

The Truth Of The Heart

Part 3

Content



- * Learn the crucial role your skeleton plays in your body's resurrection into youth and how your emotions affect it.
- * Feel relief as your Ego is demystified. Explore the secret science hidden within the Bible that releases you from the past baggage of fear and guilt.
- * Discover your saving grace as you uncover the amazing connection between the proverbial Phoenix, the Embryo and Reincarnation.



The Skeleton

Intro

I'm so glad you're here for part 3 of The Truth Of The Heart, the playground of Youth, where Immortality is reality.

It's going to be an amazing ride...I can feel it in my bones!

The skeleton takes pride of place in part 3, as it does in our evolutionary journey. Yes, the skeleton is the star in the book of evolution. It's been slowly emerging from the shadow of death. And as it steps out of its closet of darkness, all ancient secrets are released, and humanity is brought into the light of truth. That means you!

Part 3a

Welcome to part 3a of The Truth Of The Heart.

It's time for you to take your skeleton by the hand and lead it gently out of its closet of fear. And, oh my, what radiant rewards await every fibre of your physical body.

Woven into the threads of your being is the essence that defines your individual persona. When you cast this essence upon the world, your uniqueness becomes visible.

In Part 2 you learned that your *persona* is simply your human mask, which exists on the lower light vibrations called sound. Those low vibes carry your *heavy* emotions. This literally sets the tone for your *character*. Yes, you are a character in the theatre of life, as Shakespeare so neatly pointed out...

"All the world's a stage,
And all the men and women merely players;
They have their exits and their entrances,
And one man in his time plays many parts,"

As you move through life, learning and growing and progressively evolving your body's store of vibrations, you slip on mask after mask to accommodate your changing roles as you morph from infant to child to adult. Each tiny nuance invites



a new and unique mask.

But behind the masks of your persona hide your figurative skeletons as they exit and enter the family closet. Shh!!! Literally, your skeleton is trembling in fear, as it resonates with dis-ease, creating aging within your cells, which ultimately leads you toward death. Sound/fear provides the skeleton with its apt mantle of the emblem of death.

But your resonating skeleton is also a handy tool, for it always tells you the truth about how you're feeling. It's your constant guide. I feel it in my bones! All you have to do is tune in and listen to your own vibes.

It stands to reason that if your skeleton holds your lowered, sound vibes, it also has the capacity to hold your highest light vibes. Your skeleton, that's stepped out of the dark closet of fear, is your light-bearer.

The much-maligned skeleton is actually your vehicle of light that has fallen foul to the lower vibrations of man's choosing. The function of your skeleton is to guide you from your lower emotional state, your persona, back into the light. The skeleton is leading you into enlightenment.



The God Vibe

In Part 1 you discovered that the God vibe is gamma, the highest, finest vibration in the electromagnetic spectrum. Gamma relates to expanded consciousness and emerging spirituality, which supports its growing presence in the progression of human spiritual evolution. It accompainies universal love and all higher virtues.

Your divine purpose is to hold this most radiant vibration within your skeleton, at which time it's fully powered by the God vibe and becomes fully enlightened. Proverbially God is in his holy temple, the temple not built with human hands...the temple of light...your body.

With a 'v' and 'f' interchange in language, we find that...

DIVINE becomes **DEFINE**

So when you learn to define yourself by the God vibe, you become a divine creator.

“When man knows the truth, he'll see that he is God.”

(that's a quote from my book called ['It's About Time'](#))



The God Vibe, gamma, powers your cells from its home in the cell nucleus. Your cell nucleus is the heart of creation.

God lives in your cells. Once again we connect spirit with science. Very simply science tells us that gamma has no mass, no charge, and no weight.

No mass: Gamma has no heavy mass to carry around...it's free of dense vibrations, hence is free of worries. No dis-ease.

No charge: It's free! It won't cost you any energy. It won't sap you of your power...or youth. Gamma = Youth.

Gamma also has no electric charge, and therefore won't create a chemical (that is emotional) reaction, because your body isn't creating any electrical resistance. With no resistance, you're in a state of perpetual acceptance.

Also gamma doesn't charge you as guilty of anything, because you're pure and innocent when carrying the God vibe. So gamma is the vibe of purity for which you suffer no consequences - no karma. When you attain this state of grace you'll have released all the prisoners of the past from your cells - all past baggage erased - no more karma. Gamma is forgiveness.



No weight: Gamma is light...in every sense of the word. It's not heavy...and it's radiant. Gamma carries no heavy baggage from the past...no cellular memory. Now that's a load off my mind...and body!

No wait: Gamma provides instant manifestation, because it's the unified field of unlimited possibilities, where all your dreams come true instantaneously.

Evolution is guiding you gently back to your innate state of purity where you're free from dis-ease, aging and death. As you remember your innocence, your body remembers its youth, and your radiant skeleton dances in the light of truth.



Emotions

Your skeleton harbours your emotions.

Emotion =

E.M. ocean =

Electro-Magnetic ocean =

Electro-Magnetic field

So your Electro-magnetic field is simply an energy field that's full of Emotion.

Electro-magnetic spectrum, therefore =

the whole spectrum of Emotions =

from riding the high vibes of Gamma, through the V.L.S wherein humanity exists, to the lowest frequencies below radio waves.

Your body's wrapped in a blanket of your own energy that is sometimes called your aura. This energy blanket is woven into the electro-magnetic field that surrounds us all. The electro-magnetic field is a blanket of emotion, woven from the gathered threads of the collective electro-magnetic radiations that emanate from our bodies. It carries our light emanations – or our heavy emanations, depending on how we're feeling! This is what people sense when they communicate with each other...their electro-magnetic fields are interlacing...their emotions are interacting in a dance of acquaintance. We connect through our electro-



magnetic fields...our emotions.

In part 2 you learned that your connective tissue is the medium for communication within your body and with everything in your environment.

CONNECTIVE TISSUE = 'TIS YOU that CONNECTS

Your connective tissue carries your emotional story, which connects with the stories of others through the electro-magnetic field. Your connective tissue is the conduit through which the sweet nectar of your essence flows. Your body tissue is a connector of emotions.

CONNECTOR = CON + NECTAR = with NECTAR

When we look at the word NECTAR, we find that...

nek = death

tar = overcoming

NECTAR = overcoming death

In mythology, the sweet nectar of the gods brought immortality to mortals who consumed it. Truth always lurks within these myths.

In the evolutionary journey, it's your connective tissue that's overcoming death as it drinks in the pure, sweet nectar of the God vibe, gamma, grace.



Through conscious evolution you are creating a sweetheart within your own cells. As you release the ancient voices of your ancestors, you transform your emotional baggage into a sweet story of self-love.

And you transform your skeleton into a radiant lighthouse.

Let's look at how this happens.

Each emotion has its own vibe. Heavier emotions, like anger, sadness, grief, shame and guilt, carry lower vibes indicating greater fear...a heavier mask or persona...more dis-ease and aging...many trembling skeletons rattling around in your dark cellular closets. You've given your power to the chemical voices of the past...your ancestors anchored in your cell memory.

And lighter emotions, like joy, delight, gratitude and kindness, carry higher vibes, indicating greater love...the truth that's behind the mask or persona...and more ease and youth...those skeletons are stepping out of the closet into the light. You are taking your power back.

All your relationships and life experiences reflect the vibes you transmit through your connective tissue. So look at your life...what's it telling you about your emotions? Make a powerful choice for yourself. Step out of your dark fearful closets. Be fully present in the light of each new moment, so you



can assess the situation through fresh eyes, instead of triggering out-dated, familiar chemical reactivity.

When you get in touch with your body, your connective tissue, your skeleton, and know what it's feeling, you're in a position to respond more gently and lovingly from a place of forgiveness. You're able to say to yourself, I don't like these feelings, so I'm changing them. I'm going to forgive myself of this dis-ease right now. That's true power. Your feelings are your most accurate guide to the emotions you're harbouring within your connective tissue. Tune in and listen to their whisperings.

As you dissolve the dis-ease and fear, you clear your body of its emotions...AND you clear your ELECTROMAGNETIC FIELD. Your aura becomes radiant.

It's at this moment that you leave your electro-magnetic field behind and move into the field of grace. Your connective tissue is now a conduit of light, and you've transformed your body into the radiant temple of God.

The E.M. field is created by the trembling skeletons in the dark closet...fear. The field of grace is created by the skeletons in the light...love.

Man is the expert in the electro-magnetic field, and God is the expert in the field of grace. This is because man is practiced in emotion and God is



practiced in freedom from emotion. However, when we remember that man is God we'll understand that man is practiced in emotion only until he becomes free of emotion, at which time he becomes God...he becomes a conduit for the God vibe. Entering the field of grace requires light. Lighten the load you carry, for the field of grace welcomes all who walk lightly.

The field of grace, consisting purely of gamma, the God vibe, connects everything in the universe. It's the sweet fabric of love. This one vibe is really the sole vibration of the universe. It's the universal soul that's simply been masked by fear.

The universal soul = the field of grace = Heart of God.

The field of grace is the universal communication system. So when you invite beautiful vibes into the heart of every cell of your body, your connective tissue transforms into this sweet fabric of love. And you find that you can communicate with everyone and everything in the universe.

Your individual soul is dissolving and becoming one with the universal soul. Your individual persona is transforming into the universal essence of unconditional love. As such, you're raising your body out of sound and into light. Your connective tissue is radiant with the sweetness of youth.



Youth

Clearly Youth and grace are intimately connected.

Children are far more connected to the field of grace than adults. This is such an obvious statement! If grace and youth are bedfellows, then of course children are more connected to the field of grace because they have more youth than adults!

We're told that God is always with us even though we can't see him; the scientific equivalent to this understanding is that gamma is always with us even though we can't see it. This pre-empts the understanding that youth is always with us, even though we can't see it!!! The only reason you're not youthful is because you don't see ourselves as youthful.

It's time to see beyond the façade and bring the light of youth back into your eyes...by seeing yourself through the eyes of your pure, innocent spirit.

Although the field of grace/gamma is constantly present, it would appear that you disconnect from it as you progressively age. In fact it's the other way around.

It's because you disconnect from the field of grace that you progressively age. As you disconnect from



the field of grace, you disconnect from your innocent child spirit and leave your youth behind.

DISCONNECT = NOT WITH NECTAR = NOT OVERCOMING DEATH

Your connective tissue is in its mortal condition, harbouring fear within your cells.

Fortunately you do have the power to reconnect to your youth...by being present and consciously choosing to fill your connective tissue with love instead of fear.

It's time to stop giving your power away to the emotions of the past and become the expert in your electro-magnetic field! You can expertly let go and let God, by taking your skeleton by the hand and leading it into the field of grace... the by-product of which is eternal youth.

Here's a simple action step you can take right now. **Find the JOY in this little moment...**and your cells will sparkle with light. Every moment is an opportunity for JOY...when you look through the eyes of a child.

And now it's time to pop on over to my **Tips & Tools** where you'll find some great ideas for opening your closet doors and stepping into the light!!!!

The Bible

Part 3b

Welcome to Part 3b of the Truth Of The Heart, where you'll explore the secret science that's hidden within the Bible, release your baggage of fear and guilt...and open up a whole new perspective.

The Bible depicts the devil (Satan or Lucifer) as an opposing force to the loving God. The devil, therefore, operates through... fear.

Fear is the basis of your lower emotions. Therefore the electromagnetic field, through which you connect, is a field of fear. It's fear, therefore, that must be released from your connective tissue in order for you to enter the field of grace and immortality. Many childhood programmed belief patterns were based on fear and guilt, and are still woven within the fabric of your being as they sit within your cellular memory.

The devil (Satan or Lucifer) plays havoc on your body tissue from within your own cells as you dogmatically replay the fears of the past.

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



Earlier you learned that your skeleton is actually your vehicle of light. It's your light bearer. Therefore your skeleton is the symbolic Lucifer.

So the fall from grace, when the fabled Lucifer fell from heaven into hell, occurred when your skeleton fell from carrying the God vibe, gamma, into carrying man's vibe in the dense electro-magnetic field of the V.L.S.

Your skeleton fell from light into sound.

Lucifer is a personification of your skeleton.

So the Bible offers an analogy between Lucifer and your skeleton, tracing its resurrection from the ashes to ashes mortal persona of man, in the guise of the LORD God, into its radiant evolutionary conclusion through the Revelation of grace.



The Devil/Satan

It's through children that the light is coming back into the world (generation after generation). This explains the Bible's description of the devil as "the spirit that now worketh in the children of disobedience." (Ephesians 2:2)

In each generation, the children (or adult children) who break away from the acceptable behavior of their programmed conditioning, because it doesn't ring true to their innate spirit, are seen to be disobedient...little devils. But as they push the rigid boundaries of tradition, they are actually evolving the gene expression of the human race and leading it back into the light. They're stretching the imagination of humanity.

This spirit, which is seen to be the devil, is actually the spirit of truth...your true essence...youthful and innocent. But it's very angry (all fired up!) because it's fallen into hiding within your dark cells, where it's being left to rot. It still exists. You can still feel it within, and children are constant reminders of its presence as their pure, innocent spirit touches our very hearts. The spirit of truth is the God vibe, the spirit of youth, gamma...and it simply wants to be free and step back into the light.

As you look lovingly upon yourself as a child of



evolution, in full recognition of the truth that lay within, your unique creative spirit, you completely eradicate the myth of disobedience and punishment in fictitious hell, and raise your skeleton back into the eternally youthful light of God.

The fallen Lucifer or devil is also known as Satan.

Satan = sate N = sad N = Ancestral DNA

Sate means sad, and
N is nitrogen...

of which your physical body is composed – or should I say decomposed! Your state of youth is decomposing into your state of old age. Your child self is decomposing into your adult self through ancestral DNA, which automatically constructs your nitrogenous physical body from the limiting traditions of the past...the patterns of belief and behaviour that the ancestors deem acceptable!

So Satan is simply your sad nitrogenous human body that is woven from the fabric of fear in its earthly ego existence within the visible light spectrum.

Satan represents mortality.

Satan is the fallen Lucifer, which is your fear-filled skeleton, carrying lower vibes and emotions. Your skeleton is in a sad and sorry state.



Satan is the sad vibration that you choose to inflict upon your own skeleton when you follow someone else's rules instead of following your own heart. Integrity of spirit... that is, staying true to yourself... lifts your vibes out of sadness and into radiance and joy, as it brings integrity to your skeleton and thus to your entire physical structure.

So the Bible, as the book of truth, invites you to literally embody the truth, the whole truth and nothing but the truth. The Bible invites you to fill your body with integrity of structure through holding the highest God vibe. The Bible invites you to overcome mortality (Satan) and embrace your true immortal design (God).

This is not accomplished by proving yourself to others, to attain their stamp of approval. That's called control, which employs fear and guilt tactics in order to instil obedience.

The word obedience literally means listen to. So to be obedient to someone else's beliefs is to NOT listen to your own. Obedience employs external, instead of internal, guidance. And internal guidance is always loving.

The God vibe is the gentle voice of pure love within you. It doesn't punish! ...only man punishes.

Be obedient only to the truth within yourself by feeling, and listening to, the gentle guidance of your



own vibrations, which are always leading your skeleton back into the light.

It's time to free your skeleton of its dark mantle. It's time to open your closet wide and allow the light of truth to flow freely. Flood your cells with light by releasing your own truth. Open your heart and allow love to pour through your body.

The skeletons in your closet are your family secrets (secretions - chemistry) within your cells that keep you in the lowered vibes of fear and guilt, thus creating dis-ease, aging and death. DNA is the evolutionary baggage of family secrets that's deposited within the skeleton. DNA creates your closeted skeletons, your secret fears, through the insistant reverberation of your ancestral voices who are constantly looking for approval.

Those ancestral voices are sad. Lovingly soothe your secret fears and gently usher them into the light. Your skeleton will beam with delight.

Desire/Hormones

Your skeleton is an endocrine organ.

The word 'endocrine' means in-house sieve or secretions.

ENDOCRINE = IN HOUSE SECRETIONS = IN HOUSE SECRETS = FAMILY SECRETS = SKELETONS IN THE CLOSET.

Your endocrine system secretes hormones into your body's circulatory system. The final destination for these chemical messages is your skeleton. The ancestral voices bed down in your skeleton. Throughout childhood, your body is gathering information from your experiences and conditioning, and storing it in your memory banks. This emotional data ultimately creates your chemical concoctions called hormones.

HORMONE = WHORE MOAN

WHORE (means) = one who desires.
a MOAN is = a charge.

Your hormones = charge you with desire

DESIRE is D's IRE (where D is Delta, the brainwave



patterns of children), so DESIRE is DELTA's IRE or the **CHILD's ANGER**. (inflamed youth)

DELTA is your low frequency brainwave patterns that penetrate deeply...they represent the beat of your drum...your unique and deep truth.

Bit by bit this spirit of truth becomes suppressed through childhood conditioning. It sits deep within, festering angrily, as it obediently complies to the family code of conduct...the acceptable behaviour of your ancestors. It puts on a happy face...the mask of your persona is developing. So your deepest desire is to take off your mask and be seen for who you truly are. And this becomes your life's passion. Your hormones dictate your passion. You'll remember that...

Passion means suffer, meaning to carry under, which of course refers to your hidden secrets, your dark skeletons

So your hormones are the chemical concoction of your childhood sadness and anger... your inability to speak your truth due to family compliance. Hence, the angry adolescent, who's hormones have just set in, has a very good reason to be angry.

Through the endocrine system, your hormones charge your skeleton with angry vibes as you protect and defend your sad lowered spirit.



Man = the lowered God vibe = the LORD God (which you discovered in Part 2.)

The Bible tells us that the LORD God is called YHWH, which is known as a tetragrammaton because it's comprised of 4 letters. Your DNA is also comprised of 4 letters (T, A, C, G)... the four nitrogen bases of the double helix that carry the family laws which create the skeletons in your closet.

Man = LORD God = YHWH = DNA

LORD God = lawed God (God bound by political laws) = lored God (God within your religious family stories)

Your ancestral DNA is the limited family story or law, both religious and political, that is stored in your cells and passed on from generation to generation, and which you learned in Part 2 carries dis-ease in the form of passion.

Your passion, which is your suppressed truth, creates its angry walls of protection within your skeleton, and hence all your connective tissue. Your burning desires corrode your skeleton, thus perpetuating the ancestral cycle of ashes to ashes... mortality. Your youth goes up in smoke! Lucifer is in the fires of hell! Your skeleton is in the clutches of your hormones.

But even science now realises that you can change



your own genes, and thus your hormones, which is exactly how evolution occurs. So it's time to evolve your skeleton by creating your own unique designer genes. Let's go shopping.

Start designing the new you. Listen to your inner spirit, for it's your own creative designer...your inspiration! It knows your unique style because it is you. All it wants is for you to let go the reins so it can power up it's creative heart and fill your cells with your true magnetic essence.

MAGNET = IMAGINE IT

Your inner spirit is your open and full imagination. It's all your dreams come true. So set your spirit free.

Your full imagination was eroded, along with your skeleton, when obedience set in. So now it's time to become a child of disobedience wearing the latest designer genes of your choosing.

Design yourself out of the LORD/lawed God and into a powerful and radiant creator. Design yourself out of limitation and into magnificence.

This amazing quote from 'The Life and Teaching of the Masters of the Far East' by Baird T. Spalding, says it all...and it's talking about you!



“There is slowly rising up from the ashes of orthodoxy the actual temple not made with human hands, eternal in heaven, in man. A great new race of thinkers is coming to the fore with Herculean strides... They dare to step forth and declare to Heaven that much that is written by man is a lie and in terrible blindness wrought... This race does not hesitate to strip the swaddling clothes of delusion from the whole human race. The gaunt specter which for ages has bound the feet of the weak and doubting ego-man, through his own ignorance, will be completely erased. He finds he has erased his every limitation through his true selfhood, completely arisen. He has raised himself from man... to God.” (emphasis is mine) (MFE3 p59, 60)

The dark skeleton, wrapped in the fires of passion, is the temple in ashes that's created by orthodoxy - DNA. The gaunt specter, which is being erased through human spiritual evolution, is the V.L.S - man's emotion-filled ego perception that binds him to the illusion of mortality. The V.L.S, wherein mortal man lives and dies, is the playground of the specter of death otherwise known as the Grim Reaper. And now to dispel another myth.

Grim Reaper

The Grim Reaper is the personification of death.

Persona of death = death per sound = death via the lower light vibrations of fear. The Grim Reaper is simply your mortal perception or persona.

In an unexpected twist, when you fall victim to the lower vibes of the V.L.S, upon birth, you're immediately delivered into the hands of the Grim Reaper as your persona journeys towards death within your mortal body.

The Grim Reaper is a bony skeletal figure, clothed in a black cloak and hood, and carrying a large scythe and hourglass. Clearly your bony skeleton is not only symbolic of the Devil, Lucifer or Satan, but also the Grim Reaper.

The black cloak and hood indicate not only the skeleton in darkness (hiding fearfully in the closet), but also the skeleton in hell, for the word hell literally means to 'cover or conceal'. So hell is simply the truth concealed or under cover.

Conceal also means to 'color'...so the skeleton's truth (integrity) has been colored as it's decomposed into the rainbow hues of the V.L.S. To color also means



to hide or secrete, which brings us right back to the hormonal secretions within the dark closet of your cells, creating your colourful persona.

Your cells are the domain of both the Grim Reaper and the fallen Lucifer. Your cells are the proverbial hell whilst you inhabit your earthly nitrogenous body. The Grim Reaper is simply the limiting beliefs you store in your cell memory, which define the sad story you repeatedly tell yourself about you, and the angry story you cast upon the world.

The menacing Grim Reaper is slowly losing his menace as we strip away the layers of myth to find him bedding down within your own physical body.

The Grim Reaper also holds a large scythe, which is the symbolic weapon used to cut the white light into the rainbow sections of the V.L.S, creating your separated individual mortal persona that leads you into death. This weapon is fear. And oh what a mighty weapon it is!

In childhood, as your true essence is suppressed, you recede further into the dark recesses of your cellular closet, hiding under a blanket of fear as your very existence is threatened. In adulthood, this fear, expressed as chemical reactions, responds from your deep inner darkness, cutting down anyone who appears threatening. Your defenses are up. You



personify the Grim Reaper...when operating from fear... wielding your protective scythe that ultimately keeps you separated from the expression of your own truth.

The Grim Reaper's hourglass represents time, evolution, which occurs within your cells... as well as your hourglass figure through which the sands of time flow.

The message of the Grim Reaper is loud and clear. You reap what you sow. If you sow the seeds of grim vibes, fear, you lead your skeleton into deterioration, and yourself into death.

In the Bible, the Grim Reaper is called the Angel of the Abyss. Abyss means unfathomable or in the deepest depths, so you can't get to the bottom of it! You can't find the truth behind it. In other words there's no integrity in this angel. Your skeleton, in the clutches of the Grim Reaper, has no integrity because it's not radiating the light of truth. But the truth is climbing out of its dark cellular abyss one generation at a time.

So reach down into the depths of your soul and dust off the residue of your cavernous past. Fill your heart with the warm embrace of your own true essence. This is your story of love that fills your skeleton, and pours forth the radiant light of truth. So tell and retell your story with increasing strands of love, and shine your light through the fabric of your being.



The Grim Reaper is dissolving in the warm embrace of pure love as you climb out of your evolutionary abyss and stand, with integrity, in your truth.

The Bible is the book of truth...disguised in fiction. It truly is the greatest story ever told...the story of your evolution out of mortality and into immortality.

Here's a simple action step you can take right now. **Be disobedient! I dare you!** Start creating your new designer genes. Just once in your day, lovingly and without fear, say 'No, I'm doing it my way'.

And now it's time to pop on over to my **Tips & Tools**, and uncover your hidden truth.



Reincarnation

Part 3c

Welcome to Part 3c of The Truth Of The Heart, where you'll be slipping into your new designer genes.

When creating designer genes, you change your beliefs and behaviors, thus your vibrations and physical form. You literally reincarnate yourself.

With each mini reincarnation, you move away from the fearful vibes of the fictitious Satan and the grasp of the Grim Reaper, and you create a new nitrogenous physical body containing higher information. You're literally bringing your higher self to life by moving toward the God vibe. So, believe it or not, you're already a master of reincarnation.

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

Nitrogen has been cycling around and around through generation after generation of the evolutionary journey creating bodies of information by courtesy of vibration.

Reincarnation = Nitrogen Cycle



Once again spirit meets science in an unexpected way. In the process of human spiritual evolution, each new incarnation gifts your skeletal body with higher vibes, moving it toward its goal of full enlightenment. So human spiritual evolution is the process of overcoming death, where overcoming death simply means coming up over the lowered vibes of fear.

You'll remember that the word nectar literally means overcoming death.

CONNECTIVE TISSUE = 'TIS YOU WITH NECTAR = 'TIS YOU OVERCOMING DEATH = TISSUE OVERCOMING DEATH.

Evolution is evidenced in your connective tissue as you evolve into immortality, your true design.

To make a mistake is to err. To err is human. Humans are mortal & prone to death. Death occurs on Earth.

Earth = err -th = the condition of error.

Heaven and Earth are not places that you go to, but conditions that are set up within your physical body. Heaven and Earth are the corresponding states of high and low vibes within your vehicle of light. As you design your own genes through mini reincarnations, your physical body slowly transforms from Earth into Heaven, turning the dimmer switch up.



So evolution is occurring within your cells, wherein the light is shining with increasing brightness.

Your physical body is the evolutionary prison filled with cells, wherein your spirit is rehabilitating... changing its habits. As you design a higher vision for yourself, by forgiving (that is releasing) the patterns of the past, purity returns to your structure. When you cross the evolutionary finish line, you are deemed innocent, and released from your life sentence as all charges are erased.

Your physical body is the outer manifestation of your evolutionary progression into the field of grace. Your physical body is the scientific record of our spiritual journey.

So Earth is the penal system within which you're 'doing time'. Doing time in the prison of your body means aging.

At the end of time...aging will cease.

BIRTH = BEARTH = BE EARTH = BE ERR -th

Whenever a body incarnates into Earth, it revisits the 'embodiment of error' in order to redeem itself of the mistakes of the past that are still programmed into its cellular memory. Each successive incarnation moves the 'embodiment of error' (Earth) further into forgiveness through a progressive cleansing of your cellular memory.



which leads into the embodiment of innocence ... no more error. When the 'embodiment of error' (Earth) is fully cleansed, and you've rehabilitated into the pure state of proverbial Heaven, reincarnation will no longer be necessary.

Reincarnation will be a thing of the past!
And death will be history!

This is the true understanding of that which is known as the End of Time, for you will no longer be doing time in the prison of an aging body. The end of time is the end of mortality within the vehicle of your body.

Your purpose is simply to shine your light.

Everything in the universe is conspiring to help you. Your every experience speaks directly to you offering you the means to offload more baggage. Each and every experience affords you a reflection of your own vibrations offering you insight into your own emotions. Every experience in your life has **your signature** upon it. You're being guided by your own personal life-coach, your skeleton, who's endeavoring to keep you on track to your goal weight – light! All you have to do is tune in to your own vibes.

You're in the final throws of the evolutionary cleansing, shifting the last stubborn stains from your physical fabric. Have courage. Live your life in



gratitude and forgive your *self* completely of the illusion of death.

Earth is an illusory creation of man's perception that's made manifest through fear. Man is formed when his skeleton becomes rigid with fear - scared stiff.

Scared stiff = terror firmer = terra firma = Earth

Man's rigid skeleton literally takes on the same composition as the earth. The 'embodiment of error' (Earth) resides within your rigid, bony skeleton.

MAN'S skeleton is **PETRified** = **PATREfied**, subject to the **PATRIARCH** or **MASCULINE**.

The word 'patriarch' harks back to the male rulers in the Old Testament of the Bible, indicating the head of a family. It derives from the Greek word for FAMILY, which itself derives from the Greek word meaning FATHER.

PATRIARCH = ruling father or ruling family and with its association with the word PETRI it's also the ruling fear = repetitive patterns of your familiar story - DNA. DNA is patriarchal.

In Part 2 you learned that the MASCULINE = LEFT BRAIN, which controls through FEAR

So your petrified bony skeleton takes its instruction



from your family DNA, your patriarchal inheritance, setting up a system of fear, the nervous system, within your connective tissue, thus creating the earthy mask of illusion called aging, & the condition known as mortality.

When man's skeleton (Lucifer) fell from grace (Heaven), it landed in the 'embodiment of error' (Earth), which literally put it through Hell! And it's been valiantly hauling itself out of this abyss ever since, in round after round of reincarnation.

Or to put it another way...

When the skeleton (Light body) fell from grace (Feminine) it landed in the 'embodiment of error' (Masculine) which literally put it through Hell (Fear). And **SHE'S** been valiantly hauling **HERSELF** out of this abyss ever since, in round after round of reincarnation called **CHILDBIRTH**.

The DIVINE FEMININE expresses through your skeleton. As does EVOLUTION.

Evolution is the reincarnation of the skeleton into the living experience of truth.

Embryo/Phoenix

It's at the base of the spine that the embryo begins its journey into each new incarnation. In fact, Gray's Anatomy tells us that "...the parts that appear soonest in the embryo are the vertebral column and skull", which unfold from the original cell. This is the point of reincarnation, the God point or circumpunct, which is our point of power, or power point.

Ember is fire, so the

Embryo = ember rio = fire cycle

Embryo = Phoenix

fire = fear, so the embryo is also the fear cycle.

Ember also means 'ash and dust'..

so the ember rio is the ash and dust cycle = life/death cycle of mortality.

"Ashes to ashes, dust to dust" The organic carbon structure of your skeleton is burnt to a cinder through the cycling of fear (DNA).

Another fairytale analogy enters. **Cinderella**. When the ugly family take power within her home, her dreams go up in smoke and become her burning



desires. Ugly literally means fear. So we can see that Cinderella serving her ugly step family is analogous to the skeleton becoming a servant to DNA, the fearful family patterns.

Aren't fairytales amazing!

In the process of reproduction (which is, by the way, not the original), the ovum houses the embryo within its contracted heart, the cell nucleus. The embryo is the scientific counterpart of the proverbial phoenix that is renowned for burning itself to ashes from which it emerges in continual cycles of renewed youth.

The phoenix is a symbolic representation of the reincarnation process that's bringing about human spiritual evolution. It's quite simply the body temple through which youth is gaining increased expression through the generations. With the birth of each mortal child, the phoenix rises once again on its quest for youth, only to partake of the temporary life/death cycle before its inevitable demise – ashes to ashes.

The end of the evolutionary epic will see the phoenix rise for the last time as the ovum will have cleared all dis-ease from her ailing heart. She rises victorious...a renewed temple of God. The phoenix/embryo is on a quest toward immortality within your connective tissue. She's but another expression of the kundalini. More hidden messages in literature.



More skeletons emerging from the closet...literally!

The base of your spine, where the embryonic phoenix begins its journey, is a very powerful point. The Freemasons call it the God point. This is also the point at which they place the Bible. You'll remember that the Bible is analogous to your DNA, the spiritual instruction for your embryo. This is the point of reincarnation or the starting point for the cycles of life, where the generations begin – here is where you find the beginning of creation.

This is the power point where you plug into the God vibe and become powered by the fullness of grace. Here is where you reconnect with your own divine source of creation. Truth will be revealed... the truth that has always resided within you awaiting your return to grace.

The Freemasons call the God point = **33rd degree**

The number 33 makes reference to the un-fused spine of the embryo, which has 33 vertebrae, before the onset of ossification and its deterioration into bone.

Degree = down step

So from the top of your spine, if you take 33 steps down, you'll arrive at the God point, at the lower tip of the spine... the point of the Grand Master where in your final incarnation you truly will master your



physical body. Instead of your body bowing to the design of your ancestral DNA, you will be the master, creating your body from your own designer genes. You'll have replaced your body of desires with the body of your dreams.

The Freemasons are deemed a society of secrets. But they hold no more secrets than you or I. However, they are aware of the evolutionary quest into enlightenment through the mastery of the physical body and the attainment of eternal youth. So what better way to overcome the controlling masculine qualities, which is our evolutionary quest, than to gather vast numbers of men together in an amazing collective contribution toward raising their vibrations. The Freemasons are endeavoring to speed up the evolutionary process by fostering within men the qualities of the divine feminine – unconditional love and the power of grace.

How pertinent that Mother Mary and Mary Magdalene along with John The Baptist take pride of place in their hallowed halls. Within the Freemason code there are many such synchronicities. One very obvious sign is the large letter G that adorns the wall of the temple and takes center stage in their insignia. G of course is for gamma, which translates into grace or the God vibe, which when attained will furnish us with immortality.

You'll notice that the G in their insignia is set between two measuring tools (the compass and



square) that take the shape of a diamond! The grace of God is the highest vibe coursing through your pure organic matter...pure carbon... diamond! The Freemasons are non-denominational and they call their God the Great Architect, the scientific equivalent of which is the highest vibe, gamma – the radiant creator of all.

Vibrations have no religious inclination!

Here's a simple Action Step that you can take right now. **Forgive one person right now!** Simply release all your lower emotions - your fears - about that person. See them, through loving eyes, as a little child with their own fears. Cuddle them in your heart and see them smile.

Now it's time to pop on over to my **Tips & Tools** and bring the sparkle back into your body tissue.

More Skeleton

Part 3d

Welcome to The Truth Of The Heart Part 3d, where you'll learn the truth, the whole truth and nothing but the truth about your skeleton.

It's time to take a good look at the skeleton to see why it features so prominently in this plot of evolution.

Let's play with the word 'plot' to reveal some interesting analogies. A plot is a...

- * design or composition of a story.
- * cemetery ie the family plot.
- * land upon which the family home sits.
- * secret plan or conspiracy

Your skeleton is the fundamental plot or design of your personal book of evolution - the bare bones around which your life story is fleshed out to become your physical body.

Your ancestral DNA encodes for bone, so your cell nucleus is a plot filled with the bones of your ancestors! It's the family plot creating a cemetery within your dormant cells that are sleeping



within the illusion of your mortal design. Your body is a dormant plot of matter that's a living grave.

matter = matre = mother

So the dormant plot of matter translates to your body being the sleeping story of mother = the sleeping store of unconditional love or beauty = the sleeping beauty. In spiritual terms the kundalini, divine feminine or shakti, meaning power. Your innate power is sleeping within your cellular grave.

The family home sitting upon its plot of land is passed down through the generations, upgrading its form and function into a progressively more durable and attractive structure. The analogy is that DNA, which is also passed on from generation to generation, is the family plot or blueprint for building your bodily temple, which is also progressively evolving its youth and beauty into increased longevity. Therefore the family plot is contained within the family plot! In other words, the design or essence of the family, DNA, is evident within the family estate or property... your body.

Your skeletal design bears the family secrets that are enclosed within your dark cells...the skeletons in the closet that conspire to uphold the family name. The family conspiracy (plot) employs a united effort as it endeavours to keep a tight rein on your beliefs and behaviours – the control written into your DNA as the rigid family law and tradition that must be



complied with if you're to be a worthy family member!

As Virginia Woolf said. "The rigid skeleton of habit upholds the human frame"

This conjures up a powerful visual of mortal man holding firmly to traditional beliefs. Your rigid habits or belief patterns determine the rigidity of your skeletal frame and its demise into bone. As you hold tightly to the family plot (traditional beliefs) you move closer to the family plot (cemetery)!

Bone

Bone is not your innate skeletal design.

The embryonic skeleton is an exact miniature of the adult skeleton, except that its fabric changes from cartilage to bone...it's deteriorating into old age and taking you with it.

Your DNA script is the written agreement or law that is engraved into your embryonic cartilaginous skeleton.

CARTILAGE = CARTEL -age

A cartel is a written agreement or challenge between two parties. So your DNA is the agreement or challenge between the masculine and feminine that sets up, within your embryonic cartilaginous skeleton, your life sentence of hard labour, doing time...aging.

CALCIUM = CALLOUS -ium, meaning hardened.

CALCIUM SALTS = CALLOUS ASSAULTS

Bone is formed when soft tissue is hardened through the impregnation of calcium salts, which finds an interesting analogy in the callous assault of the ovum by the sperm during the process of impregnation. The soft tissue of the feminine



(mother/matter) is becoming calloused through hard labor as she's driven into the process of time/aging, and the institution of childbirth.

Figuratively it's the process of becoming set and inflexible in behavior, attitudes and actions, which comes with the rigid acceptance of familial beliefs and traditions.

So it can be seen that your embryonic cartilaginous skeleton is, in fact, your true skeletal design...your light bearer. It's innate flexible nature bends compliantly to your DNA instruction, and it stores these chemical messages just like a child obediently committing to memory the rules of the family. As the free-spirited child grows into a rigid adult, the flexible essence of your skeleton transforms into bone.

The sperm placing the DNA into the ovum is the act of man placing the mortal child upon the sacrificial altar of evolution. As youth becomes a distant memory, the mortal child becomes your cellular memory.



Arthritis

The ovum is the altar of your body temple upon which the figurative bible takes pride of place... containing the scriptures of your DNA that your mortal body follows to the letter in religious worship.

The ovum is the original individual cell, your God point or divine source of creation, the point of reincarnation. The ovum is the altar upon which DNA progressively alters throughout evolution in its journey of cleansing. This parallels the progressive altering of the bible throughout evolution. As people's beliefs and religious affiliations change, so too does their DNA.

The ovum is the altar of evolution upon which the mortal child is burnt as a sacrificial offering in successive cycles of life and death in an act of spiritual purification. In truth, it's the skeleton, through the inflammatory process of arthritis, that's been sacrificed upon the altar of evolution, as it burns to ashes and rises continually in its reincarnated embryonic form.

By extension the embryo is the skeleton, which is the playground of evolution. As the emblem of death it represents the mortal child and as the resurrected emblem of eternal life, it represents youth. Your skeleton is the physical vehicle through which evolution is gracing you with the presence



of the unconditionally loving divine feminine...your power is waking from it's evolutionary slumber.

Your skeleton starts its life as your embryo, which is created from the co-ignition of male and female chemistry through the burning desire of cupid's arrow, the sperm. Your ovum experiences combustion as this passionate chemical combination explodes in a display of radiant heat, thus establishing the emotional inclination of the unsuspecting mortal child.

These chemical instructions have been burned into the memory of the cell nucleus as the thoughts within the mind of man.

The mortal child is simply a fiery exchange of chemistry that registers in the skeleton as inflammation, thus passing on dis-ease, aging and death through the generations in the form of arthritis.

You learned earlier that...

DESIRE = D's IRE or the CHILD'S ANGER
CHILD'S ANGER = YOUTH ANGER, where YOUTH is UTH, or ARTH + ITIS = **ARTHRITIS**

The radiant light of youth is transformed into the heated flames of anger, which now express through your cells.



When YOUTH burns (goes up in smoke), AGE takes its place.

ARTH means joints or articulations. So your joints or connections are angry/inflamed, which is evident in your angry articulations/communications.

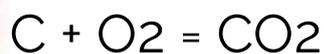
DESIRE CREATES ARTHRITIS

You'll remember from Part 2 that carbon is the chemical basis of all known life and that she carries the mysteries of life within her womb. Those mysteries are the cryptic code of your DNA, your family secrets, the chemical secretions that define the skeletons in your closet.

In other words, the embryonic chemical combustion corrodes your skeleton that's nestled within your ovum... the erosion of pure carbon.

Corrosion = C erosion = carbon erosion

Carbon is eroded by oxygen.



When bones are burned they give off carbon dioxide. So oxygen, the breath of life for mortal man, erodes the skeleton, depositing its waste material, carbon dioxide, into the atmosphere.



ATMOSPHERE = ADAM'S FEAR = MAN'S FEAR = MORTAL FEAR...stemming from DESIRE, the child's anger.

Man's ATMOSPHERE is created by DESIRE.

The sperm enters the ovum and deposits a little bundle of DESIRE/ANGER. This anger of the now wounded and furious feminine who's losing her youth, perpetuates the ashes to ashes cycles of evolution. The mother's unconditional love is reduced to fear, circulated through the nervous system, filtered through the endocrine system, distributed to the skeleton, and deposited into the atmospheric garbage bin, the electromagnetic field.. the field of fear.



Gelatin

In Part 2 you learned that ossification not only creates bone, but also blood. And blood is family. The plot thickens! The family conspiracy is taking hold.

Blood is thicker than water...figuratively the family sticks together. They hide the same secrets in their cellular closets...the same chemical secretions...the same hormones...the same desires...the same fears and danger. They wish to be free from the same ancestral baggage...and shed the old memories that linger within their mortified skeletons.

SKELETON = EX GELATIN

When the main component of your connective tissue, collagen, is denatured by oxygen through ossification, it creates gelatin, which holds the family memories...the snapshots of the past...within your connective tissue, just as it does when used as a binding agent in photography. Gelatin is the glue that holds the family together, as it literally thickens your blood.

Gelatin is a coagulant, which literally means to drive together.

DRIVE = IMPULSE, which is the definition for **HORMONE**



So a coagulant brings hormones together. Gelatin fosters the gathering of hormones...that is the gathering of family secrets. Gelatin encloses the family skeletons. Your skeleton, the emblem of death, is hiding in your gelatin in the form of hormones. Gelatin houses mortality.

Gelatin is composed of proteins and peptides.

PROTEIN = PER ROUTINE = HABIT

PEPTIDE = PEP + TIDE = LIFE + TIME = LIFETIME

Gelatin is composed of LIFETIME HABITS...the inherited ancestral family patterns that have been passed down through the generations. As you change your story, you evolve your familiar patterns and lighten the family plot within your connective tissue. You release your gelatin of its fearful legacy.

Gelatin literally means stiff or frozen, and so the initial point of ossification at the sacrum sets the skeleton on it's journey toward petrification, called mortality.

MORTAL is pertaining to MORTAR.... (MORTAR -al)

which is used in the building industry, and is a mixture of lime, sand and water. Your ossified, bony skeleton is composed of calcium (lime), silica (sand) and water, thus taking on the consistency of cement, which defines your mortal, rigid skeleton.



Your essential framework is deteriorating, and instigating the collapse of your body's connective tissue...enter aging. The family home (your body temple) is falling apart upon the family plot (DNA).

Bone, after all, is defined as a dense, rigid, porous, calcified connective tissue. Not a glowing report by any means! Your connective tissue is mortified.

Bone

Bone is mortified connective tissue indicating that your connections are founded in fear. Your cells, which derive from your original individual cell, the pure ovum, are petrified. Your divine feminine is literally mortified by the disgraceful transformation of her youth into aging fibres. She's become a stony mortar within which eternal youth fades as it takes on the daily grind of mortal life.

Mortal code = mortal encryption = Encryption of mortar = in the crypt of bone

DNA places your skeleton in its sarcophagus.

Your mortal code places your skeleton in its earthly crypt, its dark cellular tomb, wherein its life sentence is written in stone. The rigid laws of man's tradition within the ovum's now stony mortar have created rigor mortis!

Rigor mortis begins with the impregnation of the ovum by the sperm, and continues throughout the life of the mortal, bringing progressive inflexibility and weakness with increasing age. Upon death, the life-long process of rigor mortis is complete. Your life is spent within the stony walls of your skeletal prison as you serve out the life sentence cast upon you by your ancestor's beliefs and traditions, your mortal code of conduct, DNA.



If your skeleton didn't deteriorate, then all your connective tissue would remain intact and glow with youth. Light would simply flow through your skeletal light-body in perfect communication. All your connections would be light.

Your mortal code (DNA) encodes for the death sentence that places the mantle of the *emblem of death* upon your skeleton. Fortunately, it's progressively diminishing and therefore bringing increased grace and youth back to your body, along with increased longevity. It's graciously stepping aside in deference to truth.

The bony mortal code is the family plot, within your cell nuclei, which designs your life.

If someone has a bone to pick with you, they're angry about something. They're holding onto a past experience that festers within their body.

Evolution is the process of forgiveness wherein all past grievences are being cleansed from your cells. No more bones! All those fearful and angry familiar voices are being dissolved through your unconditionally loving designer genes as you change your story to one of love.

Your skeleton certainly is the fundamental plot of your personal book of life, the figurative Bible revealing the evolutionary story of man through ancestral DNA.



Your family plot has lead you blindly through a dark trail of bones to a glorious happy ending.

This beautiful quote, by Gabrielle Roth, says it all...

"We are seeking in the cathedral of bones for the poetry of oneness." (Gabrielle Roth)

And that's exactly where you *will* find it when you follow the light of truth that's shining brightly from within...for it's leading you home...back into your pure radiant heart...your brilliant skeleton.

Here's a simple action step that you can take right now. **"I feel it in my bones"**. Whenever this arises within you, know that it's your truth communicating with you...trust and follow it's guidance.

And now it's time to pop on over to my **Tips & Tools** for some added sparkle.