

A Spiritual Look at Body Health, #1

By Heidrun Beer, Austria

If you are in perfect physical health as is your family and all of your friends, you can skip this article and go out and run a little marathon – you have acquired all the knowledge that managing a body requires; and you have applied it well and skillfully. My congratulations!

If all is not so well, or if you have real trouble health-wise, or are aware of people in health trouble around you, I might be able to help you to look at things in a new unit of time – and maybe provide you with some information that you haven't seen before. The world goes on and so does science – and sometimes the surprises we get are good ones!

Today, several health problems previously thought to be hopeless, are now reversible. I'll give some references, enough to start your own research, throughout this article.

THE RACE IS ON: ABERRATION AGAINST SANITY

First, why would we want to spend any time with care for the body at all? Why not just use it until it falls apart, and

then get a shiny new one?

Such a viewpoint is actually quite understandable. It is nicely relaxed and unconcerned. Only it's not all too economical. It takes 20 years on average to get a body fully

operational – and if it is true that our time to eliminate aberration on this planet is limited, then we better apply good maintenance to the “carbon-oxygen-machines” we have now to get an above-average mileage out of them.

This is not so different to getting an annual technical check-up on our car, or to buying extra clean fuel to make its motor last longer. We want to be working with people to move them toward sanity before they have blown up Planet Earth, the playing field shared by all. Losing time

with health problems is not really a game worth playing in such a situation, is it?

With nuclear war and irreversible man-made global warming (or cooling?) just around the corner, we are not just happily out for a walk. There is a race going on, a pretty grim race – aberration against sanity – and if we don't win it soon, we may well be out of a planet for our



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next incarnation.

So we better keep our vehicles in shape, because who wants to go shopping for a new car, and then break it in for 20 years in the middle of an ongoing race, if there is a chance to finish – and finish as a winner! – if we just upgrade our technical maintenance know-how and invest a little time into polishing the machinery?

THE ROOTS OF MOST HEALTH TROUBLE

Now, it is not really necessary to go back to university and study medicine in order to understand a physical body and locate the roots of any difficulties. There are plenty of books out there which are written for educated lay people. And even these may have too many pages, because the roots of most health problems are very, very simple.

We are using a machine that has genetically evolved for a different fuel and activity pattern than is available to it in the typical Western environment (our environment). For several millions of years (the archeologists still keep making that figure larger) the direct ancestors of the human body have been walking all day in a clean and unpolluted environment, which supplied them with lots of oxygen and burned lots of calories. They were eating raw food mostly coming from plant sources, as there were relatively few hamburger restaurants and other junk food stores in the wilderness in the millennia before McDonalds opened their first branch in 1940.

Every step of deviation from this original lifestyle-design contributed to the current epidemics of diseases like obesity, diabetes, cancer, Alzheimer's, strokes, heart attacks and all the like. Sedentary lifestyle, eating more calories than are burned, food mostly cooked rather than raw, too much animal food and too little plant-based food, over-processed food with unnatural fats destructive to cells, loads and loads of sugar, toxic food additives, pollution of air and water – the list could go on forever. Add smoking to all that, and bodies that could live for 120 years start to deteriorate at 60 or even earlier yet.

Long story short – most health problems (one exception is the genetic ones) come from our deviations from the human body's original design. Simple logic tells us that going back to the original design should solve the problems once more.

We don't need a doctor to realize that. We just need to look

at the original environment in which the human body evolved, identify the body's behavior patterns in that environment, and do our best to reconstruct both in our modern world (easily said, but maybe not quite as easily done!)

Of course, we have some extra work if there are repair actions necessary, but even then – whenever it seems to get too complicated and impossible to overlook, we can simplify things by bringing to mind how our bodies originally lived and emulating, as much as possible, that environment. Fresh and clean air and water, lots of moving around, physical work outdoors well balanced with indoor activities, healthy sleep, exposure to sunshine, natural foods mostly from plant sources and much of it raw, absence of noise, not too high a concentration of people, close interaction with nature – and a lot will get better, even if we are not aiming at a specific disease.

USING OUR EXISTING TRAINING

Now, this is the big picture. In order to successfully handle an individual case, we have to look at the big picture's individual pixels (dots). Without being or becoming medical doctors, we can use our fundamental training to start the work: spot the exact time track of symptoms, or even more generally, look at the situation exactly as-is, that means, with all its various component parts in space as well as in time, without suppressing or invalidating any of its content.

We are talking about the most basic auditor training. Students learn it when they are first trained to run rudiments, it is fundamental.

INVALIDATING THE BODY AND MEST IN GENERAL

This brings us to the first major non-optimum situation that we frequently encounter.

Many spiritually oriented people, Scientologists included, tend to look down on the physical universe and the physical body. Somehow they believe that the spiritual being is too grand to deal with this kind of low life. Whenever we hear (or use) expressions like "it is only a body!" or "must you bring it down to a MEST level?!" we are dealing with a pattern of invalidation (making smaller,

making less of), most probably an automatic pattern of which we are no longer aware.

We are looking at out-rudiments being actively created on a daily basis. Invalidation, one of the six rudiments, being created daily! Additionally, there is a group agreement about it in most cases, so we also have the factor of "mutual out rudiments", where an out rudiment is no longer perceived as such because the whole group agrees that it is actually OK. What kind of life can ever function well with such a pattern in place? Not any, in my opinion!

As a result of this out-rudiment of many decades, we see so many physically sick Scientologists today. Their bodies have been "told" so long that they are not important, and have been denied attention, duplication and care for so long, that they are now developing the most massive diseases. We like to think that a healthy mind also has a healthy body, but how healthy is a mind when it flows out invalidation all the time, streams and streams of invalidation?

BLACK AND WHITE VS. SHADES OF GREY

OK, now let's have a look at this apparent split between the physical and the spiritual worlds. It looks like a pair of opposites, like love and hate, black and white, a classic dichotomy or polarity. Would you be surprised if instead of this two-valued view, I show you a whole scale of values, like the shades of grey in our laser printer, replacing the black and white?

If we think of the states of aggregation for a moment, we have solid, liquid and gaseous. The maybe best example would be water, because we experience it in all three states of aggregation – as ice cubes or icicles if it is solid, liquid when we drink it or swim in it or sail on it, and gaseous in the kitchen when we cook or operate our water distiller.

The gaseous state is not the "thinnest" state of matter though. Science is already talking about a fourth state, called a "plasma", where the bonding between positive and negative components in an atom begins to disappear, but the scale goes on. Next, the so-called "subtle matter" follows, which is the substance of mental image pictures and dreams – called "mental matter/energy" in

Scientology, or "astral matter" by the more mainstream spiritual movements.

Now comes the surprise: according to modern physics, even the solidity of physical matter is an illusion. If we look at it with an enlargement factor greater than an electron microscope, matter dissolves into diffuse clouds of electricity, separated by huge amounts of empty space. The fact that a baseball bat appears so solid to the skull which it crushes, comes only from the fact that they both vibrate on a similar level and therefore cannot permeate



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each other (occupy the same space). So we have no actual solids at the physical level at all, but only vibrating energy – physical matter is an illusion – or better, a creation – energy clouds forming into patterns for us to build the stage for our games!

There are energy vibration categories above that, with similar scales in them. The whole non-physical world, the "afterlife", where we exist between our physical incarnations, is sorted into such layers and sub-layers. They too build the stages for the movies that their residents

play. Interestingly enough, they too appear solid to their residents – while they perceive the physical world as foggy and cloudy and kind of unreal. It seems that the vibration level to which we are "tuned" is the only factor that determines the apparent solidity of our environment, and that in reality they are all equally non-solid!

We are inhabiting only one of many realities, only one of many levels of solidity. Each of them presents us with the overall task to understand its specific challenges and solve its specific assignments. On the physical level, one of these assignments is how to take care of the body.

ONE UNIFIED SCALE OF SOLIDITY

A rough analogy with physical matter would be mental matter (solid), the stuff from which images and ridges (solid energy remnants) are made; then mental energy or emotions (liquid, moves in streams); and thought energy (gaseous). This is of course an arbitrary comparison, but it serves to demonstrate that we don't have two-valued systems (polarities), we have multi-valued systems (scales) on both sides of the apparent split between spirit and matter.

There is not even a real split between the non-manifested (static or "the void"), and the manifested (scales within scales of solidity in the existing worlds, both physical and beyond). If we could see the non-manifested as the ultimate upper level of one unified scale of manifestation (solidity) levels, we are back to a one-ness with many layers, or "shades of grey", with static ("the void") at the top and solid physical matter at the bottom.

One sliding scale instead of two separated worlds! It would be entirely arbitrary to NOT apply the perception skills that we trained with the more subtle category of MEST (mental matter and energy) to the more solid category of MEST (physical matter and energy). They are just different parts of the same scale; why not apply the tools we have practiced for such a long time, if they can be of use in the next lower floor of the same building?



LISTENING TO A BODY

A body's systems are combined from solid, liquid and gaseous components – plus the electric energy that is active in the nerves and brain – plus the impressions that are made on it from "above", from the spiritual being and its pictures, thoughts, emotions, and most importantly: its intentions that tell the body what to do. Basically we have a solid/liquid/gaseous machine with an electrical "interface" to the captain's cockpit.

We are used to watch what we call "body language", and of course we listen to the words that come out of its mouth and to the messages and emotions that the genetic entity emanates; many of us have run some of the genetic entity's incidents in session – but there is an additional language that we also need to learn, which is the body's original language on the cellular level.

Feelings, images, energy flows are used by the genetic entity to communicate with the spiritual being. They are the messages designed for the "captain". But internally,

when body parts communicate with body parts, we have no spoken words and no mental images. Their language uses solid and liquid “words” – hormones and minerals and other molecules called transmitters. All of these express the body’s condition. There are hundreds of them, all very precisely tuned to the cells’ perception machinery.

If we really want to listen to a body – into a body, not to the output that it directs to the “captain”, the spiritual being –, we need to perceive and understand directly the molecules that the body’s cells use to communicate with each other. What doctors do with blood or urine or tissue samples is listening to the body’s language on a level of solid and liquid matter. If we can use their equipment and training to duplicate what our body’s component parts are saying, we have opened an important communication channel to our precious physical vehicle.

TALKING TO A BODY

In talking to a body, similar principles apply. Yes, it will respond to the intentions and energy flows coming from the spiritual being via the brain – that’s what it is made for – but much lower down on the “scale of solidity”, there is this other language of molecules that are circulating within and between the cells, the body’s inner language that its component parts use to communicate with each other.

We can use this language too. We can say to the body “calm down!” by intention, but doing that, we have not fully listened first to what it is saying. Bad communication! Why would it be nervous? Maybe it has an awareness of it – sometimes it expresses this by asking us for very specific foods, or for a nap, or for an hour of sunshine –, but this awareness is not always working or reliable or complete.

We can work around this uncertainty by listening to the body on the molecular level – on the solid and liquid level where it mostly exists. We get a blood sample taken and analyzed, and here is our explanation: a magnesium deficiency! Now our chances are good to give an intelligent answer. Ordering the body by intention to calm down may be an impressive circus trick, but it isn’t very insightful. If we have understood that magnesium is missing, we can say “calm down!” much more efficiently by feeding it magnesium. We give the body what it really needs (a missing mineral), not what we, having no real information, think needs to be applied (a beam of intention).

This may look like a mechanical approach, but the essence

of it is that we have talked to the body in its native language, the language of its cells, instead of using the electric interface in the brain. We have learned to understand it and talk to it in the most direct and most intimate way. Really giving it a magnesium drink in the example above is much more than saying “calm down!”, it is saying “I understand you, and I am taking care of you. Here is what you need right now. I will continue to make sure that you get what you need whenever you need it.”

Such a message has more than an immediate value. It reassures the body that it has a caring partner. You will know from your friendships or marriage that such a certainty alone can make a world of a difference.

AUDITING A BODY

Equipped with the language that really duplicates a body, we can now think about auditing it.

What does auditing do? It spots masses of negative energy together with their embedded images, emotions and postulates, and dissolves them. We are talking about the energetic residues of old trauma, of losses, failures, errors and crimes. These residues are located on the mental level, above the physical matter band on the scale of solidity. Therefore the necessary clean-up work is done with the tools of locating, perceiving and dissolving mental matter and energy, as we have trained them on our auditing courses.

If after that we find our body still in trouble, though we have dissolved all the material that could influence it negatively “from above” – engrams, negative postulates, the case of entities etc. –, we may have to step down a few levels on the scale of solidity, and search on the solid, liquid and gaseous levels of physical matter as well.

Actually we are looking for a similar kind of material: toxic residues of past trauma or losses or errors or crimes (often “only” of omission). If they happened on the physical level, they will also leave some of their residues on the physical level! A loss on the physical level may have been a time of hunger. Less visible but often much more serious, because easily overlooked and going on for a long time, can be deficiencies of vitamins, minerals and trace elements, or the absence of important (but little known) elements like dietary fibre. Trauma on the physical level would be injuries, accidents and acute illness. At crimes we need to look in more detail (see below).

We have seen various approaches to these things. In our materialistic western culture, most approaches are physical alone – the mental/spiritual component is missing. Other approaches are mental/spiritual alone – the physical component is missing. Both are incomplete! The approach that we want is not new, it exists already, it is called “holistic” – looking at, and dealing with the whole composite being; composed not only from the main spirit, his mind and various spiritual entities around him, but also the physical vehicle that he uses to interact with the physical world.

NOT EVERYTHING READS – WHY NOT?

An especially important part of auditing our physical component part is an often vast collection of crimes, called overts in Scientologese, and here especially the “passive” crimes, that have led to enormous accumulations of toxic waste. Many of us are not aware of having done anything wrong with the body. We just did what everybody else did – we were parts of a group mind and acted in tune with the group mind. We received our information about what to eat and how to live from the group mind. We were embedded in it and felt safe.

It was the group mind who made the errors in diet and lifestyle, the group mind who made it OK for us, by going with the “mainstream”, to damage our body – and yet we have to deal with the consequences on a totally individual basis! The group mind doesn’t have a hip to break because dietary errors led to brittle bones. It doesn’t have kidneys to develop the most painful colics because the information about how much to drink wasn’t properly distributed to the individual group members, and it doesn’t have eyes whose retina self-destructs because it was too lazy or dull to find out about the importance of dark green leafy vegetables for eye health.

Somehow the group mind is never there to be held to account when there are problems. We cannot bring it to trial, we cannot send it to jail, we cannot put it on lower conditions, we cannot punish it and most important: we cannot make it repair the damage it caused! Always “the buck stops here”, at the personal level of responsibility.

And often it is very late when we find out about that. We ate the same solids, drank the same liquids and inhaled the same smoky gases that most other “cells” of the same group mind consumed. Because there was no friction with the group mind, we didn’t perceive any wrongness. But:

compared with a human body’s ideal scene, as defined by its genetic design and majority of its history, a lot of wrongnesses happened, and the residues of acidic waste materials, heavy metals and chemical pollutants now accumulated in the body bear witness to it!

The one overt that we never looked at in our history of auditing, appears to be the most significant now: having remained in tune with the group mind – not having inspected its activities – having been naïve, uncritical followers instead of critically scrutinizing it and detaching from it where necessary – not finding our own, educated and responsible ways of taking care of the body.

A SIMPLE PROGRAM OUTLINE

Suddenly the amount of necessary “processing” actions looks enormous. But there is no need to go into overwhelm about it. We just do what we always did, we do what we practiced in our auditor training: We find the biggest item, spot the remains of it – now the physical, not the mental/spiritual remains, the toxic physical residues located in the physical body – ; we dissolve and remove them. Then we find the next biggest item, locate the toxic residues, dissolve and remove them. We call such a program “processing” if it is done on the mental/spiritual level. On the physical level, it has a name like “detoxification program” or “master cleanse” or similar. The principle is the same: locate the toxic residues, dissolve them, remove them. Seen as a whole, we correct all the errors of the past, both mental/spiritual and physical, until we have a completely clean slate.

We repeat this until all items are handled, and add processing on the mental/spiritual level where indicated (quite a lot of charge may come into view as we realize the extent of our omissions!) Except for some unavoidable natural wear, both body and spirit are fresh and new after such a program – in other words, they are not suffering the after-effects of a negative past anymore, they are completely in present time. Now we have taken care of every single part of the package. Now we have looked at all the pieces in the puzzle. Now we have done a complete job!

THAT OF WHICH WE KNOW THE TECHNOLOGY...

Let's recall some familiar guidelines from the Scientology universe regarding body maintenance.

Some specific instructions are found in the New Era Dianetics course (NED). We have learned there that in case of an accident, the doctor comes first, and only then the contact assist or Dianetics assist. We remember the references to nutritional deficiencies, also in the NED material. We remember Hubbard's recommendation of Adelle Davis' nutritional manuals (in the meantime, there are more modern books on the market which he would probably prefer).

Then we have the ethics materials, where first dynamic ethics conditions are applied – which include the especially useful danger condition, a series of steps which, when intelligently done, will handle most, if not all, health problems.

More generally there is Hubbard's principle that "that of which we know the technology, cannot negatively influence us" – found on the PTS/SP course. This is a powerful principle, which is quickly said in one short sentence, but may involve months or even years of study in the area that we want to master. This time is well spent, because our body is the vehicle that is central to all our activities and games on the physical plane.

FOCUSING ON THE ROOT, NOT THE LEAVES

Does this mean that we finally do have to go back to university and study medicine? I don't think so. Medical doctors have to study every single leaf on the big tree of possible reactions to a non-optimum environment, lifestyle and nutrition. They have to be able to spot individual symptoms, trace them back to their individual causes, and prescribe individual medicines – an enormously large body of data, which is made even larger by special subjects like dentistry, radiology, gynecology or surgery.

But if we look at the root of this tree of possible symptoms, there are only very few factors that we need to optimize. If a tree's roots are watered and fertilized well, ten million leaves will stop to wilt and turn green again. We don't have to look at every single one of these leaves. We just tend the root, like every good gardener does, we adjust diet, exercise and environment, we go through a thorough clean-up program, and all the individual diseases which

are individually treated by the typical doctor, will disappear simultaneously.

We can go to the doctor with the occasional leftovers, if there are any, after we have optimized our nutrition and lifestyle and allowed ourselves enough time for the changes to take effect.

Of course we do need medical intervention when the damage is already life-threatening, or so extreme that central functions are no longer in place. We also have to confront the possibility that for some bodies it might be simply too late. But this conclusion should never be made before every attempt has been made to repair the damage.

THE CULTURAL LAG IN MEDICINE

Much has changed in mainstream medicine. And then we have the additional big topic of alternative medicine, the pioneer work which is too new to be established in the mainstream, but expected to appear in the medical training of the next generation of doctors.

There is a factor that Hubbard calls a "cultural lag". He is talking about the time that passes between the moment where a discovery is made, and the moment where it arrives in the mainstream as a standard part of a culture.

If an issue is time-critical – and health matters often are –, we need to bypass the cultural lag. We need to build on school medicine as a foundation, while also looking at cutting edge medical discoveries – solutions that apply to situations that school medicine can not handle (yet).

This is a short paragraph, but it is most essential. You don't want to lose your precious husband, mother or child to a factor as silly as a cultural lag – not at the time of the internet, where a new technology, an important field study or other discovery can appear in the search machines a few minutes after they have been published!

CHELATION THERAPY

One especially promising technology is in fact known for a while. It is called "Chelation Therapy" and effective in cleaning away the blockages which accumulate in arteries over the years. There is a multitude of health problems

connected with clogged up arteries – loss of hearing, loss of eyesight, high blood pressure, reduced function in many organs, erectile dysfunction, smoker's legs, dementia, and most of all, a lack of blood supply to the heart, which leads to sudden heart failure as well as the probably best known heart infarct or a similar blood clot incident in the brain, where it is called a stroke.

School medicine surgery will often replace blocked blood vessels leading to the heart with clean ones, but what about the rest of the blood vessels where the blockages continue to build up? Isn't it significant that within 3 to 5 years after a heart bypass operation, a high percentage of bypass patients develop dementia?

Chelation therapy removes the blockages in all arteries, so that many problems will disappear at the same time. It also reaches the small capillaries in the extremities which no surgeon can repair – with the effect that the terrible open wounds mostly on the legs of diabetics and smokers, which lead to so many amputations, will heal and the amputation becomes unnecessary.

More than 50% of deaths worldwide, many of them premature, are caused by this one situation: clogged up arteries. This condition, together with a second very unhealthy condition, a wrong body pH caused by too many food materials that cause acidic reactions instead of the healthier alkaline reactions (meat, grains, sugar, dairy products), is at the center of a whole complex of symptoms, called "Metabolic Syndrome".

Its key symptoms are high blood sugar (diabetes), high blood pressure, obesity and a derailed fat metabolism. It is a real killer condition. Doctors fight it with the heaviest drugs which in turn cause other physical problems, but simply by correcting our diet, by taking out the acidic components and making it mostly plant based with a high percentage of raw vegetables and fruits, plus establishing a smart exercise pattern (neither too lax nor too ambitious), we can slip out of that crazy swirl, stabilize ourselves first and then make sure that we help others out of it as well.

CANCER, DIABETES, ALZHEIMER'S: GOOD NEWS

There is also major good news in the area of diabetes and cancer. But what is really encouraging: the simple operation of changing diet and lifestyle, by going back to the versions that were originally designed by evolution, will make many of these problems disappear without any medical or surgical intervention – and if it is done early enough, we may remain healthy in the first place and have to find better games to play than sitting in the doctor's office or finding the money for surgery, etc. etc.

The website www.cancertutor.com gives not only detailed insight into cancer biology and precise dietary instructions for cancer patients, it also explains how to prevent cancer, and it lists 400 alternative therapies which have a theoretical background logical enough and central enough to the cancerous process to be worth a try, together with their success statistics.

The book "Death to Diabetes" by Dewayne McCulley tells how to get rid of diabetes entirely – something that the medical profession considers impossible! In an e-book by Matt Traverso we find extensive theory and to-do-lists how to reverse Alzheimer's disease – also a condition that conventional medicine considers hopeless. There are also many other very promising books about Alzheimer's and brain health on the market.

The website www.mercola.com, run by Dr. Joseph Mercola, a fully trained medical doctor who has specialized on natural health, not only offers a lot of precious dietary supplements, it also has a huge archive of educational material, either written by Dr. Mercola himself or commented by him. Enter any keyword you are interested in, and the site will come up with a list of intelligent articles.

Now, if all these things are so well known and so easy to find, how come that there are still so many sick people?

Read more in the second part of this article in the upcoming issue of Ivy!

