

TEN Shifts in Consciousness toward Becoming Your Own Doc



- 1) **Health** is created by removing waste (via Healthy Liver and Kidneys) and infusing with proper nourishment (both voltage and raw materials).
- 2) **Health** is created by infusing with foods, emotions and experiences that Strengthen us. Disease is created by foods, emotions and experiences that Weaken us.
- 3) **Health**= Proper Balance between Mass (Raw Materials) and Energy (Voltage)
- 4) **Raw Materials** include Clean Water, Vitamins, Minerals and Building Blocks that give the cell what is needed to rebuild.
- 5) **Energy** is the Life-Force or CONSCIOUSNESS of the cell needed to rebuild and maintain proper voltage. This Life-Force can be infused by any electron rich source that is strengthening to the biofield and supports life such as Fresh Air, Exercise, Positive Emotions, Awareness and Living Foods.
- 6) The **Cell/ Organ System** must connect on ALL FOUR polarities of the Earth's magnetic field (North, South, East, West) in order to resonate at The Zero Point.
- 7) **The Zero Point** is a point of Quantum Coherence where the cell is not working too hard (hypertonic) or too little (hypotonic) but rather at the ideal balanced voltage.

- 8) **Waste Removal** is simply done by varied techniques that allow for the bodies “plumbing” to unclog and run optimally.
- 9) In addition to proper Targeted Diet and Exercise, **Preferred Techniques of Waste Removal** at Health Empowered include Chakra Balancing Techniques, Emotion Code for Emotional Release, and the Optimal Use of Clay Packs, Castor Packs, Enemas and Beneficial Light Frequencies.
- 10) When a **Cell is Healthy**, it resonates ON to all Four Polarities (muscle tests on to the Pinky finger)
 - a) When there is **INTERFERENCE** from trauma, the cell/ organ system is blocked and NOT resonating onto all Four Polarities (muscles tests off to the pinky); When INTERFERENCE is CLEAR, cell/organ system will test ON to all four polarities.
 - b) When there is **INFECTION** present, the cell/ organ system will test OFF to two polarities (index and middle finger); When INFECTION is CLEAR, cell/organ system will test ON to two polarities.
 - c) When ALL systems of the body are BALANCED and resonating ON to all Polarities, we are operating at **THE ZERO POINT**. This is the point of **Quantum Coherence**. This is the point where **No Energy is Wasted**. The respective cellular system is no longer in a hypertonic or hypotonic state, and can save great amounts of cellular energy, **extending both the Quantity and Quality of LIFE!**

