



THE WELL BEING PROGRAM

" The world belongs to the energetic " Ralph Waldo Emerson

This process is integral in nature so involves many factors. We would love to make it simple and simplify the human well being epidemic into 3 simple steps but that is not possible. Here is a brief overview of all of the factors that contribute to well being of the human being at this time in consciousness

We view the neurology of our brains as key. The energetic capacity of all human beings is very relevant as is your DNA, your specific brain function and personal spiritual ascension.

The perspective to healing we have taken is at core we are Energetic Beings living with the Electro-magnetic Realm. This coupled with our BEEMS™ (we all have a physical, energetic, emotional, mental and spiritual body) must be embraced.

*" We live within the **electro magnetic** realm. Earth has its own magnetic energy – gravity. Every object, living or non-living, has an electromagnetic field around it. Objects on earth have a repulsion or attraction to them, because they all part of the universe, objects are meant to interact in unison. Likewise humans should not have any repulsion towards any object or living beings around them. But due to genetic mutation and changes in the environment over thousands of years, the energy field of humans has changed. This altered state makes us incompatible with particular objects. When we come into contact with one these substances, an energy disturbance takes place. Every disturbance in the energy pathways leads to energy blockages. This causes the body to fall into an unbalanced state and eventually disturbs the whole body, including meridians, vital organs and their associated muscle groups with allergies the result." Pg80 " Say Goodbye to Illness" **Devi S. Nambudripad Creator of NAET, a revolutionary allergy treatment.***

The relationship you have with your energetic capacity, your evolution and its relationship to the universe is relevant. The key relationships you have with family and friends in your life, is very important to your well - being. The patterns in this will become key for your shadow work and identifying your own unique way of creating separation.

The journey you take will mean you develop a care beyond yourself, you become a free thinker moving beyond norms we take as givens in society. Often disease and conditions we consider in society as norms are signals for us to delve deeper and transcend and include all of the lack and limitation we live within to become multi-dimensional human beings having a soulful life rather than an egoic existence.

Nothing can be done in isolation hence relationship to your divinity, others and self is of great importance.

WHAT CAUSES ALLERGIES

Energy blockages and imbalances caused in the body's energy circulation by various factors:

- Heredity
- Toxins from foods, chemicals, pesticides, bacteria, mercury for example
- Low immune system due to stress
- Malabsorption of nutrients producing abnormal enzyme activity
- Over exposure to toxic substances eg" food additives, extreme heat
- Emotional factors and trauma including allergies to people
- Too much physical exertion
- Radiation

DISEASES, CONDITIONS & PATTERNS

PHYSICAL AILMENTS

- Autism and Asperges, ADHD
- Depression and Anxiety
- Mental Illness – Schizophrenia, Bi Polar
- Auto- Immune diseases eg: Lupus, Hashimoto's, Multiple Sclerosis,
- Neurological diseases eg: Parkinson's Disease
- Food allergies
- Thyroid conditions
- Fertility problems
- Anorexia
- Seizures

ENERGETIC CONDITIONS

- Manic and depressed states
- Inertia and sense of hopelessness
- Sexual imbalance, promiscuity, infidelity, impotence
- Intuitive and energetic abilities untapped
- Struggles with expression and communication
- A sense of lack of choice
- Lack of 'how to' of multi dimensional frequencies into physical form
- Afraid of life, energetically depleted and sensitive

EMOTIONAL STATES

- Anger management issues
- Inability to cope with life
- Relationship patterns of betrayal, abandonment, abuse, addictive
- Controlling behaviour resulting from lack of safety in self
- Blame and wound-ology to past driving your decisions

- Weight and body image issues
- Social problems
- Learning difficulties

SPIRITUAL CHALLENGES

- Spiritual arrogance
- Unhealthy dependency on God
- Spiritual seeking and arrogance
- Stuck at Green Meme – Level 6 consciousness looping
- Mystical depression and manic patterns
- Unable to fulfil life purpose - inertia
- Dissatisfaction with superficial realm/narcissism
- Denial, afraid of soul and spiritual connection
- Ego integration with soul

MENTAL

- Self-sabotaging patterns of behaviour
- Looping with no real progress in life
- Irrational thinking and processing
- Either/or thinking and catastrophising
- Unable to reach goals and follow tasks to completion
- Indecisiveness and self doubt
- Phobia's and delusional thinking
- Inability to SEE self and evolve fully
- Obsessive desire to conquer, predator tendencies, excessive strive and drive for fulfilment

" All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident. " **Arthur Schopenhauer**

" Be not the slave of your own past. Plunge into the sublime seas, dive deep and swim far, so you shall come back with self-respect, with new power, with an advanced experience that shall explain and overlook the old." **Ralph Waldo Emerson**

THE INTEGRAL NATURE

All of this below will be dealt with in tandem. We do not follow a step- by- step process. We follow a creative process with each individual having a unique story to tell. Yet for most of us we share similar patterns that fall into these areas below. It may seem simplistic and you ask " how can you work with a child with Autism and a man with Parkinson's disease?" The body is amazing and incredibly detailed yet we find many correlations between the neurology, the energetic body and emotional body that can be relevant for many. We are not trying to generalise or simplify this process but we value the correlations between many. Yet all of have unique pathways that we will as a detective find with your assistance and teach you to understand the unique well-being pathway you possess. We will then teach you how to integrate this into your whole being, life and all relationships you are within.

Birth

Between ages of 0-3 years we develop our neurology. This is when we feed the brain the necessary B Vitamins, calcium and minerals, vitamins, the development basics of life that develop our Neuro - transmitters, neuropeptides and structures of the brain. In this time we believe many peoples brains do not develop in the way that is possible. This is not a problem it is just what is. This can account for Autistic and Asperges disorders, depression, food allergies and various patterns of behaviour as an adult.

Ancestors and DNA

We genetically are coded with DNA. This is shared with our ancestors. This DNA is coded within and accounts for various conditions. For example: autistic patterns, auto - immune structure. Many mothers whilst carrying their children experience emotional responses that are then transferred through the womb. This is experienced by the child in its development and set forth emotional allergic responses. The mother child relationship is key. Often a family has a shared mission and purpose to transcend we look at these patterns and the opportunity your well-being issue may have for all in your family. Most families have coded in their DNA patterns of abuse, denial and betrayal, do you want this to be passed to your children unless you face this it will? For men and women at this time their relationship with the Mother Archetype is critical. This has set forth much of our relationship dynamic between men and women as adults. It affects our desire to be cared for, rescued, looked after, 'mothered'. This is in us all must be transcended and included in a healthy way for us to be able to relate to one another as whole human beings.

Collective and Planetary Energy

As a collective we are born at a specific time in consciousness and the collective energetic frequency of the time we will be coded with in us. We not only have a physical body but an energetic (UEI) frequency that is made up of our parental energetic coding, our unique frequency plus the collective frequency at the time, for example Indigo Children. The collective frequency often has a bigger mission and purpose to it so many children are born with this mission energetically coded in their cellular structure. This can account for why many children may not learn in ways we

have thought people did previously. This forces us as culture to develop new norms and ways of parenting, educating and creation.

Each one of us also must in our evolution develop a synergy with Mother Earth and our planet. This calls for us to become fully grounded with Gaia (Mother Earth) so that we can develop our divine imprint and assist in planetary ascension.

Environmental Factors

The environment chemicals and pesticides we are exposed to also contribute to the structure and neurological development in the early years. For example DDT on farms was sprayed and many form an allergy to this early on in life that contributes to food allergies. Many people have allergies to detergents, chemicals, pesticides that can affect and co – create disease.

Childhood and Abuse

Then we experience the patterning of our family often abuse in some form. Many experience abuse physically and sexually between ages 0-12 years that then creates emotional triggers in the physical, emotional and energetic body that become patterns in life. We may then develop with a sense of feeling unsafe in the world. This may set up our control issues and a lack of faith in the unknown. Until these events are cleared within us we will live through unconsciously re – creating our past experiences of abandonment, rejection, betrayal, strife and drama. Learning to no longer abuse self, other, to give and receive is mastery for used all and we live in a society built upon ego relating that thinks this is 'normal.'

Life beyond 18 years

Life then is something we live unconsciously following our primal desires. Over time we may see some of these and work with our wound-ology using various modalities looking for a quick fix. These work for a certain period of time yet as we develop as human beings the complexity of our nature deepens and one off solutions no longer work. As we grow older our wounds become imbedded. Many of us live unconsciously aware that we make choices through our ego and then blame life for our situations. We have become so engaged in 'getting what we want' that fuels our ego and for many of us we are here to live a soulful life which calls for us to 100% let go of our desires and fulfilment that feed our ego. To surrender to the majestic nature we all are and learn creation through our soul.

Developmental Levels

We all move up through apparent developmental lines of development. This is depicted in Ken Wilber's work and Spiral Dynamics®. Maybe this is true. We will focus more on your being ness – the core that rules deep within. We believe our being ness is key to our health and well - being. We will speak to the greatest part of you that we can all hear and respond to. We will also educate you about the Development levels and lines that all of us move through. One key distinction for many people who reside at Level 6 or Green Meme is we want to follow guidance and teachings from other realms. We know we are multi dimensional beings so we oscillate between this information and our human form. This can create a dichotomy and result in the actual ego being overlooked. What I mean is we MUST transcend

and include our collective and individual dysfunction – our human ego and wounds that keep us in Victim Consciousness before we leap to new concepts and greater ways of being that we can all become. This will naturally and organically become possible when you NO longer respond to your emotional body but trying to do this before your vibration is free will create confusion and can act as a cop out for many TO not see their own unhealthy ways of being.

Societal Norms

Many of us then follow societal norms – getting a job, married, having children. Even though we may not want these we follow the norm. We re-create often our family patterns. Marrying a mother or father. Experience same type of financial loss of divorce that we swore we would never do. We do not express ourselves seeking sameness with other. Being an individual is not as accepted as we would like. We create sheep and follow the herd. We allow abuse in our lives and write it off as nothing. Courageous youth and people now standing in their uniqueness is becoming a new norm in society. We also follow societal health solutions that are suggested will work for everyone without any consideration for the NEW frequency of the planet and that many adults and children naturally resonate at. New energetic health solutions need to be made available as the way for many to heal.

Health and Disease

We may reach a point where we have a disease and accept the diagnosis thinking that what we are told will happen. We do not challenge what a doctor or naturopath tells us. Taking on again more norms. Many want to be wounded and this validates some story they have regarding their limitation. We feel hopeless and/or try and find solution outside of self in external solutions. Many consume anti-depressants, anti-inflammatory drugs and blood pressure medication because that is what you do? Then there is no awareness of the consequences of these drugs on their organs, energetic vibration and mental health. This continues to feed a culture that keeps disease in DENIAL.

We live Dead

We might look like we are living but we live pretending to be happy and experience anything but joy. We may stay on a thyroid drug forever thinking this is normal. We may participate in life thinking having all in place and reaching success will make us happy. Deep down many feel anything but this. Many live without any spiritual connection to self in the narcissism of life. We become self-obsessed with what we want comparing ourself to others.

Spiritual Quest

Then we feel pushed to evolve. It may happen when your 60 years of age, when your 25, 35 or at 47. For many though there comes a time when NOTHING else works and we have to go deeper. Often though here it starts as seeking salvation in god. We still want something to make it all better. Most people stay in this loop thinking they have found something to keep the pain away. Always trying the latest modality. Placing their salvation in an external god completely engaged in their idealism.

Ego Death

In past spiritual teachings we assumed we went through ego death – dark night of the soul and were done. You will face many deaths and re-births whilst here calling for you to 'enter the castle' and re group. For your wings to bloom so you can fly into new territory. Just accept this as a given. In this space will be confronting times ahead with all that you place outside of self – your ego – and your need to fully integrate this. This has to happen for you to have an emotional body – 4th Dimensional self that can then leap into her/his Light body in the 5th Dimension. This means it calls for you to completely 100% GIVE UP and LET GO – of the disease you carry, unions and co dependant relating, self sabotaging patterns, control etc all of it for you to be able to integrate and fully activate the new energy available on planet today.

Today's New Option

This is what is available now and is being built by many - a place where the body can heal itself and the salvation is within YOU. Where we reside within the 5th Dimension as a Light Body. We partner here in detached unions, with disease free physical forms and of high vibration. You can take charge of your wellbeing. You can re code your DNA and move beyond the collective, familial and societal norms that we all have within us. The relationship is NOT to god but to your being ness. You have merged your ego and soulful self as one. There is a profound awakening available where you CARE beyond self and you fully participate in life. You transcend and include your ego, living through your goodness. You face yourself and work with not only your cognitive and spiritual self but your energetic mastery. You cease to live following others norms BUT you find your own personal power and transcend and include all of your limitation. This is the gift of your uniqueness whatever you have to SEE within you that is limiting your evolution will be what serves your journey. You will fully value and respect the Invisible Realms and communicate and create in these dimensions yet fully function as a healthy and integrated human being in the 3rd Dimension or electro-magnetic realm.

Your neurology

The body mind stems from your brain. Your behaviour all stems from your brain. Even your spiritual relationship is related to your neurology. The neurological component within us all is important and it is possible to re code this. You can re program the structure and DNA of your brain. Labels like Autism, Parkinson's disease, MS, Cerebral Vasilitis, Depression may NO longer fit. It might just be possible all these are inflammation in various forms relating directly to the allergic responses coded within you at a physical, emotional, energetic and chemical level. Imagine if we could find some way to cease your allergic responses. Imagine if we were NOT afraid to face our version of mania or depression and/or both? Imagine if we ceased to be afraid of the neurology and sought to learn more regarding this aspect of our physical form. This has to be balanced before you physical body will bring forth higher vibrations. Hence why so many people get stuck and cannot go any further. The physical form has to be working to bring and hold and ground the higher vibrations.

Unity Consciousness

What then becomes possible is your body is no longer allergic. You are a clean vessel. Your energetic knowing and frequency can guide you. Your feelings are NOT what you live by you feel as it is a normal functioning aspect of self. Your mind does not fall into patterns that keep you in self-sabotage. The food you eat passes by you. You do not code food as good or bad. Weight is simply inflammation, when you are no longer allergic you are no longer inflamed. Your spiritual quest is simply your being ness. Your being ness now has space to be felt by you. There is no spiritual quest we all share being ness. The choices you make in life naturally come from your Authentic Self. It is not challenging to maintain this state it is what you are. You genuinely experience Unity Consciousness you are no longer separate from all aspects of self and therefore others.

Creation

In this space we are the creative impulse. Finding our life purpose and passion becomes irrelevant we just live as creation. There is an ignited passion for living and from this your unique expression will creatively be expressed. Your life purpose and passion naturally and organically come into energetic reality and form based on your energetic vibration and new place of being. This creates a GAIN mentality and a space of attraction from your being ness. Financial concerns mirror this. You sexually are ignited and live from your goodness.

Individuation

Your unique individual expression is exposed. You know your energetic frequency has a unique tone or song to play. You are creatively expressed as this in life. Union is built on companionship and love. Compassion is what you naturally feel for all of life and self. Humility and grace is what you are. Life is fun and joyful. You are commercial meaning you live and function in the financial world. You have fun, go out, travel and fully participate in life. You eat all foods and enjoy them. You live in the world as an authentic human being, you become a gentle example to many in complete unity with yourself and the world.

HOW DO YOU LIVE THIS?

1. You understand the simple yet detailed nature of the journey and cease to generalise and seek salvation in a simplistic solution
2. You commit to your well being spiritually, physically, energetically, mentally and emotionally
3. You work with a teacher and we firstly start with Intentions/ Goals
4. You identify your Victim Consciousness and wound ology that contributed and that you wish to transcend and include in a healthy way
5. You develop an understanding of your Energetic nature and the energetic possibility of us all – the new ways of relating and being
6. You research if you have a specific condition and link this to your emotional states and patterns in life. You embrace the ways you act and behave without making it wrong – you find a healthy relationship to your behaviour
7. You start unconscious work with a NAET specialist clearing all of your allergies if this is required in tandem with your conscious work
8. You continue to SEE your ego and experience ego death with the assistance of your teacher developing your Authentic Self
9. You create Integral Life practices in your life and commit to these practices as a routine that supports your well being
10. You start to develop from this your unique song – tune – tone – your individual contribution to humanity and value **your uniqueness** no matter how small or big
11. This becomes your creative expression – you feel whole, you are fully integrated in the world participating fully supporting self as an empowered human being
12. You live your goodness as a free thinker and inspire others as a humble and gracious example of wellness.
13. You access and live as your Light body integrating your ego with soul
14. You enjoy life and feel ignited to be here this lifetime enjoying intimacy, unions, companionship, creation and a deep care for humanity