

Ten Tips for Healing



by a patient of Brain Cancer PSNCL
Things I learn

“Health is inner joyfulness.”

“No one has ever proved that sickness is necessary.”

Deepak Chopra, M.D.

“Yæhh is Light and my Salvation”

Tehillah/Psalm 27:1

1. Think about who you are. Why you are in your body? Perform your purpose of being! Bring forth the fruit of your spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. In so doing, no violations are created in mind, soul, or body. Practice bearing the fruit of your Life. Affirm the internal structure of Light to have dominion over the body and its states—conditions. Know the Life in you as your Healer, as the Life in a tree heals its wounded branches. Cancer cells are weak in that they are disorganized and not part of the collective wholeness of Life; the organization of your Life is greater than division.

2. Confirm the associations of your parts to keep you members as one flock under your Shepherd. Derive strength from your inward pairs of Life to increase your cellular structure and guard against foreign intrusions. The 6 pairs of your soul body are: lungs and eyes; stomach and ears; mouth and heart; gamete and the mind’s state of origin; ovaries/testicles and the adrenal systems; and the reproductive vessels connected to the liver/kidneys. The later pair operates as the government of your soul body.

Behold your body in a mirror. Love it. Treat it kindly. Your body is your faithful companion. Befriend your body so that it is on-your-side. Dry

brush your body daily in the direction of the heart. Shower in hot, then cold water. Focus on the inherent harmony with the nerves and bones, the unity of the body tissues and brain. Put your members to work to express your collective well-being.

3. Laugh-off fear. Focus on what brings joy—the initial gifts of love. Health is inner joyfulness! Joy is the reason to do anything; if what you are doing is not for or of joy, why not? When you cry, think of joy that comes as you let your emotions fly to the wind. Tears wash the eyes to see further and clearer. When anything disturbing presents itself, laugh at it instead of internalizing it. *e.g.* Go to a laugh-yoga class.

4. Be thankful; it stimulates peace and healing. Reduce conflicts and issues of separations. Write statements of thanksgiving. Fill a legal notebook sheet daily with notes of thanks. You gain strength and healing in the process. Be thankful for family, friends, colors, fragrances, visions, states of residences, etc.. Keep your mind above the sentient world. The strength of gratitude flows through your fingers as your words are inscribed.

5. Engage the healing properties of the sun. Be in sunshine for 30-60 min. daily. Absorb the healing rays to penetrate into your inner and outer nature. Pray to your Father, Yæhh. Ask with expectations for the Light to guide you.

6. Say, “No,” to sugars, gmo’s, and unwholesome ingredients. Eat organic, vegan, whole foods, as Light makes them! Tell your blood system not to feed anything in you that is not of your natural divine order. *e.g.* Stop your flow of blood to feed cancer cells.

7. Build the Immune System—your Rock of Defense. Maintain an alkaline body state. ENJOY “raw” food which contains living enzymes and nutrition. Eat with thanksgiving. Food is a storehouse of the Lights of the heavens and the waters of the earth. Living foods weave healing energies into the fabric of your body. Grow greens, herbs, trees, inside and outside your house. Prepare herbal remedies; buy bulk; grind herbs into powder instead of capsules; avoid unnecessary packaging. Gather rose-hips for Vitamin C, use 2-3000mg Lypo-Spheric Vitamin C. Some therapies include Weihruach/Boswellia sacra Young Living oil/12 dropsx2, or powder/450mgx2, and anti-oxidants: Vit D3/1-2000iu, Vit. E/450mg, Vit. A/30000iu, and Zinc/20-50mg, using supplements for six days and

pausing on sabbath. Use a calcium/600mg magnesium/300mcg supplement with an evening meal. Take selenium and organic sulphur at different times than when you take Vit. C. Before retiring take a glass of water and Zeolith. Detox your body with vegan green food drinks, water, and exercise. Enjoy fresh organic berries! Chlorella boosts oxygen in cells and increases the pH level as well as increases energy and improves digestion. Walk an hour daily at a quick pace, or engage in forms of recreations/physical exercise. Be patient! If you are weak; small efforts increase your strength. Do not give-up! (*A more complete list of supplements and protocols are listed under "the dove icon" at bethashem.org: Overcoming PCNSL: Primary Non-Hodgkins Central Nervous System Lymphoma*).

8. Keep growing; keep giving. You are not as yesterday. As you change, your body is not as it was when you became ill. Do not accept reversals or reoccurring dis-ease. What you are today does not carry over what you were or happened yesterday.

9. "Study" body and mind connections. Consult stories of people who overcome illnesses. Your Mind is the greatest resource to diagnose what is happening inside your body. In that your body is created by your Head, you have intimate access to all within you. No doctor knows exactly what is going on within your 50-70 trillion cells like your Mind. Visually scan the twelve rooms of your body. Get second opinions from practitioners. Follow through to learn consequences of treatments. Consider advice as a gift use it to fit your situation. Don't fall into the trap of statistics. YOU were not factored into any statistics that you read about! Realize that you are a unique case. Your healing is coming from your Life Source, uniquely. Don't limit your experiences of healing to how others recovered.

10. Listen to Mozart. Let classical music play over you like waves of the sea wash the shore. Music sorts through the cells and realigns them into harmonies. Extend your inner harmony to areas disturbed! Respect the Life in all other species, as each has their body for Joy. Find the treasure within everything. Resolve known conflicts. Meditate to give rise to concealed, "unknown" conflicts. Maintain thoughts above the sentient world. Numbers, Parables, Teachings of Light, the Nine unleavened breads, colors, smiles, and fragrances are amongst the highest frequencies that the world cannot corrupt. Consider Body-Talk. Participate in a "support group" and *to be a support*. Rest. Seek unity with yourself and all others.

References/Resources:

Chi Machine; The SUN ANCON Hothouse far infrared;
BioMat Far Infrared Rays through a matrix of amethyst crystals; a mini trampoline for exercising;
Supreme Master Ching Hai;
Dr. Deepak Chopra M.D., audiobook, Journey into Healing;
The Tehillim/Psalms, Tehillah 41;
Alfa PXP supplements;
writings of Bernie S. Siegel, MD; O. Carl Simonton, MD;
organicsulfurstudy.com;

YæHH 15 (Yah/Jah), 10.5 Edition, The Fathers of Fire @bethashem.org
under the clay jar icon.

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Coaches/consultants:

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and for the prayers of faith, those uttered with evidence in their Eyes unto total restoration;
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All things are possible
with Gratitude