really do make a difference.” Exercise and diet while avoiding toxic chemicals.

I, and others, recommend reading the ingredients when purchasing foods that are labeled. As it has been said, “if you can’t read it, don’t eat it.” Calvin from church. And unpackaged whole food, plant based products are highly recommended by many.

It is widely known that eating a plant based whole food diet is proven among many cultures of people to provide the greatest health benefits for the longest periods of time as well as disease reversal and disease prevention of just about every disease associated with the gut-brain-hormone axis. (The China Study, blue zone research, Dr. Brooke Goldner, David Wolfe, Dr. Joel Furhman, Dr. Michael Greger, Harvard Medical, and Dr. Robert Morse and many others all support this belief in plants for food and have research to back it. I recommend watching “The Game Changers” documentary immediately.)

www.gamechangersmovie.com

For those concerned with performance of dieting and being 100% plant based, all protein originates from plants. Animals that people have eaten get their protein from the plants and it is recycled energy (revealed in the study of Joules energy systems in biology). In fact (as I know), all nutrition necessary for all humans and animals to live is found in light, water, plants and soils, as the plants get their energy from the sun, the water, the air, and the life in the soil. Again, watch “The Game Changers” documentary for next level information

and education. You'll still need lots of calories and micronutrients so be sure to educate yourself.

<https://gamechangersmovie.com/benefits/maximizing-performance/the-plant-based-advantage/>

It used to be believed that not all the amino acids were in plant foods. This is a fallacy. All plants have all of the essential amino acids in varying degrees.

Young VR, Pellett PL. Plant proteins in relation to human protein and amino acid nutrition. *Am J Clin Nutr.* 1994 May;59(5 Suppl):1203S-12S.

McDougall J. Plant foods have a complete amino acid composition. *Circulation.* 2002 Jun;105(25):e197.

Visit <https://gamechangersmovie.com> for plant based nutrition resources for health, athletic performance, nutrition science, recipes and more. All of their information is research based and is truly a game changer. I seriously recommend watching "The Game Changers" documentary immediately.

Dr. Joel Furhman calls himself a nutritarian and says he eats for nutrients as the fundamentals of his diet. He says G-BOMBS are foods that can and should be eaten as part of the daily diet. That's Green, Beans, Onions, Mushrooms, Berries and Seeds. I would say FG-BOMBS, which is Fruit, Greens, Beans, Onions, Mushrooms, and Seeds.

Seasonal and local eating are also considerable variables. As is organic, which plays a role in

nurturing our soil which is a source of nutrition (minerals and more) to the foods that feed us. Non organic foods are often contaminated with chemicals that hurt the soil and our own guts. For farming practices, regenerative permaculture farming to create food forests is the most healthy classified version I am aware of, which is ranked higher than sustainable.

Important question to ask yourself: Are you eating for nourishment or to fill your belly? No judgement, I just believe it's an important question to ask. If it's just for fill, try drinking a glass of water and see if that satisfies your needs. Or, if you are being super spiritual, try doing a breathwork exercise and spirituality connection and see if that satisfies your health needs. I don't know if anyone is perfect in this, so be kind to yourself while you continue to improve upon your eating and living habits that are healthy for you and the environment. For as the wise elders at all generations have said, without an environment, we cannot survive or thrive. Remember, eating should be satisfying, rewarding, vitalizing, and sensual (enlivening of the senses). And, due to the knowledge I have of chemistry, biology, and electromagnetism (limited) I recommend saying a truly felt thank you for your foods.

The anti-inflammatory diet along with alkaline diet (which are very similar) are the routes I recommend taking if you want to eat a diet that is in line with the design of the human intestinal system as well as the diet to eat for those who want to reverse and prevent many diseases and improve health and

human performance.

<https://gamechangersmovie.com/benefits/optimizing-health/>

Plant foods, on average, have 64x the antioxidant values than animal flesh and all animal based foods. Switching to a vegan whole food plant based diet can reduce measures of inflammation by 29% in just three weeks.

(27) Carlsen MH, Halvorsen BL, Holte K, Bøhn SK, Dragland S, Sampson L, Willey C, Senoo H, Umezono Y, Sanada C, Barikmo I, Berhe N, Willett WC, Phillips KM, Jacobs DR Jr, Blomhoff R. The total antioxidant content of more than 3100 foods, beverages, spices, herbs and supplements used worldwide. *Nutr J*. 2010 Jan;9:3.

(28) Sutcliffe JT, Wilson LD, de Heer HD, Foster RL, Carnot MJ. C-reactive protein response to a vegan lifestyle intervention. *Complement Ther Med*. 2015 Feb;23(1):32-7.

According to Ben Greenfield, understanding and balancing our blood sugar is the most fundamental aspect of nutrition and metabolism.

Our food is either healing us or hurting us.

All food is soul food.

I'll say it again, all food is soul food. This is a biblical truth for those who know what a 'nephesh' in Hebrew is as written by Moses, (aka Mosheh).

Moses, who is written, and believed, to have been a Hebrew born Egyptian adopted prince for forty years, learning all their wisdom, knowledge, science, and spirituality before spending another forty years in exile and then allegedly, and believed, to have written the first five books of The Bible, also known as The Torah. Moses had religious rites for foods of what to eat and how to eat it and what not to eat and how to avoid it for health reasons. For those who have studied gut-biome and microbiology of bacteria, know that bacteria of the gut is found in the gut and the blood. For those who have studied cadavers, peace be with you, you know that the intestines and the brain are connected by the vagus nerve and it bypasses the spine in direct connection. This brings credence to the old adages of the pineal gland being “the seat of the soul” and the eyes being “windows to the soul.” As eye tissue is composed of the same type of tissue that the intestines are made of.

Remember awakened ones, God is one, love God with all your heart, soul, mind, and strength and love others as if they are you. This is highlighted in the New Testament multiple times including Mark 12:29-31, as it's written Jesus Christ (Jahoshua HaMashiach aka Jesus Christos) is quoting Mosheh from Deuteronomy 6:4 and Leviticus 19:18. Biblical wisdom and Biblical truths exist. I don't believe every word is accurate, but that has not stopped me from reading the Bible and seeking truth and relationship with the living GOD of all of creation, who is written to be and experienced to be true love, pure and real light, and holy spirit. Biblically speaking God is love, light, and spirit.

Whatever you eat, receive it with thanksgiving. Honor and be thankful for the sacrifice, or gift, of life given to sustain your life. Fruits, and plants with seeds, are a gift from the plants that want us to eat the fruit to spread their seed; as shown in Genesis 1:29 and known through scientific research. When we receive food with (giving) true love (for the Creator and the creation), there is an energetic change that brings harmony and coherence at a cellular, molecular, and energetic level, as modern study has shown as well as what spiritual people experience and transmit this knowledge to others. All food is soul food.

The only supplements I recommend for everyone is shilajit, which contains nearly all minerals humans need with over 84 minerals including gold and silver as well as fulvic and humic acid, and activated charcoal. Activated charcoal was the number one life extensor supplement in all animal studies, showing the power of detoxification for health and longevity of health. If you can get a pure resin form of shilajit, do that. Shilajit, activated charcoal and Qualia Mind by Neurohacker Collective. (Full disclosure; I invested in Neurohacker Collective. I don't know if I'll ever see a return, the product is just that good. It was recommended by Ben Greenfield and Mark Divine.)

<https://neurohacker.com/shop/qualia-mind>

Checkout code UNBEATABLE for 15% discount (if it applies still. That's Mark Divine's code).

All food is soul food.

Resources:

****“The Game Changers” documentary****

<https://gamechangersmovie.com> (for scientific research studies and information on how to eat a plant based diet for human health and performance.)

David “Avocado” Wolfe (“The Beauty Diet” and more. This man is a true legend.)

*”The China Study” by T. Colin Campbell, PhD

“The Miracle Detox Sourcebook” Dr. Robert Morse (COMPREHENSIVE AND SPECIFIC)

*Dr. Sebi (Alfredo Darrington Bowman, helped cure over 77 people diagnosed with AIDS just using nutrition protocols. He won a court case in NY for this proving their blood no longer had HIV AIDS.)

*“Alkaline Reset Cleanse” by Book by Ross Bridgeford

“The No-Meat Athlete” by Matt Frazier and Matt Ruscigno - ultra marathon runners.

NSCA - <https://www.nscs.com> (National Strength and Conditioning Association)

**Dr. Brooke Goldner (her free webinars are worthy: www.goodbyelupus.com)

Dr. Joel Furhman (advocate for phytonutrient and micronutrient dense foods for health:)

Dr. Michael Greger - provider for nutritionfacts.org and author of “How Not To Die.”

www.cancer.org

**”Raw Food: Life Force Energy” Natalia Rose

Genesis 1:29-31 +

5. Movement

What is healthy and wise movement?

Functional movement is movement that we use to do all the things necessary to live. We keep or regain this functional movement with training and natural movement. There are certain patterns, principles and possibilities when it comes to movement. Exercise, dancing, walking, running, climbing, swimming, stretching and bowel movements are the major movements.

Fine motor skills and balancing exercises increases brain functioning and grey matter of the brain for neurogenesis (the making of new cells in the brain) according to Dr. Daniel Amen and others. The process of myelination is what many associate as the experience of muscle memory. Myelin is a fatty tissue that wraps around neurons and the more myelin there is, the faster a neuron synapse can travel from decision making to action. Also, the more that a pattern is used and neurons fire, the more that myelin is laid down. That's the theory that has lasted from the research. When it comes to movement and postures; think physics, mechanics and angles. Keeping full range of motion is easier than restoring range of motion. Range of motion and muscle pliability are fundamental for the health of your vitality, resiliency, and longevity. I recommend dancing and having a good time!

Move your body freely and wisely.

My personal goal of body health is to have strength, pliability, mobility, and symmetry as the foundation for the skills of strength, speed, stamina, endurance, balance, agility, flexibility, power, coordination and accuracy.

Some secrets of movement are that muscles are either contracted or relaxed. This is because neurons are either firing or not. So a group of muscles that are moving is because of the motor units of the muscles linked to the nervous system.

Another secret is that when an agonist of a muscle moves, the antagonist is wired to automatically go into relaxed and lengthen mode to allow the bones to move. This is not an absolute truth as you can flex both sets of muscles simultaneously for isometrics. However, it is a good principle and pattern to understand that can enhance your stretching and is used in PNF stretching and similar techniques. Think of when the biceps contracts, the triceps needs to lengthen in order for the bones to move. It is wise to join a class, get a coach, or do something you love to do that requires physical fitness.

Exercise has been proven time and time again to be the number one “medicine” or “therapeutic” to treat depression. Movement is medicine and the body is the temple to the Holy Spirit. Exercise and sunlight are the two most powerful forms of antidepressants.

“I move, therefore I am.”

Resources:

“Original Strength Resets” by Tim Anderson

NSCA: National Strength and Conditioning Association

“Change Your Brain Change Your Life” Dr. Daniel Amen

Asana, Gymnastics, Tai Chi, Qi Gong basics,

“Power Speed Endurance” by Brian McKenzie

CrossFit and CrossFit Endurance

“Stretching” by Bob Anderson

“Beyond Bodybuilding” by Pavel

“Becoming A Supple Leopard” by Dr. Kelly Starrett

“The TB12 Method” by Tom Brady and Alex Guerrero.

6. Postures

What is healthy and wise posture?

There is body language and dynamic postures. Posture includes your form and structure. There is a stillness that exists. Expressing yourself through non-verbal communication is healthy. Be okay with taking up space. Being in power postures can increase testosterone and other healthy hormones for men. Think of this as taking up space and doing so with strength and courage.

Take care of your spinal health and the health of your bones. Primarily the bones that protect your major organs, these bones includes your pelvis, spine, ribs, neck, and cranium. The major muscles for posture are feet, glutes, psoas, transverse abdominis (TVA) and the erectors of the spine and the SCM of the neck. The spine sits on the pelvis so we want to have a balanced pelvis and sacrum so that the spine has a good base to be on. There is a pump action that occurs that levitates fluid up the spine and into the brain. There is deep wisdom to be shared here. And always remember, only 100% is 100%. Everything that matters, matters.

When it comes to movement and postures, think physics, mechanics and angles. Position is kingly.

Whatever posture you are in, if you cannot take a diaphragmatic breath, you have yet to master that position, according to Dr. Kelly Starrett.

I recommend spending time giving your heart priority in your posture.

“Poor posture perpetuates bad breathing. It’s not rocket science but it is reality.” Danny Yeager of The Art of Breath team, thank you kindly, DY.

Free the brain, free the bones, free the breath.

What is the posture of your ideal self?

Resources:

NSCA

“Becoming A Supple Leopard” by Dr. Kelly Starrett

“The TB12 Method” by Tom Brady and Alex Guerrero

“Power Speed Endurance” Brian McKenzie

“Pain Free” by Pete Egoscue and the Egoscue Method.

“The Art of Mental Training.” D.C. Gonzalez

Dr. Ida Rolf

Feldenkrais Method

Alexander Technique

7. Recovery

What is healthy and wise recovery?

The prime of recovery is sleep and rest. Also included are body work, massage, stretching, icing, sauna, chiropractic, acupuncture, breathwork, meditation, and other recovery modalities to speed up recovery time and improve quality of life. Be aware, ice and sauna are stressors that elicit a recovery response when able to recover from, so use these wisely. This is part of the cell theory of hormesis which states that a cell put under stress and given the opportunity to recover comes back stronger than before. Interestingly, hormesis also says if there is no stress at all the cell will die. This is where the study of eustress comes in, which is the study of stressors that are beneficial to our lives. Sleep is vital. The National Sleep Foundation has general guidelines of 7-9 hours for adults with up to 12-18 hours for newborns and 12-14 for Toddlers (1-3 years).

“There’s nothing more important to your performance than sleep, and I don’t care how you measure your performance....nothing breaks you faster than sleep deprivation” – Dr. Parsley, former Navy Seal

Deep sleep is when the glymphatic system (the brain’s lymph system, essentially), is activated and the glymph cells “sweep” through and clean the brain. It’s also during deep sleep that neurological repair of the peripheral nervous system occurs and when memory is consolidated. This memory is

mind memory and “muscle” memory and emotional memory. The deep sleep zone is vital to prevent what is experienced as physical burn out. This also reveals why having a nightly journal, prayer time (talk to God and listen for messages; send and receive; as we antenna for energy to pick up the vibration and energy of truth and the instincts to decode the messages) and breathwork is so powerful. We can reset and consciously cleanse our emotional responses to reframe our narrative of what story we are telling ourselves and prime our subconscious to be aware that we are ready and receptive to receive dreams that give us messages. This is where recovery of the spirit, soul, and mind come in. Connect with people you love, journal, talk with God, breathe, and get aligned with your identity and purpose in the present.

Free running sleep is the premise of sleeping when you are tired and not using alarms to wake. I have spent over a year doing this and amazingly, before going to bed, if I tell myself what time I want to get up, I am almost always right on it or near it and only miss that time if I am truly exhausted.

Dr. Jack Kruse, Dr. Andrew Huberman at Stanford labs, and others recommend to get out in the sunrise light to balance hormones and circadian rhythms and to let the light touch your skin and eyes. This is really an important factor.

Massage therapy increases blood and lymph circulation as well as releasing fasciae restrictions and relaxing tense muscles. Massage therapy also causes a parasympathetic response and causes

several neurochemicals and hormones in the body. Such changes include an increase in dopamine, endorphins, enkephalins, oxytocin, serotonin and a decrease in cortisol and substance P (a neurotransmitter that triggers the pain response).

Sleep, massage therapy, breathwork, meditation, nutritious foods, hugs, healing touch, and spending bonding time with people I love are some of my favorite therapy methods.

Healing touch is fundamental for health. Children and adults will develop mental, emotional, and even physical disorders and illness from a lack of touch.

Resources:

NSCA

“Introduction to Massage Therapy” second edition textbook by Braun and Simonson

“Beyond Training” by Ben Greenfield

“Becoming a Supple Leopard” by Dr. Kelly Starrett

“The TB12 Method” by Tom Brady and Alex Guerrero

“Chiropractic First” by Terry A. Rondberg. D.C. (Doctor of Chiropractic)

“Epi-Paleo” by Dr. Jack Kruse. (Dr. Jack Kruse on Neurohacker Collective podcast is gold)

8. Environment

What is a healthy and wise environment?

Health of our environment and health from our environment are interrelated. I recommend getting plenty of sunshine on most of your skin. This includes sunbathing and avoiding burns. I do not recommend sunscreen as the skin is an organ and what we put on it gets into our bloodstream and affects our hormone balance. However, cacao butter, aloe vera and coconut oil can enhance the quality of our skin health and provide a small protection from UV Rays. Ben Greenfield says “If you can’t eat it without getting seriously sick, don’t put it on your body.” He recommends Badger Balm, Raw Elements, Kabana, and Mexitan for sunscreens according to his 2014 book “Beyond Training.” Disclaimer: I do not know these products.

Diseases that spring up from sunlight exposure have been shown to be almost entirely diet related more so than genetic factors as our genetics can change in our own life with diet, environment, and mindset changes; as proven in epigenetics by Dr. Joe Dispenza and Dr. Bruce Lipton (quantum physics); and also by Andreas Mortiz, author of “Health Yourself With Sunlight.” This is partly due to the fact that cells of our body are composed from amino fatty acids that are digested. This brings light to the adage, “you are what you eat.” Eat life. Live life. Be life.

Grounding techniques include skin to earth contact, whether walking barefoot on grass, a beach, rocks,

or pavement. Also grounding is getting in a garden or climbing trees, rocks, or other living materials where there is skin to earth contact.

Avoid chemicals in cleaners and in the air if possible. Avoid nervous system damaging and autism causing Thermisol (a cheap form of mercury used in quackines as highlighted in “Trace Amounts” documentary). Clean up EMF pollution in your atmosphere. Be aware, synthetic scents from sprays, perfumes, colognes and candles are lab made and not natural and can cause hormone disruption. Use natural ingredient cleaners like orange, lemon, and/or lime peel or cinnamon. Use truly natural fragrances for perfumes and colognes. Do not let marketing distract you from the truth of the sourcing and lead you astray from true health.

An organized environment also helps with de-stressing. Have plants indoors to purify and enrich the atmosphere that you live and work in. Sunlight directly on most of your skin may be more important than dietary choices according to Dr. Jack Kruse. Get the early morning sunlight to balance circadian rhythm which is recommended by many ancient wisdom teachings and modern science research. Myself and others do also believe that sunshine at any time is better than no sunshine at all. It's recommended to get sunlight on most of your skin for an hour a day to have a healthy balance of vitamin D. That's a general recommendation and I recommend to individualize your healthcare. It is taught in survival schools that if you are camping and don't have water to shower to get at least one hour a day of naked sunbathing

a day to kill harmful germs as your hygiene maintenance. As Dr. Milton Mills reports, vitamin D is actually a hormone that's produced in the kidneys. Bill Nye reports that it's a hormone and produced under the skin. Think about how important hormones are for homeostasis and health. Vitamin D is a hormone! Getting sunlight is of absolute importance for optimum health.

As Dr. Zach Bush encourages us, "breathe your biome." This is because our environment directly affects our gut-biome, which is home to bacteria and more, and has direct effects on our hormones, mood, energy levels, health, and more. Avoid glyphosate and flouride. Renourish soil using regenerative farming techniques and understanding biodiversity.

Avoid toxins and connect with the divine sacred nature.

Recommendations:

NSCA

"Beyond Training" by Ben Greenfield

Dr. Jack Kruse.

Harry Massey

Dr. Zach Bush, triple board certified in Internal Medicine, Endocrinology and Metabolism, and Hospice/Palliative care.

Dr. Joe Dispenza

Dr. Bruce Lipton

Dr. Milton Mills

Andreas Moritz

"The Life Changing Magic of Tidying Up." Marie Kondo

“Abundance: The Future is Better Than You Think.”
Peter Diamandis and Steven Kotler

9. Relationships.

What are healthy and wise relationships?

True LOVE. Union. Family. Spouse. Friends.
Coworkers. Society. Community. Strangers. Aliens.
Healthy relationships. What makes a healthy
relationship? What do you want from a
relationship?

Healthy relationships and healthy communities do
exist. We can have peace in us and around us.

One word that has impacted my life significantly,
even though I am not always conscious and
remembering the word. Still, this word lives on in
my heart, soul, psyche and lifestyle. This word is
Ubuntu. A Nguni Bantu, African, saying that means
“humanity,” “I am because you are.” and “I am
because we are.” It reminds me of how Christ
teaches us to love.

Rich, meaningful, lasting, intimate relationships
matter. Hugs and physical contact and bonding
time play major roles in our physical, mental,
emotional and spiritual health, and obviously our
social health. Touch is healing and a necessity.
Hold your family. Hold your spouse. Hold your
children. Hug and hold onto your family and friends.
Be kind, gentle, tender, giving love, grace and
freedom and receiving love, grace, and freedom.

As for sleep training, I'm sure there are reasons for many things but I want to address specifically, why leave a child in a room all by themselves to fall asleep? Is that what your ancestors would have done in the tents, teepees, and the like in the wild? Would they have left a helpless little newborn baby or barely capable infant all alone and in the dark? Where did this idea come from? Is it selfish? Is it healthy? Think about this. Question what people call "normal." Seriously, why? How would you want to be treated? What do you believe in your heart and soul is the right action to help generate and sustain a healthy child and relationship with the child? Isolation can be highly toxic to someone's health. We need connection and validation. There is a time for isolation but that is usually best found when isolating by choice and with the intent of connecting and reconnecting to GOD, yourself, and others that you love in an improved and better state of being. There is what's known as the fourth trimester which is when the baby is born and the mother's heart rate and breathing help regulate the baby's heart rate and breathing. As the mother has peace, so does the baby. And fathers, as you have peace, so does the mother.

In "Belong" Radha Agrawal states that there is one study that states "Having poor social connections is as bad as being an alcoholic and twice as bad as being obese." Wow. Wow! Also, "One in four Americans report they have ZERO friends to confide in and discuss important matters with; this number has tripled in the last thirty years, according to a 2006 study published in American Sociological Review." Another quote in "Belong" is "Energy is a

great equalizer in life. It doesn't matter what you do for a living or how much money you have—the energy you put out is the energy you get back. Negative energy breeds negative community. Positive energy breeds positive community. It's that simple." I love this. Blue Zone research (Blue zones are places where people live the longest, healthy without disease, the most centenarians, and die of natural causes in old age) "attribute their health and longevity to strong family ties, enjoyable social engagements, regular exercise, and eating mostly vegetables, usually in community." Another quote in "Belong."

Further, Malcolm Gladwell has written the same thing about Blue Zones; coinciding with "The Harvard Study of Adult Development" an 80-year study of human health from 1938-present, which states the number one factor impacting happiness and fulfillment over life is having close authentic relationships, in turn affecting our health. You matter. We all matter. We, as individuals make up the whole, and everyone matters and has a gift to offer.

Abraham Maslow's hierarchy of human needs has belonging alongside the need for love. The need to belong is a fundamental need. "Human beings, fundamentally, are distinctly, spectacularly social. Lonely and isolated, we cannot survive, let alone thrive." Noam Shpancer. (Possibly you could survive and thrive as a hermit or mountaineer, but I know I want to connect and belong in healthy communities as an individual and as part of a family structure with an intimate honest loving relationship

with my God given spouse.) Tell the truth. Be open yet protect your heart. Build trust. Be the family member or friend you want to have. Relationships do play a major role in health and also purpose, happiness and fulfillment in life. Be you! Be free!

I desire to be honest and authentic, my true self, focusing on the outcome I want but surrendering the results, and doing the work (willing to do the right heartfelt thing even if it's the hard thing. Right as in right living). Truth, love, grace, wisdom, honor, peace, awareness, work, and happiness are blessings and focal points of right living. I love when people are loving and being their true self. How can we be our true self? Christ knows.

Kokoro, it's a Japanese term that Mark Divine defines as "heart and mind merging into action."

Really, the big thing for me right now is just being who I really am with people. There is so much reward, health, peace, love, grace, and freedom from being myself and actually doing what the Holy Spirit is moving me to do in thought, word, and action. The issue I've experienced is the fear or worry of the outcome. However, the feeling of being myself, my true self, acting from a true loving heart and truth loving mind, when looking back, I just feel, sense and believe that it is the right thing and doing so helps me have no regrets (or at least less regrets as I continue to learn and am not perfect). This all means having more peace, joy, love and contentment in my life and relationships. This, I choose to believe, as it lives in my heart. True

LOVE is the only thing worth living for. It is the most primal instinct we have to belong and do family life.

Resources:

“The Bible”

Neurohacker Collective (podcast and website)

“Unbeatable Mind” (book, website, and podcast) by Mark Divine

Communication and Psychology Studies Bachelors of Science from Sam Houston State University and Associates from Angelina College.

“The Pyramid of Success” by John Wooden.

“Belong: Find Your People, Create Community & Live A More Connected Life” by Radha Agrawal
A.I.R. (Academy of Influence and Reformation)

10. Lifestyle

What is a healthy and wise lifestyle?

When it comes to lifestyle, you truly must be free in your imagination and it is vital to seek “the vision” or “the epiphany.” Then, you must have the dedication, will-power, whatever you want to call it, to act out what you can to bring out the glorified vision. It’s the do something good challenge of life. Do you want to transform your home? See it, believe it, achieve it. As Nike says, “just do it.” Do you want to be a great runner? Have a run challenge. Form running. Stride practice. Distance time. Speed time. Working on developing yourself into a great runner. Why would you want to be a great runner? It’s something innate and inescapable. You can never escape from the desire to be your best. That is part of what it means to truly be alive. There is just a desire for everyone and everything to do good. I don’t know but I have faith that it is so but that does not mean to allow evil. Proverbs 8:13a “The fear of the LORD is to hate evil.”

You can choose physical things to do or you can choose events to do something good. One can even be a smoothie time. Cooking challenge. Can I make the best smoothie ever today? Game on. At least make it edible and healthy. Sometimes just completing the action is the victory, like when I completed a marathon distance of 26.2 miles. Sometimes though the challenge is to do your best, like when I played baseball or when I completed the “Insanity” beach body workouts.

Life can be hard. Life can be difficult. Life can feel like a challenge. Develop your personality, develop your person. Physically be awesome and amazing. Mentally be smart and kind. Emotionally express yourself kindly and honestly. Intuitionally be receptive and wise. Spiritually be free and loving. Kindly means family like, as kin means family. So, there's that.

Be ready for a challenge. Have fun. Play to win. Play to do your best at all times, no matter the score. You can always make the play of the game. As a pitcher, I always aimed for a perfect game to start the game. Once that would get blown, it's play to win the game. If I pitch a perfect game it means we won automatically, so of course that's what I wanted. However, once my own desire for a perfect game failed for that game, I played with all my heart and soul so that our team could get a victory. Always, play to win the game, play with respect for your self, your family, those you represent and for the love and honor of the game itself.

Choose your games wisely. What kind of games do you want to play? Anyone want to learn how to use a bow? Want to learn an instrument? What to develop engineering skills? Who wants to learn how to garden? Who wants to learn how to have family structure that is healthy and community structure that is healthy and church structure that is healthy and how can the church help the community and how can the families help the church and how can the church help the families? I say, the church should be adamant to learn the truth of how to survive and thrive and to share this

information in family settings and community gathering celebration settings. I really think that the church family would be great if there was an aspect that developed a lifestyle that was repeatable and effective.

For families, dinner time together, holding hands and praying before a meal could be part of your lifestyle choices that bring true health into your lives. Once a week or more have a family meditation or family game or meditation and then a game. Set teams, have a meditation or prayer time to harmonize together and get in sync and then a game. Then after the games, a debrief where everyone asks questions and shares thoughts and then close the event out with a meditation or prayer. This keeps us pattern seeking humans occupied and connected to the community.

How are we going to function in a new highly sophisticated society of enlightened souls? Those people are prepared and have a mind of problem solving ready to go. Think about it, how do you get water? How do you get food? How can we create city and family structures that lead to surviving and thriving? When I say thriving, I mean, food every day as an option, water every day as an option, shower every day as an option, tools, equipment, supplies that cover all the fundamental necessities of the human life, spirit, heart, soul, mind and body and even allow for creativity, innovation, advancement and ingenuity. To those who have the best of the best, congratulations, peace be with even you. Be thankful that someone is blessed. Cities, how can we make it so that everyone has

opportunity for clean fruit, clean vegetables and clean protein, clean water, clean air, and clean gathering locations in nature and building infrastructure? There is so much to this life. I would love to see this city that I love turn into a garden city, growing and hanging gardens indoors and outdoors and is known worldwide for its blessing, wisdom, love, and truth knowing. I would love for this city to replicate a land of abundance, the garden of Eden. Wildlife created in a civilized way; a jungle like city of food forests.

For every action there is a reaction. So what are your actions promoting? All actions are born out of beliefs and identity. So, who are you truly? Seek to know thyself of love through truth. Not just “your truth” which can just be the truth of your emotions, but through absolute truth which states that you are loved unconditionally just because you were born. Only 100% truth is 100% truth. There is a hierarchy of truth also, so remember to believe what is most true; that is the way of the most wise. Build your life on the rock of truth and then your thoughts and feelings will be filtered through 100% truth, not just what you believe to be true. If you build your thoughts, feelings and life on the shifting sands of lies or the oceans of emotions, you can be washed away. Build on the rock of 100% absolute truth born of 100% absolute pure and holy and real love. Hallelujah. Makes me want to dance just talking about this!

Fundamentally health consists of avoiding and cleansing from toxicity and while embracing and doing healthy living behaviors.

Patterns, principles, and possibilities.

Follow your own purified heart, listen to your soul instincts with a wise seeking and truth seeking mind and be strong, resilient, and aware to the signals, perceptions and sensations within your body and love others the way you want to be loved while loving and honoring the environment.

Sweet spot = God inspired dreams.
Live the God inspired dreams.

“The conflict between religion and science reflects a fundamental misunderstanding of both. As Ken Wilber has pointed out, there cannot be a conflict between science and religion if both these fields are properly understood and practiced. If there seems to be a conflict, we are likely dealing with "bogus science" and "bogus religion." The apparent incompatibility is due to the fact that either side seriously misunderstands the other's position and very likely represents also a false version of its own discipline.” Stanislav Grof, M.D., Ph.D., Psychiatrist, one of the founders of transpersonal psychology and creator of Holotropic Breathwork. (Holotropic means “moving towards wholeness”).

“Jesus looked at them and said, “With man this is impossible, but with God all things are possible.””
Matthew 19:26 NIV

“Heal me, Lord, and I will be healed;
save me and I will be saved,
for you are the one I praise.” Jeremiah 17:14 NIV

Praying and meditating on these questions until you have clarity of heart and mind is a wonderful practice to help provide a clear vision of the day to day life you want to live. Thank you so much, Ben Greenfield! I recommend answering these questions in the back of the book or in your journal.

“As you answer the average perfect day question, think about the following and as you write, ignite your every sense. Imagine what it feels, sounds, tastes, [smells] and looks like...wherever you are in the world on your average perfect day.”

<https://bengreenfieldfitness.com/article/lifestyle-articles/what-is-a-perfect-day-for-you/>

1. Where would you live?
2. What would your house look like?
3. What would it smell like?
4. What time would you wake up?
5. What would you do in the morning?
6. What would you think about in the morning?
7. What would you have for breakfast?
8. Where would you go for the first part of the day?
9. What would you have for lunch?
10. Who would you eat with?

11. Who would your friends be?
12. What kind of conversations would you have with your friends?
13. What are your friends like?
14. What would you do for personal fulfillment?
15. What life purpose would you strive towards?
16. What would your business be?
17. What time would you start work?
18. What would you do in your business each day?
19. What are your clients like?
20. What's your relationship like with your spouse and your family?
21. What would you do for family time?
22. What would you eat for dinner?
23. What would you talk about at dinner?
24. What would you do at night?
25. Who would you spend your time with?
26. What would your thoughts be as you went to sleep?"

Summary Notes of “The NNoHH.”

The first seven mentioned create the sphere of “I” the individual. Environment then puts us in time and space. And then relationships is what and who we connect to within the environment, other beings.

Fundamentally health consists of avoiding and cleansing from toxicity and while embracing and doing healthy living behaviors. Both are necessary.

Connect authentically within community, within family.

Union of the mind-body-breath connection to the Source.

“Breathing lightly, merging with my inner body, and bringing my attention into the present moment.”
Patrick McKeown

How do you spend your economic vote?

Hope. Belief. Trust. Hard work. Patience.
Persistence. Kindness.

Positive and good mindset: belief in self and faith in the grace of God.

Harmony and Music, as Life’s a dance.

Getting adequate and natural light, water, electromagnetism (skin to nature contact covers this) in harmony of natural law.

“If you wish to understand the universe, think of energy, frequency, and vibration.” Nikola Tesla.

Blue Zone research studying Centenarians of the planet.

Stress management practices. Balance hormones and glandular system function.

Five steps of “The Beauty Diet” by David “Avocado” Wolfe: 1. Eat superfoods 2. Detox 3. Balance hormones 4. Nourish Cells 5. Manage Stress

Practice hygiene for the skin, dental organs, hair, ears, and environment.

Natural circadian rhythms of waking periods and resting periods.

Supreme optimal health is experienced by doing healthy actions and also avoiding unhealthy behaviors and toxicity in our own mental landscape as well as in our bodies, emotions, diets, relationships, and environment.

Behavior and behavior change are part of the core of the field of psychology and theology.

I believe in surrender and discipline to pure, holy, and real love, true love, and to what is right and good.

I believe in the surrender to the guidance of God.

Practices like sacred silence, focusing effort on practicalities like time, energy, and resources such as clothes, shelter, water, finances, and clean diet. Breathwork, time in nature, dreams, and quality bonding time with the people you love and doing what you love.

Learn from others, yet live your own life.
Give and receive love gracefully, blissfully.

We are bio-electromagnetic beings that are capable of feeling, loving, breathing, imagining, connecting and more. We are holistic beings and that means each aspect of our spiritual, emotional, mental, physical, social, and environmental worlds impact and affect each other. Remember, the holistic healing ideal is wholeness which is being whole spiritually, emotionally, mentally, and physically as one. The next level is being one spiritually as a whole being united with another whole being, creating a greater whole.

Health. Vitality. Resiliency. Longevity.
“Quality health is having high energy while being able to withstand, overcome, and recover from challenges and being able to do so for a long period of time. Health is wholeness and...”

Twenty seconds of boldness is enough to change the entire trajectory of your life.

What makes you feel most alive that is ethically and morally justifiable?

What makes you feel most alive that is from pure and holy love and grace and walks the path of wisdom?

What is it you sense that you are called to do?

What are your current beliefs? Where and who did these beliefs come from?

All people have a belief programming, what is your belief programming and who and where did these beliefs come from? Are they true? Does it lead you to True LOVE?

Be you! Be real! Be free!

True LOVE is the only thing worth living for.

Everything else is an illusion.

Life is experiential.

SO, what do you want to experience?

Check out my website and blog space at
<https://tholt979.wixsite.com/iaminspired>

And I do ask that if this was positive and good for you to share this information with whoever you feel called to share it with please and thank you!

Good luck and GOD blesses! Saved by the grace of God. Thank you! I also thank Jesus Christ and the rest of my family! Stay blessed!

If you want to see God, True LOVE is the only way. Jesus said he is the way, the truth and the life. God is love, light, and spirit. God is one. Pure and holy love and grace. For the one. True love is real. Jesus is the truth, the way, and the life. Yoga means “yoked with God.” However, all of yoga is technology and can be done without religious chains or dogmatism. Just like gymnastics came from the pagen Greeks and Qi Gong came from Tao and zen culture. They are technologies (practices) used to create health in the bodily temple. I do recommend filtering so that only truth and true love remains. It's all about heaven and the true health of the spirit, soul, and body union aka the mind, body, breath phenomenon. The love of Jesus Christ saved my soul. He is my Lord and Savior, because God the creator, YHWH, the Father, is my Lord and Savior and they are one. Christ died so that we may have freedom for freedom's sake (Galatians 5:1). I believe he rose. We all have a choice. I know who I am and what my purpose is. I am a child of God and my purpose is to awake and uplift as many as possible to their spiritual realm and to experience it daily myself; to uplift and be uplifted, living my most wise life in

Christ. True religion gives personal and collective power, by the grace of God, faith, and lots of hard work. This is where the power is, true love which unites us and puts us in perfect harmony. I stand up for truth, for true love. I can attempt to write the perfect sentence over and over, but what matters is living the good life. Shalom.

Genesis 1:27: "So God created human in his own image; he created human in the image of God; he created them male and female." Miracles. Mysteries. Wonders.

Ecclesiastes 3:12 "I know that there is nothing better for them than to rejoice and enjoy the good life." CSB

With love, shalom, freedom, and strength in my spirit, heart, soul, mind, and body.

The path to wholeness for me started with sincere repentance, truth seeking, integrity, and boldness; as I was guided by love and grace while praying for wisdom and courage to love and honor God gracefully and wisely. I prayed that all that I encounter be turned into pure and holy love and grace. And then the shalom which leads to love and freedom and the Holy Spirit and all the gifts of the Holy Spirit. And I believe after that comes service and family.

We'll see.

God knows.

Short Scripture Sermon

Mark 12:29-31: "Jesus answered, "The most important is, 'Hear, O Israel: The Lord our God, the Lord is one. And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'You shall love your neighbor as yourself.' There is no other commandment greater than these."

The first one comes from Deuteronomy 6:4 written by Mosheh (Moses). The second comes from Leviticus 19:18 written by Mosheh. Jesus was highlighting what was already there. **The third commandment is from Jesus, to love as he loved; that's how they will know we are his disciples as written in John 15:12 and John 13:34**

So the first greatest command is to love God, who is love. So love, love.

The second greatest command is to love each other as if they are us.

The third command is to love as Jesus loved. (That's how they'll know we are His disciples.)

As the anointed king, the christ messiah, Jahoshua (Jesus) he came to love and to serve and to set his people free.

Hallelujah. Thank you Jesus.

Jesus said no one can come to the Father except through him. Saying, no one can know the Father unless they know Jesus. The Father is perfect infinite love. Jesus says he is one with the Father. Jesus brought perfect grace (forgiveness, blessing,

salvation and mercy) to all those who receive him as Lord and Savior. This is interpreted to be saying that no one can know perfect love until they walk through perfect forgiveness. If you have any unforgiveness in your heart, give it to God and let the Holy Spirit heal all wounds as the love of God binds up the broken hearted (Psalms 147:3) and resurrects our spirits to our real life in Christ. God is one, God is true love, true light and Holy Spirit, truly the way of life. (Mark 12:29, 1 John 4:8, 1 John 1:5, John 4:24, John 14:6). Forgive as we have been forgiven.

The Gospel of Jesus Christ (Jahshua HaMashiach, Jesus Christos; the messiah) is repentance of sins, forgiveness of sins, salvation and the kingdom of heaven. Hallelujah! Thank you Jesus.

Repentance means a sincere turn from an unhealthy, unholy, unheavenly lifestyle back towards God and a healthy, holy, heavenly lifestyle. Sin is an archery term that means to miss the mark.

True salvation is the knowing you are saved because God loves you and chose you to be saved. And the Kingdom of Heaven is within us, above us, and after us.

Mark 12:29-31 ““The most important one,” answered Jesus, “is this: ‘Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.” NIV

1 John 4:7-8 “Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God. Anyone who does not love does not know God, because God is love.”

1 Peter 4:8 “Above all, love each other deeply, because love covers over a multitude of sins.”

Colossians 3:14 “And above all put on love, which binds everything together in perfect harmony.”

1 Corinthians 13:4-8a “Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.”

1 John 4:18 “There is no fear in love, perfect love casts out all fear, for fear has to do with punishment. The one who fears is not made perfect in love.” This is the Holy fearlessness.

John 15:13 “Greater love has no one than this: to lay down one's life for one's friends.”

Matthew 5:8 “Blessed are the pure at heart for they shall see God.” I believe.

I grew up being obsessed with the book of Revelations in the Bible. Nearly every Sunday for years going to church as a kid, I would pick up a Bible in the pew in front of me and open to Revelations and just read over and over and over

again. It's the only place that talks about dragons and it is also the end times prophecy that everyone would be afraid of and warn us of, so of course I wanted to learn more. The antichrist mark of the beast system is happening and needs to stop. I trust that God will protect, provide, bless, and save his children. We are in the third and fourth generation of factory farms and the Bible says God is slow to anger, punishing the third and fourth generation (Numbers 14:18 written by Moses). This is true in biology with genetics that are passed down and it is true in the spiritual realm. We are in the third and fourth generation of factory farms, which started around World War 1 to mass produce foods for people, and now, people are starting to be treated like factory farmed animals, hence the name, the mark of the beast. We must repent and right this wrong. "The righteous care about the livelihood of their animals but even the mercies of the wicked are cruel." Proverbs 12:10 written by King Solomon.

Galatians 5:1 "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."

Revelations 18:23 "And the light of a candle shall shine no more at all in thee; and the voice of the bridegroom and of the bride shall be heard no more at all in thee: for thy merchants were the great men of the earth; for by thy sorceries were all nations deceived."

In the Original Greek, the word for sorcery is “φαρμακεία” as in “pharmakeia” as in pharmaceutical. It’s happening. Jesus Christ saves.

“And he causeth all, both small and great, rich and poor, free and bond, to receive a mark in their right hand, or in their foreheads: And that no man might buy or sell, save he that had the mark, or the name of the beast, or the number of his name. Here is wisdom. Let him that hath understanding count the number of the beast: for it is the number of a man; and his number is Six hundred threescore and six.” Revelations 13:16-18.

Bill Gates patent number for Quantum Dot (which uses Luciferase) to track who was marked is patent number WO 2020 060606: Look it up.

1 Thessalonians 5:3 “For when they shall say, Peace and safety; then sudden destruction cometh upon them, as travail upon a woman with child; and they shall not escape.”

Benjamin Netanyahu of Israel is seen pictured with “Peace and Security in the Middle East” in February 2019 (who doesn’t study the New Testament?)
<https://www.gettyimages.com/detail/news-photo/benjamin-netanyahu-during-peace-and-security-in-the-middle-news-photo/1124908381>

2 Thessalonians 2 written by Paul who was Saul.
 “1 Concerning the coming of our Lord Jesus Christ and our being gathered to him, we ask you, brothers and sisters, 2 not to become easily unsettled or alarmed by the teaching allegedly from

us—whether by a prophecy or by word of mouth or by letter—asserting that the day of the Lord has already come. 3 Don't let anyone deceive you in any way, for that day will not come until the rebellion occurs and the man of lawlessness is revealed, the man doomed to destruction. 4 He will oppose and will exalt himself over everything that is called God or is worshiped, so that he sets himself up in God's temple, proclaiming himself to be God. 5 Don't you remember that when I was with you I used to tell you these things? 6 And now you know what is holding him back, so that he may be revealed at the proper time. 7 For the secret power of lawlessness is already at work; but the one who now holds it back will continue to do so till he is taken out of the way. 8 And then the lawless one will be revealed, whom the Lord Jesus will overthrow with the breath of his mouth and destroy by the splendor of his coming. 9 The coming of the lawless one will be in accordance with how Satan works. He will use all sorts of displays of power through signs and wonders that serve the lie, 10 and all the ways that wickedness deceives those who are perishing. They perish because they refused to love the truth and so be saved. 11 For this reason God sends them a powerful delusion so that they will believe the lie 12 and so that all will be condemned who have not believed the truth but have delighted in wickedness. 13 But we ought always to thank God for you, brothers and sisters loved by the Lord, because God chose you as firstfruits to be saved through the sanctifying work of the Spirit and through belief in the truth. 14 He called you to this through our gospel, that you might share in the glory of our Lord Jesus Christ.

15 So then, brothers and sisters, stand firm and hold fast to the teachings we passed on to you, whether by word of mouth or by letter.

16 May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, 17 encourage your hearts and strengthen you in every good deed and word.” 2 Thessalonians 2:1-17 NIV

If you were being lied to, how would you know? Who do you trust and why? Do you seek to know the Truth no matter what? Do you love the Truth more so than your own ego and own illusions? Do you have the strength and wisdom to adapt, shift, and upgrade your beliefs when confronted with complete absolute truth?

Pray for wisdom. Pray for the family.

Be enlightened. Be saved. God is Truth. John 3:33.

Read John 3 in its entirety. Jesus came to save us.

Wake up. Grow up. Clean up. Show up. Power up.

He has risen. I love goodness. Hallelujah.

To my family; may you be blessed with protection, provision, eternal salvation and blessings from the LORD GOD Almighty. In the name of JEHOVAH (YHWH), Jahoshua, and the Holy Spirit, amen. Thank you Jesus. We are all children of GOD.

Amen, let it be so.

If this blessed you, please send a donation, a blessing, a thank you note or spark a conversation; or all of them. Also, please share this message.

My email is tholt979@gmail.com

Mail a check, gifting, and/or pen pal letter with stamps to: P.O. Box 3295 La Mesa, CA 91944

My **venmo** is **@Taylor-Michael-Holt** : it's a picture of me with a beard, beanie, and a smile.

My **paypal** is **paypal.me/taylormichaelholt** I'm wearing a green hat, jean shirt and a smile.

From a church of people I love.

"Connecting people with their PURPOSE; impacting communities with HOPE. Our Motives. You are LOVED, You are CALLED, You are FAMILY, You are a dreamer."

Take the narrow path my love. Blessed are the pure in heart for they shall see God. The path is wisdom, shalom, truelove and freedom. (Shalom of YHWH is the good soil for the Holy Spirit to grow. Shalom is the peace that goes beyond all understanding, health, and wholeness). Be blessed. Be saved.

I'm passionate about this work and sharing what I have found and experienced because it's about more than me; it's about all of us, individually and collectively, as the collective is created of us individuals. Individuals, families, and the collective of individuals and families. Truly, I don't mind if I am never remembered for my work, I'm one of those people who just wants to make the Gospel of Jesus Christ and the Holy Spirit famous. No amount of

science or facts (which I do love) can save a person's spirit and soul; only true love can do that. Only God can provide the true love, peace, health, freedom, connection, and unity that our spirit, hearts, and souls desire. "Love, unity, and a desire to live out our design." True LOVE is pure, holy and real. Having experienced wholeness being baptized in the Holy Spirit of Jesus Christ by lovers of Jesus Christ and worshippers of Lord Jesus, I have come to believe that True LOVE is the only thing worth living for; everything else is just an illusion.

The GOD of Wonders, Mysteries and Miracles.
The host of the Highest Heaven be with us.

Thank you. GOD bless you and GOD bless us.

This is the true love revolution.
LOVE LIKE JESUS CHRIST LOVES:
John 13:34, John 15:12

This is how we will experience peace on earth as one humanity. Love for all of us with pure hearts and the holy spirit, for real.

John 3:16-21, John 3:33, John 11.

Jesus loves us.

Truly,

Taylor Michael Holt
"Choose health."
Mark 12:29-31
Love love

All Resources Listed:

MINDSET

The Bible

“Open Focus Brain” by Dr. Les Fehmi

“The Pyramid of Success” by John Wooden

“Wooden: A Lifetime of Observations and Reflections On and Off the Court.” by John Wooden

“Unbeatable Mind” by Mark Divine

“Tools for Titans” by Tim Ferriss

“The Art of Mental Training.” by D.C. Gonzalez

“Science of the Heart” by the HeartMath Institute

“Driven From Within” by Michael Jordan

“I Can’t Accept Not Trying” by Michael Jordan

“Victorious Mindsets” by Steve Backlund

“The Ascended Life: Volume 2: A 21-Day Guidebook to Co-Ascended Thinking & Breakthrough” by Brian Orme

Wise elders.

Wisdom itself.

Your own heart.

BREATHING

The Bible

“Unbeatable Mind” by Mark Divine

“KOKORO Yoga” by Mark Divine, who says kokoro is the merging of heart and mind into action.

“Just Breathe.” Dan Brulê (foreword by Tony Robbins)

“Becoming the Iceman.” by Wim Hof and Koen de Jung:

“Wim Hof Method Fundamentals” Online Course by the Inner Fire team

“The Art of Breath” certification in person at CrossFit Los Angeles by PowerSpeedEndurance

Content from www.powerspeedendurance.com /
 now <https://shiftadapt.com> by Brian Mackenzie
 "The Oxygen Advantage" by Patrick McKeown
 (student directly under Dr. Konstantine Buteyko)
 "Science of the Heart volume 2" by the HeartMath
 Institute
 "The Root of Chinese Qi Gong" by Dr. Yang,
 Jwing-Ming
 "Mind Your Breathing." by Sundar
 Balasubramanian, PhD
 "Becoming A Supple Leopard" by Dr. Kelly Starrett
 "The Detox Miracle Sourcebook" by Dr. Robert
 Morse.
 "Original Strength Resets" by Tim Anderson
 "The Art of Mental Training" by D.C. Gonzalez
 "Beyond Training" by Ben Greenfield
 "The Tao of Natural Breathing" by Dennis Lewis
 "Breathe Strong, Perform Better" by Alison
 McConnell
 "Introduction to Massage Therapy" Second Edition
 by Mary Beth Braun & Stephanie Simonson
 "NSCA's Essentials of Strength Training and
 Conditioning" 8th Edition
 "NSCA's Essentials of Personal Training 2nd
 Edition."
 "Breatheology: The Art of Conscious Breathing"
 Stig Avall Severinsen
 "Man's Search for Meaning" Victor Frankel
 Buteyko Breathing public research
 Lou Corona (at David Wolfe's Longevity Now
 Conference: Blessed to shake DW's hand too.)
 Pranayama instruction (7 year personal practice
 before I was set free from ritual into freedom).
 MDH Coordinated Breathing (6 total lessons for
 breath and vocals development. Well worth it.)

Many, many others. People who have kept sacred
and holy knowledge and arts alive.

My own heart, mind, and life.

Holy guidance.

HYDRATION

www.nutritionfacts.org

NSCA (National Strength and Conditioning
Association),

“The TB12 Method” by Tom Brady and Alex
Guerrero

medlineplus.gov

Harry Massey, M.S., founder of NES Health
Dr. Jack Kruse.

Dr. Masaru Emoto: (MUST SEE!)

“Thrive: Fitness ‘The Vegan-Based Training
Program for Maximum Strength, Health, and
Fitness” by Brendan Brazier (triathlete)

Viktor Schauberger

NUTRITION

****“The Game Changers” documentary****

<https://gamechangersmovie.com> (for scientific
research studies and information on how to eat a
plant based diet for human health and
performance.)

David “Avocado” Wolfe (“The Beauty Diet” and
more. This man is a true legend.)

*)“The China Study” by T. Colin Campbell, PhD

***“The Miracle Detox Sourcebook” Dr. Robert
Morse*** (COMPREHENSIVE AND SPECIFIC)

*Dr. Sebi (Alfredo Darrington Bowman, helped cure
over 77 people diagnosed with AIDS just using
nutrition protocols. He won a court case in NY for
this proving their blood no longer had HIV AIDS.)

*“Alkaline Reset Cleanse” by Book by Ross
Bridgeford

“The No-Meat Athlete” by Matt Frazier and Matt
Ruscigno - ultra marathon runners.

NSCA - <https://www.nscs.com> (National Strength
and Conditioning Association)

**Dr. Brooke Goldner (her free webinars are worthy:
www.goodbyelupus.com)

Dr. Joel Furhman (advocate for phytonutrient and
micronutrient dense foods for health:)

Dr. Michael Greger - provider for nutritionfacts.org
and author of “How Not To Die.”

www.cancer.org

**“Raw Food: Life Force Energy” Natalia Rose

Genesis 1:29-31 +

MOVEMENT

Original Strength Resets” by Tim Anderson

NSCA: National Strength and Conditioning
Association

“Change Your Brain Change Your Life” Dr. Daniel
Amen

Asana, Gymnastics, Tai Chi, Qi Gong basics,

“Power Speed Endurance” by Brian McKenzie
CrossFit and CrossFit Endurance

“Stretching” by Bob Anderson

“Beyond Bodybuilding” by Pavel

“Becoming A Supple Leopard” by Dr. Kelly Starrett

“The TB12 Method” by Tom Brady and Alex
Guerrero.

POSTURE

NSCA

“Becoming A Supple Leopard” by Dr. Kelly Starrett

“The TB12 Method” by Tom Brady and Alex Guerrero

“Power Speed Endurance” Brian McKenzie

“Pain Free” by Pete Egoscue and the Egoscue Method.

“The Art of Mental Training.” D.C. Gonzalez

Dr. Ida Rolf

Feldenkrais Method

Alexander Technique

RECOVERY

NSCA

“Introduction to Massage Therapy” second edition textbook by Braun and Simonson

“Beyond Training” by Ben Greenfield

“Becoming a Supple Leopard” by Dr. Kelly Starrett

“The TB12 Method” by Tom Brady and Alex Guerrero

Guerrero

“Chiropractic First” by Terry A. Rondberg. D.C.

(Doctor of Chiropractic)

“Epi-Paleo” by Dr. Jack Kruse. (Dr. Jack Kruse on Neurohacker Collective podcast is gold)

ENVIRONMENT

NSCA

“Beyond Training” by Ben Greenfield

Dr. Jack Kruse.

Harry Massey

Dr. Zach Bush, triple board certified in Internal Medicine, Endocrinology and Metabolism, and Hospice/Palliative care.

Dr. Joe Dispenza

Dr. Bruce Lipton

Dr. Milton Mills

Andreas Moritz

“The Life Changing Magic of Tidying Up.” Marie Kondo

RELATIONSHIPS

“The Bible”

Neurohacker Collective (podcast and website)

“Unbeatable Mind” (book, website, and podcast) by Mark Divine

Communication and Psychology Studies Bachelors of Science from Sam Houston State University and Associates from Angelina College.

“The Pyramid of Success” by John Wooden.

“Belong: Find Your People, Create Community & Live A More Connected Life” by Radha Agrawal

LIFESTYLE

<https://bengreenfieldfitness.com/article/lifestyle-articles/what-is-a-perfect-day-for-you/>

www.tholt979.wixsite.com/iaminspired for free downloads of “Breathwork 101” and “The Necessary Nine of Human Health.”®

Check out my non-monetized playlist on YouTube, “Information: Non-Conformist, For Freedom”
One important interview to watch is with Robert F. Kennedy Jr. interviewed on Valuetainment by Patrick Bet-David on the history of corruption in big pharma. Don’t forget, it’s a business.

https://www.youtube.com/watch?v=QLi6ZrFp6vQ&list=PLZ_zz4LVVUyHW95QZlePk8ocsJXO5m1pO&index=17

Documentaries to watch:

“Out of Shadows” www.outofshadows.org

“Trace Amounts” the lies and harm of big pharma
<https://www.youtube.com/watch?v=pQKglol4OLE>

“The Game Changers” plant based nutrition
www.gamechangersmovie.com

“Rome In Bible Prophecy”
https://www.youtube.com/watch?v=fxlakzBUzu0&list=PLZ_zz4LVVUyHW95QZlePk8ocsJXO5m1pO&index=2&t=0s

“Unmasking the Antichrist”
https://www.youtube.com/watch?v=IQHqAWhq1ql&list=PLZ_zz4LVVUyHW95QZlePk8ocsJXO5m1pO&index=2

“We Are Literally Living Through End Time Prophecy 2020”
<https://www.youtube.com/watch?v=zmq4i0PKG3A>

“JFK to 911 Everything Is A Rich Man’s Trick”
https://www.youtube.com/watch?v=8ObvK4NR_LI&list=PLZ_zz4LVVUyHW95QZlePk8ocsJXO5m1pO&index=13

“Vaxxed: From Cover Up to Catastrophe”
<http://vaxxedthemovie.com/>

“Robert F. Kennedy Jr. Destroys Big Pharma, Fauci, & Pro-Vaccine Movement.”
 Valuetainment <https://youtu.be/QLi6ZrFp6vQ>

“Hoaxed” <http://hoaxedmovie.com/> How the media misleads the public.

“Plandemic” and “Indoctrination”

<https://plandemicseries.com/> Two part series revealing that SARS-CoV2 was made in a lab and also how the media is manipulating the lie.

Epoch Times Documentary Reveals Origin of Wuhan Coronavirus Lab Leak:

https://www.theepochtimes.com/documentary-tracking-down-the-origin-of-wuhan-coronavirus_3313091.html

Summary of the Spike Protein and Graphene Oxide Detoxification Protocol by: David Wolfe. This is the direct protocol that he has emailed out in his newsletter.

<http://bit.ly/SpikeProtein>

This is the updated Nutrition protocol to protect those who’ve been injected with spike protein, graphene oxide and mRNA and the same protocol is useful to protect those concerned with the spike protein and graphene oxide shedding coming off those who’ve been injected. We now have evidence of the latest injections containing: mRNA, spike protein, graphene oxide, SM-102, and numerous other potentially toxic substances (also: some—but not all—injections, appear to be higher in graphene oxide and some appear to be saline placebos).

If you know someone who has been injected and requires help, please provide them with this Nutrition Protocol:

Most Important Elements of the Protocol (Shortlist Summary)

Spike Protein: Shikimate neutralizes the Spike Protein

Shikimate Main Sources to Detox Spike Protein

- Pine Needle Tea for shikimic acid or shikimate (from green edible pine needles) There are toxic pine needles, be careful! When drinking pine needle tea, drink the oil/resin that accumulates too! And/Or

- Fennel and/or Star Anise Tea

And/Or

- Schizandra Berry Tea

- Iodine* (dosage depends on brand, more is not better). Iodine is a product you have to start with small dosages and build up over time.

- Vitamin D3* (10,000 IU's per day)

Graphene Oxide Detox:

- C60 (1-3 droppersfull per day): One of the issues we are seeing with those who have been injected is disturbances in their energetic field (magnetism) and hot spots of inflammation. C60 is a rich-source of electrons and acts like a fire extinguisher to inflammation and simultaneously (because it bio-distributes throughout the body) drives a

normalization of electron flow throughout the body. In this category, we offer two products, the traditional C60 product* is made by yours truly and the C60 SuperConcentrate* is made by a carbon scientist friend of mine and contains a higher concentration of electrons. C60 is recommended to neutralize spike protein, detoxify graphene oxide and SM-102.

- Kohlbiter Activated Charcoal: Take between 400-2000mg (1-5 capsules) a day with water.
- NAC: N-Acetyl Cysteine is the best precursor to glutathione in the body which has the best research for neutralizing graphene oxide. Take 900-1800 mg a day. Get it while you can. The US Federal communist government is trying to make NAC illegal unless you have a doctor's prescription.
- Enzymes (especially those containing serrapeptase and nattokinase such as VeganZyme— dosage for VeganZymes is 3 caps, twice daily):
 Serrapeptase: Serrapeptase provides the anti-inflammatory breakdown of excess and unusual protein. Dosage: 100-200 mg on an empty stomach per day.
 Nattokinase: Nattokinase has a long history of being used to prevent blood clots. 2000-4000 Fibrinolytic Units per day (2-4 capsules) with or without food.

Special Note: Ivermectin is showing great promise against hydrogels containing graphene oxide and found on PCR test swabs, but it is a

pharmaceutical, so I do not include it. (Personal note from the author, I have taken Ivermectin and I felt better. I could feel my heart and my liver both detoxing. It is an anti parasite and won a Nobel Prize in 2015 and is a required essential medicine needed in every hospital according to the W.H.O.).

Here is the Complete Protocol

- Coated Silver (1-6 drops per day, depending on degree of exposure) (Coated silver blocks the sulfur-bearing protein on the spikes from entering the cell. Sulfur-rich amino acids on the spike protein interact with silver causing them to fold incorrectly).
- NAC (N-acetyl cysteine) (accelerates detoxification and is considered a producer of the super detoxifier glutathione in the body) Dosage: 1200-2400 mg per day on an empty stomach. NAC is recommended to detoxify graphene oxide and SM-102. NAC is tough to find after the FDA recently made it illegal to purchase over the counter in the USA. Request NAC from your doctor!
- Zinc (30-80mg per day depending on immunological pressure)
- Vitamin D3* (10,000 IU's per day)
- Liposomal Vitamin C (30ml, twice daily)*
- Quercetin (500-1000 mg, twice daily)*
- Iodine* (dosage depends on brand, more is not better). Iodine is a product you have to start with small dosages and build up over time.
- PQQ* (20-40 mg per day)

Shikimate Main Sources:

- Pine Needle Tea for shikimic acid or shikimate (from green edible pine needles) There are toxic

pine needles, be careful! When drinking pine needle tea, drink the oil/resin that accumulates too! Shikimate, shikimic acid and their derivatives possess: cancer fighting, antiviral, antimicrobial, anticoagulant and antithrombotic properties.

- Fennel and/or Star Anise Tea: These are also an excellent source of shikimate or shikimic acid (which is known to neutralize the spike protein)
- Schizandra Tea: Ranked in the top three of all superherbs on Earth. Schizandra berries are rich in shikimate amongst numerous extraordinary other properties.

• C60 (1-3 dropperful per day): One of the issues we are seeing with those who have been injected is disturbances in their energetic field (magnetism) and hot spots of inflammation. C60 is a rich-source of electrons and acts like a fire extinguisher to inflammation and simultaneously (because it bio-distributes throughout the body) drives a normalization of electron flow throughout the body. In this category, we offer two products, the traditional C60 product* is made by yours truly and the C60 SuperConcentrate* is made by a carbon scientist friend of mine and contains a higher concentration of electrons. C60 is recommended to neutralize spike protein, detoxify graphene oxide and SM-102.

- Charcoal (2-4 capsules a day): Charcoal is the pre-eminent detoxifier and when taken on an empty stomach, works its way down into the intestines and activates a blood purification process known as “interstitial dialysis”. Our Kohlbitr* product is the

premier activated coconut charcoal in the world and we also now offer the more gentle birch charcoal.*

Hesperidin sources to help disable s.pike protein:

- Citrus fruit (especially blood oranges, due to their high hesperidin content — hesperidin is a chalcone like quercetin that deactivates spike protein)
- Peppermint (very high in hesperidin)

Superherbs to help disable spike protein:

- Triphala formulations: In Sanskrit, the word Triphala means "three fruits": a combination of Indian gooseberry (*Emblica officinalis*), black myrobalan (*Terminalia chebula*) and belleric myrobalan (*Terminalia belerica*). The terminalia fruits are rich in shikimate.
 - St. John's Wort (shikimate is found throughout the entire plant and in the flowers)
 - Comfrey Leaf (rich in shikimate)
 - Feverfew (leaves and flowers are rich in shikimate)
 - Ginkgo Biloba Leaf (rich in shikimate)
 - GiantHyssop or Horsemint (*Agastache urtifolia*) (rich in shikimate)
 - LiquidAmbar (Sweet Gum tree) A tea of the spiky seed pods is rich in shikimate.
 - Glycyrrhiza glabra (Chinese medicine's licorice root): Glycyrrhizic acid is extracted from the root of the licorice plant inhibits spike protein.
- <https://pubmed.ncbi.nlm.nih.gov/33041173/>

Foods

- Carrots and Carrot Juice (rich in Shikimate)
- Dandelion Leaf (Common dandelion (*Taraxacum officinale*) efficiently blocks the interaction between

ACE2 cell surface receptor and spike protein D614, mutants D614G, N501Y, K417N and E484K in vitro)

Plant Sprouts

- Wheatgrass and Wheatgrass Juice (the young blades are high in shikimate)
- Legume family beans that are generally considered to be rich in shikimate. I have found testing of 5 sprouts and all were rich in shikimate: red kidney bean (*Phaseolus vulgaris*), moth bean (*Vigna aconitifolia*), soybean (*Glycine max*), mung bean (*Vigna radiata*) and alfalfa (*Medicago saliva*). All these were analysed for their shikimic acid content during germination: so the sprouting process is key to activate shikimate production.

Enzymes

- Nattokinase (enzyme) and Natto is a traditional Japanese food made from soybeans fermented with *Bacillus subtilis* var. natto. Natto (also rich in vascular protective Vitamin K2) and Nattokinase have a history of being used to prevent blood clots. The idea is here is that the enzyme Nattokinase goes to work dissolving clots. 2000-4000 Fibrinolytic Units per day (2-4 capsules) with or without food.

Again, this information came from the world renowned David "Avocado" Wolfe. Thank you, David, for your dedication to truth, love and health. "Educate, empower, inspire."

Be healed.



Dedicated to the One.

Life is experiential.

SO, what do you want to experience?

True LOVE is the only thing worth living for;
everything else is just an illusion.

“God, guide me with grace and gratitude.”

Let there be light, let there be love.

May you always see the beauty.

Sauld. Aloha. Shalom.

Thank you Jesus.

Hallelujah

Sat Nam

Ein Sof

A dios

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