

Recognizing Depression and other mind/body illness.

**A users guide for healing the root cause
of many forms of mental illness.**

By: William Martino

Prologue-Depression is a worldwide epidemic and we need to recognize why. Life is meant to be enjoyed yet we may have believed something different; until now.

Would you admit that you cannot sit with your own personal exposure? I mean each of us can only handle so much of that but the point is how to do it. The key problem is that we want to be rid of the depression (anxiety etc. rather than really facing it. I mean we all have some depression from time to time at least; don't we? Only by facing the good reasons for feeling depressed can we heal and morph into better versions ?

You cannot tolerate the distorted vision of yourself; yet this is the great missing key. Well, do you have any unmanageable emotions or disease? Just the fact that we are aging shows that we cannot handle everything. By the way this in no ways denies your immaculate perfect nature. So, in this book grace, unconditional love and acceptance is a given. Of course our lives are embraced in this; we just get hypnotized. Now, let's take the lid off of where we need help. Where are the growing edges? Where are we just flat wrong? The first step is the hearty recognition that we need help from ourselves, from others; both.

"Don't think there is nothing to fear. Calamities churn like bubbles in a boiling pot."

Ancient Zen Proverb

The dangers of life hidden in our inner dark storms. Do you have any?



Why is it that we all walk around like there's nothing wrong when in our own families and communities there are such horrors, such sadness. Why is it that everything is great each and every time we are asked "How are you?" What do you do? Really, that's the first basis for communication 'What do you do? Why don't we say to each other...' "Who are you?" After all, in our core that's what we really want to know. Are these just a social protocols that leads us in the right direction? No, it's a lot of bullshit...pardon. There's no time left for such separative dishonesty anymore. It's a deep question-How are you? Well, How are you? I mean really. I want to know.

"It doesn't interest me what you do for a living. I want to know what you ache for and if you dare to dream of meeting your heart's longing.

It doesn't interest me how old you are. I want to know if you will risk looking like a fool for love, for your dream, for the adventure of being alive.

It doesn't interest me what planets are squaring your moon. I want to know if you have touched the centre of your own sorrow, if you have been opened by life's betrayals or have become shrivelled and closed from fear of further pain.

I want to know if you can sit with pain, mine or your own, without moving to hide it, or fade it, or fix it.

I want to know if you can be with joy, mine or your own; if you can dance with wildness and let the ecstasy fill you to the tips of your fingers and toes without cautioning us to be careful, be realistic, remember the

limitations of being human.

It doesn't interest me if the story you are telling me is true. I want to know if you can disappoint another to be true to yourself. If you can bear the accusation of betrayal and not betray your own soul.

I want to know if you can see Beauty even when it is not pretty every day. And if you can source your own life from its presence.

I want to know if you can live with failure, yours and mine, and still stand at the edge of the lake and shout to the silver of the full moon, 'Yes.'

It doesn't interest me to know where you live or how much money you have. I want to know if you can get up after the night of grief and despair, weary and bruised to the bone and do what needs to be done to feed the children.

It doesn't interest me who you know or how you came to be here. I want to know if you will stand in the centre of the fire with me and not shrink back.

It doesn't interest me where or what or with whom you have studied. I want to know what sustains you from the inside when all else falls away.

I want to know if you can be alone with yourself and if you truly like the company you keep in the empty moments.

From The Invitation by **Oriah Mountaineer**

Look, how could you possibly improve your mood without recognizing the bad vibes that lie underneath you and everyone else. As we do the fog begins to clear and we have the courage to really see. What shall we see? Well, first of all society is often a nasty place that will grind you into dust if you let it. Such power games, control trips etc. Do you want to heal then first realize you sick. And, may I say this applies to all of us under all circumstances. The more happy emotion we experience the more we are able to unearth feelings in process both in ourselves and others. So, it's a sort of dance. Not a dissociative dance with others then the secret suffering alone. Come on...rise up and reveal the hidden stuff. Then we heal. In writing this book my mom shared this insight for copy.

"I know 5 people who cannot admit their problem is depression. Three of them have been from Dr. To Dr. with a battery of testing, complete exams, MRI's, Brain scans etc. Each was given a clean bill of health and they say they still don't know what is wrong. Now, I'm not a Dr. but I think its depression. They have lost their will and their desire for living. Life is so precious, we must do all we can to embrace it!" My wise Mom

Thanks mom. So true and today each of us set out into time. Our lives in this moment are determining everything. May I ask each of us. Who are you right now in this moment. What are you doing with your emotional interpretations and thinking? Can you hear the question "What's wrong with you?" For the person of self evolution that is a wonderful and welcome question for in the answers contain the seeds of change and the path making true understanding, clarity and rejuvenation.

On a lighter note:

The next time you see a joyous laughing, playing, beautiful baby remember yourself. After all, that was you wasn't it? Well, are you still in there?

Ah, the boundless spirit of a child. Super learning, super wound repair. Everything is just super with a baby; super functionality by way of the pure fuel coursing through mind and body. Well, except one thing. The filter of interpretation. There isn't one and unfortunately babies adopt ours. No matter how good we do it we fail them because we restrict this super baby into a conundrum of faulty assumptions. So, for better or worse this is the human condition for now. But wait, evolutionary opportunities are still present. Want one?

We were all taught that If we do well we will get attention, acceptance, love and goodies and if we don't do our homework then we are scorned and punished.

That's conditional love folks and that's not how the rain or sun or our breath treats us. Unconditional love must be constant and persistent then the ways to guide behavior multiply. That's what we are after the healing feeling and intimacy with each other in life.

So, parents take note. Want good kids try loving them primarily not

instruction. If your relationship with your children is based on data (instructions) rather than Love (quality attention) alienation is the result and we've come to accept this consequence as the way of nature. Wrong again.

All countries and businesses do what they do (supposedly) for their families their children and universal values. If this is our motivating impulse in relationship then the desire to learn, grow, change and do the right thing naturally builds and expresses itself.

It's the consistency of acceptance and love that grants enough space that we can find our way. For my parents I give hearty thanks for their consistency, love and intelligence in raising me. Its them I owe all I am and have today.

Thank you mom and dad; you are and ever are simply awesome.

The Relief Technique

This technique represents the distilled essence of every energy medicine, meditation and enlightenment system on the planet. Yet, now after reading thousands of books, attending hundreds of workshops and trainings with the worlds best teacher I've discovered the key that each system has in common. Here the technique is given.

About 60 Seconds now and then in the midst of your daily life.

1. Imitate a sigh of relief

2. Fine tune your attention and give very slow and careful attention to search through what

your feeling. This naturally occurs when we become steadily focused on ourselves.

***Say in a whisper to yourself
Longer and Stronger Now***

Breathing pattern, pulse, brain activity. Longer rhythms increase our internal processing speed.

3. Come to a gentle pause effortlessly. The inner smile frees us; by choice.

On Vacation

Refer to these types of experiences again and again to remind you of the feeling your choosing to accept:

Suspended animation because of:

- *Breathtaking beauty*
- *Happy, Joyful, Blissful feeling*
- *Orgasmic physical feeling*

- *Soaking up the great atmosphere*
- *Awe, Reeling*

Enjoying the passage of time without any concern as the attitude of a leisurely with more than enough time and no pressing concern whatsoever.

Call it

‘Take A Dip in The Flow’

Each time we do its like dipping in magic waters. There is an accumulative effect.

No longer will you have confirmation from outside yourself nor accept the appearance of circumstances as the source of circumstances. The strength to carry on is about improving our personal resourcefulness not solely focusing on the accumulation of more external resources. External resources naturally come in the form of opportunities as our ‘vibe’ improves.

So, whatever people are saying including yourself. Whatever your relational situation past, present and future. Whatever your bankbook, whatever your social skills and whomever you’ve been and are take it from me, life itself cares about you unconditionally; is that believable? Is it possible to accept this proposition? If not its only you that is saying so. Not your pulse, not the air, not the sun, rain, moon or stars. A spontaneous balancing of our systems comes about as we trust.

You really can choose once again starting right now by being teachable. Willing to follow along this simple pathway.

Wisdom is vast and not limited to you or I. The wise person learns from all and does not try to separate nor be distinct. The wise person makes the insight found in all people welcome.

Is it reasonable to think that there is no one on the planet that's good enough to be your trusted guide?

If you do not have such people in your life it is because of you are afraid.

Intelligence is vast and as in business there are experts in different fields. The same is true with quality of life; there are experts and their name is 'wisdom people'. The reason you haven't learned in this way is because of the catch. Churches want all your devotion, guru's want your reverence, coaches want all the credit to gloat in the fact of a job well done and everybody wants your money. But, with real wisdom people their only acceptable payment for services rendered is in seeing you freed because then you are linked together in common benefit. It's a win/win.

Read On-

How do I know? And So what? Well, I've been through the mill to say the least and all along somehow, maybe luck, I've really just been watching, observing and learning And may I say I've mostly always kept a giggling place at the absurdity of the paradigms running the world and the presumptuous/bullying nature of many 'authorities.'

You can embrace your observational skills as well. You can remember that you are the observer and being an observer you have great insight into

the dynamics of any environment.

Some years ago it became clear that there are solutions that work and here you receive them. But, without trust how could you?

Chapter 1: Back to Basics

Do you have any unaddressed need, sorrow...etc?

Now, should we panic? Should we medicate with alcohol and drugs or gaining more and more to mask the uncomfortable sensations and visions of our imperfections, disharmonies and dangers all around?

Listen, A new paradigm is being established and you and I are creating it by having the courage for self-reinvention. Want to come along? All's you have to do is practice the simple technique and explore these ideas again, again, again. These are tangible contemplations. Meaning these ideas are meant to bring you to pure experience/feeling.

If you realized the amazingness of your person you would gasp in awe.

This book is for the scapegoats, the cursed, the outcasts, and otherwise out of the loop persons. I have good news somewhere you said. "I can handle this "Ill be the one the world dumps on." You have strength that others could only dream of now snap out of it and choose again how you would deliver your great strength and insight. Are you harboring an attitude that believes you just aren't good enough and should be punished for it? Think about that. It doesn't help anyone to pretend stupidity just so that others don't have to feel uncomfortable. Or, to accept abuse just because your so saintly? We all play so many control trips and these are not helping.

Chapter two-The Changing World

Count on it/Expect surprises. Are you willing to adapt to survive? New ways are always uncomfortable at first. Get used to it that is if you want to not only survive but thrive as well.

The ecstatic nature of life is implanted in our very self. It comes with birth and expresses life's natural longing for both creation and destruction.

Do you need to read that again? Seem unbelievable? Every person of greatness speaks of a wellspring of curiosity and good feeling that fuels life. Breathing freely without a care in a majestic scene in nature time and life's circumstances seem to go into a suspended animation. This experience has no gaining idea and needs nothing to change and is also a source of profound healing? Want to try?

Your 60 Second Practice-

With guided practice the benefits multiply. There are free emails you can sign up for that help you step by step to get better and better results. No time like the present, after all, this direction is the key to health and wealth. No matter what you desire to occur in your present circumstances here's the way.

The magic of a child, a snowflake, a favorite song, the smell of delicious food...

What references do you have to get your inner juices flowing?

Been looking for success? You are a unique expression in this world. We need you.

All around us the magic of life calls for our embrace; especially within the infinite diversity going on within our own bodies. We have all just gotten a little too busy to notice. Take some time to reverse your attention. Pour into yourself first then you'll have the firm foundation for more effective action and results.

Come on, let the wind of refreshment clear your fog, look around. Smile, one moment is enough to change your attitude. Welcome home. You have found the way to practice the immaculate moment through your destiny of reading these particular words. And, in this moment all karma, all poor habits, all challenges shift.

ONE MOMENT CAN CHANGE EVERYTHING.

*Can you imagine what happens if you practice
Having One Great Moment again and again?*

Imagine.

Conceive new possibilities

*Now, go up and read that quote again...This time just slow down;
trust that your allowed to be meditative. Absorb into the idea of this
moment being transforming everything, everyone, everywhere in
relationship to you.*

This Moment is pregnant with possibilities. Yes, that's the golden ticket-It's the pathway of your own personal improvement resulting in improvements in who you are with others and the choices you make today/tonight. The real challenge is to split the moment not the atom. See what I mean? If not, sign up now William@WilliamMartino.com to receive some help. There are free programs and ways you can contribute as well.

Chapter 3: Can you say “I may be wrong but it’s still on.”

Years ago I remember making a small mistake. Well, you know how the rules are; that small mistake brought me loads of trouble, blame and suffering. Was I wrong? Yes, but it was a nominal mistake yet in the business the boss used it as a way to really lay into me. My intention nor my work was lacking, the guy was just threatened by me. I had too much influence on others and was changing protocols for the better. Even though they were better they were upsetting the powers that be. So, starting to fall into depression and poor self talk I began to just give up. Then I snapped out of it and said “I may be wrong but it’s still on.” Meaning we may be deficient or have misbehaved, you may be skill-less, you may have the wrong connections in your brain firing, You may be legitimately ‘not good enough’ in many areas...you may have lot’s of negative’s but, if we are still willing-It’s still on. We are still allowed to continue on and keep trying. With that attitude in time you’ll eclipse many of the problems that are keeping you down and out.

Poor me, poor me, pour me another drink.

Well if its not a drink it could be simply a depressed attitude and that’s just as dangerous for you and those who love you. I mean come on can you imagine the Robin Williams story? Holy moly.

Ok, so you have some growing edges? Because of your imperfection and your periodic poor behavior does that just mean you are condemned and perpetually punished? No, it does not.

We are always going to miss something and if we are always thinking about what was, what is or what will be. Would you like to choose again, really choose some beneficial events to happen for you and through you for others? Ok, Dedicate yourself right now to practicing The Flow Technique for a lifetime. We’ll always be here to upgrade your abilities.

If you believe that there is support for you

somehow/somewhere then that idea is a blank check. Want to cash in?

When you recognize both sides of the coin you'll find yourself closer to The Synthesis and that's where the magic resides in true clarity.

Why not live life by design not by being imposed upon by the assumptions neither of your own mind, nor others?

If we do not recognize our hidden or otherwise repressed negative vibes and patterns then how could we really embrace the wonders of positive emotion. And wonders they are.

Positive emotional feeling, not the dissociative pansy type but true positive emotion washes our deepest insides.

The next time someone asks how your doing with no true concern whatsoever. Tell them.

If your depressed your probably stuffing emotions trying to squirm away from facing them. Your probably an individual that never stops talking about what happened and who's doing something wrong. Anything but bursting your own bubble and feeling through your own personal situation? The outer condition is not the conversation its what can you do, how can you adapt. That is the proper conversation to focus on.

“Great minds discuss ideas. Average minds discuss events. Small minds discuss people.”

— Eleanor Roosevelt

Keep on reading.

Lets transform shall we?

How? By listening more to enjoyable silence while letting good vibes speak to our bad vibes.

By noticing the space between the notes of life. This instantly shifts your perception into greater perspective. Don't have the time? Well, you may as well put down this book.

Can you enjoy a nourishing silence right now?

Here's some 10 seconds exercises that help:

Come back to your senses

**Scan and Breathe freely. Take in the sights, sounds and smells
Let them come to you.**

The Nose Knows-The Nose is amazing. More memories come from this sense than any other. There is a tissue at the roots of our noses called magnetite bearing tissue. This tissue absorbs healthy magnetism from the air into our bodies. When we breathe with our mouth the air does not go over this tissue and cannot absorb the magnetism. Mouth breathing is a sign of poor health.

Become Outstanding in your Field

Standing strong, what's your stance on this subject?, On solid ground,

Rest Your Eyes

For the next ten seconds close your eyes and notice the light you can see through your closed eyelids.

Reach the bones to soak the bones

Waiting in Line Practice

With each of these little exercises well done you'll discover an accumulative effect with personal restoration and reconfigurations occurring more and more as you morph into better and better versions of yourself.

Psychological Grounding-Interesting that the word grounding contains two ideas in the word. One the physical ground and two the quality of balance in our psychology. Interestingly enough the psychology becomes more grounding when we are aware of the earth underneath us. Make a connection with your awareness to this living breathing earth again and again and watch what happens as a result.

Pouring the Center, pouring the foundation

Blooming so much you pluck up your own roots. The cycles of evolution are rooting and blooming.

Sweet Sighs of Relief-Gasping sighs of relief (We can breathe easy now)-Heaving sighs of relief-Unearth more stuck stuff, unprocessed pain, distortion, confusion, fear, judgment and discharge it through gasping/heaving/sweet sighs of relief.

Speak to it-Ahhh, Mmmm, Shhhh, Wewww, Ohhh, Ha

All these syllable are common to our human race. Also, laughter and crying is common.

Getting Back To Center (the chakras or energy centers)-Heart, Guts, Balls, Grounding, On Top of Things, Touching Down, Breaking Ground, Settling Down and Growing Some Roots, Grounding, Scratching Ground,

Bio Energy History-Every Culture Speaks of it now science

confirms it. Yes, you have an aura, yes your vibe determines everything! Living a life above it all, a magic carpet ride is true for some and it can be true for you whoever you are just clean out the grime and life soar freely through you. In this you'll find a harmony and support of life that is surprising and welcome. Want in?

Today is your new birthday. Today is the day you'll get it done. Hold my hand and we'll do this together.

Soon, in some common moment it will be like someone just turns on the lights in the room of your life. Are you ready for that experience? Do you want it or would you rather hide in the dark? It's up to you.

For the next 10 seconds feel the air moving in and out through your nostrils. Each of these little exercises are ways to become embodied. Embodiment is healing.

Chapter 4: The Dance of Support and Relief

You'll only relieve your toxic feelings when you feel safe. Are you feeling safe yet? First there must be a need. A need that cannot be met. Can you endure sensing your own unmet need? You may have tried and tried but somehow just can't get things done well enough? That's a need right? What feelings do you have inside that are uncomfortable?

Counselors of all sorts address our issues in such a way as if they have

a solution. No, they do not. They might be able to help but the the only real solution is the recognition that we don't know it all, we do not have it all 'covered.' Our lives are constantly asked to change and adapt without foreknowledge.

Now that our mutual need has been established we can open up the closed off places inside and let life stream in.

Trust is greater than knowledge. Feelings are the ancestors of thought. The difference between feeling and emotion is that feelings are by themselves emotions have an object. Therefore, pure feeling is the root of emotion and can be more trusted.

Knowledge always changes so we cannot define anything. When you have been in a magic scene in nature did you have a lot of thoughts; knowing things? No, you relaxed and sighed relief. For a few moments your troubles were simply gone...and that's what this book is all about.

Keep trusting, keep relaxing while you reject the worlds drum beat that says...hey, lets all keep going at a frenetic pace right on into oblivion. Well, I choose to keep my own two little feet while the general society keeps on playing games with this earth I live on and this community I live in. This is not a bad attitude I will do everything to make me, those in my life and the world a better place-so, I have a good attitude. The above 'negative' comments are simply realistic. If you want to change something first

recognize what needs to be changed. Holding on to true negatives means no toxic discharge and false faces. Is that really how you want to live? Are you afraid to let out the negative stuff inside you because you do not know how to do so appropriately.

Soon, there will be more changes coming our way but if we keep our own two little feet we will always find protection and providence.

When we remove the attention from an entitled child they will go wild. Well, isn't it better that we do so and endure the crying time for how else could they discharge the bad attitude and become receptive for new ways? Again the establishment of need in ourselves and in those we choose to guide is required. The mask has been removed and the problem revealed.

Let your suckiness suck. That will vacuum in the agitating challenges that will transform the negative energy factory places in your cells.

Pay attention to yourself. Don't think you have to please everyone; you do not. Have you been looking for a worthy purpose; its yourself and it's the people that you meet each day. Doing that you cannot loose. Stay on task. If you journey into your own reinvention then you can do any job; create any-thing because your energy and intelligence will steadily be improved.

For now, especially if your facing some type of mental/emotional/physical illness forget the externals of people, places and things. Yes, just forget them and sigh relief for days on end. How?

Here's another ten second technique:

Heavily relaxing:

1. Drop all muscular control

2. Feel into your bones

3. Feel your pulse

Do all three in ten seconds. After 10 or 20 practices you'll get better at it.

Improve you experience of The Masters Resourcefulness

Notice the great Olympian or Singer. A master of any art will pause and center in before delivering their craft. That is their secret. That is the source of not only their power but the path to God, Enlightenment, Meditation, SuperStrength and Intelligence, Emotional Composure, Effective Action...Etc.

So, get practicing and watch what happens.

Life really is fun but 'all' have forgotten. Will you remember with me?

From the depths of depression, mental illness and compulsion; and I do mean the depths I found a way out and I offer it to you. Something happened, the lights went on and now I see we all script our lives to learn something and when we've learned what we want we move on. What are you learning from being depressed? Is it 'people don't really care.' Well, let me save you some trouble 'they don't' or more accurately they can't. just because you chose to take on the world and they didn't get the invitation so what will you do? Keep trying to figure out 'why it happened' 'when do I get rewarded' etc.

There is no source of power that can be found in the intellect. Cognition is not capable of understand feelings it can only point to them. Feeling...Purpose is the fuel of all actions done by the intellect. Forgetting this we are lost. Remembering we are found. To actually fully feel the mind must have the background of a comfortable silence for a time. Like what happens listening to flowing water, watching a crackling fire, shimmering water, rustling leaves etc. This is natures way of

capturing our attention to bring us back to Center. This is why nature causes people to fall in love more easily. It is the reflection and catalyst for what we are set to learn to do ourselves; in ourselves, by ourselves.

Receive a warm genuine hug and your on to something. Or, Just remember/invoke the feeling.

Best of all the same feelings as hug, sex, alcohol etc...only better feelings are manufactured from the inside out and that's what we are here, on earth to learn. How can we feel good if we cannot look at ourselves because 'this happened to us' 'not smart enough' 'not pretty enough' 'not tough enough'. What is this enough? It's just relative.

There is a champion in each of us scratching to get out. We try to break into ourselves for the answer. The pill, the relationship, the success, the endeavor and most all go through their whole life this way never trying to break out-Why not rest yourself here and now taking power back into yourself, trust...

Remember the first step to The Flow Techique

Imitate or actualize a heavy sigh of relief.

Trust this time and I promise the rest will take care of itself.

It's our true self that want's to break out of its shell and one moment of recognition can do that for you. But, you'll have to endure seeing all those imperfections; but there not even you. You are an observer, silent, enjoying.

All your thoughts and circumstances are a program; you're the programmer. Want to change anything?

The Gift of Perspective

Why keep believing that your subject to events when they never really even touch you, never have and never will. Are you the silent observer of all thoughts, emotion, physiology and environment or not? Answer me,

answer yourself. Need to read that again?

How could you not be an observer not only of life but most importantly of your own self, your own life movie reel. After all, language is learned, interpretations are learned. Well, for now just stop the processing.

Chapter 5-I've learned from the best

I've spent much of my education with the worlds greatest martial artists, enlightenment teachers etc. Why? I desperately needed help. Did I get it? No, big let down. In almost every case it was a business that they tried to enslave me to help run. Yoga is mostly ego aggrandizement, martial arts is mostly for people in shock and the cruel or an excuse for immature people to play with the subject of violence without really engaging it whatsoever.

Where are the real enlightened people the real super champions. Is it only in the movies? Well, I found where they are. It's You! I mean the true You. That wonderful person inside there. Your my teacher, my master, my hope. You! I found that people who suffer, the lost, the lonely and the needy are closer to the truth then the intelligent, the powerful and the wealthy. How could it be? Because you are taking the time to feel where mostly, the others are not minus a few good ones who are trying to save the world single handedly.

Look, life is breathing through you and that's your inheritance; that's magic you can tune in. Why does every religion enlightenment system and therapist have strong things to say about the breath.

Can you feel it? The pulse of your heartbeat, the rhythm of your breath or are you so dissacociated that you cannot even enjoy such a wonderful gift; the gift of breath. Your pulse is here as well. Why not appreciate such wonders. Doing so you have the best built in biofeedback system on the planet. You can really get to know yourself...How, by getting to know your physical systems.

Ok, enough for now...

Take 5

“This Magic Moment...”

Singing out loud is one of the greatest ways to replace negative thinking.

Remember that song? Here's a YouTube link and the lyrics

<https://www.youtube.com/watch?v=UI041CSNJto>

"This Magic Moment"

This magic moment
So different and so new
Was like any other
Until I kissed you

And then it happened
It took me by surprise
I knew that you felt it too
By the look in your eyes

Sweeter than wine
Softer than the summer night
Everything I want I have
Whenever I hold you tight

This magic moment
While you lips are close to mine
Will last forever
Forever til the end of time

Oh.....

Oh.....

Mm.....

Sweeter than wine
Softer than the summer night
Everything I want I have
Whenever I hold you tight

This magic moment
While your lips are close to mine
Will last forever
Forever til the end of time

Oh.....
Magic moment.....
Magic moment.....
Magic moment.....

Remember the magic of love, a first kiss and being cherished. Well, Its here again; the feeling of being cared about; just you exactly as is.

Chapter 6-QuantumRefreshment

This is the first teaching just feel what's going on and from here you'll find a tremendous refreshment. Why? Because your no longer distracted. Medical science says we have an average of 60 to 80 thousand thoughts on average each day? When do you relax?

It's time for a strong hand to lift you up and put you on your own feet.

Not your husband's feet, your wives, your drug, your food, your whatever. Your own two feet and there you'll remember to stand.

"if you don't stand for something, you'll fall for anything."

What, if I could give you anything would make you happy right now. Ok, pretend it just happened. Anything you want...Can you pretend?

"Imagination is more important than knowledge. Do you want your children to be intelligent? Then read them fairytales. Do you want them to be more intelligent? Then read them more fairytales."

Albert Einstein

Everything is constructed in the imagination. It's time we all realize that and...dream. What good dreams for your future are circulating with some

spark of hope within you? Are you dedicated to realizing those dreams no matter how long it takes. That's the stuff of breakthrough. All present here and now through the simple choice to do so.

Now, with that spark of happiness just feel it; it's the fuel of life. Not happiness that excludes suffering like is represented in a lot of the New Age fluff. I call that 'Look at my ass Yoga'. A world of dissociative new age giddy people whom the first strong wind will blow over. No, I'm talking about a realistic and strong happiness that weathers storms and has real grit.

Love and Happiness are not given much respect in our world of intellect over emotion. Well, think for yourself. Or, ask science. Medical science/psychology and psychiatry say...basically...unaddressed compulsive negative emotion sets about a series of biochemical events that destroy the health of our tissues. Realistic positive emotion contributes to the health of our tissues. That's a graphic understanding to remember.

Emotional intensive care. Take the next three days and strategize everything you are going to do, everywhere you are going to go; JUST FOR YOU!

Selfish?-Absolutely and this is the way of all truly every super genius and those most productive people. So, saying you don't have the time is not in your own long term best interest. And by the way, it doesn't matter if you have obligations-In this program your given 10 second practices, 2 minute practices and 5 minute practices. Surely, you can benefit.

If you are worried about productivity just realize that you have to draw the bow before you can shoot an arrow.

Chapter 7-Understanding

Trying to understand everything without a break will take you out. Maybe that's what you want. If it is, you might like to re-valuate, maybe not? I have no idea what's best for you. These are only suggestions for what I feel are universal truths to the human being. But, I'm sure I'll be proved wrong again and again. Yet, remember "I may be

'wrong'(not perfect, having growing edges, are disturbed in some ways..etc), but its still on.” “I may need to change but its still on.’ Put it anyway you like but say it and stick up for yourself in the process.

Can you say this out loud? Can you just slow down now and stop it...stop the frenetic outer search and trying to keep up with it all...No one can keep up with it 'all'. This is an exercise in futility. If your worried about keeping up why not just simplify your life. Only doing this will cause one immediate giant leap into greater health. Snap and its done. More simple eating, a few better choices...Bingo.

Chapter 8-Practical Points for more energy

The Breath of Life

By breathing through your nose you actually secrete nitrous oxide into your lungs and body; this is a natural antibacterial agent. Breathe through your nose helps the health of the heart, lungs and body in many ways.

Things are lookin up. We all are hangin our heads down with the endless computers and phones. Therefore, there's a lot of stuck stuff in the neck and shoulders. Simply spend more time looking up; literally and presto more energy in your life. How often do you see the sky, the stars or maybe once again your just too busy, sad, etc? Really well that's your self imposed sentence so materials like these which will really work are useless then to you. After all you know better right?

Walk it off and become outstanding in your field

Is there anyone on the planet that can be trusted to teach you?

It's flat not reasonable that most human beings live there life under this illusion.

There's magic in the air.

A change of atmosphere. There is a change of feeling that's is felt tangibly in the air. Whenever we are feeling better the magnetic energy we

emanate into the air around us is charged with coherent magnetism. This is measurable and scientific.

Ritually build biological energy-How important is that morning coffee? Why? Is it the coffee? No, it's the ritual. Each time we repeat a pleasurable action literally the brain energy we get out of it strengthens. The nerves get thicker and more bio-magnetism travels through the nerve connections associated with the action. So, develop rituals that are just for you. Keep getting better at it and your life will change.

Can you enjoy being alone? I mean, we can get away from others but can we get away from ourselves? That's a little more tricky but here's help.

"All humankind's ills come from not being able to enjoy quietness alone" Pascal

Chapter 9-Enjoyably experiencing your own personal space.

Really quieting down and taking enough time to keep settling down.

Want to feel better? Don't be afraid to take energy to yourself. You're allowed to receive the power of life aren't you or did someone convince you that you're only supposed to give it to them? I mean really, emotionally receive fresh life.

Unbound your breathing and let the chips fall where they may.

Chapter 9-Attention Extension

Do you ever really get focused? I mean it's relatively easy to study something, memorize, etc. However, do you ever really perceive yourself with full attention. Phd's are easy in my estimation but to concentrate on yourself now that takes real Heart and Guts. Quickly something will come up to distract you and is that distraction more important than being able to sit with yourself? No it is not. Mankind is running into a wall. If you want to

join that rat race that's your problem not mine. This book is only an invitation to reverse the search. Now, giving quality time this way all external matters have the proper support and two phd's, more money...whatever you want is more available; here's a suggestion; more family harmony and greater social skills. Richard Branson one of the greatest businessmen and wealthiest person in the world said "Business is all about relationships with people."

So, if your trying to succeed without that element you'll be disappointed no matter what strides you make. The substance of life is relationships; primarily with life itself and your own self. Life can be God, Nature, Universe, Buddha, Jesus...whatever. I'm over such distinctions. For now, let go of your push and pull with others and remember yourself. Don't worry, your still there/here.

Now, begin extending your attention; stretch. Stop dissociating with endless T.V. etc. Its not helping. This is your chance for that leap of faith.

Embraced in life we are restored

We are human beings not human doings. Doing happens from being not the other way around.

Touch this earth underneath you. Touch down and break ground right here where you are and grown an extensive symbiotic relationship with the earth underneath you. Breathe with the living earth. First just as an idea, then your realize it was true all along. After all your skin breathes doesn't it. Therefore...

Breathing/Respiration is a larger concept then just with the lungs.

Sigh relief for days on end.

Like deeply heavily sweetly sleeping you can you invest the next hours into just sweet support and relief?

There is enough. You are ok.

Belief determines everything. The filter of interpretation. Trust your own self repair, education and empowerment. Trust that in doing this you'll then and only then be situated to know what to do next.

Fearful clinging anxiously doing keeps us separate from the vast expanse. It keeps our processing speed too slow. You need support now and through this book it has arrived.

Alone in a majestic scene in nature don't you take it all in and soak it all up. Well, practice that right here where you are as well.

Chapter 10 Transferring Energy from Nature into your deep insides.

Soak up the atmosphere

It's your birthright.

Transferring energy from Nature into our bodies is a given in life. And nature including the cosmos is so vast; we must fear any possibility of accepting too much grace and good energy. Others would have us think that there is not enough because once we make this decision we eclipse them in power and insight. No one likes to be upstaged. However, if you are lacking isn't it right and good for you to receive as well as others?

How does that happen? Hint...quiet, long rhythms. Can we unplug from the collective consciousness and plug into nature just receiving to

ourselves and be remade? Do you have the courage to really be alone and nourished this way?

You may go anywhere to 'get away' but can you get away from yourself?

Who do you perceive yourself to be? Let me hear it.

Ok, now. Aren't you observing yourself make comments about yourself. Isn't there an observer that you are as well. Then, the observer you are evaluates your-self. You see, you're not your 'self' you're someone that's even more than 'you'. Let's call you 'the observer' for now. Making contact with this part of us is the gift of insight and power because we realize that all along we have been 'outside the box' watching the movie of our lives. Want to change the script? Get behind the scenes.

Note:- Why poison yourself with toxic emotional feeling, thoughts, behaviors, foods? Why, why, why. I think it's the idea that it'll make us feel weird then we'll get focused. Maybe there's a better way? Yes, I think there is. Clean feels good doesn't it? Or, maybe since you're familiar with toxic apparently that feels better. Can you wait? Can you wait until you settle down before taking your next action. The way things work is no waiting just doing. Well, it's not natural; it's not real and the suffering causes the stopping of frenetic doing then we have to reevaluate. Rather, just wait a while. It's going to be ok my dear.

Chapter 11-Trust

Trust is virtually nonexistent. We look out at each other use our intellects and evaluate and as long as that person keeps their distance be it spouse child or friend all is well. Counselors and doctors have to be emotionally objective. What bullshit.

No, don't think...feel then your thoughts will organize themselves. Being clear you can handle not only your own ills but the ills of others and be a true blessing to humanity and nature. Remember, this is the key of all the greats so if you think these ideas are lacking in power you've not done the

research. These kind of quiet internal/feeling states of mind access subconscious processing power which can only be realized by feeling peace of mind rather than thinking thoughts.

Many others won't like you taking your power back to yourself. Well, they can choose to come along as well; or not.

Choose, choose what's important. To me, you are really important whoever you are and there are some that care selflessly like a new mother/father practicing giving unconditional love, attention and guidance. It's all in the baby steps. Today/tonight, you reverse your search, you can trust-

Clearings inside and out can only happen by upgrading our filter of interpretation from duality to synthesis.

Go outside and touch the grass, look at the sky, smell the soil and come back to your senses. Touch with your feeling all this inner wonder and remember who you are and where you get the power from for all your thinking and doing. Even inside a room can you practice expansive perception or will you remain stuck in fearful clinging perseverating about what you've had, what you've lost, what they've done and how your not good enough? Or, what you will do and where you will go. Listen all those answers are naturally formed when you have super energy. Without feeling good though what are you really gaining or giving? Life itself believes you to be good enough to have that breath going right now. Are you stuck? Interested but confused? Let's unstick you.

Chapter 12-One Moment can change Everything

Never assume, you know what that does.

One Moment Can Change Everything. Is that true? If not why not and so what?

Well, that's up to you and not my business. However, if you do not tell the truth of need that nothing will be given. Having our bubble burst is great relief. All of a sudden the illusion of having it right is gone and there is great relief. Let your suckiness suck and naturally the vacuum brings you the energy. See how it works? The instant the intellect is exposed for being only symbolic to true meaning we can feel into ourselves we find the raw nerves. Now, can you stand the perceptions. Can you sit with your own exposure and distortion? Once again, its up to you and I as individuals to choose. What do you choose?

It's all about emotion in life. Everything you do is ultimately for the emotional reward; everything.

You can be right or you can be happy.

The values of deep relaxation

Feeling peace of mind rather than thinking though

Heavier body. More of the feeling of physical solidity. More personal gravity. Is there great gravity to your presence. Immovably rooted. This is the mysterious power of 'chi' in Tai Chi, Qigong and Martial arts. It brings us standing power. If you don't stand for something you'll fall for anything. All's you need to 'own' is that little space under your feet with tremendous gravity and you are allowed to have that space aren't you? Get some.

Emotion-Contentment; the choice to feel it is a practice and has a threshold of 'how much.' Keep evolving. Recognize that there is sooo

much room to improve.

The values of high stimulation-

Whats the value of good news? What kind of good news would you like to hear that's truly good for you?

Lighter body. Buoyancy. The feeling of jumping around and playing. Go ahead free yourself; it's your living after all. The animating principle of life comes with the dance of nature. Right here, wherever you are nature is buzzing with life. Yes, even inside. Connectivity is power and stretching out to connect with your environment means you are allowed to participate, to contribute. Well, are you? The only resolution for most mental illnesses is emotional resiliency which can be learned. You will get out of yourself and egoic obsessions disappear all by themselves without any real effort to do so on your part. Why is it that psychology and psychiatry focus directly on the problem. How absurd. What we need is to recognize the good in us. What do you like and love? What songs, quotes, People, movie clips, places in nature, hobbies. That's the path for transformation for without it we have no positive emotional feeling. There is a relationship between support and relief. If you do not feel supported you will not feel relief. Support can only come from engaging what you enjoy; just do it.

The person that is consciously aware only of itself it is imprisoned. If the mind has an observer then change is possible. Only when we feel safe and supported can this process ensue. So, rally your personal resources by listing out every possible thing you like and love. Feel out your relationships and connect primarily with those that share your healing intention.

The nightmare is over-The curse is broken

Some things shifted and the world is a better place.

Let it go already

Transcend the movie

Life is meant to really be enjoyed. Now its your turn.

Synthesis perception

Transcendental perception-Modern psychology now recognizes 4 states of consciousness: Waking, Dreaming, Sleep and Transcendent. Isn't that interesting that medical science recognizes this little known nor experienced quality of perception call Transcendence.

The Nose is very important in all enlightenment systems. Have some long smooth breathing with your nose right now. Establish it as you read on and be prepared to feel better. In ancient times mouth breathing was associated with mental illness. Depression causes mouth breathing not the other way around. So-Breathe fully with your nose and watch what happens.

Steps you can take right now in everyday life to ease your depression

Time to cash in on your good karma chips

Most people with mental illness are extraordinarily kind yet in their estimation it just hasn't worked so it's time to give up. Even if you don't feel this way about yourself the storehouse of life has infinite good karma chips credited to your account. It's time to cash in. Recognizing such truth frees us instantly. Believe, receive, proceed. The tremendous energy and intelligence that comes about makes its own path. The world clears a way for such a one

UNBOUNDING IN YOUR FACE BREATHING CHIPS FALL AS THEY MAY

Make a stand. Stake a claim.

Should there ever being fighting in life?

Yes, there should. Why? Because when we receive what we need that will sometimes be directly taking from someone

else. There is a war for resources around the world. Granted, we could do it better yet there will always be some of this war in this world which is made from energy and materials. That's just the way of life. Want to live? Survive? Thrive? Then you accept this fact and fight for your life. Fight off those who would steal your inheritance of a rich life given naturally to those who simply open up to accept the free offering of empowerment given by nature. It's not an outward gathering, its an inward acceptance. Outward gathering is for predators that do not trust life. They should not succeed.

Touching off and defining your own, personal defensible space.

Eye to eye, toe to toe. Face the ones who would take your energy without permission...face off with them, face them down...face them out. How? By facing yourself until the weakness they are preying on is healed. You can do this; just endure, get help, support, insight, energy and resources that insure your sovereignty.

When we feel connected/supported with friends and partners in common purposes life is a lot easier.

Connect and Enchant:

A Person, Place or Object right here where you are...really connect.

A Memory-

Can you remember a time when you felt loved? Safe? Rescued? Helped out by someone? Slow down, your safe right now in this split second right? Ok, go back in time now and-

GET THE FEELING

Now bring that feeling into wherever your afraid, sad, lonely, depressed, compulsive the. Graft That feeling into your deepest darkest self and expand. Let yourself out...let it all out...It'

What if today you genuinely expressed about things you are grateful for? Pardon the challenging concept. If something that

is present is uncomfortable and we interpret it like the agitator on the washing machine (Its just breaking up the dirt) then challenges become opportunities. Furthermore we are consistently strengthened in the process.

Discover a way to live life where you are strengthened, educated and transformed unceasingly.

Savoring in appreciation each gift that is supplying you with your existence. What happens if we practice just for a moment. Acknowledging what's working for us, food shelter for example. What is helping us...challenges for example...

BE GRATEFUL AND JUST WATCH WHAT HAPPENS. YOU FIND YOUR OWN SELF. YOUR OWN LIFE. NOT THE LIFE THAT CONSTANTLY REFERENCES WHETHER OTHER PEOPLE APPROVE OR NOT.

Appreciating something or someone for an extending period of time is utterly amazing for producing the healing effect. In our practice Here that savors the gifts you've been given in the past, present and future is the right vibe from which to face the tough stuff and thereby be transformed.

Soon, enjoyment builds in our cells and there is no greater success in life than feeling good.

Now, nothing does it by itself. Do you breathe by yourself or does nature

have a role. Does your heart beat by itself or does water and food have something to do with it? Did you learn to speak by yourself or did you need an example. In the same way healing is not self isolated. Healing and education only happens in close proximity to teachers. Who and what do you allow in to truly guide you? Make a list and begin the new habit of allowing education, living education to occur in you. *This goes against how we were all brought up. We were taught that learning is a thing to only get and apply. Learning is something we do to facilitate our own little agendas. Well, learning, true learning is about ourselves. It must be ongoing and progressive or it does not sustain us.*

Break from the old model and embrace this new concept then self transformation is yours.

Easy does it now, relax, gasp or sigh relief...trust...extend your perception of time. Nothing else to do; just this. What have you appreciated? Can you extend you appreciation time now. Soon it will become natural. Specifically, include 10 seconds of savoring appreciation and have as a specific goal at least 100 practice sessions over the next week. Will you do that.

Let's admit we cannot understand instructions we can only come to the place of saying ok, I trust that then do them. If you attempt total understanding you will do nothing and nothing will change. This is real magic.

Things are looking up

There is trapped energy stuck in our muscles in our neck and shoulders from always looking down. The image of the downward gaze into the cell phone and computer is now worldwide; everyone's doing it. Well, be unique-Look up for a change and in doing so the amazing sky will lift your spirits. Time invested here is wise and brings a multitude of benefits. When was the last time you really noticed the sky or stars like you did in amazement as a child.

Catharsis

Reverse the search find the time, journey, distress unwind.

The seeker must disappear. That's the height of perception which is so great it transport us to that mysterious place before all conceptualizations.

Every tradition of healing, wellness and transformation speaks of the solution being found within. Well, let's analyze where we are looking. Outside ourselves right? Hm...Seems like a simple reversal of 'the search' will find some answers.

Objectified Awareness is delusion

Are you analyzing your intellect, emotion and experiences? That's not the source of healing. Are you analyzing the external world? Your family, relationships and circumstances? That's not the source of healing. The Source is the true you and all along incredible, multiplied abilities to heal have been available right here where you are in the washing of the silence within. Just one moment of access is enough. Will you withdraw into this: Just a moment? Sighing relief for days on end will reverse most medical situations. Don't know until you try right. So, I challenge, do you have enough trust in what I'm saying to 'just do it'. We shall see.

The whole idea of 'keeping up' is basically wrong. Trusting life is not keeping up. We have placed the cart before the horse and trapped ourselves into an addiction to anxiety that is self destructive. Just forget it like I have and trust the process of life rather than seizing it. In this way your personal capacities skyrocket, intelligence and energy reaches such a height that your productivity will eclipse the 'keeping up' crowd. But, for

now you must trust, you must let go, you must relax. Yes, must and should. This is direction, this is instruction of the highest type yet is it time to once again return to the teachability of a child. That's the masters state of mind; childlike simplicity. And, with this trust and following along true maturation ensues.

It's simply imperative and necessary that you Make Contact again, again, again. Make Contact means touching...touching happens with every sense and more. Making Contact with what?

Real Teachers

Nature's Nourishing

Your Own Physical Body-your whole body is the record of your experiences. Your whole body is your 'brain.'

Hidden or otherwise repressed emotion-There is a threshold of access and purging/discharging toxic vibes and substance. Consistently seek greater threshold of experience.

Unprocessed emotion

on a Feeling Basis and People in Community.

Believe it or not you are unlimited in every aspect of your person and through this book this is realized.

Breathe long with me through your nose now and forget it. Forget what? Everything, everywhen, everywhere and everyone including yourself. This is the essence of going on vacation. Time for a mini vacation

Time expanding...

Releasing circumstances more and more...

I don't give up on people; ever. So, take my hand through this book and receive the current of life to reconfigure eyes and thought. Best of all how you are feeling right now.

Drop your head into your hands and hold your face; cat nap in this posture

now.

The state of suspended animation letting others go

If you want to help somebody or even yourself let others go a while. The attachment to ourselves and others that never relents is no way to proceed.

This is the kudegra of self healing. Take the time, make the time to self nourish. Slow down, wander a bit, let go. Don't worry you won't lose your life. You'll gain it. Making time for this your family, relationships and business lives will go better. But, first you simply must trust and get it done. Will you do it today? M.E. Time. M.E. stands for Morning and Evening. At least that is just me time. Yes you can make it happen. I won't hear your excuses so no use voicing them.

I'm so mad?

Wow, what a self descriptive statement. Madness meaning psychological illness as well as an emotional quality toward another individual is the same word. Madness turned inward is a great cause of depression. We get so mad at someone/something then we feel guilty and determine we should not feel mad toward another then we suppress it which suppresses all our systems, hence, depression.

Time travel: Its an adventure. Some time ago I enjoyed hearing a program for children called adventures in Odysee. It was fun to hear about this ice cream shop where all the kids came to play. Well, in the back of the shop the owner, a great inventor built this thing he called the imagination station. When the children got in and pushed the button they were transported to another time. Imagine it...I mean right now...for the next ten seconds imagine you are there as part of the crowd witnessing an event in history of your choosing. Take a breath now and span out the next ten seconds, choose your scent and push the imagination station button.

Your own original ideas are welcome as well

Homework-With pen and paper write out a thorough imagination station event. One that's healing, relaxing, insight giving then after writing it out push that button.

“You have to do the work. If your not willing to practice then this work can be of no help for you.” W.F.M.

Chapter 13-The science of consciousness

Bells theorem "There is no local cause and there is no local position"

Many physicists say this is the most important physics equation on which all others are based. It's called non locality.

In physics you can physically remove two electrons that function together (paired electrons) and move them to separate places around the world. As soon as you influence one of the electrons the other one is instantly affected. No traveling time. No light speed, no measurable magnetism that we know of. So, this physics core principle means that everything is instantly inter related. Now, what is your influence on your enviornment? It's how you are feeling? Do self depressing toxifying action help you or others? Snap out of it and smell some roses. Go head you can do it and I am with you.

Bell's inequality-

When and where would you like to practice unconditional support for yourself from yourself rather then endless self analysis?

How about now?

With these people in your life principally yourself. It may take a long time to get a fresh perspective through unplugging so we have to be decisive now. Life isen't lived alone yet strategizing the time to really calm down and be with ourselves is the way to relate well with those in our lives.

This is the great key. Every time you feel your losing your nerve you can fight your way through it. Now, fight may not be a popular word yet in the sense of action it's the word that means to impose our will. Is your agenda, your will allowed to be imposed? Yes, this is the way we change

things. When a raindrop falls into the pond the ripple effect occurs. In the same way for your good plans to be actualized you'll have to change things. And here is the beauty of self-refreshment for then like the radiating sun you naturally touch and reconfigure other patterns in your mind and behavior. Are you listening to me? Nothing wants change, everyone is on their own agenda; that's where the word fight supports you getting your agenda through. So, the next time depression and confusion seeks to take control you take over instead. Ok?

If the very forces within you are working against you then you cannot help yourself.

If this is happening for you its not because you are good or bad its just that you've download and followed the wrong map.

Stress Management? Why would you want to manage stress?

Stress Utilization.

. By successfully extricating yourself from the unhelpful thoughts of yourself or others you can see clearly and energize yourself to make your contribution into your sick parts and the sick parts in the world. Just like that water drop have your effect in your environment. A

But, in the world the patterns are often destructive and greed oriented not collective success oriented therefore rise up and fight. You'll be glad you did.

Ok, now its time for some of that surrendering to the right influence and allowing it to make changes on your insides:

The sun and moon, the twinkling star and the feel of grass on your feet. Playful self surrender. Which will you embrace today. Don't worry about the time investment. Think 'Take 5'. That will be the best 5 minutes

you've ever invested.

Natural toxic discharge

We are allowed to use the restroom right. How much more so does our psyche need to eliminate. Let it out. Don't think; do it. Steadily more and more create those times and places in your life when you do so.

- *The sky is always blue*
- *The stars are always out*
- *The moon is always full*
- *There is always more space than there is content.*
- *There is always more silence than thoughts.*

Only are we accepting these facts or are we just too busy?

Silence is enjoyable. Remember that great night enjoying the stars?

The sense of spaciousness is enjoyable. Remember that time being alone in a vast expanse of beautiful nature?

Take a breath now. The very great news is that natural attention, energy, insight and productivity all skyrocket when you embrace the above mentioned points.

In this cosmic space do you know which way is up? Which way is down? East or West? Forward or backward?

One thing for sure you know the difference between inward and outward.

Question what you believe and you may find yourself remade into better and better versions of yourself.

Let me ask you-Where are you? Where are the people in your life? Where

is the car, the office, the park. These things may be over there but you experience them inside yourself.

Best to gain a greater relationship with yourself than you have a built in biofeedback machine that is telling you what's going on. When we objectify our perception as over there through the intellect we create a barrier to feeling. It's only feeling that tells the truth not words.

Now, all that might sound like I'm a glass is half full person. Not so, I'm both. The opposites are always true so I've experienced that its best to know both.

Did you know all that?

Want to know how to gain these qualities for yourself?

What we have to do know is stop talking about the problem, depression and start talking about the solution-

Biological Innervation. The science of biomagnetism is long scientifically established. Still, people don't know if 'the chi' or 'the aura' is real. Come on catch up.

The most advanced diagnostic systems for the heart and brain measure the emitting biomagnetic field and from that medical science tells us whats going on in those organs. When a bone doesn't heal in a hospital they wrap it in a magnetic field of particular frequency. Science can put a cap on your head and tell you your thoughts. Why thoughts emits particular magnetic frequencies.

Nikola Tesla said "If you want to understand the universe think in terms of energy, frequency and vibration" Einstein was asked "What's it like being the most intelligent person in the world" He said "I don't know you'll have to ask Tesla". So with all these vibes about, may I ask? How are you feeling? Not "What are you thinking" or "What happened." No time for that anymore we addressed that in the first part of this book. Now, its time to move on. Ready?

There is energy in the air and you cannot absorb it to yourself if you are stuck in your head endlessly thinking and worrying. Just stop it. That simple. Now, smell the roses, soak up the atmosphere. Return everyone else back to themselves and you focus on you a while.

When we fully understand the present moment there is no more wondering what to do or not do. Living fully is here.

M.E. Time Morning and Evening.

“Don’t fool yourself the way is in training.”

M.M.

Every day for the rest of your life take back your power in greater ways every morning and every evening and don’t forget to thread each day with The Flow Technique and your 10 second option. Choose any one you like and practice when and where you like. It’s always available.

It’s the inner world where solutions are made.

Intuitive Feeling-Unwrap your inherently greatest gift.

Quiet down now and trust. What do you feel about _____? Can you get a sense of who _____ is. Or can you get a sense about how you are going to pay _____ bill?

Quieter...Quieter...Now, release it entirely. Rest yourself profoundly and when you wake up take specific action in the ways that you are given.

Become Heartfelt, with guts/intestinal fortitude, balls/ovaries, backbone, roots that go deep and get ahead in the game.

These are all words and phrases that refer to physical locations in the body yet they refer to emotional/psychological qualities.

Where are you gonna get the energy you want and need to feel better. I think if you look around the universe and nature you’ll find some contact points. And, that list mentioned in the beginning of this book will provide as well.

Are you ready to ‘Get Connected?’ Connectivity is power. Stretch out and

make contact again/again.

Fearful clinging that continues to think through solutions is not the way of creative insight nor creative genius.

This is your new birthday, a clean slate and new lease is given. The pages of tomorrow aren't yet written. Do you realize that you have the pen. You've thought someone or something else did. The nightmare is over and should you accept and the future chapters will be better than your wildest dreams.

Separate from the pettiness of the masses that are locked in the war of gain and loss with each other while all along nature's bounty has offered in the very air more than any of us could consume and from that we can discover even more than nature. Since the dawn of humanity there have always been wise people and the masses think its this or that path. No, its whatever the individual likes and loves. That's the path of wisdom and enlightenment no matter what the mind says.

The mind is not wise it's a computer. It's the heart that's wise.

The wisdom of the heart

You cannot function unless you evolve. Therefore, the unknown is the larger part of yourself. Attempting a 'static' 'established' personality is not reasonable. You are asked to trust and transform.

Scientifically we know that the heart:

- Emits a measurable 40 foot field of magnetism
- Responds to our emotional state in extraordinarily subtle ways. More fine then our ability to notice yet advanced medical devices can and do. It's called HRV-Heart Rate Variability.

If you look at the motives of all creatures ultimately it's the heart that decides the action. The action that produces happiness. Granted some ways are not effective to accomplish the goal; drinking/eating too much for example But, each decision is an attempt to gratify.

Make your stand, stake your claim-

Liking the fight. Wanting the fight. Question-If there was someone injuring a baby would you like to fight them? Or, if you could stop the plane from slamming into those towers would you 'push the button?'

I would. There is the element of fighting in life and there is just no use denying it. So, What's worth fighting for according to you?

Get really, really, really mad dog mean at the stuff that you should demonstrate anger towards. Like someone trying to stifle your own good direction in life. Now, this kind of anger that I'm speaking of is different than the norm. This kind of anger actually keeps a good vibe about it and is more evolved than how people without balance display anger. This is the destructive impulse of life that will not be thwarted; an expression of nature itself. Therefore, whoever would steal your thunder will have theirs absorbed into your cells as a gift of empowerment. Unless of course they are right then we must defer. Some may think this kind of talk is a bit much. Well, those people should be feared. If you're not supposed to get angry at anything that's when the natural protective instinct becomes distorted. Depression and other illnesses manifest when we internalize that which should be externalized.

How about your own existence is that something worth defending? Good place to start don't you think?

Standing off staring down, making your stank staking your claim. There are plenty of people who would just use you for their own designs and drag you down. You'll have to consistently and repeatedly fight them off. Are you willing to learn how and engage the necessary danger in doing so?

Quick Coherence

Skin thickening

Full Body processing.

body to Body...Body Bellows Breathing

Physical Transformations

Lancing the boil of the protected disease factory

Skeleton breathing

Nerve fiber breathing

Central Nectar

The PRONOIA Effect past, present, future...

Faithing...Believing...The power of believing.

Physical/Quantum Transfiguration-Your relationship with personalities and forms.

Have you been subconsciously saying if I stay depressed somehow I'll get something out of it? Or, 'By my sacrifice somehow I'm doing a good thing?' Feel and think deeply and thoroughly before asking too quickly.

No coddling here so if that's your trip you may as well stop reading. If you have the courage to read on then you may find the secret inner passageway to true riches opening up for you. Are you prepared to handle being successful in the truest sense? Wanna taste and see?

Ok, let's try another mini experience-

Tell me how you wake up in the morning. Do you get up early enough and prepare for what's coming so you have an edge or do you hit the ground running as if by some miracle everything will magically go the way you want it too without your participation?

Try the first method tomorrow. Prepare yourself as if you were about to have the most important opportunity meeting of your life. Now, you have to trust instruction and do it. Each day and Night you will gain the accumulative effect and one moment when you aren't even thinking of it the breakthrough will happen. It's all about choice. What are you choosing? Is your mind so muddled that you can't choose? Well then I guess practicing feeling peace of mind rather than thinking is a worthy investment that does not waste time at all rather it invests time.

**"If I keep a green bough in my heart the
singing bird will come."
- Chinese proverb**

Suggestions:

Want to enhance your mental clarity, memory and processing speed? Brain fitness is ultimately based on emotional fitness. Science has determined that it's the strength and resiliency of our emotions which determine overall success in life more so than our IQ. Why? Because we all do what we do for a reason. Now that you've had some relief and insight from reading this book let's get to the nuts and bolts of securing your improved life. As always the suggestions offered here are user friendly and time effective.

Can you say Mapping?

The stuck Spot Map-Where are you stuck. Physically and in your life circumstances?

The Magic Map-Where in your room, house, yard, community and for trips can you go for rejuvenation and insight.

Danger/Avoidance/Invisibility Map

Can you say listing?

Internally matches faces and names, phone numbers, addresses and important upcoming dates

Can you say clipping?

Now run the reel in your inner eye:

Flash your relational experiences internally from the place of observation and on a feeling basis review your emotional feelings, words,

thoughts and actions.

Breathe into it again and again. Wow, that smarts.

Once again, let's return on a deeper level to exposed perception of where we are sick. You, see every sense can perceive it. What's it smell like, what's it look like, what's it taste like, what's it feel like? How is it distorted and where is it in your body? What does it relate to? What events in your life. Whatever the reason there it is stinking up the place. That's ok. We've all got it.

Let your suckiness suck. Fesering disease because of a low vibe attitude has taken hold in your system and its time for some attitudinal antibacterial treatment. First we have to do some exploratory surgery and lance the puss filled wound. Hold on, this might hurt a bit.

Steady now, ah I see its, here and there in your body and it relates to this and that. Now that we've isolated the source of what's bringing you down lay back and I'm going to have to use some anesthesia. Breathe and let go into the hands of a capable procedure.

Ah, I see your awake. How are you feeling? Notice the nature outside. I know your not ready but remember these scenes in your inner eye. Ready? Ok:

How long can you say the syllable sh? Time it? How many seconds 5? 3?

Deep breath now. Ok, in the next 10 minutes I want you to double that time. Ready, set, practice.

Why? You'll just have to calm down to lengthen the time.

Can you, will you invest the next ten minutes as instructed? It's up to you.

Blank page-Do what you really can and want to.....



Our person is like this iceberg. There's more to us than we really see. Now, if you'd like to go on a little journey with me we will peer into the whole you.

Relax, can you feel what's going on inside you? I mean deep in your inner person. What are all the images and thoughts. Just like going to sleep or a little cat nap let the outer appearances of circumstance go and just trust.

"There's more to us than this bag of bones. Aha, you've always known."
From a poem I wrote years ago.

Living In Through and From The Subconscious+

Discharge the toxic stress; let it drift away from you. Soften the eyes. There's a word in Yoga; *Drista*, It means to soften the eyes into receptivity to let that twinkle return yet this time toward your own self; your own insides. **Merge back** and truly restore.

The subconscious mind process far faster than the conscious mind. Be in touch.

How do we reach awareness of the subconscious? Relax. All master of

life have a deep calm that fuels the great power and intelligence they exhibit. Would you like such qualities? Well, its simple really, just keep learning how to remain calm, cool and collected under pressure. That's it. Can you practice that? I'm sure you can and through the suggestions in this book you have the ways and means to do so.

The true teaching is in blessed silence.

The superconscious means all at once: Subconscious, External Consciousness, Enlightened people consciousness, Nature Consciousness, Consciousness of The Cosmos...All these together make The Super Conscious and we get to these through first the subconscious because the subconscious has the deep roots necessary for expansive/all inclusive perception.

For now just work on Subconscious Awareness and your on your way to Super Conscious perception. With this physical transformations begin occurring. Untangling internal conundrums, rising above obsessions, growing new neural connections.

Embodiment is healing-Now and then when you can pay close attention to your stance and movment. This way you'll become more in touch with the signals your body is sending to you.

Sleep Insurance-Keep in your heart and mind that tonight you'll be given yet another opportunity for a great nights sleep. Live your day toward that goal. Prepare for it-

M.E. time The First Teaching: Take it all in, soak up the atmosphere.

Imagination:

The process of forming a mental image of something never before perceived by the imaginer in reality. The most powerful force ever made available by humankind.

Rethinking Possible

Mentor

A trusted counselor, guide, tutor or coach

Now that you've had some refreshment let's perform a little stand off.
If you don't stand for something you'll fall for anything.

Stand up and stretch yourself out its natural when we define our space.
Make your contribution

Let the most pressing relationship come before your minds eye. Stand tall and be face to face with this person. Be sure to notice the strength of your stance.

Accept your power back starting right this split second of decision.

Be the kind of person who is self sourcing. Drawing off of nature rather than too much dependence people for energy and facilitation. This is the all great freeing/all empowering secret. Extricating ourselves from being enslaved into codependency with others means we have to take full responsibility for ourselves. Each day discover the strength of your own self. Become further self-sourcing, self-repairing, self-energizing, self actualizing. Within the self are all things, the essence of nature, God and the cosmos.

The First teaching-Every tradition of healing and enlightenment speaks of what we should do first and primarily. "First ye enter the kingdom of God and then all you need will be give" J.C. "First be established in the Source of pure being then perform action and all is well." Yoga scriptures

"First establish calm and concentration then insight is given into all matters." The Buddha Need I go on? Get the idea of the first teaching?

If not send us an email and we'll help William@WilliamMartino.com

Plug in right how to nature above, below and around is natural when we open up and bit and are more afraid of being locked in ourselves rather than being aware of the wide open mysterious and unbounded space

A little story-

Once upon a time there was a child who thought that they themselves were the most magical gift in all creation. Someday this would be revealed

yet, currently no one seemed to notice. Well, one day the child looked at a twinkling star and said that wish. The wish eclipsed time and place. There was the quality of suspended animation on that fateful night. The stars seemed to talk as the child was rapt in awe. Seconds turned to minutes and minutes to hours. Something was happening that couldn't be explained. Why or how seemed impossible to answer but deep within hope was renewed. So, a forgotten event as if a dream and back to ordinary life.

That child is you. That wish you made is coming true.

Note-Everything rotates on its own axis, planets, stars and galaxies, clusters of galaxies and supergalaxies. So, there is the individual access; your own complete self. This self sourcing evolving rotates around the larger bodies (teachers).

Why I believed as many as 6 impossible things

The New You

Opening scene-

Who do you want to be? You can be anyone you want today/tonight. Paint the picture, write the script. You know that projector in the movie theatre? There is one white light coming out of it yet on the screen so many scenes. Have you gotten lost in the scenes believing the movie to be the only reality and forgetting you can just leave that theatre and choose a different movie if you like. The choice is yours.

Life can be as easy as breathing. What I'm getting at here is relief through gratefulness. On your own journey for health there is pleasure in the little things. Rejuvenation is that simple. If you continue in a calm, cool, collected way and make clear choices yourself rather than following externals you will reach your goal. For now, however, you'll have to trust and follow along the explicit instructions without seeing many observable results. Delayed gratification is a great key to success. In psychology there is the famous marshmallow experiment which has been repeated many times. Children were given marshmallows to eat. There was one on the plate they could eat that one or wait until the tester came back in the

room then they could have two. Over 25 years the childrens lives were monitored. Those that chose to eat the 1 immediately had a lessor quality of life.

Can you just wait it out? Wait out the bad feelings. Wait for the right time to act. Like a muddle pool; your all stirred up. Remember the first teaching, first get clear then take action. In that order.

Afterword-

Its all about creating belief!!!!!!!!!!!!!! We have to convince ourselves through references. Belief legs.

‘Convincing Media’ Participate

Omtimize telomere lengthening

The importance of water and organic superfoods.

If you change the moisture content in tissue there is an enourmous increase in conductivity.

Dehydration and electron deficiency

Exercise

Psychological grounding. Keep taking your shoes off.

Remember school-It’s meticulous, paintstaking and boring from time to time.

We know now that it’s a lie that our brains are set in one particular way or that our genes entirely determine our disease risk. We know that it’s a lie that disadvantaged or those damaged by poor choice including drug addiction or environment cannot excel. We know that it’s a lie which says one cannot morph into better versions of oneself. Within us we have pure life flowing, let’s let it through.

Press the suspended animation super slow mo mode.

Natureal Flash Processing: Have you ever been in such danger that your whole life flashed before me. Well, there’s another way ‘life flashing’ happens. It is when there is ambrosial like support surrounding you on all sides. It’s in great

moments that life flashing happens as well. Try it that way.

Want some?

Get it-

The Nose Knows-Things are lookin up-

The up use of down time-Dinner and a movie

Maps

It's a new day in the dawning of personal refreshment.

Allow yourself to accept new and better connection while following good guidance. You will cross the shore to a better life.

Stop focusing on the problem and external solutions. There are no external solutions to internal problems; only catalysts. Take action today to create the relationships and do the actions that lead you into the best you living your best life.

Sincerely

Willm

“you have to promise me something. Never stop looking for what's not there.”

Morgan Freeman in The magic of Belle Isle

It pays to be a winner.

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...Willm

Earthing:

Timmed Super Water/Foods

When you expose a molecule of water to a negative electrode it structures.

Earthing: The transfer of free electrons from the earth into your body which

are the ultimate and most potent antioxidants known to man.

Brain Wave Coherence

Heart Rate Variability

People sleep better if there grounded

There day/night cortisol rhythm evens out. Dramatic reduction in stress.

When you sleep better everything in your physiology and psychology works better.

Put the patch on the place that hurts and on the sole of the feet

Grounding sheet and grounding patch

Thermography and inflammation

The magnometer

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