

# Your Subconscious Mind Is Killing You!



**7 BeLIEfs**  
Controlling Your Life,  
Making You Sick,  
& How To Change Them  
Even If **NOTHING**  
Worked Before

by  
**David Kyle**



**Know Thyself Advisor**  
unleashing the real you

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## Know Thyself Advisor

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## Chapter One

### *Introduction*

On a hot night in Cyprus in 2010, where I lived after leaving the UK prison service, it suddenly dawned on me my calves were getting better. I left the prison service about two years before. I had worked as a physical education instructor there for twenty years.

My calves straining or pulling forced me to leave. This debilitating issue worsened over the years and the pain became so intense I could no longer participate in sporting activities. I actually struggled to be on my feet for any length of time. I eventually had a bilateral fasciotomy, an operation which relieves tension in the muscles.

**The operation was a complete failure.**

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*I had to face that I could no longer do my job.*

On the one hand, I didn't like the prison service and I hadn't liked it for as long as I could remember. On the other hand, I clung to it out of **FEAR** constantly worrying about providing for my 4 children.

I opted to join the prison service when I was twenty-three years old. I remember I joined purely because the money was good (at that time) and the job was secure. I joined with a hugely **limiting belief system** about how life works. I shut myself down from the start because of my own "subconscious memory patterning" based on fear and survival.

By 2010, I was running my own business as a sports therapist in Cyprus. I was treating people on the physical level, but starting to understand the unique and holistic nature of

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how our energy systems relates to the physical body. Now in 2015, I teach a “know thyself” series of online courses, seminars, workshops and retreats worldwide.

By carefully examining issues in the physical body I came to realise experientially that the **body is a physical mirror of mental and emotional patterns.**

I discovered that my own debilitating issue with my calves was because of **FEAR**. It was a fear of the future, not wanting to move forward, change or grow.

Fear clogged my energetic system, especially my lower chakras, and prevented life force energy from circulating around my lower limbs. This caused the physical problems.

This fear was deep in my [cellular memory](#) - the subconscious mind. The subconscious mind is in every cell of the body. All my previous fearful lifetime experiences, previous

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lifetimes and those of my ancestral lineage stored in my cellular memory. I drew on them in the present moment to determine my way of “being”, thinking and acting. I was unwittingly living the past in my present moment and creating, in my mind, a fearful future for myself.

When forced to move forward to create another life, my journey away from fear began. It helped me to understand how essential it is to have all aspects of oneself in holistic balance to stay disease and pain-free.

We naturally gravitate towards holistic balance, but the subconscious mind takes us away from it. It is therefore absolutely necessary to have a daily meditation/energetic practice to help you release dysfunctional patterning which is literally killing you.

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***You are responsible for everything that happens to you once you are aware of how you create it!***

This awareness increases over time as you take responsibility for not just your physical body through proper nutrition and exercise, but more importantly, your subtle bodies. These are your spiritual, mental and emotional energetic structures.

By comprehending you are an **energy gradient** and that your physical body is the **final** manifestation of that energy gradient you will automatically bring awareness and understanding of greater aspects of self. Today it is my mission to teach people about their unique relationship to their creation machinery; to their own Avatar System.

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## *What is the Subconscious Mind?*



The easiest way to understand the subconscious mind is to imagine it as a body. For example, the body-mind-spirit analogy equates to the subconscious, conscious and superconscious (spirit).

The subconscious is in **every cell of the body**. Since everything in the universe is energy vibrating at varying frequencies, including your

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physical body, you can think of the subconscious as energy patterns in the cells.

Unfortunately, most of our subconscious energetic patterns are dysfunctional. We are “programmed” in the foetus as a survival protocol to ready us for life in a new environment.

After we come into this world, we are programmed further by our environment and those around us, especially from our main caregivers, but also from peers, government, and education.

Unfortunately these programs passed down from one generation to the following, our ancient ancestral lineage, are largely **FEAR**-based and are redundant. However, this programming is the backdrop for every feeling and decision we make.

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## ***What are Beliefs?***

Our dysfunctional energetic patterns program us via neuro-linguistics to act and “be” a certain way. We have certain beliefs about ourselves and our place in the world. This programming happens principally between birth and age 7, but also up to age 12 when our conscious minds are not developed sufficiently to resist programming.

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We are like sponges and at the mercy of our main caregivers and society generally. Our personality (lower self) begins to form. Unfortunately, a large part of our personality forms responding to these dysfunctional programs and therefore our beliefs tend to keep us small, in fear and ‘lack’ mentality.

Most people, and consequently the group consciousness, do not act as resourcefully as they could because of anxiety, fear, doubts, anger, frustration, and impatience. When group consciousness thrives on negativity this has a huge effect on the overall consciousness of the planet, and on individuals within that environment. Fortunately, many people now

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question what they once thought was true and are **consciously** choosing new belief systems instead.

Another way of comprehending beliefs is to view them as lies you tell yourself about yourself, especially when you are young. The word “**lie**” is in word be**LIE**f. The trick is to **consciously** be aware of the lie so you can change it.

Many lies we tell ourselves about ourselves give us an overall **perception** about life. We then tend to view ourselves as a sad, depressed, angry, passive, untrustworthy, loyal, or joyous and loving, depending on which belief systems we conform to.

Another way to view beliefs - and one which I highly recommend because it will help you become more aware that you are an energy being, not solid - is that beliefs form when you

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are young to help you feel safe and secure. This is when you receive all the potential and expansive energies from the universe, but essentially close down receiving instruments, such as [chakras](#), so you can feel a certain way about life, for example to feel safe and secure.

You are filtering energies through a belief system and not receiving the full complement of life-giving potential. For example, the energy of excitement over the possibility of a new job in a new country filters through your belief system and manifests as anxiety and fear instead.

We are now entering a new paradigm and a new world. We are becoming more conscious therefore we can reprogram ourselves. As you continue reading you will begin to understand reprogramming is essential for your own health and peace of mind.

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## ***Why Are These Beliefs Making Me Ill?***

The reason these beliefs make you ill is because perfect energetic patterns, sacred geometry and light codes coming from Source/Central Sun/God, are filtered through a false or incorrect belief system held in every cell of the body.

For example, instead of flowing with the natural rhythms of nature you may choose to create a life based on your lower self, or personality. This invariably causes anxiety when things don't go the way we intended. Instead of going with the flow of nature and acting to support your being, you go against nature as if you are separate from it.

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We are the only species that does this and it's no coincidence that we are the only species that destroys the environment, including our own internal environment causing disease and suffering.

When you do this you are energising the false grid or matrix of energy based on fear and separation. You are stuck in your mind and following the same old programming. Have you noticed those constraining thoughts rarely change?

Instead, begin to connect to the natural cycles of nature. Larger cycles beginning and ending on the planet allow you to “BE” if you follow the necessary “spiritual path”. As you tap into this over time, dysfunctional programs will arise so you can “heal” them.

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When the body constantly feels anxious or any other negative emotion, you are telling it to be on guard. You trigger the fight or flight response, or worse still, you live in it constantly.

When this happens, blood directs away from body functions and growth patterns. By growth patterns, I mean growth in consciousness, awareness and wisdom.

By staying in a state of non-growth with a lower consciousness, and habitually directing blood away from certain organs for long periods of time, we impede optimal holistic function.

Just think about what happens when you are constantly worrying about where you will get the money to pay the next bill. If this continues over many years, it is not surprising that disease and dysfunction settle in. You caused it and you weren't even aware of it!

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As an aside, this is also the reason pharmaceutical prescription drugs and surgery should always be a last option. Cell biologist Bruce Lipton sums it well in his book *Biology of Belief*:

*“Because we are not powerless biochemical machines, popping a pill every time we are mentally or physically out of tune is not the answer. Drugs and surgery are powerful tools when they are not overused, but the notion of simple drug fixes is fundamentally flawed. Every time a drug is introduced into the body to correct function A, it inevitably throws off function B, C or D. It is not gene-directed hormones and neurotransmitters that control our bodies and our minds; our beliefs control our bodies, our minds, and thus our lives.....”*

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Bruce is talking about the numerous side effects felt and unfelt in the body when taking pharmaceutical drugs and making reference to our beliefs (subconscious mind) as the backdrop to our lives.

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## *Differences between the Conscious and Subconscious Minds*

The conscious mind is an important evolutionary advance. The subconscious mind is our “**autopilot**”. The conscious mind is the control panel. Remember the conscious mind is a focusing tool and is not who you really are. However most of the population are running around thinking that it is!



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The subconscious mind processes 20,000,000 stimuli per second and the conscious mind 40 per second. The subconscious mind is much more powerful and reads these internal and external stimuli constantly, even when asleep. However, it defaults to previously learned behaviour for a response, without any help from the conscious mind.

This is helpful when driving a car because you do not have to think about driving since you already learned that program. You automatically default to it every time you get into the driver's seat. By using the conscious mind, you can think about something else whilst driving. For example, you might rehearse the speech you are going to give or think about what time you need to pick the kids up from school.

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These two minds cooperate with each other. Whilst you were learning to drive it was the conscious mind that initially had to handle all the moves or patterns. For example, you learned to coordinate looking in mirrors, using the pedals, and changing the gears. As you repeated these patterns, they embedded in your subconscious mind. Eventually, you didn't have to use your conscious mind and learned to drive automatically, freeing the conscious mind up for other tasks.

The conscious mind is creative in its response to external (or internal) stimuli instead of accepting the default setting of the subconscious. You can observe your feelings and behaviours and then step in to modify them if they aren't beneficial.

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This describes “being mindful”. It is also known as a “witnessing” or a “pause before you answer” strategy. It helps to release discordant emotions and behaviours and it is an important skill to have and improve upon, because it is the pre-requisite for internal changes and shifts in awareness and consciousness. These change your physiology (remember my calf problem that went away on its own as my spiritual, mental, emotional and etheric/physical bodies came into balance).

This mindfulness, or witnessing technique, allows **greater aspects of self to enter and “bear witness” to the dysfunctional programs running in your subconscious mind.**

No lower energy can survive the “light” of greater or higher aspects of self.

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Most of these programs are fear-based and it is an important time on the planet to release them. I noticed, with some amusement, the lengths the oligarchy has gone to so they can continue to create the propaganda to keep the existing fear based paradigm in place.

The conscious mind gives you free will and you can carry on in the same manner or modify and improve your responses. You must allow greater aspects of yourself to flood into your awareness (mindful). The minute your conscious mind becomes distracted, your subconscious mind steps in and the default settings unfold (this is the plight of humanity so far).

An advantage of the conscious mind and its connection to free will is its ability to examine the past and the future. You can draw on the past to plan for the future. A disadvantage is

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that if the underlying program/energy is negative, it comes into the present moment (the only place we can create from). This creates a future with the same negative programming. The result is you keep getting the same things turning up for you as you did in the past.

While you are self-reflecting, contemplating and day dreaming, your subconscious mind is always running its automatic programs passed on to you via genetics and reinforced by the conditioning from your youth.

Were you ever told you are just like your mum, dad or main caregiver, the ones who programmed you in the first place? The biggest block for you moving forward in your life is these learned programs. You may not be aware of what your family, friends, education, religion, government, and mainstream media taught you. Not only are these programs

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limiting your self-expression, but they also influence your biological systems that keep you alive.

***The limitations programmed into the subconscious mind are the single biggest influence on your behaviour and your HEALTH. These limitations cause negative emotions which then filter down into the physical body.***

Instead of allowing the partnership of the conscious and subconscious minds to be a disadvantage, it is much more empowering and healthier to use this duo to create the life that you want. If you become more aware of your subconscious behaviours, for example by witnessing or watching our FEELINGS and EMOTIONS in every moment, you can then allow those behaviours to fall away.

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Nothing can survive the light of your awareness and raised consciousness levels. What actually happens is the negative emotion or feeling begins to transmute to a higher form as you keep watching it with a very neutral mind (i.e. don't judge yourself). By using affirmations in a meditative or alpha/theta state, and contemplating what you really want, you can introduce much higher emotions into the mix.

When you were a child you were in lower frequency delta and theta states where both hemispheres of the brain communicated (whole brain function). Since then you have existed in a higher beta state where the left and right hand hemispheres of the brain don't communicate. Now is the time to once again transition from this state to lower brain frequencies (i.e. more meditative and therapeutic states of being). These states also allow your energetic system to function well and lower emotions are transmuted.

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No amount of kicking, screaming or judging yourself will ever change the unresourceful programs held in the subconscious mind. The only way to move from the predominant beta state, which underpins “the illusion” and “normal” waking consciousness, is to progressively change your way of “being” by meditating and doing other energetic/spiritual practices. It is only when you are in these states that you begin to release what you need to release and “resurrect” yourself as the divine creator, or avatar being, that you are working towards.

One of the first places to begin is with courage. Many are unable to move from their present existence as limited beings with negative emotions such as guilt, shame, anxiety, and fear. Courage is the first positive emotion on [the enlightenment scale](#).

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This doesn't mean you feel courageous all the time. What it does mean is you take a stand and decide that you have had enough and will no longer accept your limited belief systems about life. I did this in 2007/8 when I decided to leave the prison service. I could have stayed and accepted an admin position and played it safe, but instead left with nothing but the [value](#) I had inside me from experience. Only when we have the courage to change and grow do we begin the journey back to who we really are.

A little more about the conscious mind - it is pointless to judge yourself or to try to change the programming of your subconscious mind using willpower alone. It is pointless to change the subconscious programming in this way, because the programming/beliefs are a million times stronger than the conscious mind. We should take more of a clinical approach to reprogramming it.

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Instead of constantly battling with the subconscious through willpower, which you were told is admirable even though it causes tension in your body, realise there is art to reprogramming. It is a four-fold process:

1. **Intention**

You first decide that the lower emotion you experience is not acceptable; you now INTEND to move forward. Please note intention INCLUDES the doing part.

Intention without action is not intention, but a goal, and boy do people like goals.

Goals allow you to dream **without action**. Intention is important because it allows you to do something towards a goal right there and then;

2. **Move Into Courage**

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When you reach the intention stage, you move into courage, the first positive emotion on our enlightenment scale of consciousness. By consistently moving into courage, you begin to re-pattern old unresourceful behaviours;

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**3. Intentionally Reprogram For Positive Emotions**

For me it was too much of a jump to go from fear-based thinking to love, but to move from fear to courage and then to excitement was very doable. Now, when I get anxious or fearful about something I instantly know that I am filtering excitement through a wrong belief system and reprogram.

**4. Use Techniques**

You reprogram through various meditation techniques, spiritual/energetic practices and other techniques I reveal in my [36 day email course](#). The important thing to remember is that you must be in an alpha/theta/delta state where the

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conscious mind is taken out of the equation. Affirmations to reprogram the subconscious mind done without being in a lower meditative brain frequency are pointless. The conscious mind will repeatedly say it doesn't believe what you are telling it.

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## Chapter Two

### It's a Competitive World:

#### Is It Survival of the Fittest Based on Darwinian Theory?

Many challenge Darwin's theories today. Towards the end of his life, even Darwin admitted he did not give the role of the environment sufficient attention in his evolutionary theories.

We do live in a co-operative environment. Cells co-operate to form specialised cells, just as humans



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co-operate to form groups (an example of the microcosm and the macrocosm in perfect unison). We instinctively know that coming together and helping each other makes it easier to survive.

However, instead of people working together, what you often see on this planet today is people full of fear and caught up in separatist thinking (certain belief systems). They form groups against the rest of humanity. It is the same old “divide and conquer” mentality that’s been all too common for hundreds of years. This has a direct bearing on your personal well-being.

The environment cells inhabit affects health. If cells inhabit a healthy environment they thrive, but when they inhabit an unhealthy one, they falter. Of course, giving cells the

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correct nutrition is very important, but it is just as important to nourish your subconscious beliefs about life.

If you have fearful and anxious belief systems or perceptions of life, this not only limits the growth potential of cells, but actually distorts the structure and integrity of those cells which leads to disease and issues in the body. Not only that, but a negative or very “boxed” belief system will limit your expansion and potential.

Scientists who still blindly follow Darwinism underestimate the role the environment plays in your evolution and overemphasise genetic determinism. This leads people to the incorrect conclusion that they have a particular disease because of genetics (certain conditions, although very few, are caused by faulty genes such as Huntington’s chorea, beta

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thalassemia and cystic fibrosis. These single gene disorders affect less than 2% of the population).

Many people sit in terror waiting for their genes to kick in to produce a condition, because it appears in their ancestral lineage. The fact of the matter is that many genes are responsible for the internal environment. They control disease and other issues and can be turned on and off by consciousness. These are beliefs. After all, scientists recognize the placebo effect exists and it has nothing to do with genetics. I discuss this later in this eBook.

Scientists have linked various genes to various diseases and symptoms, but they have not linked one particular gene with one disease or symptom, despite the media propaganda! In

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his book, *Metaphors and the Role of Genes and Development*, Nijhout summarises the truth:

“When a gene product is needed, a signal from its environment, not an emergent property of the gene itself, activates expression of that gene.”

It is the environment that a particular cell inhabits that activates the expression of that gene. For example, a fear-based environment will produce a certain attitude in a person and corresponding physiological changes in the body, including dysfunction and disease to accommodate that expression. Likewise, a joy-based environment will produce corresponding positive traits and physiological changes in the body.

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This is of course why we see spontaneous remissions when a diseased person does not accept the prevailing belief system. For example, a doctor might tell you that you only have 6 months to live, but if you take charge of your life and improve the environment for the cells this will change. Disease reduction is all about an increase in consciousness and the corresponding positive emotions that come from that increase.

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## What Is The Placebo Effect?

One of the most powerful and misunderstood phenomena to demonstrate the power of belief is the placebo effect. In double-blind clinical trials of any new drug, they give half the group a placebo. This is often a sugar pill. Researchers use the placebo to measure the effectiveness of the drug against nothing at all.

To the chagrin of the pharmaceutical industry, the placebo has often matched, or even surpassed, the effectiveness of new drugs. Indeed, many drugs work as well as they do because of the belief that they will heal, and not the chemicals they use.

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The placebo effect works because a person accepts and believes in a remedy given to him/her to cure an ailment. Whether it is a sugar pill, fake injection or even a fake surgical procedure, the person thinks they are getting the “real deal”. They surrender to the outcome. It is a foregone conclusion that it works.

In studies, the placebo effect is at least as effective as the experimental drug and in many cases MORE effective.

***How could this be so?***

If a person believes whole-heartedly that they were given a drug to cure them, even if it's not real, and they get better this demonstrates the huge power of belief and its effects on

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the physiological processes in the body. If you knew you were your own healer and you didn't need a placebo, just think how powerful you would be!

***This is something the pharmaceutical industry does not want the public to know. The placebo effect should be a major topic of discussion in medical education, but instead it is glossed over in favour of drugs and surgery.***

If the power of your mind can literally heal your body, then we should concentrate on further studies and experiments in this area, instead of drugs. However, the placebo effect is a huge threat to the entire pharmaceutical and medical establishment.

It could be said that a large part of the history of medicine is all about the placebo effect. Remember when you were a child and hurt yourself and your mother gave you some

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“secret” medicine that seemed to do the trick? Yet the medical establishment still refuses to utilise this wonderful effect.

### ***Negative Beliefs and the Nocebo Effect***

So, if positive beliefs can heal what about negative beliefs?

Yes.... just think about the damage you are doing to your body with a negative belief system in place about life. When negative thinking causes ill health, they call it the nocebo effect.

You create all your own issues in your body because of your “patterning”. Unfortunately, up to this point most people are not aware of that.

Many documented cases of the nocebo effect exist. One example is a case published by the psychologist, Bruno Klopfer, in 1957. It discusses a male who went into cancer remission

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when given a new miracle drug. Later, the tumours regrew when he read the drug was a flop (nocebo effect).

His physician pretended a new super version of the drug came onto the market, but the patient received nothing but distilled water. His tumours miraculously vanished. He did well for the following months until he saw in the papers that the manufacturers of the drug were guilty of peddling nothing more than mineral oil containing an amino acid.

The patient returned to the hospital feeling hopeless and died two days later. The patient's body reacted to the various signals given by his mind, namely his emotional state. I see this happening daily in my own practise. A client comes to me with a certain issue in the body, for example lower back pain, hip pain, or calf pain. By examining them physically it is easier

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for me to understand what

emotions they attach to the pain to figure out what mental patterns or beLIEfs they have about life and themselves.

Many cases like this are conveniently glossed over by both the pharmaceutical industry and the medical industry. Can you imagine the effect it has on somebody with cancer when they are told they only have 6-12 months to live? Instead, they could change their lifestyle, their beliefs about themselves, and create a superior life. Obviously, the impact on the person is opposite.

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It is important to understand that when one leaves a condition for too long, that person may need a combination of therapies. For example, they may need drugs, lifestyle changes and changes to their subconscious beliefs.

I handle many cases in my practise where the disease or physical symptoms are directly related to emotional patterning from an outdated belief system. For many, these hidden programs stay shrouded until they have had enough and turn their attention inwards.

It's no coincidence that at this moment in time we have the biggest epidemic of emotionally-related diseases. It is only humans (and domesticated animals because of their interaction with humans) that suffer from degenerative diseases such as cancers,

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rheumatism, diabetes, heart disease, hypertension and many more. We don't seem to have the wisdom to sit down and examine our belief systems about life.

We actually think that we are separate from the planet and the cosmos, because of the existing paradigm of false beliefs created by the lower personality. Contemplating life, habits, beliefs and negative emotions is just too scary for most. As soon as something comes up for healing, people reach for their particular addiction; food, chocolate, alcohol, drugs, Facebook, making oneself busy or whatever and shove the emotion back down.

Remember, the human body is NOT a container for emotion. [You are not fixed](#). You are energy in motion. Emotion needs acknowledgement and you need a changed mental perception about life.

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## Chapter Three

### *Genes and the Science of Epigenetics*

Epigenetics means “control above genetics”. In the past decade or so, epigenetic research established that DNA blueprints that pass down through genes are NOT set in stone at birth.

Genes are not your destiny.

Environmental influences, including nutrition, stress, and emotions, can modify those genes



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without changing their basic blueprint. Those modifications can be passed onto future generations.

The media conveniently fail to emphasise that epigenetic mechanisms account for 95% of the variety of diseases, including cancer. For example, scientists only attribute 5% of cardiovascular and cancer to genetics (Willett 2002). Malignancies in a significant number of cancer patients come from environmentally-induced epigenetic alterations and not defective genes (Kling 2003; Jones 2001; Seppa 2000; Baylin 1997).

The beLIEf that only physical molecules, such as drugs, affect cell physiology is passé. Invisible forces (thought/beliefs/energy) affect biological behaviour.

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Quantum physics is very relevant to biology, and therefore our lives. Until now, scientists largely ignored the invisible world of quantum physics and as a result humanity paid a heavy price, while the pharmaceutical industry grows in leaps and bounds.

This is not about walking about all day believing you will not fall foul to specific diseases, especially if they are seen in your family tree. It's about looking at the underlying emotional egg. Generally, cancer is about deep-seated hurts and quite often the resentment that goes with it.

Remember, no two people are alike as we all have different energy signatures and life experience. It is well-established that all disease comes from some form of physiological stress.

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The word disease even describes that stress. The “dis” prefix in the word comes from Latin and means apart, away, or having a negative, or reversing force. The literal translation of ease is “freedom from”. The word “disease” infers you are not free from a negative force, which I would say is your own belief system.

The body and its energy system always want to move towards homeostasis. It is our lower self and its negative emotions from unresourceful beliefs allied with poor nutrition and pollution (eg. heavy metals & electromagnetic influences from cellular networks and wifi) that constantly move us away from this ideal. It creates physiological stress, and ultimately disease if not managed.

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## ***What Are Quantum Physics And Energy Really About?***

We are talking about reality. It is not ONLY physical, as we have been lead to believe. Matter can SIMULTANEOUSLY exist as both a solid particle and an immaterial wave or energy.

When scientists study atoms they display the properties of both the material mass and weight, and properties of energy e.g. voltage potentials and wavelengths (Hackermüller, et al, 2003; Chapman, et al, 1995; Pool 1995). Energy and matter ARE ONE AND THE SAME.

This is precisely what Einstein said when he wrote that  $E$  (energy) =  $m$  (mass)  $\times c^2$  (the speed of light squared). Einstein's formula shows that we do not live in a universe with discrete physical objects separated by dead space. The universe is one indivisible, dynamic whole

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where energy and matter are so deeply entangled it is impossible to consider them as independent elements. If you harm someone else, you are harming yourself - we are all one.

It is a travesty that despite these findings, students continue to be trained in Newtonian principles instead of quantum physics. Of course, this is why doctors and scientists separate the physical body and consciousness/energy. It has also led to a monstrous pharmaceutical industry and a suppression of bioenergetics medicine...profit before people.

A holistic approach to both the physical and energetic is the future of medicine. If you only treat physical symptoms with drugs you miss the energetic and causative side of 95% of disease. Comprehending energetics is closely woven with your thoughts and beliefs about

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life and puts you in the driver seat again. You are responsible for your own health once your awareness/consciousness rises to that level.

Once you provide a healthy environment for your cells through a proper, healthy lifestyle and EMPOWERING BELIEFS about life, your body and your life will thrive!

Let's talk a little bit about getting to that level....

Until now you have been deliberately taken away from your internal focus and constantly taken outside yourself by FEAR - fear of survival, fear of not achieving, fear of dying, and on and on. You live in a world focused on lack and constant survival. Even the banking industry knows this and uses your future labour as collateral for funds they don't actually own until you sign their forms.

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Luckily, a large group of people now see through this constructed illusion and over the last few decades they have worked hard to refocus their consciousness inwardly, where we hold true value. All VALUE is internal. It comes from our future creativity.

When a large group of people refocus their awareness, because of group consciousness many people start to follow. Instead of feeding a false energetic grid based on fear and the external world of materialism and gratification, you join the natural energetic grid based on natural cycles, nature and the cosmos. You are re-energised and you begin to understand that power lies in internal focus. A good example is “purifying the ego” or the alchemical process of transmuting lower emotions to a higher form as a step towards this goal.

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On a practical level, it is necessary to understand what taking responsibility for yourself and comprehending how your whole system works means. Here is a small summary to assist you:

1. First you must examine every unresourceful or negative belief you have and begin the process of releasing it;
2. As you contemplate your beliefs and perceptions about life, you must have at least a basic understanding of how your whole energetic system works. After all, it belongs to you;
3. As you begin to understand that you are an energetic being with physical experiences you will want to improve those experiences. You start to realise that you

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are creating everything in your life (i.e. The Law of Attraction – you attract what is in your energy field);

4. As your awareness increases it becomes obvious that you need to take care of this fantastic gift you are given - your energy bodies (discussed later), including the physical body;
5. As you increasingly let go of outdated and unresourceful beliefs, purify the physical body with correct nutrition/exercise, and take responsibility for your energetic system by meditating/yoga exercising the very real possibility of enlightenment and a much extended and empowered life comes into your awareness.

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## Chapter Four

### *Am I Knocking The Medical Industry?*



Oh, yes!!

When you understand beliefs, the placebo effect, and how to take back responsibility for your energetic system, you realise that the medical industry has done untold damage to people.

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Many doctors are aware of the inadequacies of their outdated and outmoded medical education system. Individual doctors are merely pawns between the corporate drug companies and outmoded Newtonian and reductionist medical practises.

Believe it or not, quantum physics first appeared many decades ago when physicists recognised the universe is actually composed of energy. Unfortunately, medical education is highly influenced by pharmaceutical companies.

The Hippocratic Oath instructing doctors to “First Do No Harm” is routinely violated because of an improper BELIEF system adopted by the medical industry. When you buy into the medical industry’s belief system, you give away your power. You hand over the responsibility for your health to something outside yourself.

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This means people often do not take care of themselves and do not seek treatment until a condition worsens. Doctors then have no option but strong pharmaceutical drugs to prevent even more serious conditions. This leads to ridiculous situations where patients end up taking one drug to offset the symptoms of another, instead of seeking answers from within. It is often their own beliefs about life which manifest in the body!

### ***Why Is This All Happening Now?***

The planet is changing energetically, as evidenced by a huge increase in coronal mass ejections, solar flares, unusual planetary alignments over the last few years and most recently incoming energies from the Cosmos. Consequently, the populations' consciousness and awareness is dramatically affected after all we are energy beings.

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We are evolving at an incredibly fast pace. It is a process where each human “awakens” and realises who they are. We discover our ability to observe our programmed behaviours deep in our subconscious and consciously decide to change those behaviours. We decide to be mindful. Old programs fall away over time and we refuse to commit any further energy to them. We then reprogram using empowering thoughts and behaviours.

Old programs (the false self) cause all the dysfunction and disease in your life and you carry all this information in your cellular memory. Instead of using “pure energy” received from Source or Galactic Centre, you filter and manipulate it using a wrong belief system patterned from the subconscious mind.

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Your ego manipulates your “renewing function” of your greater being (very pure energy) created as a REACTION to difficult situations and events in your life, previous lifetimes and your ancestral lineage. Energies of excitement filter into energies of anxiety and fear. The energy of motivation towards achieving an objective could be filtered by low self-esteem to prevent you from moving forward.

### ***Not before Time***

The ongoing increase in consciousness and an awareness of the prison-like nature of the planet perpetuated by a few very sick people arrived just in time. As advanced organisms, we can perceive events WITHOUT EXPERIENCING them to create a belief system. We take the “truths” of others and hardwire them into our own subconscious.

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The people in place exploited this ability, to control government, major media outlets, the banking system, religion, education, and corporations. Once in control, it was just a matter of perpetuating this fear and the illusion.

Humanity has had low consciousness levels due to the “dumbing down” of the population over many generations (war, GMO, chemicals, addictions, T.V., etc.). We believed the fear and illusion were real. If our consciousness levels and our awareness hadn’t increased dramatically in recent years, we would have continued this destructive cycle and destroyed ourselves and the planet.

As your consciousness and awareness increases you do not take the views of others as the gospel truth (victim consciousness ☹️) even if the people offering it hold high positions

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(doctors, judges, police). You make an INFORMED decision by using your bs. monitor (your heart and [third eye](#)) and act on it (avatar consciousness 😊).

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## Chapter Five

### *Who Are We?*

I think it is very necessary to understand who we are so we can use our potential in ways



that enhance, rather than corrupt and add to the systems of control. It is very obvious we are NOT containers for emotions, even though it is what we have done with our emotions up to this point in our

development.

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Science proved that the physical body is very slow vibrating energy, yet we consistently think of it as solid, malleable, and able to handle abuse. This is because we have only been aware of our physical senses and let our higher abilities atrophy, because of lack of education.

Not only that, we are oblivious to our other [energetic bodies](#). Once again, science proved we have an etheric body, close in frequency to the physical body. This is the one that most people can see with a little practise. We also have an emotional body, vibrating at a higher frequency than the mental, and finally the spiritual body.

It is important to understand that these bodies are not layers, but successive and each higher body holds all the previous bodies inside it. The physical body is **INSIDE** these other

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bodies and it is the lowest or last rung, in a stepped down frequency ladder on the energy gradient. It is the collection of universal energies which manifests in form.

We have always been part of this energy field. Becoming aware of this energy field, balancing it and actively using it is all about mastering self and taking back your power.

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## ***The HEF and the Endocrine System***

The endocrine system is the link between the human energy field (HEF) and the physical body. The endocrine system produces hormones from the endocrine glands required for correct function and homeostasis in your body. It isn't a coincidence that chakras, or energy vortexes, are in positions relative to the endocrine glands.

It is also not a coincidence that energy fields are in alignment, containing no discordant energies, automatically produce homeostasis in the endocrine system which leads to well-being.

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The world we live in may include pollutants, stress, wrong thinking (beliefs), incorrect diet and a lack of awareness of our energy bodies. This automatically leads to suffering and disease because of physiological stress. This stress appears in the body as dehydration and acidosis, which lead to various symptoms and diseases. To achieve optimum health and well-being, and indeed to even reverse the aging process, we need to energetically nurture the endocrine system.

***Disease CANNOT take hold in a proper functioning and balanced energy/endocrine system.***

All holistic healing applications focus on bringing the system back to homeostasis (balanced). The pharmaceutical industry and medical personnel promoting drugs as the foundation for health are creating an illusion (for profit).

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To master your being you must change your belief system about how life works. All the great masters, including Jesus, kept their energy fields “clean” and in balance. They saw through the illusion of society’s controlling structures because they had a proper operating energy system with access to higher abilities!

***Bringing Awareness Back to Your Energetic System***

This is a dynamic process. It is not linear by any means, but all will find their path.

However, basic understandings are the foundation of development and empowerment.

Just as a muscle atrophies when it is not used, so does your energetic system. With correct exercise, the muscle becomes stronger and bigger very quickly. While one is rebuilding the muscle, awareness of the muscle increases.

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However, when you are rebuilding your energetic system, certain beliefs about life must be integrated/released simultaneously (next chapter). This creates confidence and staying power to follow through with daily spiritual/energetic practises. Once these beliefs are in place, you know who you are and your new life of balance and empowerment begins.

It is a process because of the huge decline of consciousness in humanity. Much healing needs to be done. However, the universe helps our energetic/spiritual evolution. One has only to check the increase in the activity of our sun since 2008.

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## Chapter Six

### *How Do We Reprogram our Subconscious Mind?*

Since I have been on the “spiritual path” for some time and now experience the fusion of the light body with the physical, I feel I have some authority, and more importantly, experience in this matter. The single most important factor needed to reprogram the subconscious mind is to alter your brain frequency. You need to progressively move from the beta brain



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frequency state to reduced frequency states, such as alpha, theta and delta where both hemispheres of the brain communicate more effectively. This is a process and you will not be able to do this immediately.

Research proves via electroencephalograms (EEGs) that the brain frequencies in both adults and children vary from low frequency delta waves to high frequency beta waves.

However, children predominantly show particular levels at various developmental ages:

1. Between birth and 2-years old, frequencies are between 0.5 and 8 cycles per second (Hz). These are known as delta waves.
2. Between 2-years old and 6 years old, frequencies are between 4 and 8Hz. These are known as theta waves. These are the most suggestible and programmable

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frequencies. Hypnotherapists drop their client's brain activity to these frequencies because these low frequency brainwaves put them into a more suggestible, programmable state.

3. From age 6 to about age 12, children progressively move from the theta state to the beta state (12 to 30Hz) as their ego/personality strengthens. By the age of about 12 and beyond, they are not nearly as programmable / suggestible as they are routinely in the beta state.

Young children carefully observe their environment and download their worldly wisdom from their parents/caregivers, peers, and teachers. These worldly wisdoms (beLIEfs)

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become their own. For adults to change these beLIEfs they acquired as a child that no longer serve them, they need a reprogramming method.

### ***4 Point Plan of Action to Grow***

It is imperative that you understand that:

1. **INTENTION is key to change and growth.**

As mentioned previously, intention is action. There should be no separation between the two. If you intend to build a business, you not only need to write down goals but you need to do something, no matter how small, to realise that objective. You might buy a domain name or approach a colleague for information. There is no difference when you take a proactive approach to your health and self-empowerment. If you

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don't act, changes to your health will remain a goal and something to be achieved later;

2. **Examine your belief system for dysfunctional or less resourceful thinking.**

The best way to begin is to examine your underlying beliefs about life which do not empower you. If you experience fear or anxiety often, this is a good place to start the process to transmute to a higher state. The “charge” (emotion) created must be greater than the emotion you are trying to transmute. One example of this is transmuting fear into excitement. I transmuted much of my own fear this way.

3. **Practice being mindful.**

The easiest way to understand this process is that instead of reacting to any situation

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we PAUSE and just WATCH ourselves and our emotions. As we do this over time, a gap opens up between the reactive lower self and THE WATCHER.

The watcher is your higher self. For example, I used to react angrily and aggressively to most life situations. Once I began to be mindful, I realised that the aggressive and angry part of me was old emotions I had carried all my life. I was bringing past emotion into the present moment and creating the same future, repeatedly. As I practiced being mindful, the old emotions fell away as they were no longer energised. I realised that the angry emotions I carried most of my life weren't who I am and my whole life became more peaceful. This had a huge effect on my energy fields/endocrine system and physical body. (Another way of saying this is I increasingly viewed life from my third eye - higher awareness - which brings brain

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frequency down to alpha/theta states instead of my solar plexus chakra which contains old emotions. This brought the balance back to my life).

**4. Formulate a daily energetic/spiritual practice.**

This strengthens your energetic field, clears your chakras and brings you into a predominant alpha/theta state, namely a healing and empowerment state which helps transmute lower aspects of self to a higher form. I explain and demonstrate this in my [Self Mastery Program](#).

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## ***Beliefs and the True Nature of our Reality***

Whatever you may believe about life on planet earth, it is very obvious that the degree of manipulation by those in positions of power and responsibility is extreme. It is now a matter of urgency that humanity awakens and realises that their belief system has been carefully honed a certain way to keep them small and the powers that be, large and intimidating.

In the following pages, I list a number of larger beliefs or perceptions that you must contemplate and take on board if you are to heal and begin your journey back to wholeness. As you change your beliefs you will experience physiological changes in your body and live

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your life through your new perception. You will notice that all these beliefs are very positive.

As I woke up and re-created myself by going through the alchemical process of transmuting lower energies/emotions to a higher form, the extent of the manipulation of humanity was abundantly clear to me. It is safe to say that if you change most of your beliefs by 180 degrees, you would be closer to the truth and understand the extent of the manipulation by the ruling class.

As you read and re-read the following beliefs (or perceptions) about life, I ask that you FEEL the truth of what I am saying. It is crucial you awaken to the atrocities committed against you so you can move forward into a golden age of abundance, free energy and

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environmentally-friendly living. We can all show respect for all sentient life once again and truly be the stewards and ambassadors of the planet. After all, who else will do it?

### ***We Are Prisoners of Perception***

The reason we are stuck in this prison is because of our very limited awareness. Humanity has a polarised perception of life due to our reliance on the 5 physical senses. These 5 senses are responsible for only 10% of brain activity, mostly in the left-hand logical hemisphere.

We are so polarised (because of fed belief systems) and have only used our physical senses for so long that many systems are now crumbling. The larger reality dawning on planet earth involves fusing the 5 physical senses with higher (spiritual) awareness, and

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fortunately that is exactly what is taking place lately. We are now tuning into the right hemisphere of the brain. We are opening our heart, third eye, and crown chakras and integrating our higher awareness with the lower 3-dimensional chakras.

Science proved we cannot separate physical atoms and energy. This holds true for the physical body. We are now moving away from “what you see is what you get”. The brain is just a tool. It is not capable of comprehending or interpreting consciousness. Therefore, we must expand our consciousness and no longer think of ourselves as just human beings. When we do this we literally tap into the energy behind physical reality. We expand our thoughts away from physical reality into higher consciousness. We have meditative and open awareness.

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Group consciousness is the most important force on this planet. What is happening now is many people are breaking away from the status quo. They realise there is so much more to life than what we experience through the fed beliefs of a few very powerful people. As more people join this revolution, or higher consciousness, group consciousness will change.

When more people seek and understand what it means to know thyself by meditating, and move focus from the external world to the internal, the dawning of the new world will move ahead increasingly quicker.

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## ***Reality is a Reflection of your Beliefs***

Your beliefs manipulate pure energy from the cosmos via your energetic system. When your beliefs are unresourceful, disempowering, and disputing natural laws, pure divine energy becomes discordant and fragmented and part of your own electromagnetic field.

Through the law of attraction you become a certain way and attract similar energies and situations into your life. Humanity attracts negativity through shame, guilt, fear, anger, and has done so for eons. It's time to heal and change our beliefs and our energy fields for more empowering ways of pure being. This is not a job for the lower mind, but a reconnection to your greater self.

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During the fall in consciousness, you turned off your awareness of your greater self and you became more “physical.” You received discordant energies repeatedly via your own unresourceful belief system about life. You are now reversing this process. My job is to help you do this. You are experiencing part of you; the part that is in the physical body. However, the body and what you think of as you, is a projection of the much vaster being.

Universal laws are very simple. One of them is what you believe creates your reality. By progressively changing your beliefs over time, you will change your reality. Until now you have lived in someone else’s reality. A very few sick individuals created this reality for you and they know how it works. They created systems at direct odds with nature. Just examine GMO production, the banking system, or false flag terrorist attacks. They are there to create fear.

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Everything in life reflects back your thought vibrations and corresponding emotions. You have just lost your awareness. Whatever you feel, both consciously and UNCONSCIOUSLY, mirrors your life. The point is that it is you that has to change, not other people. It is these reflections that give you your life experience.

The secret is mindfulness, to be the observer, to actually witness the relationship between the inner and the outer and make adjustments as you go along. The reason it feels so hard is because of previous emotional baggage held in your energetic system AND your disconnected state from your higher being. Shift your thoughts and understand you are a portal for universal energies.

You are not fixed.

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What you see in the world today is group dysfunction and amnesia about how to create. We all contributed to this dysfunctional world. We forgot that it is our internal state that reflects back into the world. It doesn't matter if we are peaceful or aggressive, it all begins and ends with our **internal state**. The best way to handle group dysfunction and accompanying realities is to [accept](#), show compassion, and continue with your own alchemical process. Disconnect from anything negative. Many are now doing this.

Quantum physics proves we live in a giant holographic field. We live inside a program we believe is real because our limited brain and 5 senses tell us it is so. We are actually living out our own reality within the group consciousness (remember group consciousness is very powerful). Our consciousness is constantly reflected back to us through situations we encounter and issues we have to handle.

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Wake up and realise we are a projection of a higher consciousness. We need to reconnect to this consciousness and transmute the energies of the lower or false self. We need to surrender. Surrender is not disempowering, because we stay centred and refuse to allow anything to perturb us. This allows reconnection over time.

We have existed within our bodies for eons, forgetting that we actually exist in a higher frequency reality as well. We are multidimensional. We can retrain our brains to receive these higher frequencies and allow our higher consciousness to enter the body and for our lower self to transmute to a higher form. For this to happen, we must progressively come out of the lower mind and allow the higher mind to get a foothold.

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The constant loop of lower mind thinking, including all reactionary patterns and judgements, must be repeatedly interrupted. One of the best ways to do this is to constantly follow your joy. What gets you excited and inspired? Usually at this point the lower mind jumps in and creates fear, which is good because it means you are moving out of your comfort zone.

Unfortunately, many succumb to fear and stay in a situation or lifestyle they don't like, but feels secure. During the periods when you are inspired and excited, you fuse higher consciousness with your brain patterns instead of falling back on the same old, outdated survival programs of your lower mind.

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As you become increasingly holistic your energetic system, especially the upper chakras, open and physiological change takes place in the body. This “return” to a higher awareness and an expansive, open-focus thought pattern is the destiny of humanity.

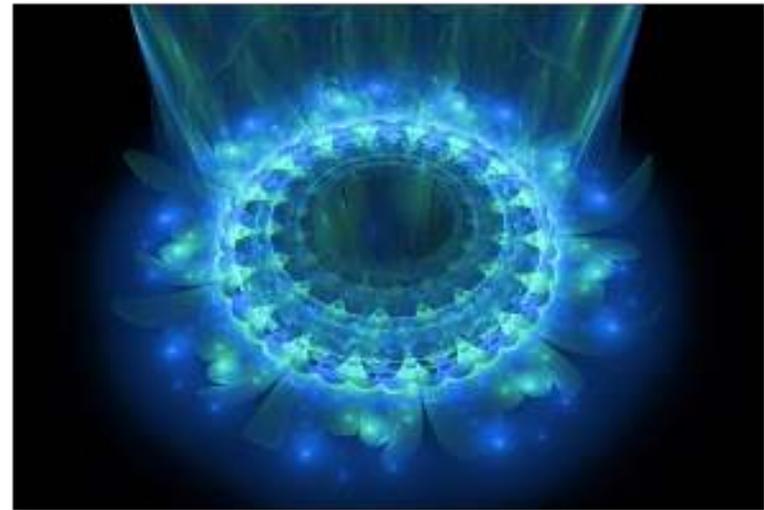
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## Chapter Seven

### *7 Beliefs that must be Contemplated and Digested*

There are 7 main beliefs, or perceptions about life when understood, and deeply imprinted on your psyche, will catapult you to a new and empowered state of being. These 7 beliefs are based on, and closely connected to relational separation. Relational separation teaches that



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we are each separate and distinct, even although it is scientifically proven we are all energetically connected and indivisible.

Many teachings, especially western philosophies, magnify this separation. We are taught not to touch each other, and certainly shouldn't touch kids, especially if you are male.

Touching is a natural and therapeutic part of the human experience and should be encouraged. In some cultures, families and friends massage and touch is acceptable.

Unfortunately, in our western society our perceptions and beliefs separate us from the planet and its ecosystems. We actually think that it is someone else's responsibility to look after them. We constantly give others the authority and power to "look after us". Clearly they are not doing a very good job and the only way to reconnect with the planet and other people is to journey within and "know thyself" intimately.

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By changing the following perceptions, you will tap into energies from the universe and unlock seals in your own DNA which prevent your “junk” DNA from reconnecting. Once you change these perceptions, you also unlock programs in your DNA. These “download” necessary information for a more expanded version of self. As you expand into more of who you truly are, your lower self-transmutes itself into a higher form and your body comes into balance. You become healthier, have more energy and look younger. As you do this, your true purpose unfolds, and as more and more people do this, the world transforms.

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**1. You are a Microcosm of the Macrocosm**

“As above, so below.” The same patterns exist on all levels of the cosmos. From the largest solar systems and galaxies down to single cells in our bodies, even down to the smallest sub-atomic level, life consists of the same core substance which vibrates. Everything has the same sacred geometry. We vibrate; everything vibrates. Everything is energy. We forgot this, and this is why the body became a container for emotion, instead of allowing it to pass through.

So if everything is a microcosm of the macrocosm, this puts a new perspective on certain teachings, such as this quote from Genesis 1:27:

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*“God created man in His own image, in the image of God He created him.....”*

We can see these sacred geometric patterns in all levels of creation. Those in positions of power try desperately to change these patterns. For example, they manipulate sound (music industry), food (GMO), drugs (pharmaceutical industry), communication (Wi-Fi, mobile phones) and the environment (pollution). They have done a good job of distracting us from who we really are, but now the game is up.

Just as our bodies are made up of intelligent spinning atoms, all human forms adhere to form a greater body. The sum is group consciousness. 144,000 souls belong to each group. These group bodies come together and form a planetary consciousness; the total of all groups and states of awareness. This connection continues into solar, galactic and universal

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consciousness. Each atom evolves into more complex consciousness levels until finally it becomes source again.

By constantly recognising oneself as part of the whole, over time you achieve union. You do this by transmuting, detoxifying and spiritualising self. Your [brain rewires](#) itself and you tune in and vibrate at a higher level, releasing aspects of self that no longer serve you. All your “baggage” or “stuff” just falls away. Yogis have been doing this for hundreds and even thousands of years. An example of tuning in at a higher level is if synchronicities or “coincidences” occur in your life, you are vibrating at a higher level and can “see” how life should be.

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## **2. You are God in the Flesh**

You are an *aspect* of this prime entity, source energy, galactic centre, or God. It experiences through your physical form. Each one of us is a unique expression of the whole. Quantum physics proved this. We actually experience life “within” this universal field.

You cannot be separated, however by “forgetting,” [axiatonal lines](#) atrophy, they may need to be reconnected, unblocked and strengthened.

Your lower self creates a veil between who you really are and who you think you are. It is absolutely vital that you remember that you are not separate from God. You have experienced yourself as a separate entity, but you must remember you live within the

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“body” of God to empower yourself and lead a healthy and joyful life. You are a microcosm made in the image of the macrocosm. How separate you feel is dependent on your degree of separation created by dysfunctional mental and emotional patterns which lead to incorrect eating habits and lack of exercise.

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**3. Your Consciousness is Eternal**

Contemplate and realise you are NOT the body. How could you be? The body renews itself every 7 years. Our fear of death was carefully programmed into us over many lifetimes. This is the greatest fear that we have. You must release your attachment to your body over time.

This does not mean we don't care for it. It means we understand fully at a deep level that it is a vessel for our consciousness to interact with this world. It is an extremely powerful tool to help us re-awaken. However any emotional attachment to the body must be released. It is not who you really are. When you transition to another form, you leave the body behind.

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It is composed of the elements of the planet; carbon, hydrogen and oxygen, and it returns there.

The body is energy in a slower state. It is NOT a container for emotion. Emotion should pass through it. You should be aware of your emotions and repeatedly release them. The body is not a container for the soul either. Rather the soul contains the body. Your energy field surrounds and interpenetrates the physical body. Until we release our consciousness and fixation with the body as the identifier of who we are, we will not realise our multidimensional and holistic nature; our connection to everything.

I urge you imagine your body as a moving and constantly changing energy field. After all, science proved this. Unfortunately, our society currently focuses on the external and how

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the body “should” look. Deep conditioning exists which focuses on the body instead of you in your entirety.

Furthermore, you exist “in the body of God” and will always exist! You will change your form many times. Death is a transition. You need to know on a deep level that you are not the body. This will help your consciousness “ascend” and connect with higher aspects of self.

#### **4. You Exist Now**

You only exist now. You are pure presence. You are an aspect of our creator. Even quantum physics recognises the existence of a “superior intelligence” This moment is your only home. This is the place where the universe finds you energetically to fulfil every

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thought/emotional vibration. You can only create in the now. That's why it is so important to examine your beliefs which pattern how you think and how you feel in this moment.

All manifestation happens in the “now” moment in the causal plane. This moment is the time you find everything multidimensional; your abilities, your subsequent steps. To be in touch with your greater self, you cannot be in the past or the future.

It is best not to say you are going to do something, because that immediately takes you out of the present moment. This is the future tense, and things tend to stay ahead and don't get done. It is best to say that you are doing something now. Remember that the “intention” to do something includes actually doing it at that moment. When we set too many goals or

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make too many plans it takes us out of the present moment. Have one main goal or plan and do what you can towards that end in this moment.

Similarly, don't live in the past. What I mean by this is don't do things in the same way as you have always done in the past. By always thinking the same way, you bring the past into the present moment and create a similar future. If the same thinking is not making you feel good and not creating a good life, change it. Change your perceptions. Return to childlike innocence. Create as you go and live in the excitement of not knowing what each day brings. Your lower mind will try to define reality from your past and bring it into your future. When you refuse to allow that, you connect with higher mind.

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By continually living in the present moment, you strengthen your biological self and your energies. You begin to look younger and feel lighter. You are a vast multidimensional being continually recreating itself into timeless realities on many levels of consciousness.

**5. Group Mind is Ascension**

Understand what I am saying here.

By changing your perceptions about life you can change your biology!

These perceptions are the key to opening crystalline seals in your DNA. As these seals unlock, dormant programs spring to life. These programs help you move into an expanded version of yourself. Group mind is the expanded version of yourself; your greater aspect. As

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you do this, identification with the ego (lower self) weakens and eventually falls away as you transmute lower energy to a higher form.

Metaphysical law states that every part contains the whole and the whole contains all the parts. Each human being is a part and a unique expression of the whole. It is through this wholeness that we connect to everyone and everything. The journey of evolution is simply a journey of remembering and a journey to our origin. Our personality is impermanent, therefore it is not real. Our thinking mind, our emotions and our physical body are not real. They are constantly changing instruments.

One of the reasons I largely ignore manifestation ideas from the self-improvement industry is because they promote the personality and what it gains, especially wealth. As you evolve

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to group consciousness, these ideas are null and void, personality increasingly takes a back seat to your god self. The vibration of the soul and the group mind it belongs to are not personal and they automatically vibrate towards selflessness. It serves the whole without self-reference or recognition seeking. You will receive this knowing telepathically or via intuition.

**6. Your Body is a Universe**

The connection we have with nature is one of the closest and important connections we have as humans. Nature is a bridge offering many clues to our truer, multidimensional nature. By opening the heart you will be able to feel the joy of being connected to nature.

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Likewise, the earth's connection to the sun and solar system is one of the most important connections. Without this multi-layered reality, nothing would exist.

Each one of us is responsible for a living universe inside our bodies. Each body is like a cell in the body of the cosmos. We inhabit a living universe as seen in the most fundamental characteristics of our body's biology; the macrocosm and microcosm effect. Scientists confirm a single cell is a complete system and the brain and the entire body are driven by feedback loops and homeostasis. Cells continually self-organise to accommodate the internal and external environment and this is why you should continually monitor your beliefs and emotional state. Cells respond to everything that nourish them and **everything that doesn't**.

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All the forces and energies present in the universe are in the body, however we filter or manipulate them through a belief system to give us a certain experience. We are naturally coded with the eternal blueprint, but we don't activate it until we are ready for growth.

You can accelerate growth by simply knowing thyself, which means moving inwards and contemplating your body and patterns and watching what comes up. You accelerate the process by having a loving connection with your greater self. This is a primary way to self-actualise and become who you want to be.

Cells and DNA respond to our consciousness levels through frequency. They respond to our thoughts and feelings which create frequency vibrations. The lower (negative) the frequency of our thoughts, the slower they vibrate. The more physical and three-

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dimensional we become through our attitudes and beliefs, the more we impede vibrations. In this way, our biography becomes our biology. Always remember that most of our consciousness resides outside of the body and that the body is actually held within this consciousness. The part of the consciousness that is within the body is the conditioned part.

Our cells are constantly talking to each other; the subconscious mind is in every cell of the body. While this process seems out of our control, nothing is more powerful than our mind. Numerous scientific studies show we can take complete control of our bodies, as demonstrated by the placebo effect mentioned earlier. We are multidimensional beings and we are the creators of our reality. This includes our own bodies as we awaken our consciousness and activate our DNA.

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**7. Reality is a Reflection of Your Beliefs**

We mentioned this concept before. Let's examine it from a new perspective. Your particular sphere of influence, or reality, reflects your beliefs. You are a creator god, as above so below, or the microcosm reflects the macrocosm. This awareness turned off and you underwent physiological changes, including shutting down your own DNA. You are the part and you are the whole. You have played a part in your body in this physical reality. This reality is within your vast consciousness. In this particular reality the rules are very simple. What you believe is what you experience. Remember, the fast collapsing control systems in place knew this and they have heavily influenced your reality, principally by telling you lies which you interpreted as real.

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Everything in the physical reality is projections of consciousness. All realities are created by you - by your perceptions and beliefs. Of course, a group of powerful and influential beings took control of this planet a long time ago. They controlled and influenced your perceptions and beliefs about life culminating in the most narrow-minded systems this planet has ever seen. It is time to stop living their beliefs about how life should be. It is time to create your own life by expanding your [belief system](#) and working within the natural order of nature. After all, you are not separate from it no matter how much you think you are.

You create your reality through your beliefs. The physical “you” is the total of all your thoughts and feelings. Everything in life reflects your thought vibrations. The meaning you give life is exactly how you experience it. Whatever you think/feel, consciously and

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unconsciously, you send towards the mirror of life. These reflections are your life experiences. Every moment is you, the way you choose to be, reflected back. This is why you must change internally before you will see this new reflection in reality. When you understand how reality works it is a simple case of shifting thoughts that keep limited beliefs in place. You ALWAYS have to make the change internally.

The big secret is to always be the observer and to harmonize with your life's reflections. You need to be aware of the relationship between the inner and outer and make adjustments as you go along. The only reason it feels so hard is because of the emotional baggage you carry within you.

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Your reality will ALWAYS reflect your state of mind. The dysfunction humanity endured reflects in our dysfunctional world. The best way to handle it when it's "too much" is with compassion, acceptance and understanding for self and others. What you see in others, and what "triggers" you, is only a reflection of your own dysfunction. It needs to be transmuted to a higher vibration and ultimately a love of self. We are all returning to love. That is the evolutionary process taking place at this time.

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## **Conclusion**

We have the capacity to change our beliefs about life as we become aware of those beliefs and the “patterning” they rest on. As we do this our physiology changes. In my clinic, I see people every day with body issues that directly reflect their beliefs and attitudes. This is so profound and obvious to me that I wrote this eBook in the hope that I could reach a wider audience.

Today, we have a medical system run with the monstrosity we call the pharmaceutical industry. It runs purely for profit and treats symptoms, not causes. My wish is that more people empower themselves and realise they are the authority and govern ALL aspects of

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their lives. Once you understand and educate yourself, you can take charge of your energetic and physical body which directly affects your physiology and disease.

By knowing thyself deeply, this becomes obvious. Even in my own life I find that particular issues in my body trace back to a belief system or pattern that I need to release. I already mentioned my calf problem in this book however I had another related issue. For a long time, I had tightness around my hips. For me, this represents my fear and reluctance “to move forward” (hips) in life. I have gone public with what I know about the human body, its energetic system and the interplay of our mental and emotional patterns.

Although stretching muscles helped, it was my rigid and inflexible belief system about how my life should unfold that kept me in this patterning. It was FEAR. It was fear of not being

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good enough and not wanting to be in the public eye. After all what happened previously when we went against the status quo? We were tortured and murdered.

When we take note and allow ourselves to surrender to emotions that keep us “locked in” to certain behaviours we begin to move forward with our lives. It is essential that we understand that very deep-rooted beliefs and perceptions about life keep us locked into a very narrow frequency of experience. By examining and changing our foundational beliefs about life, and correspondingly bringing our energetic and physical bodies back into alignment, we transform who we are. Are you ready for that change? Do you want that change?

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We have the most tremendous opportunity to evolve, courtesy of huge energies coming to the planet via our sun. This is, of course, the time long-prophesised by various esoteric texts. It is also the time that the controllers of human consciousness were aware of for many centuries. Clearly, group consciousness is the most powerful force on this planet. He who controls the belief systems and consciousness of humanity controls humanity. It is time for each one of us to realise who we are and the huge power we wield when we create our own belief systems. My deepest message is to turn inwards and [Master Self](#).

It is time for humanity to be free.

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## **About David Kyle**

I am a freedom lover who back in 2003 noticed an acceleration in my awakening. The conditioning and atrocities committed by “our authorities” in many different areas of our society became repugnant to me.

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During my own healing process over the next few years it became obvious that both my evolution and humanities was very much linked to the ending of certain cosmic cycles. With every ending there is a new beginning. This is where we are now. The moving outwards has been replaced by moving inwards. We must now [Master Self](#).

This transition is being carefully orchestrated by many different groups both on and off planet. It has become very much more obvious to the human race. It is clear that many of us helping out within society, within the holographic illusion, incarnated for this very purpose. I consider myself a “foot soldier.”

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## **The 144,000**

I am part of a team of beings incarnated on this planet known as The Order of the Star. We are commonly called the [144,000](#). This is an actual group as it is a number. This number of “healed” beings was required to “tip the balance” in favour of a positive time line for this planet. This has now been done with huge assistance from other extraterrestrial races and groups both on and off planet.

In actual fact all beings are in soul groups of 144,000. The difference between the group I belong to and other groups is that we had a “higher purpose” of awakening and healing from “lower world programming” first. Part of that purpose is to teach others.

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We are the “demonstrators” (NOT leaders) who actively renounced the existing control systems and have created our own energetic and physical pathway for others to follow in their *own unique style*. We have moved inwards and so shall humanity follow. It is the soul purpose of every being on this planet to heal and move into a positive time line. Indeed, since “The Fall” this has always been the purpose of life on earth. We have now energetically moved into a Galactic Society. We have “rejoined” the tree of life after our “brief” sojourn into the limited mind and illusion. The next few years will demonstrate unprecedented change and creative urge. New societies are forming as we change and morph in line with the “New Earth” energies.

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