

Contents

Intro	9
Signposts Are All-Around	13
We see only 1% of the light spectrum.....	16
Simple hack	17
What does this have to do with my life	27
Tuning The guitar Of Life.....	30
Hack 1 Breathing	33
Down the rabbit hole.....	36
Your Next Breath	38
Just breathe.....	40
.....	40
Galileo’s Telescope	44
Quantum breathing	47
Conscious versus unconscious breathing.	52
The Owners Manual	58
How Do I Meditate?.....	60
Does the universe stop and pay attention to us	61
Breathing Through Your Mouth	63
Always On Inside Of You	64
Last Breath	66
Occam's razor	68
Hack 2 You are the foods you eat	69
Food is your medicine.....	78
David Sinclair Diet and Key Principles for Longevity	82
Key principles for a longer life by David Sinclair	83
The David Sinclair diet	83
The importance of exercise.....	84
Dr. Sinclair about intermittent fasting.....	84
Best supplements for longevity by David Sinclair	84
Vitamin D3.....	84
Omega-3 fatty acid	85
Resveratrol	85

Probiotics	85
Nicotinamide Mononucleotide (NMN)	85
Spermidine	85
Quercetin and Fisetin.....	85
Vitamin K2	85
Other longevity factors to take into account	85
Meditation.....	86
Cold therapy	86
Lifestyle choices.....	86
David Sinclair: How to Change Your Diet to Live Longer	87
<i>Less Calories, Longer Life</i>	87
<i>Longevity-Related Molecules: Sirtuins, mTOR, and AMPK</i>	88
<i>Fasting to Control Longevity-Related Molecules</i>	88
<i>How Should We Fast?</i>	89
<i>What To and Not To Eat?</i>	90
<i>Takeaways</i>	91
What is intermittent fasting.....	93
Intermittent fasting and Ketosis	97
The Five Stages of Intermittent (and Prolonged) Fasting.....	101
What is Autophagy	105
Coffee and Ketones	118
STUDY SHOWS COFFEE IN THE MORNING INCREASES KETONE LEVELS	118
DOES COFFEE KICK YOU OUT OF KETOSIS?	119
Insulin Resistance Diet Separating Fact From Fiction	120
What is Insulin?	121
What is Insulin Resistance?.....	121
What Causes Insulin Resistance?	122
How Can Diet Prevent and Reverse Insulin Resistance?	123
Mediterranean Keto for Insulin Resistance	123
High-fat Low-Carb vs. Low-Fat High-Carb	124
Intermittent Fasting for Insulin Resistance.....	126
Why High-Fat Low-Carb Diets Improve Insulin Sensitivity.....	127
Insulin Resistance Diet: Takeaway.....	127

Hack 3 Exercise snacking	129
Hack 4 The Health Benefits of Walking Backward, According to Fitness Experts	132
Who Should (and Shouldn't) Try Walking Backward	136
The Bottom Line	137
Who Should (and Shouldn't) Try Walking Backward	138
The Bottom Line	139
Hack 5 Sugar and plaque	140
.....	140
Hack 6 Healing Is A Realization Not A Destination.....	141
Two steps forward one step backward	145
Zack Bush Hacks	147
Zach GLYPHOSATE + TOXINS.....	147
Zach Proactive Ways.....	150
GET OUTSIDE	151
EAT REGENERATIVELY	151
GROW ORGANIC COMMUNITIES.....	151
DIVERSIFY YOUR DIET	152
AVOID PROBIOTIC USE.....	152
PROTECT YOUR GUT	153
JOIN THE REGENERATIVE MOVEMENT	153
Zach Roll in the dirt.....	154
If science proved	159
Hack 7 Internal Radar	161
New CDC report: More than 100 million Americans have diabetes or prediabetes.....	161
Commentary.....	164
Body Signals- Are You Listening?.....	165
Love your body as much as your friend.....	165
Respect your body like your wisest teacher	166
Ignoring body signals about our inside world	167
Ignoring body signals about your outside world	168
Learn to communicate with your body	169
Misinterpreting body signals	170
Use body signals to get to know your true nature	172

About the Author: Ilona de Ruijter	172
Reversing type 2 diabetes starts with ignoring the guidelines	173
Metabolic syndrome	182
Mark Hyman.....	183
Science can be biased	184
Age Is Timeless	187
Gulping down the food	191
Jim Cokas.....	192
Esmerelda Kay	194
Hack 7 Sleep	195
Sleep	197
Can't Go Back To Sleep	199
Sleep is a mental factor	202
Sleeping Meditation	204
Tips for Getting a Good Night's Sleep.....	207
How Functional Foods May Improve Sleep and Immune Health	212
BEST FOODS THAT HELP YOU SLEEP.....	216
15 Best Foods to Eat Before Bed.....	217
1. Fish.....	217
2. Turkey.....	217
3. Almonds	217
4. Whole Grains	218
5. Warm Milk	218
6. Tart Cherry Juice	218
7. White Rice	219
8. Lettuce	219
9. Bananas.....	219
10. Yogurt.....	220
11. Kiwi	220
12. Chamomile tea.....	220
13. Eggs	221
14. Kale.....	221
15. Barley Grass Powder	221

Other Foods and Drinks that Help You Sleep	222
Foods to Avoid Before Bed	222
Tomato-based sauces	223
High-fat food.....	223
Fried Food	223
High Sodium Food	223
Spicy Food	223
Drinks to Avoid Before Bed.....	223
Coffee	223
Alcohol.....	223
Sugary and Energy Drinks	224
Black Tea	224
How Does Your Diet Affect Sleep?	224
Is Eating Before Bed Bad?	225
Conclusion.....	225
How Foods May Affect Our Sleep.....	226
How Lack of Sleep Affects Junk Food Cravings.....	230
THE LINK BETWEEN SLEEP LOSS AND CRAVINGS	231
AROMAS ARE MORE ENTICING WHEN WE'RE TIRED	232
THE BOTTOM LINE	232
Does Junk Food Cause Insomnia? Here's What the Science Says... ..	233
Why is Eating Junk Food Causing Insomnia All Of a Sudden?	233
The Effect of Junk Food on Gut Microbiota	235
Junk Food and Mental Illnesses	237
Junk Food, Obesity, and Sleep	238
Sugar and Insomnia.....	238
Summary: Can Junk Food Cause Sleep Problems?	239
A Good Night Sleep.....	240
Hack 8 Ponders these over	242
Depression and PTSD.....	242
Intuition And Synchronicity.....	245
Cloudy Health	248
Dialogue Vs Flaming	251

The Quantum Field	253
Chakras	255
Silence.....	257
Cultivating The Mind	259
Ego Vs Humility.....	262
The Mind Of God	265
Think Outside Of The Box	267
It's Been There All The Time	269
What Is Panpsychism.....	271
Hack 9 Only you can reprogram your software	274
What Is A Dream	276
What Is Real	278
What Is The Difference Between A Dream And An Outside Event	281
9 to 5 Existence	284
You Are A Genie	287
You Are Living On Remote Control.....	289
Dreams Do Come True.....	292
From Thought To Energy To Matter	295
Tapping	298
Mind Movies	302
Meditating Upon Your Dreams	304
Basic Law Hacks.....	308
The Law Of Silence.....	308
The Law Of Cause And Effect	315
The Law Of Laughter.....	322
The Law Of Giving And Receiving	327
The Law Of Prosperity And Abundance	336
The Law Of Balance	343
The Law Of Health	348
The Law Of Rest.....	355
The Law Of Enlightenment.....	362
The Law Of Life And Death.....	367
The Law Of Communication.....	373

The Law Of Free Will.....	379
The Law Of Unity	386
The Law Of Kindness.....	391
The Law Of Practice	398
The Law Of Calibration.....	401
The Law Of Intuition	405
The Law Of Prayer (The Law Of Gratitude, The Law Of Devotion)	408
Hatha Yoga.....	416
Closing	419

Intro



¹A body hack is a usable technique that can make an improvement to improve a person's life, health or mental state. These techniques are generally learned through real-life experience and are not necessarily medically recognized. [Body hacks](#) may work for some people and not for others and the only way to find out is to give them a try.

For some unknown reason, my brother and I have been using body hacking in one way or another for most of our life.

I don't know why. We both seem to think outside of society's boxes.

Even when we were quite young, both of us knew that life was absolutely incredible. Yet we saw the life that people lived was mundane. We knew there had to be a better way of living.

Somehow we knew that the answers existed inside of us. We knew we are all tied together through the thread of love.

Most people back then and even now will fluff that off. They would say that is impossible.

Talk to any quantum scientist and they will all agree that there is a thread tying the entire universe together.

When I first started surfing during the 60s, you were considered an outcast if you surfed.

Today it is a part of society. Much has changed since back then.

¹ <https://www.brainz.org/25-body-hacks/>

When I took up a yoga practice during my senior year of high school that was considered a state of being a rebel. You were almost placed in the same category as a communist.

Today yoga is everywhere. It takes a couple of decades for something that is considered outside of the box to be integrated into society at large.

I'm going to try to share the hacks that I use daily in my life. They have been quite useful for me. Mind you I'm not going to try to convince you. I'm not here to hype them either. The world has so many people trying to sell you something. I have nothing to sell.

The wisdom exists inside of you. Imagine the greatest computer in the universe exists inside of you. The Operating system, hardware, and software have been there since you were born.

The trouble is you never turned on the computer. For most of our lives, we are texting on the freeway of life. Our focus solely is external.

Originally I was going to call this book common sense is uncommon. Yet the more I thought about it, the word hack came to mind.

As I said at the beginning of the intro, a hack is a useful technique that can improve a person's life, health, or mental state.

These hacks were never taught to us in our schools. We will go over these hacks in detail.

This book literally if you took the advice could change your life forever.

For one to change, knowledge must be understood by the body and mind to make proper actions occur.

You must be willing to be strong to make proper decisions in your life. One must be trying to be more conscious of the affairs that we all live day by day.

Most of us live automatic lives. Over 95% of our actions are dictated by the subconscious mind. We only see 1% of the light spectrum.

We must learn how to reprogram our subconscious. We need to rewire our brains. We need to learn how to create neural networks that are beneficial for our lives.

The world at large is chaotic because our biochemistry is chaotic. We think we are so smart. Look at this world today and chaos is all around us.

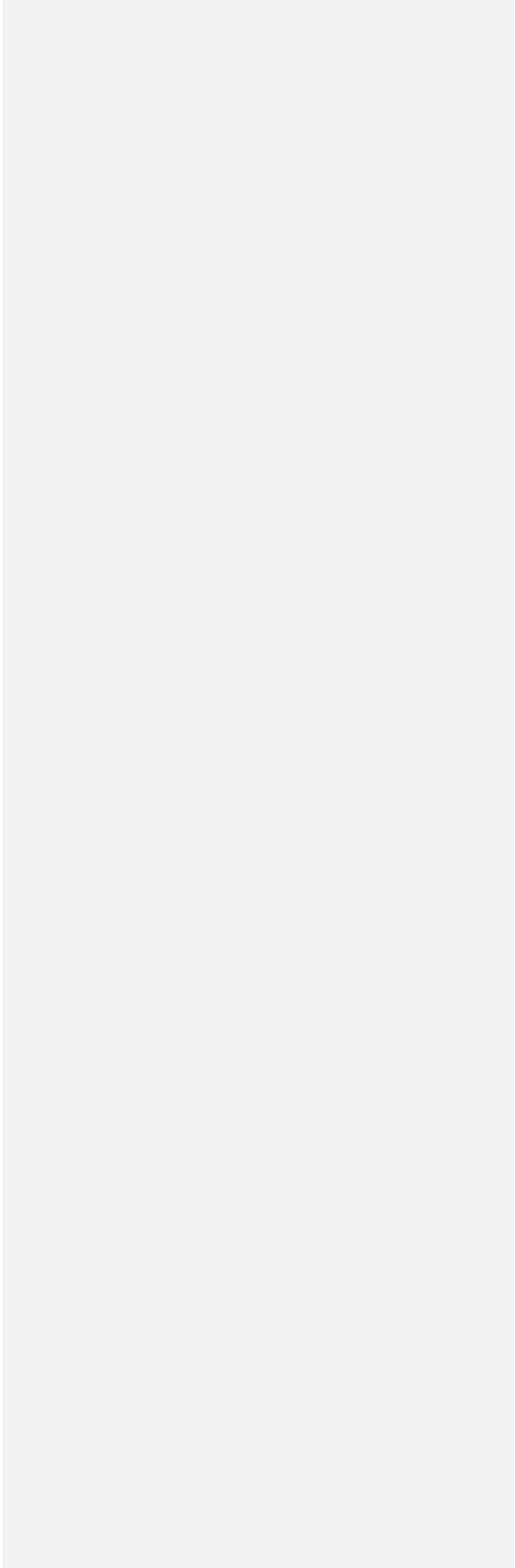
The world is a reflection of mental states. We need to recalibrate all the known systems that are out there. Not only outside but inside of us.

The funny thing we think that so don't need to change. I'm happy with the state I'm in. That is called apathy.

Look I don't want to judge you because you have free choice. But what I'm saying is the grandest car in the universe lies inside of you. The garage door is closed and cobwebs are over the car.

You have forgotten that this car is meant to be taken out daily for a spin. Meanwhile, the car just sits in the garage doing nothing but gathering dust.

I hope you enjoy this book. It doesn't matter who you are. You are the universe and you just don't know it. Signposts are all around yet we don't have the eyes to see.



Signposts Are All-Around



Can you imagine signposts are all around but do we have eyes to see? Nature is alive and communicating with each other.

But we have cell phones in our hands. Magic is all around us but we can't see it. Imagine the mysteries of life are all around us but we don't see them.

This is the journey of walking from darkness to light. We think we have all the answers yet we are living in darkness.

If we think we are living in the light then we have been fighting for thousands. Why do we have guns and violence? Why do we have 45 billionaires who have more money than half the population?

This is a journey we are walking on. Kids you have a say in this matter. The torch someday will be passed to you. Someday you will lead the way.

Take a look at the sun in the sky. It just shines. It has nothing to prove. Its rays keep the entire earth alive. Now that's true magic. It is not a slight of hands. It's not some magic trick that appears real but it's not. It's the real deal.

Every step you take over the time you can start to see the signposts are all around. You will begin to see the majesty of the geese and ducks flying in the air. You will love to hear the geese honking in the sky. It will bring a chill down your back.

You will begin to learn to sit on a park bench and take in the beauty that surrounds you. You can close your eyes and tap in and communicate with nature. Nature is alive.

How about not getting bored? You won't need to have your cell phone with you twenty-four hours a day? Yes, you can still have your cell phone but it will be different.

Imagine looking into your friend's eyes and seeing yourself. Whoever you may encounter you see a reflection of yourself. How could you harm anyone in that state? There would be no more flaming posts on the internet.

No more bullying. No more sexual harassment. This would be a thing of the past. How about no more school shootings? No more wars. No more guns and violence. No more crime.

If you think this can't happen then think again. Your civilization is only 50,000 years old. There are worlds out there that existed before the universe was born. They had to take small baby steps along the way. Ultimately some succeeded and they went out and helped others on this journey of life.

Help is on the way. Yet you have to ask for it. You see you have free will. That is the law of the universe. The universe is playing a hide-and-seek game with you. This is the game of life. This is the greatest game ever played. It will go on for eternity.

So you are a piece of the puzzle. Your piece is super important. Imagine having billions of pieces of the puzzle put together. Yet there is a missing piece. It's yours. Will the puzzle be complete? Now one is missing and it's yours.

You can begin to learn how to be a global citizen of the universe. You can learn how to be kind. You can learn how to have love and compassion for your fellow man. You can learn how to have patience and tolerance.

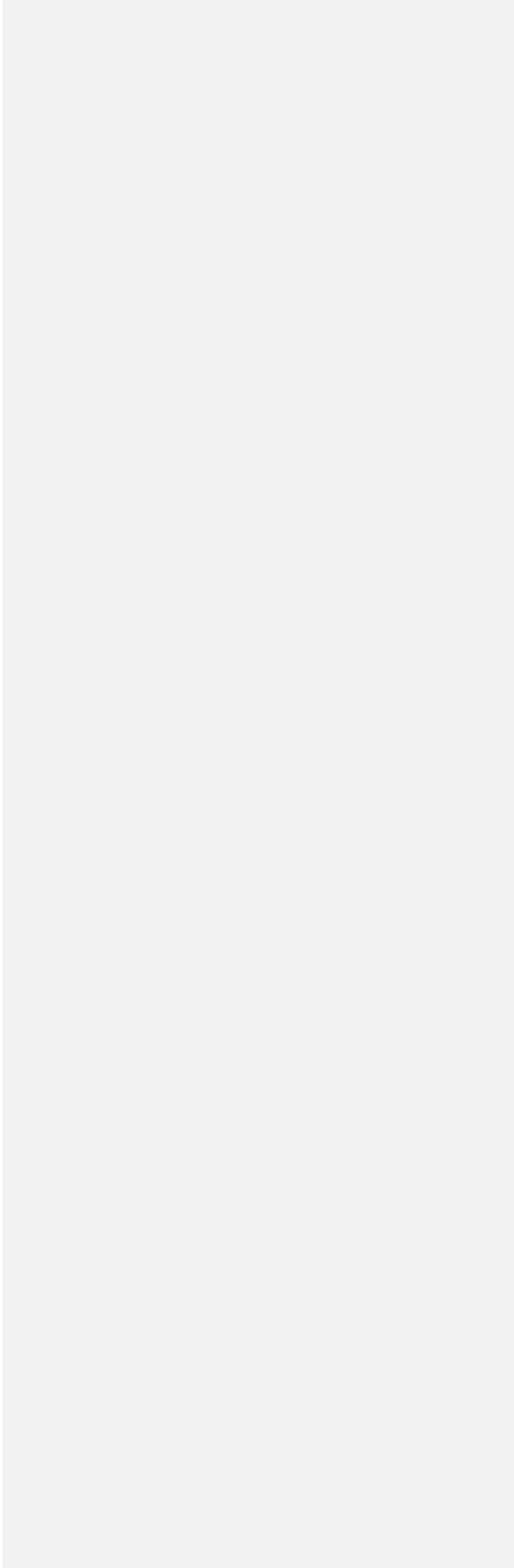
You will once again discover the laws of the universe exist inside of you. You will start pulling all the negative weeds from your garden inside. You can do this. Our world isn't the first nor are you the last to walk from darkness to light.

You see you aren't alone. How would you like to feel that there is a great coach inside of you? You can feel it. It's so familiar. It's a part of you. How about a part of you is already the universe and a part of you lives in this world? You have the potential to realize this daily.

In the early 1950s, Roger Banister run a sub-four-minute mile. Nobody thought it was possible. Months later the barrier was broken and even some high schoolers did this.

You have the same potential. There is a precious jewel that lies within you. Millions of people are waking up from their slumber.

Signposts are all around you. Just open up your eyes. The story continues.



We see only 1% of the light spectrum

I find it quite fascinating that we see only 1% of the light spectrum.

Yet we have the hardware and software to discover God.

One of the greatest Mystics once said the following.

If the eye be single thy whole body shall be filled with life.

The world of science and mystics are merging.

Modern-day scientists are talking about the human body being wired to the quantum field.

We can only see 1% of the light spectrum with our physical eyes.

Yet inside of us lies the pineal gland which is the doorway to the quantum field.

Mankind thinks what he sees is reality.

Yet we are almost missing the entire picture.

The great mystics call this Maya.

Maya is a great illusion.

Ponder this over.

We can't even imagine what we are missing.

Simple hack



This Is Arguably The Easiest Way To Fix Your Surfing Posture | Ba...

Ombe Surf • 3.6K views

Garry got taken on a one-day journey to fix his posture. Clayton explained everything related to back foot and front foot surfing. Ho...

0:00

You're Gonna Roll in

0:01

just go around the black line

0:05

okay and all I want you to do is to feel

0:10

[Music]

0:18

and stop

0:21

how did that feel

0:27

good

0:28

okay now what if I was to tell you that

0:32

you were doing it the hard way

0:34

then I want to know what the easy way is

0:37

all right so

0:39

I want you to push me around the black

0:42

line

0:43

okay so here we go

0:45

put your hand on my hip okay I want to

0:49

put my pressure up just just feel that

0:51

feel what it feels like to push me

0:52

around feel this okay now watch when I
0:55
change your front side
1:01
[Music]
1:03
foreign
1:05
[Music]
1:10
to back foot
1:13
push again
1:15
yeah it's completely slowed down
1:19
[Music]
1:26
[Music]
1:30
when you go around
1:33
try to get your back knee pointy a
1:35
little bit more forward to your hips
1:36
pointing a bit more forward and your
1:39
hands in front
1:40
okay and just face the front of the
1:42
skateboard and go around
1:44
okay
1:46
okay tell me how that feels
1:56
Cap all right and come on back now what
2:01
if I were to tell you that there's an
2:02
easier way to go around
2:04
what is it
2:06

okay I swear put this skateboard down
2:13
okay I want you to
2:16
pick me up to touch that rafter on the
2:18
count of three one two three
2:22
okay so I did an extension yep all right
2:25
I'm going to do it again
2:27
one two three
2:30
I've just done my back foot I'm leaning
2:32
back
2:36
okay so come down here
2:40
put your front foot up there so now your
2:42
Goofy's are going to face me all right
2:43
now on the skate ramp if you go up
2:46
you're going to get speed
2:47
so if I use my back foot to shift my
2:50
head over the front foot
2:53
and then I straighten on the front leg I
2:55
go up
2:56
okay you're on your back leg weight on
2:59
your back leg twisting
3:02
how's that going to make you go up
3:05
okay so here's what we're going to do
3:08
come to the bottom of the ramp
3:12

stand on the board
3:16
widen your stance so stand over the
3:19
front truck and stand over and take your
3:21
foot off the kick yes
3:23
okay you're looking down chin up there's
3:25
your balance
3:26
now can you see this shoulder is in
3:28
forward
3:29
so this shoulder's leading so you're
3:31
going right foot right hand which is not
3:34
how you move we'll go right foot left
3:36
hand
3:37
so if you can square that up
3:39
you'll feel that your weight is now on
3:40
your front foot
3:42
you feel that
3:43
okay stand taller
3:45
okay so here we go around look at two
3:49
point your front knee up
3:51
you're on your back foot
3:53
okay look put your head over your front
3:55
foot look further ahead
3:58
okay don't move just feel
4:00

don't move don't move just feel you're
4:02
on your back leg can you feel that
4:06
okay
4:07
now
4:09
feel feel this bit soften your knee
4:12
soften
4:13
stand up you're on your back leg soften
4:16
soften stand up soften stand up you're
4:20
on your back leg you're on this leg
4:23
okay so every time you're trying to get
4:25
even though you're going forward you're
4:26
on this leg
4:28
okay you should be on that leg
4:33
okay so I want you to change your legs
4:38
stand up straight
4:40
like yeah
4:42
okay let's just test this take this foot
4:44
off the board now you're on your front
4:46
leg now put it back softly now compress
4:48
this leg stand up
4:50
compress that legs gently down keep that
4:53
foot there and press stand up less
4:56
softer compressed stand up softer okay
4:59

now here we go stand up
5:01
relax
5:03
look where you want to go
5:06
changed
5:08
stand
5:10
up and up and up and up and up now don't
5:18
move just feel listen to the ramp
5:21
there's a down up down on the Downs push
5:25
down push down push down down to the
5:30
front down down down
5:32
push down
5:34
to the feel of difference
5:37
amazing
5:40
okay can you feel a difference there yes
5:42
okay now
5:44
too heavy on the back foot yes for a
5:46
long time that makes you so flat you
5:49
can't get your board on rail
5:50
so Gary doesn't know that he was a heavy
5:54
backward Surfer one of the reasons one
5:56
of the towels is a few
5:58
left arm left foot forward makes you
6:01
back foot but when we run because we use
6:04

our spinal engines where we twist when
6:06
we run if we go Left Foot Right Hand
6:08
forward even if you throw a punch it's
6:11
that
6:12
so simply by squaring him up it puts him
6:15
on the front foot
6:16
then by making him mindful to compress
6:18
the front leg it helps him with his
6:21
trajectory
6:22
now there's one more thing that we're
6:24
going to add to that to make you
6:27
move better it's where you look is where
6:30
you go you're looking down all right so
6:32
watch wash my posture change all right
6:35
so as I look you don't you don't do this
6:38
okay you do this
6:41
see how my back foot
6:44
versus
6:45
I'm looking down you can see my toe I
6:47
can see your toes I can see the top I
6:50
don't have to shift my whole posture to
6:52
look down so as you get speed you're
6:55
like oh don't fall look down you're on
6:57

your back foot you can't move
6:59
okay so you want to keep that that back
7:01
nice and straight look where you're
7:03
going and then just point your hands
7:04
where you want to go right it's going to
7:06
change your looking down posture
7:08
okay
7:10
now the other thing
7:12
you're doing too much do less
7:15
okay stay on the board
7:18
right foot right hand stand up stand up
7:21
stand up stand up stand up stand up
7:22
stand up tall yep
7:24
relax your back foot
7:27
yes stand up
7:28
I said stand like this all day what
7:30
would you do wouldn't you straighten
7:32
your leg good
7:34
okay
7:35
now
7:36
look where you want to go pretend you've
7:37
got a cup of coffee in your hand to
7:39
relax ah relax relax you're pulling back
7:42

relax relax you're leaning back relax
7:45
relax the song relax where are you
7:49
looking
7:50
look at your line relax this you don't
7:53
need that arm relaxed
7:54
put it behind your back on your front
7:57
foot push down ah soft down soft down
8:02
pulling back yeah there it is relax push
8:06
down push down push down
8:09
ah jerk push soft soft you down now
8:13
stand tall push down tall push down tall
8:17
push down on your back leg
8:20
tall push down push down and down
8:25
pulling back head forward push down
8:28
relax that hand
8:30
push down you're on your back leg you're
8:33
using this one change it
8:35
change the leg
8:37
okay let me change it for you slow down
8:40
feel this
8:42
now bend your knees knees there knees
8:46
knees knees excellent
8:52
excellent
8:54

oh Gary doesn't know
8:57
is that
8:59
he's got his weight on that back leg and
9:01
he thinks it's forward because his
9:03
head's over the foot but it's easier for
9:06
him to lift that leg up impossible to
9:09
lift this leg up but as soon as I
9:11
created his posture
9:13
okay it was easier than to lift that leg
9:15
up
9:16
which means he's then more front footed
9:19
okay so much easier correct all right so
9:22
now from here this is really easy
9:24
because look at look at the ankle
9:25
Mobility moving right which means I can
9:27
change my stance
9:29
all right I can step back for a big turn
9:31
I can step forward for a barrel you
9:34
can't change the stance
9:36
which which means you're limited to the
9:37
things that you can do
9:39
which means that when you've got to
9:41
adjust for different parts of the wave
9:43

and you can't adjust you don't take the
9:45
risk
9:46
but if you could adjust and get
9:48
comfortable you'd take way more risk
9:50

[What does this have to do with my life](#)



I bet you today that around 99% of the people who surf, surf against the laws of nature.

Surfing is a struggle. They try to force things. Common sense is uncommon. You could see quite the difference between when the surfer had his weight on his back foot and when his weight was on the front foot. It made all the

difference in the world.

In surfing, you must be in harmony with the wave and the wave will dictate to you to go faster or slower.

The main thing is to be aware and make subtle changes in your balance. Unfortunately, we never learned this as beginning surfers.



We didn't have a clue. My dear friend Nick was the exception to the rule. Somehow when he surfed he was like a ballerina on the water. He was in harmony with the wave.

I often wondered why when I surf my back was slouched over when I surfed. I could never quite figure it out.

50 years later I stumbled upon these coaching YouTube videos and I learned that by having your main weight on your back foot automatically, your back will be slouched.

Your range of motion is extremely limited.

I'm going to tell you some basic hacks that I've learned along this road of life.
Hope you enjoy them.

As I said at the beginning we see only 1% of the light spectrum. We must learn
how to fine-tune the guitar of life.

Tuning The guitar Of Life



What a glorious day it is. We are alive. That my friend is a miracle. Our lives here on earth are a blink in time. Now you see it. Now you don't. Our sense of time can really play havoc on us. We think we have all the time in the world. This is one of man's major downfalls. We put off tomorrow what we could do today. Tomorrow never comes.

How do we fine-tune this guitar of life? Most of us never bother. Consequently, we don't discover the jewel that lies inside. We don't discover our true nature. You are the universe. You just don't know it.

The older I get I see that the great power lies in being meek and humble. The great Tao created this entire universe. It is meek and humble yet its power is keeping the entire universe alive.

In our society today being humble and meek is something you don't want to strive to be. Currently, we have an administration that loves to rule by mocking and bullying others. I don't need to talk more about that. Yet all great teachers from the past talked about the virtues of being a child at heart.

Your mind talk won't make you happy. Concentrating on every moment on the news won't make you happy. The world has to grow up. We are emotionally immature.

Our happiness has been derived externally for thousands of years. We are still fighting wars. We are still bickering and fighting. Your cell phone hasn't saved you.

Common sense is uncommon. God is humble and meek yet currently, we make a mockery of it. We can't even get along with each other. The universe is coaching us yet we think we know more than the universe. We are stuck in our ways and won't think outside of our tiny boxes.

During this global shutdown, many people refuse to wear masks. I don't have to wear one. How selfish that is. Your grandmother or others might be dependent on you wearing one. Note this is not a rant. This is only a request that we fine-tune the guitar of life. We can in each moment change for the better. We can be nice to each other.

I love stories from the sixties where the Democrats and Republicans would banter with each other all day long. In the evening they would go to a bar and toast each other with a mug of beer. We can all be different. We have all different sorts of views. Maybe we should rejoice in the diversity of life.

Just think the universe does not judge us yet we judge each other. So much so that we have anger and hatred in our hearts. We must love diversity. When you are angry you are personally drinking your own poison. Science has proven that. You will have cloudy thinking. Science has proven that. Yet the world is still spinning on the treadmill of anger with no end in sight.

This world will change for the better when you change for the better. It's as simple as that. Your savior won't save you. It's your responsibility. They will coach you but you have to play the game. Salvation comes from action, not believing. Actions are stronger than words.

Only by our day-to-day actions can we change this world. We all want peace in our lives. What part are you going to do? Discover the jewel that lies inside. The kingdom of heaven lies inside of you.

Be like water. It is humble and meek. Yet don't underestimate the power that it has.

Hack 1 Breathing



If you are new to my writings you will see that I say this expression many times. The more attention you pay to something, the more attention it pays to you.

This brings me to the subject of synchronicity. Many people don't quite believe in it. Many years ago I probably thought the same thing.

Yet over the last 50 years, I have seen it so much on my journey. It's now a part of my life. The mysterious appears mysterious because it is not practical in your life. The mysteries and signposts are all around us. We just don't have the eyes to see.

A couple of weeks ago I wrote a piece called your next breath. I posted this on Facebook. A dear friend named Lorne responded with the comments to an Amazon link for a book called breath.

This sent me off on another ground adventure. I write about the science of breathing all the time. In the last 5 years, I have written around sixty books. I've been through the titles of all the books that I have written and found I hadn't written a book about the science of breath.

I find that quite fascinating because the main theme is the research that I do is about the power of the breath. Another quote that I love and use all of the time is the following. You are the universe. You just don't know it.

Come with me on this journey. I'm learning so much along the way. I have studied the power of breath for over 50 years. We will never unlock the true mysteries behind it. Something so simple yet is probably the most complicated thing in the universe.

We take breathing so much for granted. Most of us are on autopilot. Due to being on autopilot a whole myriad of diseases occur in our civilizations today. Probably less than 1% of the population breathes properly.

The majority of Western scientists still believe that there is no difference between breathing through your mouth and breathing through your nose. I find that quite fascinating.

In the east, for around 5,000 years they have known that breathing through your mouth is the kiss of death. They call it the breath of death. When it comes to breathing, these ancient ones were probably the true PhDs of their time. Breathing was not some theoretical idea. It was a practical experience.

The human body is an incredible chemistry set. Unfortunately, today around the world we don't know that we are in charge of our chemistry sets. We think the external drives the internal. We got that backward. The internal always drives the external.

Can you imagine we have the operating system, hardware, and software to discover our true nature? Everything is set up and wired up. Unfortunately, humanity has never turned on the computer.

The mystics of old understood that there is a universal battery of life behind our breath. Over thousands of years, they learn to refine the techniques to become in harmony with the Earth and the universe.

Being in harmony has been talked about in the east for thousands of years. I remember quite young reading the Tao Te Ching teachings and yet I couldn't comprehend a single word. Years later I wrote a commentary on this precious book.

One who learns to be in harmony is humble. When one is humble, wisdom comes his way. The universe will not give its wisdom unless one is humble. The heart must be like a child's. Only in that state will the universe speak to you.

Each breath you take is a miracle. We take it so much for granted. Scientists say we see only 1% of the light specter. Just think heaven probably is all around us. We just don't have the eyes to see.

We breathe in such a mechanical and unconscious way. I find it amusing that we still live as long as we do. In the future, I believe many diseases will be cured by the power of the breath. Western medicine still believes that medicine can cure almost anything.

When I was 18 years old, my brother and I believed in the world of preventative medicine. We saw that Western medicine is only a band-aid. It will mask the symptoms but not cure the source. It has so many side effects.

How many times have you heard a pharmaceutical commercial that says in a sweet voice this drug could cause death? If you and I had a product on the market that said this we would have been shut down in less than a second. Yet thousands of commercials are flooded all around us.

We need to find tools that are free and easy to use in our everyday life. The universe does not charge for its wisdom. Breathing is free. The universe does not charge by the breath. If a corporation could do so it probably would.

Down the rabbit hole.



My dear friend Lorne got me started going down this rabbit hole. I wrote a piece called the next breath. He responded with a link to Amazon for the book titled Breath by James Nestor.

It was quite an incredible book. My brother John also read this book. James is an incredible writer and almost hypnotizes the reader through his writing. He combines the intellectual, scientific, and emotional sides of writing. He is comfortable mixing all three components.

Like all writers who master a given subject or spend time researching, many of them have a problem that needs to be solved. James was one of them.

Unfortunately, probably 99 % of the world has similar problems and yet they are aware of them. If they are, the latest medical profession doesn't have the means to cure them of their condition.

Most western doctors still believe that there is no difference between breathing through your mouth or nose. Due to the lack of understanding, we are in the situation today. Many of the diseases prevalent today could be solved by breathing properly.

When one breathes properly, a person's lifestyle will change accordingly. Currently, we have many stacked cards against us. The majority of the world doesn't breathe properly. The majority of the world eats junk food. The majority of the world doesn't take care of the body like what it needs

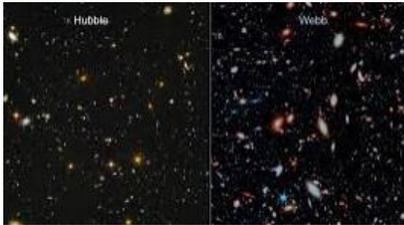
James does a great job tying all these pieces together. He even was involved in a scientific research project. I highly recommend reading his book. It's amazing! I've been talking about the science of breath for over 50 years. James added numerous pieces of the puzzle that I wasn't aware of.

Your Next Breath

I'll be honest, my brother and I are fascinated by the breath.
It got started many moons ago.
I remember in my sophomore year in high school somehow I stumbled upon the
idea to breathe through my nose when I ran.
It was probably the best thing I ever did.
In India, I learned the power of the breath.
Each breath we take is a miracle.
The same breath you take is the same breath the universe takes.
The breath of life is keeping you and the universe alive.
Mind you, according to the ancient wise ones the breath of the universe takes
around 15 billion years or so.
Yet somehow we have forgotten our true nature.
We take breathing for granted.
Your next breath is a miracle.
I feel that if got in touch with the power behind the breath this would be a
different world altogether.
That may seem simplistic.
Yet at times the most simplistic thing is the truth.
What happens when you take your last breath.
There are no scientific instruments that can keep you alive.
What is keeping you alive?
That is probably the most important question to ask.
Unfortunately in most people's lives, we don't even bother to ask that question.
You are the universe.
You just don't know it.
What do the breath and the universe have to do with each other?
Behind your breath lies the universe.
What your looking for externally lies inside of you.
This is probably the greatest hide-and-seek game.
Surfers ride the waves of the ocean.
Wise men ride the waves of life.
Behind your breath lies the answer.
Sit still and listen.
The mind is like a tuning fork.
Whatever it touches, it vibrates at that frequency.
Behind your breath lies the frequency of life.

A wise man fine to the guitar of life.
I don't think I need to tell you but our guitars are slightly out of tune.
Lately, we have gone back over 50 years in time.
I'm not going to get into that yet we are sawing off the branch we are sitting on.
This was said by Prem 50 years ago.
Unfortunately, it is more true today than ever before.
We need to wake up from our slumber.
Why are we so lethargic.
Why are we such apathetic?
Why can't we slow down just for a fraction of a second and feel the power behind
our breath?
That's all it takes.
I say all the time the more attention you pay to something, the more attention it
pays to you.
Why don't you experience the power behind your breath?
How much attention do you pay to your breath?
The answer lies inside of you.

Just breathe



I have an expression that goes like this. What you want you don't need. What you need you don't want. When it comes to things we need, we are lethargic. We have a great lack of energy and so many other sorts of excuses.

Yet when it comes to what we want, we have boundless energy to party.

Look I'm not against partying yet waking up with a hangover every Saturday is not my cup of tea. In our society most of the time, we eat foods that we want not what we need. Consequently, we are one of the sickest nations in the world. Pre-diabetic and diabetes are on the rise.

Over 80% of the population is in one of these two categories. Most of them don't even know it.

I've been into preventative medicine for many years. Yet this year I found myself in this category. They had to amputate my left pinky toe because of this. Mind you I was eating a good diet.

My foods were organic. Despite this, I lost my left pinky toe. I find that ironic. Since then I have fine-tuned my guitar. I'm now at the same weight I was in since high school.

My glucose levels have gone down to normal levels. My blood pressure has gone down to normal levels. I feel 20 years younger despite the operation.



What the fu!! Part 1

Fletcher Soul Traveler • 27 views

In the last chapter, I talked about how the majority of the world does not breathe properly. I find that simply ironic. It seems like we have lost touch with our true nature. Everything we do is in a state of disarray. It's a miracle that we are alive.

Scientists say 95 % of our actions come from the subconscious mind. That means only 5% is coming from our consciousness. It seems we play the same tapes over and over again. No wonder we don't change for the better.

For over 5, 000 years the East has been walking the path of self-discovery. They have tried to be in harmony with the earth and the universe. Even back then with this incredible knowledge, the majority of people went along their merry ways. They didn't want to change their lifestyle.

Today we have so much wisdom available. Unfortunately, we are on information overload. We receive more information in one day than the average person did a hundred years ago for 10 years. We simply just skim the surface.

We listen to Tibbetts of information and call it wisdom. We don't know how to ponder and think about the things that matter. We are more interested in texting on the freeway of life.

We don't want to think about how we can improve our lives. It's too much of a hassle. Yet we are digging our graves in the process.

Science has made leaps and bounds in discovering our true nature. Yet, even despite this modern-day science is still living 50 years behind the times. There are many progressive scientists yet they are being stopped by those who are in charge.

Galileo learns this the hard way. Many moons ago he was a man ahead of his times. He lived most of his life under house arrest. He defied the Catholic Church and the Pope. Fortunately, they didn't kill him but he never was set free.

The same times are here. The world is full of innovative and creative thinkers. Those in charge don't want to hear from them or see their works in the light of day.

What does it take for you to change for the better? Most people needed a health crisis to wake them up. Unfortunately, that is the case for many.

Even when you think you are living in harmony, nature will show you areas where you are not. I was in this category. I don't see this as a failure. I see this has fine-tuned the guitar of life.

We learn through our mistakes. I haven't met anyone who has never made mistakes. I've been a software engineer for over 35 years. Mistakes and bugs are part of the process. You need mistakes to create a software program. Mistakes are part and parcel of the process in life.

Even nature morphs and changes for the better. Everything is a learning experience. Can you imagine if the world could learn from its mistakes? We make the same mistakes over and over again. For centuries we make the same mistakes.

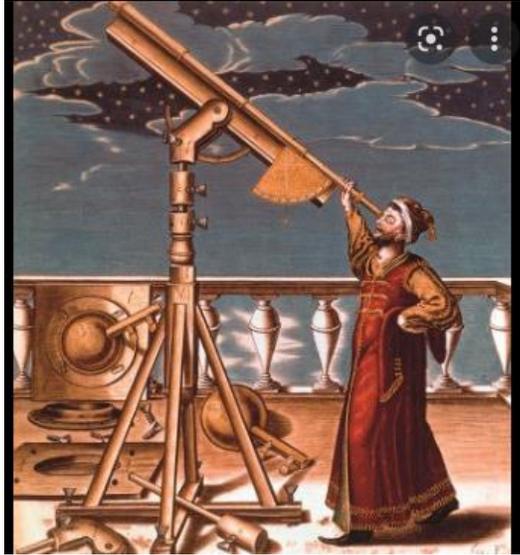
We never learn from them. We can change that if we want. It involves every single one of us. You are a piece of the precious puzzle of life. You are an intricate piece of the puzzle.

Without your piece, the puzzle cannot be complete. This is how significant you are.

Yes, change is never easy. But you are changing for the better. You are going from darkness to light. Darkness does not like light. It's too bright. Maybe books like these will teach you to use sunglasses so the light isn't too bright.

When you get used to the light with sunglasses you can slowly take them off.
Mind you this process will go on for eternity. You can never rest on your laurels

Galileo's Telescope



Can you imagine young Galileo pointing his telescope towards the stars?

What was in his young mind?

What kinds of thoughts would float up to the surface of his mind?

He went against the concepts of his time.

During this age, scientists and the Church believed the Sun and the planets revolved around the earth.

Galileo and some scientists before such as Copernicus believed the earth and the planets revolved around the Sun.

Galileo was the first scientist to use a telescope to prove his theory.

Yet why does man hold on so tightly to his ideas and beliefs?

The Catholic church and the Pope himself couldn't believe Galileo.

They said he was a heretic.

How dare you challenge the idea that the Sun and the planets revolve around the earth.

Who do you think you are?

Imagine being tried by the Inquisition.

They found him guilty and place him under house arrest.

Fortunately, they didn't kill him.

Yet he spent the rest of his life under house arrest.

Today Galileo is known as the father of the following.

Father of Observatory astronomy.

Father of modern physics

Father of the scientific method.

Father of science.

All I can say is wow.

Imagine Galileo also studied and mastered the following.

Astronomer.

Physicist.

Engineer.

Philosopher.

Mathematician.

He was in my eyes a genius.

He was way ahead of his time.

Isn't it amazing we don't want men to challenge our way of thinking?

Man at times loves living in the box.

It's a comfort zone.

You don't want to learn anything new or be challenged.

If someone has something to say that is different we get angry.

How many innocent people got killed in the Inquisition?

To be honest I probably would have died back then from what I'm speaking.

Just think Christ died on the cross.

Yet the Inquisition killed millions of people who believed in Christ differently.

What do you think Christ would say?

He would shake his head and probably have tears of compassion flowing from his eyes.

Look this adventure of life is all about discovering the mysteries of life.

We should be grateful when we meet someone who has a different idea or concept of life.

I was fortunate to be brought up in a household that accepted all ideas in life.

Till today I still love to hear life stories from people all around the world.

Imagine today we have telescopes scattered throughout the universe.

We are looking for the mysteries of life.

Quantum breathing



For thousands of years, the ancient ones use the word prana or chi which is life force energy.

Modern-day scientists would say this is the quantum field. It is a field that is beyond time and space. It is beyond all dimensions. We are a part of that field.

What is keeping you alive? That is the question that should be solved in your life. Behind your breath lies the answer.

In the east, they have an expression. Jai.Sat Anand. This translates into truth is the consciousness of bliss. When the mind is absorbed in truth, the consciousness will be in bliss.

There is a life force energy keeping you alive. When one knows how to focus his mind on the power behind his breath one understands what I'm talking about.

There is an evolution revolution understanding of what I'm talking about. There are many different levels of understanding. Unfortunately, we have at this time extreme misunderstanding of this subject.

We were never taught this in schools. Signposts all around yet we don't see them.

I remember once seeing an article in a magazine over 50 years ago. They were interviewing a scientist at that time. The conversation was about the universe. Scientists know that the universe expands and contracts.

The interviewer asked the question like breathing. The scientist said yes.

According to the east, the breath of Brahma is billions of years old. Just one breath. That same breath exists inside of us. We see only 1% of the light spectrum. We feel probably less than 1% of the bliss that lies inside of us.

This is not a theory. The experience that we are talking about exists inside of you. There's a reason why for thousands of years people around the world have focused on the power behind their breath.

Call it whatever you want. What is a mango in less than a word? Only by eating the mango can one understand.

As I said, we are fine-tuning the guitar of life. Currently, our understanding is in a state of disarray and chaos. We can't see the forest from the trees. We think the answer lies externally.

We still think that if only I have that car I will be happy. We still think that external happiness is possible. Our quest for internal wisdom most of the time doesn't exist. Only during difficult times do we ever ponder or think about what is the purpose of this life.

We are breathing 24 hours a day. We breathe around 21,000 breaths a day. In each moment through each breath, the universe is beckoning us to be in harmony.

Each breath is a precious breath and can never come back again. One never knows when you will take your last breath. Unfortunately, we take them for granted, so much so that we are unconscious of our breathing.

Many people breathe through their mouths. Western scientists say there is no difference between breathing through your mouth or nose. In the East, breathing through your mouth was called the breath of death.

We see that today the majority of the world does not breathe properly. Here it is the fundamental aspect of breathing and we don't breathe properly. No wonder the world is in such chaos.

During this time it seems like we have to relearn almost everything we have learned. That can be quite daunting. Yet if we just take one breath after another, the journey will be much easier.

True wisdom comes in silence. In silence lies the answers to life. The universe does not talk in words yet. It does speak through silence. We think wisdom only comes through words. This is how we have been brought up.

A wise man simply smiles. He has nothing to prove. Many people want to prove something so they will speak endlessly trying to convince you. The truth never needs any convincing.

Quantum breathing is the next step of evolution for man. It allows us to have our feet on the ground and our heads in heaven. It is the step of going from darkness to light.

The chemistry set has always been there. Unfortunately, we have been using harmful and stressful chemicals in our daily life. Many people around the world can't sleep at night.

Their chemistry sets are secreting chemicals of adrenaline that they can't turn off at night. Consequently, they toss and turn throughout the night.

A wise man understands how to control the chemistry set of life. When one puts his head on the pillow in less than a minute, one dozes off to sleep.

Yet even sleep is different for a wise man. One can be aware and at the same time be in a sleep state. One can be immersed in the light and at the same time the body is asleep and the mind is awake. This state of awareness can be awakened in all states of awareness.

Currently, we are divorced from our true nature. Nightmares are quite common. The world at large spends billions of dollars in the sleep industry. These pills only mask the problem.

A good night's sleep can never be obtained by taking medicine. There are always side effects.

Due to our constant state of awareness looking externally, we miss out on the inner jewel of life. This is the most precious Jewel in the universe. This Jewel is your true essence.

Someday in the future quantum breathing will be the norm. According to the east, we are living in the age of darkness. In the age of darkness, we have lost touch with our true nature.

We are oblivious to harmony. We always look externally for the answer. In the age of light, one understands and experiences moment by moment the jewel that lies within.

The mystic and the quantum scientists are speaking the same. They understand that you and I are the same. We are not different and separate. Externally it may appear so.

Meditation allows one over time to realize the unity behind all things. Behind your breath lies the answer to this riddle.

This riddle must be solved by you. One day or another you will understand what I'm talking about. All raindrops eventually return to the ocean. All raindrops return to the source of all

This is the video game of life. There are an infinite amount of levels. Currently, humanity is not even aware there is a video games. They are their main character. We are going from darkness to light.

When one understands there is a video game and actively participates in it life becomes much easier. Each day they understand the rules better. Each day they learn how to experience more of the miracle of this video game. Each day they learn and grow.

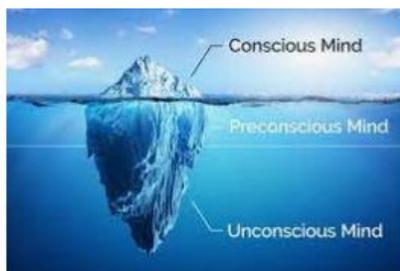
Yes, they will still make mistakes. This is how one learns and grows in the video game. This video game is a custom design for you by you and yet you aren't aware of it.

One thing is that we are all alone. This is a grand illusion. This is why there is so much chaos in the world. We think we are vastly different from the people and the world at large. Consequently, chaos is all around due to this understanding.

One can philosophically understand this yet one must experience the oneness behind your breath. Only when you experience the power behind your breath do these words make sense.

This is not a philosophy. This is your true nature. Nobody wants to convert you. There is nothing to convert to. These are just simple keys of life that will help unlock your inner door. We are all here to help and support one another.

Conscious versus unconscious breathing.



I find quite fascinating the difference between unconscious breathing and conscious breathing.

Just think the same breathing mechanisms take place between them. For example, millions of people around the world have sleep apnea.

This is a condition where when they are sleeping they aren't breathing for minutes at a time. This over time causes tremendous harm to the body.

All sorts of systems maladies occur such as high blood pressure, damage to the heart which leads to strokes, diabetes, and all sorts of other problems.

In the east, they practice breath control and holding of the breath with absolutely no side effects. They are helping the body to be in harmony with itself.

They are learning how to harmonize the mind, body, and soul. This leads to being in harmony with nature and the universe.

So by being unconscious, all sorts of illnesses will slowly start to manifest. This is why the yogis and mystics of old have said one must pay attention to your breath at all times.

It's not easy but can be done. And every moment we have the opportunity to put our mind on the power behind our breath. This is

why I say this path is the most practical. Many people would laugh when I say this.

Yet how practical is the path that we take today? Most western scientists say there is no difference between breathing through your mouth or nose.

Today sleep apnea is a major and chronic problem in our society today. There are countless illnesses and diseases caused by not breathing properly. This covers both the mind and body.

Ultimately they are the same. You can't separate the two. There is no demarcation point.

Panic attacks are quite frequent in our society today. The body and mind get so stressed out that we have to breathe in quickly to bring more oxygen into the body.

The ratio of oxygen and carbon must be at a certain point. Too little carbon will also bring malfunctions to the body. Consequently, the body and the mind resolve to panic breathing.

In the East, they practice a form of breathing fast. That helps to reset the human body. There are many names for this.

Some call it chaotic meditation. Some forms of it are in Kundalini yoga. Some forms of it exist in tummo.

All these farms lead to a healthier mind, body, and soul.

They also have breathing techniques where that slow down inhalation and exhalation. When doing this consciously has tremendous health

benefits for the body and mind. The body enters into the quantum field where unlimited peace, bliss, compassion, and love exist.

The human body gets rejuvenated with these subtle energies. By the way, these subtle energies are your true nature.

We see the quality of life between one who is conscious and the other who is unconscious. 95% of our actions stem from our unconscious. Only 5% are conscious.

We play the same tapes over and over again. We are on a constant treadmill and never realize we are not going anywhere.

Light the movie matrix. We are trapped and don't realize it. Does our everyday life stem from our unconscious? We can't see the forest from the trees.

What we think is normal is abnormal. We think that all these problems that we have in our society and our health today are normal.

For thousands of years, wise men have said the opposite. You would think with the advent of using computers in our society since the 1980s we might have learned that we are the programmers of our own life.

Somehow we don't put two and two together. If we had this understanding then every day, we would program our subconscious minds.

Your subconscious mind is a recording device that was brought online during your early years of development. You are today a byproduct of that programming. All the good, bad, and ugly are programmed directly into your subconscious mind.

Your subconscious mind even exists in your body today.

A person who is trying to be conscious will take all the tools in the toolbox and utilize them. These tools are always with you yet we are lethargic and most of the time don't want to change for the better.

Many people who are pre-diabetic or diabetic don't want to change their lifestyle. They don't want to change the foods that they eat.

By changing your lifestyle and the foods that you eat, you can put your blood sugar levels under control. Most Western doctors say that diabetes can never be healed.

I agree with that fact. If the person is not willing to modify their habits to heal themselves Western medicine will never heal or solve this.

Did you know that sugar is more addictive than heroin or cocaine? Unfortunately, almost any processed food that you buy today has sugar present.

To heal oneself one should educate himself. One should constantly fine-tune the guitar of life.

We can learn from our mistakes. Nature does this all the time. Nature is not stagnant. Nature is always growing, changing, and morphing into something more sublime.

We should imitate nature. The problem is most people don't want to change. Most people dislike change. We must change our attitude about change. Everything in the universe morphs and changes for the better. Nothing in the universe is constant.

Any breathing technique can be beneficial to you. I say this with a caveat. You have your chemistry set.

What is good for one person is poison for the other person. One must be consciously aware that many breathing techniques may not be beneficial to you.

For one thing, never go beyond your limits. You should never force anything. This includes breathing techniques and yoga. postures.

In fact, in life easement is the way. Make small incremental steps. Slowly one step after another. You don't have to leap and bound.

This is why it's called a practical path and the middle ground. If the guitar string is too tense it will snap. In the same way, if you breathe too forcefully the body will rebel and snap.

One must be consciously aware. This is why my personal preference is moderation and relaxing along the way. When my body and mind say to exhale I exhale.

The more you do this the body and mind start to have trust in you. When trust is established, one can go to a different and higher level than before.

You must trust the body and the mind. The body and mind must trust you. This is a reciprocal relationship. We all depend upon each other. The essence is the same.

Our relationships mostly occur externally. That is part of the problem. Having neglected our mind and body chaos exists today. We are divorced from our true nature. We could be light years ahead in

emotional, physical, and spiritual development. When I say spiritual it means all the external activities you do stem from that jewel that lies within.

The world would change dramatically if we all did this.

To sum this up I would say there's a huge difference between being conscious and being unconscious. All the problems in the world today stem from our unconscious state of being.

It's up to you to wake up from your slumber. Millions of people are waking up.

The Owners Manual



Sometimes I think we take care of our cars. 100 times better than we take care of ourselves.

With cars, we have an owner's manual. We do our oil checkups, tune-ups, rotate tires, and all sorts of different kinds of maintenance.

When it comes to our human body, mind, and soul anything goes. We don't even have an owner's manual. That was thrown out the door a long time ago.

Who needs an owner's manual? We could just wing it. We wonder why the world at large and within is chaotic.

The Jains and the ancient yogis developed a sophisticated user's manual thousands of years ago. This user manual was a road map to discover your true essence. It was also a very practical manual on how to live in harmony with nature and the universe.

It contains great wisdom. We are living in the dark ages. You may roll your eyes yet look at all the chaos around you. Is this a heavenly state of mind?

The wise men of the past provided a roadmap and a user's manual. It was not just some dogma or belief. It is common sense which is very uncommon.

For the majority of mankind, the owner's manual sits inside the glove compartment of your precious auto. Unfortunately, the car is locked and covered with dust. The garage door is also closed.

Not a very good predicament if you want to drive your car on the freeway of life.

Most people don't even realize that a car exists inside of them. How could the entire universe exist inside of me? Knowledge is the experience of

realizing that there is a car that exists inside of me. Not only that, but one can open the garage door.

One can unlock the door of the car. Upon opening the door of the car one climbs in and puts on the seat belt and starts the ignition. It might be a good idea to dust off the cobwebs.

The car hasn't been driven in a long time.

At some point in time, you may want to back out the car from the garage. Slowly back out the car onto the street.

Remember you are not alone. God is your passenger. He will not drive the car for you. You must drive the car yourself. But he is there.

Nevertheless, in the passenger seat, he will help you on this sacred journey. At times you will see him and feel him. At times you won't even have a clue that he is sitting there. That's okay.

Remember we are going from darkness to light.

There is a process to it. There are owner's manuals that have been written for thousands of years. It might be a good idea to read them.

The main thing is whatever owner's manual you read put it into practice in your daily life. That is the difference between reading and putting it into practice daily.

By doing so one understands that each one of us has a custom build car. We can't try to have your car be like my car.

They are all custom-built. Our problems stem from the fact that we want all the cars on the road to be just like our cars. Countless wars have been fought due to this.

We have even seen this recently in our supreme court. Decisions have been made that put us back over 50 years.

So my advice is to simply read your own owner's manual and put it into practice in your daily life. Pretty simple.

How Do I Meditate?

How do I meditate?

There are so many different versions out there.

Which one do I choose?

Will I pick up the right one?

Let's start with the foundation.

Are you breathing?

Yes.

What is the power behind your breath?

I don't know.

Focus on your breath in every moment.

When you wonder bring your attention back to your breath.

Do this for the rest of your life.

This is one way to go inside.

Remember the kingdom of heaven lies within.

This is the way to open the door inside of your heart.

Does the universe stop and pay attention to us



Does the universe stop and pay attention to us or do we stop and pay attention to the universe?
Does the universe help us on our journey of life?
Can the universe be our coach in teaching us about the mysteries of life?

Is it true that the more you pay attention to the universe you will see signposts everywhere? Is the universe gently showing us the way? Look over in this direction.

Is life like a video game where you go from one level to another level? Does life throw curveballs so you can ultimately hit a home run out of the park? When we strike out do we think we failed or do we see the opportunity to learn and grow?

Recently when I meditate I have a sense of being coached. For the past month when I dream, I'm at a point where all of a sudden I get pulled from the dream and back into the light. I feel the universe is saying everything comes from light.

I read the autobiography of a yogi many moons ago. One of my favorite passages is when he describes going to a movie theater. The entire audience is captivated by the movie. It becomes real.

Yet how many people turn around and realize that a projector is streaming light upon the screen? The wise masters have been talking about this for eons.

How do we fine-tune the guitar of life? Has the entire universe always been inside of us and we haven't been aware? Does the perfect wave exist inside of us?

These are exciting times for us. Amid Trump and politics, the universe is beckoning us to discover our true nature.

We are the universe and just don't know it. Our civilization is quite young.

Probably less than 200,000 years. Most scientists say probably less than 34,000 years. I'll tack on a few years.

Yet imagine there are probably civilizations that are over 5 billion years old. Imagine they reached a point in evolution where they had a choice to blow themselves up or evolve to a state where they became the universe. War becomes obsolete.

The universe is kind. The universe is supreme love. The universe is compassion.

The universe is aware. Is the human body hard-wired for the experience? Are we created in God's image?

Quite frankly I believe the universe is always evolving. Can you imagine the joy of the universe when an entire civilization becomes the universe? Granted it takes a long time.

Some say a million years but if you are never created nor ever destroyed what is a million years?

A blink of an eye.

Are we here on earth as individuals to grow and evolve? Have the great teachers in the past been representatives of the universe to show us the way?

They can coach us on the sidelines but remember only you can play the game.

What will cause humankind to wake up from our slumber and discover we are the universe?

Breathing Through Your Mouth

I was in India many moons ago.

Over 47 years ago.

I remember hearing people talk about the various kinds of breaths.

In Ayurvedic lore breathing through your mouth is the kiss of death.

Our breath is a complicated system.

Scientists are just beginning to study the effects of breathing.

They have found out that when a person starts to breathe through the mouth the fight or flight syndrome takes over.

What does that mean?

It means your body is being flooded with over 1500 different chemicals.

Many of these in a short term are beneficial.

Yet for many Americans, the facet can't be shut off.

We reinforce this situation by improper breathing.

In the East, this has been known for thousands of years.

This is why the foundation for so many meditation practices is the breath.

They understand the practical mechanics of breathing through the nose.

There is a life force within that is keeping you and the universe alive.

Our western day understanding of the general public is lacking.

I say common sense is uncommon because our lifestyles don't reflect it.

We are totally off balance.

No wonder we have all our ailments today.

Ponder this over.

Always On Inside Of You

What is always on inside of you?

I have no idea what you were talking about.

Well for one thing the wise men of old have said there's a place inside where the light is always turned on.

Even in your darkest moments, this light exists.

Then why don't I see it inside myself?

That is a good question.

That is the starting point to answer your question.

Without asking that question, how can you get an answer?

The light has always been there but have you been there?

You are breathing 24 hours a day yet are you aware of the power behind your breath?

I say quite frankly, the more you pay attention to something, the more attention it pays to you.

Signposts are all around yet do we have the eyes to see?

This may seem like a riddle which it is.

My theory and the theory of many before me have said this is the goal of human life.

The light is always on inside of you.

The light brings wisdom and clarity.

Darkness is the absence of light.

No wonder the world is in turmoil.

We don't know our true nature.

Yet we truly think we have all the answers.

Don't tell me what to do.

There's no light inside of me.

I've been alive for over 60 years and I've never seen this light that you are talking about.

When I newborn baby smiles that smile is a reflection of the light within.

It's like the Sun radiating its rays.

A newborn baby doesn't have to say anything.

It just shines.

Maybe, just maybe we should learn how to rediscover our true nature.

Last Breath

Wow, the end of your journey is about to end.
You are about to take your last breath.
This was an incredible journey you had.
Another journey is about to be embarked on.
You see your body dies but your essence is eternal.
You are about to become one with the universe.
You are about to become one with God.
This is your true nature.
You are like a raindrop returning to the ocean.
The raindrop merges into the ocean.
You merge with God.
You come unto this world from God.
Slowly over time, you forget your true nature.
Upon death, you go back to the source.
All the great masters have said to discover the essence behind your breath.
Something is keeping you alive.
Your breath is ever so precious.
Don't take it for granted.
Your breath is a gift from God.
The more you become aware of your breath the vast mysteries of life will be revealed.
Your true nature is kindness.
Your true nature is love and compassion.
Your true nature is patience and tolerance.
You are the universe.
You just don't know it.
The greatest treasures lie inside of us.
We tend to think that happiness lies outside of ourselves.
It never has and never will.
That precious car you always wanted will soon be a headache.
At first, it was like wow I always wanted this.
The first few weeks the car brings you so much happiness.
You show it off to your friends and take them for a spin in your new car.
Unfortunately, after some time the thrill is gone.
BB King even wrote a song about this.
Many people think that if these gifts are truly there why don't I know it.
Well, there is a mine within.

Yes.
There are diamonds within.
Yes
How do you dig for diamonds?
You need a shovel and a pick.
To answer this riddle in life you need to learn how to dig for the jewel inside of
you.
That's what all these sayings are for.
The miracle of life lies behind your breath.
Follow your breath moment to moment.
This is where your incredible journey begins.

Occam's razor

Occam's razor is a principle from philosophy.
Suppose there exist two explanations for an occurrence.
The more assumptions you have to make, the more unlikely an explanation is.
We all live in a cosmic soup.
Every quantum scientist knows that.
Yet why don't we perceive that?
Wise men have been talking about that for thousands of years.
They didn't use the word quantum.
Behind your breath lies the answer.
It's as simple as that.
We make it so complicated.
In the silence, one can perceive the ocean of life.
Daily close your eyes.
You will solve this riddle of life.

Hack 2 You are the foods you eat



Doctor to Tucker: We are witnessing a national health...

Fox Nation ✓ 959K views

Is the food we're consuming slowly killing us? Dr. Mark Hyman explains how many American foods have become a detriment to ou...

0:00

TUCKER CARLSON: I think most people are really afraid of cancer.

0:03

- Yeah.

0:04

- If you could kind of sum up the fears of your average middle-aged person, it would

0:06

be one word, cancer.

0:08

- Answer.

0:09

Yeah.

0:10

- What do you do to lessen your risk?

0:11

- That's a great-- that's a great question.

0:13

Well, cancer primarily is caused by food and environmental toxins.

0:17

So food, what kind of food?

0:19

Sugar.

0:20

We know, clearly, that pancreatic cancer, colon cancer, breast cancer, prostate cancer,

0:24

many of the common cancers-- pancreatic cancer, are caused by something called insulin

resistance,

0:29

which is basically--

0:30

TUCKER CARLSON: Pancreatic cancer?

0:31

- Yeah, which is prediabetes or poor metabolic health.

0:34

And here's the kicker, Tucker. 93.2% of Americans are in poor metabolic health.
0:41
Meaning, they have some form of prediabetes or insulin resistance.
0:44
They have high blood sugar, high blood pressure, high cholesterol.
0:48
They're overweight, or they've had a heart attack or stroke.
0:51
That means 6.8% of us are not sick at some level, and that poor metabolic health is driving
0:59
all these conditions, whether it's cancer, heart disease, diabetes, dementia, depression,
1:03
infertility.
1:04
So many different things, even acne.
1:06
Which is--
1:07
TUCKER CARLSON: Really?
1:08
- Yes.
1:09
So this is-- our food system is the biggest killer on the planet.
1:13
TUCKER CARLSON: I have too many questions for you, but I just want to tick out one point
1:18
that you made and ask you to go a little deeper.
1:20
Depression.
1:21
- Yes.
1:22
- There's a connection between sugar and depression?
1:23
- Absolutely.
1:24
Absolutely.
1:25
At Harvard and Stanford now, there are psychiatric departments that study this.
1:29
Metabolic psychiatry is at Stanford.
1:31
And they're studying the effect of insulin resistance and prediabetes and poor metabolism
1:36
that comes from eating sugar and starch-- flour, and how that affects our brain.
1:42

At Harvard, there's the Department of Nutritional Psychiatry that studies similar things, as
1:46
well as the gut microbiome.
1:47
There is a doctor at Harvard-- Christopher Palmer, wrote a book called "Brain Energy",
1:51
talking about, how he's cured schizophrenia and other mental disorders by putting people
1:56
on a very low sugar or starch diet.
1:58
So absolutely.
1:59
The data is there.
2:00
There's no question.
2:01
There's actually a big trial that was done in Australia, I think, and they use something
2:06
called-- what was a study called?
2:08
The SMILE Trial.
2:11
SMILE trial, studying depression, right?
2:13
They come up with these names.
2:14
So, basically, using dietary interventions to treat depression, and they found that it
2:18
worked better than drugs.
2:20
And it is basically getting rid of the junk food and eating real food.
2:25
And they found that-- I wanted to call it the glad diet, as opposed to American diet,
2:28
which is called the SAD diet, the standard American diet.
2:31
TUCKER CARLSON: Yeah, well, it certainly is a sad diet.
2:32
I mean, again, too many questions, but when I--
2:35
- I wrote a book about this, by the way.
2:37
It's called "The UltraMind Solution", how to fix your broken brain by fixing your body
2:40
first.
2:41

And a lot of the mood disorders, the depression, the suicidality, the violence we see, often,
2:50
the sort of polarization of our society, I believe in part is related to our diet.
2:54
There was a study I quote in my book, "Food Fix", which is about our food system and how
2:57
to fix it, where they looked at juvenile detention centers, and they found that there was a 97%
3:03
reduction in violence in the juvenile detention centers when they gave them healthy food.
3:08
There was a 75% reduction in restraints and a 100% reduction in suicides, which is the
3:12
third leading cause of death in these teenage boy populations.
3:16
Just by getting them healthy food.
3:18
TUCKER CARLSON: And by healthy food, it sounds like you mean big picture, reducing the
amount
3:22
of sugar.
3:23
- Yeah, I mean, eating real food, stuff that your great grandmother knew was food, right?
3:27
If your great grandmother wouldn't know what a Pop-Tart is, right?
3:29
TUCKER CARLSON: Right.
3:30
- But she knows what a carrot is, or a chicken, or an egg, or rice, or whatever.
3:34
Like, it's food that you would recognize where it came from.
3:37
From the field of the fork, there weren't a million steps that deconstructed the ingredients,
3:42
reassemble them into what we call ultra processed food, which is unrecognizable from its
original
3:47
form.
3:48
And for every 10% of your calories is ultra-processed food, your risk of death goes up by 14%.
3:54
And our diet is 60% ultra-processed food, and kids is 67%.
4:00
It's a national emergency.
4:01
Honestly, I mean, there are 6 million people that die from COVID globally, but 11 million
4:05

people die every year from bad food.

4:09

- And those who don't die have reduced joy in their lives and more confusion then.

4:14

- Right.

4:15

There's something a quality of life years that doctors use to analyze the effect of

4:18

things.

4:19

255 million years lost in terms of quality of life.

4:22

TUCKER CARLSON: But, I mean, the numbers that you just gave point to the deeper problem,

4:28

which is, it's not easy to quit eating this stuff.

4:31

- No, it's not.

4:32

- Like, you talk to people who quit alcohol.

4:33

I quit alcohol and cigarettes.

4:35

- You can't quit food.

4:36

- Yeah.

4:37

That's right.

4:38

I mean, it's one thing got to stop drinking or stop smoking.

4:40

Again, done it.

4:42

But Wheat Thins, Oreos, like, that's way harder.

4:46

- Oh, totally.

4:47

- Why?

4:48

- They're biologically addictive.

4:49

You know, I know you had Michael Moss on the show, and I wrote a book called The "10-Day

4:51

Detox Diet" about the biology of how this affects us.

4:54

And even if we don't know what we're eating, in other words, there was a study that looked

4:59

at overweight guys.

5:00

They gave them two different kinds of milkshakes on separate days.

5:03

On one milkshake-- and they were identical, same protein, fat, carbs, fiber, everything

5:08

was the same except the kind of carbohydrate in one of the drinks was a rapidly absorbed

5:13

carbohydrate like sugar.

5:14

TUCKER CARLSON: Yes.

5:15

- And the other one was a very slow, didn't cause a spike in sugar.

5:18

They found that the group who had the high-spiking sugar milkshake, they, obviously, had more

5:23

adrenaline in their body, more cortisol, the stress hormone.

5:26

They had more blood sugar elevations, insulin, cholesterol, all that went up, but was really--

5:31

and they were hungrier, but was more important, they did brain imaging.

5:35

And they found that the addiction center, the same center that's lit up by cocaine,

5:38

or heroin, or cigarettes, or whatever, is lit up by sugar.

5:41

TUCKER CARLSON: So what's-- and that's very obvious I think.

5:45

- Yeah, nobody's going to binge on a bag of avocados, but--

5:47

TUCKER CARLSON: No.

5:48

No.

5:49

- --you can go through a bag of Oreos like-- [SNAP].

5:50

TUCKER CARLSON: Well, that's totally right.

5:51

In fact, you can't.

5:52

- No, you can't.

5:53

- It's self-limiting.

5:54

- Right.

5:55

- You try to binge on avocados, and your body says, you know what?
5:56
I kind of had enough avocados and we're fine now.
5:58
- That's right.
5:59
Because there's no nutrition in the other food.
6:01
So our body is designed to look for nutrition, to hunt for things.
6:04
Animals do this they.
6:05
They eat and forage on many different plants if they're left in the wild because they know
6:08
they need to get this vitamin from this one, and this thing from that one.
6:11
I mean, they're not, obviously, thinking I need to get my vitamins.
6:13
TUCKER CARLSON: They're driven by instinct.
6:14
- Yeah, and so we should be the same way, but we've removed ourselves from our food
6:18
in such a way that we've decoupled our normal biological constraints on overeating, and
6:24
we actually now are eating way too much food.
6:26
One study looked at ultra-processed food consumption versus regular, real food.
6:31
And when people were allowed to eat whatever they wanted in a controlled environment, that
6:35
people who are given ultra-processed food ate 500 calories more a day.
6:38
TUCKER CARLSON: Oh, yeah.
6:39
- And you add that up over a year, that's 52 pounds of weight gain with those excess
6:44
calories just from eating ultra-processed food.
6:46
So you have to think of it as a drug.
6:48
I think of sugar as a recreational drug.
6:50
Do I eat sugar?
6:51
Absolutely.
6:52

But do I take it as a regular part of my diet?

6:55

No.

6:56

And I think if you understand that it's a dangerous substance and there's no real safe

7:01

level, then you can actually start to organize your life so you can change the way you're

7:05

eating, create your health, and then you're not going to crave it.

7:08

You're not going to want it.

7:09

You're not going to be hungry for it all the time.

7:11

- What's the key to making the break with your current diet?

7:16

- It's a great question.

7:17

I think it's motivation.

7:20

People need to understand that they have a problem that's not their fault, and I think

7:26

a lot of the narrative out there from the food industry, the government, professional

7:30

associations, Academy nutrition dietetics, American Heart Association, Diabetes Association,

7:36

is that, basically, all you have to do to lose weight is eat less and exercise more.

7:40

And the implicit message in that is that it's your fault that you're fat.

7:44

If you don't eat less and exercise more, it means you're a lazy glutton.

7:48

And the science just does not support that fact.

7:52

As per that recent study that I just mentioned where if you eat the wrong foods, you eat

7:56

more.

7:57

So our biology is being hijacked.

7:59

Our hormones have been hijacked.

8:00

Our brain chemistry has been hijacked by the food industry in such a way to drive our behavior.

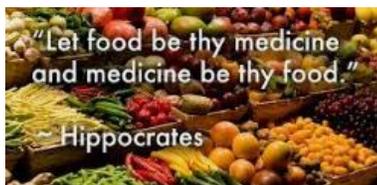
8:05

Now, was that intentional?

8:07

Probably not, but it was a side effect of the drive after World War II create an abundance
8:13
of calories and food for a hungry, starving world.
8:16
And the way they did that was industrialization of agriculture.
8:18
It was large amount of crops of corn and soy and wheat, and that led to this cheap, abundant
8:23
source of raw materials for the food industry to make all kinds of stuff.
8:28
So that-- and as soon as we, kind of, entered into that processed food cycle, we've seen
8:35
obesity spike.
8:36
And when I was born, obesity was 3.4%.
8:40
Now it's 42%.
8:42
That's 12-fold increase in my lifetime.
8:45
When I went to medical school, there was not a single state that had an obesity rate over
8:49
20%.
8:50
Now there isn't a state that has an obesity rate under 20%, and most have 40%.
8:56
So that's not genetic, and what's happening now in the dialogue around obesity is that,
9:01
oh, it's genetic.
9:02
We need these drugs

Food is your medicine



According to the Food Marketing Institute, a supermarket on average carries 43,844 items.

That is insane. Probably around 99% of those items are not good for you. They know it yet they will sell it to you. Welcome to the capitalist world.

Not only that but they will make you get addicted to their product. That is their intention. Sad but true.

Just think billions of dollars are spent on advertising. Take any known soda and you will see a famous figure such as a rockstar promoting that product. They make the viewer feel that if you drink this soda you can also be in the in-crowd. You are cool.

They hire the best psychologist in the world to make you want to buy their product. They make it seem so sexy. They know that sex sounds and will use it to their benefit.

What does an individual do in a world like this? One must educate oneself. It's not easy.

Fortunately, most of the scientists that I researched developed health problems due to being unaware of the problems our diet caused.

Just think the United States spends trillions of dollars on medical care and yet what do we have to show for that money?

Most of the population is prediabetic and not aware of it.

What this means is that the overload of sugar in our system is slowly shutting down the operating system and the hardware.

This means that disease is well on the way in your own body and yet you are unaware of it.

Having a proper diet is more important than any medicine given by a doctor. Many people go to a doctor expecting they can give him a magic pill. The doctor prescribes the pill. The patient never changes his lifestyle because he believes the pill will cure his illness.

Meanwhile, the pill has extreme side effects that make the condition worse. Most doctors say diabetes can never be healed. What they mean is if you continue with the same lifestyle as before it will never be healed.

Unfortunately, many people with diabetes never want to change. Therefore, the condition gets worse and worse.

Did you know that almost 99% of the processed foods you eat contain sugar? We are as a nation on sugar overload. Unfortunately, we don't see the problem until it's almost too late.

So what is the best approach to shopping in a grocery store?
Mostly stay out of all the aisles. Only shop the perimeter of the store.

Try to buy only organic fruits and vegetables. I know they are expensive. Remember food is your medicine.

If you can buy them at your local produce stand.

GMOs and pesticides are literally killing us. Read the chapter on Zach Bush and you will see what I mean.

Learn to eat the rainbow of colors of vegetables. Learn how to use different herbs and spices to make them delicious.

I know most people don't like vegetables. This is because they don't know how to make them tasty.

I was fortunate when I was young. My parents took me to countless ethnic restaurants and I learned how vegetables are so incredible.

Even with vegetables, you have to be careful. Try staying away from potatoes. I love them! But they contain so much sugar.

Include tons of beans and legumes in your diet. Try to make them from scratch.

Fruits are incredible yet contain a lot of sugar. Each one of us has a different chemistry set and we must discover what fruit we can and cannot eat.

Eat a lot of berries. Nuts and seeds are great. Don't buy them from a can. They contain a lot of salt and unhealthy oils.

Read the chapters on David Sinclair. He is a cutting-edge scientist who is pushing the boundaries of medicine and the human body.

Hopefully, this book will be a starting point for you to make wiser decisions for you and your family.

Unfortunately, the media today hardly covers this subject. We are left to our own devices.

What does David Sinclair eat in a day?

Dr. David Sinclair uses intermittent fasting in his daily practice. He suggests, and eats, two meals per day.

...

Sinclair eats while intermittent fasting:

- A plant-based diet.
- Skips breakfast.
- Takes a small amount of olive oil or yogurt with supplements.
- Drinks a lot of water.
- Consumes very low sugar and starchy foods.

David Sinclair Diet and Key Principles for Longevity 2



[Cynthia Douglas-Ybarra, MSN, PHN, RN](#)

March 31, 2023



Image by Rasulov via Shutterstock

²Dr. David Sinclair is the co-director of the Paul F. Glenn Center for Biology of Aging Research at Harvard Medical School. He is a professor in the Department of Genetics and a co-founder of several biotechnology companies.

Key takeaways:

- Dr. David Sinclair's core principles for aging and longevity include diet, exercise, and fasting.
- Although Dr. Sinclair does not endorse specific supplements, he does have a suggested list of supplements that benefit longevity.
- Dr. Sinclair endorses exercise and cold therapy as a modality to treat many conditions and extend life.

He has earned a reputation as an expert in the field of aging longevity and is the Founder and Editor of the journal, Aging.

[Key principles for a longer life by David Sinclair](#)

In recent years, Dr. Sinclair has become one of the most vocal proponents of the idea that aging is a disease that can and should be treated. He has even gone so far as to say that aging is humanity's "biggest epidemic" and that we should devote more resources to finding a cure. His work has already led to the development of several promising new therapies, and there is no doubt that he will continue to be a leading voice in the fight against aging.

Dr. Sinclair has several main principles to improve the aging process and longevity. These include healthy foods, [intermittent fasting](#), regular exercise, meditation, and cold therapy. Dr. Sinclair follows these principles, and, in addition, he avoids excessive sun exposure, x-rays, microwaved plastics, and smoking. Let's look at some of his core components for longevity in detail.

[The David Sinclair diet](#)

Dr. David Sinclair's diet is plant-based, with a very **low intake of sugar, pasta, and other starchy foods**. He drinks lots of water while eating probiotic-rich yogurt throughout the day! His advice? Try different diets until you find one that works best for your body type. Mediterranean food has been known to help people lose weight quickly when looking into healthier lifestyles; low-protein diets can be great too if done properly. It's not just how much protein we eat that is important but also its source. A great question to ask is '**where does my meat come from?**'

The Sirtfood Diet is a relatively new eating approach based on the belief that certain foods can help activate "sirtuins" in the body. These sirtuins are thought to have several health benefits, including improved metabolism, better cellular health, and even longer life. Dr. Sinclair believes that high animal protein diets (carnivores) can accelerate aging by inducing inflammation. He is a proponent of Keto diets because studies have found that high-carb diets have the [highest mortality and fat](#).

² <https://healthnews.com/longevity/healthspan/david-sinclair-diet-and-key-principles-for-longevity/>

The importance of exercise

David Sinclair is a big proponent of using exercise to keep our cells healthy and prevent aging. He believes we should exercise more **frequently and with greater intensity** to see the benefits of improved health and longevity. Sinclair's research has shown that exercise can **help slow the aging process** by improving the function of our cells.

"Exercise is really important for keeping our cells healthy. It helps to clear out the cellular garbage and keeps our cells functioning optimally."

David Sinclair

He recommends **at least 30 minutes of moderate exercise daily** and says the benefits are cumulative. Even if you can't do 30 minutes all at once, you'll still see benefits from doing short stints of exercise throughout the day.

Some of his recommendations include:

- High-intensity interval training (HIIT).
- Running and walking.
- Using your body weight to measure biological age (push-up and sitting rise test-SRT).
- Aim to raise both heart and respiratory rate.
- You should be sweating during your workout and unable to speak more than a few words.

Dr. Sinclair about intermittent fasting

Dr. Sinclair is a huge proponent of intermittent fasting and eating lower amounts of calories daily. One of the key ways in which intermittent fasting may promote good health is by **activating a process known as autophagy**. Autophagy is the body's mechanism for recycling old or damaged cells, and it has been linked with many health benefits, including increased lifespan and protection against diseases like cancer. Dr. David Sinclair uses intermittent fasting in his daily practice. He suggests, and eats, two meals per day. He currently uses a 16:8 Intermittent Fasting schedule which means that he fasts for 16 hours a day and has an eight-hour window where he will eat. This is what Dr. Sinclair eats while intermittent fasting:

- A plant-based diet.
- Skips breakfast.
- Takes a small amount of olive oil or yogurt with supplements.
- Drinks a lot of water.
- Consumes very low sugar and starchy foods.

Best supplements for longevity by David Sinclair

While Dr. David Sinclair does not endorse specific vitamins or other supplements, they are an important part of his research. Here are some of the supplements that he recommends and takes.

Vitamin D3

[Vitamin D](#) is essential for many processes in the body, including bone health and immunity.

Omega-3 fatty acid

[Omega-3 fatty acids are important](#) for heart health and cognitive function.

Resveratrol

Resveratrol is a polyphenolic compound that occurs naturally in the skin of red grapes, peanuts, and some other plants. It has been shown to have several health benefits, including anti-aging effects.

Probiotics

Probiotics are live bacteria that are good for your gut health.

Nicotinamide Mononucleotide (NMN)

Nicotinamide Mononucleotide (NMN) is a naturally occurring molecule needed to make NAD+. Besides obtaining it from food, **Sinclair gets it from NMN supplements**. He takes 1000 mg NMN daily, which may be a high dose.

The reason why he may take this dose is that his NMN is not bioavailable and **half of it gets destroyed in the stomach acid**. Sinclair mixes the NMN supplements with olive oil or natural yogurt to increase bioavailability.

The NMN supplement provider [Hello100](#), for instance, created a liposomal NMN formula with high bioavailability and optimal doses.

Spermidine

Spermidine can be found in foods like cheese, legumes, mushrooms, and soy and can impact aging mechanisms.

Quercetin and Fisetin

Quercetin and Fisetin clear away what is known as senescent cells (cells that resist dying).

Vitamin K2

Vitamin K2 is important for bone health and mitochondrial health.

[Other longevity factors to take into account](#)

David Sinclair has spent his career studying aging and longevity, but he doesn't just focus on just one factor to improve these aspects of life. This renowned 53-year-old scientist endorses **meditation practices as well as using cold therapy**, not only for those who suffer from aches and pains but as an everyday practice.

In his book, "Lifespan: Why We Age-and Why We Don't Have To," Dr. David Sinclair talks about ways to potentially slow down the aging process. He mentions things like eating a healthy diet, exercising regularly, and getting enough sleep. You can also find him tracking various body metrics such as **blood pressure, glucose levels, and other biometrics, like daily steps**. Let's

take a closer look at some of the longevity factors that he espouses and incorporates into his own life, including meditation, cold therapy, and other lifestyle choices.

Meditation

David Sinclair has become increasingly interested in the potential of meditation to help people live longer, healthier lives. In a 2018 interview, he described meditation as "a way to reset the body" and "a form of stress reduction." He also said that meditation could help people age gracefully by reducing the amount of inflammation in the body. Sinclair is not the only scientist investigating the potential anti-aging benefits of meditation. A growing body of research suggests that [meditation can help improve cognitive function](#), reduce stress levels, and even slow the aging process.

Cold therapy

David Sinclair has found that [cold therapy can help to improve circulation](#), reduce inflammation, and speed up the healing process. Cold therapy is also effective in relieving pain and reducing swelling. Sinclair has conducted several studies on the benefits of cold therapy and has found that it is an effective treatment for many different conditions. One of the conditions that cold therapy can be effective in treating is arthritis. Arthritis is a condition that causes pain, stiffness, and swelling in the joints. Cold therapy can help to reduce the pain and swelling associated with arthritis. Sinclair has also found that cold therapy can effectively treat other conditions, such as carpal tunnel syndrome, tendinitis, bursitis, and headaches.

Lifestyle choices

Dr. Sinclair's book *Lifespan* talks about the importance of tracking one's health data, including having frequent blood tests, tracking glucose levels, steps, and exercise, and keeping the body cool during the day and while sleeping. He states that understanding what is happening inside your body will help you stay on track with your exercise and diet goals. He believes having those numbers available is a huge motivational factor in maintaining your health. Dr. Sinclair uses InsideTracker to measure biomarkers such as LDL, HDL, A1C, CRP, and cholesterol, among others.

Resources:

1. The Sinclair Lab. [Research](#).
2. NIH. [The benefits of meditation and mindfulness practices during times of crisis such as COVID-19](#).

David Sinclair: How to Change Your Diet to Live Longer

³In the second podcast based on his book LifeSpan, Dr. Sinclair talks about the science behind how fasting and eating certain foods promote longevity.

[\(Anansing | shutterstock\)](#)

By **Daniel R. Miranda, Ph.D.**

Published: 1:56 p.m. PST Jan 14, 2022 | Updated: 9:48 am PST Mar 29, 2023

Highlights:

1. The important [longevity-related molecules are sirtuins](#), mTOR, and AMPK
2. Fasting increases longevity by regulating these molecules
3. Less sugar, less meat, and more plants increase longevity

In the second podcast episode of *Lifespan with Dr. David Sinclair*, he and co-host Matthew LaPlante discuss how we can live longer by changing the way we eat. They guide listeners towards a path to longer living by examining how we can change our eating habits to live longer, all while explaining the relevant science.

Less Calories, Longer Life

If three words could sum up how to live longer by changing our eating habits, Dr. Sinclair would say, “eat less often.” This does not necessarily mean consuming fewer calories but packing in the calories within a shorter period. In fact, we need calories to avoid malnourishment and starvation.

Why eat less often? For Sinclair, it started with [a study](#) showing that the lifespan of dogs could be increased by reducing their caloric intake. This study inspired Dr. Sinclair to pursue his research on aging, where he has since found similar results in yeast. “There’s a genetic pathway that gets triggered by low energy,” says Sinclair. We consume less energy and activate enzymes called sirtuins by consuming fewer calories.

³ <https://www.nad.com/news/david-sinclair-explains-how-to-live-longer-by-changing-the-way-we-eat>

Longevity-Related Molecules: Sirtuins, mTOR, and AMPK

At his lab at Harvard Medical School, Dr. Sinclair and his team found that low energy activates sirtuins by causing our cells to make [NAD+ \(nicotinamide adenine dinucleotide\)](#), which sirtuins use as fuel. NAD+ was shown to increase the lifespan of yeast, which is one of the reasons why so many people now take NR (nicotinamide riboside) and NMN (nicotinamide mononucleotide) supplements, which boost NAD+ levels.

In addition to sirtuins, another molecule important for longevity is mTOR (mammalian target of rapamycin), except this one is better if not activated. Many animal studies show that decreasing mTOR increases lifespan. Sinclair explains that this is due to autophagy, where old proteins are recycled to make new ones. In humans, drugs that inhibit mTOR, like rapamycin, boost immunity and cause biochemical changes that mimic fasting and predict longevity.

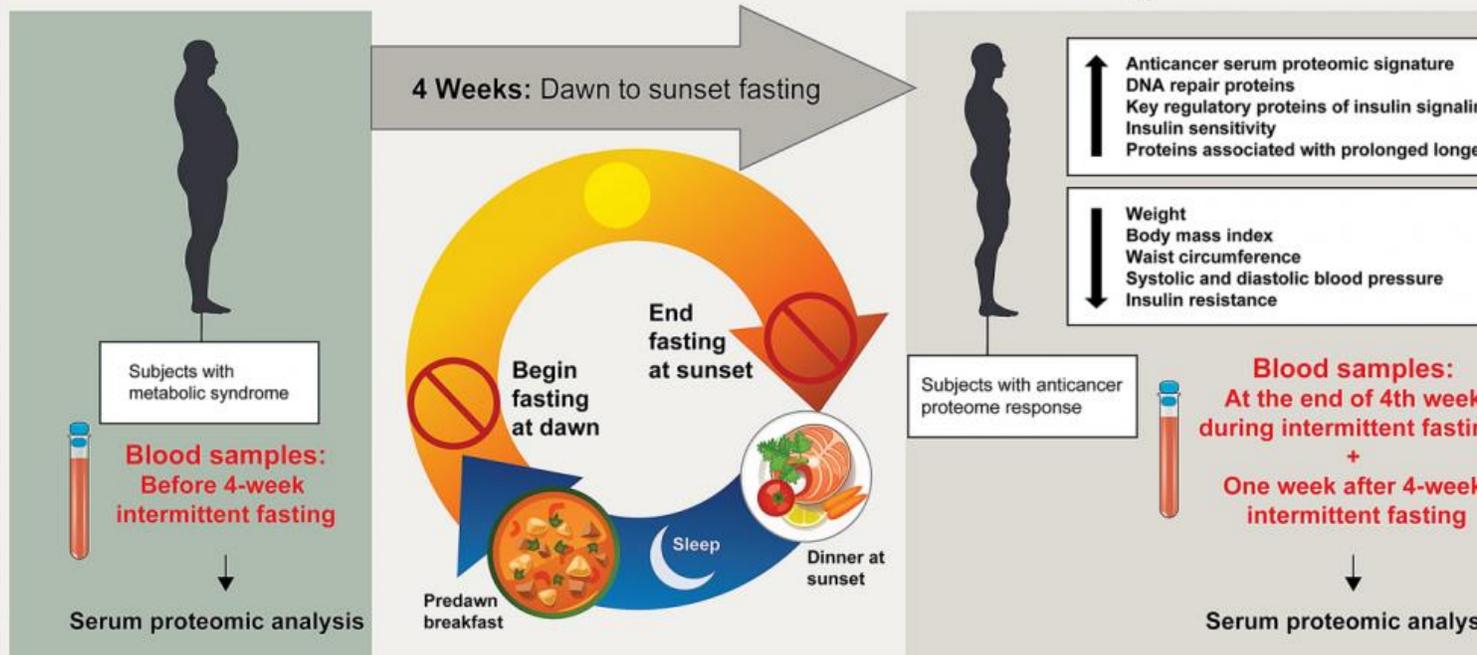
The final longevity molecule discussed by David and Matthew was AMPK (AMP-activated kinase), an enzyme that goes up in response to low energy. One function of AMPK is to make more mitochondria, which decrease as we age and are vital for cell survival. In humans, the type 2 diabetes drug metformin activates AMPK and has been shown to reduce age-related disease.

Fasting to Control Longevity-Related Molecules

We must fast to eat less often and regulate sirtuins, mTOR, and AMPK. Dozens of human studies have shown that fasting is beneficial for longevity. [A Baylor College of Medicine study](#) showed that fasting improved blood pressure, reduced BMI, decreased weight circumference, and, “importantly,” Sinclair says, upregulated DNA repair proteins. He explains that diseases like [type I diabetes](#), [multiple sclerosis \(MS\)](#), and even [cancer](#) benefit from fasting.

“Those three defense components [sirtuins, mTOR, AMPK] of the cell take care of the body, not just for aging, but to fight diseases in [young people](#), [middle-aged](#), and genetic diseases,” says Dr. Sinclair.

Intermittent Fasting from Dawn to Sunset for Four Weeks is Associated with Anticancer Proteomic Signature



(Mindikoglu et al., 2020 | Scientific Reports) Baylor College of Medicine Study. Fasting from dawn to sunset for 4 weeks increases DNA repair and proteins associated with prolonged longevity while decreasing weight, body mass index (BMI), and insulin resistance.

How Should We Fast?

David and Matthew go over three primary ways of fasting: the fasting-mimicking diet, intermittent fasting, and time-restricted feeding.

The fasting-mimicking diet involves lowering mTOR activity by reducing the consumption of branched-chain amino acids. For this diet, the time window for eating isn't as rigorous. Sinclair says, "you want the body to be in a state of perceived adversity." He explains that [in a clinical trial](#), the fasting-mimicking diet was shown to help cancer patients survive and get over chemotherapy quicker.

Intermittent fasting is going longer than a day without eating. This can go on for days or weeks, although Dr. Sinclair says, “he wouldn’t go longer because you’ll start chewing up your muscle.” These long fasts turn on autophagy. “Once you’ve gone beyond three days, your metabolism switches into what’s called chaperone-mediated autophagy, the deep cleanse.”

Time-restricted feeding, which involves not eating for at least 16 hours within 24 hours, is Dr. Sinclair’s preferred fasting method. Sinclair explains that your liver will start making glucose at a steady level after a few weeks, so there won’t be [large spikes of insulin](#) that put you in a glucose deficit and make you tired.

Which fasting method is best? David and Matthew proclaim the importance of genetics when it comes to fasting. A mouse study showed that caloric restriction shortened the lifespan of more mice (based on genes) than it lengthened. This means that caloric restriction probably does not work for everybody. Sinclair also says that fasting isn’t easy, but it’s worth it. The trick, he says, is to fill yourself with fluids.

“For me, constant coffee, tea, hot water, all the way through the day. Being hydrated and filled with liquid takes away any feeling of hunger.”

What To and Not To Eat?

In the last portion of the conversation, David and Matthew go over what we should eat to live longer. First, they go over what not to eat: sugar and meat.

Dr. Sinclair says that sugar is bad because it will reduce longevity, lead to type 2 diabetes, and possibly cause cardiovascular disease. It also shuts off AMPK and sirtuins. In other words, with high sugar, your defenses against disease and aging are minimal.

The Harvard scientist explains that red meat is non-beneficial. It is suitable for athletes or bulking up, but when looking at the evidence, high protein, carnivorous, red meat-based diets are not beneficial for a longer lifespan. High protein will shut off sirtuins, and the branched-chain amino acids in meat activate mTOR, inhibiting autophagy.

What should we eat? Dr. Sinclair himself is now a vegetarian if that tells you anything. Also, in [the 2013 Adventist Health study](#), it was calculated that vegetarians live longer than non-vegetarians. Additionally, in [a study on women](#), the Mediterranean diet (mostly vegetarian with some fish) decreased biological aging.

“That fasting or eating the right foods, like the Mediterranean diet not just to slows down the ticking of the clock, but probably reverses your age is a mind-blowing concept,” says Dr. Sinclair.

Why are plant-based foods good for us? Dr. Sinclair and Dr. Konrad Howitz published [a paper in Nature](#) showing that plants contain molecules called polyphenols, which activate the sirtuin enzyme Sirt1 and cellular pathways important for health and longevity.

Takeaways

As told by Dr. Sinclair, the takeaways of this podcast are to (1) eat less, (2) avoid sugar, (3) reduce meat intake, and (4) eat more of a plant-based diet, like the Mediterranean diet. He mentions that [a study of elderly subjects in Spain](#) showed that you could change your diet until the age of 80 and still get the benefits, so it’s not too late for many of us to change our eating habits to help us live longer lives.

TAGS

biological aging

caloric restriction

Diabetes

Longevity

SARM1

Sirtuins

Source

Sinclair, David. “Lifespan with Dr. David Sinclair | What to Eat & When to Eat for Longevity.” YouTube.com, January 12th, 2022, <https://www.youtube.com/watch?v=wD8reCw3KIs>.

WHAT & WHEN TO EAT

Lifespan
WITH DR. DAVID SINCLAIR

1:08:11

What to Eat & When to Eat for Longevity | Lifespan with Dr....

David Sinclair  2M views

In this episode, Dr. David Sinclair and co-host Matthew LaPlante discuss how frequently we should eat, what food we should avoid,...

What is intermittent fasting



⁴Intermittent fasting (IF) is an eating pattern that cycles between periods of fasting and eating.

It doesn't specify which foods you should eat but rather when you should eat them.

In this respect, it's not a diet in the conventional sense but more accurately described as an eating pattern.

Common intermittent fasting methods involve daily 16-hour fasts or fasting for 24 hours, twice per week.

Fasting has been a practice throughout human evolution. Ancient hunter-gatherers didn't have supermarkets, refrigerators, or food available year-round. Sometimes they couldn't find anything to eat.

As a result, humans evolved to be able to function without food for extended periods.

Fasting from time to time is more natural than always eating 3–4 (or more) meals per day.

⁵Intermittent Fasting Methods

There are several different ways of doing intermittent fasting — all of which involve splitting the day or week into eating and fasting periods.

During the fasting periods, you eat either very little or nothing at all.

These are the most popular methods:

⁴ <https://www.healthline.com/nutrition/intermittent-fasting-guide#what-it-is>

⁵ <https://www.healthline.com/nutrition/intermittent-fasting-guide#weight-loss>

The 16/8 method: Also called the Leangains protocol, it involves skipping breakfast and restricting your daily eating period to 8 hours, such as 1–9 p.m. Then you fast for 16 hours in between.

Eat-Stop-Eat: This involves fasting for 24 hours, once or twice a week, for example by not eating from dinner one day until dinner the next day.

The 5:2 diet: With this method, you consume only 500–600 calories on two nonconsecutive days of the week, but eat normally the other 5 days.

By reducing your calorie intake, all of these methods should cause weight loss as long as you don't compensate by eating much more during the eating periods.

Many people find the 16/8 method to be the simplest, most sustainable, and easiest to stick to. It's also the most popular.

SUMMARY

There are several different ways to do intermittent fasting. All of them split the day or week into eating and fasting periods.

How It Affects Your Cells and Hormones

When you fast, several things happen in your body on the cellular and molecular level.

For example, your body adjusts hormone levels to make stored body fat more accessible.

Your cells also initiate important repair processes and change the expression of genes.

Here are some changes that occur in your body when you fast:

Human Growth Hormone (HGH): The levels of growth hormone skyrocket, increasing as much as 5-fold. This has benefits for fat loss and muscle gain, to name a few (4Trusted Source, 5Trusted Source, 6Trusted Source, 7Trusted Source).

Insulin: Insulin sensitivity improves and levels of insulin drop dramatically. Lower insulin levels make stored body fat more accessible (8Trusted Source).

Cellular repair: When fasted, your cells initiate cellular repair processes. This includes autophagy, where cells digest and remove old and dysfunctional proteins that build up inside cells (9Trusted Source, 10Trusted Source)

Gene expression: There are changes in the function of genes related to longevity and protection against disease (11Trusted Source, 12Trusted Source).

These changes in hormone levels, cell function, and gene expression are responsible for the health benefits of intermittent fasting.

SUMMARY

When you fast, human growth hormone levels go up and insulin levels go down. Your body's cells also change the expression of genes and initiate important cellular repair processes.



Dr. Jason Fung - 'A New Paradigm of Insulin Resistance'

Low Carb Down Under 1.2M views

Dr. Jason Fung completed medical school and internal medicine at the University of Toronto before finishing his nephrology fellowship at the University of California, Los Angeles at the Cedars-Sina...



A Low Carb Diet Plan that reduces 93% of PreDiabetes (Easy) | Jason Fung

Jason Fung 478K views

Type 2 diabetes is a reversible disease through diet. The American Diabetes Association science review on nutrition states that low carb diets have the most evidence for managing type 2 diabetes....



Dr. Jason Fung: Fasting as a Therapeutic Option for Weight Loss

CrossFit® 5.2M views

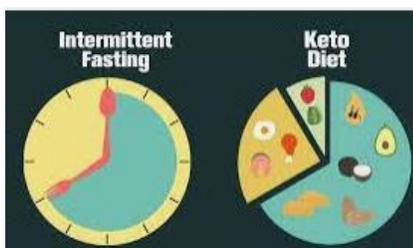
Dr. Jason Fung, MD, is a nephrologist and expert in the use of intermittent fasting and low-carbohydrate diets for the treatment of Type 2 diabetes. In this presentation, delivered on Aug....

Wake Up Your Mitochondria, Energize Your Life: The Bulletproof Plan

Dave Asprey
Founder and CEO of Bulletproof

Intermittent fasting and Ketosis

This is a great article ⁶



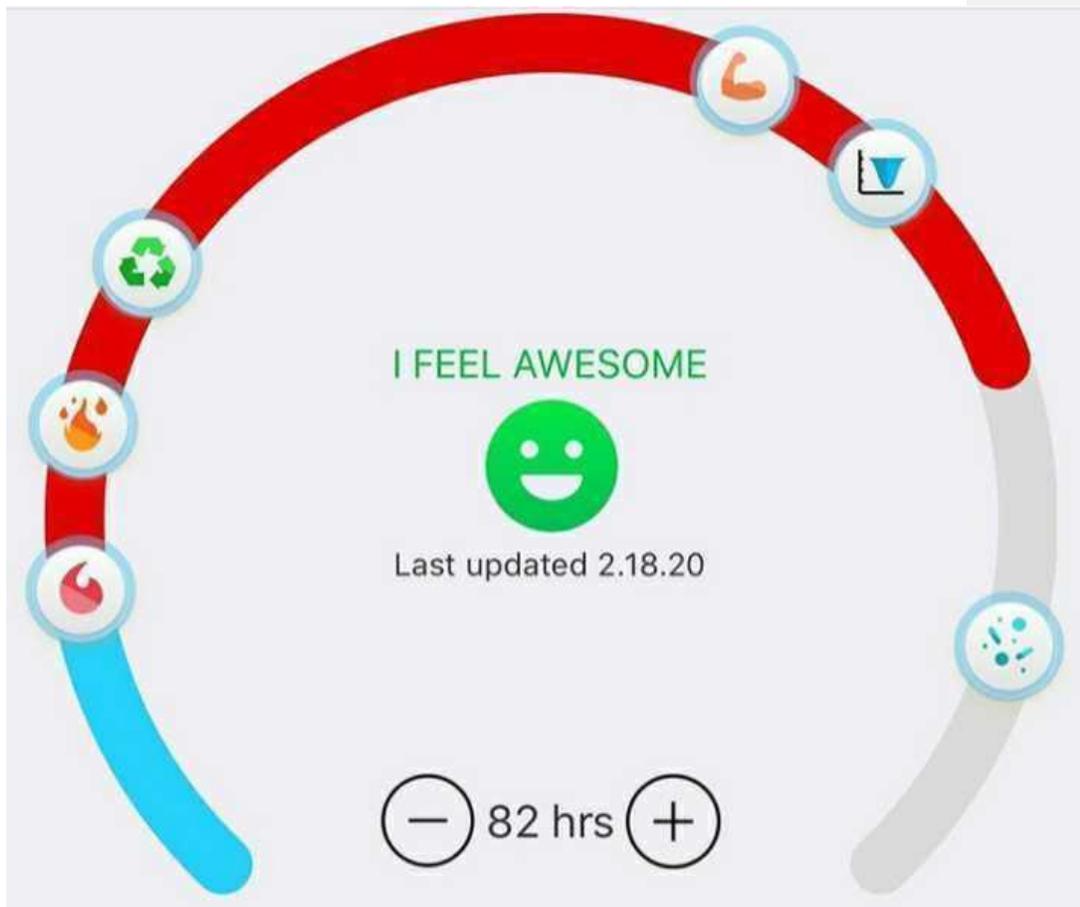
Intermittent fasting isn't just a weight loss strategy or a hack that bodybuilders use to lose fat quickly while maintaining lean muscle mass. It is at its best a healthy lifestyle informed by human evolution and the study of metabolism.

It asks the human body to be much more efficient and self-protective than it is accustomed to being in modern times.

Many things happen during intermittent fasting that either doesn't happen when we are always in a fed state, or that happen very slowly in the background of **glucose** metabolism.

Scroll down to learn more about the five stages of intermittent fasting!

⁶ <https://lifeapps.io/fasting/the-5-stages-of-intermittent-fasting/>



The 5 Stages of Intermittent Fasting with the LIFE Fasting Tracker app: 1) Ketosis and heavy ketosis, 2) Autophagy, 3) Growth hormone, 4) Insulin reduction, 5) Immune cell rejuvenation!

In a well-fed state, the individual cell in your body is in “growth” mode. Its **insulin** signaling and **mTOR** pathways that tell the cell to grow, divide and synthesize proteins are active.

By the way, these pathways, when overactive have implications for cancer growth.

The “mammalian target of rapamycin” or mTOR loves having plentiful nutrients around, especially carbohydrates and proteins.

When active, mTOR tells the cell not to bother with **autophagy** (literally cellular “self-eating”), a recycling and cleanup process that rids your body of damaged and misfolded proteins, for example.

The well-fed cell isn't worried about being efficient and recycling its components – it's too busy growing and dividing.

In a well-fed state, your cells and their components are also highly **acetylated**.

This means that various molecules in your cells, including the “packaging” proteins called histones that wrap your DNA up nicely within the core of your cells, are “decorated” with acetyl groups on their lysine (amino acid) residues.

Don't worry if you don't understand the jargon in that last sentence. What you need to know is that the well-fed cell has many **genes**, including those associated with cell survival and proliferation, turned *on*.

This is because acetylation tends to loosen the packaging proteins that normally keep your DNA wrapped up, and lets your DNA be read for protein production.

While your cells turn *on* cellular growth and proliferation genes when you aren't fasting, they also turn other genes *off*. These include genes related to fat metabolism, stress resistance, and damage repair.

Actually, with intermittent fasting, some of your fat gets turned into **ketone bodies** that appear to reactivate these genes, leading to lowered inflammation and stress resistance in the brain, for example.

But during starvation, things are very different. When you practice intermittent fasting, your body reacts to what it sees as environmental stress (low food availability) by changing the expression of genes that are important in protecting you from, well, stress.

We have a well-preserved starvation “program” that kicks our cells into a completely different state when food, particularly glucose or sugar, isn’t around. With intermittent fasting and exercise, you activate the **AMPK** signaling pathway. AMPK or 5' AMP-activated protein kinase is the brake to mTOR's gas pedal.

AMPK signals the cell to go into the self-protective mode, activating autophagy and fat breakdown. It inhibits mTOR.

At the same time, while you are fasting the levels of a molecule called **NAD+** begin to rise because you don't have the dietary proteins and sugars around that normally convert NAD+ to NADH through the Krebs cycle. NAD+, a molecule whose precursor is Vitamin B3, activates the sirtuins, SIRT1, and SIRT3. (Have you heard of the “longevity” molecule in wine called resveratrol? Yep, it became famous as being a potential activator of the **sirtuins**).

These sirtuins are proteins that remove the acetyl groups we talked about above from histones and other proteins. In this process, the sirtuins silence genes related to cell proliferation and activate proteins involved in creating new mitochondria (the power-generating factories of your cells) and cleaning up reactive oxygen species.

Ketones also produced during fasting, work as **deacetylase inhibitors** (in other words, keeping acetyl groups in place). This turns on genes related to antioxidant processes and damage repair.

Whew, that's a lot happening while your body isn't taking in any calories.

But *when* exactly do these things happen? We've helped you visualize the timeline below and in the LIFE Fasting Tracker app, with a series of icons on the LIFE Fasting arc that represent the five stages of intermittent fasting!

The Five Stages of Intermittent (and Prolonged) Fasting



By 12 hours, you've entered the metabolic state called **ketosis** ([Anton et al., Obesity 2018](#)). In this state, your body starts to break down and burn fat.

Some of this fat is used by the liver to produce ketone bodies (ketones). The two main ketones, acetoacetate and β -hydroxybutyrate (BHB), serve as an alternative energy source for the cells of your heart, skeletal muscle, and brain when glucose isn't readily available.

Did you know that your brain uses up some 60% of your glucose when your body is resting? During intermittent fasting, ketone bodies generated by your liver partly replace glucose as fuel for your brain as well as other organs.

This ketone usage by your brain is one of the reasons that intermittent fasting is often claimed to promote mental clarity and

positive mood – ketones produce less inflammatory products as they are being metabolized than does glucose, and they can even kick-start production of the brain growth factor **BDNF**! Ketones have also been shown to reduce cellular damage and cell death in neurons and can also reduce inflammation in other cell types.



By 18 hours, you've switched to fat-burning mode and are generating significant ketones (Anton et al., Obesity 2018). You can now begin to measure blood ketone levels above your baseline values. Under normal conditions, the concentration of ketones in your plasma ranges between 0.05 and 0.1 mM. When you fast or restrict the carbohydrates in your diet, this concentration can reach 5-7 mM. You can help accelerate ketone production with some heart-pumping exercise!

For example, intermittent fasting combined with running causes rewiring of nerve cells in the brain which leads to improved learning and memory in lab animals

As their level in your bloodstream rises, ketones can act as signaling molecules, similar to hormones, to tell your body to ramp up stress-busting pathways that reduce inflammation and repair damaged DNA for example.



Within 24 hours, your cells are increasingly recycling old components and breaking down misfolded proteins linked to Alzheimer's and other diseases (Alirezai et al., Autophagy 2010). This is a process called autophagy.

Autophagy is an important process for cellular and tissue rejuvenation – it removes damaged cellular components including misfolded proteins.

When your cells can't or don't initiate autophagy, bad things happen, including neurodegenerative diseases, which seem to come about as a result of the reduced autophagy that occurs during aging.

Intermittent fasting activates the AMPK signaling pathway and inhibits mTOR activity, which in turn activates autophagy. This only begins to happen, however, when you substantially deplete your glucose stores and your insulin levels begin to drop.

Intermittent fasting is one way in which you can increase autophagy in your cells and possibly reduce the effects of aging.

A 2019 study with 11 overweight adults who only ate between 8 am and 2 pm showed increased markers of autophagy in their blood after fasting for around 18 hours, compared to control participants who only fasted for 12 hours.

A second study detected autophagy in human neutrophils starting at 24 hours of fasting. In a third study, skeletal muscle biopsies of healthy male volunteers who fasted for 72 hours showed reduced mTOR and increased autophagy.

In mice deprived of food, autophagy increases after 24 hours, and this effect is magnified in cells of the liver and brain after 48 hours.

But intermittent fasting is not the only way to enhance the ability of your cells to recycle old components. Some of the known benefits of exercise for overall health have to do with increased autophagy.

For example, autophagy induced by exercise delays the progression of heart disease by giving the heart better quality cell parts and reducing oxidative damage.

Exercise, just like intermittent fasting, inactivates mTOR, which increases autophagy in many tissues. Exercise mimics the effects of going without food for an extended period: It activates AMPK as well as autophagy-related genes and proteins.

In mice, endurance exercise increases autophagy in the heart, liver, pancreas, fat tissue, and brain. In humans, autophagy increases during high-intensity exercise, including marathon running and cycling.



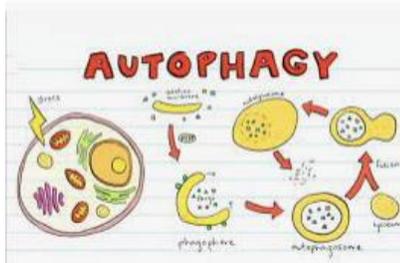
Ketogenic Q&A Part 2: Ketones, Fasting, and the Brain - Dominic D'Agostino, PhD

Metagenics Institute • 3.9K views

Ketogenic Q&A Part 2: Ketones, Fasting, and the Brain presented by Dominic D'Agostino, PhD In Q&A Part 2, Dominic D'Agostino, PhD focuses his discussion on the brain. Dr. D'Agostino explores...

What is Autophagy

Another great read. ⁷



If you have been practicing intermittent fasting for a while, you might have heard that autophagy is one of its many benefits. But what is it and why is it important for your health?

This blog post explores the concept of autophagy, how it happens in your cells, and why intermittent fasting is about much more than just weight loss.

Autophagy is a vital process our cells do for keeping themselves working properly.

It involves packaging damaged cell components and transporting them to a recycling plant within the cell called the lysosome, where they are broken down and reused.

Your cells maintain low levels of autophagy all the time, but they ramp it up when nutrients are low, or when there is increased demand for energy, a.k.a when you're fasting or working out.

When you fast or exercise, your body can remove old components if they have accumulated too much damage, or turn them into things your cells can use.

This gives you sugars and other building blocks that can power you through a fast or a workout.

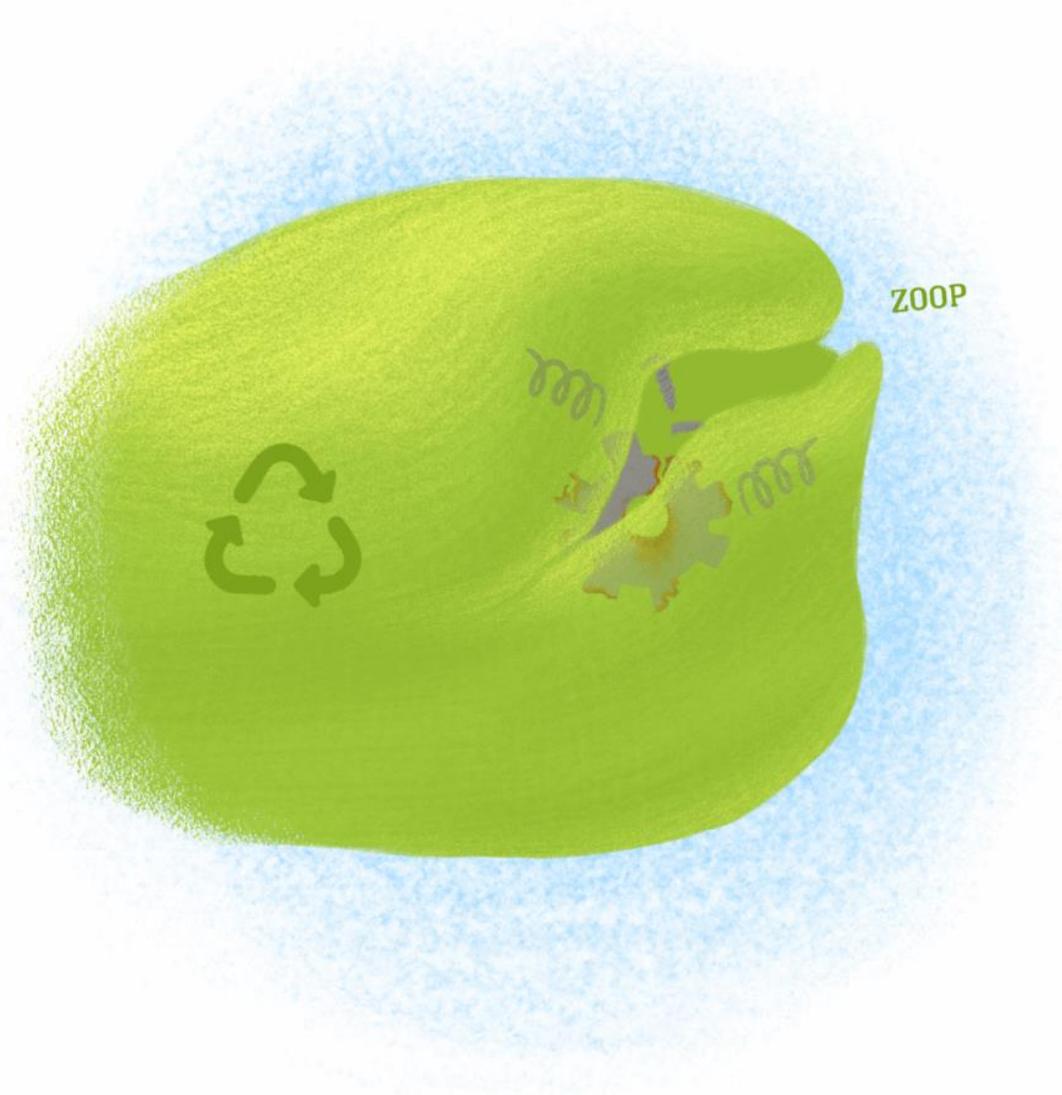
⁷ <https://lifeapps.io/fasting/autophagy-the-recycling-mechanism-that-delays-aging-and-prevents-disease/>

When your cells are ready for autophagy 3 things occur:

1. A cup-shaped structure (known as the phagophore) begins to form around damaged



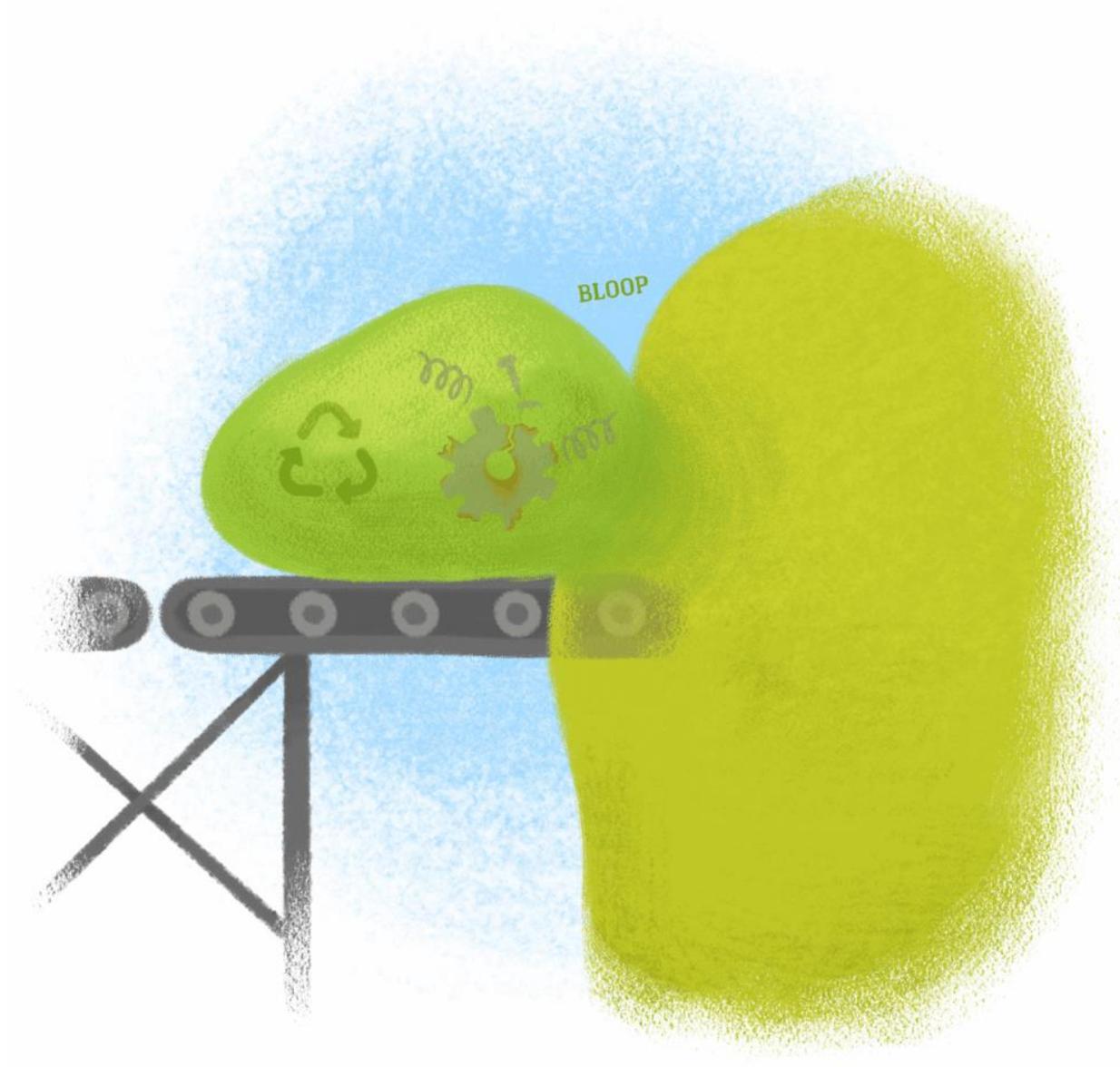
-
2. The edges of the phagophore extend and fuse, forming a new structure known as the 'autophagosome.' This is the 'recycling bin' that will contain the damaged material.



3. The autophagosome fuses directly with a lysosome, (the cell's recycling plant) which

contains enzymes known as acid hydrolases that can digest old and damaged cell parts.

This process generates sugars, amino acids, and fatty acids that cells can repurpose, and it gets rid of dangerous things that can cause disease, such as faulty proteins and even bacteria and viruses.



Autophagy can be ramped up and decreased as needed

mTOR (mammalian target of rapamycin) is a protein that normally keeps autophagy levels down. It becomes active when you eat and there are plenty of nutrients around for your cells to use.

When this is the case, your cells don't bother with autophagy because there is no need to recycle anything when nutrients are plentiful. However, when you go without eating for several hours, a protein known as AMPK (5' AMP-activated protein kinase) turns off mTOR and signals your cells to go into self-protective mode. This activates several proteins, including those known as autophagy-related genes, which initiate autophagy by helping gather damaged cell parts and fusing them to the lysosome to be broken down.

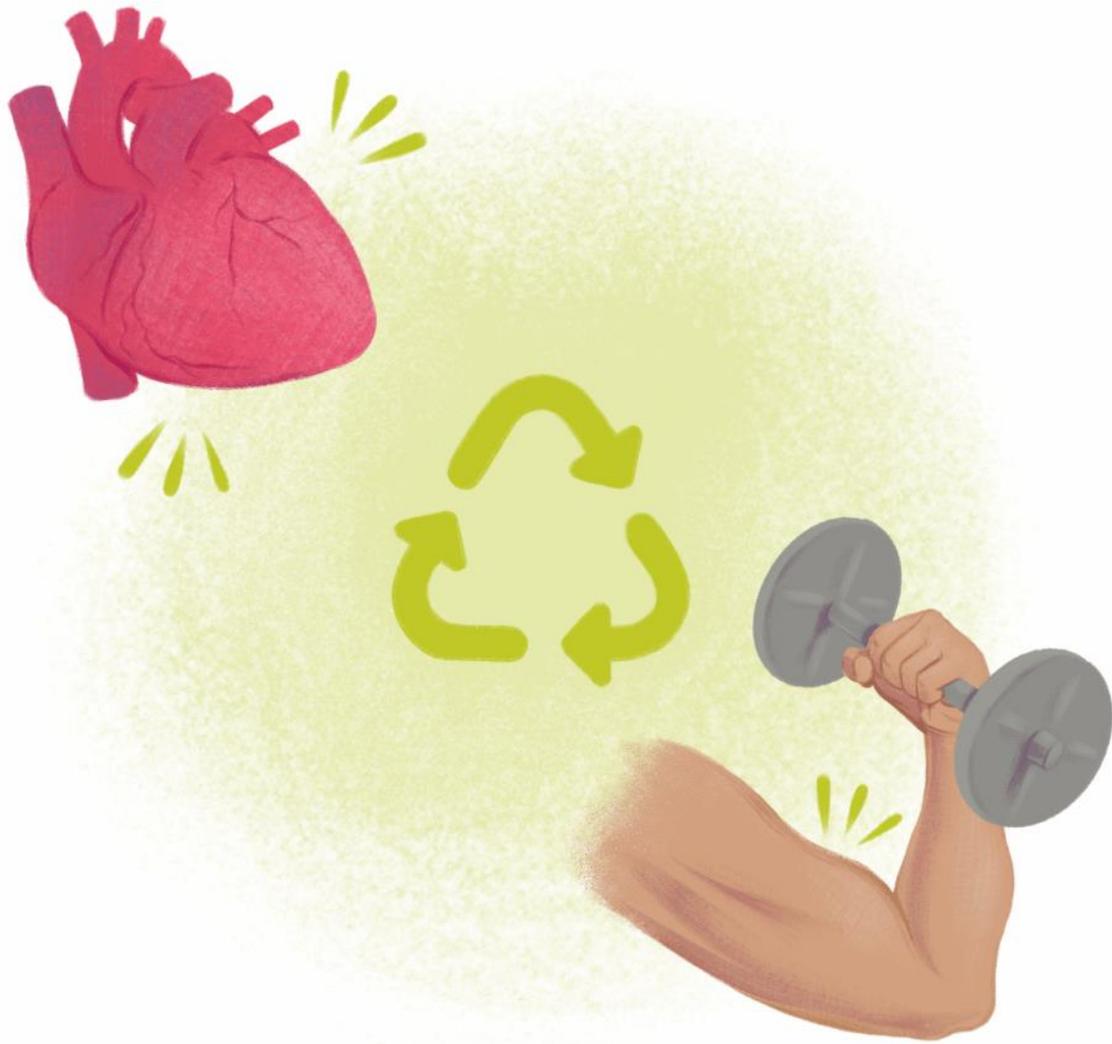
Autophagy decreases with age

Although your cells use autophagy to clean themselves up, autophagy becomes less efficient as you age.

This causes your cells to accumulate damage that they are increasingly unable to repair, which is linked to many diseases of aging, including Alzheimer's, Parkinson's disease, and cancer.

Reduced autophagy causes premature aging and shortens the lifespan of many animals, from worms to mice to humans. Since mTOR puts the brakes on autophagy and its levels go up during aging, scientists think that increased mTOR might be the link between aging and reduced autophagy. AMPK also decreases during aging.

Decreased AMPK might act in concert with mTOR to suppress autophagy in aged cells.



There are at least 2 things you can do to increase autophagy in your cells: High-intensity exercise and

intermittent fasting.

Intermittent fasting and exercise increase autophagy

There are limited studies on autophagy in humans, but animal studies show that autophagy might reverse the effect of aging on health!

For example, restricting calories in fruit flies increases their lifespan and restricting calories in rodents consistently improves their health. These effects seem to be due at least in part to putting the breaks on mTOR and activating autophagy.

Intermittent fasting is one way in which you can increase autophagy in your cells and possibly reduce the effects of aging.

A 2019 study with 11 overweight adults who only ate between 8 am and 2 pm showed increased markers of autophagy in their blood after fasting for around 18 hours, compared to control participants who only fasted for 12 hours.

A second study detected autophagy in human neutrophils starting at 24 hours of fasting. In a third study, skeletal muscle biopsies of healthy male volunteers who fasted for 72 hours showed reduced mTOR and increased autophagy.

But intermittent fasting is not the only way to enhance the ability of your cells to recycle old components. American scientist Beth Levine showed that some of the known benefits of exercise for overall health have to do with increased autophagy. For example, autophagy induced by exercise delays the progression of heart disease by giving the heart better quality cell parts and reducing oxidative damage.



Exercise, just like fasting, inactivates mTOR and activates AMPK.

Exercise, just like fasting, inactivates mTOR, which increases autophagy in many tissues. Exercise mimics the effects of going without food for an extended period: It activates AMPK as well as autophagy-related genes and proteins.

In mice, endurance exercise increases autophagy in the heart, liver, pancreas, fat tissue, and brain. In humans, autophagy increases during high-intensity exercise, including marathon running and cycling.

Autophagy can renovate your cellular components, protect your brain by removing damaged proteins, keep diseases away by getting rid of foreign bacteria and viruses, provide your cells with energy when food is scarce, and protect you from DNA damage. Practice intermittent fasting and exercise daily– You might end up living healthier and longer because of it.

Coffee and Ketones

STUDY SHOWS COFFEE IN THE MORNING INCREASES KETONE LEVELS ⁸

By [Bulletproof Staff](#)

Reviewed by [Emily Gonzalez, ND](#) for Scientific Accuracy



Researchers in Canada found that coffee helps your body produce ketones, and as participants drank more coffee, ketones in the blood increased. ¹¹

What the study says:

⁸ <https://www.bulletproof.com/diet/keto/study-shows-coffee-in-the-morning-increases-ketone-levels/#:~:text=Researchers%20in%20Canada%20found%20that,four%20hours%20after%20drinking%20it>.

- Drinking coffee in the morning increased ketone biomarkers by 88-116% for up to four hours after drinking it.
- Coffee consumption broke down fats in the body and increased free fatty acids (FFA) in the blood, which the liver converts to ketones.
- The ketones produced after drinking coffee contribute to 5-6% of brain energy needs.^[2]
- Ketone levels in the blood increased as coffee consumption increased.

What we already know:

- Ketosis [helps weight loss](#) by resetting your hunger and fullness hormones.^[3]
- Fat in the morning signals to your body that you're not experiencing a famine.
- Fat [increases ketones](#), especially in the morning because you're still in a fasted state from sleeping.
- Researchers found that caffeine increased insulin sensitivity, which would make you crave less sugar because you can use the sugar you have.^[4]

DOES COFFEE KICK YOU OUT OF KETOSIS?

A portion of the low-carb community avoids coffee because they think it raises blood sugar, kicks them out of ketosis, and makes them hungry.

You can find studies that both support and reject the idea that coffee alters blood glucose, and that's usually because the foods offered alongside and added to coffee mess with blood glucose and insulin.

However, the Canadian study measured elevated ketones in the blood in addition to FFAs, which the liver converts to ketones, after coffee consumption. All that ketone power gives you steady energy and mental stamina to make it through your intermittent fast without even thinking about food.

Insulin Resistance Diet Separating Fact From Fiction

⁹By Liam McAuliffe M.T.S. Updated on December 31, 2021

Tags: [Insulin Resistance](#), [Insulin Sensitivity](#), [Ketogenic diet](#)



⁹ <https://www.doctorkiltz.com/insulin-resistance-diet/>

An insulin resistance diet is a way of eating to prevent and even reverse diabetes, obesity, high blood pressure, [PCOS](#), and other chronic metabolic disorders. This approach to treating metabolic disorders with a diet targeting insulin resistance is based on:

- research shows that insulin resistance is the link underlying these many different disorders.[1](#)
- research shows that dietary changes can dramatically improve insulin resistance.[2](#)

In this article, we'll explore what insulin resistance is, how an insulin resistance diet can control it, and what dietary approaches work best according to available research.

What is Insulin?

Insulin is a hormone produced by the pancreas. Its purpose is to regulate blood sugar by triggering your cells to accept and use blood sugar (glucose) as fuel.



What is Insulin Resistance?

Insulin resistance is a condition that occurs when cells become “resistant” to the chemical signaling of insulin telling them to accept glucose.

This process results in keeping blood sugar levels toxically high resulting in a cascade of metabolic and hormonal disorders.

Insulin resistance entails a metabolic cycle where:

- Large amounts of glucose enter and remain in the bloodstream
- Your pancreas releases high levels of insulin to try and force this excess blood sugar into cells
- Your cells increase their resistance to insulin and require greater amounts of insulin to allow sugar in[\[2\]](#)
- Insulin-producing cells in your pancreas get burned out, limiting your ability to make insulin in the future
- Blood sugar remains chronically high leading to obesity, diabetes, fatty-liver disease, high blood pressure, and other disorders

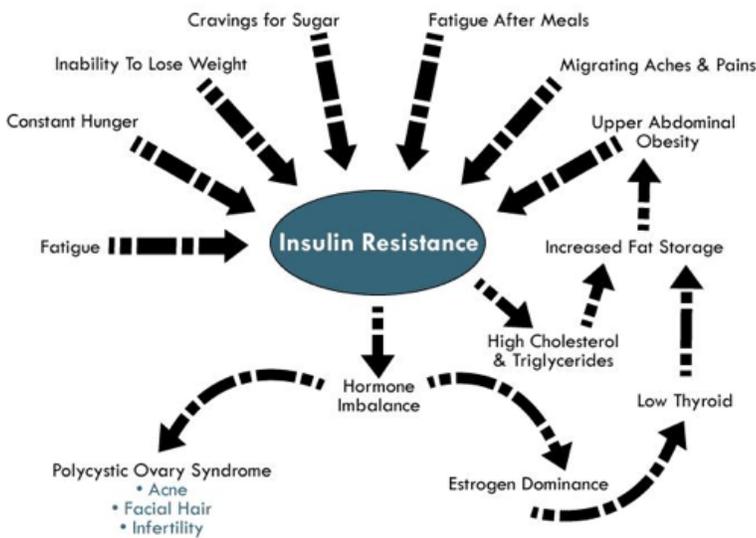
What Causes Insulin Resistance?

When you eat [carbohydrates](#) including added [sugars](#), whole grains, vegetables, and [fruit](#), your body breaks them all down into simple sugars (glucose) that get sent into your bloodstream.

When you eat a chronically high amount of carbs, like most people on a [Standard American Diet](#), your body is forced to produce chronically high levels of insulin. This sets off the cycle outlined above.

Insulin resistance is caused by our calorie-dense, carbohydrate-dominant diets, combined with a lack of activity. In other words, we eat too much processed, [sugary junk food](#), and don't move enough.

Is this You?



"I'LL HAVE WHAT HE'S HAVING..."

How Can Diet Prevent and Reverse Insulin Resistance?

For decades the mainstream protocol for an insulin-resistant diet has called for:

- Consuming fiber-rich whole grains, fruits, and veggies
- Cutting fat

Why Fiber?

This protocol is centered on the idea that [fiber](#) slows down the digestion of carbohydrates into glucose (blood sugar), protecting against glycemic (blood sugar) spikes. Reducing glycemic spikes, in turn, reduces insulin spikes.

Why Cut Fat?

The embargo on fat has to do with the fact that 1 gram of fat provides twice as many calories as 1 gram of protein or carbs.

Since most people with metabolic syndrome are obese, nutritionists see a need to reduce overall caloric intake.[2](#)

However, as we mentioned above, grains, veggies, and fruits all get broken down into simple sugars that require insulin.

This begs the question: Is a high-carb diet effective against insulin resistance? And are there better low-carb options?

Interestingly, a 2005 study set out to explore this question, which we'll look at in more detail next.

Mediterranean Keto for Insulin Resistance

The Mediterranean keto diet takes the keto-friendly foods found in a traditional Mediterranean diet and formulates them into an eating plan that meets the keto macronutrient ratios of 70-80% fat, 15-20% protein, and 0-10% carbs.

A typical Mediterranean keto consists of:

- Fish and seafood as the primary source of protein and animal fat
- Olive oil is the primary source of added fat
- Green vegetables and salads as the main source of carbohydrate
- 1-2 cups (200-400ml) of red wine per day

A 2011 pilot study was conducted to look at the effects of what researchers called the Spanish Keto Mediterranean Diet (SKMD) on 22 obese men.[\[19\]](#) All 22 participants had metabolic syndrome.

After 12 weeks the study found that:

- Fasting blood sugar levels dropped from a pre-diabetic 118 to an ideal 91
- Subjects lost an average of at least 30 pounds
- All participants no longer had metabolic syndrome
- They lost an average of 6 inches (16 centimeters) from their waist

- Body mass index (BMI) dropped from 37 to 31.5: This represents a change from class 2 obesity to the low end of class 1.
- An increase in “good” HDL cholesterol from 44 to 58.
- A decrease in triglycerides from 224 to 109
- A change from “prehypertensive” to “normotensive”
- Markers for fatty liver disease including liver enzymes and liver fat reduced, and in some cases completely resolved [21]

It’s interesting to note that though most participants completed the study still on the lower scale of obesity, their metabolic syndrome was completely reversed.

This suggests that losing weight isn’t the main factor in curing metabolic disease. Rather, the power of these changes is attributable to the diet itself.

The takeaway: An [Mediterranean keto](#) way of eating is likely an effective insulin resistance diet.

High-fat Low-Carb vs. Low-Fat High-Carb

In 2004 researchers set out to determine the effects that 3 different popular diets had on insulin resistance.

They compared the standard insulin diet of high-carb, high-fiber, and low-fat, against both a low-carb high-fat “Aitkins” diet and a low-carb high-protein “Zone” diet.

The study followed 96 obese and insulin-resistant women for 8 weeks. Researchers found that “reduction to body weight, waist circumference, triglycerides, and insulin levels decreased with all three diets, but, reductions were significantly greater in the high-fat and high-protein groups than in the high-carb group.”³

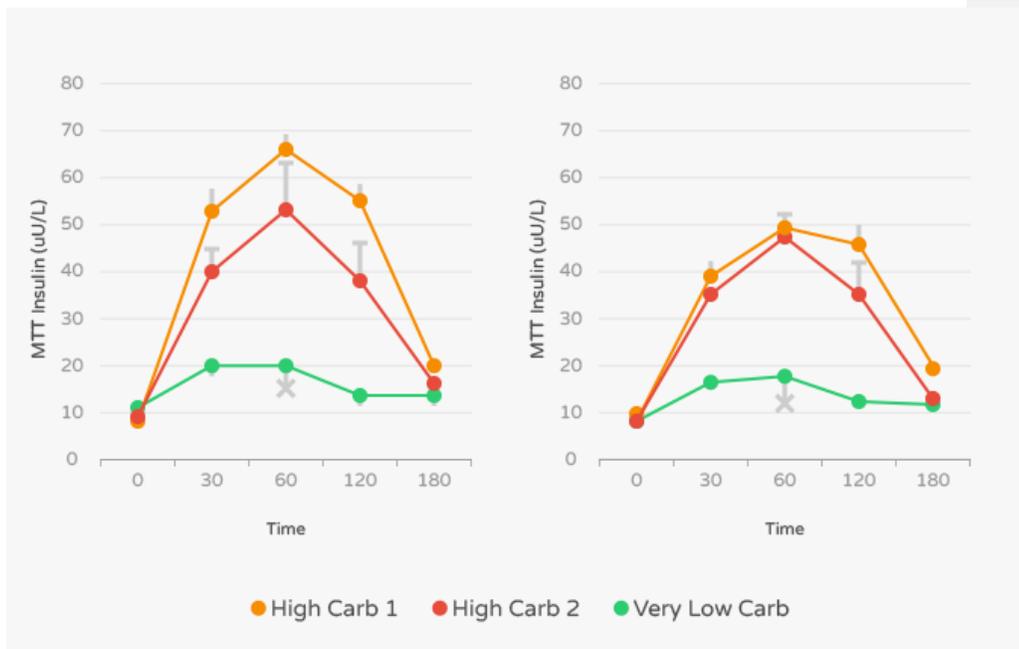
They concluded, “These observations suggest that the popular diets reduced insulin resistance to a greater extent than the standard dietary advice did.”

In 2006 researchers conducted a similar study 2006, dividing 83 obese participants into three groups eating calorically equal portions: Group 1 ate a very low-fat diet (VLF) where 70% of calories came from carbs, 10% fat (3% saturated fat), and 20% protein.

Group two diet was high in unsaturated fat (HUF), with 50% carbs, 30% fat (6% saturated fat), and 20% protein. Group 3 ate a ketogenic diet, or what researchers called a “very low carbohydrate diet” (VLCARB) that was 4% carbohydrates, 61% fats (20% saturated fat), and 35% protein.

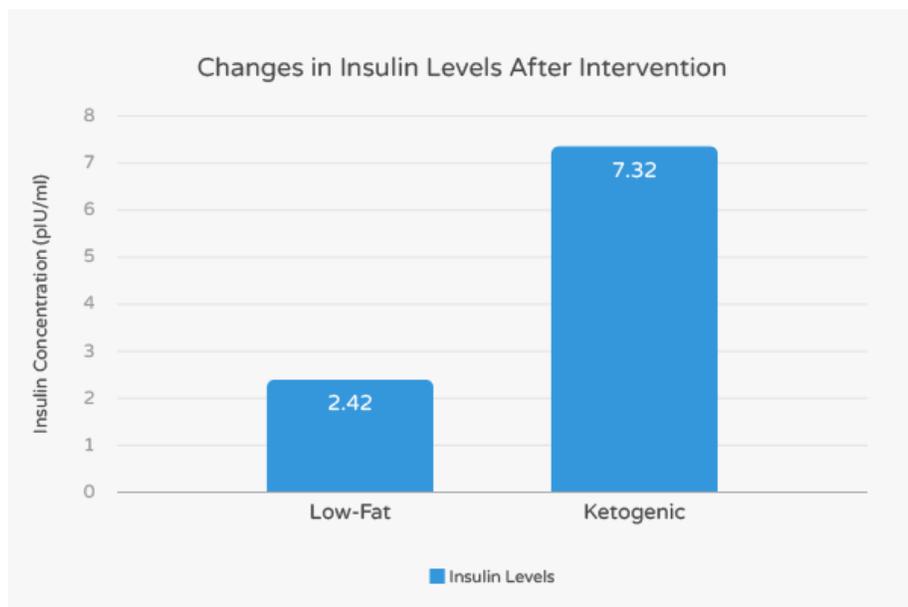
After 8 weeks each diet showed similar reductions in body weight and fat loss. The VLCARB diet, however, lowered fasting insulin by 33%. While the HUF diet lowered insulin by 19%. [6] Not surprisingly, the VLF diet showed zero impact on insulin levels.

According to the researchers, “the VLCARB meal also provoked significantly lower postprandial glucose and insulin responses than the VLF and HUF meals.” [6] In addition to the effects on insulin, the VLCARB diet also reduced triglycerides more than the other diets. Researchers concluded that “VLCARB may be useful in the short-term management of subjects with insulin resistance and hypertrophy glglycerolemia.”²



A 2010 study looking at a diverse population of 146 overweight and obese subjects compared a ketogenic diet with a low-fat diet supplemented with weight-loss medication.

Researchers found that insulin levels for the subjects on the ketogenic diet decreased 300% more than for subjects on the low-fat drug-assisted diet. [8](#)



Intermittent Fasting for Insulin Resistance

Another element you may want to consider adding to your insulin resistance diet is the practice of [intermittent fasting](#).

Intermittent fasting entails alternating between designated periods of eating and not eating throughout the day or week.

There are numerous [intermittent fasting strategies](#) to choose from, like the popular [16/8 method](#), the [OMAD diet](#), and the gentler [circadian rhythm fasting plan](#). There are even [intermittent fasting strategies for women](#), whose bodies are more sensitive to calorie restriction.

A 2018 study showed that therapeutic fasting can reverse insulin resistance. In the study, patients were able to wean off insulin therapy without altering their blood sugar levels. At the same time, they shed significant body weight and reduced waist circumference.³

Another study looking at intermittent fasting vs. overall calorie restriction for the treatment of type 2 diabetes found that intermittent fasting showed a 3-6% reduction in blood sugar, and lowered insulin an average of 20-31%.⁴

In addition, there is research suggesting that combining [intermittent fasting and keto](#) can mutually enhance the benefits of each approach.

The takeaway: Intermittent fasting can be a powerful addition to your insulin resistance diet.

[Why High-Fat Low-Carb Diets Improve Insulin Sensitivity](#)

High-fat, low-carb diets like keto and carnivore target insulin resistance in three key ways:

- They reduce carbs
- Offer more nutrient-dense foods
- Fuel the body with ketones

By cutting carbs you are dramatically reducing your primary source of blood sugar. Less blood sugar means less need for insulin. Your cells then re-sensitize to insulin.

High-fat low-carb diets are also generally high in nutrient-dense animal foods like [meat](#), [eggs](#), and full-fat dairy. Adding in fresh [organ meats](#), and [organ meat supplements](#) will ensure that you're providing your body the most nutrient-dense foods on earth.



**GRASS-FED,
PASTURE-RAISED,
BEEF ORGAN SUPPLEMENTS.**



[SHOP N](#)

But a ketogenic diet does more than simply cut carbs. When your body runs on [fat](#) as fuel, it turns fat into energy molecules called ketones.

These compounds have hormone-balancing properties of their own, making them a key factor in the effectiveness of keto diets against insulin resistance.¹¹

Insulin Resistance Diet: Takeaway

Diets high in carbohydrates cause your body to produce chronically high levels of insulin to move sugar out of your blood and into your cells and liver.

After a while your cells stop responding, the insulin-producing cells in your pancreas burn out, and you are left with chronically high levels of blood sugar that can lead to a cascade of diseases and disorders like type 2 diabetes, PCOS, and heart disease among many other.

An insulin resistance diet aims at reversing insulin resistance by changing how we eat.

For decades nutritionists have been recommending a diet high in fibrous fruits and vegetables. Yet these foods are also high in carbohydrates—the root cause of insulin resistance in the first place.

More recently, clinical studies have been showing that high-fat low-carb (ketogenic) diets are far more effective in reducing and reversing insulin resistance.

Additionally, intermittent fasting routines that restrict the time in which you eat are also effective in reducing insulin.

A strong body of research suggests that high-fat low-carb eating and intermittent fasting are likely the most effective approaches when it comes to formulating your insulin resistance diet.

Delta g company

Mark Hyman

Hack 3 Exercise snacking



¹⁰My friend John Baier introduced me to this concept of exercise snacking. We all know that snacking is not eating a large meal. It's a snack.

Most people love to snack. I have never heard of this when it comes to exercise before.

The goal is to snack on exercises throughout the day. It's only for a few minutes or so.

When you exercise nitric acid gets released into the bloodstream. The heart and lungs work together. Nitric acid opens up the circulation and the arteries throughout the body. This is especially beneficial for the heart.

Mind you, this is not an arduous affair. To be quite frank, most people hate to exercise. They do it because they know they have to.

This breaks down the barrier. If you know you only have to do this for a few minutes, the mind and body will relax.

Most people think without pain there is no gain. This could be further from the truth.

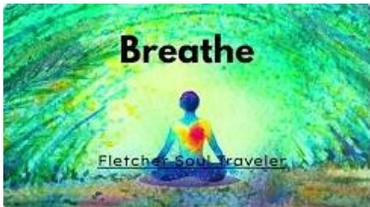
When you experience pain when exercising your body is telling you to back off. But we are told you must go through your pain to get to the other side.

This is old school. So many sport injuries occur due to this type of thinking.

¹⁰ https://www.huffpost.com/entry/workout-exercise-snacking_l_62bafdaae4b094be76a86a39

The body needs to move everyday. When the body doesn't move, it becomes rigid. When the body becomes rigid over time, diseases will manifest.

Exercise snacking is a way to fine-tune your body each day.



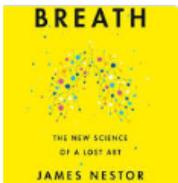
Breathe

Fletcher Soul Traveler • 6 views

Fletcher Soul Traveler

My suggestion is to start slowly. Breathe through your nose never through your

mouth. If you have to breathe through your mouth then slow down .



Breathing through your mouth is considered a kiss of death. There has been so many scientific papers recently talking about the consequences of breathing through your mouth.

There are several good recent books on the market that described this.

I learned this over 50 years ago almost by accident. The most important thing of all is to train your mind. Be in a positive state. Start slow even if it's only for a few seconds.

Enjoy what you are doing. Don't be in a mind set of this is a hassle. I don't want to do this. If that is your state of mind, then do it for only 60 seconds.

When you are finished, sit down. Close your eyes and feel the simple effects that it did to your body. Rejoice in that feeling. You are beginning to get in touch with your mind and body.

You're mind and body are your best friends. Unfortunately at times we consider them our worst enemies.

By simply snacking on exercise daily, one begins to establish a greater relationship with your body and mind.

We must always fine-tune the guitar of life. Make small changes. You can't leap into infinity. You will fall down and stumble. There's nothing wrong with that. In fact, that is how one learns to grow.



ZACH BUSH MD | 4 Minute Workout

ZachBushMD · 2M views

The Four Minute Workout is a new concept of exercise that revolves around the body's ability to use Nitric Oxide for muscle growth. Thi...

Hack 4 The Health Benefits of Walking Backward, According to Fitness Experts



Ha!

Ida Rolf was all over this years ago - this was her recipe to release the psoas, free hamstrings & keep the lower back comfortable.

I still jog backward a bit every day for years now, and swear by this practice myself!

The dog won't do it - but seems to think it's fun when I do!

Best J

My brother John told me about this about a year ago Now John Baier told me that Ida Rolf did this in the '50s

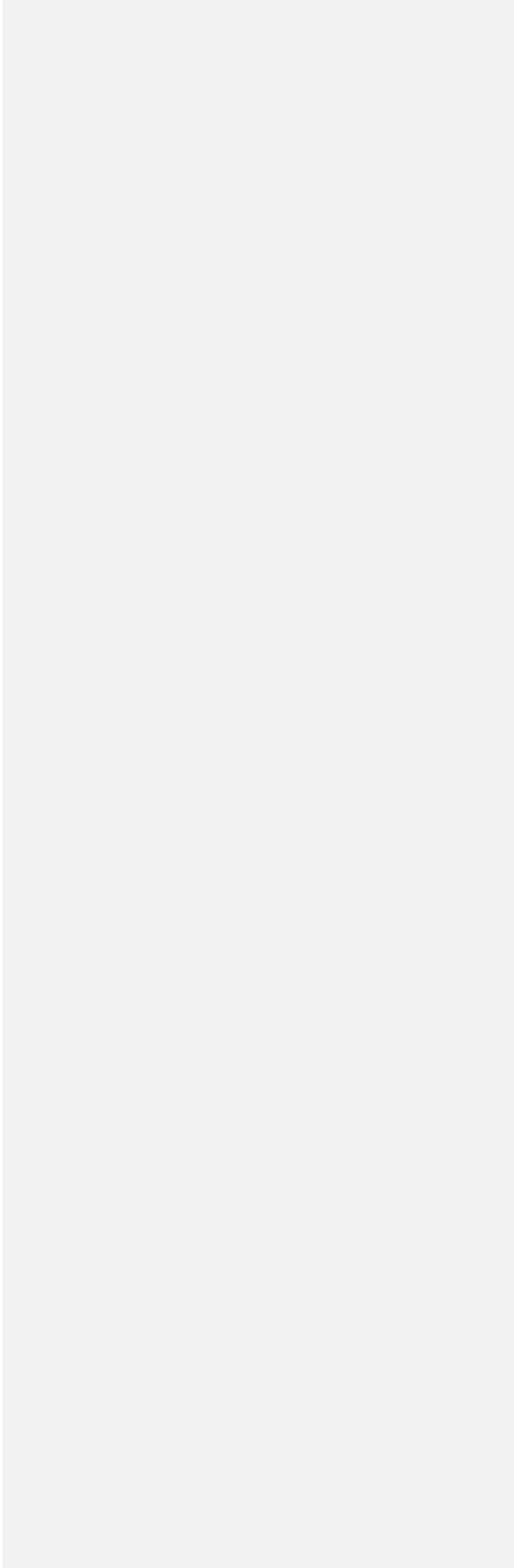
You'll flip when you see the very real physical and mental health benefits of turning your steps around.

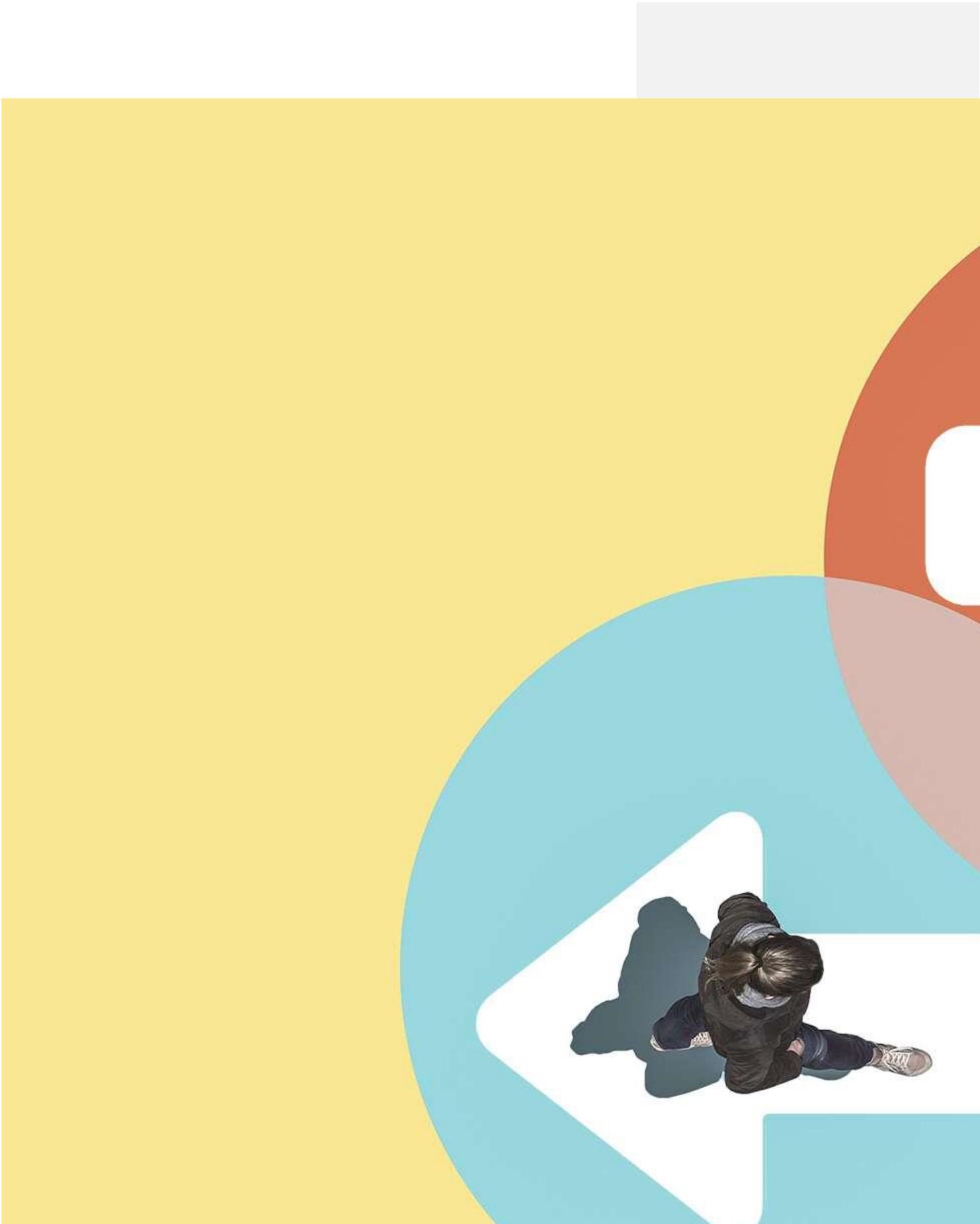


[Karla Walsh](#) Reviewed by Dietitian [Maria Laura Haddad-Garcia](#) November 19, 2022

ADVERTISEMENT

PinFBMore





CREDIT: GETTY IMAGES

You've heard it time and time again: Walking is one of the best forms of exercise for your body and [your brain](#). In addition to being free and easy to do inside your home, on vacation, [using poles](#) as part of a hike, with your pup and beyond, walking has been proven to boost mood, improve fertility, promote weight loss, boost heart health and [so much more](#). (And if you've been convinced that only running and higher-impact exercise "counts," we can confirm that walking **can** be a legit, [super-effective workout](#).)

But how about walking backward?

It's not just for kids on the playground keeping an eye on the opposing team's dodgeball or capture-the-flag players. Some have suggested that 100 steps backward are equivalent to 1,000 steps forward; now, that's much more than child's play.

While that's yet to be scientifically proven, "mostly because our gait pattern changes when we walk backward (as opposed to forward), it is difficult to say with 100% certainty that, yes, indeed, 100 steps backward is equivalent to 1,000 steps forward. The stride length is often shorter than when we are moving in a natural forward trajectory," explains [Erin Nitschke, Ed.D.](#), a certified personal trainer, ACE health coach, fitness nutrition specialist, therapeutic exercise specialist and health and human performance college professor in Sheridan, Wyoming. "That said, walking backward is uniquely more challenging than walking 'normally.'"

Read on to see how to step up your walking workout by taking it back.

Related: [This Is How Often You Should Exercise Each Week, According to the World Health Organization](#)

"Walking—and doing other motions—backward can be a way to add some locomotion to your training. It can be a new mental and physical challenge if you've never tried it before," says [Katie Kollath, CPT](#), a personal trainer and co-founder of Barpath Fitness in Golden, Colorado.

Since we utilize muscles differently and it's a slightly more unnatural movement, Nitschke says it will likely burn more calories than walking forward because "the body has to work harder than if you were walking naturally."

In addition, studies hint that walking backward may:

- Improve balance, coordination, body awareness and overall walking form
- Boost muscle strength and endurance
- Offer relief for certain injuries in which forward walking is painful (as always, consult with a doctor or physical therapist for injury-specific exercise advice)
- Accelerate metabolism
- Combat exercise boredom
- Increase exercise motivation (since it's novel)
- Challenge your brain and muscles
- Sharpen the brain (as learning new tasks tends to do)
- Create less force on the knees than regular walking

When we walk forward, the heel strikes first; then we roll through the ball of the foot to the toes, where we push off to create forward momentum. In backward walking, the toe strikes first, then the ball of the foot, then the heel plants. It's entirely different, Nitschke says.

Who Should (and Shouldn't) Try Walking Backward

Individuals who have injuries with which exercise is not recommended, as well as those with serious balance concerns or any fall risk, should steer clear. Otherwise, anyone who can safely walk forward could practice walking backward, Nitschke says.

Nitschke recommends adding a few minutes of backward walking to your warmup and cooldown. Using a treadmill might sound more dangerous than walking backward on a track or outside, but thanks to the handrails, the equipment can actually be a boon. If you have access to a treadmill, while holding on with each hand on opposite sides of the belt, try a slow speed of around 1 mph. Once you're comfortable, pick up the pace, eventually working up to a brisker rate of about 3 mph. Anytime you feel like you're getting a bit out of control, simply slow down and concentrate on the motion to regain your composure.

But don't think your options end at walking backward. Shuffling backward (keeping an eye out for any obstacles, of course) and reverse bear crawls "are more advanced forms of backward movement," Kollath says. "Moving in different directions—laterally, backward and diagonal—and in different planes is important in all of our fitness routines throughout life."

Related: [5 Mistakes You're Making When Walking & How to Fix Them](#)

The Bottom Line

Walking is one of the best exercises you can practice for your overall health, plus it's free! Frequent walking can help you live longer, boost your mood, strengthen your joints and muscles and more. Furthermore, walking backward can improve your coordination, increase your physical endurance and sharpen your brain. But if walking isn't your thing, don't fret—your favorite exercise also provides great benefits.

locomotion to your training. It can be a new mental and physical challenge if you've never tried it before," says [Katie Kollath, CPT](#), a personal trainer and co-founder of Barpath Fitness in Golden, Colorado.

Since we utilize muscles differently and it's a slightly more unnatural movement, Nitschke says it will likely burn more calories than walking forward because "the body has to work harder than if you were walking naturally."

In addition, studies hint that walking backward may:

- Improve balance, coordination, body awareness and overall walking form
- Boost muscle strength and endurance
- Offer relief for certain injuries in which forward walking is painful (as always, consult with a doctor or physical therapist for injury-specific exercise advice)
- Accelerate metabolism
- Combat exercise boredom
- Increase exercise motivation (since it's novel)
- Challenge your brain and muscles
- Sharpen the brain (as learning new tasks tends to do)
- Create less force on the knees than regular walking

When we walk forward, the heel strikes first; then we roll through the ball of the foot to the toes, where we push off to create forward momentum. In backward walking, the toe strikes first, then the ball of the foot, then the heel plants. It's entirely different, Nitschke says.

Who Should (and Shouldn't) Try Walking Backward

Individuals who have injuries with which exercise is not recommended, as well as those with serious balance concerns or any fall risk, should steer clear. Otherwise, anyone who can safely walk forward could practice walking backward, Nitschke says.

Nitschke recommends adding a few minutes of backward walking to your warmup and cooldown. Using a treadmill might sound more dangerous than walking backward on a track or outside, but thanks to the handrails, the equipment can actually be a boon. If you have access to a treadmill, while holding on with each hand on opposite sides of the belt, try a slow speed of around 1 mph. Once you're comfortable, pick up

the pace, eventually working up to a brisker rate of about 3 mph. Anytime you feel like you're getting a bit out of control, simply slow down and concentrate on the motion to regain your composure.

But don't think your options end at walking backward. Shuffling backward (keeping an eye out for any obstacles, of course) and reverse bear crawls "are more advanced forms of backward movement," Kollath says. "Moving in different directions—laterally, backward and diagonal—and in different planes is important in all of our fitness routines throughout life."

Related: [5 Mistakes You're Making When Walking & How to Fix Them](#)

The Bottom Line

Walking is one of the best exercises you can practice for your overall health, plus it's free! Frequent walking can help you live longer, boost your mood, strengthen your joints and muscles and more. Furthermore, walking backward can improve your coordination, increase your physical endurance and sharpen your brain. But if walking isn't your thing, don't fret—your favorite exercise also provides great benefits.

Hack 5 Sugar and plaque



My consumption of sugar has dropped by around 95% in the last 5 months.

Yesterday I had my teeth cleaned and lo and behold there was no plaque buildup.

This was the first time in over 50 years.

There are practical ways for the body to heal itself.

Hack 6 Healing Is A Realization Not A Destination



I remember about 6 years ago. My brother posted something on Facebook.

One of our high school friends asked him why do you write about so many subjects. To be honest it sounded like she was trying to criticize him.

My brother John said I'm a researcher and that is what I do. I laughed at the time and years later I realize that was the truth. My brother loves to research this world and how it operates.

Mind you He thinks outside of the box which I love. For the past 5 years, we have collaborated with my words and his music to create something beneficial.

When you work together and talk together and play together things rub off. I have become a researcher in my own right.

Yesterday I saw the quote from my dear friend Don Rochlin healing is a realization, not a destination.

I love this. We are all fine-tuning the guitar of life.

I'm entering a new phase of my realization day for the past 6 months. My life has been turned upside down yet in an incredible way. What would be a travesty for one person is a blessing in disguise for another.

I have learned so much. If you want to learn more, read my last book. What the f***.

Yesterday, October 10th was another incredible day. I was doing research on Hyperbaric Oxygen Therapy by Dr. Andy Rosenfarb.

I was launching a YouTube video by him before the video even started there was a YouTube ad. I believe in synchronicity I see it every day in my life. This was another of those incredible moments

Recently I saw the correlation between the microbiome and the causation of most diseases. Until recently, I never knew there was a connection. Not until I lost my left pinky toe did I realize how off the mark I was. You can't cry over spilled milk, but you can clean up the mess.

Anyway, this video describes an optometrist whose wife is about to go blind in 5 weeks or so He has been practicing for a good 25-plus years. He couldn't believe that the scientific community did not have any tools to help her.

He spent a considerable amount of time researching and lo and behold synchronicity came his way. A college colleague presented a paper on the microbiome and how it affects the human body. Most diseases stem from an abnormal microbiome.

Anyway, to make a long story short they met 3 days later.

Back in their college days, this student wore Coke glasses and everyone made fun of him.

When they met and he noticed he didn't wear glasses anymore. He asked. did you have some sort of operation? And he answered back no. I did research and came up with a very simple formula to heal the microbiome in my gut. That is all that it took. There's a direct correlation between the microbiome and the eyes.

Anyway, time was of the essence The researcher knew this and handed the optometrist a bottle of his concoction for his wife to take.

The wife took this and within 5 weeks she could see again. She didn't have to wear her glasses anymore.

Mind you there is no true magic bullet. But to get better, one must be willing to think outside of the box. Western scientists have no consideration that there is something outside of the box.

Here's the link to this ad.

Did you know that most diseases occur when the mitochondria doesn't get enough oxygen? Without proper oxygen, the cells can't repair properly. Did you know that cancer cannot grow in a body that is properly utilizing oxygen?

Most people never have heard of a hyperbaric oxygen chamber. You might have heard of it from someone who has got the bends from diving and coming up too quickly.

They haven't become mainstream yet, but they will. Most hospitals today have them.

I'm about ready to do a series of treatments using this technology.

I wrote about this more in my last book. It is an incredible tool to help reset and recalibrate the human body.

Once again the quote that Don said healing is a realization, not a destination.

In every moment we have the opportunity to be in harmony. When we are in disharmony illness will occur. The more we are in disharmony the illness will progress and will become a chronic illness.

Fortunately, the human body can recalibrate and heal itself.

To do so, one must be in harmony and follow the laws of nature.

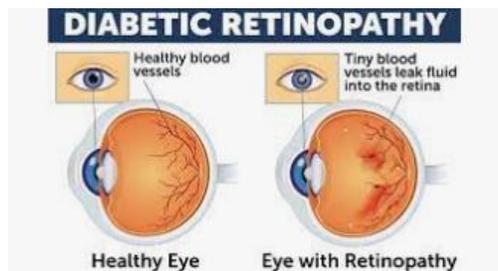
It seems so simple but our lives are too complicated to understand this.

The Jains have been talking about this for thousands of years and they still have the same message today.

The way we live is so abnormal and yet we think it is completely normal. I like the way I live. I don't want to change. Who are you to tell me there is a better way?

Only you can decide to change your ways.

Two steps forward one step backward



One must always laugh at life. This life is an obstacle of course. Obstacles will always be placed your way.

The universe is constantly changing and morphing. This means your

external life will always morph and change. Curve balls will always be thrown your way.

I've been having vision problems for a while. I haven't had a new glass prescription in around 11 years. Usually, around every 11 years, I would get a new set of prescription glasses. Well, that's what I intended to do.

I was so happy that by changing my lifestyle my diabetes went away. Mind you the doctor said it can never be cured.

They are partly right in that. It can never be cured if you continue the lifestyle you are living. If you only take the medicine and do not apply preventative medicine measures, then yes diabetes cannot be cured.

Anyway, I went to the optometrist and she did her series of tests.

She said unfortunately I can't give you a prescription because nothing will work at this point.

She said you have diabetic retinopathy. This is a complication of diabetes that affects the eyes. Diabetic retinopathy is caused by damage to the blood vessels in the tissue at the back of the eye (retina).

Poorly controlled blood sugar is a risk factor. Early symptoms include floaters, blurriness, dark areas of vision, and difficulty perceiving colors. Blindness can occur.

Mild cases may be treated with careful diabetes management. Advanced cases may require laser treatment or surgery.

Once again, it's absolutely amazing how much damage sugar can cause in the human body. I praised myself for years that I was eating a healthy diet yet I was slowly killing myself.

Based on my research, sugar should be banned from all processed foods. I'm writing this in October, which is the month of Halloween.

Millions of kids will go trick-or-treating and get tons of candy in the end. We are training them at a young age how to self-destruct.

Mind you they have no idea what they are doing. I had no idea what I was doing. Even though I tried to practice preventive medicine since I was 18 years old, there's always something new to learn.

I find that fascinating. We need to change in all our ways.

Zack Bush Hacks



Times have not changed. The same scenario that happened to Galileo is still going on today. Maybe today it is more pronounced.

My dad and grandpa had incredible ideas yet they couldn't get them off the ground. Politics is the name of the game.

Without political connections, it's very difficult to obtain your goal.

Zach Bush had the same problem. He found a solution to cure cancer with vitamin a. He went through all the necessary case studies for validities.

He discovered a major pharmaceutical company had a patent on this work. He called the company and told them he found a solution that works. They ask him three pertinent questions.

Upon answering these questions they promptly hung up the phone. He thought they hung up accidentally. He called back and nobody answered the phone.

He went to some of his colleagues and they said this patent would never come to fruition. Major companies use the system of copyright laws to stop progress. They only want to use their current power and have no interest in healing society

Zach quickly saw the handwriting on the wall. He left the academic field disillusioned. Nevertheless, he continued researching. He learned how to think outside of the box.

There are probably thousands of people like him. The male-dominated continues to hold on to power and control. This has been going on for thousands of years. When will this insanity ever stop?

ZBMD BLOG

[Zach GLYPHOSATE + TOXINS](#)



Over the last 25 years, we have seen the most profound explosion of chronic diseases in human history.

By 2011, our Centers for Disease Control (CDC) was reporting that 54% of US children with some form of chronic disorder or disease by the age of seventeen.¹ (View

the study here) These conditions occur in nearly every facet of biology – the hormone and immune systems, the respiratory and neurologic systems, and beyond.

BY 2016 THE CDC REPORTED THAT 1 IN EVERY 14 KIDS IN THE US WITH DEVELOPMENTAL DISABILITIES, AND 1 IN 28 BOYS (1:28) WITH AN AUTISM SPECTRUM DISORDER (VIEW THE STUDY HERE).² ATTENTION DEFICIT DISORDERS ARE FOUND IN ONE IN TEN (1:10) CHILDREN.

The epidemic is not at all limited to children. In adults, a broad array of conditions have been on a steady rise, from depression and anxiety to celiac disease and gluten sensitivity, multiple sclerosis, ALS (Lou Gherig's disease), Alzheimer's in women, and Parkinson's in men.

All on near-identical trajectories of increase since 1996.

Research from around the globe now suggests that environmental factors are now contributing to a combination of genetic, neurologic, autoimmune, and metabolic injuries that underpin the collapse of health in our children and adults.

As we continue to uncover the intricacies of this eloquent balance between soil, the microbiome, and ourselves, the timeline of our chronic disease epidemic becomes very interesting and provides a pathway to the recovery of human health.

It is now estimated that we spray more than 4.5 billion pounds of glyphosate (the active ingredient in Roundup) into the soils, plants, and water systems of our planet.

And there are now dozens of genetically modified plant species around the world that have allowed chemical companies to develop a seemingly infinite market for their weedkillers.

And after “Roundup Ready” crops were introduced in the mid-late 1990s, this water-soluble toxin would subsequently work its way into the water within the grains, fruits, and vegetables, as well as infiltrating the groundwater, slowly making its way into rivers, oceans, our air, and ultimately our rainfall.

Not surprisingly, the diseases in our domesticated animals – from pets to livestock – have followed a similar trajectory.

What I’m saying is, that we need to stop trying to micromanage the gut. You need to start backing off, to let the carbon redox system (the communication system between the bacteria in the gut) reestablish a healthy balance in the gut.

AND WE ARE GETTING SICK. SINCE THE 1990S...SOMETHING ALARMING BEGAN TO HAPPEN IN THE UNITED STATES.

Diseases—in what seemed like completely different organ systems—were going epidemic, almost simultaneously

Dementia in women increased

Parkinson’s in men increased

Autoimmune diseases hit an all-time high

Today, 1 in every 2 people will be diagnosed with cancer before they die

And 1 in 36 children is now diagnosed with autism, compared to a mere 1 in 5,000 in the 1970s.

Why are so many diseases, in such unrelated parts of the body, increasing at such a rapid rate? What’s the relation?

The connecting factor is chronic inflammation. And chronic inflammation is the root of all diseases.

To boot, we spend more time indoors and in routines that completely disconnect us from mother nature. We have lost touch with how our food is grown, who grows it, what we are actually consuming, and how it is reshaping our biology.

This disconnect has made us more prone to chronic illness than ever before.

So where do we go from here?

Our opportunity – as consumers, farmers, businesses, governments, and beyond – is to build a new health reality for humanity, our planet, and all those creatures great and small that create the web of life that we have called home since our origin.

The answer is Regenerative Agriculture. Through fundamental changes in our approach to soil and food system management, we can revitalize this planet by reconnecting the natural carbon cycles that have long maintained balance in our soil, water, and air for biology to thrive.

IT'S OUR EMPOWERED DUTY TO EDUCATE OURSELVES REGARDING OUR FOOD AND HEALTH, AND SHIFT OUR ROLE IN THE CONSUMPTION OF THIS PLANETS NATURAL RESOURCES.

We can begin to co-create with the farmers and growers of the food we consume.

Without healthy soil, our product not only will lack nutrients, but it will invite chemicals into our own biology and ecosystem.

These chemicals will continue to break down the cornerstone of our health – our immune system – if we let them.

There are also other ways to be proactive about your health. Small changes today can help you strengthen your microbiome, take action to decrease your exposure to pesticides, and increase your connection to mother nature:

<https://zachbushmd.com/gmo/glyphosate-toxins/>

Zach Proactive Ways

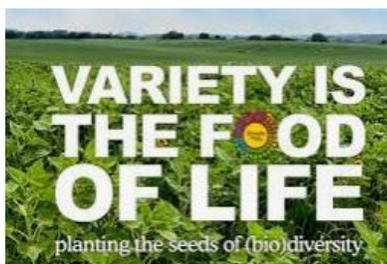
GET OUTSIDE



Diversify your exposure to different outdoor environments as much as possible. Seek diversity in your day and breathe in new ecosystems.

Your microbiome is an extension of your greater ecosystem that you interact with each day. The more you adventure, the deeper your health will root.

EAT REGENERATIVELY



Food grown using Regenerative Agriculture practices provides the optimal environment for nutrient-rich, healthy food to grow.

Seek out farmers and restaurants in your area who use Regenerative practices or source from Regenerative farms, and take a look at your pantry to really determine what is contributing

to or degrading your microbiome.

Our non-profit, Farmers Footprint, has begun publishing a list of regenerative farms in the US that may be a great place to start your journey.

GROW ORGANIC COMMUNITIES



The third largest crop grown in the US, at 40 million acres, is lawn grass.

This monoculture grass is fed enormous amounts of chemical fertilizers, herbicides, and pesticides, making our yards, school yards, soccer fields, parks, and golf courses some of the most toxic acreage in the US. Learn to

eliminate all chemical inputs with the Non-Toxic Neighborhoods Project at Farmer's Footprint (www.farmersfootprint.us)

DIVERSIFY YOUR DIET



When you diversify your diet with nutrient-dense organic foods you are strengthening your microbiome.

The closer your plate is to the garden the better! Organic CSA and farmers' market resources are a go-to when your own backyard is not producing. The daily addition of a few bites of wild fermented foods and eating local fruits and vegetables in their appropriate season, and growing your own food are great ways to diversify your inner ecology.

AVOID PROBIOTIC USE

Probiotics represent a very narrow representation of bacterial species that have been grown to many millions of replicates.

The daily use of probiotics has been shown to reduce the biodiversity in the gut, especially after antibiotic usage. Your gut is intended to have 20,000 to 30,000 species of bacteria.

A typical probiotic has three to seven species. We have created a monoculture of gut flora with the probiotic industry just as chemical farming has created large-scale monoculture across our global agricultural landscapes.

The global loss of biodiversity is at the root of our health crisis. Rather than probiotics go after the outdoors and eat wild-fermented (rather than probiotic-cultured) foods.

PROTECT YOUR GUT



It's why we created ION*Biome – to regain the strength of our gut lining after exposure to glyphosate and other chemicals we're all exposed to daily.

If we're successful together in ridding our land of chemicals like glyphosate, we put ION*Biome out of business.

JOIN THE REGENERATIVE MOVEMENT

Support Farmer's Footprint and our mission to regenerate 5 million acres of farmland by 2025.

By supporting our cause, you help to support farmers and communities make the transition from chemical dependence to the life-giving practice of regenerative soil management (www.farmersfootprint.us).

If you are seeking a more active role in your schools and community consider becoming a Soil Health Advocate through the online certification program at <https://kisstheground.com/advocacy/>

Soil health is arguably the most important element impacting our health, the health of future generations, and the health of this planet we call home. Join the Regen Revolution.

1. Academic Pediatrics. Volume 11, Issue 3, Supplement, May–June 2011, Pages S22-S33
2. NCHS Data Brief No. 291, Novem



E 10 | Your Microbiome Holds the Key to Your Health and...

Dr. Mindy Peiz 18K views

If you're interested in learning more from Dr Zach, visit www.intrinsichealthseries.com Farmer's Footprint...

Zach Roll in the dirt



<https://daveasprey.com/eat-dirt-the-secret-to-a-healthy-microbiome-zach-bush-458/>

Dave and Zach on what's really pulling our guts apart, what's going on inside your gut, what the environmental factors are, and what you can do about it.

Zach on plant health versus human health as a doctor. What got you going in this whole thing?

"One of the more exciting developments that happened in my career was finding that there were some vitamin A compounds that were enabling these cancer cells to shut themselves down and commit suicide." Zach's "goosebumps moment."

"That was an incredible journey of starting to see cancer, not as some disease that crops out of nowhere, not a genetic disease as we're told by the American Cancer Institute and everything but just a breakdown in cell-cell communication."

The most abundant receptor in the human cell is really this RXR receptor, what does it do?

"We're twice removed from anything on our plate. That's largely why we're so in the dark ages about our beliefs about nutrition because you're never feeding yourself when you sit down to a plate of food.

You're always feeding your bacteria, which are then modifying your behavior and the behavior of your mitochondria to produce ultimately fuel."

How cancer is all about cell-cell communication. A cell with uninterrupted access to information will never disease or die. Zach on his work with chemotherapy.

“We were starting to see these correlations between microbiome genomics and human disease outcomes.” How it was originally received as “crazy.”

A lot of juice, a lot of fermentation, a lot of stuff. And seeing big changes! Zach on his practice.

Zach on the biohacking community. “My hats off to all of you.

You are an inspiration to the world because you guys are really taking responsibility for yourselves, number one, but then you’re immediately applying the truths that you’re finding into a communication network of your own to create a wave outside of you. “

“At that moment, we started to research soil. That changed everything. For thousands of years, the pharmaceutical industry and the herbalism community, and Chinese medicine have been looking at plants. There has been a paucity of research and investigation into the deeper story underneath the plant of where the plant’s getting that magic.”

“I think my purpose is here. This is why I was born. This is why I did the ridiculous journey in academia just for this moment. The blinders came off.

The three-dimensional structure on the right side of that molecule looked like the chemotherapy that I’d been making years previous.

They’re like snowflakes. That’s actually what we call them in the lab is carbon snowflakes.

Electron potential is literally health. The disease is all positive charge absorption of electrons, loss of electron potential.” Zach on his discovery deep in a “White Paper” on dirt.

The molecule we found is a carbon backbone molecule that’s got redox potential.

How the human body is like a phone connecting to a cell phone tower. “That’s exactly what’s happening to the accelerating of the aging process that we see happening in this chronic disease epidemic. People are getting disconnected from their own message.”

Suddenly, this answered the whole thing of, “Oh, my gosh.” If you have a screwed-up ecosystem in your gut and you start to get perturbation in any particular direction.

You get a loss of this ecosystem, you get an overgrowth of this part of the ecosystem. What’s going to happen is you’re going to suddenly lose a part of that wireless communication network.

You’re going to become vulnerable at multiple levels within the human body.

The other thing I want to ask you about and this is something that’s, I’ve been writing a lot about this is we’re doing things to destroy our soil because we say, “Oh, that only affects bacteria, therefore it doesn’t affect us,” which is just a false assumption but spraying glyphosate on soil disrupts bacteria in the soil that now we know toxic your gut biome.

Glyphosate, we’ll start at the soil. Glyphosate, if you’re not familiar with it is the active ingredient in the famous weed killer called Roundup. How it is killing the soil and your gut biome.

“Number one thing is that glyphosate, which is now the number one chemical on the planet. Four and a half billion pounds of glyphosate are dumped annually around the globe now.

Unfortunately, it’s a water-soluble toxin, which should never happen in nature. We had a water-soluble toxin, meaning, it’s going to go to every level of the environment. It’s in the air you breathe. It’s in 75% of the air in the US, and 75% of the rainfall.

It’s penetrated every level because of its water nature. That means it’s doing the same thing in your body. It’s in your bloodstream. It’s in your urine. It’s in your cerebral spinal fluid.

It’s going everywhere as this water-soluble chemical that’s all over the place now. It’s in every bite of food we eat. I believe it’s in every drink of water. It’s everywhere.”

Get out in nature! We have a lot of national parks that are not being visited right now. We are not visiting these places. I invite you to go explore as many national parks as you can in the next couple of years because there is still some intact

microbiome. I would tell you my top three favorites, except you all would show up there but go find your own favorite few because I guarantee you, you're going to find a microbiome you have never experienced in your life.

We think of fermented foods and probiotics. All of that is just spitting in the wind compared to the potential of just breathing good quality rich air with microbiome.

I have my patients go out to Virginia Beach and breathe air and then down in Southern Virginia down by the swamps. Then, up into the Appalachian Trail, be by the waterfalls.

Breathe ancient ecosystems. Along the East Coast, a huge hot spot is down in Tennessee, the Great Smoky one of the most diverse ecosystems on the planet. I traveled as extensively as you do and I try to make sure that at least part of that travel's taking me to far-flung places. Just came back from the Great Barrier Reef and start breathing air down there that I know I've never been exposed to. Some of the islands along the Barrier Reef I know have some profoundly ancient microbiome.

"You start going into this environment that you've never been and you're adding years to your life. I really have a profoundly strong conviction that the more you can breathe in new environments, the longer you're going to live." Zach on traveling just to breathe the air.

We have separated ourselves from just fundamental easy, cheap, frankly free mechanism of microbiome exchange, which is to touch Mother Earth.

Our knowledge is going exponential. Our ability to communicate that knowledge through the internet and everything else that's coming behind that are super exciting.

I think we're going to see an acceleration, obviously of what this community knows, what the biohackers are doing. You guys are going to start having these conferences more frequently I think because the amount of information that's going to emerge every three months on this planet over the next 5 to 10 years is going to be mind-boggling.

"You have 70 trillion human cells, which is an impressive number, but you have 1.4 quadrillion bacteria, fungi et cetera and you have 14 quadrillion mitochondria

living within you. You are, if anything, a vehicle for the microbiome to travel the world and communicate more broadly a purpose of life itself.”

I think if we stop thinking of ourselves as human and start to think of ourselves as connected to biology and the entirety of Mother Nature, we were going to win the game on a bigger level.

If science proved



“If science proved some belief of Buddhism wrong, then Buddhism will have to change,” he has said. These are striking words from Dali Lama the leader of a major world religion.

Our ancestors had a completely different diet than what we have today. The food was organic and came from rich soil. They had no preservatives, chemicals, and no boxed foods.

If you walk into a grocery store today, you will find that 99 % of the food didn't exist back then. A major pandemic is occurring around the world, yet it is silent. Our internal chemistry set is being damaged from within and without. Never before has the human body go through such a drastic and negative transformation?



During this healing crisis, I was taking a 12-week course on the Milaprea healing system. Ironically,

I had the most major healing crisis in my life occur. Yet there is always magic behind the scenes. I saw that you can't go against the laws of nature and the universe.

I had to get my left pinky toe amputated to reset my body clock. I was extremely fortunate. There was a time a week ago that I felt my body did a reset. I still had to go to the hospital and have my pinky toe removed.

A wise man follows the latest science and at the same time ancient wisdom. Both of these are needed on this journey of life. You can't have one without the other. There must be a marriage between the two.

Buddha taught us to be conscious and aware of every moment. We must use the latest science to bring an understanding of our predicament.

Currently, the majority of the population including myself is being swindled. The foods we eat are killing us. It almost killed me. I hope this book will help you on this journey, and give you the necessary wisdom.

I believe that Millarapa's healing system could implement the latest scientific evidence of healing. The times have changed dramatically.

This ancient wisdom was extremely relevant when the human body wasn't implementing the Western diet.

I believe an updated version is needed. Milarepa's system truly works when the body is in harmony. How can I say this? I had a karmic situation that occurred. By eating too much sugar in my diet I was led to a situation where I could lose my entire left foot.

Mind you I was thinking I was perfectly well. I have been sick only a few times in my life.

Everything is a blessing in disguise. The operating system of my body was reset. I now can take the great wisdom of Millarapa and the great wisdom. Stemming from the great scientific minds of today.

Mind you these scientific minds are renegades. Western science does not appreciate those who think outside of the box.

I feel blessed to have external knowledge coming from science and at the same time eternal teachings stemming from within.

Hack 7 Internal Radar



I have spent most of my life consciously living a life of preventive medicine. Both my twin brother and I started this in high school.

Yet you can never rest on your laurels. One always has to fine-tune the guitar of life.

For over fifty years I've researched and changed my lifestyle according yet I was still missing a piece of the puzzle. I never imagine eating ice cream, grains, bread, tortillas, and cheese could cause so much havoc in my life. Yet I didn't see the signals until years later.

The signals were there. The radar was turned on yet I didn't consciously pick up on them and interpret them at all. Yet years later I could see what my body was singling to me all the time.

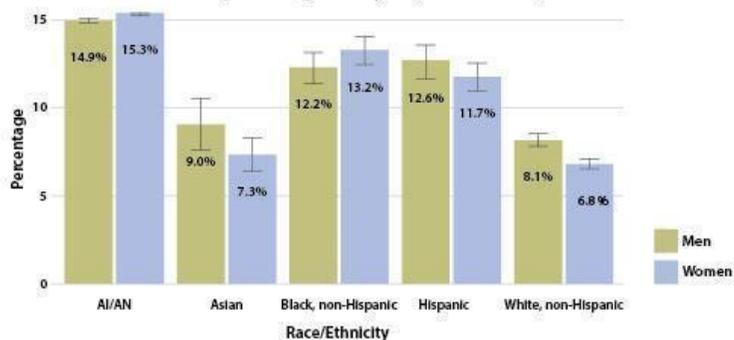
¹¹[New CDC report: More than 100 million Americans have diabetes or prediabetes](https://www.cdc.gov/media/releases/2017/p0718-diabetes-report.html)
Diabetes growth rate steady, adding to health care burden

For Immediate Release: Weekday, July 18, 2017

Contact: [Media Relations](#)
(404) 639-3286

¹¹ <https://www.cdc.gov/media/releases/2017/p0718-diabetes-report.html>

Estimated age-adjusted prevalence of diagnosed diabetes by race/ethnicity and sex among adults aged ≥18 years, United States, 2013–2015



AI/AN = American Indian/Alaska Native.

Note: Error bars represent upper and lower bounds of the 95% confidence interval.

Data source: 2013–2015 National Health Interview Survey, except American Indian/Alaska Native data, which are from the 2015 Indian Health Service National Data Warehouse.

More than 100 million U.S. adults are now living with diabetes or prediabetes, according to a new [report pdf icon](#) released today by the Centers for Disease Control and Prevention (CDC). The report finds that as of 2015, 30.3 million Americans – 9.4 percent of the U.S. population – have diabetes. Another 84.1 million have prediabetes, a condition that if not treated often leads to type 2 diabetes within five years.

The report confirms that the rate of new diabetes diagnoses remains steady. However, the disease continues to represent a growing health problem: Diabetes was the seventh leading cause of death in the U.S. in 2015.

The report also includes county-level data for the first time and shows that some areas of the country bear a heavier diabetes burden than others.

“Although these findings reveal some progress in diabetes management and prevention, there are still too many Americans with diabetes and prediabetes,” said CDC Director Brenda Fitzgerald, M.D. “More than a third of U.S. adults have prediabetes, and the majority don’t know it. Now, more than ever, we must step up our efforts to reduce the burden of this serious disease.”

Diabetes is a serious disease that can often be managed through physical activity, diet, and the appropriate use of insulin and other medications to control blood sugar levels.

People with diabetes are at increased risk of serious health complications including premature death, vision loss, heart disease, stroke, kidney failure, and amputation of toes, feet, or legs.

The National Diabetes Statistics Report, released approximately every two years, provides information on diabetes prevalence and incidence, prediabetes, risk factors for complications, acute and long-term complications, mortality, and costs in the U.S.

Key findings from the National Diabetes Statistics Report

The report finds that:

- In 2015, an estimated 1.5 million new cases of diabetes were diagnosed among people ages 18 and older.
- Nearly 1 in 4 four adults living with diabetes – 7.2 million Americans – didn't know they had the condition. Only 11.6 percent of adults with prediabetes knew they had it.
- Rates of diagnosed diabetes increased with age. Among adults ages 18-44, 4 percent had diabetes. Among those ages 45-64 years, 17 percent had diabetes. And among those ages 65 years and older, 25 percent had diabetes.

Rates of diagnosed diabetes were higher among American Indians/Alaska Natives (15.1 percent), non-Hispanic blacks (12.7 percent), and Hispanics (12.1 percent), compared to Asians (8.0 percent) and non-Hispanic whites (7.4 percent).

Other differences include:

- Diabetes prevalence varied significantly by education. Among U.S. adults with less than high school education, 12.6 percent had diabetes. Among those with high school education, 9.5 percent had diabetes; and among those with more than high school education, 7.2 percent had diabetes.
- More men (36.6 percent) had prediabetes than women (29.3 percent). Rates were similar among women and men across racial/ethnic groups or educational levels.
- The southern and Appalachian areas of the United States had the highest rates of diagnosed diabetes and new diabetes cases.

“Consistent with previous trends, our research shows that diabetes cases are still increasing, although not as quickly as in previous years,” said Ann Albright, Ph.D., R.D., director of CDC’s Division of Diabetes Translation. “Diabetes is a contributing factor to so many other serious health conditions. By addressing diabetes, we limit other health problems such as heart disease, stroke, nerve and kidney diseases, and vision loss.”

Commentary

We as a nation are going down the tubes. Ironically there are other nations in the world far worse than ours. The government needs to step up to the plate and change the pyramid structure.

They won't do so because of the influence of big corporations and the influence they have. We are getting sicker and sicker as a nation. Big business does not want you to be well.

They are making huge profits from you. They have no real desire to heal you. Two years ago I saw on the news a CEO from a major pharmaceutical industry say our goal is to make money from our shareholders not to cure you.

¹²Body Signals- Are You Listening?

March 3rd, 2020 | [Healing, and Nutrition](#) | [0 Comments](#)



We very often ignore the signals of our bodies. How many times were you tired but just went on? Does it happen to you that you have to pee, but don't go straight to the toilet because you want to finish your task first?

Do you sometimes feel your stomach cringing when you are asked to do something that makes you feel uncomfortable? Your body is talking to you. It knows exactly what it needs. The message is clear. But are you listening?

Love your body as much as your friend

We often see our body as a vehicle to transport our heads. To school, work, social events... A lot of us have the belief that the mind and body are entities that function independently of each other. And our mind overrules our body signals most of the time – including stress, fatigue, anxiety, hunger, the need to go to the bathroom, and so on.

Whatever our mind wants, needs to happen. Even though we don't take care of, or listen to our body, when some physical part breaks down, our mind takes over and blames our body for being weak.

But when you really listen to your body, you will see that it's trying to tell your mind something. Our body is very intelligent: it knows exactly how much oxygen it needs and how to show you when it's lacking nutrients, to name just a few examples. However, a lot of times we are cut off from these signals.

When a friend is talking to you, you probably pay attention and try to serve his needs, right? So why don't we love our bodies as much as our friends?

¹² <https://www.mindfulness-project.org/2020/03/03/body-signals-are-you-listening/>

Respect your body like your wisest teacher



In yoga, this wisdom is called your inner teacher. You stifle the voice of your inner teacher every time you continue to hurt yourself in some way throughout your life: whether that be through your relentless perfectionism, ruthless self-criticism, or blatant disregard for your body's needs.

A lot of us became quite adept at ignoring the signs of our intuition, often even seeing it as a form of self-control, being able to overcome the signals of body and soul.

As it may take some time to respect a teacher in life, to understand his words, the same way we have to learn to respect the wisdom of our bodies. But don't you think it's time to start listening now?

There are two ways we can listen and gather information from our body: our physiology sends signals about our inside world, while our senses pick up information from the outside world. We will go deeper into both types of body signals and how to listen to them.

Ignoring body signals about our inside world

We repeatedly ignore signals that function to keep our vehicle running. You probably ignore your basic needs for sleep, food, water, and going to the bathroom quite often. I have to admit, I do.

Because regularly I think that the work I'm doing at that moment is more important than refilling my water bottle. Or I'm in a conversation and don't want to disturb my conversation partner, so I hold my pee.



How often do you get a headache because you are dehydrated? Are you used to skipping meals because you don't have time to eat? And what about sleep? How often do you go to bed when you're feeling tired? How often do you take an afternoon nap because you feel you need it?

High chance you're ignoring those signals frequently, heh? It sounds very childish maybe, and it is so obvious that you should follow up on those basic signals. But sadly a lot of us often don't do that.

But ignoring your body is the equivalent of slapping duct tape on your car's check engine light. How effective is that? In the short term, you may buy yourself some time, but the problem doesn't go away.

And if you ignore it long enough, it's likely to result in a catastrophic physical breakdown... So, if you make the mistake of using your mind to override your body, you'll be highly productive—until you burn out or get serious physical diseases.

To arrive successfully at your destination, you need to pay attention to the internal condition of your vehicle while paying attention to the external driving conditions.

Ignoring body signals about your outside world



Besides our physiology sending signals about our inside world, our senses pick up information from the outside world. Your observations, interpretations, and ideas that you form from this information can have an impact on your inside world.

There are times when I am in a situation where someone is explaining something to me, and I don't get it, but I don't dare to ask more questions.

Afterward, I can feel a bit anxious because I don't know what to do. Have you ever noticed that your heart started pounding, your throat narrowed, or you get a stomach ache after such a social interaction? Or maybe you feel very alert and can't sleep because you're doing a task with a lot of responsibility?

Knowing when you need to ask more questions, or if a job is not a good fit for you, are just a few important insights that result from being tuned in to your physiology.

Interpreting your body is the first step to understanding yourself and getting clear about how to respond in any situation.

When you are tuned in, what's happening outside you (changes in your environment or someone's tone or body language) will provide clues about your interactions with others. And being aware of what's happening within you (your physical reactions to those changes) will give you important feedback about your thoughts, emotions, and desires.

Learn to communicate with your body

When the internal signals you receive from your body match your values and the actions you take, you will likely feel calm, peaceful, and aligned. When you are not aligned (in other words, when you override your body's signals and take action that is different from what you want) you may feel overwhelmed, upset or disconnected.

You need to learn how your body communicates with your mind. Your body is sending you messages, whether you are aware of them or not. These physiological signals are unique for each individual.

For example, I experience a racing heart because I am nervous about having a tough conversation. You may feel low energy for the same reason. Stress may cause one person's stomach to churn and another to start sweating excessively. How does your body communicate with you and demand your attention?

Physical signals from your body may also mean that you need medical attention. So always make sure to get checked out by your health professional first. But once you know there's no medical issue, and you learn to decipher your body's signals, the signals may act as a friendly reminder not to behave in a certain way. When choosing a certain behavior, ask your body, "How do you feel about this?"

If your body sends a signal of physical or emotional distress, watch out. If your body sends a signal of comfort and eagerness, proceed. And take care of your needs for your inner world. Sleep when you're tired.

Eat when you're hungry. Drink when you're thirsty. Go to the bathroom directly when you feel the need to. Your body is your temple and your wisest teacher. Take good care of it!

Misinterpreting body signals

Listening to physical signals can bring you deep and help you distinguish between the healthy and unhealthy, the wholesome and unwholesome.

And eventually, your inner wisdom will make you realize that you are a lot of times lying to yourself. Usually, the unhealthy behaviors are a sign that you are craving something and you have learned to get it through an unwholesome behavior.



It's good to be aware of the fact that our mind gets confused by certain body signals since we have a lot of unhealthy, unwholesome things to consume in our modern society.

From our nature, sugar, for instance, is something very precious. Sugar was only available in fruits, which nourishes us with vitamins. But nowadays we have access to pure refined sugar, which disorders our body signals.

So next time when you're craving something sweet, remind yourself that your body is most likely to crave vitamins, not empty calories. You need to relearn that your sugar craving is not helping you, but that it's destroying you.

Another example is smoking. For a lot of people, this is an allowance to take a break, zone out, and take time for themselves.

If you listen to your inner signals, you will recognize that you are misinterpreting your real need. Maybe you're wanting a connection with people, and smoking is great because then you have a reason to talk to strangers.

The same thing happens with sexual desire. Often the sexual drive is not that big. When you take a closer look, you're just craving human connection.

You don't only need to learn to listen, but as well apply your deep inner wisdom to see what you need. And that will make it easier to replace unwholesome behavior with wholesome behavior. Replacing a bad habit with a healthy habit.

Use body signals to get to know your true nature

Listening to your inner teacher will help you to get closer to your true you, and love this true you. Listening to your body signals is a form of self-inquiry. Self-inquiry is the constant attention to the inner awareness of "I" or "I am" as a way of discovering the unreality of the "I"-thought.

The Sanskrit word is Vichāra, which means deliberation. It is a turning of attention and curiosity inwards towards yourself and the truth of your nature. It is a practice of redirecting attention away from outward objects, events, and experiences and towards the experiences within your body and being, including subtle experiences within awareness itself.

Eventually, this inward focus can lead to an experience of your ultimate true nature. And even beyond the experience itself to a dimension that is empty of any experience or sense of self.

About the Author: [Ilona de Ruijter](#)



Ilona is living for several months at the Mindfulness Project. She loves the deep connections she made, the magic of the Talking Circle, (cooking) the amazing vegan food and the morning yoga and meditation.

Reversing type 2 diabetes starts with ignoring the guidelines

¹³'Reversing type 2 diabetes starts with ignoring the guidelines': education from Dr. Sarah Hallberg's TEDx talk FREE



When I was preparing this talk for TEDx Purdue in 2015, I had no idea it would be viewed over 2.8 million times. I firmly believe the reaction to this talk is an expression of people being fed up.

Fed up with the status quo. Fed up with listening to the advice they were given only to get worse. Fed up with yet another prescription bringing another side effect and more costs. Fed up and looking for advice that is not only evidence-based,^{1–11} but also doable.

Fed up and searching for a way to escape the progressive cycle of type 2 diabetes. Here it is. A solution that goes back to the basics and remembers that we can and should use Food as Medicine.

I have the best job in the world. I'm a doctor... believe me that's not why. I am an obesity doctor. I have the honor to work with a group of people subject to the last accepted prejudice...being fat.

These patients have suffered a lot by the time they come to see me - shame, guilt, blame, and outright discrimination. The attitude most people take, including those in healthcare, is that these people are to blame for their situation. If they could just control themselves they would not be overweight.

They are not motivated to change. Please let me tell you; that is not the case. The real blame, if we need to assign some, has been our advice and it's time to change that.

¹³ <https://bjsm.bmj.com/content/52/13/869>

Obesity is a disease, not something created by a lack of character. It is a hormonal disease. There are many hormones involved, and one of the main ones is a hormone called insulin.

The vast majority of obese individuals are resistant to insulin and that causes a lot of trouble. So, what does being insulin-resistant mean? Insulin resistance is essentially 'pre-pre-type 2 diabetes'.

Insulin's job is to drive glucose or blood sugar into cells where it can be used.

In a nutshell, when someone has insulin resistance, they are having trouble getting glucose where it needs to go, into the cells.

It can't all hang out in the blood after we eat or we would all have a diabetic crisis after every meal.

When there is insulin resistance, our bodies will just make more of it.

The insulin levels rise and rise and for a while, years usually, this will keep up and blood sugar will stay normal.

However, eventually, it can't keep up and even elevated insulin levels are not enough to keep blood sugar normal, and blood sugar rises...that is diabetes.

It is probably not surprising that most of my patients have type 2 diabetes or insulin resistance. If you think that is "pew", not you, you might want to think again.

Over 50% of adult Americans have diabetes or pre-diabetes.¹² This is almost 120 million Americans.¹³ However, that hardly includes everyone with insulin issues.

Most people have had insulin resistance (remember, that is elevated insulin levels) for years, decades even before they get the diagnosis of type 2 diabetes.

In addition, it has been shown that up to 25% of normal-weight adults have insulin resistance.¹⁴ In case you are keeping track, that is a heck of a lot of us.

So, the issue with elevated insulin is that it leads to diabetes, but also insulin may promote hunger.

It increases fat storage and is associated with inflammation. Inflammation itself contributes to a host of problems including heart disease and cancer.

So, what if we go back to the initial science of the problem with elevated insulin, and just did not have as much glucose around that needed to be dealt with?

Let's look at how that could be...

Everything you eat is either a carbohydrate, protein, or fat. They all affect glucose, and therefore insulin levels differently.

Fat does not cause a glucose or insulin response, and that winds up being pretty important.

Now, let's look at how that fact translates into a real-world situation.

Look at an American version of Chinese food. We all know that two rules come with meals like this.

Number one, you will overeat. The shut-off signal does not get sent until you are busting at the seams.

Number two, you will be starving 1 hour later. Why? The rice has caused glucose and then insulin to shoot up and then plummet.

This often triggers hunger, fat storage, and cravings.¹⁵

So, if you have insulin resistance or diabetes, and therefore your insulin is higher, you really can be just plain hungrier all the time AND you are more likely to store your intake as fat.

Now, here is how the guidelines currently handle diabetes and insulin resistance. The recommendation generally is to eat 40–65 g of carbohydrates per meal plus snacks.

Trust me, that is a lot of carbs, and remember what we just saw about what happens to glucose and insulin when we eat them?

Yes, essentially it is being recommended that they eat exactly what is causing their problems. Seem crazy? It is. At its root, diabetes is a state of carbohydrate toxicity.

We can't get the glucose into cells, and its build-up is dangerous in the short term but even worse in the long term. Insulin resistance is a state of carbohydrate intolerance.

Why oh why do we want to recommend to patients that they continue to eat them?

The American Diabetes Association (ADA) guidelines state that there is inconclusive evidence to recommend a specific carbohydrate limit.

However, the guidelines also go on to state what we know; carbohydrate intake is the biggest predictor of glucose levels and the need for medication. They also advise that if you are on certain meds you MUST eat carbs so you won't get low blood sugars.

Or, I would just recommend restricting the carbs to make all those meds and side effects unnecessary.

Seriously, so it is: eat carbs, take meds, then eat more carbs so the meds don't make your blood sugar low. HUH? Please, think about that vicious cycle for a moment.

is crazy. Even worse is that nowhere in the ADA guidelines is the goal of reversing type 2 diabetes.

This needs to be changed. Type 2 diabetes can be reversed in many or most if we start early enough. Not only do we need to let people know this, but we also have to start giving them practical advice so that they can DO this.

Consider carbs. First, here is a shocker... we don't need them.¹⁶ Seriously, our minimum daily requirement for carbs is zero.

We have essential amino acids (proteins) and essential fatty acids, but nope, no essential carbs. Now, of course, that does not mean we don't eat them, we just don't need them. A nutrient is essential if we can't produce it from something

else, and it is required by our body to function. We can produce glucose and plenty of it; we do this all the time, it is called gluconeogenesis.

So, we don't need them, the overconsumption of them is making us sick, yet it continues to be advised to eat close to half or more of our energy from them. Doesn't make sense. Let's talk about what does.

Cutting carbs, A LOT. Yes, at our clinic, we teach patients how to eat with carbs as the minority of their intake, not the majority.

So, how does that work? Well, when patients cut their carbohydrate intake, their glucose goes down and they don't need as much insulin, so insulin levels drop fast.

This is very significant as an article analyzing National Health and Nutrition Examination Survey (better known as NHANES) data showed that insulin resistance is the single most important risk factor for coronary artery disease (CAD), responsible for 42% of heart attacks.¹⁷

More disturbing for the influence of insulin resistance on vascular health is that these were data from 1998 to 2004. Quick secret—WE ARE WAY WORSE NOW!

Low-carb intervention works so fast that we have to cut meds right away in patients with diabetes. Patients can get off over 100 units of insulin in weeks.

One of my favorite stories is a very recent one. A young gal with almost a 20-year history of type 2 diabetes came to see us after a physician at another clinic told her she was just 'sick'.

She had evidence of coronary artery disease, and her diabetes was very uncontrolled despite multiple diabetic medications including 300 units of insulin being injected into her continuously throughout the day via a pump.

Let me tell you, even in the daily world of diabetes I work in, 300 units is a lot of insulin. Plus, remember, her diabetes was NOT controlled with all of these. She was overweight, but not obese.

We put her on a low-carb diet. Fast forward 4 months. Sick no longer. She lost weight, yes, but much more important is her blood sugar was normal all the time

...NO medications. No 300 units of insulin, no more pump, no more pricking her finger multiple times each day. Gone, all of it. No more diabetes.

Probably the best part of my job is to be able to tell a patient that they do not have diabetes any longer and ceremoniously take it off their problem list.

Just since I wrote this talk, we have had yet another person get off a pump and multiple more see their diabetes resolved and I don't just see patients with diabetes.

So, are they cured? Is it miraculous? We will leave that grandstanding to Dr. Oz. Cured would imply it can't come back; if they start eating excessive carbs again it will, so no, not cured.

However, they don't have diabetes any longer. Their blood sugars are normal so it is resolved, and can stay that way if we continue to keep away from the cause.

So, what does this look like? How can you possibly eat this way? First, let me tell you what it is not. It is not zero-carb eating. This is a big criticism of low-carb that is so frustrating. Low carb is not zero carbs.

Second, if we cut carbs what do we put in? There are only three macronutrient classes for food. So, if one goes down, one has to go up.

Well, my patients eat fat and a lot of it. What? What happens when you eat fat? Well, you are happy for one, because fat tastes great and is incredibly satisfying.

Most people don't even realize this because we have been so programmed to be fat-phobic. Also, remember, fat is the macronutrient that keeps our glucose down.

Here are the simple rules for eating:

If it says "light", "low fat" or "fat-free", it stays in the grocery store. If they took the fat out, they put carbs and chemicals in it.

EAT food—I mean real food. This is the single most important component of eating low carb. Real food does not come in boxes. You don't have to be told the food is natural; you should just know that by looking at it.

Don't eat anything you don't like.

Eat when you are hungry and don't eat when you are not.

No GPS—no grains, potatoes, or sugar.

The last one is a biggie—no grains? Correct, no grains. But wait, we need them! Uh, we don't, they are a carb. But what about wholegrains they are so good!

First, there are very few foods out there that are wholegrain even when they say they are.

Most of the foods that purport themselves to be wholegrain are processed and the fiber benefit is ruined or they come with a lot of highly processed flour in them.

Usually, it is both of these things. So, someone who is not already insulin-resistant can eat true wholegrain, but in the enormous slice of our population with insulin issues, they are making things worse.

Can you eat low carb if you are one of the lucky insulin-sensitive people? Yep.

I'm a good example. I believe in practicing what you preach. I have always been a lower carb. I just didn't realize it when I was younger.

Over 1 year ago, I decided I would go as low as I recommend to my patients with diabetes. I am not insulin-resistant. So, would this be bad?

No, that's the thing. It might not be necessary like it is for a lot of my patients, but unless you have an exceedingly rare syndrome, then cutting carbs will be good for you even if not necessary. I would never change my food. I love it!

People send me pictures all the time of their 'radical' food.

This is very significant. People who suffer from obesity would usually never take a picture of their food.

There is too much shame associated with that. However, when they start losing, feeling great about what they are putting in their body, and are making incredibly fantastic and delicious food, this is gone. That is huge.

So, what about the research on this? Is this just anecdotal evidence from our clinic? No, there are dozens of randomized controlled trials on low carbs looking

at cardiovascular risk factors, diabetes, and weight loss, and they are consistent.^{1–11 18–27} It works.

There is even a study from The New England Journal of Medicine comparing it with the Mediterranean diet, and it was better there as well.⁵ Multiple studies show that low carb decreases markers of inflammation, which is part of the reason it is being looked at for cancer.^{10 27–29}

Our retrospective research pilot comparing patients with diabetes from our low-carb, high-fat-based program to patients treated with ADA guidelines show not only a metabolic advantage but (and let's face it, this is big and important) a cost saving.

Our analysis showed an annual cost saving of over \$2000 each year per patient just in the diabetic meds they are no longer taking. Just think how fast this adds up given the epidemic of diabetes.

Results JUST for insulin over 6 months show a decrease of 493 units in the low carb group compared to an increase of 349 units in the standard of care group.

We can start to see where the cost savings are coming from. Insulin is really expensive, and remember, this is just insulin.

Many patients with diabetes are not even on insulin, but the numbers are striking, and represent two ways of approaching this disease: the first, has the goal of resolving it; the second, very clearly aligns with the ADA guideline statement that diabetes is a progressive disease that over time needs more meds.

Again, I point out, that it is progressive unless we take away the cause.

This intervention is the direction employee health needs to go. Diabetes' costs to employers are staggering. Not only are healthy patients more productive patients, but we can save a huge amount on their healthcare expenses as well.

So, what is the problem? Why is a low-carb diet not widespread? It is almost like it is a secret.

A very common scenario in my office is that patients will come in crying. "Why didn't anyone tell me this years ago? Think of what this could have saved me."

Well, there are two big reasons it is not in widespread use. The first is the status quo. It is hard to break. There are many egos involved.

We adopted the idea that low fat is the way to go decades ago, but a recent paper just published showed there was no evidence supporting the recommendation to cut fat from our diet.³⁰ Cutting the fat is what added the extra carbs into diets everywhere.

It was essentially a big experiment on hundreds of millions of people and it failed miserably, but let's face it, it sounds good. If you don't want to be fat, you don't want to eat fat.

I would argue that a lot of the issue is just in the name. Let's try calling dietary fat rainbows and butterflies instead, and then maybe we can keep from automatically associating it with the problems of being fat. Dietary fat and the fat we carry on us are fundamentally different.

However, this association has stuck and has influenced guidelines for years. The second reason we are not seeing low carbs everywhere is money. Don't be fooled, there is a lot of profit to be made by keeping you sick.

Many of the specialty guideline panels are fraught with conflict of interest. The British Medical Journal has covered the conflict of interest recently.³¹

The solution to our diabetes epidemic is very evident in my clinic. For a problem with its root cause being carbohydrates, cut the carbohydrates. And remember what we used to know:

Let food be thy medicine and medicine be thy food.—Hippocrates.

Metabolic syndrome

Metabolic syndrome

Also called: syndrome X

[OVERVIEW](#) [SYMPTOMS](#) [TREATMENTS](#) [SP](#)

A cluster of conditions that increase the risk of heart disease, stroke, and diabetes.

Metabolic syndrome includes high blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol levels. The syndrome increases a person's risk for heart attack and stroke. Aside from a large waist circumference, most of the disorders associated with metabolic syndrome have no symptoms.

Weight loss, exercise, a healthy diet, and smoking cessation can help. Medications may also be prescribed.

Very common

More than 3 million US cases per year

-  Treatment can help, but this condition can't be cured
-  Requires a medical diagnosis
-  Lab tests or imaging always required
-  Chronic: can last for years or be lifelong

Mark Hyman

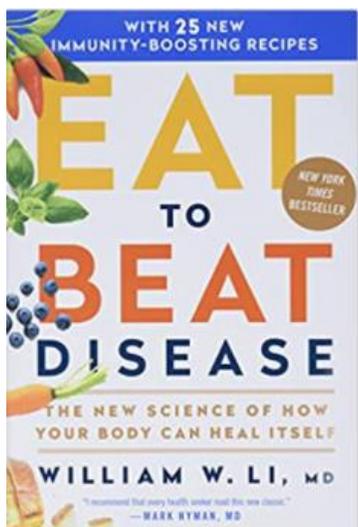
**Food isn't like
medicine, it is
medicine, and it's our
number one tool for
creating the vibrant
health we deserve.**

A stylized, handwritten signature in black ink, consisting of several loops and a long horizontal stroke extending to the right.

MARK HYMAN, M.D

Science can be biased

When I came back from India in the early seventies I went to see our family doctor. My Mom wanted me to go for a checkup. I told him I was a vegetarian.



As he was smoking his cigar he told me that I was going to die within one year because I was a vegetarian. I told him that there are around a billion vegetarians in India. India has been vegetarian for over 5,000 years. My doctor died within the year.

I always believed that food is medicine. I had that innate feeling inside of me. Fifty years ago we didn't have the technology to see food as medicine.

I would highly recommend the book Eat to defeat disease by William W Li. Today we have the same capability to find out the exact chemical components of any drug.

We can do this for food. Don't know about you this confirms my notion as food is medicine. I always know this. Dr. Li also broke it down into five defense systems.

This is from his book ¹⁴

Five defense systems form key pillars of your health. Each of the systems is influenced by diet. When you know what to eat to support each health defense, you know how to use your diet to maintain health and beat the disease.

When I teach other doctors and students about diet and health, I use the analogy that the body is like a medieval fortress, protected not only by its stone walls but by a host of other clever built-in defenses. Indeed, in castles, some of these defenses, such as the talus, the trou de loup, and the murder hole, did not even appear until the enemy tried to invade. Think of your health defense systems as the hidden defenses of the body fortress. These defenses heal the body from

¹⁴ Eat to defeat disease by William W Li

within, so it is now possible to systematically examine how to shore up your health.

The five defense systems are angiogenesis, regeneration, microbiome, DNA protection, and immunity. Angiogenesis Sixty thousand miles of blood vessels course throughout our bodies and bring oxygen and nutrients to all of our cells and organs.

Angiogenesis is the process by which these blood vessels are formed. Foods like soy, green tea, coffee, tomatoes, red wine, beer, and even hard cheese can influence the angiogenesis defense system.

Regeneration Powered by more than 750,000 stem cells distributed throughout our bone marrow, lungs, liver, and almost all of our organs, our body regenerates itself every day.

These stem cells maintain, repair, and regenerate our bodies throughout our lives. Some foods like dark chocolate, black tea, and beer can mobilize them and help us regenerate.

Other foods, like purple potatoes, can kill deadly stem cells that spark cancer growth. Microbiome Almost 40 trillion bacteria inhabit our bodies, most of which act to defend our health.

Not only do these bacteria produce health-supporting metabolites from the foods that we swallow and deliver to our gut, but they also control our immune system, influence angiogenesis, and even help produce hormones that influence our brain and social function.

We can boost our microbiome by eating foods like kimchi, sauerkraut, cheddar cheese, and sourdough bread. DNA Protection Our DNA is our genetic blueprint, but it is also designed to be a defense system.

It has surprising repair mechanisms that protect us against damage caused by solar radiation, household chemicals, stress, compromised sleep, and poor diet, among other insults.

Not only can certain foods prompt DNA to fix itself, but some foods turn on helpful genes and turn off harmful ones, while other foods lengthen our telomeres, which protect DNA and slow aging. Immunity Our immune system

defends our health in sophisticated ways that are much more complicated than we previously thought.

It is influenced by our gut, and it can be manipulated to successfully attack and wipe out cancer, even in the elderly. Recent discoveries have completely changed our understanding of the immune system.

Foods like blackberries, walnuts, and pomegranate can activate the immune system, while other foods can dampen its activities and help reduce the symptoms of autoimmune diseases.

Dr. William Li's 2010 TED Talk - YouTube



Dr. William Li, President of the Angiogenesis Foundation, presents a new way to think about treating cancer and other..

YouTube · Angiogenesis Foundation · May 20, 2010



The TOP FOODS You Absolutely SHOULD NOT EAT! (Avoid These Foods) | Dr. William Li

Dr Rangan Chatterjee · 666K views

ATHLETIC GREENS are sponsoring today's show. To get 1 year's FREE VITAMIN D and 5 FREE TRAVEL PACK visit <https://bit.ly/3lbaRC0> #feelbetterlivemore — Connect with Dr Li: Website <https://drw...>

Age Is Timeless



What if I told you in about 100 years we would have this incredible device? Imagine putting on a ring before you get up from bed in the morning. As soon as you put the ring on you merge with the quantum field. You are no longer a body.

You are beyond time and space. You have entered a field of intelligence that is beyond time and space. The Buddhist may call this the Buddha mind. Christians may call it the kingdom of heaven. Scientists may call it the quantum field.

Imagine this device has the intelligence to scan your body and sense if any negative energy or darkness appears in your auric field. Scientists discovered way back in the 1990s that darkness first appears in your auric field and then slowly through time it appears in your physical body.

During the early 2000's western medicine still used drugs that had tremendous side effects to try to heal most diseases. Mind you these drugs had tremendous side effects. By the way, most drug manufacturers were interested in making huge profits and your health was secondary.

This device knew what custom chemicals and hormones the human brain and heart knew how to produce. Imagine the universe drug store exists inside of you and this device was intelligent enough to know precisely what energy frequencies, chemicals, and hormones were needed to bring the mind, body, and soul into alignment.

This experience only lasted for around a minute yet it seemed timeless which it was. Upon getting out of bed you were in perfect harmony throughout the day. In the past, your subconscious mind controlled 95% of your actions.

It still does. Yet mankind learned how to reprogram the subconscious with the quantum field. All past negative experiences were transformed.

The survival mechanism of fight and flight was once again stabilized. Remember in the early 2000's mankind facet of adrenalin was turned on and mankind didn't know how to turn it off.

Consequently, the disease was rampant throughout the land. Most mental diseases and physical diseases were eradicated a long time ago. You see mankind discovered how to be in balance with the quantum field.

War was a thing of the past. Politics changed so much that we couldn't even recognize it today. Nobody could run for office without being in a state of love, kindness, and compassion.

Because people living in the quantum state someone who tried to run for office you could smell and sense the darkness. People could see integrity and see the harsh ego of those who only want to serve themselves. You see mankind in such a short time learned how to evolve emotionally to such a high level.

My timing may be off yet this will come true. Mystics have talked about this for thousands of years. Today modern-day scientists and mystics are merging their various technologies.

The ring has existed inside of you for thousands of years. Great teachers like Mohammed, Christ, and Buddha knew how to discover the jewel that exists inside every one of us.

Today we are inching toward a new evolution revolution of love. Just think 30 years ago a brain scan device cost around 20,000 dollars. Today Muse 2 costs around \$250.00. The cost over time will come down. Each device will get smaller and more sophisticated.

Dr. Joe Dispenza in his week-long retreats is photographing the auric field and the photos display in various colors the state of the energy centers or chakras. During the seven-day retreat, people learn how to transform themselves.

Many incredible diseases have been cured by his students. The students learn the power to heal lies inside of themselves. Each human being can access their natural drug store to heal almost any alignment.

What's amazing is after the retreat they once again photograph the energy centers and the darkness and unbalance have disappeared. This has happened

thousands of times. Dr. Joe Dispensa has a huge database that scientists and universities are using around the world.

Another incredible institute is the HeartMath institute. They have been at the forefront of discovering heart coherence.

This is from their website.

Adding heart translates into increased care and genuine connection with others and harmonizes the resistance between our mind and heart.

Adding heart is especially about practicing kindness and compassion, along with forgiveness and latitude in our interactions. Adding heart increases the love flowing through our system, which can play a large part in solving the collective challenges of these transitional times.

HMI has developed reliable, scientifically validated tools since 1991 helping people reduce and avoid stress while experiencing increased peace, satisfaction, and enjoyment.

Research at the HeartMath Institute shows that adding heart to our daily activities and connections produces measurable benefits to our own and others' well-being.

We are at the dawn of recognizing Love as the new transformational intelligence.

Dr. Bruce Lipton (aka, the Father of Epigenetics) states that " Epigenetics doesn't change the genetic code, it changes how that's read. Perfectly normal genes can result in cancer or death.

Vice-versa, in the right environment, mutant genes won't be expressed. Genes are equivalent to blueprints; epigenetics is the contractor.

All these work in harmony with each other. They are at the cutting edge of technology. Mind you this ring doesn't exist today but there are many technologies if merged will be the ring in the future.

Fortunately for you, the human body is wired up for this experience. You have the hardware and software already existing inside of you. It's up to you to use it appropriately.

If you want the world to change you must change yourself. You can learn how to reprogram your mind and body. You can learn how to live in the quantum field. After all, this is where you came from and ultimately this is where you are going to return to when you die.

Gulping down the food



This journey is all about fine-tuning the guitar of life. It's like we have an infinite amount of onions layer. We have to peel away each layer.

After losing my left pink toe I have gone and thought about many different things. I realized that I wasn't present eating my meals.

It was so easy to turn on the TV and watch the news or some other program. I never was consciously aware of eating my food. This may not seem like much yet I spent probably around 35 years eating precious meals unconsciously.

<https://www.nm.org/healthbeat/healthy-tips/nutrition/quick-dose-is-eating-too-fast-unhealthy>

Quick Dose: Is Eating Too Fast Unhealthy?

Leisurely eating is better for your health, especially when it comes to digestion, weight, and nutrition.

When you eat too fast, you swallow more air, which can cause bloating and gas. Slowing down to properly chew your food helps to break down larger particles of food into smaller ones, aiding digestion.

And while there's no magic number to how many times you should chew your food before swallowing, properly chewing can help you avoid overeating. It takes about 20 minutes for your stomach to send a signal to your brain that it's full. Eating too quickly makes it difficult to catch these signals.

Studies show that eating slower helps you to make healthier choices. Slowing down to prepare your meal, instead of grabbing something on the run can help you consume fewer choices – enough to lose a significant amount of weight each year.

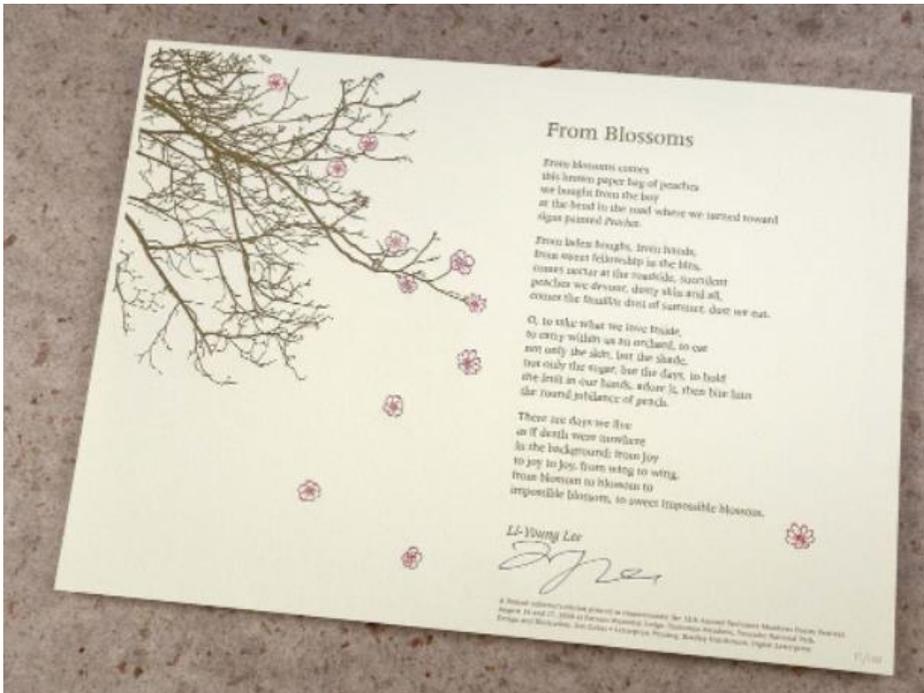
Put this into practice by being mindful about your mealtime. Avoid talking on the phone, turn off the television, and discourage laptops and other devices during meals. Being aware of your surroundings can improve the pleasure of eating in

smaller portions and can reduce symptoms such as reflux or an uncomfortable fullness

My dear friend Jim Cokas shared this on Facebook recently. It captures the essence of Zen being present in every moment.

[Jim Cokas](#)

This beautiful and touching poem is by the acclaimed poet Li-Young Lee. In it he brings the reader an image of total engagement and immersion into the experience of eating a fresh peach from a roadside stand. This poem is full of energy and sensual pleasure, asking us to be in the moment with our experiences, and the joys that can come from that.



My dear friend, Ricardo Delgado recently posted this on Facebook. It was very uplifting and I have changed my life accordingly.

[Esmerelda Kay](#)

Dear Friends - I would like to share something. I was off FB for 10 weeks in a Buddhist retreat on Mahamudra starting in JAN. 2022 and made some strong boundaries so that I could do 3 -1.5 hr sessions during the week (before and after work) and 4 sessions a day on the weekends.

This removed a lot of daily distractions from my life. I had already turned off & let go of all TV at the end of 2020- now I removed -all "social media", FB, listening to any news of any kind, on any radio station, any newspaper online, calling or texting out people on the phone (except during working hours 9:00-4:30.(I answer texts only for 2 hrs. on Thursdays and Friday afternoons) I even stopped listening to music while I worked or in the car.

It was fantastic! I got to a level of calm, clarity, and concentration that I just don't find possible normally. with all the external distractions.

Many people I talk to now are very upset and depressed.

They have right now wonderful lives, beautiful houses (many that they own) great abundant food, health, friends, and family.

But they cannot enjoy their good fortune because the corporate news cycle is so strong, it sucks one in like a gigantic tornado with the corporate news narrative of the hour and people feel they are being responsible citizens by listening to it- although all it does is increase their stress, anxiety, and destroys their concentration and Peace of Mind.

In some of our current times increases their wonderful Compassion! We are so much better equipped to be of help to others in our present lives right here if we are calm, and concentrate with a Mind of Compassion. Even just listening is a great gift for a suffering person.

There is always war. There is always disease. We live in SAMSAARA, the Realm of Suffering, and it is constant. Aging, sickness, and Death are constant.

Consider taking one thing that upsets your Mind- and removing it completely. Just one. See if doesn't improve your mental attitude by simplifying what you pay attention to. It really helped me. Let me know if it helps you. I Love you xoxo

Hack 7 Sleep



Come with me on this journey. Let's explore the mysteries of going to sleep.

We probably spend 1/3 of our life sleeping.

Most people think that sleeping is a drag. Why do I have to go to bed every night and sleep?

Such is the thinking when we are texting on the freeway of life.

We take the miraculous and make it absolutely mundane.

Humanity spends billions of dollars a year on drugs to try to make them sleep at night. These drugs do nothing except compound the problem.

We have no clue that our lifestyles dictate the kind of sleep that we will have. It will dictate how healthy your mind and body will be.

Do we live in a time where preventative medicine is at the bottom of the barrel in life?

Society believes wholeheartedly that Western medicine is the answer to the world's problems.

We believe a doctor will give us a drug and make us well without changing our lifestyles.

Nobody wants to take responsibility. The United States is a sickness nation, not a wellness nation.

This book will give you some great insights and hopefully practical tips you can use to make you sleep better.

Hopefully, it will also show you what a miracle this human body is. If you take care of it, it will take care of you.

There is a huge battle going on inside of you. What we consider truth is fiction and fiction is truth.

We are so far out of balance with nature that we can't see the forest from the trees.

We think we are so normal. Just take a look around you and see the mess that we have created in this world.

Hopefully, these books will help you in a little way to bring you in balance with your true nature.

Sleep



Many people think that sleep is a waste of time.

If you are a professional football player your sleep is worth more than all the gold in the world.

Some elite athletics are getting 12 hours of sleep. They are taking a 1-hour nap during the day. By doing this they have a huge advantage over their competitors. You see during sleep your body is repairing itself.

A football player places a huge demand on the body.

Personally, I can't even imagine in just one game the kind of trauma that occurs. Each play is super intense.

Proper sleep is the way for the body to recover, heal and overcome any injuries. I would imagine many young players who love to party well into the night. They wake up in the morning with a hangover.

They struggle to get out of bed. Maybe it's game day. Their body and mind are already off-center. They are not 100% ready for the game.

What happens if half the team does this? Good luck on the playing field.

Now imagine the entire team gets plenty of sleep. They take an afternoon nap. The body and mind are rested. The team will do much better on and off the field.

When the body and mind are rested and at ease. It functions more efficiently. One becomes more conscious and aware.

A person's intuition is enhanced.

Personally, I think the team that has a higher sense of intuition will win the game. A team that goes into the zone when all odds are against them can win the game. The chiefs prove this during the playoffs.

Football players are like warriors. They have better be in tip-top condition during the game.

The mind and body must be in sync. My personal advice is when the game is over don't go out and party.

Go home and get some precious sleep. Party during the daylight hours. Limit your alcohol. That's another subject. Remember you are paid millions of dollars.

You're playing years are extremely limited. Your risk for head injuries is probably higher than in any profession. This, unfortunately, is a huge issue for a player that affects you for the rest of your life.

You are young and have a youthful spirit. Learn from the older players who retired. They have great knowledge and lessons to give you.

Remember you are a drop in the bucket. There is always someone who would love to take your place. I'm just saying take care of your own interests. You know that only you can change for the better.

Proper sleep is the key to your success.

I'm sure many of you will probably roll your eyes and have a smirk on your face. Yet the next time you are struggling on the field just remember this advice.

Science and the art of football are being aligned. The lifestyles days of the sixties and seventies are over.

The game is more intense. Players are bigger and heavier. As you know they can cause huge damage. Apply some practical sense. Learn how to take advantage. Just a 1% advantage can win the game.

Can't Go Back To Sleep



Have you gotten yourself into a pattern where you wake up around 1:00 in the morning and can't go back to sleep? You are wide awake and restless. Well, this is a perfect time to close your eyes and concentrate on your breath.

Just relax and watch the sweetness of your breath.

Don't struggle just watch and feel the love flowing through you. You may go back to sleep and then wake up again. Continue watching your breath. The more you do this over time the easier it gets.

When you begin to experience love inside of you try the following. Focus on your breath. Then spend time and focus on each chakra. See chapter 11. Start from the root chakra and work your way to the crown chakra. Take your time. Don't rush.

Imagine this system is always been there and yet we are oblivious to it. Our mentality is if I can't see it I don't believe it. Well, you can see the air or see love but it does exist. This chakra system is a part of our being. It's as real as your physical body. You just can't see it.

You are hardwired to see God. By being aware of these chakras and paying attention to them you are consciously becoming aware of the mind, body, and soul connection.

You can heal yourself over time. You can let go of your emotional baggage. You can slowly change and become in harmony with the universe.

You can become more aware. You can learn how to take charge of your life and learn how to be a proactive human being.

Most of us live our lives like leaves blowing in the wind. We react to each circumstance without being aware. Our subconscious is running the show.

Many people think that sleep is a drag. They wish that they didn't have to sleep. They are oblivious not in synch with nature and the universe. Sleep is a time when the body can get rid of toxins from the day.

Scientists have discovered between 8:00 and 12:00 is the best time for the body to repair itself. Unfortunately, most of us are oblivious to this. Every night while we sleep we tap into the source of life. This is how we recharge ourselves. It's like we have a battery inside that needs to be recharged every night. Much like our cell phones need to be recharged.

When we wake up from our dreams and can't fall asleep try this. If you don't want to do this then spend time forgiving all those people who have wronged you. Forgive yourself.

While you are doing this try to feel what part of the body this energy is stored in. You see your negative thoughts and emotions are stored in your human body.

We all are carrying boulders inside and we all feel the weight in ourselves. Forgiveness is the key to dropping our emotional baggage.

By concentrating on your chakras over time you release emotional baggage from the specific chakra you are focusing on.

This path is meant to be fun and full of adventures. As Bugs Bunny once said don't take life so seriously because you will never get out of it alive.

These are all tools that you can use daily. There are hundreds of tools that you can use to change for the better.

Most people don't like to change. We have been taught since birth that change is not good. We have been taught to fear change. We don't want to upset the apple cart.

Even when we live our lives in misery we don't want to change for the better. Our world has made us complacent and feels numb. Take a look at our media. It only projects the negative not the positive.

That is slowly beginning to change. Most broadcast news channels now present a small positive segment at the end of the newscast. Some have it every day while others might have it on a Friday.

If you just spent a little time each day and used these tools your life will change for the better. You are the company that you keep. If you just blow this off and say I don't need to change.

Your have free will and free choice. Nobody is going to judge you.

All I'm saying is that you are hardwired to discover your true nature. You are the universe. You just don't know it.

Sleep is a mental factor



1)

Sleep is a mental factor that is the result of mental heaviness or mental dullness, makes the mind unclear, and is responsible for dissolving the sense consciousnesses (into the subtler mind).

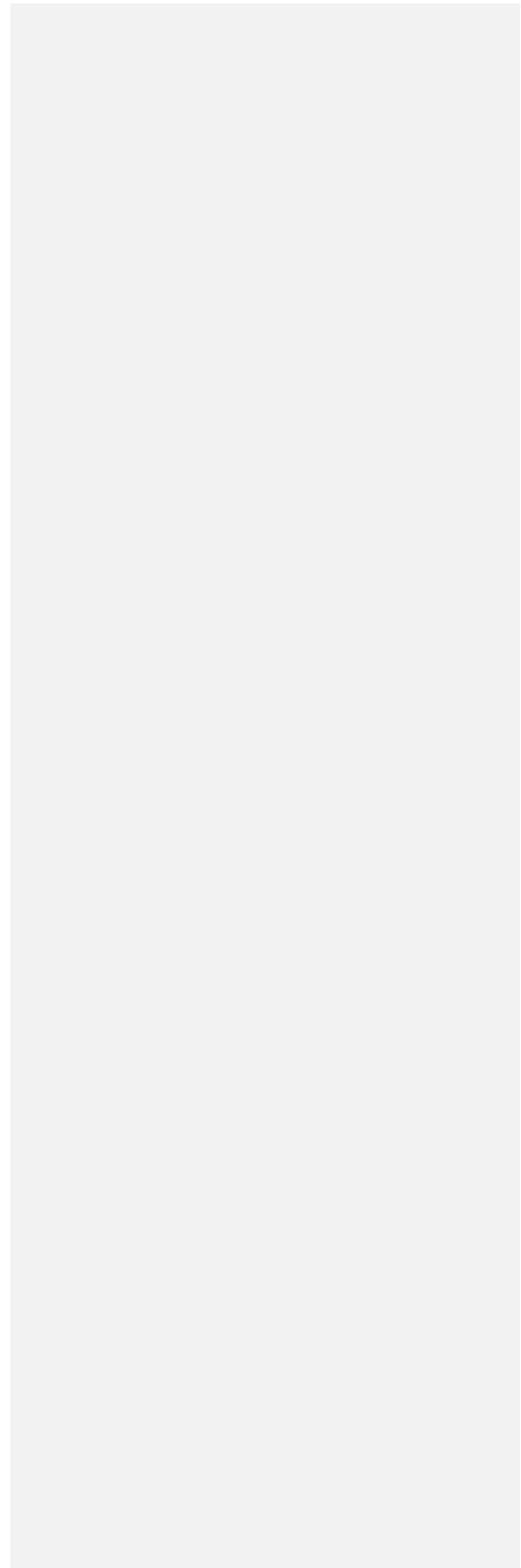
It has the function of letting the apprehension of the object of the conscious mind degenerate and causing a loss of conscious physical activity. When the body and mind are exhausted and in need of refreshment, sleepiness pulls the sense consciousnesses and the coarse mental consciousness into the darkness of deep sleep, i.e. a state in which no dreaming occurs.

As the force of sleep becomes lighter dreams are then experienced due to the ripening of imprints left on the mind during the waking state. Sleep is a changeable mental factor because it can be influenced by our behavior.

If we spend the day involved in wholesome activities and, in particular, generate strong positive thoughts before going to sleep, this will cause the sleep itself to be wholesome and restful.

If, on the other hand, our minds are filled with hatred and cravings when we go to sleep, the quality of sleep will likewise be unwholesome and disturbed.

Sleepin



Sleeping Meditation



Many people think that sleep is a drag. They wish that they didn't have to go to sleep. Yet sleep is an incredible doorway to the quantum field. Sleep is a doorway to finding our true nature.

It's amazing every night when we truly fall asleep we go back to the quantum field yet we aren't aware of it. When we wake up in the morning our bodies are recharged.

How would you like when you are sleeping to have your awareness in the quantum field and be conscious at the same time?

As I have said many times the more attention you focus on the power behind your breath at some point the power of your breath focuses back on you. In the beginning, you meditate on God. At some point, God starts to meditate on you.

Sleeping meditation allows you in the comfort of your bed to be aware of the quantum field. There is an infinite source of kindness that exists inside of you.

Each one of us is costumed and designed by the quantum field. When you go to sleep focus on your breath. Over time a door opens within and the power of love will fill you up.

You start to enter into the quantum field. This is your true nature. Just dwell in this love. There is never a point in time where you can't go deeper. This journey is infinite.

Many times when I wake up early in the morning I concentrate on each of my chakras. I do the chakra meditation. Imagine being in a state of heaven and moving through each chakra.

The whole mind, body, and soul connection is being healed. The brain is being washed by waves of love. One resides in a field of divine light and a force of infinite love.

Wow, words truly can't describe that experience. This experience exists inside of you. The key lies inside of you. Only by your will can you open the door. As I said

many times before signpost of God is all around you both inside and outside of you.

When one truly loves to engage in sleeping meditation one truly begins to enjoy life to its fullest. One wakes up in the morning and rejoices on being alive. One is truly grateful.

I love to meditate upon waking up and truly love to be aware of the quantum field. One put's his dreams into reality.

We slowly learn how to not react to the world around us. Most of humanity is living in the winds of the hurricane.

A wise person lives in the center of the hurricane. Yes, he will stumble and fall. When he does one sees that at this point one is in the hurricane winds of the mind.

This person will then focus on his breath and in due time be in the center of the hurricane.

So when you go to bed at night here are some helpful suggestions. Bless the day that was given to you. It may be in a form of a prayer or simple grateful thoughts in your mind. Look over your interaction with the people with that you were connected to. Learn from your mistakes.

Look at the same tapes that were being played over and over in your life. Be conscious of them. Only when you are aware of your actions can you truly change for the better?

You can learn to rewire the actions that cause you to get angry into a state of love, compassion, and kindness. When you realize that by getting angry you are drinking your poison literally.

Learn to truly appreciate and have gratitude towards sleep. Many times when I'm about ready to come down with a cold my body tells me to go to bed an hour earlier.

Consequently, in the morning my body healed itself. Sleep is your best friend. He helps maintain and recalibrate your mind, body, and soul connection.

Your dreams are talking to you. They give you helpful insights and advice. They also give you warnings if you are about to walk off the cliff of life. Your dreams help guide you on this journey in life.

Unfortunately, most of us see them as a waste of time. We place no value on them

I think we probably get less than one percent on the importance of sleep and its true value. Our daily lives are so driven. Most of the time we are living from tapes from the past.

We don't think outside of the box. What a paradox that signposts are all around us yet we don't have the eyes to see them.

Many people try to go to sleep yet they can't. Their mind and bodies are so stressed out that they can't sleep. Millions of people all around the world have this problem.

Millions take drugs so they can go to sleep. Yet they will go asleep taking these drugs yet they have a huge side effect.

All it takes is small baby steps to learn how to connect to the quantum field. Ponder this over. You are a piece of the puzzle.

Commented [RF1]:

Commented [RF2R1]:

Commented [RF3R1]:

Tips for Getting a Good Night's Sleep



Theresa Oswald, MD
June 14, 2021

5 min

¹⁵In thinking about how to live a healthy lifestyle, understanding the mysteries of sleep might just be the final frontier. There is a plethora of information

¹⁵https://himalayaninstitute.org/online/tips-for-getting-a-good-nights-sleep/?gclid=CjwKCAiA3KefBhByEiwAi2LDHLO9FYPCeniZ03bqwyGbaCQkySom7-VeWnUV93YnCnvz3eGPzxEb4RoCIQwQAvD_BwE

available about how to eat in a healthier way and how to move more, but getting better quality sleep takes time and strategy. If you've ever had a sleep issue, you know it's not just a matter of willing yourself to sleep. In fact, we currently have an epidemic of sleep problems. The Centers for Disease Control reports that one in three adults in the US gets less than the recommended amount of sleep (7–9 hours a night for adults, according to most sources). Lack of sleep causes tiredness, fatigue, reduced alertness, and low energy. The quality of our sleep affects our overall health and almost every system in the body, including our hormones and immune system. Research shows that chronically getting an insufficient quantity or quality of sleep increases the risk of high blood pressure, heart disease, diabetes, obesity, anxiety, depression, and mental disease.

Sleep Problems and Their Causes

There are several types of sleep problems, including trouble falling asleep; waking up multiple times or waking up early; having trouble falling back asleep; and not feeling well-rested when waking up in the morning or feeling very sleepy during the day. A number of different factors can cause sleep problems, including stress, anxiety, and lifestyle factors such as nicotine and alcohol intake. Nicotine acts as a stimulant, making it harder to fall asleep, and alcohol may make you drowsy but reduces your ability to enter deep sleep and can cause early waking. Some medical conditions, like sleep apnea and restless leg syndrome, can cause difficulty in sleeping. There are also some prescription medications, such as corticosteroids, stimulants for attention deficit, and certain blood pressure and asthma medications, that can interrupt

a good night's sleep. If you think a medication or condition is disturbing your sleep, talk to your healthcare provider for other possible options.

Strategies to Improve Sleep

Knowing how important sleep is to our health, let's review some things we can consider to improve sleep. A system called Cognitive Behavioral Therapy (CBT) combines two types of strategies for improving sleep: strategies that work with thoughts and beliefs that may interfere with sleep, and strategies for sleep hygiene—cleaning up our sleep by cultivating lifestyle habits that help us sleep better. In working with beliefs and thoughts, for example, CBT might lead us to the insight that "If I don't get enough sleep, I won't be able to function," which brings to our awareness the importance of good sleep. Furthermore, this realization may prompt us to observe what thoughts may be intruding on our sleep.

As far as sleep hygiene, or lifestyle habits, how can we draw on CBT, as well as yoga and ayurveda, to cultivate better habits with regard to our sleep schedule, diet, exercise, and sleep environment? Let's start with some simple guidelines regarding sleep itself:

- Do not go to bed unless you are sleepy.
- Wake up at the same time every day, including weekends and vacations.
- Get out of bed if you are unable to sleep.
- Minimize non-sleep activities in bed (e.g., watching TV).
- Limit napping, but if you need a daytime nap, try to nap less than 30 minutes and before 3:00 p.m.

Next, let's look at our diet and exercise habits and how to create a conducive sleep environment and bedtime routine:

- Sleep is a time for assimilation of food and thoughts, so limit heavy meals and heavy discussions within the three hours before sleep. This allows digestion of ideas and food to be completed during waking hours, and the path is set for utilization and storage during sleep.
- Exercise releases tension that builds up in our body during the day, while also using energy. This sets the stage for our body to slow down and be tired when it is time for sleep. Get exercise during the day to help you get to sleep faster and sleep longer.
- Make your bedroom environment comfortable: keep the room temperature cool, minimize noise and light, and keep your clock out of clear view to prevent clock watching.
- Develop a calming, quiet, relaxing bedtime routine or ritual to act as a buffer from the stress of the day. Consider reading a book, taking a warm bath, or drinking herbal tea like chamomile or lemon balm.

Finally, breathing (*pranayama*) and other mind-body techniques can be very effective in reducing hyperalertness and promoting a sense of calm. The simplest and most profound of these takes just a few moments and is literally right under our nose—focusing our mind on the flow of breath in the nostrils. Our mind can only do one of two things: either have an inner conversation or feel a physical sensation. It cannot do both at the same time. Thus, when the mind's chatter keeps us awake, focusing our awareness on a sensation is the best solution. Focusing on the sensation of the airflow at the entrances of both nostrils helps us quickly quiet our mind.

Our mind can only do one of two things: either have an inner conversation or feel a physical sensation. It cannot do both at the same time.

Try it for yourself! As you inhale, notice a faint sensation of coolness at the openings of your nostrils. Your lungs will warm that air, which will create a gentle sensation of warmth in the nostrils as you exhale. As you focus on the coolness of the airflow during inhalation and the warmth of the airflow during exhalation, the mind becomes quiet—its conversations cease.

This time-tested method is one of the most effective for interrupting unhelpful thought loops and bringing a calm quietude as a gateway to sleep. Additional techniques for calming the mind and body include systematic relaxation techniques; diaphragmatic breathing and other breathing exercises; meditation; and guided imagery.

Putting even a few of these strategies to use can make a big difference in how well we sleep and thus in our health, energy level, and mental clarity. In the next article we will look, more specifically, at why sleep is critical to the health and functioning of our brain, playing a major role in cleaning the brain and in the storing of memories.

How Functional Foods May Improve Sleep and Immune Health

Jan 10



Author: Dakota Coulter

¹⁶Hate being sick in bed? What if I told you the prevention might be *more* time in bed. You don't need to sleep all day, but getting enough sleep and improving your sleep quality may support immune function.

Sleep and immune health are connected: You spend more time sleeping when you're sick because sleep regulates your immune system. Take advantage of this connection by improving your sleep to improve your immune system.

Sleeping isn't always easy—falling asleep can be hard and staying asleep even worse. One of the best solutions to poor sleep is easy and simple: food! Eating certain functional foods can help you fall asleep easier, stay asleep longer, and overall improve your quality of sleep. Functional foods are those that have extra benefits past the standard nutrition. Let's explore some food that improves sleeping and in turn, immune health.

There are so many great functional foods you can eat to boost your sleep, but here are a few to get started with.

¹⁶https://iffassociation.org/learn/how-functional-foods-may-improve-sleep-and-immune-health?gclid=CjwKCAiA3KefBhByEiwAi2LDHOzMpvPw9EXw3Ukc4c1nd6izYMXkwcmq7wEdiTWVW7we1ZPuLavfTxoCjzQQAvD_BwE



Tart Cherry Juice

More specifically, Montmorency cherry juice, *Prunus cerasus*. These bright red, sour cherries are great in a lot of ways but the best is the impact it can have on sleep.

This comes from an increase in **melatonin** release in the body triggered by phytochemicals in the cherries. With an increase in melatonin, your sleep becomes more efficient. As an added bonus, this juice may help prevent sleeping disorders

Lettuce

This leafy green has a long history of being used as a sleep aid in folk medicine. It increases how long you spend asleep by first inducing sleep and then prolonging it. Overall it may also improve your sleep quality as well. These benefits come from **lactucin**, which is naturally present in lettuce. All varieties contain this but look to romaine lettuce, *Lactuca sativa*, for the highest amount.

Whole grains and fiber

Whole grains are rich in these key sleep quality improving nutrients:

- Potassium
- Calcium
- Magnesium

They also contain more fiber, which might help you get more deep sleep. Low fiber intake has been associated with increased light sleep. Brown rice combines both whole grain and fiber, plus rice's high glycemic index may also improve sleep. The higher index helps your body convert more **serotonin** and therefore **melatonin**. Eating foods higher on the glycemic index, the scale for food's effect on your blood sugar levels, also helps you to fall asleep faster.

Barley grass powder

If whole grains aren't for you, or you're just a white rice person, barley grass powder is a great alternative. It also contains the same nutrient trio as whole grains but also **GABA, gamma-Aminobutyric acid**, an amino acid important in sleep regulation. This can provide even greater sleep quality benefits and also helps to promote sleep. These benefits make it one of the best options for sleep improvement and is easy to pair with other functional foods.



Milk

A warm glass of milk before bed can help to improve your sleep efficiency, meaning not only more but better sleep. It does this thanks to high levels of **tryptophan**, the same thing in turkey that leaves you sleepy after Thanksgiving.

It can be found in a lot of other high protein foods but milk before bed is a lot easier than roasting a whole turkey. If you're dairy free, don't worry, soy milk is also a good option as soy also contains tryptophan. And it doesn't have to be warm milk, drink it at any temp you like!

How you eat is just as impactful as what you eat

Bad diets and eating structures both shorten the amount of time you spend asleep. Try eating three meals a day and reducing your evening snacking to improve sleep.

Avoiding the following at night can also help to improve sleep:

- Caffeine
- Alcohol
- Large meals

More sleep supports your immune system

No matter what foods you pick to help, the amount you sleep is important. Getting less sleep may weaken your immune system. And sleeping for shorter amounts of time may make you more likely to get a cold. Weakening your immune system may impact your sleep as well. You could spend less time in deep sleep and also wake up more.

How much sleep you need varies a bit, but teens should get 8-10 hours and adults at least 7 (more is good though). And remember that sleep quality is important too if you want to feel healthy and rested!

Working in the above foods for sleep and changes may just make you sleep better and be healthier. You don't have to completely change your diet but starting with just one small change may help you fall asleep easier. So try a glass of milk or tart cherry juice before bed, swap out white rice for brown, or eat an extra leafy lettuce salad. Happy eating, and sweet dreams!

Author's Note

Sleep has always been a struggle for me, I've had insomnia since I was a kid. Whenever I couldn't sleep my mom would make me a mug of warm milk and tuck me into bed to drink it. I would end up warm, content, and best of all- sleepy. Warm milk is also a warm memory to me and I can't recommend it enough!

BEST FOODS THAT HELP YOU SLEEP

Written by [Dreamcloud Editorial Team](#)

Last Updated on Dec 06, 2022

[Sleep Aids](#)

In this article:

- 15 Best Foods to Eat Before Bed
- Other Foods and Drinks that Help You Sleep
- Foods to Avoid Before Bed
- Drinks to Avoid Before Bed
- How Does Your Diet Affect Sleep?
- Is Eating Before Bed Bad?
- Conclusion

Are you looking for quick remedies that can help you fall asleep faster? The good news is that the answer may be in your kitchen!

There are some best foods and drinks for sleep. Foods that help you sleep mainly contain sleep-regulating hormones like melatonin and serotonin and nutrients like calcium and [magnesium](#).

This article covers what foods to eat before bed, what to drink to sleep faster, types of food and drinks to avoid before bed, and explains how diet affects your sleep.

15 Best Foods to Eat Before Bed

1. Fish

¹⁷Fatty fish is one of the best foods that help you sleep through the night. Whether you eat salmon or tuna or halibut, all are rich in vitamin B6, which helps make [melatonin](#) - a sleep hormone our brain releases in response to darkness. Melatonin signals our body to sleep and combats various [sleep disorders](#).

Aside from that, a fatty fish also contains exceptional levels of omega 3 fatty acids and vitamin D - and both nutrients are powerful enough to produce serotonin - a hormone that stabilizes our mood and fixes sleep problems.

2. Turkey

You can count on Turkey when it comes to foods that make you sleepy. This popular Thanksgiving food contains high levels of [tryptophan](#) and amino acid, which increases [melatonin production](#). A roasted turkey also contains a good amount of protein i.e 8 grams per ounce. Protein consumption before bed means [less waking up throughout the night](#). If you have trouble falling asleep, try delicious and nutritious Turkey tonight!

3. Almonds

Almonds before bed are popular among snacks that help you sleep. If you wake up at night with hunger pangs, almonds are a ready-to-eat option. You can also prepare milk from whole almonds, a wonderful alternative for people with lactose intolerance.

¹⁷https://www.dreamcloudsleep.com/posts/foods-that-help-you-sleep/?utm_source=google&utm_medium=cpc&utm_campaign=p_1365122800_142893316925_641464134238&utm_content=cpc_generic&gclid=CjwKCAiA3KefBhByEiwAi2LDHMqGOWVE-6Q4L2YsEXpzjzWz0BfDiHeTaGb2EsV-1hek5boYgKzGhoCFZEQAvD_BwE

This tree nut contains many beneficial nutrients and is a great source of [melatonin](#). An ounce of almonds provides you with 19% of your daily requirement of [magnesium](#). Both [magnesium](#) and melatonin play a key role in regulating the sleep-wake cycle and are used as a potential [treatment for insomnia](#).

4. Whole Grains

Whole grains produce insulin, which in turn activates tryptophan function in the brain. People with low levels of magnesium frequently wake up at night. Having whole grains rich in magnesium before bed will help you to enjoy a restful sleep at night. A whole-grain wrap is an easy-to-prepare option for eating before bed.

5. Warm Milk

People with a nut allergy can prefer warm milk before bed provided they are not lactose intolerant. Warm milk has been on the list of best foods and drinks for sleep for decades. Have a glass of warm milk before bed and you will see how quickly it [helps you unwind](#). This drink has high levels of tryptophan that puts sleep hormones to work and prevents [movement at night](#)

6. Tart Cherry Juice

For those who are wondering what to drink to sleep faster, try tart cherry juice. Four compounds that influence sleep regulation are -

- Melatonin
- Tryptophan
- Potassium and
- Serotonin

And Tart cherries are rich in all the above four nutrients. No wonder why cherry juice is an outstanding drink that [promotes sleep](#) and prevents night-time awakenings. Plus there are no side effects! As per one pilot [study](#) cherry juice can reduce insomnia symptoms in older adults.

7. White Rice

Do you know higher rice consumption is [associated with better sleep](#) as compared to noodles and bread? White rice is easily digestible and makes tryptophan work faster in your brain! This rice has a high glycemic index (GI) and naturally increases blood sugar and insulin levels. High GI also promotes better sleep. To improve your sleep quality, eat white rice one hour before bed.

8. Lettuce

Lettuce is one of the best foods to have for dinner because it has a [mild sedative-hypnotic effect](#). The plant has a phytonutrient called lactucarium and the sedative effects are due to the plant's n-butanol fraction in the compound lactucin.

9. Bananas

Without bananas the list of foods that promote sleep is incomplete. Eating [a banana before bed](#) helps you feel fuller and keep you asleep throughout the night. The fruit exceptionally increases serotonin and melatonin levels in our body.

Sleep-boosting [nutrients](#) in bananas are -

- Tryptophan
- Magnesium
- Potassium
- Carbs
- Vitamin B6

All four of them work together to act as sedatives and [induce sleep](#) through different mechanisms in our brains and body. They help [reduce muscle cramps](#), beat insomnia, and [restless leg syndrome](#) - and all these three health issues are associated with poor quality.

10. Yogurt

If you are looking for healthy late-night snacks, yogurt is a fantastic option. It is rich in calcium that's healthy for bones and casein protein (in Greek yogurt) that digests slowly and helps you feel full longer. Calcium activates sleep hormones and is important for people with [difficulty falling asleep](#)

11. Kiwi

Kiwi is one of the best fruits that help you sleep! According to a [study](#), people who ate two kiwi-fruits one hour before bedtime for four weeks reported an increase in sleep time and improved sleep efficiency. The reason why kiwi helps you fall asleep faster could be a bunch of sleep-promoting compounds in it like -

- Melatonin
- Serotonin
- Carotenoids
- Anthocyanins
- Flavonoids
- Potassium
- Calcium
- Magnesium
- Folate
- Vitamin C

Do you know kiwi is a go-to snack for [carb cravings](#), at night? Eat kiwi before bed and see the difference!

12. Chamomile tea

Chamomile has no [negative side effects](#) so it is the best tea before bed. In a [study](#), 80 women - with poor sleep quality and sleep efficiency - consumed chamomile tea daily for 2 weeks and showed massive improvement. Another [study](#) involving older adults claims that consumption of chamomile extract for 28 consecutive days improves

sleep quality. You can also enjoy similar sleep benefits by taking chamomile in other forms instead of tea.

13. Eggs

Eggs are always on the list of best foods for sleep because they are full of hunger-satisfying proteins, nutrients, and tryptophan, which is a precursor to serotonin and melatonin. What's more? They are also a great source of melatonin! Add eggs to your dinner and see how quickly you fall and stay asleep.

14. Kale

This leafy green is a power pack of calcium and antioxidants and both serve as triggers for our brain to use tryptophan and convert it into the sleep hormone melatonin. Eat kale before bed so that your sleep hormones work faster.

15. Barley Grass Powder

Last but not the least, barley grass powder is a powerful sleep-promoting food. It is packed with -

- Gamma-Aminobutyric Acid (GABA)
- Tryptophan
- Calcium
- Potassium

When GABA enters and attaches to the GABA receptor, it makes you feel calm and [induces sleep](#). Research says GABA has a role in preventing insomnia.

You can add the barley grass powder to salad dressings or smoothies if you are preparing a healthy late-night snack. You can also mix the powder into a glass of plain water and your energy drink is ready.

Other Foods and Drinks that Help You Sleep

Other than the 15 food items mentioned above, there are some more foods that help you sleep, which are as follows:

- Figs
- Sweet potato
- Honey
- Tofu
- Oatmeal

Some best late-night snacks are :

- Popcorn
- Dark chocolate
- Hummus
- Walnuts
- Pistachios
- Cottage Cheese and Crackers

If you are not in the mood to prepare dinner or eat snacks, here are some drinks that help you sleep faster:

- Ashwagandha Tea
- Goji Berry Juice
- Passionflower Tea
- Peppermint Tea
- Pure coconut water

Foods to Avoid Before Bed

While there are foods that help you sleep, some foods keep you awake at night. Check out some foods to avoid before bed, if you want to sleep well:

Tomato-based sauces

While a plate of delicious red-sauce pasta with a hearty amount of [tomatoes](#) seems tempting, eating it before bed can cause acid reflux and heartburn, which in turn can interfere with your sleep.

High-fat food

[Fat-rich food](#) takes a long time to digest! So, avoid bedtime snacks like burgers, pizzas, if you want to have restful sleep at night.

Fried Food

Just like high-fat food, [fried food](#) also takes a longer time to digest and can cause heartburn. You may not enjoy high-quality sleep if you intake fried food close to bedtime.

High Sodium Food

High sodium food like canned entrees, smoked meat, and salted nuts dehydrates the body, causing tiredness and fatigue. Eating such food before bed contributes to [disrupted – or “superficial” – sleep](#).

Spicy Food

People prone to heartburn should avoid spicy foods before sleep. Lying down [aggravates the](#) problem and delays the onset of sleep.

Drinks to Avoid Before Bed

Just like the above foods, there are some drinks that [prevent restful sleep at night](#). Let's explore which drinks to avoid before bed and why:

Coffee

People drink coffee to wake up, feel refreshed and active and come up with great ideas. But the same beverage consumed at late hours of the day delays the onset of sleep. Caffeine remains in our system for 14 hours, which delays the onset of sleep and causes [short sleep duration](#). So, avoid caffeine 4 to 6 hours before bedtime!

Alcohol

Alcohol may help you sleep instantly, but you may frequently wake up at night with night sweats, headaches, or nightmares. According

to [research](#), drinking heavily before bed is associated with short sleep duration, circadian abnormalities, and insomnia. Do you know alcohol before bed can also cause breathing-related sleep problems?.

Sugary and Energy Drinks

A lot of energy drinks are not just rich in calories but contain taurine and caffeine as well. Just like caffeine, taurine - an amino acid also signals your brain to be alert and increases your heart rate, which altogether makes it [difficult for you to fall asleep](#).

Black Tea

A lot of people think black tea or any herbal tea are stress-buster and good for sleep. However, black and some herbal teas also contain caffeine and should be avoided before bed. As per research, beverages rich in caffeine taken 6 hours before bedtime has [disruptive effects on sleep](#).

How Does Your Diet Affect Sleep?

People having a diet low in essential nutrients, vitamins, and minerals that influence the sleep-wake cycle may experience sleep problems. Some of the sleep-regulating nutrients and hormones are listed below so that you can add sleep-inducing foods to your diet.

- Tryptophan
- Serotonin
- Melatonin
- Gamma-Aminobutyric Acid (GABA)
- Magnesium
- Potassium
- Calcium
- Antioxidants
- Vitamin - A, C, D, E, and K

As per research, lack of these nutrients is associated with [sleep problems](#), by affecting [different hormonal pathways](#) in sleep. On the other hand, taking foods that are very high in carbohydrates at night can reduce the amount of [deep sleep](#). This explains why energy drinks and sugar-sweetened beverages are bad for sleep.

Sleep experts recommend taking foods that help you sleep and are rich in above mentioned essential sleep compounds. However, there is a need for in-depth research to claim these benefits.

Is Eating Before Bed Bad?

Well, that depends on what type of food you are eating. Eating foods for [deep sleep](#) right before bed is not a bad idea if they are nutritious and very light. As per research, it is unhealthy to eat foods [rich in salt, sugar, and fat](#) before bed as they are harder to digest. Melatonin-rich foods, high fiber foods, and [a Mediterranean](#) diet will help you fall asleep faster and enhance the quality of sleep. However, if the food is heavy, it is safe to finish your dinner 2-3 hours before bed.

Eating habits affect health differently in each person. For some, eating before bed may result in [weight gain](#) and digestive issues. If you are suffering from any physical illness like obesity that demands a specific type of diet, consult a dietitian before you start munching foods that are good for sleep.

Conclusion

Having poor sleep every night can lead to a range of physical and mental health issues. Having foods that help you sleep at night is a simple remedy for sleep problems. Add food rich in sleep-promoting nutrients and sleep hormones to your diet. Eat healthy and sleep better!

If you have any diet restrictions, please consult your doctor before trying the best foods to have for dinner mentioned in this post.

How Foods May Affect Our Sleep

¹⁸A growing body of research suggests that the foods you eat can affect how well you sleep, and your sleep patterns can affect your dietary choices.



Credit...Alex Green



By [Anahad O'Connor](#)

Published Dec. 10, 2020 Updated Jan. 1, 2021

[Leer en español](#) [阅读简体中文版](#) [閱讀繁體中文版](#)

Sign up for the Well newsletter, for Times subscribers only. Essential news and guidance to live your healthiest life. [Try the Well newsletter for 4 weeks.](#)

This has not been a very good year for [sleep](#).

With the coronavirus pandemic, school and work disruptions and a contentious election season contributing to countless sleepless nights, sleep experts have [encouraged people](#)

¹⁸<https://www.nytimes.com/2020/12/10/well/eat/sleep-foods-diet.html#:~:text=Researchers%20have%20found%20that%20eating,helping%20to%20promote%20sound%20sleep.>

[to](#) adopt a variety of measures to overcome their stress-related insomnia. Among their recommendations: engage in regular exercise, establish a nightly bedtime routine and cut back on screen time and social media.

But many people may be overlooking another important factor in poor sleep: diet. A growing body of research suggests that the foods you eat can affect how well you sleep, and your sleep patterns can affect your dietary choices.

Researchers have found that eating a diet that is high in sugar, saturated fat and processed carbohydrates can disrupt your sleep, while eating more plants, fiber and foods rich in unsaturated fat — such as nuts, olive oil, fish and avocados — seems to have the opposite effect, helping to promote sound sleep.

Much of what we know about sleep and diet comes from [large epidemiological studies](#) that, over the years, have found that people who suffer from consistently bad sleep tend to have poorer quality diets, with less protein, fewer fruits and vegetables, and a higher intake of added sugar from foods like sugary beverages, desserts and ultra-processed foods. But by their nature, epidemiological studies can show only correlations, not cause and effect. They cannot explain, for example, whether poor diet precedes and leads to poor sleep, or the reverse.

ADVERTISEMENT

[Continue reading the main story](#)

To get a better understanding of the relationship between diet and sleep, some researchers have turned to randomized controlled trials in which they tell participants what to eat and then look for changes in their sleep. A number of studies have looked at the impact of a diverse array of individual foods, from warm milk to fruit juice. But those studies often have been small and not very rigorous.

Some of these trials have also been funded by the food industry, which can bias results. One [study funded by Zespri International](#), the world's largest marketer of kiwi fruit, for example, found that people assigned to eat two kiwis an hour before their bedtime every night for four weeks had improvements in their sleep onset, duration and efficiency. The authors of the study attributed their findings in part to an "abundance" of antioxidants in kiwis. But importantly, the study lacked a control group, so it is possible that any benefits could have resulted from the placebo effect.

Other [studies funded by the cherry industry](#) have found that drinking tart cherry juice can modestly improve sleep in people with insomnia, supposedly by promoting tryptophan, one of the building blocks of the sleep-regulating hormone melatonin. Tryptophan is an amino acid found in many foods, including dairy and turkey, which is one of the reasons commonly given for why so many of us feel so sleepy after our Thanksgiving feasts. But tryptophan has to cross the blood-brain barrier to have any soporific effects, and in the presence of other amino acids found in food it ends up competing, largely unsuccessfully, for absorption. [Studies show](#) that eating protein-rich

foods such as milk and turkey on their own actually decreases the ability of tryptophan to cross the blood-brain barrier.

One way to enhance tryptophan's uptake is to pair foods that contain it with carbohydrates. That combination stimulates the release of insulin, which causes competing amino acids to be absorbed by muscles, in turn making it easier for tryptophan to cross into the brain, said Marie-Pierre St-Onge, an associate professor of nutritional medicine at Columbia University Irving Medical Center and the director of the Sleep Center of Excellence at Columbia.

Dr. St-Onge has [spent years studying the relationship](#) between diet and sleep. Her work suggests that rather than emphasizing one or two specific foods with supposedly sleep-inducing properties, it is better to focus on the overall quality of your diet. [In one randomized clinical trial](#), she and her colleagues recruited 26 healthy adults and controlled what they ate for four days, providing them regular meals prepared by nutritionists while also monitoring how they slept at night. On the fifth day, the subjects were allowed to eat whatever they wanted.

The researchers discovered that eating more saturated fat and less fiber from foods like vegetables, fruits and whole grains led to reductions in slow-wave sleep, which is the deep, restorative kind. In general, [clinical trials have also found](#) that carbohydrates have a significant impact on sleep: People tend to fall asleep much faster at night when they consume a high-carbohydrate diet compared to when they consume a high-fat or high-protein diet. That may have something to do with carbs helping tryptophan cross into the brain more easily.

But the quality of carbs matters. In fact, they can be a double-edged sword when it comes to slumber. Dr. St-Onge [has found in her research](#) that when people eat more sugar and simple carbs — such as white bread, bagels, pastries and pasta — they wake up more frequently throughout the night. In other words, eating carbs may help you fall asleep faster, but it is best to consume “complex” carbs that contain fiber, which may help you obtain more deep, restorative sleep.

“Complex carbohydrates provide a more stable blood sugar level,” said Dr. St-Onge. “So if blood sugar levels are more stable at night, that could be the reason complex carbohydrates are associated with better sleep.”

One example of a dietary pattern that may be optimal for better sleep is the Mediterranean diet, which emphasizes such foods as vegetables, fruits, nuts, seeds, legumes, whole grains, seafood, poultry, yogurt, herbs and spices and olive oil. [Large observational studies](#) have found that people who follow this type of dietary pattern are less likely to suffer from insomnia and short sleep, though more research is needed to confirm the correlation.

But the relationship between poor diet and bad sleep is a two-way street: Scientists have found that as people lose sleep, they experience physiological changes that can nudge them to seek out junk food. In clinical trials, healthy adults who are allowed to sleep

only four or five hours a night end up consuming more calories and [snacking more frequently](#) throughout the day. They experience [significantly more hunger](#) and their [preference for sweet foods increases](#).

In men, sleep deprivation [stimulates increased levels of ghrelin](#), the so-called hunger hormone, while in women, restricting sleep leads to lower levels of GLP-1, a hormone that signals satiety.

“So in men, short sleep promotes greater appetite and desire to eat, and in women there is less of a signal that makes you stop eating,” said Dr. St-Onge.

Changes also occur in the brain. Dr. St-Onge found that when men and women were restricted to four hours of nightly sleep for five nights in a row, [they had greater activation in reward centers](#) of the brain in response to pepperoni pizza, doughnuts and candy compared to healthy foods such as carrots, yogurt, oatmeal and fruit. After five nights of normal sleep, however, this pattern of stronger brain responses to the junk food disappeared.

[Another study](#), led by researchers at King’s College London, also demonstrated how proper sleep can increase your willpower to avoid unhealthy foods. It found that habitually short sleepers who went through a program to help them sleep longer — resulting in their getting roughly an hour of additional sleep each night — had improvements in their diet. The most striking change was that they cut about 10 grams of added sugar from their diets each day, the equivalent of about two and a half teaspoons.

The takeaway is that diet and sleep are entwined. Improving one can help you improve the other and vice versa, creating a positive cycle where they perpetuate one another, said Dr. Susan Redline, a senior physician at the Brigham and Women’s Hospital and a professor of sleep medicine at Harvard Medical School who [studies diet and sleep disorders](#).

“The best way to approach health is to emphasize a healthy diet and healthy sleep,” she added. “These are two very important health behaviors that can reinforce each other.”

[Yes, Many of Us Are Stress-Eating and Gaining Weight in the Pandemic](#)

[Dec. 4, 2020](#)

Anahad O’Connor is a staff reporter covering health, science, nutrition and other topics. He is also a bestselling author of consumer health books such as “Never Shower in a Thunderstorm” and “The 10 Things You Need to Eat.”

How Lack of Sleep Affects Junk Food Cravings

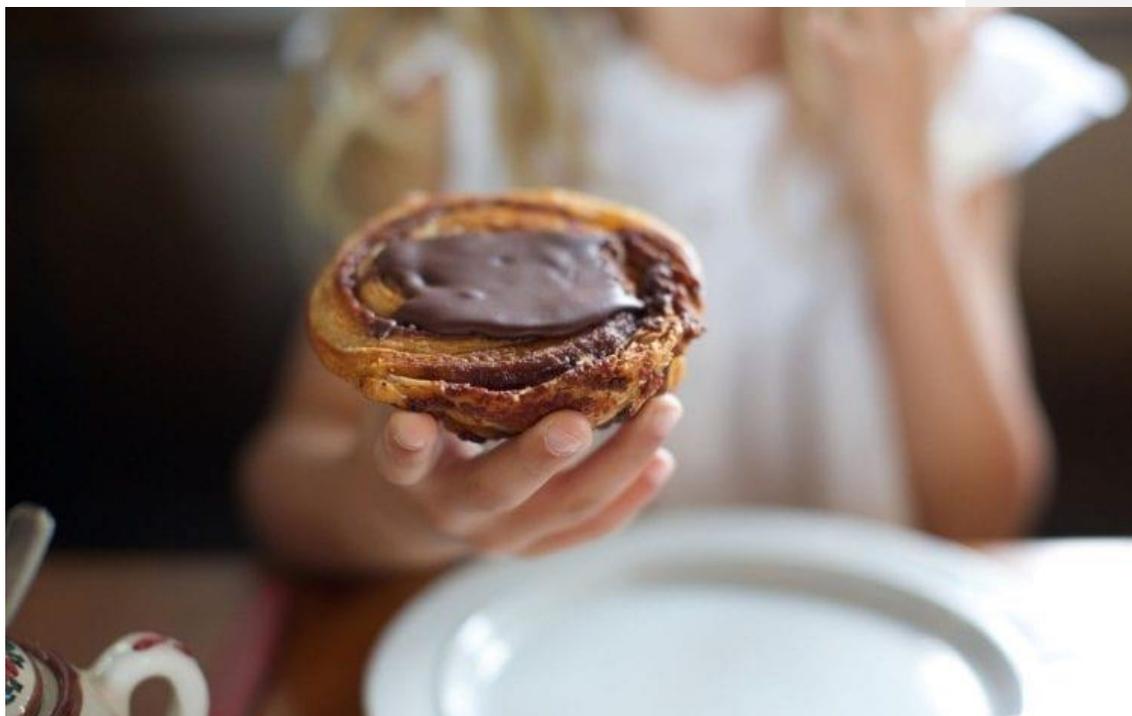


BY [KEVIN GRAY](#)

MAY 18, 2022

[NO COMMENTS](#)

SHARE IT:



¹⁹We all know the importance of getting a [good night's sleep](#) regularly, but [according to the CDC](#), 1/3 of adults don't get enough sleep. At least seven hours per night is recommended, as chronic sleep deprivation is associated with an increased risk of developing unhealthy conditions like obesity, diabetes, high blood pressure, heart disease and stroke. But it's not just the body that suffers — too little sleep can also cause mental distress, junk food cravings and poor decision-making. Consider that some of those decisions involve what you eat and drink, and the bodily effects of sleep quality and duration are compounded.

THE LINK BETWEEN SLEEP LOSS AND CRAVINGS

A 2012 [Swedish study](#) published in The Journal of Clinical Endocrinology & Metabolism looked at the connection between sleep and junk food cravings. They noted sleep deprivation is known to [stimulate appetite and food intake](#), so they hypothesized tired humans are more sensitive to the “rewarding food stimuli” of high-calorie foods. After the study period, they found participants who experienced acute sleep loss (those who were not allowed to sleep as much as the others) reported increased hunger and displayed changes in their brains that showed increased activation in response to food images.

The longer the sleep deprivation lasts, the worse things get. The study results suggested prolonged periods of inadequate sleep lead to a greater reward response in anticipation of food. These changes can drive hedonic impulses to consume unhealthier food and to eat larger quantities than necessary.

The researchers note their findings may highlight a potentially important mechanism that is contributing to the growing levels of obesity in Western society. In other words: We don't sleep enough, and that may be one reason why we're collectively gaining weight.

<https://blog.myfitnesspal.com/how-lack-of-sleep-affects-junk-food-cravings/#:~:text=A%202019%20Northwestern%20University%20study,our%20noses%20are%20to%20blame.> ¹⁹

AROMAS ARE MORE ENTICING WHEN WE'RE TIRED

A 2019 [Northwestern University study](#) published in the journal eLife looked specifically at why we crave junk food after a night of bad sleep. Like the Swedish study, it noted sleep deprivation impacts food intake and is associated with a preference toward high-calorie options. But it also found our noses are to blame.

According to the researchers, when we're tired, the olfactory system goes into overdrive to identify food. It also changes how it communicates with the brain, which results in our nose steering our decision-making toward more energy-dense options. This may be why we feel more susceptible to enticing aromas when we're tired. Just picture the commercials and cartoons showing people rising from bed, as if on a string, as their noses follow the wafting scents of olfactory delights, like bacon and coffee.

In the study, the scientists noted that individuals who slept less were more likely to [snack throughout the day](#), choosing not only more food but higher-calorie foods.

"We found participants changed their food choices," said the study's senior author, Thorsten Kahnt, an assistant professor of neurology at Northwestern's Feinberg School of Medicine. "After being sleep deprived, they ate food with higher energy density (more calories per gram) like doughnuts, chocolate chip cookies and potato chips."

THE BOTTOM LINE

So, if you want to curb those junk food cravings, start with a good night's sleep. Not only will you make better food choices the next day, but keep it up, and you'll feel less susceptible to the charms of sugary, high-fat foods overall. This can help you stave off weight gain, as well a

Does Junk Food Cause Insomnia? Here's What the Science Says...



by Dale Cudmore | Updated: Jun 28, 2021

²⁰You have a fairly late night snack of chips, cookies, or some other junk food, and then you find yourself unable to get to sleep later.

Does that sound familiar?

If it's enough of a routine, these sporadic sleep problems can develop into chronic insomnia, which then causes [many side effects](#).

We're going to look at the different ways that research links junk food consumption with sleep problems.

Table of Contents

1. [Why is Eating Junk Food Causing Insomnia All Of a Sudden?](#)
2. [The Effect of Junk Food on Gut Microbiota](#)
3. [Junk Food, Obesity, and Sleep](#)
4. [Summary: Can Junk Food Cause Sleep Problems?](#)

Why is Eating Junk Food Causing Insomnia All Of a Sudden?

One thing to address right off the start is that even if junk food consumption frequency hasn't changed, it can still contribute to [sudden insomnia](#).

There's a certain level of general "stress" (mental and physical) that we can take while still sleeping well. The negative effects of eating junk food contributes to that stress level.

If you stay below your metaphorical *insomnia threshold*, sleep should be fine. But having **habits like eating junk food puts you close to that threshold**, and one little change can put you over the line.

²⁰<https://snoozeuniversity.com/junk-food-insomnia/>

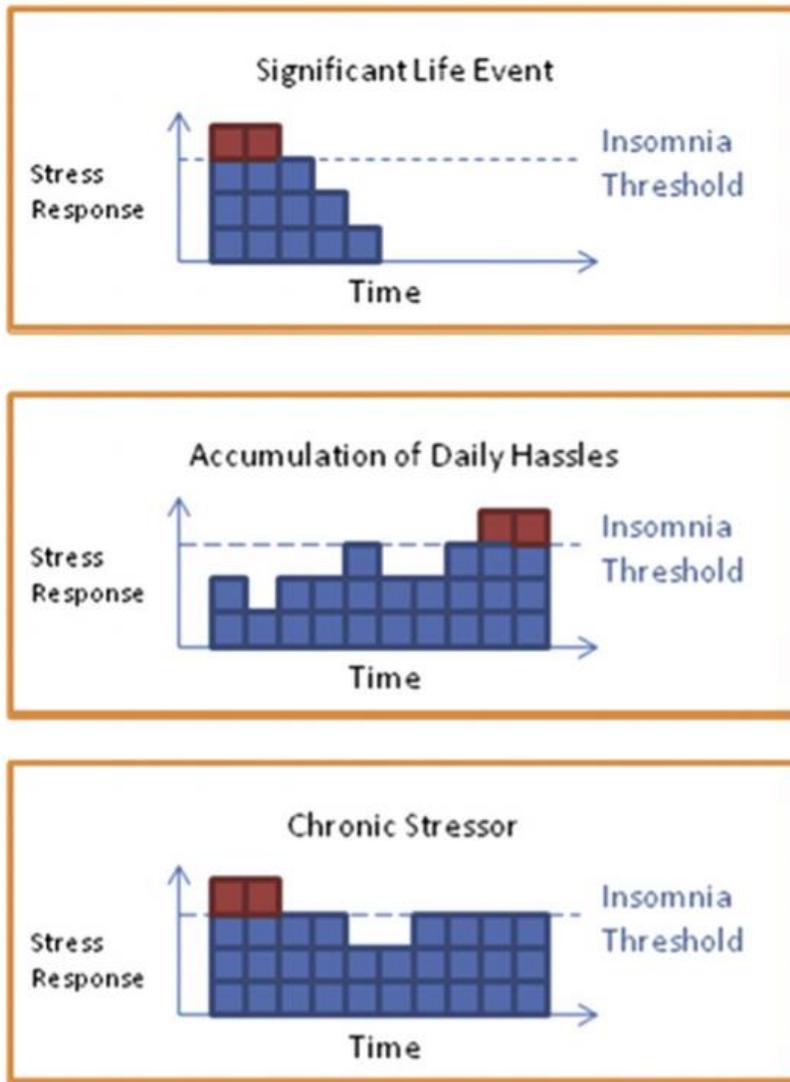


Fig. 1. The influence of different stressors on acute insomnia.

It could be as small as eating junk food a [bit closer to your bedtime](#), a temperature change, or a small extra amount of stress in your life.

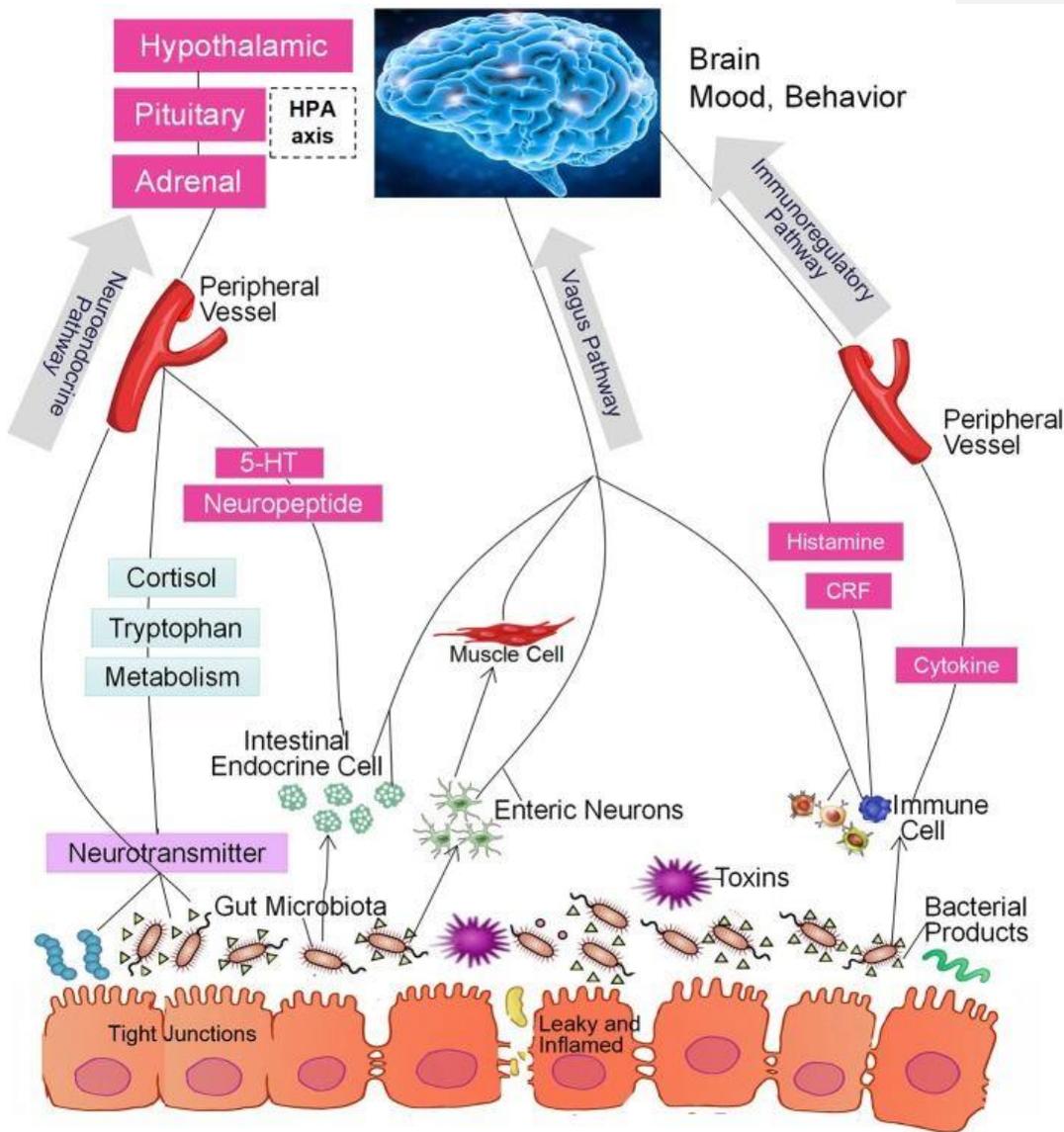
SUMMARY Eating junk food regularly adds to your typical stress levels, which can leave you vulnerable. Even a small change out of your control can make it seem like insomnia came out of nowhere.

The Effect of Junk Food on Gut Microbiota

There's a few different ways that junk food can potentially cause sleep trouble.

The first is that the more junk food you eat, the **more it affects your gut microbiota** (the bacterial environment in your gut) (1).

That may not seem like a big deal, but recent research shows that **the gut can directly affect brain function** through the brain-gut-axis (2).



Having an unhealthy gut can lead to impaired neurotransmitter control. It's the same mechanism that explains how [probiotics can affect sleep](#).

SUMMARY While gut research is still relatively new, it shows that our gut health is connected to our mental health. Our gut health is primarily affected by the quality of the food we eat (among other factors like stress).

Junk Food and Mental Illnesses

Whether it can be solely explained by gut health, several studies have found that **frequently eating junk food is linked to mental illness** (3).

And mental illnesses, particularly depression, are common causes of sleep problems.

In children, one study found that the **children who ate more junk food had later bedtimes and poorer sleep quality** (4).

Another study found (5):

Junk food consumption may increase the risk for psychiatric distress and violent behaviors in children and adolescents

One study looked at the effects of both energy drink consumption and junk food and mental health (6). It found that **both junk food and energy drink consumption resulted in a greater risk of multiple mental health conditions like stress, depressive mood, and sleep dissatisfaction**.

	Frequent energy drinks/frequent junk food (A) (N = 2123)	Frequent energy drinks/infrequent junk food (B) (N = 6084)	Infrequent energy drinks/frequent junk food (C) (N = 7746)	Infrequent energy drinks/infrequent junk food (D) (N = 52090)
	%	%	%	%
Sleep dissatisfaction	47.9	43.0	43.7	36.9
Perceived stress	45.6	42.2	38.8	33.7
Persistent depressive mood	41.7	29.6	28.2	21.4

The subjects most at risk were those who consumed both junk food and energy drinks regularly.

Finally, **food addiction also comes with an increased risk of poor sleep quality (7).**

Junk Food, Obesity, and Sleep

Obesity is one of the biggest [risk factors for insomnia](#).

Obviously you can eat junk food without being overweight or obese, but if you develop any weight issues, it's raises your chances of having sleep issues (8).

Sugar and Insomnia

Not only does sugar make it easier to gain weight, there's evidence that [sugar can cause insomnia](#) in some cases.

Several studies have found that **poor sleep quality is directly linked to the amount of sugar consumed**, particularly in [students with insomnia](#) (9, 10).

Sugar increases insulin resistance, and research shows that insulin resistance contributes to short sleep duration and insomnia (11).

SUMMARY Frequent junk food consumption has side effects like inflammation, insulin resistance, and weight gain; all of those can cause sleep issues.

Summary: Can Junk Food Cause Sleep Problems?

There's a lot of research showing that long term junk food consumption comes with a higher risk of sleep issues and insomnia. If you want to [sleep well you'll need to eat healthy](#), at least somewhat healthy.

Other than eating a large amount of sugar or fat before bed, sleep troubles are typically not caused by one-off junk food snack.

The tolls that junk food takes on your physical and mental health only become clear over a longer time period.

However, keep in mind that correlation does not equal causation. Someone might start having sleep issues and associate them incorrectly with eating certain junk food. There are many other possible [causes of insomnia](#) that should also be ruled out.

References

1. [Adherence to the Mediterranean diet is associated with the gut microbiota pattern and gastrointestinal characteristics in an adult population](#)
2. [Mind-altering microorganisms: the impact of the gut microbiota on brain and behaviour](#)
3. [Junk Food Consumption and Symptoms of Mental Health Problems](#)
4. [Associations between self-reported sleep measures and dietary behaviours in a large sample of Australian school students](#)
5. [Association between junk food consumption and mental health in a national sample of Iranian children and adolescents](#)
6. [Association between energy drink intake, sleep, stress, and suicidality in Korean adolescents](#)
7. [Prevalence of food addiction and association with stress, sleep quality and chronotype](#)
8. [Childhood obesity, prevalence and prevention](#)
9. [Relationship Between Added Sugar Intake and Sleep Quality Among University Students: A Cross-sectional Study](#)
10. [Sleep duration and consumption of sugar-sweetened beverages and energy drinks among adolescents](#)
11. [Sleep disturbances and insulin resistanc](#)

A Good Night Sleep



Many people think that sleep is a waste of time. To me, that's cloudy thinking.

That is really off the mark. The word sin means to miss the target. In my eyes not understanding why we need a good night's sleep is to miss the target.

I try to lead my life where after a hard day's work I can put my head on the pillow and have no worries whatsoever. Mind you I don't do this all the time but I would say overall I accomplish it.

Did you know that every night each one of us returns to the quantum field? This is how the body recharges our batteries in life.

This is where the mind and body let go of all the stress we encountered throughout the day. Mind you there is a short window. Many scientists say between the hours of 8:00 to 12:00 is the doorway.

This is the time the body repairs itself and lets go of the stress of the day. Unfortunately, many people aren't aware of this. For many people, the stress never gets released. It gets compounded with interest. No wonder our medical system is such an array.

Many people have a hard time falling asleep. So many people take drugs to fall asleep. Unfortunately, the quality of sleep is different. Many people drink alcohol to go to sleep.

We are still missing the bullseye. Look I'm not saying don't do this. I'm saying try to refine your sleep patterns. Try to be more aware. Try to be more conscious. Let sleep be your friend which it is.

Your mind and body deserve to have a good night's sleep. I can almost guarantee you that when the body and mind don't get proper sleep both of them will get quite angry. So many people have the facets of adrenaline flowing constantly. Proper sleep will help you turn off the facet.

Mankind needs to learn about harmony. When I was young I studied the Tao. To be honest I truly didn't understand it. It was all about being in harmony. The older I get I truly embrace the Tao. I understand the importance of being in harmony in all aspects of my life.

Last week I officially retired. Well, I have another job opportunity which I'm pursuing for six months. Anyway, I still feel young at heart. I love to exercise. I love to meditate. I love my afternoon nap.

Recently I read an article that many world-class athletes are taking a one to two-hour nap a day. They discovered the mind and body heal a lot faster. Injuries are reduced significantly. The mind and body once rested can perform at a much higher level.

Scientists are discovering what our Grandparents knew all along. A nap during the day helps to balance our everyday life. When I was young my grandparents did that. I thought it was quite odd. Now I completely understand.

So what am I saying? Learn to be aware of your mind, body, and soul. Listen to your body. Your body is talking to you. We are just paying attention to the world around us. This is how we were brought up. Mind you it takes some patience.

Learn how to become friends with your mind. Slow down. Learn how to be aware of the silence inside of you. Take time every day to be in silence. Focus on your breath.

Read what modern-day scientists are discovering. Remember what you consider out of the box becomes mainstream years later. During the early seventies, I learned about Yoga and meditation.

It was completely outside of the box. Currently, it exists everywhere. Remember it takes time for new ideas to come into the mainstream.

I could go on and on about the importance of sleep. Ponder this over. Some hidden jewels are waiting for you to discover.

As I said mankind must learn how to be kind to each other. Mankind must learn how to connect to the quantum field. The more humanity does this we will overcome many of the problems we have today.

Currently, the mind, body, and soul connection is not in harmony. You could probably say it's our darkest hour. Yet millions of people are waking up from their slumber.

We can overcome depression. When I was a teenager I often got depressed. One kind friend told me that she noticed it in high school. She told me that one moment I was cheerful and the next moment I was depressed.

I told her recently that those were my most trying times. I felt like a stranger in a strange land. Yet I learned how to heal my depression.

I can't say it's a hundred percent healed. At times it flares up yet it's just like a mosquito bite. It's a minor annoyance.

The more we pay attention to the quantum field the more attention the quantum field pays to you. We can overcome problems and obstacles that come our way. There is a new way of being and acting. The choice is up to you.

The mind can be either your best friend or your worst enemy. You can learn how to tame it. We can train our minds to be in harmony with the quantum field. Yes, this takes time.

Two steps forward one step backward. This is how we learn and grow. We need to take practical steps. This life we have is a practical path. We have all the guidance and help inside of us.

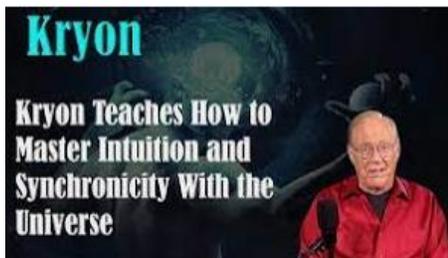
Yet we have free will. The help is there yet we must ask. We must then listen and act in kindness.

We must look at our thoughts and discard the negative ones. Slowly I mean slowly we can change for the better.

We need the medical field to help those whose mind is in a state of war. They need to learn how to transform to going back to society and being in a positive state of mind. Without this, these problems will get worse.

The problems exist in the mind and body. Until we treat this they won't be able to heal from their trauma.

Intuition And Synchronicity



I swim every day Monday through Friday. I love the workout. My friend Carmen told me a wonderful story about her sister.

About a month ago her sister gets a message out of the blue to talk to Shell oil about a job. She doesn't know why

but acts on her intuition and applies for the job.

A month later she finds out that she is getting laid off. She works for an international oil firm that is consolidating. This happens out of the blue and was not expected.

She was given only a few days' notice. Well on a Friday she gets a call from Shell for a job interview. On Monday she gets official notice this is her last day. She has a company car and has to return it.

They said she can keep her cell phone. As expected she was somewhat done in the dumps.

Well on Tuesday she gets a call from Shell oil and she gets the job. Intuition and synchronicity are part of our lives. How did Carmen's sister get the intuition to apply for the job?

She wasn't interested in switching jobs. She loved her current one. Yet her intuition was just like an image that appeared and disappeared in a flash. Yet somehow she acted on it.

She acted and then synchronicity kicked in. Intuition and synchronicity both come from the quantum field. Imagine Carmen's sister gets the intuition to apply for a job.

She doesn't know why. She just applies. She has no rational reason. Most females can relate to this. They were brought up on these concepts. Males might think this is absurd. Why would you do such a thing?

Well, this is when synchronicity kicks in. Imagine the quantum field has infinite possibilities. Synchronicity is a state wherefrom intuition a series of events get fired off to complete the goal.

Mind you this is totally behind the scenes. The conscious mind has no clue what's going on. The subconscious is fully aware. Imagine that synchronicity somehow involves people, places, and things.

What are the odds of a company finding her resume and an HR person responding to her and requesting a job interview? This is where synchronicity truly kicks in. It is a perfect synch of events.

Carl Yung spent a lot of his life studying this phenomenon. He came up with this word.

I'm sure most of us have stories where this occurred in our life. I clearly remember when I was 18 years old I truly wanted to learn how to meditate. This led me to India 6 months later.

I arrived at the border one day before the Indian-Pakistan war began. If I arrived one day later the border was closed for five years. Imagine I took a train from the border to New Delhi.

I was told that the Shikis allowed people to stay at their temple. We got there and found out that we couldn't stay there. Yet they told us done the street was a huge festival going on.

A young Indian boy just returned from a tour of the west. You could stay there. The rest is history.

My twin brother John told me a story recently, When he was 19 years old he was living in Park City Utah. It was summertime and he was planning to be a ski bum for the winter.

A few months back he attended the wedding of our cousin Randy. John said there were many relatives he didn't know.

Out of the blue this cousin who John didn't know drives to Park City and says to John "I don't know why I'm here. I got a message that I was supposed to drive you

to Colorado. To make a long story short a festival was going on where I was there. My brother John learns how to meditate and has done ever since.

I remember that Maharaj Ji never knew I had a twin brother. When he first saw us together he said “Wow this is the first time that God made a mistake. He made Richard twice”.

In the past few years, I have been more conscious of this natural phenomenon. I have seen it hundreds of times in my life. I can see the thread of life that ties us together. This natural phenomenon exists inside of you. The quantum field exists everywhere.

I have been recently researching this natural phenomenon. I love to listen to the words of Kryon. He says that for most people Intuition is a click of the camera of life.

It appears and disappears in less than a second. Yet if one begins to have awareness of it, it can lead you to have a picture that one can hold on to. You see contained in the quantum field lies intuition and synchronicity.

It is part of our true essence. It's not some hocus-pocus scary event.

We have been aware of our true essence and think that it is part of the occult. Many people are scared of it. Look at the life of Christ. Intuition and synchronicity were a part of his life.

He was in tune with God and God was in tune with him. What more can I say?

Ponder this over. I truly believe that this path is more practical than ever. It truly can and does transform people's lives.



I have been into preventive medicine all my life. You could say it has been one of the major cornerstones in my life.

My philosophy has always been this is the only body you get. Granted you may

have been here thousands of years yet here we are in this particular human body.

Ever since I was eighteen years old my take on the drug industry is in the following words. Why do we take medicine if they have such harmful side effects?

My wife Barbara has a friend who went to the doctor. They prescribed some medicine. This medicine gave her some extreme side effects. So they gave her some medicine to combat those effects. To make a long story short in one year she was on twenty meds.

Know this is my perspective. I may be completely wrong. I don't think so. Can you imagine the body trying to figure out how to handle 20 different powerful chemicals in the body?

The body's natural state of healing is knocked out of balance. Furthermore, most humans never stop and consider maybe their lifestyle has something to do with them being sick.

Most humans aren't aware of the mind, body, and soul connection. We tend to say it won't happen to us. Look I'm not saying don't enjoy your life. I'm just saying discover the power that is keeping you alive. Think outside of your little box.

Did you know that modern-day scientists can see disease in your energy field before it manifests in your body? Just think about that. A whole brand new field of medicine is coming our way.

It's called energetic medicine. The principle is a person can learn to harmonize disease in their energetic field and thereby erase the disease.

Dr. Joe Dispenza and Bruce Lipton are some of the pioneers behind this. I wrote a few months back that your body is a precious drug store.

Your lifestyle, thoughts, and actions dictate the kinds of drugs that get administered into your body. Most of humanity they are ignorant of this fact. We just go on our merry way.

We don't even realize that we are responsible for our health and well-being.

Granted this takes practice. You have to be aware. Which mind you is not a bad thing. Our subconscious is running the show. We are truly living in the past. We are like leaves blowing in the wind.

We are scattered. You may say how you dare say that. I'm fine. There is nothing wrong with me. I'm just saying maybe we can advance to the next level in life. Life is a series of lessons.

We grow by taking two steps forward and one step backward. We are all on the same boat sailing in this galaxy.

No one is better or worse than another. Each of us learns and has particular lessons on this journey in life.

All we are saying is you can learn to start thinking outside of your box. You can learn how to be in harmony with your mind, body, and soul. You can learn how to take practical steps to become more aware and conscious.

You can learn to smile in adversity. You can eliminate anger. It's funny when someone does you wrong your emotional state is anger. Over 1500 negative chemicals get flooded into your bloodstream.

Your brain state is in high beta. You are literally drinking your own poison. Mind you nothing happens to the other person. You are drinking it all in. I find that quite fascinating.

Imagine the Far East they have known this for thousands of years. Yet in the west, this notion has been only around for thirty years or so. We are behind the times and at the same time, incredible new ways of self-discovery are ahead of us. Note this is not a religion. The quantum field exists whether we believe in it or not. This

is your true nature. This is where you came from. This is where you will go when you die.

The whole universe evolves. It does not exist in a static state. Unfortunately, most humans don't like change. We love where we are even if it causes pain and suffering. That's kind of sad.

Imagine if the world would focus on creating kindness, love, patience, and tolerance in every moment. Imagine if we could control our actions. I have friends who love to flame major political groups on purpose.

They get a kick for making people get upset and angry. How would the world be if we posted unity instead? Imagine if each one of us helped mankind to reach a higher level in life. That would be something.

A brand new way of being is on the horizon. The sun is about to shine. Did you know the more light one discovers inside disease can't exist there? Modern-day disease is caused by stress and our current state of mind and emotions.

We are not conscious and aware. We have forgotten our true nature. Ponder this over. Where do you lie in this picture?

Dialogue Vs Flaming



"It is only by walking through the fire that we learn how to control our flames."

Dialogue in the Buddhist tradition is the art of communicating at its highest level. It is truly speaking from the wisdom and bringing love and compassion to the forefront.

The person who speaks knows how to truly listen. There is an art form to this. Years of practice allow the person slowly to be melted in universal love and compassion.

True wisdom springs forth in this manner. Christ and Buddha were prime examples of this. They discovered the jewel within and knew how to communicate to all who they came upon.

They never put down or ridiculed anyone. They could see the unity of all life.

Just imagine that state of existence lies inside of you. You are the universe. You just don't know it.

Today we are turned upside down from our true existence. We have leaders that will mock and criticize anyone. As a nation, we are truly divided. Both sides flame each other.

Many of my friends love to taunt each other. They get a big kick out of this. We love to see the other side get hurt and angry. We have lost the sense of human dignity.

Many people think that human dignity is for the weak. Recently someone added an extra sentence to the words of the Statue of Liberty. Give me your tired, you're poor who can stand on their own 2 feet. Wow, how far down the ladder of life have we come?

It's so easy to flame someone. Anybody can do that. But to be patient and tolerant is another story altogether. This mind you is very difficult. It takes constant practice.

You will fall many times attempting to do this. It means mastering your mind. Did you know that mastering your mind is the most difficult thing to do in the universe? If you can master your mind you can master your emotions. Both of

them are incomplete in unity with each other. An angry man will have angry thoughts. An angry man will put gasoline on the fire of life.

One who knows his true nature will simply smile in the face of adversity. They can see the unity of all life. They can see the pain and suffer behind those who display anger. They know how to put water on the bonfire.

This is your true nature. You are a precious piece of the puzzle. Can you imagine how incredible your life would be if you lived in this precious state?

Your family would truly appreciate it. Your friends would love to be around you. You can melt the ice inside and bring warmth to this world.

The decision is up to you. Do you like the state of affairs in the world today? If you do carry on the same ways. Mind you the world's problems will get worse. Fighting and bickering will get worse.

The world changes when you change. It is as simple as that.

The Quantum Field



I find it quite ironic that the quantum field is all around us yet we are completely ignorant of it.

Kabir a famous mystic once said that how can a fish be thirsty with water all around yet he doesn't drink the water? I like that phrase.

Man is thirsty to discover his true nature. Water is all around yet we don't have the eyes to see. Consequently, our minds and body are cloudy. Even if the clouds contain water we can't drink from them.

Mystics have been talking about this for thousands of years. They may have different ways of saying it but the essence is the same. We are at the forefront of discovering our true nature. Science and mystics are talking about the same thing.

I find it fascinating that the thoughts you think create your mental state and emotional state. I find it fascinating that the mind and body are the same. You can't separate the two.

Science is discovering this. What the mystics have been talking about to control your mind and emotions have an incredible effect on discovering your true nature.

Mystics have been known for thousands of years to silence the mind. They know through silence the doors of perception open up and one discovers the jewel within.

They know the most difficult thing in the universe is to control and master your mind. Your mind is your best friend. It just needs proper training. Man trains dogs to be social.

We need the same training. Look at the world today and you will see what I mean.

Today scientists are seeing the effects of meditation on our different states of consciousness. So many people today are living in a high beta state of awareness. Know mind you that's not a good thing.

Imagine high beta is a state where stress hormones are flowing constantly. It's like a facet that can't turn itself off. It is a flood of stress chemicals. This is harmful to your mind, body, and emotions.

In this state of survival, you are distant to discover your true nature. In survival mode, one can't focus on one's true nature. It is something that would never come into your mind.

You see your current mind state directs only thoughts are the level you are at. It's much like a tuning fork. A tuning fork only vibrates at the frequency of what's around it.

Bruce Lipton the father of Epigenetics discovered that our environment is the major factor in controlling our genes. Your DNA is only responsible for only five percent of your future destiny. 95% is your environment.

What does this mean? We never learned this in school. Your thoughts, emotions, and actions control your destiny. 95% of your actions and thoughts stem from your subconscious. Your subconscious is driving your show.

Modern-day scientists are discovering new ways to reprogram the subconscious. Mystics and scientists are merging and using tools from both sides of the aisle.

These are exciting times. Never before has humanity been provided the tools in such a wide way. Through the internet, millions of people are waking up. Mind you it's two steps forward and one step backward.

This is how the universe evolves. You have the same golden opportunity. Remember all raindrops eventually return to the ocean of life.

Chakras



What's the first thing that comes to your mind when I say chakras? Most people, conjure up images of something strange something weird.

Most people might say woo woo and make a laughing gesture. Hollywood would mock it and make it look so ridiculous.

Only fools would pay attention to your chakras. I find this highly amusing. Can you imagine the chakra system is used to open up doors within the quantum field?

When I say you are the universe. You just don't know it I truly mean it. Did you know the quantum field supports you yet we are unaware?

Did you know those loved ones who have passed just moved into the next room in the mansion of life? We mourn death because we focus only on the external. We have no idea how incredible each one of us is. The power that created the universe is the same power that created you.

The chakras are a divine system where the quantum lives inside of you. It's only by your will alone that you can open up. Nobody can do it for you. You have a car sitting in your garage gathering dust. It is meant to be driven.

Imagine inside of you lies the greatest pharmacy on this planet. There is an infinite number of chemicals that exist inside of you. Yet we go to doctors who prescribe medications that have extreme side effects.

I just saw an article where over 300,000 people die a year from the meds they are taking.

As I have said many times our mind is like a tuning fork. It vibrates at the level that we think and our emotional level. We must learn to think outside of the box.

My question is are you satisfied with the current medical system. It works perfectly if you get into a car accident. They can truly patch you up. Yet our entire health care system is based upon drugs that have extreme side effects. Recently I saw an article from a CEO who explained we are in the market to make money.

This is our priority. We can jack up the prices anytime. We are in business for our shareholders not for the sick person. End of story.

Look I'm not saying don't go to doctors. I'm just saying if you don't pay attention to your health sickness will pay attention to you.

The chakra system has been known for over 5,000 years in the east. It has been part of their lives for thousands of years. In the West, it is still unknown and considered weird.

Yet when I started practicing yoga in 1971 Yoga was something that you shouldn't touch. It was strange and weird. I first learned Yoga at my high school. We had a six-week elective class.

How we got that class I never knew. It was perfect timing for me and I have run with it for the rest of my life.

Did you know that behind the endocrine system lies the chakra system? Did you know that disease first manifests into your chakra system well before your body? If that is the case wouldn't it be wise to know how to dispel the disease before it hits your body?

Did you know by paying attention daily to your chakra systems you are opening the door to the quantum field? Did you know in the quantum field disease does not exist?

Did you know your thoughts and emotions create the majority of your diseases? It seems to me that a good house cleaning is in order. We clean our houses and cars.

Many people put more attention on their cars than on their bodies. I have said before that once I had a job writing software for heart surgeons. It was a step-by-step checklist for a heart procedure.

I asked the owner of the company why preventive medicine isn't the main priority. He said Americans would never do that. They don't want to take responsibility. That's why they go to doctors.

Anyway, this life is precious. There are signs of the quantum field everywhere including inside of you. Start to pay attention to our chakras,

Silence



Many times I think life is like a video game. We start at its lowest level and work our way up to higher levels.

It's much like the movie Matrix where we think we are free yet we are trapped. Mankind has been living in a box for thousands of years.

We have remained chained to our cloudy minds. We have been at war for ever so long. Look at our politics today. We are sailing a ship without a rudder. Need I say more?

The last 25+ years brought cell phone technology to the world. Yes, it is an incredible device.

Yet my personal view has added one extra layer between us and the quantum field. How many people are constantly gazing at their cell phones? Go to restaurants and entire families are focused on their phones.

The inventors even admit they are made to be addicting so they can make more money.

What is the way out of this mess? Many people's mental state is in high beta which means the facet of negative adrenalin is constantly turned on. How do you turn it off?

We as a society have lost our ways and don't even know them. We see the craziness of this world and think it is normal.

For thousands of years, the wise ones have said that 'silence is golden'. Most of the time this has fallen upon deaf ears. Yet through silence one begins to get in contact with the quantum field.

This is your true nature. Silence is the doorway to discovering your true nature.

We are living in incredible times. Science and Mystics are both talking about the same thing. Many incredible breakthroughs are coming to lite. Science is

discovering the practical mechanics to discover our true nature. Our human body is hard-wired and has the incredible software to be with the quantum field.

Millions of people are waking up from their slumber. We have gone light years since the early seventies. Thousands of scientific journals have been writing on the benefits of meditation and silence.

There will come a time when the state of silence will be the norm in our society. I'm not saying that people won't talk. I'm saying that the cloudy mind will once be a thing of the past.

Granted it will take years. Who knows it may take thousands of years or a million years. The snowball is rolling down the mountain. All the wisdom is being shared throughout the world.

Mankind is being provided practical tools to discover themselves. Mankind is raising to higher levels in the video game of life.

It seems like total chaos is all around. Yet darkness has nowhere to hide. The sun is appearing on the horizon. It's a new dawn for humanity. Only you can solve this puzzle.

Cultivating The Mind



Even since the Buddha and before the concept of cultivating the mind has been a part of eastern culture.

In the west, this thinking just got started in the late to early eighties. In my eyes, Buddha was one of the first psychologists.

He had a great understanding of the mechanics of the mind.

Many principals are alive today. One of these is cultivating the mind. Imagine having a garden. If you want to have a garden that has an incredible harvest you must take care of the garden.

It takes effort to remove the huge boulders. You must pull the weeds. The soil must be just right. One must water the garden. Seeds must be planted at a certain time. It takes time and patience.

On the other hand, one can neglect the garden and not do a thing. Currently, this is the state of the world today. I have some friends who ask me why you talk about a garden. What garden inside? I don't know what you are talking about.

I don't have to say that the world seems to be like a ship without a rudder. Common sense is uncommon. Burning down the Amazon is sawing the branch we are sitting on. 20% of our oxygen is derived from the Amazon. We are removing a part of our lungs. What kind of mentality do our politicians have?

Cultivating the garden means removing the boulders of traumas that we have been holding on to our entire life. Each one of us has experienced traumas.

These traumas are stored in our subconscious minds and our bodies. Remember the mind and body aren't separate. These traumas must be dealt with. These boulders can be removed.

It goes with pulling the weeds. A wise person will always monitor his mind, thoughts, and actions. He will not tweet what comes to his mind at 3:00 in the morning. One is wise and doesn't react like leaves blowing in the wind. One

understands that one can live in the center of a hurricane and absolute peace lies there. One can see the chaos of the world and just smile.

Yes, this takes time, patience, and effort. Currently, the majority of mankind is completely oblivious to cultivating the inner garden. Otherwise, we wouldn't be in our current position today.

This is the video game of life. Currently, the world is at its lowest level. Chaos is all around. Common sense is uncommon. People are divided and angry at each other. In America, we can't stand each other.

We mock and criticize each other. We are no longer tolerant and have patience with each other. Remember this is a state of mind.

Your body will revolt against you. Your mind will revolt against you. You are drinking your own poison. Buddha said this so eloquently thousands of years ago.

Holding onto anger is like drinking poison and expecting the other person to die. We do this every day. Our media loves to display any sort of negativity. We flame each other on Facebook.

To first recognize that we have a problem we must first see that the world is a reflection of our minds, thoughts, and actions. Currently, we don't see that.

Currently, the other person is to blame. Both sides of the political aisle believe they are right and the other side must change. Nobody wants to take responsibility for their mind, thoughts, and actions.

So chaos increases in this world. Lately, it seems to me it has speeded up. I watch the news a few days ago in just one day about 6 major issues that occurred which would have been mind-blowing a few years back.

They were gone from our mindset in a few minutes. In the past discussions would take place and hearings would have been made.

Yet today we are bombarded with totally bizarre and immoral and unkind acts. It's up to us to change. If you want peace on earth it starts with yourself.

If you are a Christian live the kind of life Christ would be proud of. If you are a Muslim live a life Mohammed would be proud of. Whatever religion you have, strive to live like the golden principles of your book.

If you don't believe in God be a kind and decent person. Remember only you can tend your garden. Nobody will do it for you.

God will not pull your weeds. You must pull them yourself. He is sitting on the sideline coaching you. He won't play the game for you.

Remember this is the ultimate game. The goal is to discover your true nature. This is the ultimate hide and seeks game.

Ego Vs Humility



When I was young I loved to play sports. I love to play baseball. Mind you I was probably your average ballplayer.

My brother was an incredible ballplayer. He was an incredible pitcher and hitter. Most of his games were no-hitters.

A close friend of mine who was also an incredible pitcher told me a few years back that if my brother continued playing he could have made the majors.

I still remember as a young boy in fifth-grade batting against an incredible pitcher. His name was Lee Haven. By the way, I needed glasses but didn't know it at the time.

That's another story. I couldn't even see the ball. Why am I telling this story? We were taught that our actions speak louder than words. We were taught to play our best. We were taught to have humility. We were taught to be great sportsmen.

I never remember taunting coming from our opponents. Even young kids had respect for all that played.

I fondly remember the pickup games that we had. We played for the fun of it and had a great time. It didn't care if you won or loosed. Tomorrow was another day.

To be honest I often wondered what happened to this. Today when a team scores a touchdown the player will hold the ball up in the air and taunt his opponents.

He will mock them and make fun of them. Truly his ego is out of control. He makes more money in a year than the average American will make in a lifetime.

When I was young we would look up to famous sports figures. Most of them tried the best they can to be good role models. I'm not saying this doesn't happen

today. Many famous sportspeople keep the dream alive. Unfortunately, there are some bad apples out there today.

I feel the coaches and team owners are ultimately responsible. They need to cultivate humility. To be honest, maybe the coaches and team owners love the taunting and mocking. It brings more thrills to the sport. Maybe they wish that they were gladiators and could fight for death.

Professional sports are a part of the mindset in America. It has always been that way. Maybe I'm wrong but before the seventies, there was a higher standard of morals and ethics in playing the game.

Most Americans love their home teams and would never mock the opposing team.

Look at our politics today. We have gone to a dangerous extreme. Both sides can't talk to one another. Both sides mock and taunt each other. We as a nation are divided.

Our media plays into this. Our media both left and right should talk about ways to unite us. After all, we are all Americans. Our media should unite us not divide us.

Granted this is not good for their financial benefit and advertisers. Let's be honest placing gasoline on the fire sells. When people get all fired up with anger they can't think properly.

So many of my friends spew such hate and anger towards their fellow man. Our media on both sides eat it up. They have no intentions to unite us. Both sides think they are right and the other side is evil.

I think we need to discover humility, kindness, patience, and tolerance. This is our true nature. The world will never solve huge problems with negative attributes. We can be a big bully in the world yet our great friends will soon leave us and not trust us.

The world is a great community. Being a bully is not tolerated in our society today yet it is rampant today. How many innocent teenagers commit suicide because of bullies?

To be honest many of our close allies think that we are bullies. This is not a way to show the world that we are leaders. The United States used to be a shining light to this world.

Somehow the dimmer switch has been turned on. Our light is getting dimmer to the world's eyes.

How can we fix this problem? The only way is for you to change yourself. The world can't be peaceful if you're not. Ponder this over. It all starts with you.

The Mind Of God



We have a hard time imagining the mind of God. Yet here goes. Imagine a mind that doesn't judge or criticize you. God will never mock you or make fun of your differences. God does not get angry.

Humans do that quite well. There is no angry God in heaven who will judge you. Humans on earth do that quite well. Talk to either side of the politico spectrum and you will see ample evidence for that.

The mind of God contains pure love. It contains a type of love that nothing can affect it or damage. You could say the entire universe's foundation is love. Yet for most of humanity, it lies hidden inside of us. This is our true nature.

The mind of God is in all life both physical and non-physical. It lies in all universes. It lies in all dimensions. It lives in time and space and beyond time and space.

I remember when I was a kid I contemplated the idea of something infinite. My mind got short-circuited. I couldn't even imagine such a thing. Fast forward 48 years and I love to contemplate such matters.

Mystics have talked about the mind of God for thousands of years. Imagine if you could grasp just one single grain of sand from the mind of God. Well, you can. The precious jewel lies inside of you.

You are a piece of the puzzle called life. Imagine you came from God and you will return to God. Yet while on earth we get caught up in this world. We forget our true nature. We get so caught up in the material God is just a concept, not a reality.

Look at the world today. It is in chaos. People are stressed out. Every day on the news painful and stressful situations are displayed. Our politics is full of anger and people mocking each other.

It seems like we are going down the ladder instead of climbing the ladder of life. Yet the answer lies inside of us. It always has been there all the time. We have been looking in the wrong direction.

Yes, it takes the same amount of effort to climb up or down the ladder of life. Yet going up and down has its unique circumstances. For thousands of years, mankind has been fighting. Mind you it has never solved anything. We still are fighting in Afghanistan 18 years later with no end in sight.

Imagine there are millions of people waking up from their slumber and climbing up the ladder of life. They are taking responsibility for their actions. They are working on the inner garden.

They are learning how to monitor their thoughts and actions. There are understating that kindness is the most powerful force in the universe. They can smile in chaos. Life is a blessing, not a curse.

One becomes a friend of the mind instead of the mind being the enemy. They love to enter the world of silence. They become patient and wise. This is your true nature.

Both science and the Mystics are both talking about the same thing. There is an incredible bridge between the two. We are at the forefront of tremendous awareness of the quantum field. Just wait and see. Millions of people are discovering their true nature.

Think Outside Of The Box



I think that humanity needs to think outside of the box. Both the Indian concept of karma and the works of Carl Yung studying the subconscious mind are in alignment. Modern-day scientists are saying the same thing.

Mankind is playing the same tapes over and over again. History goes in cycles. War, war, and war. We have been fighting ever so long.

We are running on a treadmill and going nowhere. Karma is running our lives in the past not the present. Imagine 95% of our actions are dictated by our subconscious yet we are not aware of it.

This has been going on for thousands of years. It is hardwired into our system.

Karma is displayed in every action we take. It does not judge us. It is simply like a hard drive storing all of our subconscious memories. You can't separate your thoughts and emotions. Both of them are intertwined.

Karma is simply playing the same tapes over and over again. It is not the universe playing some joke on you yet it is you playing the joke on yourself. The universe does not judge.

We do a great job of judging ourselves and others. Thinking outside of the box is the answer to life.

To start thinking outside of the box one must see that life is a series of cycles and patterns. It's like Groundhog Day yet the cycles are longer.

Many people who study the past can predict the future based on past actions. History repeats itself. We spend most of our lives oblivious to this.

In the East, this concept had been known for thousands of years. It is a part of their culture. Yet even still it's at a subconscious level. It's not truly realized. At this present moment, only a small portion of humanity is discovering its true nature and thinking outside of the box.

As I said before Mystics and modern-day scientists are merging today. So many incredible discoveries are happening. Scientists are studying the scientific aspects of mediation.

Just think in the seventies a brain wave capturing device cost around \$20,000. Today it costs in the \$150.00 to \$250.00 range. These devices have many different types of guided meditation to assist you on your way.

Many of them use binary beats which Robert Monroe discover in the mid-fifties. Binary beats are two different signals one going into the left ear and one going into the right ear.

Both of these create a wave that creates synchronicity between the left and right hemispheres. They are great training wheels for beginners. It is being used at all levels of life.

It makes the journey a lot easier. Scientists have mapped out the various brain wave states. The goal is to be consciously aware of the quantum field in every moment.

These devices are stepping stones to be used. For thousands of years, people used fire, chanting, and doing mantras to get into this state. Science is helping to bridge that gap.

There are countless methods out there to assist you in reprogramming your subconsciousness. These are exciting times. Mankind is slowly learning to think outside of the box. Remember only you can change. Nobody can do the work for you.

It's Been There All The Time

It's been there all the time.

What are you talking about?

What's been there all the time?

You are the universe.

You just don't know it.

There are about 7,000,000,000,000,000,000,000,000 (7 octillion) atoms in your body.

All our billions of years old.

At the deepest level, you are the universe in human form.

Wow!!!

Isn't that incredible?

On top of that, you are hardwired to discover your true nature.

The signpost of God is all around you and inside of you.

Yet we are talking on our phones while driving down the freeway of life.

The greatest miracle of life is keeping you alive.

You are magnificent.

Every single cell of your body is custom-designed by God.

You are infinite.

Your body will someday die yet your true essence will go on forever.

You have the opportunity to discover your true nature.

Behind your breath lies the answer.

What is keeping you alive?

All the great masters have said to be aware of the essence of your breath.

Behind your breath lies your true nature.

Infinite kindness, love, and compassion.

This is the water that will put out the bonfires of anger and hatred upon this land.

The sun is appearing on the horizon.

Mankind is waking up from his slumber.

We are going from darkness to light.

Darkness has nowhere to hide.

Discover your true nature.

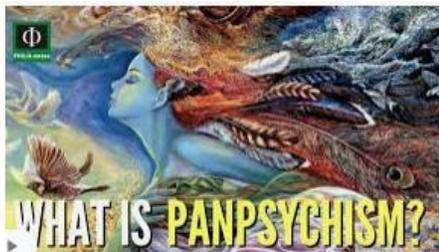
It's been there all the time.

Ponder this over.

It's been there all the time.

The greatest game is being played right between your eyes.

What Is Panpsychism



Recently I read an incredible article that describes the nature of consciousness. It was talking about a term called Panpsychism. During the 1920s Bertrand Russell came up with this term.

It's kinda like what came first the chicken or the egg. What comes first a human

body and mind or is there an awareness beyond that?

Is the universe aware and conscious? Is there a cosmic quantum soup of consciousness? Does a rock or a flower aware? Does consciousness require a form? How big or how small can the form be to be aware?

Is dark matter aware? Is the sun in the sky aware? What denotes awareness?

Some people think which I also do that the foundation of the universe is consciousness. The entire universe is aware.

Before the big bang consciousness existed. This is not the first time a universe was created nor will it be the last time. Like the incoming of breath and the outflow of breath, the universe comes and goes.

Granted it takes billions of years. But still, that is a blink of an eye for eternity.

In this article, they described that even particles are alive and aware. These are part of a cosmic soup where everything is tied together. The entire universe is comprised of this soup.

Imagine making homemade soup. You blend it all and combine milk or cream. Your family loves it.

Now can you take out a single ingredient? You can't. In the same way, there is a universal soup of consciousness of which we are a part. It is quantum. It is beyond time and space. We always think linearly.

In the quantum world the past, present, and future are melded together. There is a whole set of chaotic laws that we can't even conceive. Man thinks that by using logic they can understand the quantum soup. But it's beyond logic and rational thinking.

I think the great mystics got a piece of the puzzle. Not the entire puzzle. But a piece of the puzzle contains the whole puzzle. It's like a hologram. A small piece contains the entire piece of the puzzle.

What if a person who meditates can be in a place where they are receptive to the inner light inside? Imagine this light is the same as the quantum universe.

Everything is a part of this light. $E=Mc^2$. Everything is energy and light. Everything is alive and aware.

Maybe, just maybe a meditator can see and feel the quantumness of the universe. Maybe the laboratory of life exists inside of us. Maybe we were created to find and discover this inside of ourselves.

I think we are in the beginning stages of development. Why we still are babies in emotional development?

We still fight and war with each other. We use our precious discoveries of the universe to make atomic bombs. We have a President who tweets that my button is bigger than your button.

A thin thread is holding a knife over our heads and we are oblivious to it.

I have great hope for the future. I feel that science and the world inside will lead the way for humanity. Just think when a scientist truly begins to open the door inside.

They will begin to operate at a deeper level. They can embark on scientific discoveries of the inner and the outer. Both of them will lead to the same place.

Life is a mystery. Both the scientist and the mystic are embarking on an incredible journey. The light particles that a mystic sees are the same light particles that a scientist uses in Cern Switzerland.

Both of them are in different laboratories. One is outer and the other is inner. I think the mystic has an advantage. The human body is wired for this experiment.

The human body has five senses and there are five eternal senses within. Human beings can learn how to be aware of the consciousness of the universe. A human being is hardwired for this experience.

Yet most of the time the car is sitting in the garage. The garage door needs to be open and you must back out the car and take it for a spin.

Humanity is just beginning to understand to open up the garage door within. When they do science will go to another completely different level.

There the universe can show humanity gifts we can never imagine. You see without kindness the universe will only show you so much.

It would be like handing a small child an atomic bomb. They wouldn't know the damage that it could do. We are in that state. Without humanity becoming a kind man we will never progress to our true potential.

You see the universe is kind and aware. The universe is love and compassion. Become like the mystic and discover your true nature.

You are the universe. You just don't know it.

Hack 9 Only you can reprogram your software



How to manifest your dreams? That's a very good question. What kind of dreams do you have? Why don't my dreams come true? I say affirmations but do they truly work?

I live life day by day. I don't think about my dreams. I have dreams but I truly don't know how to manifest them.

Is there any scientific evidence in techniques that help in manifesting my dreams?

Mankind has been dreaming of a better world for thousands of years. Unfortunately, wars have been around for so long. It seems chaos is prevailing upon the land. Yet this is a struggle between darkness and light. You are a precious piece of the puzzle.

When a person begins to align his dreams with the quantum field one's life begins to change. A transformation occurs from me to we. Slowly over time, an individual realizes that we are all one.

An individual begins to transform his/her dreams into a dream for all humanity. Yes, this will take time. Baby steps are needed. Two steps forward one step backward. This is how we grow.

This book hopefully will help you discover there is a process that will help you to manifest your dreams and change your life.

Just think all the thoughts that you have since being born make up your personality. Yet most of the time we live our lives in the remote control. Our subconscious runs the show. 95 percent of our actions are driven by the subconscious while only 5 percent is driven by the conscious mind.

Experts estimate that the mind thinks between 60,000 – 80,000 thoughts a day. That's an average of 2500 – 3,300 thoughts per hour. That's incredible. Other experts estimate a smaller number, of 50,000 thoughts per day, which means about 2100 thoughts per hour. Yet how many are new thoughts? We have been playing the same record for years. We have the same routine.

We go to bed. Our alarm clock goes off. We use the same hand to shut it off and go back to bed for five minutes. The alarm goes off again. We shut off the alarm. We stumble out of bed and go to the bathroom. We brush our teeth. We are trying to wake up. Off to the kitchen, we go to brew some coffee. It's time to head off to work just in time for rush hour traffic. We make a few phone calls along the way. Some of us text when the cars are stopped. We make it to the office and do the same dull routines. I could go on and on.

We are our own pharmacy. Every day our bodies create hundreds of thousands of chemicals. These chemicals create strong emotions. Say for example you are angry. Your emotional state will be angry. Therefore you will have angry thoughts. These thoughts will then create angry emotions. We are caught in a cycle. The goals are to be free. The goal is to be in tune with the quantum field.

In order to manifest your dreams, there is some work that you need to do. This book will help you along the way. It is just a foundation to help you on this journey in life.

What Is A Dream



dream

/drēm/

noun

1. 1. a series of thoughts, images, and sensations occurring in a person's mind during sleep.
"I had a recurrent dream about falling from great heights"
2. 2. a cherished aspiration, ambition, or ideal.
"I fulfilled a childhood dream when I became champion"
synonyms: ambition, aspiration, hope; [More](#)

○

○

verb

1. 1. experience dreams during sleep.
"I **dreamed about** her last night"
○
2. 2. indulge in daydreams or fantasies about something greatly desired.
"she had **dreamed of** a trip to Italy"
synonyms: fantasize about, daydream about;
wish for, hope for, long for, yearn for, hunger for, hanker after, set one's heart on;
aspire to, desire to, wish to;
aim for, seek to, have as one's goal/aim, set one's sights on;
literary thirst for/after
"I **dreamed of** making the Olympic team"

Personally, I think dreams are to give us hope for a better future for mankind. We all want a better future for our children. We want humanity to have a great education. We want the world to plenty of food for all. We want the world to have decent housing and medical care. Dreams are the foundation for living. Without dreams where would we be? Our life would be in misery.

We will never stop dreaming. The quantum force is not some stagnant energy. It has infinite possibilities. It contains infinite dreams. Dreams are a direct aspect of God and the universe.

In India are many stories of the mind of God. God had a dream and created the universe. Modern-day scientists believe that the universe is aware and conscious. It seems like ancient stories and present-day scientists have come to the same conclusion. There is a quantum field that is present everywhere. It is beyond time and space.

Do dreams come from thought to energy to matter? Does God have a thought to create the universe? From this thought, there is infinite energy that creates matter like the big bang theory. Was there a dream before the big bang? Who dreams that dream?

Do human beings create their own dreams? Can dreams come true? Why is humanity living lives like a broken record? Our subconscious runs the show and we aren't even aware of it.

How does one overcome this predicament? We have our dreams yet our subconscious runs the show. How do we rewire our circuits to embrace our dreams?

Life is an incredible journey. We as humans are only skimming the surface in the ocean of life. We really are kindergartners when it comes to understanding life. We are still fighting with one another. We still think that we are separate. Over a century ago scientists discovered that energy is the common denominator in life. In essence, we are the same. Yet we are still leaving in Newtonian ways. Society still lives in the same consciousness for thousands of years.

We are living in incredible times. When mankind fully embraces the unknown our dreams will truly come true for humanity. You can start now to discover your dreams and manifest them in your personal life.

What Is Real



What is real? I've been asking this question all my life. I remember in high school I knew that the keys to the universe lay inside of me what I didn't have was the key to unlock the door.

I remember reading the autobiography of a Yogi by Paramahansa Yogananda. He gave a great description of what is real. Imagine going to a movie theater and watching a movie like Star Wars. I first saw this movie in New York City in the late seventies.

I was totally immersed in the movie. Yes, I was totally mesmerized. I thought that was as real as you can get. Yet if you turned your head around what would you see? Streaming from the film projector would be light which would be projected upon the screen.

I always knew that the light existed inside of me and the universe. This made perfect sense. Is this entire universe a dream? The universe gets created. The universe gets destroyed.

I remember reading an article in 1972 that this scientist believed that the universe is breathing. Granted it takes billions of years to breathe in and out. I find this fascinating. Everything is created and destroyed.

Imagine over 500,000 cells die each second and 500,000 cells are created each second. What an incredible creation is occurring inside of us. Imagine through our subconscious it is directing the show.

Yet all this incredible power of creating comes from the quantum field. This field exists beyond time and space. It exists in all universes. This is the creative force.

This is the source where the light projections create matter. We come into this world and in a flash, we leave this world. It seems like a long time but in reality, it's a flicker of the eyelid in time. Ever since the dawning of man, it's a flicker in time.

Yet mankind goes on its very own way and is oblivious to reality. Granted we have had many incredible teachers like Christ and Buddha. They helped mankind to discover their true nature.

This book will give you some guidance on how to discover the reality inside of you. You can take this advice or not. You have free will. All we are saying is the quantum field exists. There is a field that creates all life.

The universe is conscious and aware yet most human beings aren't. We have been living in the same patterns for thousands of years. It's like a rat running in circles. War. War. War. We call that civilized and advanced.

We think we are advanced. We have no idea of what an advanced civilization is. Many great inventions are helping back due to the fact humanity would weaponize them. Unfortunately, the atomic bomb was created and let the genie out of the bottle. When kindness rules the land our civilization will change in ways we can't even predict.

Have you ever seen geese flying in the sky? They fly in unison. It seems like their minds are merged and they have a mastermind. They fly in unity. It's a sight to behold.

Fish is another great example. I love going to the arboretum where I live. I love to see the koi fish swimming in unison. It's a sight to behold.

Can you imagine the time when man will be driven by a central creative mind of love, kindness, and compassion? We will have the awareness that we are all one and at the same time have a unique creative expression.

This world would be heaven on earth. This is where we are headed. Yes, this will take time. Who knows how long this will take? John Lennon's dream song will come true. Millions of people are waking up from their slumber.

Hundreds of helpful books are coming out. People are waking up and finding ways to discover their true nature. I look back even 50 years ago and yoga was totally out of the mainstream.

I remember when I first had a yoga lesson in high school. It was a 6-week yoga course. Our high school hired two yoga teachers to teach this class. Mind you this was in 1971. It was very progressive for that period. Anyway, after the class ended

I signed up for the yoga class at their yoga studio. At that time that was a radical thing to do. Where I grew up that was unconventional and probably simply weird.

Fast forward to the early nineties. My Mom and her best friend take classes from the same teachers and Yoga studio. Today all of society embraces yoga. It's everywhere.

This is how the world changes. It slowly morphs and changes for the better. You can't see the world's changes through the microscope of present-day events. It seems like you have to rise beyond the clouds of the present time and then you can see the incredible change that occurs.

Ponder this over. What is real? Have you ever asked this question? Are you totally satisfied with living inside your box? Are you afraid of change? What is keeping you from discovering your true nature? Is it don't tell me what to do? Nobody is telling you what to do. It's up to you to change. Nobody can do it for you.

What Is The Difference Between A Dream And An Outside Event



Did you know that the body does not know the difference between what you dreamed of and an outside event that happened to you?

The same chemicals will be released. Over 1500 chemicals are released into your bloodstream. Mind you these can be positive chemicals that enhance life or destructive chemicals which break down your life. The choice is yours. You are the master chemist. It's by your will alone that you make your own decisions for your destiny.

A wise person will be consciously aware of his/her dreams. One enters a deep state of meditation. From there one can program the subconscious for this event to occur.

When one uses an elevated state of emotions such as love, kindness, and compassion along with the intent miracles can happen. When daily one dream about the event in one mind's eyes and sees it's already occurring, you are rewiring your circuits for this event to manifest in one's life.

By constantly programming your future with emotion and intent you will bring yourself in alignment with that event. You see in the quantum field lies infinite possibilities. You are your genie.

When one taps into the quantum field with positive emotions and intent one will bring about infinite possibilities. You don't have to know how it will happen. The rational mind wants to know in concrete how it will happen. The quantum field does not work out that way.

Logic does not come into the picture. There are infinite possibilities that can occur. The more you have faith and trust the better the outcome.

Also the more connected you are the better the outcome will be. You see we need to tune our minds into the infinite mind. The more we do this moment by moment the better our lives will be.

Presently to be frank mankind is living such a stressful state of existence. Common sense is uncommon. The world seems like it is in chaos. It seems like the

entire world conflicts with one another. People can't get along. The same old tapes are being played.

Most of our daily lives are reruns from the past. It's like the movie groundhogs day where the same daily routines occur. Fortunately, in that movie, the person realizes what's going on and over time changes for the better. We have the same opportunity.

We can change our lives around and the world at large. We can reprogram our lives just like a software engineer does in real life. When one sees that positive or negative emotions that we carry around are the driving force for our future.

When one understands this a wise person will learn to drop the excess baggage in life. It is weighing you down. That traumatic event that happened twenty years ago is the main driven force for your daily and future events.

You see your mind is a tuning fork. Whatever you focus on you become. We never learned this in school. No wonder it's so hard to change. Just think for change to occur we must first be in an alpha state of mind and then we can enter the theta, delta, and gamma brain state.

Most of the world due to stress is living in a high beta state of existence. Many people are so stressed out that they can't turn off the facet of cortisol and stress hormones. For them to manifest their dreams positively they must first learn to reduce the stress in their minds.

Small baby steps are needed. As I have said we must reprogram ourselves. Currently, we are on the remote control. We have no idea that we are living our lives like robots.

That may seem harsh yet look at humanity's record for the past two thousand years. It's like a broken record. War, war, and war. We even honor war. War is obsolete. In the quantum world, there is no war. There is no bickering and fighting. There is no us versus them. There is no separation. God does not take sides.

We must become emotionally mature citizens of the universe. We have missed our mark. We think and act like we are separate. Due to this separation, we have millions of obstacles along the way.

We are living in a state of local mind where it's all about me. A nonlocal mind is a universal mind. In this state, one is operating in a state of oneness and at the same time living and expressing in a unique human body. I hope this makes sense.

If you look at young children they express this when they were young. Slowly over time they became completely identified with their local mind. Christ and Buddha were examples who lived in a universal mind of existence. Mind you even the Buddha had to learn how to transform from a local to a universal mind of existence.

The more a person embraces the non-local mind the more synchronicity will occur in one's life. One will be in harmony with the universe. One will truly become wise. One will advance to higher levels in the video game of life. One will realize the video game exists. One understands there is a jewel that exists within. Ponder this over. Where are you going, my friend? You are never alone.

9 to 5 Existence



I find it fascinating that our past drives our present moment and our future. Scientist says that we live our lives 95% from our subconscious and 5% from our conscious mind.

They also say our body and mind are one.

Imagine by repeating the same actions day in and day out we are building grooves into the record of life. Over time our bodies know exactly what to do from the moment we get up to the moment we go to bed.

If you are an angry driver you will be angry on the road. You will race to your destination swerving between one lane and the other. It's an automatic response that has had many years of conditioning.

You don't have to respond to brush your teeth. You do it automatically. This I call a 9 to 5 existence. We look forward to the weekends to party and hate Monday morning dreading the workday week. All our happiness is dependent externally. This truly won't carry you very far.

I remember buying new cars and there was a great thrill for about a month. Everyone around me was so excited to see my car. In a few years, I was bored with the car. He had a lot of maintenance problems.

I first noticed this when I was quite young. Probably around seven to eight years old. I received this toy aircraft carrier. I loved it. Yet after a few months of playing with it, I lost interest. I realized that the outside world has limited happiness. Everything external changes and morphs.

You truly can't hold on to a particular experience. Take the current opioid epidemic today. They have to increase their dosage to get the same high as a week ago. Over time this mounts up. Consequently, so many people die of overdoses. It's a ticking time bomb. I feel so sorry for families who have someone taking it. It's a huge toll on society.

I think we need classes in school to teach about positive mental health. Nobody told me in school that we are all master chemists. In every thought we have thousands of chemicals get released into our bodies. Each thought corresponds to either a positive or negative thought. Because we are driven by our subconscious

it is an automatic response. We don't know how to control it. Everybody has trauma stored in their bodies. The intensity of the trauma drives the emotional response. It may have occurred years ago but the trigger mechanism is still operating today.

You would have thought that western science would teach this today. How much more advanced would be society if everyone knew when they got angry they are drinking their own poison? In the long term, this will lead to disease.

We drive our cars off the body on the remote control. We think that external events drive our state of being. Yet you can learn how to drive your own car and be conscious and aware. This is where meditation comes in. It's an incredible tool on this journey in life.

Most people think that meditation is only when you close your eyes. The goal is to always be in a state of medication regardless of what's going around you. Yes, that takes incredible skill and effort. Yet you just take baby steps. Two steps forward one step backward. This is how we progress to learn anything in life.

It took me a month to ride a bicycle. Here's a cute story about this.

Once upon a time, there was two twin brother named little Ricky and little Johnny. Little Johnny was a genius in picking up and learning new things. While little Ricky was what you would call on the slow side. It took him hundreds of tries to learn new things.

For example one Christmas morning their wonderful parents presented them both with brand-new bicycles. Both of them were so excited. Well, they took them outdoors. Little Johnny hopped on his and immediately started riding down the block. Well, Little Ricky didn't have the same luck. It was kinda funny to see how clumsy he was. He didn't give up. He knew deep down inside he could learn how to ride this. It took him about a month.

The first time he realized that he was riding the bicycle he was filled with joy. He was so grateful. I did t. I did it. I didn't give up.

This incident carried him throughout his life. Every time he had to learn something new he remembered the experience of learning how to ride a bike.

In fact, years later his wife said that he learned things so quickly. Little Ricky just smiled. He knew that life taught him such a precious lesson at such a young age. Never give up. Preserve. You can learn anything. It may just take time.

Ponder this over. This is our current state. If you don't want to change then help your children to incorporate these ideas into their daily lives. It's the least you can do for them.

You Are A Genie



Did you know that you are a genie? Your thoughts make up who you are. Whenever you say I am so and so over time, you become that. You rewire your circuits to become this state of mind.

For example, if you say I can't do this. It's too hard you are reinforcing this old tape and adding a deeper groove on the album of life.

Whatever you think you reinforce your attitude whether it is positive or negative. By the time you are seven years old, all the good bad, and ugly are stored in your subconscious mind.

We replay old tapes at practically every moment. You see you can't separate the mind from the body. This is why at times it is so hard to change. One must be aware and conscious. This is why meditation is so important.

When one becomes a little aware and conscious one begins to reprogram life. Suppose someone makes you angry. Most of us would play the same tape from the past.

The body would say Oh I know this experience and would act immediately and the brain would secrete over 1500 different chemicals and you would then be in an emotional state of anger.

Cortisone and stress hormones would be released. As I said before you are drinking your own poison. Over time almost all diseases are created by stress.

Just think you could hold on to this incident for years and each time you think about it your mind and body don't know the difference between the incident that happened years ago and the present moment.

The person who you got angry at years ago has long gone forgotten that this even occurred. It's erased from his memory. But you are left holding on to the boulder for dear life. You refuse to let go.

Compound this day in and day out humanity is playing the same tapes over and over again. This compounds the problem. No wonder we have so much turmoil in our society. Not only do we feel pressure externally but we also feel pressure inside of us.

Over time we are struggling in the river of life. Many people are fighting to go upstream. We have been conditioned for this. When we say I'm struggling with life we are literally fighting and swimming upstream.

Life is a drag. We have a hard time getting up in the morning. We are bored with life. We hate our jobs. I saw a survey about a year ago and 80% of Americans hate their jobs. Wow. That's a huge number.

Did you know a majority of heart attacks occur on Monday mornings? Our present state of mind can and does directly relate to our health.

So what do we do? Modern-day scientists know that the mind and body are one. You can't separate the two. Scientists know that you can't reach the subconscious in a beta state of mind. In our waking state, there are two beta states. One is beta and the other one is high beta.

In the ordinary beta state, one is aware, alert, and conscious. In this state, no stress is occurring. While in the high beta state, we are stressed out. Most Americans are in this state of mind.

They can't turn off the facet of adrenaline. The body and mind are agitated. They might freak out because this weekend they have to spend time with their in-laws. Just the mere thought will cause their head to spin.

Our entire working environment is insane. Your job is totally unstable. They can lay you off at any time. When you reach the age of 55 years old you are considered over the hill.

The company is only interested in making profits for their shareholders and doesn't truly hold you in their best interest. It's a survival of the fittest environment. Did you know that most Americans don't take all their vacation time? They are afraid of losing their jobs.

No wonder they are stressed out. No wonder the Europeans laugh at us. They have a job with 4 to 6 weeks off a year. When I was young and traveled around the world I would always see tons of tourists from Europe. They told me they had a couple of months off from work. They knew how to relax.

So what do we do? We realize that our thoughts create over time our character and personality. Moment by moment the same tapes from our subconscious are being played. It's our own version of Groundhogs Day.

We must learn how to reprogram our subconscious.

You Are Living On Remote Control



You are living on the remote control. You must be out of your mind. What do you mean by that statement? I'm in total control of my life. Well according to scientists 95% of our actions are dictated by the subconscious mind. Only 5% is by the conscious mind. That's a huge difference.

Did you know that most of the time we are playing the same tapes over and over again?

We go to bed. Our alarm clock goes off. We use the same hand to shut it off and go back to bed for five minutes. The alarm goes off again. We shut off the alarm. We stumble out of bed and go to the bathroom.

We brush our teeth. We are trying to wake up. Off to the kitchen, we go to brew some coffee. It's time to head off to work just in time for rush hour traffic. We make a few phone calls along the way. Some of us text when the cars are stopped. We make it to the office and do the same dull routines. I could go on and on.

Our body's perfect response to our old tapes. It's an old hat by now. It doesn't even have to think it just responds. I find that fascinating. We can live our entire life and not realize that we are living in the past tapes.

What kind of video game of life is this? Maybe the movie matrix had it right. We are living in a dream and don't know it. We think we are driving our cars yet we are in a remote control. We go to the same old boring destination over and over again. No wonder the world at large is in chaos.

Imagine the Buddhists are one of the original physiologists. They have been studying the mind for thousands of years. They have mapped out the various stages of mental growth for ever so long. They mapped out a pathway to enlightenment.

Just think it was in the 1980s that western scientists started to research the science of happiness. Before that, it was solely negative mental health. Personally, I think many of the world's problems are our current state of affairs.

We can't see the forest from the trees. We don't see that we are playing the same tapes over and over again. War, war, and war.

It seems like the United States is in a tailspin. We are spinning out of control. Yet at the same time, millions of people are waking up from their slumber. The more people wake up the easier it will be for other people to wake up. Light is overcoming the darkness.

Darkness is only the absence of light. Maybe just maybe mankind can turn into a kind man. Wouldn't that be something? I see that this transformation is going to happen. Science and religion are being merged. Both of them are talking about the same thing.

As I have said numerous times that we are hardwired to discover our true nature. There are so many different pathways to open the door within. Society at large is beginning to learn how to practically open the door within. Just think due to the Internet every human on earth has the resource to learn how to find their true nature.

These are exciting times. I have mentioned many times before that life is like a video game. For all the gamers out there this is the ultimate game. This game is your life. In every moment you play this game whether you know it or not. How's that for the ultimate game? Talk about a game that you are playing and yet you aren't aware of playing that game. Yet you are playing the game at each moment.

In India, they would call this illusion Maya. Our five senses make this world so real yet we are only here for a small flicker in time.

Look I'm not saying you can't have fun in your life. I'm saying that if you are stuck at a certain level and playing the same tapes over and over you are stuck. You can't advance to the next level. Many of my friends who get stuck playing a video game at some point in time will read the cheat sheets to advance to the next level.

Mystics have been doing this for thousands of years. These are cheat sheets. Yet in reality, you are not cheating. Maybe I could call them wisdom sheets. Been there and done that before. I've made the same mistake over and over again. This is how I solved it.

A kind man will post this message on a tree on your journey in life. Consequently, when you are on this journey you might be curious and stop and read the message. Here's a message that will help me on my journey. Thank you for the person posting this. Now I know to go to the left when the road splits ahead. You see signposts are all around.

Just imagine because of our present state of mind the road ahead is full of darkness. We imagine many dark shadows along the way. We are afraid and alone.

When one discovers his true nature one discovers this journey is a walk in the park. You are never alone. You are walking with your ancestors and laughing along the way. You can't see them yet they communicate with you at every moment.

They exist inside of you. All your friends and family who have died exist inside of you. They have never left you. How would you like to experience this? All your pain and suffering would go away.

Ponder this over. Mankind is living on remote control whether you are aware of it or not.

Dreams Do Come True



Dreams do come true. Did you know that dreams do come true? When I was very young I knew that the universe existed inside of me. I couldn't prove it. I just knew it. I didn't know how to meditate.

No one around me had a clue what meditation was. It was a completely different and foreign object. Our family had this beautiful Buddha head statue and a stranding Quan Yin. For some reason, I completely resonated with it.

How can I put this into words? I felt that meditation was my true nature yet I didn't know how to meditate. I carried this dream of learning to meditate for most of my childhood life. You see whatever you focus on it eventually comes alive in your life. There is an infinite field of possibilities out there and with the right intention and right emotion, events align with each other to manifest your dreams.

In my case, it was taking a six-week yoga class in high school. This led me to take a yoga class from the same teachers who taught me yoga in my high school class. One thing led to another.

The next thing I knew I was going from France to India carrying my surfboard. In India, I learned how to meditate. During my imitation, I had such an incredible experience which still motivates me today. This was 48 years ago.

So I learned at a young point in life that dreams do come true. We have to focus on them. I realized from researching that the mind doesn't know the difference between imagining something and an external event. To the mind, it's the same. Combine this with a positive emotion such as gratitude and a person is rewiring the circuits for this event to manifest.

It all beings in the mind. You can't figure out how it will happen. The quantum field has no rational flow or logic to it. You can't force your dreams to happen. You can't get discouraged. One has to completely trust the quantum field. When one pays attention to the quantum field it is 100% easier to manifest your dreams.

One is in harmony with nature. One realizes that the quantum field contains infinite possibilities. One becomes patient. One realizes that your dream will come true. You just have to be patient and watch it unfold.

As for my dream, I learned how to meditate, my journey still is alive today. I'm discovering that a huge series of steps have led me to where I'm today. The dream is continuing and I'm blessed to be on this precious journey.

What kind of dreams do you have? Have you put them on hold? Are your dreams sitting in a drawer gathering dust?

Did you know that you are a genie? All your thoughts that you make up your personality today. Personally, when I was young I never thought about that. Society never taught me about that. When I was young I read the book "think and grow rich". It was a great book but I didn't take it and put it into practice in my life. To be honest it's been since the early 2000's that I focused on this.

At times the concept is so simple yet our society is so complicated. We are stuck in our boxes since early childhood. For some reason, we can explore the world yet when it comes to our inner world we think it is a waste of time.

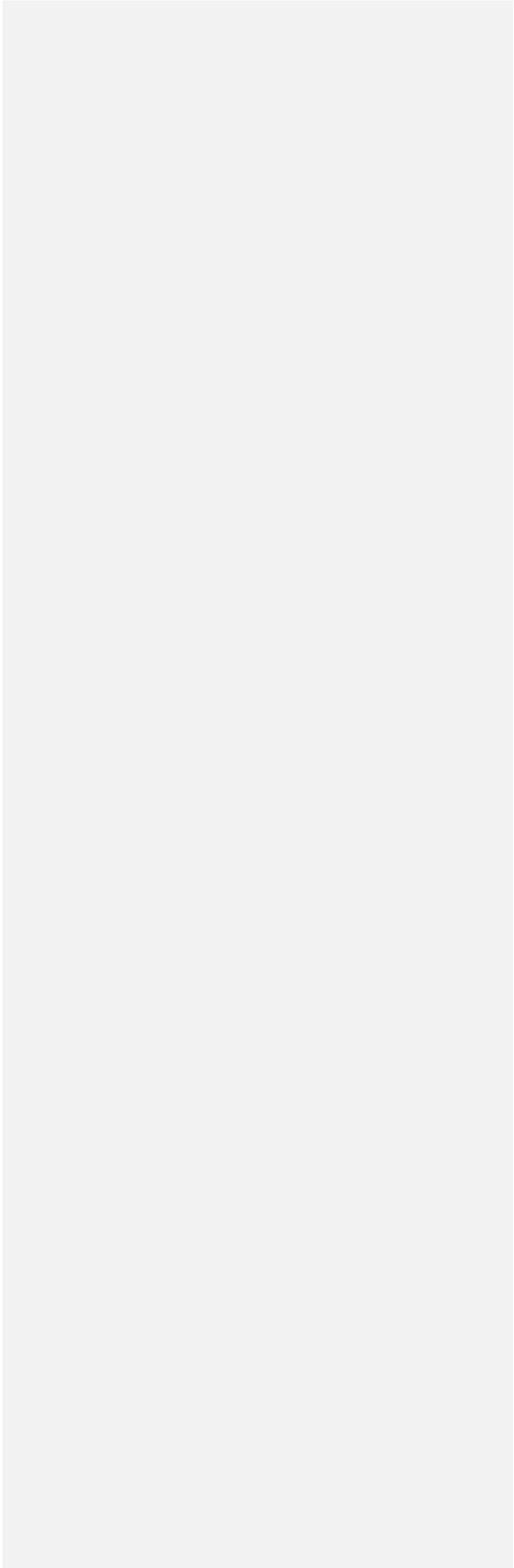
Ask any person that I'll fly you and your family for an all-expense trip to Maui. You will wine and dine in a first-class resort. I don't think too many people will pass that up. Oh, and by the way you don't have to pay for anything.

Yet if I told you "You are the universe. You just don't know it" you will probably laugh in my face. I find that ironic.

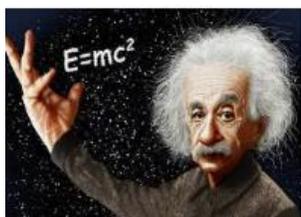
What causes us to ignore our true existence? Are we so focused on the world around us that we can't see that the signpost are all around us? I know that I'm a broken record yet I'm not the only one. From time immemorial this has been talked about in so many ways. Each culture has talked about and discussed this using different terminology yet the essence is the same.

When one aligns with the quantum field over time one understands the laws of creation. One understands that we all create the quality of our lives. Even under incredible hardship man has risen from the ashes and transformed their life and the lives of people around them. They have even affected the world at large.

Our true nature is to dream. We will never stop dreaming. Someday peace will prevail on earth. Granted it will take time. Yet in the face of eternity, it's only a flicker of the eyelid.



From Thought To Energy To Matter



We are constantly playing old tapes. Because our minds and bodies are one we live our lives from the past. We are reactive beings. If someone says something we don't agree with we automatically get angry.

We don't even have to think about it. It is automatic.

This response is hardwired in our circuits.

As I said before from the moment we get up in the morning till we go to bed at night we play the same tapes over and over again. No wonder our world is in chaos. We have politicians that Twitter early in the morning without really thinking about what they are about to say. It's like we are leaves blowing in the wind.

I remember the first time I was in India many years ago. I remembered this saying. The most difficult thing to master is your mind. Many of my friends when they tried to meditate told me they had no idea of how powerful the mind is. They were kind of overwhelmed.

Yet the mind is your friend. The problem is we were never taught how to control it and become friends with it. As I said that Western scientists only recently studied the positive emotions of the mind. The East has done this for thousands of years.

Ideally one must be conscious and aware. One must understand that our thought goes from thought to energy to matter.

For example, take anger. When you have an angry thought it goes to the quantum field and gets redirected back to matter (your body). Your body captures this thought and secretes chemicals that directly relate to the emotion you thought about. Over 1500 unique chemicals get released into your system. If it is anger you are drinking your own poison. We never learned this in our schools.

At times I wondered why. Something so simple yet at the same time we never put two and two together. We think that external events drive our emotional state of being. But in reality, how we think and act drives us to our emotional state of being. Most people don't think that they are in charge of their being. They don't

see the correlation between their thoughts and the effect they have on our state of mind and body.

To compound this issue we don't realize that we are playing old tapes whether we are aware of it or not. Many times I have thought I can only change myself. I see the struggles that I have to change. I personally spend most of my life trying to change for the better. I can only offer help and advice. To be honest no one can change anyone. They must be willing to change themselves.

So we must learn to drive this car consciously in life. Imagine God is in your passenger seat. He will not drive your car for you. Unfortunately, you can't see him. Your car is on the remote control. It is swerving all over the road. Imagine the same old tapes are being played over the radio. We react to each song. For each event, we build deeper grooves into the record of life.

The wise men of the past use the same process but they use it for being consciously aware of every moment.

They take two steps forward and one step backward. This is how we grow. They are constantly learning in each moment to be in direct connection with the quantum field.

For example, over time if someone says something that in the past that would make them extremely angry they would stop look, and listen. They would then be like the sun in the sky and just smile. You have nothing to prove.

You have nothing to say. You just simply broadcast their anger back to them. Over time the other person won't speak to you like that because there is no reaction coming back. They can't make you angry. They get a huge charge out of that.

I have met some people whose lives are spent trying to make people angry. To be honest what a waste of time. They have nothing better to do.

For the world to change we must first change ourselves. We must learn how to rewire our nervous system. We are learning to build a new personality which becomes a new body and mind.

When one becomes in sync with the quantum field the more wisdom one develops. This human being will change in every aspect of life. One will understand that they are a master chemist. They are completely responsible for their well-being. This is truly the new dawning of man.

Science and religion are driving us to become truly aware. We are advancing on this journey of life. The tools that the great mystics had are available today. Scientists are proving in practical terms how effective they are. In the process, they are fine-tuning them to become more effective for our time.

These are exciting times. You have the opportunity to discover your true nature. The tools exist inside of you.

Tapping



As you know by now we live 95% from the subconscious and 5 percent from the conscious mind. Most human beings never stop seeing the correlation between the mind and body. Many

scientists say they are the same. They are not distinct and different. Imagine someone pisses you off.

That thought creates a chemical in your brain. Cortisone gets released. Stress chemicals get released. Over 1900 chemicals get released. You are now in an emotional state of anger. This anger gets stored in your body. Many scientists say that cancer is created by angry cells.

Most of the time we have automatic tapes from the past in any given situation. Because we are reactive beings we are like leaves blowing in the wind. We never stop and think before we act. Many people Twitter without thinking.

So the goal is to rewire our circuits. When someone makes us angry stop in our tracks. Focus on our breath. Imagine an infinite field of peace surrounding you. By the way, it does it 24 hours a day. This is your true nature.

Smile and don't say a thing. When you have your composure back speak from kindness.

Mind you this is extremely difficult to do. Here's some advice for you on this journey. Write down all the areas that have caused great trauma in your life. Many times a great trauma never gets processed properly. It is stored in our subconscious. The greater the trauma the greater the emotional impact.

Unfortunately, so many people hold on to the past. An event may happen over 30 years ago and we still hold on for dear life. We still hold a grudge and are angry towards that one person.

We need to learn and forgive. We need to let go of that emotion. In the last 30 years, much insight has been into the relationship between the mind and body.

There are many different techniques out there to heal and release our emotional scars.

Here is one that I like.

The emotional Freedom Technique (EFT) is a self-help technique that involves tapping near the endpoints of “energy meridians” located around the body. ... EFT works by lowering cortisol levels and the body's stress response because it helps to promote relaxation

Imagine you have some anger issues. The first step is to identify the issue. For this, to work you need to identify the issue. Make sense.

Step two. On a scale of lowest 1 to highest 10, what is your intensity? What is the intensity of your emotional or physical pain?

Step 3

In this step, one acknowledges the issue and accepts himself despite the problem.

We are going to use anger as our problem

The common setup phrase is: “Even though I have this problem, I deeply and completely accept myself.”

The common setup phrase is: “Even though I have this anger issue, I deeply and completely accept myself.”

Step 4

This is the tapping phase.

Begin by tapping the karate chop point while simultaneously reciting your setup phrase. You may do this for around 30 seconds to one minute. Concentrate on your breath as you do this. The calmer you get the better results you will have.

Karate chop small intestine meridian

Now for each one of these meridian points, you use a reminder phrase. Suppose you have an anger issue. You then would recite in your mind “anger” while

tapping at these points below. Tap for around thirty seconds at each meridian point.

eyebrow bladder meridian

side of the eye gallbladder meridian

under the eye stomach meridian

under the nose: governing vessel

chin central vessel

beginning of the collarbone kidney meridian

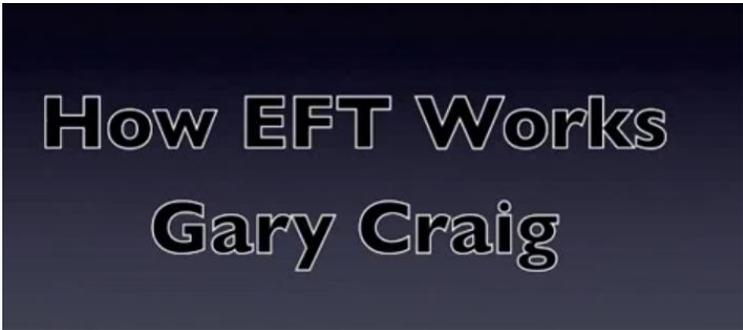
under the arm spleen meridian

top of head governing vessel

When you are finished rate the intensity level. Let's say that your initial rate was a 9. Your rate is now at a 5.

Repeat this process until you have reached a zero. Mind you some problems will take time to reach a zero.

The greater you take total responsibility for your thoughts and actions the greater results you will have.

The image shows the front cover of a book. The background is a dark, textured blue-grey. The title 'How EFT Works' is written in a large, white, outlined, sans-serif font. Below the title, the author's name 'Gary Craig' is written in a similar white, outlined, sans-serif font, but slightly smaller.

How EFT Works

Gary Craig



EFT: The Basic Recipe by Founder Gary Craig

Gary Craig's NewThink · 88K views

Discover the new EFT method called Optimal EFT here:
<https://youtu.be/Ai-uoM4kC90>

Mind Movies



The definition of a Guru is one who takes you from darkness into the light. A rugu is one who takes you from light into darkness. If there is a rugu today it is the drug commercials on TV. There was a time when they didn't allow drug commercials on TV. That was a long time ago. I

won't call it sinister. OK, I will.

The commercial industry has been very effective to program the subconscious. They have used the medium of TV to program your mind and body. They are extremely clever and know exactly what they are doing.

In the fifties when a movie was being shown subliminal messages would be displayed on the screen such as buy popcorn or buy a coke. It would appear so fast your conscious mind wouldn't see it but your subconscious mind would. This was banned when the FCC figured that out.

Well, they have got quite sophisticated. Today's drug commercials directly go into your subconscious mind. Imagine some of these same commercials are played over and over again in the evening news. They are slowly brainwashing people without the audience even knowing it.

Have you ever wondered why America is so messed up? I could go on for hours. Many of these drug commercials are directly programming you to get sick so you can take their drugs. It is insidious and evil.

Yet it is done in such a soft voice and nature is all around. Sadly, they know exactly what they are doing. As a capitalist society, they are there solely to make a buck. They want you to get sick. They don't want you to be healthy and take responsibility for your well-being.

There is a company called mind movies that use the same technology as the drug commercial yet it's used to bring you from darkness to light. Check out mindmovies.com.

Dr. Joe Dispenza made a mind movie for connecting to the quantum field. It is absolutely genius. I highly recommend it. It should be played before going to bed and upon waking up. I play it right before I close my eyes to meditate. The more

you play it over time the mind, body, and soul rejoices in the words. There are words and pictures displayed. Both of them work to put the message into your subconscious. As you know we need to rewire ourselves. Humanity is living in darkness and needs to embrace the light. Mind Movies are a way to program the subconscious to help discover our true nature.



Dispenza Mind Movie
B. Farfan • 46K views



Joe Dispenza | What is a Mind Movie & How To Use Mind Movies
49K views • 2 years ago

Good Vibez

Did you ever hear about mind movies? Mind Movie is the perfect tool to reprogram your subconscious mind, your limiting beliefs.

Meditating Upon Your Dreams



In the eighties, I was interested in Robert Monroe and the Monroe Institute. I went to the Gateway program for a week. We had a couple of sessions on meditating upon your dreams.

Bob and his crew discovered that when a person enters the theta state this opens up the subconscious mind. During this state, one can directly reprogram the subconscious.

People previously have gone to a hypnotherapist. They still do yet in this manner one can go directly. By the way, it saves some money. The Monroe Institute has plenty of tapes that will take you into the theta state. Once you are there you then can begin to reprogram what you want.

Personally, my advice is to learn how to meditate. You have all the wiring set up inside of you. Why not take advantage of that.

Basically in a nutshell these are the steps.

Suppose you want to buy a new house.

We use this as a template for your dream. Mind you this came from Joe Dispenza. You can use this template over and over again.

Template

Intention Thoughts	Symbol	Elevated Emotions Feelings
	H	

Fill out your intention thoughts. This is exactly what you are dreaming of.

Create your elevated emotions. This is what you feel like when you manifest this dream.

Combine these two and create a symbol. This is very important. A symbol is used by the subconscious mind to interrupt your intention and your elevated emotions. By directly connecting to a symbol the subconscious can easily take this symbol and rewire the circuits.

Mind you this will take more than one time. Look into the work of Carl Yung. He spent more of his career studying the subconscious mind. Symbols were a huge part of his incredible work.

Remember the mind and body don't know the difference between the imagination and an external event. Each time you do this you are bringing the future to you. You are rewiring the nervous system to bring this dream into reality.

Each time you do this you are recording what you want. Remember you have absolutely no idea how this will manifest. In the quantum field, there is an infinite field of possibilities. Your job is to be as clear as possible. Your job is to absolutely trust in the process.

Here's an example of dreaming for a new home.

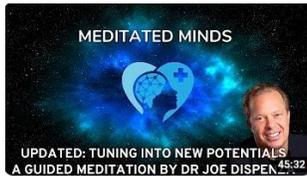
Intention Thoughts	Symbol	Elevated Emotions Feelings
<ul style="list-style-type: none">• 3 to 4 bedrooms• Open concept.• Raised bed gardens• 2 bathrooms• Quite neighbor	H	<ul style="list-style-type: none">• Free• Empowered• Peace• Grateful• Abundance• Comfort

<ul style="list-style-type: none">• Near year round pool• Great price		
--	--	--

- Concentrate on your breath.
- Step 2 enter the theta state by listening to a theta binary beat tape. This is optional. Overtime by meditating on your breath one will automatically enter this state. Remember the tapes are only training wheels.
- Remember your intentional thoughts. This is what you want. Imagine this.
- Create your elevated emotions and feelings. One by one experience these feelings. The more you can sense and feel them the more directly you are connected to the quantum field. Remember thoughts and emotions are directly tied to one another. You can't have one without the other.
- Create your symbol in your mind's eye. Try to visualize it. Use all of your internal senses. Make it as real as you can. Let the symbol slowly dissolve into the quantum field. Relax. Don't force anything. You can't use brute mental strength for this to manifest. Remember the more you try to force things the further away you are from manifesting your dream. This is a whole different way. The more you connect to the positive emotions from the quantum field the easier this will be.
- Practice this for a few moments. Then just concentrate on your breath. Your breath is your friend. Without your breath, you would not be alive. Behind your breath lies the quantum field. It is keeping you and the universe alive.

New Job

Intention Thoughts	Symbol	Elevated Emotions Feelings
<ul style="list-style-type: none"> • Work from anywhere in the world. • Flexible work hours • Job has great meaning for this planet. • Inspiring 	<p>J</p>	<ul style="list-style-type: none"> • Free • Empowered • Challenging • Grateful • Abundance

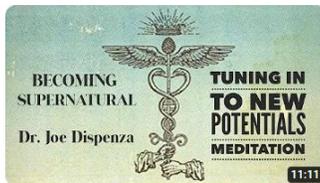


UPDATED VERSION: Tuning Into New Potentials - Guided Meditation by Dr. Joe Dispenza

10K views • 2 months ago

Meditated Minds

Transform your life and unlock new potentials with this updated version of this guided meditation by renowned author and speaker ...



TUNING IN TO NEW POTENTIALS MEDITATION (Becoming Supernatural by Dr. Joe Dispenza) 11:11

1.44K views • 3 years ago

Wellbeing with April

This video is a guided meditation from Dr. Joe Dispenza's book Becoming Supernatural - TUNING IN TO NEW POTENTIALS ...

Basic Law Hacks

The Law Of Silence



For thousands of years, there have been a few who truly discovered that “Silence is golden” Silence is worth more than any earthly treasure.

By being truly silent all the unknown mysteries come to life. In true silence, one discovers what is truly keeping you alive.

In the past, those who truly wanted silence moved far out from the cities and the daily activities of life. What were they looking for and what did they find? Today noise is everywhere.

People have lost awareness of the true significance of being silent. How many people do you see walking around with headphones listening to music or driving their cars talking on their cell phones?

During the last one hundred years, we have been moving away from the field of silence. We are so accustomed to the outer and inner noise that we have forgotten our true nature.

Our minds are constantly on the go. There is constant chatter going on within and outside our environment. No wonder our bodies and minds are tired we are constantly being bombarded by sound and external noise.

Our present-day culture does not understand the Law of Silence. This law has not been understood by the common person. If one understood the law

and had practical experience even for one second, a person's life would change.

The mind and body are constantly agitated at a subtle level. It isn't quite at ease. Consequently over time disease occurs. Silence is a way to return to the source where you came from. It is was and will always be. The whole universe is alive and silence allows an individual to, day by day dive deeper into the vast ocean of life. This is where true wisdom and experience beyond any words come from.

The more a person experiences this silence the more one desires to change one's personal life to listen more at a deeper and deeper level. The level goes on forever. It's like an endless ocean and the deeper you dive you realize that there are no boundaries in this ocean.

All of the seen and unseen worlds come from this silence. Amazingly, our human body is hardwired for this experience but somewhere along the way, we turned off the switch. We have been so engrossed in this world that we have forgotten our true nature.

Nowadays people think that only the monks need silence or that by being silent one loses out on life. Silence is seen more as a state of boredom or a state of one renouncing the world. This could be farther from the truth.

When one truly becomes silent and enters into that ocean one truly becomes alive and aware. From that state, one then returns with a greater level of awareness and appreciation of life.

This awareness spills out into every nook and cranny of one's existence. One's true natures become alive and one realizes that all of life is in perfect harmony but man isn't.

True silence brings one to truly live life to the fullest. Every day is a brand new day and one loves to be truly alive. By being silent one realizes and returns to the harmony of life. This is your true nature.

One does not have to leave this world to be in this state. One can have this in the middle of New York City and still daily enter the Law of Silence. It

doesn't matter how much noise is on the outside, one can go within and experience the world of silence.

Over time a person embodies that law and every day goes deeper and deeper within. Over time every single cell reflects that silence and the body and mind are peaceful.

Over time it just takes less than one second to enter that point of consciousness. In the beginning, it does take effort and practice. Anyone who first learns to meditate will tell you then they never realized how much chatter the mind produces.

It goes on and on and on. The mind will tell you and dictate your life to not go into silence. It will produce a to-do list that it will never give you in a normal conscious state. It really is the hardest thing in the universe to train your mind. It seems easy (which it is) but our lives are so complicated.

We have lost touch with the yearning that comes from within. Our mind constantly is looking outside of our very own essence for happiness.

So where do we start? What tools do we have? What will it cost me? As I said before we are hard-wired for that experience. This experience is keeping you alive.

For thousands of years, we have searched in the four corners of this world for this experience. Well, guess what the whole time it existed inside of you. How's that for a laugh? I can imagine you saying that can't be true then where is it? I've been alive for so many years and I haven't found it. You got to be kidding.

All the great teachers who once walked the earth said that the Kingdom of Heaven is within. Through the Law of Silence, one may walk through that door. It's like having a radio channel but no tuning to it.

The music exists, and the channel exists but you are not tuned to that frequency. By applying the law of silence one becomes to tune into the channel of life, Not just your life but all of life (in the seen and unseen

worlds). So the more you practice the more you begin daily to fine-tune yourself to this precious channel of life.

In this state, you will truly rejoice and have a deeper appreciation for all life. You would eventually overcome all the pettiness in your life. You would still have your daily life but it would be at such an incredible level. Your negative baggage in your life would disappear over time.

So tell me what is the step? What do I have to do? It's as simple as breathing. It really is. Recently the Buddhists released one of their sacred doctrines to the west. This doctrine is so simple in telling you the steps to enlightenment that they figured the western mind would say it's too easy.

In fact, they are right. It involves meditating on your breath. That's the whole technique. Yet being aware of your breath will bring you a state of enlightenment. At first, the mind says that too easy.

The secret to life and silence must be more difficult. But it isn't. Behind your breath, you realize that the whole universe is breathing. It is a doorway to life itself.

All of life's mysteries and what you are truly looking for exist behind your breath. This is the Law of Silence. By listening and paying attention to your breathing in and out you slowly begin to enter into this Silence.

Each day you enter into this silence you return with greater awareness and your body and mind begin to infuse themselves with this precious state of awareness.

Over time you begin to see that entering this silence or the state of meditation isn't only for 5 to 10 minutes a day or the time you spend meditation. But this state eventually will be constant where one's awareness is at all times aware.

Imagine being the Sun, the Moon, and the Stars and walking around in a human body. Do you think in that state you would care about your petty

problems? You would be a beacon of life. In that state, you would have nothing to prove.

This is where the Law of Silence can take you. We have had examples of Christ or Buddha who attained that supreme state. They knew how to conquer the mind and enter into the Silence until they became it.

This is our true nature and state of existence. It is not some farfetched notion. Throughout the ages, there have been a few who figured this out and wanted to share this precious wisdom with the world.

Back then they were usually scorned and ridiculed. Well during this age there are literally millions of people just like you and me waiting to discover and put into practice this sacred wisdom.

It is beyond religion. You don't have to change your religion. All we are saying is that entering the Silence is what religion is talking about. You want practical experience.

I would rather taste a mango than read about a mango in a book. By entering into the Law of Silence one tastes the divine fruit that exists within. Imagine the whole universe is breathing and so are you yet we have forgotten this precious state of existence.

It's about time to come home. Your true Mother and Father are calling you. The Law of Silence will show you thru prayer you talk while God Listens. In Silence God replies while, you listen.

Practical Actions

- Meditate twice a day. Even if's it is just for 5 minutes each. Pay attention to your breath. Slowly increase the time.
- Go to the library and check out books on meditation. Get educated on the various kinds.
- Take a meditation class

- Pay attention to your breath in your everyday activities.
- Go to a meditation retreat for a weekend

Sit still and listen.

Inside the silence lies such peace.

A wave of bliss is about to release.

The secret of creation lies between your eyes.

Behold a light more beautiful than anything in this world.

This light is pure love ready to take you on a ride.

Surfers ride the waves of the ocean, while the wise man rides the waves of life.

Imagine riding the waves of life.

Behind our breath lies the answer.

Divine music will accompany you.

The mind becomes drunk on this bliss.

Yet this intoxication is medicine to the soul.

For eons of time man has explored.

Buddha, The Christ, and much more have told their story.

Behold the kingdom of God lies within.

It doesn't matter if you're a saint or a sinner.

We all have the same opportunity to go back home.

All it takes is one small step after another.

Sit still and listen

The answer to this riddle is found by this easy step.

The Law Of Cause And Effect



This is a Law that defines the daily outcomes in our life. Yet for the majority of us, we are oblivious to it. This is the Law of Cause and Effect. Every action that you take comprises this law. Everything you do has a direct effect on your life.

Suppose that you spend a good time of your life eating junk food and someday you get sick. You go to the doctor and want him to heal you. Yet your day-to-day consumption of eating junk food leads to your illness. Your actions lead to this state. The Law of Cause and Effect is that your daily actions over time lead to your present-day condition.

By improving your life on a daily level you will see the future of your life improving. I'm not saying that all sickness is our fault but I'm saying that we should be practical and do whatever we can to live a healthy life. Every action we take is accounted for.

If we are unhappy what actions have we taken to put ourselves in that situation? What can we do to bring ourselves around to happiness? Our actions dictate our state of awareness.

If you are angry daily I can guarantee that in the future you will be angry. Over time whatever actions you have taken become your life. If you are resentful now and take the same steps of resentment you will be resentful in the future.

This is the Law of Cause and Effect. If you are happy and share your happiness with others I can guarantee that other people will

enjoy your company. If you are constantly pissed off I can guarantee that people won't want to be in your company.

Every single action affects the entire universe. If your life is in chaos you will enhance the chaos in this world.

If your life is peaceful you will enhance peace on this earth. You are accountable for bringing peace to this planet. If you don't have peace the planet won't have peace. You are a piece of the puzzle.

So realize that if your life is messed up you can clean it. You can start daily to make wise decisions in your life. You can totally change your life around.

There is no blame. Hopefully, we can start to give your wisdom so you can see for yourself that where you are in life is based upon your previous actions. Now you can be aware and change your actions in areas that you know need changing. This is applying the Law of Cause and Effect.

By really understanding this law, one becomes a CO-Creator and not a reactive being. This Law also applies to all Nations around the world. We are accountable for our actions. How we treat others will be reflected in us. This is something I hope that we may all understand.

Peace can never come through war. If we as a nation are peaceful, our neighbors will be peaceful. If we have an overabundance of Wealth and Food we should help out our neighbors in need. If each nation truly helped those in need our world would change.

For the world to change, we must change. To change, we must understand the Law of Cause and Effect. If we live our lives in harmony with the universe the world around us will reflect that. We will be happy. We will be content. We will not be greedy. We will smile and say hi to our neighbors.

If we have a drinking problem most likely the world around us will suffer from our drinking. We don't need to write down what kind of problems arise from the heavy use of drinking but it doesn't celebrate life. It's a drowning of oneself.

So we can change step by step. If you drink too much join AA. Whatever your vice is and you see that it is harming your life and others around you then do something about it. Taking ownership of your problem and doing something about it will empower you.

We are not here to judge because each one of us has a mired of ways to improve ourselves. We are constantly refining our actions.

We are all in the same boat. As Christ said those who have not sinned may cast the first stone. Each of us has missed the mark (that's what sin means). But we are striving for a bull's eye. This is the goal of human life, to constantly grow in awareness and love. This process will go on forever.

So you can change and will change (hopefully for the better). Because you have Free Will the creator will not judge you but you will. You are your judge. You are in charge of your destiny. If you are in the dumps you can climb out or dig deeper. Help is on the way. By learning these laws and seeing for yourself (yep been

there and done that) you will change for the better. It's just one step after another, day by day.

I hope that this will motivate you. Because you are in charge of your life you can change. You brought yourself to where you are now so make better decisions. Before you get hot-headed think if is it worth it to get angry. Will anything productive take place? Just take a couple of breaths and relax in the silence. You will see that it is not worth your time and energy.

You can change. You simply need to learn a few tricks of the trade. These tricks will enhance your life. The more experience you get from your internal experience you will stop trying to prove that you are right. You will stop trying to defend yourself. You will stop getting angry when others criticize you. You will be a delight to be around.

This is the Law of Cause and Effect put into use for your own benefit. By understanding this you will no longer get hotheaded when someone is driving a car and drives too slowly.

It is strange so many times when I take a walk and I cross the street drivers will try to outrun me so they can turn right. At times I would get mad. Nowadays I realize that the driver is not angry. They could be careless but why should I get angry because of what they did?

Why should I hold on to this anger and cause damage to myself? So I simply bless them when this happens. I still feel the anger but in a second I realize just let it go and smile within.

We hold on to anger and judge things that have gone on since we were born. Hopefully, by understanding the Law of Cause and Effect we can forgive ourselves and others. Truly laughter is the best medicine. Let's truly let go of the past and forgive all who have intentionally or unintentionally harmed us. Doing this will set us free.

Again awareness is the key. We have been so unaware of this law. We think that people's wealth is like a lottery ticket. I'm sorry to say that most people who are millionaires worked hard for their money and paid attention to their life.

They were smart and invested at a young age. They went to college and learned. By performing these actions they become millionaires. So what is our game plan? What actions can you take to improve your life? Start small and build up. See that everything you do gets reflected in you.

Some people are lazy and greedy and try to earn money by taking from others through illegal. Some of these people end up in prison. Hopefully, they will understand that their actions put them there.

Now I'm aware that not everything in life is fair. Why is someone who is dealing drugs living high off the hog while people are starving? I can't explain that.

But what I do know is that we can help this world by changing ourselves. This is what I think all of us as a world can do. Be responsible for your own existence. Help out your fellow man. Someday you may need a helping hand.

Practical Actions

- Pay attention to your thoughts. Remember every thought is like your bank account. A negative thought takes away money from your bank account while a positive thought adds to it. Just like in real life.
- Think before you speak any words. Does this uplift me or is this the same old conditioning and junk that I have been conditioned to?
- Think before you act. Does this action bring enhance my life or does it bring me down?
- Go over your life and do an inventory. See where your habits have led you to either a positive or negative avenue. Looks at your relationships, career, finances, family, friends, your free time. Look everywhere and see where you need to pull some internal weeds.
- Read books on how to be a Co-Creator instead of a reactive being. See the book list at the back of the book.
- Educate yourself and attend classes and seminars on changing your life.

You can own the entire universe.

You can do anything you want.

You can rule the world.

You can conquer the galaxy.

You can be the richest man alive.

You can have an army of millions.

You can be a CEO of a large Fortune 500 company.

You can master the stock market.

You can be a famous movie star.

You can be the most famous actor of all time.

You can be the president of the United States.

Yet without true happiness, your life is empty.

The wise man pursues inner happiness.

This is the true gift of life.

The Law Of Laughter



Recently I was flipping channels on the TV and a documentary on the Sundance channel was on.

This documentary was focused on Mike Meyers who is famous for his Austin Powers movies and Deepak Chopra.

They were discussing the similarity between comedy and the quest for life. Both of these have a point in time where one becomes enlightened or understanding is gained. When a joke is told there is tension in the air.

As the story unfolds it builds and builds with anticipation. At the height of suspense, the punch line is told. The energy of realization is transmitted to the audience and they understand the joke and waves of laughter occur.

This audience all laugh ha ha ha. Tension has been released. Maybe it's a political joke. Comedy has the means to laugh at any given situation and brings us a state of awareness.

In the same manner, the Zen Buddhists have Koans which are life word puzzles. To the ordinary person, it does not make sense. What is the sound of one hand clapping?

But through their meditations, they reach a level where they understand the Koan, and an aha experience occurs. This is similar to

understanding a joke but at a deeper level. This is the internal comedy that leads to Enlightenment.

Both of these are crucial for our everyday life. Laughter is indeed the best medicine. I'm sure many people know of Norman Cousins when he got cancer that we watched all different sorts of comedies for over a month.

Laughter daily will heal us. He used Laughter to heal his cancer. There is a theory that cancers are angry cells. By being aware of laughter we can heal.

Laughter can transform angry cells into happy and healthy cells. The Taoists have a meditation technique where they imagine certain parts of the body to be a huge smile.

They smile from the pelvic area are the way across. They smile from the stomach area all the way across. They smile at the rib cage all the way across. They smile from the month. They smile from their eyes.

They smile from their forehead. By doing this daily and paying attention to the law of health they keep the disease at bay. The Taoists have been known for their remarkably long lifespan.

Truly laughter breaks up any emotional residue. This residue may be released from our minds and bodies. God gave us a natural release mechanism called laughter.

Many people are so serious about life that they become emotionally constipated. They lose the joy and the true meaning of life.

We were born into this world. It was set up so we can learn from our mistakes. There is no other way to learn. So God gave us and all beings laughter. We can laugh at ourselves and the world at large.

Life is truly a joke. There is a punch line called enlightenment where everything makes sense.

Have you seen the Tibetan Buddhist? They are a group of beings who truly know how to laugh. Look at the Dalai Lama. He laughs at his mistakes.

This is how we learn. If we get down on ourselves it doesn't help in any way whatsoever. It's like putting chains on us. Laughter is truly a divine gift.

Even if you don't believe in God it will enhance your life. The Buddhists don't believe in God but look at their emotional life. It is based on happiness and joy.

So you can learn to use the law of happiness in your daily life. Look at situations where a difficult position comes your way. Use the power of laughter to see the clarity of the situation and blast away the negativity. You can see through different eyes. Laughter is the key.

Life can be one ha-ha experience and one aha experience. Both of them lead to the same door.

Laughter opens the doors to creativity where you can totally transform yourself in any given situation. By being open to creativity you can learn how to dance with life.

No matter what obstacle comes the way you can dance around it. The Indians hold Lord Siva as the Lord of Dance, the Lord of Life and Death, and the Lord of transformation.

Each of us dies every day and is reborn every day. What I mean is that by dying when we lose perspective and get so involved in the world a part of us dies. We forget our true nature.

Every night we return to the source. We get charged from the source of life and in the morning we wake up. In the same manner, we can consciously wake up and be aware of the process.

These tools will help and assist you in this manner. You can die from your past conditioning and be born into the great laws of life. This is awareness coming to your forefront.

As you can see we can use laughter along the way. We can laugh at life. The best teacher's I have ever had used laughter as a means to learn. How many times have you heard a boring lecture?

Can you truly learn? Yes, you can but it's difficult. Yet a teacher who can teach with humor and laughter truly can deliver the message and understanding.

A boring lecture speaks to the mind. A fun-filled humor talk full of humor will affect the mind and heart. It will go directly to the soul. This is where laughter can be used.

My daughter is in her first year of college and she sees how laughter from the teacher determines the quality of the lecture. Laughter enhances the situation.

Personally, I think all teachers should be required to learn how to use laughter in their teachings. It would certainly improve our educational system, just that one idea alone.

How many young kids are turned off from education and learning because of a boring teacher? Life is not boring. If your teaching style is boring you are doing a great disservice to your students.

You need to lighten up. Get a little wild with life. Do something different. Breakthrough your boring ideas. No wonder so many kids are frustrated with the whole education system. It needs to be transformed.

Every part of society can be enhanced with laughter. We need to learn how to use laughter with our political systems, our social

systems, our educational systems, our religious systems, and our business systems. Laughter is the means to understand life.

Practical Actions

- Learn how to laugh at yourself
- Laugh at obstacles and problems
- Watch comedies instead of violent movies.
- Practice the Taoist smile meditation. (Even for just one minute)
- Learn to laugh like when you were a child. Reclaim your innocence,
- Get rid of your hard edge in life. Look at children for examples of laughter.
- Don't take anything too seriously.

The Law Of Giving And Receiving



The whole universe is in a state of giving and receiving. This is the law of life. In each breath, you breathe in Oxygen and you breathe out Carbon Dioxide. You receive oxygen and you give carbon dioxide. Now the trees and the flora receive this carbon dioxide and give us back oxygen. This is the circle of life.

Our natural state of evolution is similar to a tree. When a seed is planted in the ground over many years a wonderful fruit tree is grown. It may take many years before fruits start appearing.

There is a stage in the tree's life where each year hundreds of fruits appear. The tree has fully matured and is in the process of truly giving and receiving. Its gifts are its wonderful fruits.

We are very similar to that wonderful fruit tree. In our life, we start as a seed. Over time we begin to grow and mature. Hopefully, somewhere along the way, we begin to realize that the more you give the more you receive.

This is the law of life. We begin to see that in our everyday life we can make a difference. We can offer a smile to whoever we meet. We can help someone who needs assistance. We can help out with gifts of kindness.

The more a person goes into Silence the law of Giving and Receiving becomes more powerful. You tap into the infinite source of Love and in the state, you automatically want to give.

This is your true state. You receive such incredible gifts from the silence that your inner well springs up and you want to share these sweet waters of love with the world. You don't even have to say a word. Just one smile can brighten someone's day.

So the more you give the more you receive. The more you receive the more you give. This process goes on forever. Somehow mankind tends to not be in this state of awareness. It does exist inside of us.

Some people are very good at giving but have a hard time receiving. Look at how Mothers give constantly to their children. Yet if they only give and aren't open to receiving over time they may become bitter.

Consequently, the one who constantly receives and doesn't give will become self-centered and not be a pleasure to be around.

There must be a balance. We must learn balance. For me, balance is slowly obtained through silence. By being in silence one learns that life is constantly giving and receiving.

I learn that every day when I meditate that I'm constantly receiving and my cup is getting full. So in my day-to-day affairs, I can share from that cup.

I believe that first, you must fill up your cup drink some water, and then share your cup with others. Now every day we must fill our cups. We must realize that all the religions in the world emphasize filling your cups. All religions are teaching us the way.

To be filled we must enter into silence. Only through the Law of Silence can your cup be filled. If each one of us does this constantly our world will transform. We will be constantly living in the Law of Giving and Receiving. Remember in the Law of Silence where countless teachers have

recommended paying attention to your breath day in and day out. No matter what you do focus on the inhalation and exhalation of your breath.

Over time you will see that behind your breath lies the power of love which is keeping the entire universe alive. You will be in a constant state of giving and receiving.

This is truly an incredible goal. I see that it is possible. I'm not there yet but I do see how many times during the day I'm truly connected. It's just a day-to-day state of awareness and fine-tuning yourself.

It's learning how to be in harmony with all these incredible laws. The laws if they are focused on will truly transform you. It doesn't matter who you are or what you have done.

There are stories in the past of people who have committed horrible crimes and learned how to transform themselves into being of kindness. This is our true state.

The other is a hard shell that needs to be taken off. We are the fruit of the nut, not the hard shell. Unfortunately, many of us have been taught the other way around.

That being tough and edgy is our true nature while kindness and love are for sissies. Nothing can be further from the truth.

By tapping into your true nature you are tapping into the power that created the sun, the moon, and the stars. This is incredible power. Yet its manifestation is love and kindness.

There are the building blocks of life. We don't realize that this is true strength. Anyone can get angry but a wise person has conquered his/her mind and that Love is present in one's life. In that state, The Law of Giving and Receiving is in balance.

I feel so happy these days to see so many famous people helping out in this world. It's so incredible. So many people say oh it's because they want more fame.

Well, they already have fame and I think it's so much more. When you reach a state of abundance (which they have) you begin to search out ways to help those out in this world.

They are filled inside with abundance and start to find out ways to give back to this world. I applaud anyone in this manner. They could simply hide in the mansions and never come out yet they dedicate their lives to helping people in need.

I recently saw the Larry King interview with Brad Pitt where Brad is helping to rebuild a township in New Orleans. He raised millions of dollars and is taking this project into his own hands. I applaud that and the actions of his wife. They are an inspiration to me.

The people of America are giving people. Billions of dollars are donated to non-profits each year. I pray that this money truly will go to those who need it and that the people who are stealing this money stop and realize the Laws of Cause and Effect. Our nation has faith that the money donated will go to its proper source.

We as a nation and like all nations respond to situations where other nations need help and assistance. Let us constantly carry that out. We need to really pay back all debts and become solvent again.

If I ran my business and my household like our present-day's financial debt that we have occurred I would have lost everything years ago.

We must become financially stable again and then we can truly help this world. The Laws of Giving and Receiving pertain to all areas of life. We must be in balance in all areas of life.

We must learn how to stop conflicts peacefully before they get totally out of control. Otherwise, we will spend trillions of dollars often disrupting entire nations and throwing them into chaos. It would be equivalent to what happened to New Orleans happened to the entire United States. Every human in America would be affected.

So we must learn to be in balance. We must learn more to be in harmony with this sacred law. It is the Law of Life.

I have been following the life of Bill Gates now for over 25 years. We have all seen how he came to be one of the richest people in the world and at times the richest.

But what truly has impressed me is the evolution of where he is now. Imagine having everything and making more money per year than a lot of third-world countries and seeing that you could do anything and for many years he probably did that.

Yet something happened, something occurred to him outside where he began to see the world's problems and wanted to help out. In the last ten years, he has totally changed his perspective around.

Imagine stepping outside his position at Microsoft and dedicating the rest of his life to his foundation to help others in this world. Now I believe that Microsoft is a tight-run ship.

Money does not get squandered there. I can guarantee that his foundation will be the same. He will hire the best of the best and I'm sure he already has.

In a few short years, he has the largest foundation in history. Even Malcolm Forbes gave billions of dollars to this foundation. I don't know Malcolm at all but I bet that he doesn't give money out like this until he is fully convinced.

What I'm trying to say is that millions of people are giving in their way. Even one cent from the heart matters. You can help this world through one simple smile (no money required). Each of us can give.

Don't wait for your government to help establish peace. First, establish peace inside of you and everything else will follow. The world is changing for the better. Now let's all be aware of what we can do.

I pray that each one of us can truly begin to apply at a deeper and deeper level the Law of Giving and Receiving. May every nook and cranny all over the world be filled with Love, Kindness, Abundance, Health, and shelter to all.

May we all pray in our own ways? May we all realize that all of us want the same thing? Peace. May those who think that through guns and violence that peace may be attained realize that peace only comes through peace?

War only brings more war. It's time for man to bring himself to the next level of maturity. We have everything in place. It's time for us to change for the better. Hopefully, this will give you a simple spark of inspiration. Just one spark can lighten your life.

Practical Actions

- Meditate on your breath. Notice that your breath is constantly giving and receiving.
- If you are a Mother who constantly gives be open to receiving.
- If you constantly receive do something to help another person.
- Give a smile to everyone you meet and notice what happens.
- Donate your time or money to a worthy cause.

We breathe such a sweetness of life.
It doesn't matter if we are a saint or a sinner.
Life goes on.
It has such compassion.
It simply gives itself life to us.
It doesn't judge or we would never be around to see this planet.
Life simply is.
Life goes on.
Can you imagine the beauty and the ugliness it has witnessed?
Life has probably at times cried itself to sleep.
Only man can change its ways.
We hold the key but in the midst of our pride, we will not open the door.
Life goes on.
We may have tainted breath but Life is so sweet.
Life teaches us to be complete.
Life the beautiful life we have.

The Law Of Prosperity And Abundance



Every one of us wants to prosper and to be abundant. The Law of Prosperity and Abundance is a natural law that is expressed in all of life. Look at the abundance of stars in the sky.

Look at the incredible abundance of fruits, vegetables, trees, herbs, and plants. Nature is totally abundant. Look at the bees and their honey. They are not lacking. The whole universe is the Law of Prosperity and Abundance.

Now to be truly abundant one must be in balance with the Law of Balance which we will go over next. True abundance does not equate totally with money.

Some people are millionaires that hoard their money and aren't abundant at all. They just have a lot of money but their life is not abundant or prosperous.

To be prosperous and abundant is a state of mind a state of awareness. The more aware we are the more abundant we will be in all areas of our life.

We will be filled with Love, Mercy, Compassion, Patience, and Forgiveness. We will love to share with others what we enjoy. Life will be beautiful at all levels. This is true abundance.

We may also have a significant amount of money. Our life will be in balance. In this state one really doesn't need a new car every few years. One is satisfied with what one has in their life.

Abundance is not a new car or acquiring new stuff. Abundance and prosperity come from within. A true smile on your face is abundant. You are not lacking in life.

You love life and you share that feeling with others with a smile. You genuinely say Hello to strangers. Life is abundant and you feel it.

You were meant to prosper at all levels. Remember what you really want is inside of you. Yet if you want to have prosperity come to you in the form of money then go back and go over the laws of Manifest Destiny.

Take a look at each step. Go over the laws of creation. Go over the Idea, Thought, Plan, and Action. Make this practical. Do practical steps. Read books on prosperity.

Start daily to receive abundance in all areas of your life. Pray, meditate, plan take action. Doing something with a plan is so much easier than making action without a plan.

It's like a swimmer who just splashes in the water and one who can swim from one place to another. Both are swimming yet one is going nowhere and the other reach its destination.

So remember it is not just making effort, it using the Laws of Creation and the Laws of Manifest Destiny to accomplish what you truly want.

Your true nature is abundant. Your true nature is prosperity. You just aren't aware of it. There is a cloud of illusion that keeps the sun from shining within. When the mental cloud disappears you will see that this is your true nature. You are an incredible diamond. You are priceless.

You are eternal. There is no amount of money in this world that can be matched by how precious you are. Everyone, us is custom designed by the creator.

So these laws aren't religious laws they are natural laws. They are the laws of the universe. We can realize that our true nature is abundant and our life is meant to be an expression of giving.

Nature is constantly giving. This is the way of life. One who hoards and holds out will miss out on the beautiful qualities of life.

By not being abundant or open we don't trust others. We are fearful. We don't know how to truly give (when we do there are strings attached).

A spiritual being is open in all areas of life. It's not a dogma but an expression of us. To be truly abundant, we must be open inside. The more open we are the more prosperity and abundance will flow into our lives.

These are actually qualities that we can cultivate over time. This is our true riches. Our internal abundance can never be taken away from us while our money in the bank can.

We have an internal bank account. This money can never be taken away. The more we spend and give to others the more prosperous we are. This is quite an incredible law. It goes against what we have been told in our life.

This does not mean that we should spend all our money unwisely. It means that from life comes wisdom. From wisdom comes true action and giving.

The more we go within the more wisdom we will acquire and put into practice in our daily life. Wisdom is not something that can be bought or sold. Wisdom is learning from your mistakes and learning from your actions.

Suppose that you are tired of not being able to pay your bills. Over time you will do something about it if you are smart or wise. I remember when I was in my twenties and just started out having a family.

I didn't have any money at all. There reached a point where I decided enough is enough and planned to do something about it. I was working as a room service waiter.

Well, I went back to school and studied computers. I was on the Dean's List. Since then I've been in the computer field for over 35 years. Each year I'm making more than the previous years. Over time through effort and determination and planning we can reach our goals. We just need to be smart and wise.

So it's up to each one of us. We can improve the quality of our lives. We can be abundant and prosperous. There truly is more than enough to go around. This world can be prosperous. We can help our neighbors. Nations can help one another.

We need to truly educate our youth on the power of education and wisdom so they will make better choices. Poverty at all levels must be eradicated from our minds and our physical existence.

Poverty is truly a state of mind. Let's change our awareness and help others to change their awareness so this world will be a better place. Let's make poverty our number one issue in our political affairs. Let's help all in need to help them learn how to fish in life.

We don't have to give them fish yet we do need to give them the fishing rod so they can fish every day. This will make them self-sufficient in life.

So you can see this law is vast and covers all of life. If the creator can provide for all creation he can certainly provide for us. Maybe we just need to open the door inside.

Practical Actions

- Don't complain, blame or criticize
- Look after your inner garden. Throw out the weeds.
- Meditate
- Read books on abundance (both the internal and external type. Get educated.
- Learn ways to make money while you are sleeping vs. the 9 to 5 job.
- Take an inventory of your financial health. Both internally and externally.
- Create a mindset for abundance. Means change your entire outlook on life.
- Go beyond your comfort zone.
- Strive each day for another game level in life.

The Law Of Balance



For each one, we need to take a look at the Law of Balance. Are we balanced in our life?

Are there areas in our life where we are out of balance? Do you sleep too much or too little?

Do you party too much or never socialize at all? Are you a workaholic? Do you eat too much or do you hardly eat? Everything in life must be balanced. If you get too much sleep are you avoiding the world?

If you sleep too little are you healthy in the long run? We need to be aware of how balanced we are in life. One who is in balance inside is in harmony with life.

Do you constantly give and never receive or do you receive and don't give? Both of these should be in balance. Do you spend time with your family and make time for yourself?

Are you always working overtime and don't have any time for others? Are you always complaining and telling others about the misfortunes of others?

Being in balance takes constant effort yet this effort brings us to our true existence. We must learn how to balance all areas of our life.

Do you exercise every day and neglect your spiritual life? Do you spend time on your spiritual life but neglect your physical body?

Do you spend most of your life living to work instead of working to live? There is a huge difference.

Do you drink one or two drinks and call it quits or do you drink and wake up with a hangover?

Do you spend time with your family or do you avoid them?

According to the Law of Life, everything must be in balance. Every one of us has a unique balance. My life is entirely different than yours and requires a different state of mind, and your life is different from mine.

But each one of us has an inner thermometer where we can see what we need to do to achieve balance in our life. Once again it's by being aware. Awareness is the key.

The majority of the time we live our lives on auto-pilot. We go through the motions in life and don't really pay attention to where we are going. If you want to fly to certain destinations such as San Francisco you would board a plane going there.

You would not board a plane flying to Rome. In the same way, we need to stop flying around in circles and look at where we truly want to go in life. This is where being in balance helps us. By being in balance we can see and feel the various adjustments that we need to take in our life.

Is life like a rubber band that if you stretch it too far it will snap?

Some people's lives are totally out of control.

Some people's lives are totally in control, yet it's a life of boredom.

Some people are risk-takers, while others aren't.

Some people love adventure while some love the couch.

Some people are always serious, and some never laugh.

Some people laugh and are never serious.

Some people obey the laws.

Some people never obey the laws.

Some people's truth is fiction.

Some people's fiction is truth.

Some people are honest, while some aren't.

How do we tune the guitar of life?

If we are high strung we will break, yet if can't stretch we are like a limb(lifeless)

Life can't be a constant party or we will burn out.

Life can't be constant sleep or we will miss out.

Life can't only be filled with work,

Nor can Life be filled only with play.

We can't always escape from life.

Nor can we always be 100% focused on it.

We need the middle way.

I'm sure that a pilot of an airplane does some small adjustments periodically to maintain being on course. The same way it is for us. We must make small adjustments day in and day out and harmony will be achieved.

Fortunately, this process of refining ourselves gets easier with time and more joyful along the way. We are letting go of our baggage and by doing so our life is lighter and more energetic.

We are learning what it means to be a human being balanced in life. So we can act following the Law of balance or we can go on what we have been doing with our current awareness.

By being aware of the law and learning how to balance your life in all areas your life will improve at all levels. You will be learning that this life you have is incredible and you were meant to live in happiness and joy. You were meant to be healthy.

Practical Actions

- Do an inventory of your entire life? Where are you out of balance?
- Ask yourself what actions you can take to bring yourself into balance.
- Get help and assistance if you have a hard time bring yourself into balance.
- Educate yourself. Read books.
- Meditate and contemplate.
- Learn to fine-tune yourself.

Man climbs the stairway of life and gets very frustrated.

He looks for satisfaction but never quite finds it.

Man is tired but can't find sleep.

Alone at night, he prays for answers.

There is an elevator within that man can take.

It doesn't stop until the man reaches his true home.

Stop and enjoy the ride.

The whole universe is spinning right between your eyes.

The secret of life lies within.

The mystery of this riddle lies in your heart.

Be like a child and discover your youth.

Your true father and mother are keeping you alive.

Relax and enjoy the sweetness of breath.

The Law Of Health



This human body that you have is truly the crown of creation. You are more precious than any building dedicated to God, for God resides in your temple.

This is how incredible you are. Even if you don't believe in God then the power of the universe exists inside of you. You are custom-built and built in the image of your creator.

So with this state of awareness realize that the Law of Health is something that you need to apply daily in your life. You are the most incredible diamond and must take care of it. Please don't throw the diamond on the ground. Life is precious.

Realize that attaining better health will improve the quality of your life. When your body is healthy and your mind is healthy you will be healthy. Science knows that there is such a deep connection between your body and mind.

By applying the Law of Health and becoming in tune with it your day-to-day life will change. You will truly be alive. You will be energetic. You will be able to exercise.

You will be happy with yourself and the way that you feel. Others will notice and ask you what you did. The law of Health starts by looking at where you are right now.

Are you overweight? Are you constantly tired? Are you angry at Life? Are you a couch potato? Do you just love junk food? Is it difficult to wake up and face a brand-new day?

Each one of us is responsible for our own health and happiness. Each one of us can take small steps along the way. I'm not saying large steps.

I'm saying take baby steps day by day, month by month, year by year and your health will improve. Start where you are and congratulate yourself where you are because you put yourself in the condition.

It really doesn't matter where you are. Now take a look at seeing what small steps you can take.

Some people are so overweight they can't even walk around the block. Yet by taking baby steps like walking to the mailbox they slowly start building their endurance.

Then after a time, they can walk around the block. After that, they slowly increase it. They start to feel good about themselves. Wow, I feel more energy.

Then the next day they think hum maybe I should be looking at what I eat. I do eat so much junk food. So they start to change their diet. After some time, their body starts to crave real, wholesome food.

They begin to lose weight and develop a sense of pride inside themselves. Over time they truly begin to transform. This is applying the Laws of Health in action.

All of us no matter who we are can apply this law to a deeper level. A professional athlete may say well I have achieved this state. Well, there is always more and more. Are you prone to injury?

Do you work out breathing through your mouth when you exercise? There are breathing techniques that you can learn that will take you to

a deeper level and by breathing correctly your body will experience fewer traumas than by breathing through your mouth.

Is your body stretched and relaxed? Is your mind at peace? Can you sleep soundly? When you are at bat can you stop your mind and the world around you and only see the ball coming at you? This law is about fine-tuning ourselves to health.

It's about learning how to train the body and the mind. It's about how to create harmony and optimum health inside of us. It's by learning how to take care of the diamond within.

It truly is amazing that we are the richest nation on the planet but our healthcare is going down the drain year after year. The cost of healthcare is totally out the door.

Look at all the ads on TV using this drug and it will help you stop the symptoms of this yet it could cause death if taken. Look at all the side effects each drug has.

I haven't seen one commercial that doesn't have a side effect. And our doctors say this is good for us. We must learn to become healthy on our own and take responsibility in our own hands.

I'm not saying don't go to a doctor. I'm saying take preventive care of yourself. Learn how to daily improve your life. Stop eating junk food, exercise, meditate and pray.

Have gratitude that you are alive. Change your thinking patterns. Develop a healthy mind. Pay attention to your body and what it needs. Go to the library and check out books that you can read to improve your health. Take a yoga class or Tai Chi class. Walk.

You can and must care for yourself. How many of us wished that when we have to go to the hospital only we could go back to the past

and start over and implement the changes that would be necessary to take to prevent us from being in the hospital?

We can be vibrant to a ripe old age. Look at the Real Age website and take their series of tests. It will recommend to you what you need to do to lower your age.

You may be 55 years old but if you follow these natural laws your body will be like a forty-year-old. Science has proven that. You can reverse aging.

Science says that within the next forty years we will be able to increase the age that we die to around 150. If that's possible then at 55 you are still a youngster.

So take this message to heart. Maybe you are tired of life and say I don't have the energy to change. Just take a little tiny baby step every day. Your body has such great intelligence to it by following these laws you will improve.

I'm saying take care of yourself. Harmonize your mind and body. Be happy. The Taoists have a meditation technique where they focus on the various parts of their body and send the happiness to each part of their being.

Cancer or disease can't survive when the body is happy. Many stories have been told about how certain cancer victims have overcome their cancer by laughing and being happy. Truly there may be something to it that laughter is the best medicine.

So pay attention to your health and state of mind. Be positive. Remember all disease is when the mind and body are not at ease and when the mind and body are not in harmony.

You can improve your health little by little. Remember it's the daily steps that you take that reach your goal.

God wants you to be happy and healthy. For the sake of you and for the sake of others around start on a day-to-day process of taking care of yourself. You deserve it.

For the last 6 months, our family has been going to the Y to work out. Every one of us has seen tremendous results in our body and mind.

Each of us needs to do strength training, flexibility (stretching i.e. yoga), and some sort of aerobic exercise.

All three are important. They are like the three legs of a chair. If you remove one leg the chair won't be able to stand up. You will be amazed at the difference. Be sure to start slow.

This is not a race. If you do too much your body and mind will rebel and you will give up. Make this practice a part of your life. Our family has seen such incredible results and we are fine-tuning our practice.

Perform strength training 3 days a week so your muscles can rest between sessions.

Every day performs some aerobic exercises and stretches. I find that by breathing through my nose the entire time my body doesn't get sore. When I feel that I have to breathe through my mouth I make less effort and hold back a little.

Your breath is an indicator of how much effort you should use. If you are not smiling inside or you are panting and puffing you are putting too much effort out and your body will feel the effects later.

Have you ever seen a runner smiling when they are running? Most runners look like they are in agony when running. When I was a runner in high school I learned to run through my nose.

I found out that I could have more energy and endurance when I breathed through my nose. I practice this breathing currently when I'm

at the Y or walking. It helps me to truly enjoy the exercise and prevents me from overtraining.

Every day the body can truly love to exercise. Unfortunately, most of us have been trained wrong and given some bad advice. We have learned that through the pain you gain.

Nothing could be further from the truth. Pain is an indicator that something is wrong. We have never been taught to listen to our body signals.

Our body is the most incredible computer and it will give signals to us. Unfortunately, at times we aren't aware.

Practical Actions

- Pay attention to the food that you eat. Read books on health and nutrition.
- Learn to slow down and meditate.
- Do only one thing at a time.
- Meditate daily
- Exercise daily.
- Drink plenty of water
- Pull out your negative weeds.
- Remember that all thoughts either bring you up or down.
- A thought will lead to a habit either a good one or a bad one.
- Let go of anything that causes you to harm in any way.
- Pray and contemplate daily.

Everyone is looking for the diamond.

We look near and far.

We think if only I had that I would be happy.

Yet are we looking in the right place?

People put their most valuable treasures in a safe.

Hopefully, they remember the right combination.

Without the right combination, the safe is there, your treasure is there, but you can't open it.

There is a diamond hidden in a safe inside.

Without the combination, you will never know that it's there.

This diamond is the key to life.

Unfortunately, man does not know where it is hidden.

We search everywhere but within ourselves.

Only you know the right combination.

Only you can find the diamond inside.

The Law Of Rest



We as a society are constantly on the go. Every moment of every day we go go go. We train our children to have tons of after-school activities.

This truly leads to an imbalance which over time leads to disease. Everything in nature requires rest. Take a look at a dog or a cat. They have periods of activity then they take naps.

Even the four seasons replicate a resting pattern. Take the wintertime all the flowers and trees become more dormant. Resting is a natural law.

I remember surfing as a kid and spending around 5 to 6 hours in the water by the time 8:00 came around I was tired and fell asleep in almost an instant.

Even muscle builders understand that the body needs rest to build muscles. As you lift weights you start tearing down muscle fiber and then you rest. Resting is the phase where you repair and build your muscles.

By being aware of how we feel we can fend off our body being sick. I've learned over time to listen to the signals in my body. If I feel I'm coming down with a cold I will go to bed an hour earlier.

Usually about 99% of the time this will allow my body during rest to fight off what it has to. We can be in sync with our body intelligence to

keep our health in mind and body. This takes awareness and the ability to enter into silence. Unfortunately for most of us, we don't pay attention to our body's signals and that's why we can succumb to catching colds. I've learned how to have rest be my life partner.

I remember when I just started programming I would work many hours and slowly over time I would get burned out. After some time I learned that I was more productive if I didn't work so many hours. There was a point where once you got tired you made unnecessary mistakes. Your train of thought becomes cloudier.

Nowadays if I'm stuck on something I will walk away from it and let my mind rest. I will relax, spend time with my family or take a walk. In the resting process what happens most of the time is my mind will float up with the thoughts that will solve the problem.

This has happened time and time again. Being in tune with this law it helps in our everyday life situations. We are constantly learning how to balance life.

Most people should learn how to rest while those who rest too much should learn to be more active. This is where we should listen to our inner signals. Only when we are rested can we function properly.

I think this is especially a lesson for students. At times their lifestyle is so hectic and our school structure is not built on balance that all most every one of my daughter's friends gets burned out one day or the other.

This leads to illness and depression. The fast-paced of our college students leads to a society where learning is not exactly easy and fun. Most of the professors that I've seen give the kids way too much homework. Again balance and

Life is a garland tying man together.

We use the string and create such a tangle.

We say this is my string and we pull from different angles.

This is mine or I'm right and you are wrong.

What is the matter?

Are we smart when there is simply one string and we create such a mess?

Each of us has to untangle ourselves from the mess we have created.

Then and only then will man really become free?

*Then we will see that the needle of life causes no pain but man in his own ignorance
creates the pain.*

Rest must be maintained. A person should learn how to rest and play.
A person should learn how to rest and work. Everything is in balance.

As a society, we should learn that's that it's ok to chill out. It's great to
lie down on a couch and read a book. Just don't be lazy and spend
your life on the couch.

The body and mind need to recuperate. So what I'm saying is to pay attention to your body and mind. Listen to your body when it's tired or run down. Pay attention to your thoughts.

If you are getting a little grouchy are you tired? If you are, then take a nap. When you wake up you and everybody around you will feel better.

These are just some things to think about concerning the Law of Rest. I think at times most animals are more in tune with this process than most humans.

We have lost touch with the natural elements within us. We are really out of synch with nature and its patterns. Consequently, we lose out on a healthier, happy, and stress-free lifestyle. We are always on edge.

Our minds are constantly on the go. We rush, rush, rush throughout life. We really can't enjoy stopping and smelling the flowers. We can't truly enjoy playing with our kids or friends.

We are constantly looking at the future but we can't seem to truly enjoy this moment in time. Learning more about the Law of Rest will truly enhance your life.

It will help you to truly be in a state where you are happy and satisfied. Every moment will be rewarding and fulfilled. You will learn that being restful is not wasting your time but it will enhance you at all levels of your life.

Your family and your mate will love you more because you will spend more time with them. Your priorities in life will begin to change.

Your job or profession will still be important to you but it won't be the most important aspect of your life. You will see over time that the simple things in life are the most important.

Your family and friends and the times being together will place more importance than bringing in the big deals. Your attitude towards life will be more carefree and over time you will see to cherish every moment.

It truly is a miracle to be alive. This state of awareness will be carried over to all areas of your life. You will see that each day is a brand new day and you have the opportunity to experience it. Take advantage of how incredible you are alive.

See that resting is a gift from God where you can learn how to recharge your batteries. Know that through rest it is a process of creation.

All of the creation and your creative endeavors must have rest in between. True rest allows the fruits of your thoughts to sprout where over time they will grow into an incredible tree that will bear fruits. This is the power of rest.

It is part of the rhythm of life. Even the oceans rest. I remember being a surfer where the waves would come in sets and after some time the ocean would become calm.

All the surfers would then talk and chill out. Usually, after some time another set of waves would come in. Look at your own life and see how rest can help you out and make you more aware.

Practical Actions

- Try to go to bed before 10:30. Scientist has discovered between 8:00 and midnight the body lets go of all the stress of the day.
- When you have a problem walk away from it and you will discover through rest the answer will float to the surface in no time.
- Rest your body through sleep. Get plenty of it. Don't skimp.
- Rest your mind and soul with meditation and prayer. This is food for the mind and soul.
- Look at nature and all of its cycles. Learn from it. There is a time to be active and a time for rest.
- It's ok to chill out or party with friends. Just don't make it your main priority. Remember balance.
- Learn to control your mind. Be in the center of the hurricane. This is where true rest resides. Outside the center is your swirling mind. No wonder we get tossed from one thing to another.
- Do only one thing at a time. Don't talk on the cell phone while driving your car. Don't watch TV while eating dinner. This will help you to slow down. Go for a walk in nature but don't bring your iPod along.
- True rest is a state of being.
- Exercise your mind and body every day.

*Where is your true home?
Before you were born where did you sleep?
After you leave this world where will you go?
Life is a mystery.
The wise men have said your home is eternal.
It is the foundation of life.
To solve this mystery close your eyes.*

The Law Of Enlightenment



Imagine everything created eventually returns to its source. Imagine a raindrop that falls into the mountains.

This drop will weave itself into a stream and then into a river and this journey could take place for thousands of miles.

Ultimately it goes back to the source the ocean.

We all came from the ocean of life. Every one of us has drop of life inside of us. We are all going back to the source, going back home.

This is our true nature. The Law of Enlightenment will show us through time that our goal is to become one with all life.

Religions talk about a light that cannot be created nor destroyed. The light is was and will always be. This is who we truly are.

This is our true nature. We are this Light. The Law of Enlightenment is the power that brings everything back home, back to our true essence back into the light.

This is what Saints and Sages have been saying for thousands of years. Let thy eye be single and the whole body should be filled with light.

Krishna revealed to Arjuna a light more brilliant than a billion suns. Our body is hard-wired to have this experience. The Saints and Sages of the past knew this and lived their life to daily meditate upon this Light within. The goal was Enlightenment or union with this light.

During the past 30 years, so much research has been done on what happens when you die. So many people have had the same experience of seeing this incredible Light that engulfed them and filled their being with Love and Joy.

This is common knowledge for many. The Law of Enlightenment will help you on a day-to-day level to go within and experience this Light for yourself. It is a practical experience.

This is not hearsay. This experience has been known for thousands of years. All the great masters have known this and taught this.

You are going back to the source. By being aware and by practicing daily you will be more and more aware every day.

There have been millions of people who have in essence returned home while they were alive and dedicated their lives to helping every Sentient being to come back home. This is who you truly are. The age of Enlightenment is here.

I saw an article recently that the average Sunday NY Times had more information than what a person acquired in the 1700s. This age is an evolution revolution in human awareness. Something is going on and we can quite pinpoint it. Something inside of us is becoming aware and we don't know quite what it is.

Each of us is waking up on our own time and yet today so much awareness is going on. With the advent of the Internet, so much is going on. We have an understanding that this is a global village.

We can't put it into words but our scientific advancements have been incredible in the last hundred years. Science knows that we are all one.

He who says doesn't know.

He who knows doesn't say.

The truth is not the book,

The book is not truth.

Truth lies inside of the book, yet is not the book,

The book contains truth, yet is not the absolute truth.

Truth is, was and will always be.

A book is simply words which try to describe truth

Truth can never be described.

How can the mind which is finite understand the infinite?

A book only talks about the fruit but is not the fruit.

Only by eating the fruit can you understand.

The mystics have said this for thousands of years but now science and the mystics are both talking about the same thing. How incredible that is.

They are on the same wavelength. That is simply amazing. For thousands of years, they were at odds with one another. Yet today we use fiber optics and it travels at 186,000 miles per second.

Our world around us is changing. The Law of Enlightenment will truly transform you and the world around you.

When I was young I heard the story about three blind men touching an elephant.

Each man touched a different part of the elephant.

One touched the elephant's ear, another touched his feet, while the last touched the tusk,

They began to discuss their experience and a huge fight began.

I'm right and you're wrong.

I know all the answers.

You are a fool to believe in that.

What a child you are.

Yet they all had their own individual experience.

It was a piece of the puzzle.

Not the puzzle itself but a piece.

Our we like the blind man touching the elephant?

My religion is better than your religion.

I'm going to heaven while you're going to hell.

I'm going to declare war on you.

I'm going to convert you.

Religion has a piece of the puzzle.

It is not the puzzle itself.

Each religion is different and unique.

The essence is the same.

Which part of the elephant did you touch?

*Maybe it's about time to be open to something new.
Your enemy is talking about the same thing you are.
He just has a different piece, a different point of view.
In the end, the essence is the same.*

The Law Of Life And Death



As we talked about in the Law of Enlightenment everything must go back to its source. Everything that is created must eventually return back to its source.

This is the Law of life and death. Death is somewhat of a misnomer. We all are born and live different lives. Ultimately someday we must leave this world.

This is a natural law. Yet do we know where we are going? In our western society, we don't talk about death. We leave it to the last moment. It is a topic people don't want to discuss.

Yet death is a fact of life, and yet it is far more glorious than what people understand. Upon death, one can realize that in fact, the body may die yet the spirit is infinite.

You are the Sun, the moon, and the Stars. You are an eternity. Your essence is was and will always be. This is who you truly are.

The wise ones from the past realized this and tried daily to bring this awareness into their life. They were able to bring the death-like state (eternal life awareness) into the day to day existence. This is what religion is all about, to bind yourself to your true existence while you are alive.

Countless teachers had done this in the past. Christ and Buddha attained this state. They realized there was an awareness that created all life and this awareness is our true existence.

Death for them was not the unknown. They practiced the art of dying every day. The art of dying is the art of living because there is no difference. Life is eternal. Life is ongoing.

Life is was and will always be. Life simply changes form. When you die your body and its elements return to their source the earth yet your spirit is infinite. You can never truly die. Your body can.

Mystics have been saying this for thousands of years. These sacred laws are a blueprint for life. You will experience for yourself that your body will die but you won't.

This is why we say that Life is so precious. This life you have is a gift from God. Realize how precious it is. Life is so incredible yet most of the time we just live in a 9 to 5 existence.

We truly don't realize that our life is a precious diamond. Only when someone close to us dies do we begin to realize how precious this human life is.

Through the understanding of the Laws of Life and Death may we truly appreciate the value of this human existence? Life is truly a miracle.

Death comes knocking on your door when your time is up. Nobody knows. Yet the wise person values this life and treasures it. Life is such an incredible adventure.

One who sees that Life and Death are the same will truly see the beauty of all things. Behind everything is the power of Love. Love created us and ultimately when we die we will return back to the source of love. This is who you truly are.

One who understands this and experiences this has Love and Compassion for all living things. This is our true nature. We truly care for all sentient beings. We truly want the

In the beginning was the word.

Before time and space.

Before creation.

Before the void.

Primordial energy, a Primordial word.

This word cannot be spoken.

This word is, was and will always be.

This word was God and this word is God.

All scriptures talk about the word, yet it is beyond the scriptures.

All religions talk about the word, yet it is beyond religion.

Science talks about the word, but it is beyond science.

This word exists inside of you.

What is keeping you alive?

When you know this you will know the answer to this puzzle.

World to live in peace. We want the world around us to be happy and abundant. By being in awareness of this law Compassion and Mercy will cultivate inside of you.

You have compassion for those who are dying. You will have compassion for those who are sick. Your prayers will be for those all in need.

The more you understand this law and enter into the Law of Silence every day these precious seeds will begin to grow. You will then begin to understand this and have these fruits become a part of your life. This life is a grand mystery waiting to be solved.

This Law of Life and Death is not morbid. Many people don't want to talk about it because they are afraid. I was when I was young.

I remember being told that death was like sleeping in that you never woke up. Since then my experience is that there is no difference between life and death except for a form.

This has brought me a greater appreciation of what it means to be alive. I'm no longer afraid of it yet I most certainly don't want to die tomorrow.

I have so much that I want to do. I'm trying to live as long as I can. My whole life is dedicated to improving all areas of this life and the life around me. I see that this human body is the most incredible temple and I take care of it.

By applying this Law to one's life our attitudes to ourselves and others change. We begin to see that everything is divine. Everything is sacred.

We start to live every moment in this state of awareness. As I said before this awareness grows. Every single aspect over time will be filled with the consciousness of Love. Every single action we take eventually will be divine. It already is yet we don't know it. Over time we will be in harmony with the universe. How incredible will that be?

So realize that your life is precious. You are indeed good. You may need to fine-tune your life (which we all do). But your essence is pure. I hope that you gain a greater understanding of the Law of Life and Death.

Our great teachers spoke upon this Law in their own way. Every one of them knew that death was an illusion and that you couldn't truly die. Every one of them talked about ways for you to directly experience this. They talked that the Kingdom of Heaven lies within.

In Corinthians 15:31 Paul said I protest, brothers, by my pride in you, which I have in Christ Jesus our Lord, I die every day!

Realize that this is not a question of faith, but a question of do you want this experience. Apply these laws to your life and over time you will see for yourself.

Nobody wants to change your religion or beliefs, but we are simply offering and giving suggestions for you to take in your life. Hopefully, these suggestions will help you.

We only hope that you will take the time daily and improve in all areas of your life. It doesn't matter who you are. If each of us just improves a little each day the world around us will improve.

Then we will really begin to appreciate the people around us and not take them for granted. By applying the Law of Life and Death we will enhance the world around us. We will truly start to appreciate all life, all sentient beings, and the whole of creation.

Man thinks that his conscious only exists in his brain.

He has created himself distant from life itself.

According to Einstein $E=MC^2$.

Show me then where consciousness isn't.

Inside of a flower or a car.

The whole universe is alive.

Man just thinks he is alone.

The Law Of Communication



I think that this area of the Law of communication is one of the major problems that have caused mankind to fight for their specific cause for thousands of years.

Do we truly know how to listen? Do we truly hear what the other person is saying? How many times when a conversation is going on do we tune the other person out or as the person is speaking we are formulating what we would like to say next?

To truly listen one must learn to enter the silence and still the mind. In the state of awareness, one can begin to listen. Otherwise, we are filtering what the person is saying with our thoughts.

This will over time bring great awareness and will enhance your communication skills. You can truly listen from your heart. When you listen from your negative ego you are constantly evaluating, judging, and criticizing. A pure conversation will not take place.

True communication begins with an open heart and an open mind. Both of these channels must be opened. The world would be a better place if we learned these sacred laws.

How many wars have started because of misunderstandings? People always tend to try to prove that they are right. A truly wise person hasn't anything to prove. This person has full confidence in himself and listens to the other person with openness.

You must want to truly listen. So many of our conversations are superficial. Hi. How are you? I'm fine. We have forgotten that there truly is a depth to our being.

From this depth, the true conversation will take place. From the state of unity, true conversation can take place. As we truly begin to understand who we truly are we will truly begin to listen at a deeper and deeper level.

A human being will then see that listening comes from an open heart and an open mind. In a conversation with another person, you are in sync with the person's thoughts and emotions.

It's almost like you acquire the ability to know and experience what the other person is saying. In this state, it's beyond words. Words at times are stumbling blocks but if you could capture the essence of what the person is saying you would go beyond the mere abstract use of words.

Words are like skimming the surface of the ocean while listening from the heart and an open mind is like diving into the ocean and discovering the pearls.

So as you can see there is a brand new way of listening. It just takes the power of conviction to take it to the next level. This is so exciting.

Imagine that in every conversation that takes place you can learn from it and on a day-to-day basis take it to a new level. Your life will change and the lives of others will change because of you.

I'm saying that you can truly change your life. This life can and should be fun. By tapping into your own divinity you will drink the incredible humor, wisdom, compassion, and love that are inside of your being.

Once you tap into this well on daily basis your conversation and listening skills will improve. You will be more interested. People will

like to talk to you because you are a good listener. You truly care and are supportive.

In the darkness comes forth the seed of life.

Light eternal.

Man's fights between good and evil.

Silent is the night.

Eternity lies in the eye of the beholder.

The wise man speaks no words but

speaks from his heart.

He who knows eternity will find his true self.

These skills would help anyone in any endeavor in their life. It's amazing that as a society at large we don't learn this. This should be the foundation of our life.

Every day we communicate and speak and listen to one another. Yet we learn the ABCs of how to talk, but do we ever learn how to listen?

How many times do we hear from people who get a divorce "if only he would listen to me"? I feel he/she doesn't hear me and something like that. The cause of this problem gets carried over from generation to generation.

This problem gets more complicated because we can't even listen to ourselves. We have closed the door of our inner awakening. We have bolted the door shut. We have lost touch with who we are. We have forgotten our true state. We are living in a dream and thinking that it is real.

How many people think that what I'm talking about is hogwash? How many people think that nothing exists but this physical reality? That reason is the name of the game.

Most of us think I listen quite well what are you talking about? It's my wife, my husband who doesn't know how to listen.

I truly think that this Law of Communication will go on to a greater understanding of eternity. Day by day we are learning to refine ourselves. Even when a person dies your awareness is still alive. These laws will still be applicable in the afterlife.

There's never a point where we can say "OK I've learned enough. There is nothing more for me to learn. Life itself is always a learning experience. This is how the universe operates.

So I'm hoping that you will take these words to heart and begin to apply the Law of Communication. Applying the other Laws will help you to get a greater understanding. Over time True Listening will be a part of your life. It's just like riding a bike. It just takes practice.

Practical Actions

- When a person speaks. Listen with your mind and heart. Do not formulate the words in your mind as the person is speaking.

- Put yourself in the other person's shoes.
- Meditate daily. This will help you to tame your mind so you can truly listen.
- Monitor your thoughts and words. If they don't serve you don't say them.
- Learn daily to refine your thoughts. Throw out the negative weeds. You are in charge of your garden of life.
- Forgive yourself and forgive everyone around you. Forgive your leaders and all those who make mistakes (the whole world including you)

How can a fish drown in water?

How can a man choke on his own words?

How can pride and ego bring a country to the brink of war?

How can the loss of innocence take away the child inside?

How can man pretend to be so smart when he is sawing off his own limbs?

The Law Of Free Will



Everyone knows that we have free will. Our religions talk about it. But how can free truly help us to understand who we truly are?

Most of us put most of our attention on the external world. Our will is focused externally. We have completely forgotten and abandoned our inner home.

In my eyes, we can utilize this inner law of Free will to enhance our life at all levels. We can use our Free Will to totally change our life for the better.

Everyone in this world uses their free will. But has this path really brought us happiness and what we are looking for?

A truly wise person will use his/her Free Will to understand him/herself to the deepest level. This person will want to change and transform their own essence and the world at large.

Why not use your free will and learn about these sacred laws and apply them to your life?

What do you have to give up? Your pain and your suffering. How would you like to wake up every morning and feel grateful to be alive? It all comes down to your will.

What do you choose in your life? Do you want to continue walking down the same path over and over again like a broken record? Has your free will be, I will do what I want to do without any thought and awareness of others?

To be honest free will in the world has been nothing sort of disaster. How many wars have been started? How much injustice has taken place?

All in the name of free will. A truly wise person harmonizes Free Will with the true harmony that exists within. This being is in harmony with all the natural laws of the universe.

How incredible would that be compared to our existence if we lived for thousands of years? We truly have been brainwashed to think that if we only ruled the world we would be happy being the King of the hill.

Yet take a look at most political leaders are they truly happy? A truly happy person has conquered their mind. Only in that state of awareness is one truly content.

This is where Free Will comes in. The creator says you have Free Will I'm not going to dictate to you about your life. Also, I will provide you will help and tools if you want to find out how you truly are.

So by using Free Will, we start to look at ways to rediscover who we truly are. We use our free will to enhance every moment and aspect of our life. Every moment is sacred.

Nothing is taken for granted. We can use the power of Free Will to uplift ourselves and others instead of holding others by a chain. We can learn that there is one thread tying us all together.

There really is no separation. By using our Free Will we can change ourselves for the better. So Free Will can be a two-edged sword. We can use it to truly reach for the stars or live in this world as we currently are not living but in survival mode.

Free Will is truly a Divine Gift. The creator is saying I'm not going to judge you. Live your life. Grow and understand. Learn from your mistakes. Everything in life is a learning experience. No matter what

you have done your essence is good. Forgive yourself and others.
This life is truly an incredible laboratory.

When I was young I was told that God is everywhere.

He existed beyond the stars, the galaxies, and the sun.

One day I asked my minister, can I see God before I die?

He answered in a somber voice that you have to die and then you can see him.

Late that night I pondered into the night.

My mind was restless and I couldn't get the conversation out of my mind.

If God is everywhere beyond time and space.

If God is, was and will always be, then there is no vacuum where he doesn't exist.

Therefore he exists inside of me.

From that point of time, I knew that I could solve this question.

The key was in my heart waiting for me to open up the door.

I have come millions of miles or a small step.

In the face of eternity does it matter?

We all are God's children.

Let's help one another.

Then some have learned something that truly is incredible and they want to share it with you. There is a brand new way of living that is built on trust.

There is a foundation that exists inside of your being that is so incredible. It doesn't matter what you have done or how many times you have failed.

You are good. The water may be muddy but just wait a while and let the mud go down to the bottom. Over a few minutes, the water will soon be clear.

Have you ever seen the Lotus Flower? A Lotus flower is famous for having its root in the murky water but the flower rises over the water. It truly is a sight to behold.

I remember once taking a train in India and seeing a huge lake with thousands of Lotus flowers. We are like the Lotus Flower. We can learn over time to transform ourselves and grow.

We can plant the seed within and every day utilize these laws and watch ourselves turn into a Lotus flower. This is our true nature. This is who we truly are.

We have simply forgotten. So it doesn't matter what religion you belong to or your beliefs. You can utilize these sacred laws to bring you to a greater understanding of your life. You will see that your essence and the essence of the universe are the same. How incredible would that be?

So it truly is by your will alone that you set your world in motion. Understand that you control your life. No one outside of you is responsible for what happens in your life.

Take back your reins and use your will to make your life an incredible adventure. You can see and listen to a new set of eyes and ears.

This life is an incredible adventure. No matter what your age is life is fun. Life is a joy. Life is divine. Don't get into a rut. Use your will for the highest in your life. I'm not saying that you can't go out and party. I'm saying that the party of your life is constantly going on and you are missing out.

The most outrageous party of life is going on and we are asleep and we think this is the party. There is something so incredible inside of you that one glimpse would bring you to tears for life.

You are good and you are divine. You are life itself. How incredible is that? How incredible is it that you are hardwired from the creator and only by your will can you turn on the switch?

Nobody else can do it for you. Remember you have free will. So this is a little of my understanding of free will. No matter what we have done learn from it.

Everything in life is a learning experience. Get over it. Use your will to learn more about these sacred laws and apply them. Over time you will see an incredible change.

I remember when I first started when I was young I would get frustrated and I wanted instant results. But over time I saw that every day I was going a little deeper into the ocean.

Every day it's just like starting over. Every day it's a brand-new experience. This is life. It's incredible. So I hope you can understand more about the Law of Free Will and how you can apply it to benefit your life.

Practical Actions

- Remember it's by will alone you set your mind in motion. You should be in charge of your mind not your mind being in charge of you.
- Meditate daily and learn how to control your mind. (lifetime practice)
- With free will, you can either live in Heaven on earth or live in hell. It's your choice.
- Use your free will so you can contribute your piece of the puzzle to this world. The world needs you.
- Educate yourself. Read. Go to seminars.

As a man of forty does our child still exist?

Have you forgotten the innocence and the childlike nature of this life?

Have we become so bored and preoccupied that we have lost the beauty of life?

*In the midst of our business negotiations have we ever stopped and said, "WOW I'm
alive"*

We go on in our petty life with so much detail.

We place such an importance on getting the deal together.

We have lost all morals.

Cheat and lie our way to the top.

Money is God for the people.

How would our forefathers react if they saw how we lived?

They would probably cry and pray.

We had such hopes in our youth.

The dream will never die but we will.

*We promised our generation we would never be like our parents but look at ourselves in
the mirror.*

Have we become clearer?

We are stuck in our ways and have forgotten our dreams.

Let's wake up. We can make the change.

Change can come from our generation.

Pay your bills and also know why we are alive.

We have already slept in. Now is the time to wake up and change our lives.

The Law Of Unity



The Law of Unity is such an incredible law. Einstein and since then in the law of physics has discovered that everything in life is united and is one.

The whole universe breaths. There is something behind the universe behind the true essence that is keeping you alive and the universe alive. This is the Law of Unity. We are not separate. We are not distant from each other. Our very existence is unity.

We just don't see it. We have created distances between ourselves, our relationships with others, our nations, and the world at large.

We each think we are islands. Yet from time immemorial we have been reminded that we are the same. Being in tune with the law of unity will transform your life.

As I mentioned before in that state you would be the sun, the moon, and the stars and still be walking around in a human body.

How incredible would that be? The Law of Unity will bring us to a greater understanding of the capabilities that exist inside of us.

The Law of Unity is the building block of life. There is a unified field of existence that unites everything whether it's in the seen or unseen worlds.

It was is and will always be. You have the potential to become it. You are the state but have simply forgotten your true nature.

We live in this world yet we have forgotten who we truly are. The Law of Unity will teach you how to go back home and bring back those divine qualities into your daily life.

Imagine how incredible would that be. How incredible would the world be? Each of us would have the awareness that we are united. There is no difference between you and me.

We are all one. That would transform you and the world around you. This is just not a fairy tale or Santa Claus. This is your true being. This is who you truly are. You are infinite, endless, and boundless. This is your true nature.

How did we end up then being separated? We only think that. We just don't truly have that experience. The Law of Unity will help you gain a greater understanding of yourself.

Daily meditate and go into silence. In the silence lies the Unity of all life. Day by day, month by month, year by year this experience will begin to grow.

Your understanding and experience will grow. You will start having a firsthand experience of the Law of Unity. This experience will change your life.

All the great religions talk about this. They are talking about how we are all one. Now is the time for you to have a firsthand experience. Your very own essence is this?

By following these laws and living these laws your life will change. You are the director of your life. You can change and experience the wonderment of life. It's in your hands.

Nobody owns these laws. There is no copy write or dogma concerning these laws. These laws are your true nature. It is the stuff that you are

made of. Nobody has to convince you to embrace life. It must be your decision and your own will.

They say actions speak a thousand words.

Many people praise the Lord yet think they have a monopoly on him.

If you don't believe in the way we do you will certainly be condemned.

Most of the wars have been started from religion.

My god is better than your god.

I think (which is my opinion) that God would like us to be totally supportive of one another.

After all, we live on the same planet.

He gave us all incredible gifts.

We just need to support one another.

My country is not better than your country.

In the eyes of the beloved, there is no race, color or creed.

We are one family.

Granted approximately 6 billion.

Yet we are different and yet the same.

Every one of us holds the key to life.

The thread of love holds us together.

It's time that our actions speak louder than our words.

We can bring heaven to this earth.

So all I can say is you are an incredible diamond. This diamond exists inside of you. Pay attention and look for the diamond within. By utilizing the Law of Unity you will see for yourself that this life is absolutely incredible.

We are all united by the power of love. This is a practical experience. This is yours. This is who you are. Open the doors within and walk. Just take one step then another. Over time you will see how incredible this journey is.

Practical Actions

- Read the Tao of Physics. Both the modern-day scientist and the ancient ones are both talking about the same thing.
- Meditate daily. Over time you will see that what is keeping me alive is keeping the whole universe alive.
- Develop your awareness of the here and now. Yesterday does not exist nor the future. Unity is for ones who have the eyes to see.
- Open up your mind and heart more and more daily. Never stop growing.

Just one breath is a miracle.

Behind your breath lies the key to life.

Day by day we are alive, yet we take it for granted.

The cemetery contains lifeless bodies.

Man in his ignorance forgets about the miracle of life.

Our life is so short compared to time.

We come and go like the flicker of an eye.

What is keeping you alive?

It does not matter if you're a saint or a sinner.

It does not matter if you're rich or poor.

It does not matter if you're educated or illiterate.

The same power is keeping us all alive.

Remember just one breath is a miracle.

The Law Of Kindness



As the Dali Lama once said, “Kindness is my Religion”. These four words can truly transform your life and the life on this planet.

Indeed this world would be truly Heaven on earth this is our true state.

We have simply forgotten it. Throughout our daily lives, we have forgotten how to treat one another. We have lost touch with the innocence inside.

As we get older we hold on to our beliefs and try to impose our beliefs on other people. We don't truly listen to other people and we try to show people that we are right and you are wrong. We say we should put ourselves in another person's shoes yet we don't do it.

Kindness is the way to God. Even if you don't believe in God kindness will make your life so much richer and your life will be a showcase to others.

True kindness exists when a person enters into silence (meditation) and then brings that state of silence into your everyday life. Over time you become kinder. You truly have nothing to prove but smile. This is our true state.

We become aware that there is a thread of love tying us all together. By being kind to you I'm being kind to myself. These are sacred laws that we have forgotten.

Our society is so involved in doing and accomplishing and proving others right or wrong that we have forgotten these core values. Our mind is so focused on what is going on in the world and the world around us that clouds have covered our perception. We truly are dictated by external events.

This is why we need silence daily in our lives. We need to remove the clouds inside. The sun is always shining inside, but do we have the eyes to see?

I firmly believe that most political problems or religious problems could be solved by kindness. Most of us are set in our ways and through kindness, we can develop a sense of unity and the expression of unity in all life.

We can see that the person on the other side of the table is just like me and you. He/she wants to be happy and they desire happiness for the family, state, and nation. Being aware of this allows our minds to become more open and loving.

The lack of kindness is a disease. We can see how this affects our relationships with our family, friends, business, and all communications. If we aren't kind we are out of synch with nature and we are out of harmony.

We can conquer the world yet without kindness the world will still be in dire straits. Our entire business model is built on killing our competitors and the way we handle our day-to-day relationships with employees has to be rebuilt. The foundation is built on sand and it will fall someday.

In my eyes, kindness is the way to truly help one another. It is a state of being. Our world needs to change its priorities toward a more socially conscious way of living. Kindness can go a long way to bringing this world into a greater arena for peace.

It's a wonder we don't learn this in school. How many times as parents do we yell at our kids? We never learned how truly to handle situations in this world.

We grow older yet we are stunted in our personal growth when it comes to true communication and how to tap into the source of life. These are practical things that we need in our daily life to improve our quality of existence.

Because we have lost touch with our true nature we can become mean, angry, condescending, and have a myriad of negative emotions. We have not been taught how to transform these emotions into something healthy for us. This is the key to a healthy life.

By being kind we can pick up ourselves when we fall and start walking again. We can learn how to improve and not make the same mistake again. By being kind to ourselves and seeing how difficult it is for us to change we can be more kind to others.

Kindness is a bridge we can use to see another's point of view. Imagine a river with two sides. You are on one side and the opposition is on the other bank of the river.

Kindness is a bridge where both of you can walk and meet each other halfway on the bridge. You can walk over to the other person's side and see their point of view. If we could do this in our daily life, we could truly help this world to become a better place.

Kindness is the way to drop all our defenses and put down our shields. We have been taught to always be on the defensive. With Kindness, there is nothing to defend. In reality, the whole universe is

unified but we don't have the eyes to see. We are trying to defend our world and if the kids act up we will get mad.

This sense of defending and attacking has been going on for thousands of years. It's time for it to stop. Kindness is a way to defuse this ticking time bomb. Whenever we don't agree on something or something that is beyond our control we blow up.

So by being kind day by day, we can start to change our perspective on life. We can slowly change the colors of our glasses. Have you seen that commercial where if you walk outside the lenses slowly go from light to dark?

That's the human condition. We are born with clear sight. Yet the older we get our vision becomes more cloudy. Kindness will help you to see more clearly not only inside but outside your daily life.

By being kind to your body you will also be healthier. You will see that this human body truly is a miracle and you will pay greater attention to it. Our lives are so fast-paced that we truly aren't kind to our bodies.

No wonder our society has so many medical problems. We are living against the laws of nature and aren't aware of them. How many of us simply drink our life away? Being kind to our bodies will help us to discover ways to bring ourselves back into harmony.

By doing this we will have an even greater sense of kindness and compassion. It's an endless cycle. Kindness is eternal. It will help in all areas of our life.

The Buddhists spend their entire life practicing kindness. They see kindness as the foundation for all life. They have been studying and practicing developing kindness for over 3 thousand years.

It's only been within the last 30 years that western scientists have looked at ways to enhance our emotional condition. We have studied disease instead of ways to improve our health.

All religions talk about being kind. We go to church on Sunday and yet do we truly take home the message and help it in our daily lives? For many people, I see yes they do take the message to heart.

As we said before kindness does not belong to any religion it belongs to all of life. It is the foundation of all true communications. Kindness is true courage in action.

It's so easy to blow up anyone can do that but to be kind in adversity takes tremendous strength and character. This is what we need to cultivate in our daily lives. We are truly divine farmers.

Amazingly, we can't take anything from this world except for our character. Everything else we leave behind. But a person who day by day cultivates these divine laws takes this with him/her when she dies.

This is what we truly should concentrate upon. Not only can we have rich and rewarding levels of life on a practical level but on a deeper level, we become better human beings.

We enhance the quality of our life. So kindness is a way to enrich our lives in all the different avenues. It will help to bring down old barriers that you have put up.

By knocking down these barriers your life will become lighter (in all ways). You will have a smile that comes from a place deep within. You won't take life so seriously and try to defend your point of view. Life will be easygoing.

Of course, obstacles will come in the way (that's how we grow) but we won't see them as a size of a mountain when it's a golfer hole. We can start living in a more heavenly existence.

We don't have anything to prove. This is how the wise ones from the past lived. Kindness was a part of their life. It was the most precious diamond. They cherished their connections with others.

They gave freely in their lives. So I hope that you can see that Kindness is truly something that is the greatest example of human character. You can rule the world or own the world but without kindness, you have gained nothing.

Practical Actions

- Remember anyone can be mean. A truly wise person is kind.
- Meditate daily and embrace the kindness that exists within.
- Practice kindness in your thoughts, words, and actions. You will make the world around you a better place.
- Be kind to your body and mind. Take care of it. You are a precious diamond.
- Likewise be kind to your wife, husband, children and friends. They are indeed special. They are your gifts in this life. Cherish your family and friends.

Kindness is my religion

Dalai Lama

The Law Of Practice



To master anything in life, you must practice. When I was young I wanted to learn how to surf. It took many hours of practice just to learn how to stand up and paddle the surfboard.

The more I practiced the better I got. The better I got the bigger the waves I could ride. Eventually, there was a time when I could ride any size wave in California. It took time and effort.

These laws are the same. The more we practice and pay attention to these laws the easier they will become in our life. Take the law of silence. In the beginning, meditation is difficult.

Your body and mind are not accustomed to sitting down and focusing within. The body aches and the mind are bored. The more effort we put in on daily basis the easier it becomes.

In the beginning, it might take over 30 minutes to settle down within and feel the effects of meditation. Over time with practice as soon as you close your eyes you are in a sublime state. It is a practice that makes perfect.

So many people give up because they can't break through. Only by practicing will you overcome all obstacles within. So be patient with yourself. Each day is a golden opportunity to take one more baby step. This process gets easier as you master your mind.

I found that I pay attention to these laws life becomes easier. By feeding my body good food and exercising it's easier to sit down and focus. I stretch every day and walk every day. This helps the body to

be more alive. Listen to your body and its needs. Learn from your everyday activities. These laws are for your everyday life. The more you are in tune and the more you practice the easier it gets.

This is not a chore. Life is fun. Laugh at life and yourself. Don't get too serious. Laughter is the way. If you can't laugh lighten up. These laws are meant for you to live an incredible life.

They are meant to show you the opportunities that life presents to you. Each day is a gift. Each day by practicing you will say "wow I'm alive".

From the bottom of my heart, I wish you the best in life. You are incredible and good. The sun is shining within. There are only clouds that cover the sun. You can gently blow the clouds away. You can make a difference. Just change your attitude on life.

No matter what is going on you can change. You don't have to say anything to anybody about what you are doing. This is a practical path.

You make the changes. Nobody needs to know what you are doing. True guidance comes from within. Just practice day by day and you will see what I'm talking about.

This is an incredible time to be alive. We can change the world. It starts by first changing yourself and your attitude about it. Nobody is at fault for how you feel.

You can rearrange your attitudes and cultivate what you desire. By practicing you will remove the weeds and the thorns within. Life will become easier.

This is a natural law. The more in harmony and the more we are in tune with these sacred laws the easier life becomes. Remember your essence is eternal and endless.

Practical Actions

- Practice daily (it takes around 30 days for something to transform into a habit).
- Daily pull your negative weeds.
- Meditate
- Plan your life around your weekly, monthly, yearly, and 5 to 10 year plans.
- Take a small step every day walking towards your goals.
- Be generous.

Practice makes perfect

The Law Of Calibration



To understand this law one must first understand that everything from the sun to the moon and the stars everything changes, shifts, and transforms.

Nothing is static in the universe. Everything changes. Your body is alive. Your cells are constantly going through the process of being born, living, and dying.

Nothing stays the same. Your mind is constantly moving. The emotional state is constantly changing your different modes of emotions. We are driven by our thoughts, habits, and emotions.

To recalibrate oneself means to consciously begin to shift and transform our awareness towards the highest potential. Day by day we begin to use all the Laws and Rays and begin to use them in our daily life.

We begin to drop our old destructive energies and begin to use our mind body and soul to enhance every moment.

Much like the metamorphose of the butterfly we begin to change at every level and become human beings. We merge the mind and heart and truly become human being who drops the old destructive energies that mankind has allowed for thousands of years.

Day by day the Law of Calibration allows us to transmute our old destructive energies and transform them into something we can't even imagine at this point. Built into our DNA lies the potential of mankind.

This life is meant to be lived where we fine-tune ourselves moment by moment in all our actions. We live in a state of being in reactive mode.

It's very easy to react. It's very difficult for one to stop, ponder and not respond reactively. If someone says something you don't like it's very easy to get super angry and burst out with destructive words.

The wise man plays life like a master chess player. Before he/she even speaks he looks and ponders his move towards transmuting the situation unto the highest good for all.

He/she looks 5 steps ahead just like a master chessman and sees the necessary steps of action to take place. He/she is a master of life. This skill is a day-by-day learning effort. We must learn to recalibrate our daily actions from the old energies to the new.

This is a spiritual person making conscious efforts in every moment. It takes time. It's not easy but the journey is one small step after another. We don't leap and get there. We will stumble and fall and yet we will learn so much along the way.

We can convert our old destructive ways of doing things and change for the better. This is built into our DNA. So much of our society is socially driven artificially.

We adore our movie stars and pop stars yet we forget how precious life is. We live so driven by a culture that has forgotten the true values of being a human being.

Can you imagine a planet of human beings who live in a state of bringing these laws and rays to fruition at each moment? I would say that would be heaven on earth.

Built onto our DNA are the codes for us to tap into. To achieve this day by day, we must be consciously aware of our actions. This life is an incredible game.

We haven't seen anything yet. The game of transforming life, this planet, and yourself begins with you. It always was and will always be.

Peace on earth will happen. It depends upon every human being to take conscious responsibility. It's a fun journey when one begins to consciously calibrate daily.

These laws and rays are in your DNA. This is truly who you are. This is not a religion to live by. This is our true state of existence. We are truly infinite. We all shift in different ways.

Each of us will drop our own destructive energies in different ways. People who smoke will begin to see practical ways to stop smoking. They may see that to change something you must replace one habit with another.

They may learn how to meditate or take a walk when the urge comes up. Each of us can learn to look at our destructive ways and begin to shift. Awareness is the key.

Our society is advertisement-driven. Coke and Pepsi are cool to drink. Macdonald's commercials are everywhere yet do we ever see a commercial on a simple thing as a fruit and vegetable? We have lost our way.

GMOs are everywhere in our food. When one begins to recalibrate one understands that the true temple is our human body. It fills well to nurture our body.

Our body constantly speaks to us yet most of the time we ignore it or we aren't in touch with it. The key is awareness.

We must be more aware that what is presented on our TV. Our movies constantly reinforce ways of being that are in the past and don't serve us any longer.

What I'm trying to say is that by bringing the reins back to yourself you will be in totally control not some random commercial on TV.

You will begin to take responsibility for your life and actions. You will take action to be happy. You will take action to exercise and eat good food. You will begin to meditate and experience the joy inside of you. You will begin to start not being reactive when people are angry around you.

You will begin to be aware of your body and listen to it. You will begin to learn patience on a moment-to-moment level. In each moment you will learn how to consciously recalibrate, adapt and change for the better.

We will stumble and fall. That's part of the game and learning process. This is truly the game of life. This is probably the most important game you will ever play because it's your life.

Only you can change yourself. People can help you but the changes begin with you. You are the main character in this game.

Man will recalibrate weapons of destruction yet man never recalibrates himself

Such is the dichotomy of man

How long will it take for a man to realize that the keys to life lie within?

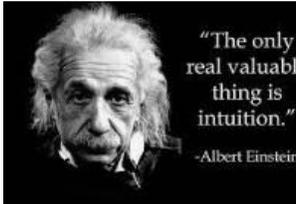
Weapons of destruction only bring destruction.

Yet the keys to life bring peace to the planet.

The answer lies within.

Only you can open the door within.

The Law Of Intuition



As a western society, we have lost touch with our inner intuition. We place so much on external knowledge and our lives are based externally that we have forgotten our true nature.

Intuition is our sixth sense. It is part of our human nature. We can sense when something is about ready to go wrong. Have you ever listened to your body and it tells you to go to bed an hour earlier than usual?

The body is telling you I need more rest. Something is going on and I have to deal with it. The body will send a signal to you except most of the time we don't tune in.

Intuition is built into our very existence. A gut reaction is built in. How many times have you met someone and had a gut reaction, be careful with this person. He may be up to something that can cause harm to you.

In our day-to-day, business affairs intuition will come handy in seeing if the truth is spoken or not. The body has intelligence. Most people are afraid of ESP, but ESP is intuition. We can perceive events that haven't happened yet. Deja vu is another form of intuition.

Have you ever had a hunch about something? Maybe in some situations, you had a hunch that if I did this that would happen, and if I did this that will happen.

Intuition allows us to be aware of our cellar memory. Medical intuitionists can tap into a person and tell them what's going on in their body.

You have the same capability yet you have turned this off. By paying attention to your body over time your intuition will grow. By cutting off our intuition we make careless mistakes in our life. We need to balance our intellect and intuition to properly make decisions. We need both to foster true communication with each other.

Intuition allows us to feel the person's point of view along with verbal speech. Our communication is stunted without it. Fortunately, intuition is built in.

Just like anything in life the more you pay attention to something the clearer it becomes. Clairvoyance is someone who has an incredible sense of intuition. They have developed it to a point where they can see things we can't.

Intuition is a feeling. It allows us to have discernment which is highly needed in our times. So how do we develop intuition? For one-stop and relax.

We are constantly doing things without really focusing within. Learn how to relax and meditate. Listen to your body. Meditation over time will allow you to develop your sixth sense.

Pay attention to your stomach. Your stomach will give you proper signals like a gut reaction or a feeling. Trust these feelings. Over time you will trust your intuition more than your conscious thought.

We have relied on our external perception of life for so long we have forgotten the internal. We need discernment in our life. Many people think intuition is a waste of time because they don't know any better.

Is your sight a waste of time? Is your hearing a waste of time? Intuition is a sixth sense that we have. Our world would be a better place if we all used it more.

Our politicians need to develop intuition so they may come to common agreements with each other. We need discernment in our daily lives.

Intuition is a doorway to the divine

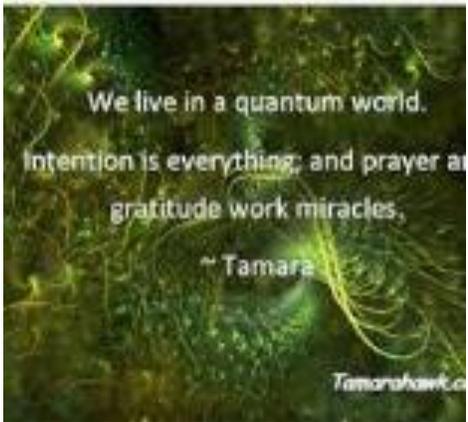
How long will it take for you to understand?

By looking outer and never looking within how do you expect to find God?

God is hidden in your heart.

He is under your own pillow.

A wise man will ponder and understand this riddle



Most people agree that there is something greater than them that created everything and keeps everything alive, some essence Creator whether you call it God, Allah, existence, or however you choose to see this in your life.

The Law of Prayer allows one to establish direct phone conversation with this Creator. In this state, you primarily talk and they listen. Prayer has been used as such an incredible tool for time immemorial.

How can one talk about the glorious connection between ourselves and the heavenly realms? The more one prays and the more we put into practice this sacred wisdom, the more the law of prayer becomes a part of your life.

Your life becomes a sacred prayer. In this state, one desires love, compassion, and happiness for every living thing. One's heart is opened and one begins to pray for all life, for all beings to truly be happy and cared for.

Every moment is a precious prayer. This is a state of awareness.

Praying keeps one humble and focused on the path. It keeps us simple. Praying puts us into our childlike innocence of life. We see through the eyes of a child.

We become innocent and pure. This is the power of prayer. Miracles do happen all the time. I have seen hundreds of prayers being answered especially when a group has focused on a certain person or event.

Our thoughts of kindness and helping out are carried throughout the world. Kindness is truly the answer on this planet. We all pray in different ways and different manners but it's all the same.

It's time for us to see that everyone on this planet wants to be happy. Everyone wants a family, a home, and food on the table. Nobody truly wants to fight and experience war.

It's time for us to put down our arms and embraced our fellow man. This time is now. I know I'm not alone in this. There are millions of people just like you and me praying for peace on earth. It will happen.

No doubt about it. Each day we are helping the world through our prayers and our daily practices. Each religion prays differently but the essence is the same. We all want heaven on earth.

We all want this world to truly live in peace. The Law of Prayer is the way to directly change the course of events in our own life and the world around us but also the world at large.

Through our thinking and our convictions through prayer, we can change this world. Over time we begin to see that through action and going through the four worlds of creation our prayers are being answered.

We can change this world step by step, day by day, year by year. We can influence leaders all around the world by praying for peace. By praying that they may understand that peace is the way, peace is the solution, and peace is what the world needs.

How incredible through the internet the prayers of peace are broadcasted around the world. Prayer is the means to communicate what we need and the Power of Silence will answer our prayers. We are all so precious.

There was a time when I didn't see the importance of prayer. I didn't see the value of it. I wasn't brought up in that environment. But over time when I started to learn how to meditate,

I began to see what a golden opportunity we have. The Law of Prayer allows us through words to express ourselves to our Divine Mother and Father.

It is a precious communication to talk directly to the source of life and express gratitude. For those who are suffering it brings comfort to us knowing that someone truly cares for us and wants us to be happy and content. Our prayers truly do get answered but at times we don't understand.

Every day I wake up and thank my creator for giving me another day to experience life to its fullest. The law of prayer has empowered my life and made me more compassionate and carrying on a day-to-day level. I am grateful to be alive.

The more I pray I realize that the entire creation prays on some deep level. There will never be a time when one stops praying. Even the Angels and Archangels pray.

The law of prayer exists in all of life. Life is grateful to be alive. Prayer is part of nature. Nature always is evolving and learning. Nature prays to the creator for the ever-unfolding discovery of life. This process has been unfolding forever.

This world would be a better place if every day we stopped even for a moment to pray and cultivate kindness and love for one another. Each of us prays in our way.

Let's honor all religions and traditions. It is time to see the diversity of all life and see that what your neighbor is praying for is probably the same. Our nations around the world pray for peace. Let's bring a united state of awareness on this planet that peace is the way.

The Law of Prayer and the Law of Manifest Destiny must work together to have most of your prayers answered. In praying you ask for something from the Divine and for it to manifest the Law of Manifest Destiny must be fulfilled.

This is why it's extremely important to understand these sacred laws. Only by changing your subconscious mind and performing the right actions can your prayers be filled.

Prayers aren't like rubbing a bottle and a genie will appear. You must ask and then go through the process of the idea, thought, plan, and action to make your prayers come true. It's a day-by-day process of refining yourself to these sacred laws.

Most people complain that their Prayers don't come true. Yet what have they done to help them succeed? There is a process that must take place. Waiting around for a prayer to be answered will never help matters.

You must have the conviction to ask and then make the appropriate actions in your life by following the Laws of Manifestation. **If you are praying for health for yourself or someone else, then take steps to assist in the healing.**

An angel may show up to assist in the miraculous healing of someone. Another may manifest the perfect doctor to help them heal.

Also pray for those who are helping with the healing process, including the doctor or surgeon, to receive the greatest guidance and have the surest hands for healing. If you want and pray for

world peace then turn your life around and make peace a reality in your life.

We must have peace in our own hearts and our own lives to spread it outward to others. Live your life in a day-to-day manner where you spread peace and kindness throughout your daily life. As the Dalai Lama said, "Kindness is my religion". If every one of us took this responsibility personally and not waited for our political institutions to develop a plan for world peace, we would have greater world peace.

Peace has to come from within. Peace is an experience that must be cultivated. Peace is infinite.

So I hope that you have a better understanding of the Law of Prayer and how you need to take proper action. When I was a child I never learned this. I never learned this in Sunday school.

I was taught to pray but I never knew how the Law of Prayer operated. Many of our prayers don't manifest because we don't know these sacred laws. No wonder people tend to give up.

So much of the time we pray and nothing happens. Well now is the time to utilize these laws in your life for your betterment and the world around you. It truly is the time to transform yourself.

You don't have to believe in God to change. These are natural laws that exist between time and space, in the seen and unseen worlds. A person doesn't have to follow a certain religion for these laws are beyond all religions.

These are the building blocks of life. Hopefully, this gives you a greater understanding of the Law of Prayer.

As a child, I Barbara, was raised in a family environment steeped in religion and prayer. My grandmother would go to church at least once or twice a day and pray the rosary every night.

Seeing her devotion from an early age I also learned to have my direct devotional connection with God. When I would pray sincerely, intently, and humbly I would feel this sense of peace and love come over me. I assumed it was God.

Devotion became a way of life for me. Somewhere along the way, I discovered that one could actually make your whole life a prayer, a prayer of Gratitude.

You can allow yourself to see the Beauty in life. Even taking a walk in nature, you can allow yourself to see the magnificent diversity and variety of life and be grateful to the Creator of life for such beauty.

Prayer can become as simple as being thankful for every breath you breathe.

Practical Actions

- Pray every day. It doesn't matter if you believe in God or not. Your subconscious mind will pick it up.
- Praying allows you to go to the next level in the video game of life.
- Remember through prayer you pray and God listens.
- Meditate daily. In this silence, God talks while you listen.
- Remember when you pray you must take action. Check out the laws of Manifestation again.
- Daily take out the negative weeds that are growing. Forgive yourself and all others.
- Pray that you truly are a piece of the puzzle. You want the very best for yourself and the world.
- Pray daily for those who need helps in any way. We are on the same boat of life.

- Put your prayers into action.
- Always give gratitude, be thankful for what you have, and receive (count your blessings).
- Pray for guidance every day.

*"May the wicked become good,
May the good obtain peace,
May the peaceful be freed from bonds,
May the free set others free."*

- Prayer of a Bodhisattva

What is the purpose of life?

Is it to eat, drink and be merry?

There's nothing wrong with that.

But what is the purpose?

Does life have meaning?

Or

Do we just live a 9 to 5 existence?

Does our life only begin and end on the weekends?

Do we work just to make money?

Can money buy happiness?

Are we lost or are we found?

Is life an event or do we just live in a random cycle of events?

The wise man says first understand what Life is and then you will understand everything.

Hatha Yoga



I'm sure that many football players roll their eyes when you mention the word yoga. It has the connotation of some pretzel position. Yet I have a few questions to ask.

How flexible are you? Did you know many injuries occur when the body is not flexible enough?

How is your balance? In less than a second, your opponent can knock you off balance. Can you recover in time?

Are you aware of the mind-body connection? If not you are more likely to get injured.

Do you mostly breathe through your mouth or nose? Did you know that in India breathing through your mouth is called the breath of death?

John Douillard has been at the forefront of this since the eighties. Many professional athletes have used his system. It includes properer yoga and breathing.

Another reason to embrace proper nasal breathing? It can enhance your workout! This is what John has to say.

"To experience the zone in training is our birthright, and it is within the design of our human nervous system to access it. To push ourselves to exhaustion when we can allow effortless, perfect performance to flow naturally, from the inside out, seems somehow primitive and a waste of time.

I have never heard of a peak experience that was described as painful, grueling, or exhausting. Rather, the descriptions always fit the original definition of exercise: rejuvenating, stress-relieving, and accessing full human potential."

Personally the concept of no pain no gain is obsolete.

Here's an article about Alexander Popov. <https://swimswam.com/alex-popov/>

On the final night of competition at the 2003 World Aquatic Championships in Barcelona, Alexander Popov mounted the blocks for what would be his final major championship win.

The 31-year-old Russian sprinter had already done it all in the sport.

He'd won back-to-back Olympic gold medals in the 50 and 100m freestyles in 1992 and 1996, the only swimmer to accomplish the feat. He broke the world records in both events while repeatedly swatting away up-and-comers to the sprint events for well over a decade.

When Popov dove in on July 26, 2003, and exploded to the surface on his way to gold in the 50m freestyle, he did so with his trademark precision and grace.

Champion swimmers make the sport look easy—and Popov's somehow made it look even easier. He took just 31 strokes—in a brief, no cap and from an old-school start—to smash the world record in the 50m freestyle in 2000 in a time of 21.64.

Popov's efficiency was developed with a relentless focus on technique in training.

Under the watchful eye of his longtime coach Gennadi Touretski, Popov would regularly swim 5,000m straight freestyle. Touretski avoided doing drills in practice, emphasizing swimming "slow" but with excellent form and target stroke rates at all times.

Popov's stroke didn't change from training to competition. The same effortless-looking technique he used on race day was the same balanced, high-elbow catch that he brought to practice every day. There was no distinction. There wasn't practice swimming or competitive swimming.

There was only one stroke.

The effect of all those meters with perfect technique in practice was that by the time Popov got up on the block, he didn't need to think about what he wanted to do. He didn't need to worry about his stroke collapsing, choking, or planning how he wanted to feel in the water.

It was just a matter of diving into the water and letting his body do what it had done a million times in training.

Popov's habitual technical excellence was such that he could regularly swim at a world-record-setting pace in training. Literally. The story goes that at a pre-Olympic training camp in Colorado Springs Popov got up on the blocks for a surprise "get up" 50m effort. The coaches in attendance—including USC's Dave Salo who later talked about the occurrence, clocked Popov on a stop-watch at a time that was 0.10 seconds below the existing world record.

Popov trained the way he raced.

And he raced the way he trained.

How many swimmers can say the same?

Closing



Well, this is the end of this journey for this book. I hope you enjoyed it.

There's a lot to take in.

Take your time. The main goal I hope is that you will take small baby steps and ponder over this material.

These hacks have changed my life forever. It is the difference between night and day.

Mind you, I'm not trying to convince you or say this is the only way.

There are many different roads on this journey of life.