

# The Truth Of The Heart

## Part 3

### Tips & Tools





## Welcome to my Tips & Tool Part 3

My first little tip, to help you get the most out of The Truth Of The Heart Part 3 is to revisit my Tips & Tools from Parts 1 & 2.

Keep them handy for you'll find that they also apply to Part 3, which will build upon their foundation.

You'll also find some overlaps amongst the treasures, which simply serves to reinforce their essential nature. Please don't ignore them. Instead, apply them to the unique content of Part 3.

Please be gentle with yourself. Don't feel that you must try everything at once. Use your feeling guidance system to decide what works for you.

**Shine on!**

# Part 3a



## SKELETON

Evolution is an amazing ride.

I can feel it in my bones!

\* Your skeleton is literally closeted in fear. It's the depository for all your fearful vibes. So ask yourself... how *light* is my skeleton? not how *strong* is my skeleton?...for strength is indicative of force. Light and loving vibes create a light and youthful skeleton. Choose to make the foundation of your life one of joy, kindness and all the higher, loving qualities. As you do, your skeleton will dance in the radiant light of truth. **Literally keep your skeleton in mind** as you make your daily choices in thought, word and action. Not out of the fear of it's aging and becoming frail, but from a nurturing, tender perspective.



\* Treat your skeleton like you would your most **treasured friend**, for that's exactly what it is. It's you! And aren't *you* your most treasured friend?

\* As Shakespeare said, you are a character in the theatre of life. So it's important to **decide which character you wish to play**. Your choice! How wonderful is that? You get to choose any role you wish, simply by molding your thoughts, words and actions to suit. Each morning as you wake, imagine yourself to be a theatre performer who's stepping onto the stage. What are your lines? Are they rote? Do you repeat the same script every day, without really stopping to see if it fits your *desired* character? Or do you see each new day as another opportunity to refine and bring freshness to your beloved character...to raise it to new heights? Perhaps it's time to rewrite the script? Now that's exciting! Try rewriting your own script, and place yourself as the star of the show...the greatest attraction. Your skeleton will thank you.

\* Masks are your protection! So taking them off



is a bit scary. But all your masks are fear-based. And as you choose to play more and more *loving* characters, those fears dissolve into their new loving role, ecstatic to be finally basking in the spotlight. So **gently lift one of your current masks**, for we all have many, and peek out from your closet of fear. Take a fresh look at the cause of your fear, and wrap it in your new loving script. You'll probably find that the view is very different when the mask is gone, and nowhere near as scary as you remember. As you fling off mask after mask, you'll feel so light...just like a star attraction under the radiant spotlight of your own glowing review. With the removal of each mask, your skeleton reveals more of its true essence...youth. Isn't it worth lifting those masks to discover the true you?

**Youth = you -th**

\* Your skeleton **always tells you the truth** about how you're feeling. Tune in and listen to its gentle whisperings...they're always gentle. Your truth is always gentle. Any thoughts that are not gentle, do not come from your true essence and will cause you dis-ease.



\* Your skeleton wants you to lighten up, because it wants to hang around a little longer. Your skeleton is thirsting for light. And you're the only one who can quench this thirst...by raising your vibes out of fear and into love. Your skeleton's true function is that of light bearer, but it cannot fulfil this role without your help.

Let your skeleton  
lead you  
into  
enlightenment.



## THE GOD VIBE

\* Your skeleton is your **temple of light**. It's the temple that you don't build with your hands... but with your heart...your loving vibes. When you play the loving role that's to become your favourite...the one and only character you'll ever wish to play... you fill your skeleton with the God vibe...by your *own* thoughts, words and actions. You create the temple of God... within...simply because your religious practice is *love*. You'll only ever nestle beautiful vibes in your body...and anything that enters it, even on lower vibes, will be uplifted...from within your temple of God.

\* The temple of God is not a bricks and mortar religious construct. So **don't let the word 'God' intimidate you**, or bring up fear and guilt. Smile in the knowing that God is vibration...your true vibe. Let the antiquated understanding of a fearful God dissolve in the light of truth.

## DIVINE = DEFINE

\* Define yourself by the God vibe in every moment. Know that you are a body of love, and wrap everything you think, do and say in love. When you're loving to yourself, you serve that love to the world. You create instead of destroying...and thus you **become the divine creator**, simply by what you define as true to you.

**"When man knows the truth, he'll see that he is God."**

(It's About Time by Marg Kinneen)

\* Gamma, the God vibe, lives in your cells. It has no mass, no charge and no weight.

**Imagine this:** your new character has no worries at all...no dis-ease. She's forever youthful and exudes a magnetic power that provides everything she needs free of charge. She's always calm and graceful...never emotional. She's so innocent and pure, you'd swear she were an infant. She's always kind and never holds a grudge...she's forgiving. She

lights up any room with her radiant glow. And all her dreams come true...all the time.



Do you like this character? I knew you would... she's you! She already exists for you, only you haven't yet stepped into her loving shoes. So, imagine that you're playing this role right now! Your manifestations match your vibes, so bring her to life...literally.



## EMOTIONS

\* The **electromagnetic field** is a blanket of **emotions**...yours and everyone else's. What threads do you contribute to the weave? What yarns do you add to the storybook of energy? The only way to become aware of your emotions, and re-create them, is to slow down and feel your body. It's perfectly okay for you to leave the external rat race and check in on yourself as often as you wish. In fact, you're doing everyone a big favour when you do. **Start donating lovely light emotions** to the

collective storybook...and know that you're co-authoring the elusive Happily Ever After... within!



\* You could cut the air with a knife! If this is what you sense, then someone's not happy... they're hurting. Rather than letting it affect you, go within and raise your own vibes...you know you can. And **bring a little sunshine** into the lives of those around you. Clearly they need it. Your shiny threads will meander through the weave and add a little sparkle. In this way, you still feel good, and your light helps others to take some of that *feel good* into their own body.

**We connect through our emotions,  
our electromagnetic field.**

\* I'm sure you'd like to feel the sweet nectar of youth flowing through your connective tissue. **Treat yourself as your own sweetheart.** In this way, you release all the fear around having to please others to attain love. But be ready for all the love you attract! When you're sweet to yourself, your connective tissue fills with the

rosy essence of youth, which hails from the sweet nectary of your blossoming cells, as you drink of the God vibe, gamma, grace.



\* Release all those lower vibrational ancestral voices...**cuddle and kiss those old fears and doubts**...until you literally love those heavy emotions to death! Whenever you catch yourself down in the dumps...or witness your sadness or anger...pat yourself on the back. That's amazing, for now you're in the director's chair, with the ability to say *'cut'*! Become aware of your emotions and what triggers them. That's your key to liberation. Instead of playing victim to your emotions, you can now change the script into a sweet story of self-love! You're the boss. This is the flip in consciousness that's required to create the life you dream of. You are consciously evolving, and taking humanity with you.

\* Releasing your skeletons from their dark closet is simply transforming your heavy emotions into lighter emotions. You are literally diluting the chemistry in your cells. Love, kindness, joy, tenderness, encouragement,



delight and gratitude all **bring ease** to your body and light to your skeleton. Please choose to fill yourself with these beautiful qualities and **eradicate dis-ease**.

\* **Look through fresh eyes** at even your mundane activities. Why don't you like doing the dishes? Try liking it! Why is making the bed such a drag? Turn it into fun...revel in the beautifully billowing sheets that float like clouds in the air before they land softly on the mattress. Buy a beautiful new doona or quilt cover that you love smoothing out each morning. Or...love the messy bed...just as it is! What is it you dislike about work? **Try a new emotion on for size**...how about **cheer**? See how it affects those around you as you brighten up their electromagnetic fields. Fresh eyes create a fresh life.

\* Be forgiving. I know I'm reiterating. If you remember that forgiving is giving forth, then **give forth those out dated heavy emotions** that only drag you down. Forgive them...lovingly...for that's the only way you can forgive anything. You immerse it in love, and it changes its form

to match that love.

\* Clear your emotions, and **feel the clarity** within your shiny new body. In the light of clarity, you are open to receiving higher, more beautiful vibes. Become a receiving station for only pure light, and manifest to your heart's delight. You're now connecting to the field of grace, the universal communication system, the field of enlightenment.

**Your connective tissue is the  
sweet fabric of love.**



**YOUTH**

\* It's because you disconnect from the field of grace, that you age. In other words, it's because you fall into lower emotions that your body ages. You left your sweet innocence behind you in childhood. But there's nothing stopping you from bringing it back now. *Except your belief that you can't.* Challenge



that belief. **Of course you can be sweet**, loving and kind. It sounds so simple, but try it and see if you feel better...and even start to look better. I'd love to know the results.

\* No-one likes aging. That's one of the biggest *fears* of all! And it's so counter-intuitive. Your connective tissue is waiting for you to cuddle that fear and turn it back into youth. Please stop giving your power...and your youth...to fear, simply because the world out there tells you that aging is inevitable. The world out there is mortal simply because it doesn't know that there is another way. **Be a pioneer into youth**...why not? What have you got to lose...except your aging body!

It's now time to watch **Part 3b.**

# Part 3b



## THE BIBLE

\* This section is simply to introduce to you a fresh new perspective about some of the characters in *the greatest story ever told*, The Bible. I'm inviting you to shift your perspective one click to the...right, left, it makes no difference, for the view is to die for...or not!

\* Please join me in this new perspective that casts the Devil, Satan, Lucifer in the role of *fear*, your lower emotions...setting the scene for Hell in your electromagnetic field...your cells...your connective tissue. It *alleviates the fear of punishment* that awaits 'on the other side' if you've not followed *the rules* whilst alive. The only thing that awaits you is pure love, for when you cross over from *the side of fear*, you enter the side of love...pure

unconditional love. So don't fear...for that's what creates your living Hell.



...The Devil is all the fear in the world...all the lower vibes that create dense, ailing physical matter.

\* Stop replaying the fears of the past. Let the family rules and expectations go... by loving them. **Forgive your fears of family retribution**, in the knowing that *the family can't punish you...* for nothing can happen *to* you that you don't create yourself through fear. There *is* no external punishment...it's all internal.

**Lucifer = luc + fer = light bearer**

\* Lucifer is your skeleton, so Lucifer falls from grace and rises again when *you* fall into fearful lower emotions and then rise above them into love. The biblical story of Lucifer occurs within your body, by virtue of the vibes you choose. **Choose carefully... freely and lovingly.**

\* Your persona is the living essence of the



fallen Lucifer. It's your 'mirror, mirror, on the wall' that reflects back to you your own emotional baggage. **Become a silent witness to your own chemical reactivity**, and look its triggers in the eye. You're eye-balling Lucifer. But remember that Lucifer is simply fear, and all it takes for him to rise...is love. Try to dis-arm your chemical firings before they charge... and nurture Lucifer back into the light.

**Nurture = Inert -ure = to render your chemical reactivity still.**

\* Speak *your* truth...the truth, the whole truth and nothing but the truth...according to your inner spirit...your inspiration. **Be disobedient** to the rigid laws that make you unhappy. You're here to find your happiness...and you won't find it in someone else's laws.

**Law = lore = story**

Someone else's story is theirs. *Your* story is yours...be obedient only to your story...that's the *whole* truth...resurrect your little devilish spirit...what fun!



\* **Stretch the imagination of humanity.** That's your sole purpose for being here. You're encouraging your little devil into the field of grace, where the truth is found. Go for it!

**Satan = sate N = sad nitrogen = sad mortal body**

\* Satan = mortality = fear. Moving from Satan to God is simply moving from fear into love. Now isn't that more inviting and achievable than placing your destiny in an external source of punishment? **Simplify your story! Simply practice 'feel good'...love.**

\* Feel good is your truth. The God vibe is the gentle voice of pure love from within...it always feels good. Become that gentle voice...**whisper sweet nothings to yourself.** Doesn't that feel good?

\* When you open your heart, you **let the light out**...you free your spirit from it's cellular enclosures. Know that the fullness of light is already within, waiting for you to set it free.

Open = unpen

\* Change your beliefs about you. (see Part 1 Tips & Tools). **You are magnificent...now!**

\* **Soothe your secret fears.** When you do, they relax and soften, as does your body tissue. That's all you need do to rejuvenate yourself. Be as soft on yourself as you would to an infant...and your skin will become as smooth as a baby's bottom. But don't expect it to happen overnight! Babies are babies in each and every moment. So be consistent in your softness...**feel it as often as you can...**until it becomes your new pattern. Your new role-playing activity...baby's bottom!



## DESIRE/HORMONES

Hormone = Whore Moan = charge with desire

Desire = D's ire = child's anger



\* Your emotions are the residue of your childhood conditioning. Whenever any emotion arises, it's not about the current situation...it's about the childhood memory that's stored as hormones in your cells. **Dig deep! Find the root cause** that's triggering your reaction and treat it...nurture it...immerse it in loving vibes, so it once again feels its true design...and realises that it can let go of its anger...simply because it *is*, and always has been, pure and innocent. **Remind yourself that you're innocence...now!** Rid those fiery adolescent bursts of reactivity...for that's what your emotions are...the passionate mask of sadness and anger.

\* **March to the beat of your own drum**...the deep, penetrating beat of your heart's truth.

\* Stop the charge! **Stop yourself before you blame someone else** for...anything. That charge belongs to *you*...not them. It's *your* emotions that are charged, and *your* memory that's been prodded. Go within...find the root cause (as above) and disarm that trigger once and for all.



\* Open (unpen) your mind to the fresh, new perspective that your ancestral DNA is the lowered vibes that are being progressively cleansed throughout evolution. **Stretch your beliefs beyond the accepted norm.** It's the only way you can evolve into your higher *self*. It's how evolution has occurred. So why not join all those creative spirits who came before you, and who surround you now, and add your own pioneering energy into the mix?

\* Create your own Designer Genes! You are the designer of your life. Tap into your inspiration...and **magnetise your existence.**

**Magnet = Imagine It!**

\* **Become a child of disobedience** wearing the latest designer genes of *your* choosing. Become an evolutionary fashion plate...a leader in the energy field of immortality.

\* Arise from the ashes of orthodoxy...**cast off your desires.** This doesn't mean that you can't have what you want. It simply means that you

realise that *you've always had what you were seeking*...happiness...that it's been hiding in fear within you, in the guise of your hormones... emotions. With that realisation, all your desires dissolve away...and are replaced by everything you could ever want. The field of unlimited possibilities is your new home.



## GRIM REAPER

\* No more GRIM! If you don't want to reap a grim outcome, then **don't sow grim seeds**. It's as simple as that!

So change your perception and thus your persona (see Tips & Tools part 1 & 2)...as you slowly and gently transform your Grim Reaper character into the shining star attraction of your happy life story!

\* Start by understanding that **Hell is simply your truth under cover**, which makes you feel like hell! It's a condition, not a place. This gives



you the power to change it...right now...  
because you're the only one who can change  
how you feel! How wonderful is that? Change  
your perception of Hell...and Hell itself  
changes...or disappears. **Free your truth**, and  
your life of Hell will disappear.

\* Catch yourself when you tell your sad story...  
ie any time you think or say something about  
yourself that's less than magnificent. This is  
*you* doing a wonderful impression of the Grim  
Reaper....how does this performance feel? Now  
immediately **switch roles and play your Fairy  
Godmother instead**. How does this feel? Which  
do you prefer? As often as you can, tell your  
story through the eyes of your Fairy  
Godmother. Your Grim Reaper will love the  
new stories so much that it will actually soak  
up those vibes and *become* your Fairy God-  
mother. Your sad story becomes your new  
happy story.

\* You, acting as the Grim Reaper, is simply you  
acting out of fear. Your chemical reactivity is  
your protective armour...your grim defence.

Defence = 'D' fence = Delta fence

Delta = Child's brainwave patterns = intuition, imagination and regeneration

Defences = childhood fences that block your intuition, imagination and regeneration

Your fears, your chemical reactivity, your defensive and protective actions, are your frightened inner child responding from childhood memories. But now you're in a position to **soothe those fears**, and tell your little inner child that the fear actually belonged to the adult who was present at that time. **Send love to that adult**, whether they're still alive or not, and as you do you'll not only soothe their fears but your own.

Soothing the adult means bringing ease, truth, integrity back into your connective tissue... reversing the adulteration, and reinstating youth.

\* Reach down into the depths of your soul, and dust off the residue of your cavernous past. **Tell and retell your new story with**



increasing strands of love. When you fill your cells with your new story of love, you literally erase your past sad memory, and replace it with your current happiness. You alter, or evolve your past.

Evolution is simply a process of altering the past...changing your beliefs...dissolving your cellular memories.

\* **Be disobedient! I dare you!** Start fashioning your new happy story that speaks of *your* truth. Just once in your day, lovingly and without fear, say “No, I’m doing it my way”.

**It's now time to watch Part 3c**

# Part 3c



## REINCARNATION

These next few tips & tools are saying the same thing but from different angles, because we all receive information differently.

\* **Reincarnate yourself today!** You've done it so many times in the past even if you haven't been aware of it. Each time you made a different choice that felt better than your old patterns of choice, you reincarnated yourself into a more loving and feel good being. **Make choices today that fill you with ease and joy.** If you drop into the old habit of feeling the need to explain yourself (which you don't actually need to do), just say it feels so good and fills me with happiness. If those around you have your best interests at heart, they'll be very



happy for you, and will support your choices. They'll love your new designer genes too, even if they're a slightly different style to their own.

\* **Dress Satan in *cool new genes!*** When you make beautiful loving choices for yourself, you cool down your fiery reactivity. You dress your sad nitrogenous cells in higher vibes...new threads...from your shiny new happy story. Satan's new sparkly attire looks increasingly angelic, pure...youthful.

\* **Change your cellular wardrobe.** What's hanging in *your* cellular closet? Old, tired, raggy memories that you've been hoarding since childhood? It's time for an upgrade. It's time to clear out the clutter...leave only what serves you now...and throw out the rest. Now, go shopping and gather your sparkling new attire...only those thoughts, memories, people and experiences that uplift you and make you feel good. *My*, you're looking swish! Your closet is now up to date. You've fashioned yourself a whole new look...a closet filled with designer genes. Your new look is so attractive.

Reincarnation = re N carn = another Nitrogen  
body = another body of information



\* What would you like to see when you look in the mirror? What would your ideal *body* of information look like? Write down every detail... and draw a picture as well...then come back here and continue reading. (Don't peek below! Lol!!!)

Your nitrogenous body is simply a body of information, so all you need do to change your body, is to change the information that creates it...the instructions in your cells. By changing your beliefs about yourself, you change your cellular instruction, which therefore changes your repetitive patterns of behaviour, and your resulting physical body. (See Tips & Tools Part 1 & 2)

On a fresh piece of paper, write a list of all the body parts that you changed in order to design your ideal body. It doesn't matter how long the list is...have fun with it...and please throw out the guilt!!!

Next to each body part, write the new message you're going to send it in order to transform it into its perceived *ideal* state.

**Eg: Eyes:** My eyes are crystal clear and shining brightly, just like my outlook on life.

You'll notice there's a physical *and* spiritual aspect to the new message. For as you create a clear and happy outlook on life, your eyes will reflect this change.

Now continue down the list. When you've finished, you'll have a very powerful collection of beautiful messages at your fingertips. Just select one at a time and **send it with the deep feeling of its intended essence**. As you immerse that part of your body in its new vibe, it will happily mirror your ideal vision.

\* **Start using your inner mirror as your guide** instead of your external mirror, mirror on the wall. Each time you look in the wall mirror, *you* reinforce what's there right now...not what you wish to be there. *You* tell your cells, "that's what I look like", and they obediently oblige.



But wishes come from within, as shown in the previous exercise. Your inner mirror is your feeling system. **Uplift your feelings...**"I feel good"...and your cells will obediently oblige... they'll feel good because you're nurturing and nourishing them with happy vibes.

I love this quote from the latest Cinderella movie:

"She saw the world not always as it was but perhaps as it could be with just a little bit of magic."

\* **Create Heaven** within. The brand name of your new designer genes is Heaven. Wear them with delight!

\* Your physical body is the scientific record of your spiritual journey. Now this doesn't mean that you now must berate yourself because it's not perfect. On the contrary, it's your perfect guide to your current spiritual state...it tells you exactly how you're feeling and what you need to do in order to find happiness within. So **listen to your feelings as you would to a child,**



and let them guide you to happy thoughts, words and actions, which will then radiate through your physical body...your evolutionary journal.

Forgive = give forth

\* **Forgive yourself!** This is the only forgiveness that's ever required. Give forth, or release, all the heavy baggage that you've been carrying around in your cells, and you'll see everything through light and loving eyes. It always comes back to you. Can you imagine if every single person tended to their own forgiveness first, so they all looked through the eyes of love. What a loving world we'd live in.

\* **See every experience as a gift just for you...** for if you're experiencing it, it has your signature upon it. Look for the loving message in it, for true guidance is always loving. What can you do to ensure that this experience is for the highest good of all concerned?

\* Fear is the only reason you're mortal. And



fear is what you have stored in your cells. In remembering that your true guide is always loving and gentle, whenever fear arises, **tell yourself that this fear is not your truth**. The masculine left brain operates through fear as a means of control...it's fearful of losing control. Only *you* can gently and lovingly guide your own fears, by cuddling them and reassuring them that all is well. As you **wrap them in a blanket of love**, they dissolve.

\* **You are the Divine Feminine**, nurturing all your fears (your lower *conditions*) back into love. With all conditions dissolved, you become the perfect *embodiment* of pure unconditional love...the Divine Feminine.

\* You are sweet Cinderella rising from the ashes of fear. Tune into your inner Cinderella as you choose your thoughts, words and actions. Instead of responding from *familiar fears*, **have courage and choose kindness for yourself**, for those thoughts, words and actions fill *your* body before they go out into the world.



\* You are the proverbial Phoenix rising from the evolutionary cycles of fear. Your tiny twinkling soul contributes in a powerful way to the big picture of love. And each moment offers you the opportunity to rise and shine...

\* Wakey, wakey, Sleeping Beauty! You are the beauty that's waking from the evolutionary slumber.

Beauty = Be you -ty

\* Please believe in your own beauty, kindness and magnificence, for this is the only way to overcome fear, and bring light into the world.

\* Creation begins with you. *The beginning of creation* is the point wherein you choose a thought, word or action. Choose wisely, for you are the creator of life. You are the master of your universe

\* Be true to you.



\* Be kind to those with different religious beliefs than your own. They see through their eyes and you see through yours. Ultimately, all religions are leading us to the one true loving destination. There are as many paths leading to happiness as there are people on the planet.

\* Soften your gaze, for love is gentle.

\* Master your fears and you'll master your body and your life.

\* You are simply a body of vibrations. What's your vibe? Are you picking up good vibrations? Now's the time to start. Become the Grand Designer of your body and your life.

**It's now time to watch Part 3d**

# Part 3d



## SKELETON

\* *Let's start with **your plot**.* What does it look like? Is your story happy or sad? Is it a cemetery or a garden? Is it beautiful or run down? Is it hidden or out there for all to see?

Be gentle with yourself as you ask these questions, because they dig deep, and may touch some tender spots. But the answers will guide you to take your next steps...so please make sure they're loving steps.

The key question is "*Is your plot hidden or out there for all to see?*" For if your beauty, your garden, is hidden...then that's the reason for your sad story, your cemetery, your run down physical state (mortality).



**Stop hiding!** It really is for your own *good* (feel good that is!) to gently and lovingly invite your unique plot into the spotlight, and introduce it to the world.

So forgive the old fears about not being good enough...that's only because you didn't *feel good*, often *enough*. So wrap your unique plot in loving vibes. You supply the feel good, so it's time to up the ante. Make *every* thought, word and action supportive of your true story and **present it as a gift to the world**...as often as you can.

\* You were given the bare bones of life from your family. Now it's up to you to flesh out your own unique story. But don't be afraid to go back to the basics, and **change the fundamental plot**. In fact, this is the essential purpose of evolution. The bare bones are the essential family beliefs, which are altering in favour of love. So go back to the basics...your fundamental beliefs... and **build a loving foundation** upon which to flesh out your story. This means addressing all your fearful beliefs and immersing them in love...it's a shiny new beginning.

\* Know that you already are a worthy member of the universal family of love. You are love and you are loved...in all ways...always.

\* **Release your rigid belief patterns.** Yes, you do have them...we all do...it's our human legacy. If you're resisting this statement, you're standing in your rigid beliefs! It's ok...for they're just your protective armour that's been keeping your beautiful true essence safe for many years. But the only real safety blanket is the soft, cuddly blanket of love...self-love. Softly wrap your beliefs, and those of others, in your blanket of love, knowing that you never have to defend who you are. You never have to dig your heels in to feel validated. You're already beautiful, just the way you are.



## BONE

\* Your masculine (fear) and feminine (love) qualities are duelling within every tissue of



your body. This is the challenge that DNA has implanted in your cells. If you side with fear, your fundamental plot, your skeleton, turns to bone. **Side with love**, the feminine qualities that bring *feel good* into your tissues, and light up your skeleton.

\* **Be flexible**...in behaviour, attitudes and actions...and literally bring the flexibility of youth back into your body. Ask yourself "Do I really need to control everything that happens in my life?" Relax and simply accept. This will take time, for you're reprogramming your cells.

Start by becoming aware of how often you resist people and experiences in your life. Then set a goal to simply **relax and allow** just one of these experiences each day. Take note of how good it feels to do this as you become more practiced at it. Feel the ease that replaces the usual dis-ease of control. I'm sure you'll love it so much that it will become a regular practice.

And your bones will love it too!



## ARTHRITIS

\* Your cells carry the passionate chemical concoction that explodes into your emotional reactivity. You are a fiery exchange of chemistry that registers in your skeleton, and all your connective tissue, as inflammation... causing arthritis. Your skeleton carries the heavy burden of your deep-seated anger.

Become aware of your anger, and its triggers. Once again, we all carry anger, even though we don't like to admit it. Look deep within to find the *real* cause, that's been festering for a very long time. If you address your anger at its root, you'll defuse your emotional reactivity. You'll feel good. Your inflammatory conditions will disappear. And your skeleton and connective tissue will light up with joy and youth.

I know that digging deep is not easy, but the rewards are magnificent!



\* **Clean up the atmosphere!** You can do this very simply by releasing all your fears. Now that's an interesting twist on environmental care. Can you imagine how clean the world's atmosphere would be if everyone released all their fears? It would be light and bright...a field of unconditional love. Why not start right now?

## GELATIN

\* The family conspiracy, DNA, is not evil...it's just in the state of fear. So the family sticks together because of fear. Change is scary! But *you're* slowly transforming it into the state of love, which is why you're here in the first place.

With this awareness, you can **guide your family** to understand that they're here to overcome the family fears and bring more love into the family patterns. Change brings love... and yes, it can be scary to connect intimately on the regular family battleground.



No one wants to be hurt...again. So as you guide yourself into more loving and intimate connections within your own life, you become the perfect example of the beautiful outcome of change. Your family will want what you have. Simply shine your light.

\* Gelatin holds the fearful family habits within your connective tissue and thickens the family bond...bondage. By being the example of love, you're lightening the family story and loosening the bondage you've always felt toward your family. You're thinning the family connections...literally forming higher, finer vibes within your connective tissue. **So get thin! Vibes that is!** Lose the family bondage. You'll feel lighter for it.

\* As you age, your skeleton deteriorates... your essential framework, or foundation, is not proving true. Your fundamental plot, your basic family belief system, is crumbling. This can mean only one thing...it's flawed! So, to state the obvious...fix it. That's your only purpose for being here. **Fix your flawed beliefs, and you'll fix your physical body.** It's that

simple. The flaws look like fear. Start to address your fears now...it's never too late to love.

\* **Be gracious...and be youthful.** Fill your fundamental book of life, your cathedral of bones, with grace....the poetry of oneness.

May the Grace of  
God be with you.

I feel it in my bones!

And so **The Truth Of The Heart** has offered some amazing revelations.

It's waiting for you to set it free and exclaim

**"I am Magnificence."**

Thank you for your wondrous presence,  
and for more glorious revelations keep a  
twinkling eye on

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