



A New Therapy for Health and Energy

Richard Clark

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Revised 2020

Disclaimer

Please Note:

I am not a Doctor or Physician, Scientist or medically trained in any way.

I am not a therapist or trained in any therapies, complementary or alternative.

Nothing here in this eBook is meant to be a replacement for proper medical diagnosis and care by your Doctor, Physician or Health Care Professional.

If you are on any medication please stay on it and follow professional medical advice regarding your health.

If you have any concerns about your health please see your Doctor or Physician.

If you are unhappy about using The Therapy in this eBook then please don't.

The Therapy may be used as well as any other medication, not in place of it.

If you start using The Therapy and feel unhappy about it for any reason then please stop.

Some of the materials used can be toxic and should always be used in plastic bags.

The materials must not be consumed - ever.

Please wash your hands after using or use gloves.

Work in a well ventilated room.

Dedication: To Mum & Dad, sadly no longer here, and Jake. Best. Son. Ever.
xxx

Cover and internal photos by Jake.

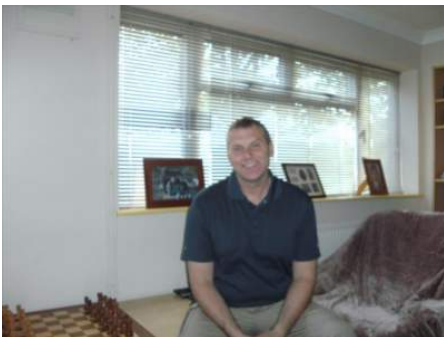
A massive thank you to everyone who has tried The Therapy over the years allowing it to develop and to all supporters, subscribers, face bookers and everybody who has taken an interest.

If anybody would like to translate this book into another language please go ahead, the same with Audio books.

As this is a how to do guide please be as accurate as possible and upload it to appropriate sites where it can be downloaded or read online. Many thanks...

Introduction.

An Introduction video is [here](#)



Hello and welcome to The Therapy shown in this book.

The Therapy is energy based in the following easy to use Parts:

1 – Getting Started

Involves clearing out harmful energy in the processes and systems closer to the surface of the body and filling them with beneficial energy. This will help conditions such as some types of asthma, migraine, rheumatoid arthritis, allergies, hyperactivity and so on. Conditions caused by living in a polluted environment.

2 – Beginning Deeper Therapy

These methods will help strengthen the deeper functions and the emotional and mental state.

3 – Going Deeper

Help for pain relief and mental functions.

4 – Cells

Cells contain energies that give rise to inherited conditions and this energy takes time to get out and time to supply the cells with energy to restore health so perseverance is important.

The method for all conditions is basically the same: drawn out harmful energy and supply beneficial energy the body and immune system can use to restore health, only the materials used change.

It's new and different, but hopefully you will give it a try and receive substantial benefit.

Nothing can be promised but relief should start a few days after using The Therapy Part 1...

Good luck,

Richard Clark, May 2020,

Bedford, UK.

Following The Therapy a lot has been written about the underlying conditions of a condition or illness which is followed by some Q & A's.

If you have any questions you'd like to ask, which may be added to this book if relevant, please:

email: xcalibur2015@gmail.com

Facebook: <https://www.facebook.com/profile.php?id=100009562930796>

Other books the reader may be interested in available on this site:

The Therapy - an ebook with just the therapies and little explanation.

The Therapy for Viruses – containing a part of The Therapy to help virus conditions.

Life and Sentience – exploring how life began and how it developed.

Thank you x

The Therapy Key Features:

- * Is complementary, not alternative so it can be used alongside any medication safely.
- * Effective.
- * Nothing taken.
- * Safe.
- * For any condition.
- * Developed over 25 years.
- * No special skill needed.
- * No side effects.
- * Simple step-by-step guide.
- * Inexpensive, easily obtained items used.

- * Not for use by people under 18 years old or pregnant women as a precaution.
- * Only plastic bags come into skin contact.
- * Everything's reusable except the batteries - unless rechargeable are used which is recommended.
- * Use in your own time.
- * It works!

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The Therapy

The Therapy is in 4 main parts followed by more information and Q & A's.

Vegetarians, Vegans, Greens and people with ethical concerns, please use materials in accordance with your views.

1 – Getting Started

1.1 – Removing Harmful Energy

A Demonstration video of Part 1.1 is [here](#)

Part 1.1 materials used:



Picture above shows...

- 1) Antiseptic (left) with some in a plastic bag (red). A small amount of a powerful antiseptic will be needed.
- 2) Detergent. Any detergent powder or liquid placed in plastic bags can be used and the biological (with enzymes) ones are best. Powder is shown in

yellow box, liquid shown in a green box in pouches which are less messy and easier to use. Either is fine.

3) Putty. A 1lb tub or half a kilo (right) with a putty filter in a plastic bag in front. Please use real putty made from chalk and linseed oil not a synthetic version.

4) Batteries. 8 will be needed to start. Double AA extra, more power or long lasting are good as they last longer and should supply enough energy for 1 person using parts 1.1 & 1.2 of The Therapy.

If you plan on doing all parts of The Therapy rechargeable batteries, shown at the front of the picture, are worth getting as the total number used will increase up to 24 later on and the batteries are used a lot and their energy is very important and The Therapy won't work if the batteries are left out or have no energy.

5) A bandage or something similar to hold the materials in place (centre).

6) Some thin, clear plastic bags to place the materials in (centre). Clear means they can be seen through and also test for allergies before use and don't use or stop if problems arise.

All materials can be bought either in a local shop or online.

You may even have some of the materials already in your home. No particular brand or product is best or recommended; just use good quality materials if possible.

Warning: Some of these materials, such as the detergent and antiseptic, are toxic. Do not consume and please wash your hands after use or wear gloves.

Preparation:

1) Putty. Take some putty about the size of a hen's egg, roll it flat a few millimetres, about 1/8inch, thick and place it in a plastic bag. Repeat so you

have 4 bags. These are your putty filters and all energy passing in and out of a person will pass through and be filtered by these.

2) Detergent. Pour a small amount, about the size of a hen's egg, of your detergent into a plastic bag and tie it. Work the air out of the bag before tying so it will lie flat. If you're using the liquid tabs use 2 or 3 per bag. Repeat so you have 4 bags. These are used by the immune system to pass harmful energy out of a person as the detergent has a powerful drawing effect on the harmful energy of fossil fuels, insect bites, contaminated bacteria and consumed insect material.

3) Antiseptic. Pour a small amount of the antiseptic, about the half the size of a hen's egg, into a plastic bag and tie it. Again work the air out before tying so it will lie flat. Repeat so you have 4 bags. Antiseptic energy is used by the immune system to break down and pass harmful energy out of a person.

4) Place 1 bag of detergent and 1 bag of antiseptic in a plastic bag and place 2 AA batteries in as well. Repeat so you have 4 bags each 1 containing 1 bag of detergent, 1 bag of antiseptic and 2 AA batteries.

These are your Part 1.1 materials.

Using Part 1.1:

General:

Please note nothing is consumed.

Only harmful environmental energy by-products, mainly from insects and the burning of fossil fuels, that's not life supporting is drawn out of a person by The Therapy. The Therapy is helped in this drawing out process by a person's immune system which helps release the harmful energy by-products, ensuring that no life supporting energy is released.

The energy by-products from fossil fuels not only does harm when in people it also takes up space blocking life supporting energy from getting

in, so the first step towards health is to remove it which is what Part 1.1 of The Therapy does. It also draws out harmful insect energy trapped in the energy system of a person.

The 2 main underlying acquired energy problems damaging health are: energy by-products from fossil fuels and the energy of insect bites and consumed insect material. These are the main supporting factors in many chronic conditions which The Therapy aims to remove and they inhabit the body's functions and process not the cells.

Other factors such as contaminated bacteria and mains electrical energy play a part, but the main factors are harmful energy by-products from fossil fuels, insect bites, consumed insect material and petrochemicals.

These harmful energies are acquired during life and not inherited and so are easier to get at being low hanging fruit. The deeper things such as strengthen the fabric and constitution of a person and the inherited conditions are dealt with further on.

Part 1.1 is used on the ankles and forearms first, and then the next day or few days later the same materials are placed on the neck, throat and stomach, above and below the belly button.

The materials stay on a person for about 2 hours each time used.

This being a general guide for The Therapy the number of times it's used can be increased if it's felt more are needed. Some people need a lot of cleaning out with Part 1.1, a lot of energising with Part 1.2, or both.

So if you feel more sessions are right for you then do them. The whole process is regulated by your own immune system so it will switch off when it's done so The Therapy can't be overused.

Start by placing 1 putty filter and 1 bag of materials on the outside edge of each ankle joint and 1 putty filter and 1 bag of materials on the inside surface of each forearm. The putty filter is always next to the skin with a bag of materials on top of it. Leave on for up to 2 hours.

Remove and store safely away from children and pets and recharge the batteries if using rechargeable ones. The bags may warm up and cool down

when on, don't worry it means they're working. When they go cold they may be removed as that sessions over.

Store the materials safely and recharge the batteries if needed.

That's 1 session complete - covering the outside edge of the ankles and the inside surface of the forearms.

Part 1.1 will need to be used at least 3 times or 3 sessions in total. Use it more if you feel it's needed. Some heavily congested conditions, such as asthma, rheumatoid arthritis, migraine, allergies, hyperactivity and so on, will require more deep cleaning.

The pictures show the materials on the ankles and forearms. Bandages have been left off as much as possible to give a better view.

Method

- 1) Place a putty filter on the outside edge of each ankle joint and the inside of the forearms.
- 2) Place one bag of materials on top of each putty filter.
- 3) Bandage to hold in place being careful not to cut off the circulation.



Above: Materials on ankle joint held in place by a support bandage.



Above: Side view of materials on side of ankle joint.

It's easier to bandage the materials to the ankles first then rest the forearms on the putty filters and materials while resting on a bed or reclining chair.



Above: Forearms resting on putty filter with materials underneath.

After 2 hours remove and store safely, then next day or a few days later repeat placing the materials on the ankles and inside of the forearms for 2 hours then remove and store safely away from children and pets.

This is 1 session completed. At least 3 sessions in total will be needed, but do more if you wish.

Use again the next day or a few days later again for 2 hours on the ankles and forearms. Remove the materials and store safely.

This would complete the 2nd session then repeat again a few days later so you complete 3 sessions in total. Do more sessions if you feel you need it.

Sometimes when the bags are drawing out harmful energy they feel locked to the body and warm up which may well be a person's immune system using heat to transfer harmful energy. When the drawing out ends the bags feel like they slacken off while cooling down.

It's unlikely you will feel anything while harmful energy is being removed so have patience and stick with it. You will notice a surprising amount of difference in a day or 2 giving you the confidence to continue.

Infections

Please see your Doctor, Physician or medical professional first before anything else.

With infections, such as in the ear or leg ulcers, an extra bag of materials can be placed on putty filters near the infection to release harmful energy. Avoid using on broken skin and use Part 1.1 of The Therapy first.

Using Part 1.1 for an Ear Infection, below:



Apply 3 times as in the Therapy Part 1.1, or as often as desired.

Supplement Methods to Part 1.1

Silica gel may be used after Part 1.1 to receive more benefit and for more specialist conditions.

[1.13 – Silica Gel](#)

A recent development is the use of Silica Gel which is sometimes found in small packets in new electrical equipment and it's also used in dehumidifiers, amongst other things, but the bags used here are larger 4oz or 100grams sold online.

Caution: silica gel must not be thrown away or eaten, so please be careful with young children.

It helps draw out the energy of petrochemicals from a person.

Silica gel also helps different conditions, mostly bones, fluid and overall body conditions. Placing the bags on the back of the neck may help sharpen the eyesight.

It draws out artificial cold, explained later, from a person and it's good enough to be added to The Therapy as a supplement, used as follows:

Below: Large bags of silica gel are the ones used here. Smaller bags are often found in new appliances. The pen is for scale.



After using Part 1.1 of The Therapy make up 2 bags of materials with 2 or 3 large bags of silica gel and batteries, 4 to each bag, with the batteries behind and on top of the silica gel bags. Oils, such as linseed oil, can also be added to the bags for more energy if desired.

Place 2 putty filters on the lower back then place the bags with the silica gel and batteries on top and leave on for up to 2 hours. Take off and repeat twice more over a few days, again for up to 2 hours, making sure the materials are stored safely when not in use.

This will help the body in a general way.

With bone conditions such as osteoarthritis and osteoporosis use the bags first on the lower back as just described, and then place 1 bag on top of a putty filter on top of each foot just below the toes and on, or near any painful area. With foot pain the instep is another good place for the bags.

Below: Silica gel resting on top of both feet with putty filters and batteries. Bandages have been left off for a clearer view.



With bandages:



Resting the insteps on the bags:



[1.3 – Introducing Beneficial Energy.](#)

Now the harmful energy by-products from burning the dead material of fossil fuels has been drawn out it's time for the body to absorb beneficial,

life supporting energy which comes from, oil, batteries and vitamins and minerals,

Part 1.3 Materials used:



- 1) Putty filter (right on tub). You will need 2 from Part 1.1.
 - 2) Batteries (centre) - the 8 from Part 1.1 Renew them, if they're not rechargeable, if you have doubts about the amount of energy they have left.
 - 3) Oil. Any oil - olive, fish, flax, linseed liquid or capsules (back row and centre left) - is fine so long as whatever is used comes from a fish or plant, not a petroleum product. Using more than 1 oil is ok and may be more beneficial as they are all slightly different, but don't mix them up, please use separate bags.
 - 4) Vitamins and Minerals (centre, red pills mixed in with oil capsules). A tub of 60 to 90 good quality pills will be needed containing as many different vitamins and minerals as possible.
 - 5) Thin, clear plastic bags from before (left).
 - 6) Bandages to hold the materials in place (left).
- Rice & Earth are shown but these are no longer used here.

Preparation:

- 1) Putty filters, 2 from before.

2) Batteries. Place 4 batteries in 1 bag and 4 in another.

3) Oil. If using liquid pour a small amount into a bag about the size of half a hen's egg, squeeze out the air and tie. Repeat so you have 2 bags in total. If you're using capsules divide what you have into the 2 bags.

4) Vitamins and minerals and any other supplements you wish to add. Divide your supply in 2 and place in bags.

General:

The putty filters and Part 1.2 materials are used on the lower back doing 3 to 5 sessions.

Each session should last for about 2 hours.

Place the bags with vitamins, minerals, oils in with the 2 bags containing 4 batteries in each. More batteries may be used if desired.

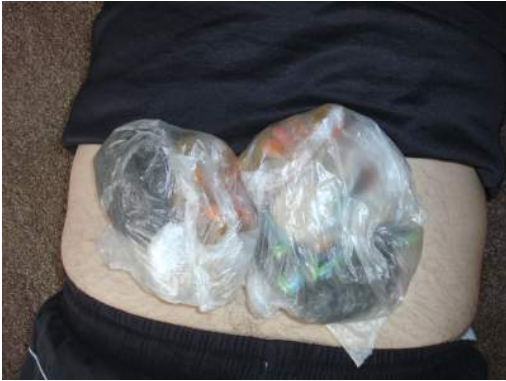
The pictures below show Part 1.2 being used.

Method:

1) Place the putty filters on the lower back each side of the spine so the lower back is covered.

Place the 2 bags on top of the putty filters. Each bag contains 4 batteries, 1 bag of vitamins & minerals and 1 bag of oils. So it can be seen the picture shows face down, but lying on a bed face up with the materials under your back is probably easier and more comfortable.

Picture Below...



- 2) Leave on for up to 2 hours.
- 3) Please be careful not to cut off the circulation.
- 4) Remove, store safely away from children and pets.
- 5) Repeat the next day or later when convenient. Leave the materials on for 2 hours, remove and repeat a day or 2 later, 3 times in total.

Store the materials safely when not in use and charge the batteries in using re-chargeable.

Do extra sessions if you feel they're needed.

[1.4 – Serotonin](#)

Serotonin should now be used.

Its energy regulates the stomach metabolism and regulates the body weight so a person may gain or lose weight depending on what a person's appropriate body weight is, but the real importance of serotonin is it prepares and helps clean out harmful insect life and energy from the blood, where it stores between the blood cells restricting their cohesion, and between the brain cells, restricting their communication (dementia), and also helps deal with the energy of petrochemicals along with The Therapy Part 1.1

Insect life and energy is a major factor in blood disorders when it's in the blood, and dementia when the space between the brain cells fill with it.

This energy is transported to the brain by the blood.

Using serotonin cleans out the blood and space between the brain cell membranes which surround each cell and is preparation for the next step, which starts with the use of sea salt.

The areas of the body to use serotonin are the lower back and the stomach above and below the belly button.

1) Place the 2 putty filters on the lower back then place the materials on top so the putty filters are between the skin and the materials. Laying face up on a bed might be best for this.

2) Leave on for 2 hours and remove. Store safely and repeat the next day or a few days later for 2 hours.

3) Remove and repeat a few days later for the 3rd time.

Do more sessions if you feel they are needed and store all materials safely when not on use.

Using serotonin in this way, along with regulating the stomach metabolism, regulates the metabolism of the entire body especially the brain cells producing a smoother functioning between the cell membranes.

Credit: Sylvia for suggesting serotonin. Thank you :)

[1.5 – Sterilising Tablets](#)

A lot of illnesses tend to fall into one of two energy groups.

The two groups are: Illnesses caused by environmental pollution, insect bites and material and bacterial contaminated by environmental pollution and...

Illnesses caused by moulds and fungi.

The environmental pollution group which was looked at in The Therapy 1.1 includes asthma, rheumatoid arthritis, migraine, hyperactivity, allergies,

cancer, autoimmune diseases and others although most of these illnesses have a main component causing them in the cells and cell membranes.

The moulds and fungi group include illnesses such as osteoarthritis, osteoarthritis, multiple sclerosis, brittle bones (MS in the UK), possibly MND and other bone or nerve conditions and it's the energy of moulds and/or fungi coating the bones or nerves that is causing the problem. So this energy has to come out and it's sterilising tablets that are used, the tablets used to sterilise babies bottles and other stuff.

Other antifungal tablets or liquid may work as well, but haven't been tried. See below...



One box will be enough along with all the batteries you have up to 24, 2 putty filters and some clear plastic bags.

Method:

Take 1 box of tablets (28) and empty them into 1 clear plastic bag and knot it, removing any air if possible.

Place all your batteries in 1 plastic bag and place the bag of sterilising tables in with the batteries.

Take the 2 putty filters and lay them on your lower back with the batteries and sterilising tables on top.

Leave on for 2 hours remove charge the batteries and store safely.

Repeat again the next day placing the materials on your lower back for 2 hours. Remove, charge the batteries and store safely.

Repeat the next day and do 3 to 5 times in total. If you are suffering from a bone or nerve condition do more sessions.

Even a condition such as athlete's foot can indicate a fungal infection being present in the system.

Experience has shown most of us have fungal or mould present in our body so its recommended doing even if there's no sign of it and if you do have a bone condition use the calcium next.

Having done that, well done you are ready to proceed.

1.6 – Injury and Accident:

Part 1.6 may also be used on any damaged part of the body, such as broken bones, knee/cartilage/disc injury, by placing the putty filters and materials on or near where they are needed. Extra material, that is a handful, may be added to the bags such as calcium, glucosamine, silicone, collagen, iron, copper, zinc, magnesium and so on to aid repair.

Remember when materials are referred to as helping it's the energy of those materials that's referred to.

It's a good idea to use The Therapy: Part 1.1 first if possible as its probably high energy pollutants in a person that's hindering recovery and weakened the body in the first place.

Using Part 1.6 usually lessens pain and speeds up recovery time.

Part 1.6 materials being used on Wrist or Arm Injury, below:



Extra batteries used will speed things up.

Where there's more widespread damage to the whole body the same materials used locally and any others you feel may help, can be used. Amino acids (strengthens the underlying or constitutional energy condition), creatine, horsetail, sea kelp and charcoal capsules (another energy cleaner), have been used at different times.

When a substance in the body loses its energy that substance can thicken up, become brittle and start to break up, like perished rubber. This can be a factor with bones, osteoarthritis and osteoporosis and nerves, soft tissues, MS and Parkinson's disease.

Using large amounts of materials in Part 1.6 is then needed, calcium, magnesium and zinc for the bones and copper and iron for the nerves. Batteries and oils will still have to be used to energise the materials used.

Small amounts of different metals such as lead (a cleaner of energy, acts like finings in wine), silver (restricts harmful energy processes), copper (energises the nerves and blood), iron (an energy stimulant) and zinc (for immune system processes), have also been used placing them in plastic bags like the other materials, but keep them separate from the batteries to avoid shock. Oils will also have to be used for energy.

The main point here is to use controlling substances or precursors which govern how other substances in the body are used. Examples of this would be the energy of amino acids strengthening the DNA and silicon & collagen energy overseeing protein use.

The main place to use Part 1.6 materials is the lower back with some supplemental use by any injury.

The Therapy has been used for injury to the hips and lower back damaged due to a car accident and other injuries such as broken bones when calcium was used. A lot of batteries were used, about 24 so now would be a good time to increase the batteries used.

The putty filters will also be used along with amino acids, calcium, zinc and magnesium.

Clear plastic bags, as before, will also be needed.

Method

Take your part 2 bags and place in them bags of extra materials containing the amino acids, calcium, zinc and magnesium along with any other materials you wish to use.

A small handful is enough and only 1 bag of each is needed so spread them out between the Part 1.6 bags.

For this the bags are placed on the lower back for 2 hours and the next day or later on, or near the problem for 2 hours without causing pain or making things worse.

If it's not possible to do this just use the bags on the lower back.

For the lower back lay face down on the floor or bed and place 2 putty filters on your lower back with the 2 bags of materials placed on top of the putty filters.

Or if it's more comfortable lay the materials on a bed or something soft, place the putty filters on top and lay back so your lower back makes contact with the putty and you're face up.

Leave on for about 2 hours.

Take off and store safely, replace or recharge the batteries as needed, and repeat the next day near any injury or problem. Leave on for about 2 hours.

Take off; repeat using the same materials, the next day back on the lower back and leave on for about 2 hours.

Take off and repeat the next day, or after a few days near the injury or problem with the putty filters on the skin with no clothing between them with the materials on top of the putty filter.

Leave on for about 2 hours then remove and store safely.

When working and the body is absorbing the filtered energy essence of the materials used, the area may become warm, but that's ok it just means its working.

So if there is heat it can be a guide, to continue placing the bags on until no more energy is absorbed and the body stops getting warm.

In any case 3 sessions on the lower back and 3 elsewhere will probably be enough.

It will take time for the energies to work through the body helping recovery, 1 to 2 months, but the effect will go on for years as the body will always use the energy available to it to improve health, the general body condition, fight illness and so on.

Using The Therapy like this, with lots of batteries, is also useful for any bone condition, for which use calcium as well and the body will learn, from the putty filters how to filter energy itself to produce energy essence.

[2 – Beginning Deeper Therapy.](#)

Please note, as with The Therapy Parts 1.1 & 1.2, nothing in Part 2 is consumed - ever.

The materials are used in the same way as in The Therapy Parts 1.1 & 1.2

Going deeper intends to bring to an end all distortion and damage in a person so development can restart and progress along a beneficial path according to the direction given by the immune system.

Beneficial in this book means the ending of pain, stress and disorder, or taking a path that leads away from them.

Harmful in this book means that which creates pain, stress and disorder, or taking a path that leads to them.

Nothing used in The Therapy is forced on a person.

Your own body will absorb the energies of the different materials used taking only the amount needed.

Change won't be forced upon you. If you wish to change it will happen in your own time with you in control.

The Therapy supplies the energy for change which you can use as and when you're ready.

It can be done gradually by slowly letting go, or you can do it all at once, or somewhere in between - the choice will be yours probably made at a very deep level.

Powerful emotions such as rage, anger, fear, hatred, violence, greed, jealousy and other unpleasant emotions are helped at the deeper, cellular level with Part 4.1 using graphite powder.

Part 2 here deals with them nearer the surface of human existence.

A person's emotional state can change by consuming powerful chemicals such as petrochemicals.

Problems start when powerful petrochemicals get into a person distorting, energising and amplifying harmful emotional responses further, so anger leads to violence, uncertainty becomes hatred, sudden change becomes fear, comparison becomes jealousy; love, lust and so on.

Harmful emotions which originated from the contamination of the cell membranes are magnified and distorted by petrochemicals in a person.

The Therapy Part 2 takes the view that everything beneficial a person develops into, after birth, comes mostly from food, and wholesome food

contributes the energies that become beneficial human feelings, thoughts and a whole range of internal conditions.

Petrochemicals in a person have no effect on beneficial emotions, feelings, thoughts and so on, but the magnified harmful emotions, feelings, thoughts and so on override them, cover them over or try to bury them so they are no longer expressed allowing the harmful emotions to be.

Adverse, distorting energies come from contaminated cell membranes and will be dealt with later in Part 4, but for now those harmful emotions from the cell membranes that are nearer the surface being expressed need to be dealt with.

Food energy isn't changed into beneficial things as feelings, emotions and mental conditions once inside a person.

Food energy already contains that content as a potential, the body and brain provides the means for those energies to be utilised and expressed.

Problems arise as we have no idea what the true emotional and mental condition of human beings is, as what we are experiencing is a mixture of the harmful, magnified by petrochemicals in the diet, trying to overwhelm and bury the beneficial.

The Therapy Part 2 makes a start in dealing with these problems.

Parts 1.1 & 1.2 of The Therapy, broadly speaking, dealt with the physical body and processes, health and strength, which are more basic and need to be dealt with first, like a foundation to be built upon.

Also the relief of pain and suffering is always the priority.

The energy for the physical foundation, including health and strength, is acquired before birth in the womb through the placenta.

The energy for mental, emotional, behavioural and character development is acquired after birth from food during life.

As said this is distorted by the energy arising from contaminated cell membranes made stronger by petrochemicals in a person.

Food, here, is anything taken in or consumed by a person, so would include inhaling.

The energy of wholesome food contributes towards creating beneficial emotions and emotional states, feelings, thoughts, mental states and so on. Wholesome means it doesn't have an adverse or damaging effect on internal processes or provide energies with adverse effects.

This means that if a certain food is eaten it will lead to certain thoughts and life will be seen in a certain way. The same is true with feelings, mental states, the type of character developed, behaviour, etc.

It all comes from the food eaten and the combined energies of different food.

The main energy for all basic human feelings, mental and emotional states comes from carbohydrate, which is why carbohydrate foods are used mostly in The Therapy Part 3 to repair and restore feelings, emotions and mental states.

Carbohydrate energy creates the basic human being, defining that person. It forms the backbone, reality, backdrop, basis, the foundation of what the person is especially the primary, basic carbohydrate energy of an area.

If potatoes are the basic food, its energy will imprint people who eat it so their prevailing characteristics will derive from potato energy.

It's the same for the other carbohydrate energy - the prevailing 1 shape, forms and creates the people who eat it. Other energies from other food sources contribute a great deal, but carbohydrate energy supplies the foundation which everything else hangs on.

This is the way it is, the only way to stop being imprinted by and expressing the energy of food is not to eat it.

Changing the food consumed to purer, more basic food will help change the internal mental and emotional state, so long as it's uncontaminated with the energy of petrochemicals and the energy of petrochemicals isn't already in a person.

Problems arise when unwholesome food is consumed, contaminated mainly with petrochemicals and their associated products manufactured from fossil fuels.

The energy of petrochemicals is also used by the body's internal processes preventing the energy of wholesome food from being utilised by the body into beneficial feelings and mental and emotion states.

The energy of petrochemicals can also contribute to magnify adverse mental conditions, feelings, behavioural problems and emotions such as hate, fear, anger, violence, obsession and so on which originate from the contamination in the cell membranes.

Humans can also absorb the hatred, anger, fear, desire etc from others, which is then stored and acted upon. Young people and children are especially prone to this as their internal state is more open.

The transference of powerful feelings and emotions is stronger when done by groups or crowds rather than individuals and powerful music played very loud can also do this.

This imprinting is pushed on people from outside by others and is a different from empathy which flows from a feeling of sympathy for another's situation.

Sometimes others transfer in these energies, or pass them on to others, in an attempt to lessen or get rid of them, or as a vicious act to inflict hurt and pain on others. Sometimes it's done to initiate somebody, or draw them into a group.

Genuine feelings can also be passed on in an empathic way.

Sexual attraction is also an exchange of energy becoming a driver of development in humans making our choices self select our development.

The filtered energy from basic food staples, such as potatoes, wheat, corn, rice, oats, millet, soybean or whatever's local to your area is essential to supplying the energy for feelings and emotions and mental states, and will be used further on in The Therapy Part 2.

The energy of petrochemicals is withdrawn from a person using The Therapy Part 1.1, followed by silica gel and serotonin later - removing its ability to do harm, like removing the fuel from a car.

Better though is not to consume petrochemicals in the first place as once in the body they have a very powerful, adverse effect which can continue even when the consumption of petrochemicals has stopped.

Petrochemicals also damage and block internal processes preventing internal personal development and destroy the energy of salt and the energies it carries, causing more problems.

The absorption of energies by a person, mostly from food, during their life combine and contribute to the expression and quality of the life of that person and, except for the energy of salt, isn't passed on to offspring.

It's for the individual only, although the developed energies within a person may connect and join with similar developed energies in another person, to form trust, co-operation, society even civilisation and will be looked at further on.

Further development isn't evolution. Further development is where certain energies from outside the body, such as the drawing in of pure, clean environmental energy through the joints of the human body, combine with the energy of food, air, water and sunshine, to energise internal processes compounding energies from simple forms to more complex ones.

This is done at a deeper, more basic energy level in the body.

Interestingly cells are also impervious to the effects of evolution as the cell membrane acts as an arbiter of what passes through it, in or out.

Internal development involves the adaption and interfacing of the individual to their environment and can be passed on to descendents, becoming the individual's contribution to the flow of humanity.

Further development may be seen as using energies, supplied from food, building upon the work done by The Therapy Parts 1.1 & 1.2 which is for the body, its physical structure, health and processes such as the immune system.

The Therapy Part 2 energises, restores and repairs internal emotional, mental and behavioural processes and energies.

Also once the power of petrochemicals to magnify harmful mental and emotional conditions has gone, the beneficial processes can start to recover and made stronger through Part 2.

As said, all the energies required for personal development are acquired after birth mostly from food, the exception being the energy of salt which is passed on from females in the womb.

It can't be passed on by males, but it's used by males during their lifetime.

Salt energy, being fundamental and basic to the working of energy at this level, has to be passed on in the womb, filtered by the placenta, so it's there right at the beginning of life as its also essential for many other processes in the body described in The Therapy Part 2. They use it as a carrier.

All other energies required for personal development are acquired after birth. This allows the individual to have a choice, or a say, in the energies acquired through the selection of food, as these energies shape the individual and what that individual expresses during life, so the individuals choice is important.

With a more personal development a person acquires energy from food, but it's absorbed through the tongue, not the stomach, in small amounts, which has a filtering action similar to the placenta, other membranes in the body, such as in the brain and stomach, and putty as generally used in The Therapy.

The reason for all this absorption and storage of energy from a person's environment is so that a person can function in that environment, and is relevant to it.

Until that energy is absorbed and used a person is a potential. Absorbed energy from outside fuses with that potential launching it into life.

Energy from food is selected, absorbed and filtered through the tongue, and stored in the stomach as a kind of memory. The memory of inhaled

smells is stored in the brain.

The taste of a particular food is a guide to its energy content, with the 5 tastes, perhaps more, indicating the different types of energy being absorbed through the taste buds in the tongue.

These energies supply much to the mental processes and emotions. They also are also self regulating and one of the problems with petrochemicals is they stimulate food energies so they're no longer self-regulating, becoming out of control.

Humans are born with capacities which are dormant until they combine with the absorbed energies of the physical world to form abilities. Humans are born with the capacity to think, but the outside energy of language is required to infuse with that capacity for it to become ability.

In the same way humans have many capacities which become abilities when combined with the energy of food, so in order to function, there has to be a joining with the energies of the physical world.

As said, food here means anything consumed or taken into the body including such things as the products of smoking, inhaled vapours, fumes, gasses, waxes, sprays, various chemicals and mineral oils and so on.

Undistorted abilities in humans combined with the energy of wholesome food would form the basis of human society and civilisation, but we have no idea what an undistorted human is due to contamination accumulated in living cell membranes over millions of years of development, and recently, the damage and distortion brought about by consumed petrochemicals.

Strangely enough this contamination from the joining of cells with viruses and bacteria was needed for humans to get where they are, but in order to progress the energy of that contamination in the cells needs to be removed.

The energy of petrochemicals, their by-products, tobacco, sugar, tea and coffee are all powerful stimulants driving people in adverse ways

contributing to obsession, paranoia, fear and other adverse mental conditions.

One of the points of The Therapy Part 2 is to restore, repair and calm down food energies in a person returning them to a time before they were affected by petrochemicals and powerful stimulants.

Once the energy of petrochemicals has been withdrawn from the body using The Therapy Part 1.1, plus silica gel and serotonin, neutralising and stopping them from hurting a person, you're now ready to proceed with The Therapy Part 2.

Part 2, starts with salt because that is a carrier for other energies needed. Sea salt is best because that energy combined with the first life in the oceans and has stayed with us ever since, until that is, it was destroyed by chemical additives in food.

Once the salt energy is damaged and lost all the energies that it transports are damaged or lost as well and people change.

A person can have adequate levels of salt in their bodies or diet, but that's not the problem, it's the non-functioning of the salt energy that's the problem. This none functioning leads to an over consumption of salt to try and restore its functioning but it doesn't help.

[2.1 – Sea Salt](#)

Shown in Wikipedia [here](#)

The Therapy Parts 1.1 & 1.2 plus serotonin and silica gel needs to be used first to empty and prepare the body and to rid the body of the energies of petrochemicals, their by-products, tobacco and any other stimulants.

Filtered salt energy is a great protector of the body and an essential first step towards recovery.

The materials used are 2 - 350g tubs of sea salt, 2 putty filters, or 1 large one which is a bit easier to use, all the batteries you have, 24 are shown in

the picture and used here, and some clear plastic bags.

All materials used in Part 2 are reusable. The carbohydrate and chemicals can be used many times over on different people, they don't run out of energy, but regenerate between uses. If non rechargeable batteries are used they will need replacing, of course.

Materials shown in picture below:

2 - 350g tubs of sea salt emptied into 1 bag.

1 large putty filter. Using 2 smaller 1's is ok.

All the batteries you have - 24 are shown here, new or recharged.

Clear plastic bags - the roll between the batteries.



Method:

Empty 1 tub of sea salt into 1 clear plastic bag and knot it. Empty the other tub of salt into a clear, plastic bag and knot it so you have 2 bags.

Place the batteries into 2 clear plastic bags, half of your supply in each.

The place used is the lower back.

As always please store the materials used safely away from children and pets after use.

The method used is the same as before: place the putty filters on the lower back with the batteries and sea salt on top and leave on for about 2 hours for each session.

Use this method 3 to 5 times.

The body will stop absorbing salt energy when it has enough, like when full we stop eating. This is true of any materials used in The Therapy, and the bags will feel like they have stopped working. If you feel this move on to the next material used.

Salt has a very unique energy and, if its true life on Earth started in the seas, sea salt, and its energy, is essential to life.

All energy is connected. The energy of salt in humans is connected to all salt energy, everywhere. This is true of all energies they're all one, connected.

The energy of salt links humans to the oceans which transfers and absorbs certain types of energy such as stress, agitation, anxiety etc, which are all products of stimulation, from humans to the oceans when the link's in place and strong.

These energies, left in humans, produce unbalanced behaviour, and the transfer of these energies to the oceans acts to balance people, maintaining equilibrium.

At least it does when the salt energy is present.

This flow acts like a siphon drawing conflicting, stressful energy from humans into the oceans, and when the link is broken, these energies remain in place in humans. Large bodies of water absorb energy.

Once the link is restored through using The Therapy Part 2: sea salt the flow of conflicting, stressed energy out to the oceans resumes, where it

will unwind and return to a simpler state and with it going a calmness and relaxation comes to a person along with a slowing of the perception of the passage of time.

People in a stimulated state perceive time to be passing quickly and the less stimulation the slower the perceived passage of time.

When there's no stimulation in humans, which is mainly desire, there's no perception of time passing. This state could be described as happiness.

Stimulated people are adrenalin addicts, an addiction which falls away as stimulation reduces.

The connection with the oceans energy is a 2-way street with benefits flowing from the oceans into humans such as, depth, clarity, fluidness, security through unity and a sense of wholeness and purpose, to name a few. The flow out and in reduces the desire to be stimulated.

In the womb the developing child floating in amniotic fluid reflects this relationship, and our connection with the oceans, through the energy of salt, continues this. The brain needs this feeling of security to function in a sane, rational, ordered way.

In humans salt energy supplies the underlying link or pathway which other processes, both energy and physical, need to work.

For instance a major factor in both motor neuron disease (MND) and dementia is a lack of energy from salt in the body regulating, conducting and controlling electrical energy.

Electrical energy in the human body can only function correctly when the underlying filtered energy of salt is present.

Filtered salt energy will also release, and help push out, the life energy of insects from a person and it's the dissipation and absence of salt energy by the energy of petrochemicals which gives the life energy of insects its chance to get in.

This salt energy has to be filtered salt energy as it was originally received in the womb through the placenta.

Simply eating salt in food will not replace depleted filtered salt energy, at least it might over 10 or 20 years, but then only if the petrochemical energy that dissipated it in the first place has gone, but using sea salt with The Therapy Part 2.1, will replace the lost salt energy in a few weeks as its more direct, transferred in vast amounts and is boosted by the batteries.

Salt energy in humans can be depleted or dissolved by the energy of refrigerated dairy products containing antifreeze, which is a petrochemical, such as ice cream and as ice cream is often given to young children, the process of beneficial personal development is halted early on, being replaced by a mental, emotional and behavioural structure created from the energy of petrochemicals and the damage done to the system.

This structure, however, will dissolve when the energy of petrochemicals is removed from a person by using The Therapy.

Small amounts of petrochemicals in food are very powerful due to their high energy content - they come from petroleum after all, and even if the physical part is filtered out from food before consumption their energy can remain.

Filtered salt energy also takes up space in the human body so other invaders such as air borne infection find it harder to get in. Air born infection finds it easier to get into a person when the bodies filtered salt energy is depleted, leaving space for them, and the salt connection to the oceans, which will also help to filter out harmful energies from things such as bacteria and viruses, is broken.

Removing the energy from infections is the same as removing their vitality making them weaker and more venerable to the human immune system.

Once The Therapy Part 2.1 has resupplied a person with filtered salt energy, the salt energy will engage and help push the energy of invading viruses out of the human body. This is because an invading virus, and its energy, takes up space in the human body reserved for the energy of sea salt, there being an order to such things - salt energy has priority

Salt energy will also help shield a person from being detected by air borne infections.

Please note in all cases of infection a Doctor or Physician must be seen first.

In the blood the life energy from insects can combine with iron energy in the blood, making it less useable to the body, becoming a factor in conditions such as anaemia, fatigue (CFS or ME).

Some blood disorders arise where white blood cells attack red ones as the life energy of insects can join with the red cells marking them as hostile, or invasive, to the body. So the white cells attack them.

The filtered energy of salt will fill the blood, again helping to push out any insect energy which has no place there, from which it circulates around the body helping to push out all invading energies that have been occupying its space.

Once in the brain the energy of sea salt fills the brain cell membranes, protecting them from the life energy of insects, which is a major factor of dementia and corresponding poor eyesight, and then individual cells can begin to function properly, as well as being able to link together, which is another function of filtered salt energy.

The energy of filtered salt energy flows around the body carrying much other energy such as those of sodium bicarbonate and magnesium sulphate, both salts, which are looked at next. This system using salt energy is an energy supply system to the various parts of the body.

Once The Therapy Part 2.1 has re-established the flow of salt energy in the body the next step is to introduce into that salt energy other basic beneficial energies, which would normally come from wholesome food.

Once these basic filtered energies have been put in place, the individual can take control and proceed with their personal development, through their choice of food, which will provide the energies for their progress.

An individual's choice of the food that creates their emotional, behavioural and mental state may be based on knowledge or instinct, but, free of the influence and damage of petrochemicals, it will be their choice. So their personal development and their life's journey will be based on their choice.

Once the power of filtered energies has established itself in a human body, regulating, protecting, controlling and connecting, they can then overflow into creativity, expression, personality, compassion, enthusiasm and other expressions; giving rise to a true human experience unique to the individual.

The dissolving of the body's salt energy though, means that these energies no longer flow around the body and their benefits are lost.

The tongue selects filters and absorbs energies that contribute to a person's internal content from food through the taste buds. Foods have different tastes: bitter, salty, sour and sweet and the new one umami.

Each one has its own energy delivering its own content in humans. Animals don't appear to have this ability and it helps set us apart. Fish remain in their own environment, seemingly for life to develop from in the future if needed.

Absorbing energies just through the tongue on its own takes many years to build up from birth, and an equal amount of time would be needed to resupply the energy, from food, after the damaging energies of petrochemicals have been removed, as the tongue can only supply small amounts of filtered energy.

This is why humans don't reach maturity until 10 or 20 years after birth as, along with physical development of the brain, it takes that long to acquire and assimilate the energies.

In an ideal world we would be drawn to food that had the physical and energy content beneficial for the individual, but in the real world the body is so distorted internally adverse choices are made regarding food based on desire rather than need and, as has been said, the filtering, selecting action of the tongue has been compromised by chemicals from toothpaste, tea, coffee, sugar, tobacco etc.

With the dissolving of the salt energy in people, salty food will be eaten to compensate and to try and restart the flow of salt energy internally. Salt energy can't be replenished quickly through the tongue and not at all while

the chemical energy that destroyed the salt energy in the first place, from petrochemical products like antifreeze, is still present.

It does go some way to explain though, why excessively salty food is eaten.

Lack of salt energy leads to all forms of desire becoming very powerful as petrochemical energy in a person is an unchecked stimulant. The two together can produce some very compulsive, excessive, driven behaviour.

The tongue selects filtered food energy by probing the food and acquiring its energy content through the taste buds passing the energy sometimes directly into the stomach, sometimes into salt energy to flow around the body. Basic, primary food energies go directly into the stomach.

In the stomach filtered food energy from basic, primary, carbohydrate foods, grown in the earth, such as potatoes and crops join to form the basis of the body's energy.

Sea salt is the best salt to use and as it's cheap and easily available there's no reason not to use it.

The Therapy Part 2 will continue with sodium bicarbonate next, then other foods.

The list of foods to use is nearly endless so all that can be done here is to outline the method and use the main foods, and explain a bit about them, and perhaps return to study other foods later or leave it to others and future generations.

Some energies combine with salt energy where they flow around the body and will require more sessions, on more places on the body to fill the body up.

Main carbohydrate energies, such as from potatoes, wheat, corn, oats, millet and rice, will by-pass the salt energy and flow directly into the energy of a person, so will need less sessions, done on the lower back and stomach.

The next two materials used sodium bicarbonate and magnesium sulphate work to strengthen and promote main, prime carbohydrate energies.

It all comes from basic food and chemicals, the different combinations of which are endless. This means that human life can be tremendously complex and can explore just about any possibility, and when such action comes from wholesome food and ingredients no harm will be done to others or the planet.

Problems start, as has been said before, when this process is damaged, destroyed or added to by the action of consumed petrochemicals from additives, fertilisers, sprays, waxes, mineral oils, gasses and so on which introduce damaging energies into the bodies energy and general condition, which change or damage how other energies work, in this case changing a person's feelings, emotions and mental states.

Using salt is an essential part of the health process protecting the body so strictly speaking it could be classed in with Part 1.1 & 1.2, which is to end pain and suffering and return a person to health, where possible, but it forms the beginning of Part 2.

The Therapy Part 2 endeavours to eliminate internal distortion, suffering and harmful mental, behavioural and emotional conditions in a person, so its goals are an extension of Parts 1.1 & 1.2.

More explanations will be given during Part 2 as we proceed.

[2.2 – Sodium Bicarbonate \(Baking Soda\)](#)

Please note if baking soda is used please use the soda and not powder which is a diluted form. A Wikipedia link is [here](#).

Sodium bicarbonate has been added to human diet for the last 200 years in bread making. It has been consumed before then, but adding it to bread made it more widespread, taking entire populations over the threshold where its energy is acted upon.

It's a chemical which appears to stimulate the analytical parts of the brain giving rise to a more technological society. Its action in humans has been accelerated in recent years by the addition of petrochemicals in the diet and environment, through inhaling, for instance.

The difference between fossil fuels that damage the body on a more surface energy level and petrochemicals is that fossil fuels damage body processes after burning, when it's in a more gaseous state, whereas petrochemicals distort body processes without being burnt, as food additives and even powerful smells, for instance through inhaling at petrol stations, road works etc.

Burning fossil fuels releases their energy into the environment allowing them to cause damage on the a more surface level of human physical existence becoming a factor in many illnesses and other conditions.

Consuming petrochemicals is on a more physical level causing damage on a deeper level of human existence giving rise to mental conditions and emotional and behavioural problems.

Petrochemicals have a distorting effect on the action of sodium bicarbonate in people stimulating it to the point where it's out of control, producing a society with unbalanced technology which is the same - out of control with no restraint.

Once the damaging energy of petrochemicals has been removed from a person sodium bicarbonate can be used to strengthen, regulate or restrain sodium bicarbonate's action in humans so a balance is found whereby technology has a more appropriate place in life and where more rational choices can be made concerning it.

Sodium carbonate also acts like an accelerant for the energies of carbohydrates which come next.



Above shows:

Bicarbonate of soda at the back with the contents placed in 2 clear, thin plastic bags shown on top of the putty filters. 2 tubs of 180gms, or about 6ozs, each are used.

Batteries: AA 1.2v front and centre and bagged each side of the bicarbonate of soda tubs. A lot will be needed. 24 rechargeable are shown and used here.

Clear, thin plastic bags, centre in a roll.

Putty filters. 2 in front left and right of the bag of batteries.

Preparation:

Use the same putty filters, clear, thin plastic bags and batteries used before in The Therapy, Parts 1 & 2. The batteries need to be new or fully charged if rechargeable.

Divide the batteries in half and place each half in a clear, thin plastic bag.

Empty 1 tub of bicarbonate of soda into a plastic bag and knot it. Repeat the same with the other tub.

Method:

Please remember: nothing is consumed, ever.

Sodium bicarbonate energy flows and joins with the energy of sea salt used earlier, so the whole body has to be covered.

The area of the body used for the bags is the lower back.

Place the materials each side of the spine on the lower back being careful not to cut off the circulation or cause any kind of damage. The putty filters are placed against the skin with the bicarbonate of soda bags and the battery bags placed on top.

Leave on for 2 hours and repeat once or twice more with a day apart...

When in place the bags sometimes warm up which means they're working. The heat will peak and start to cool down which means they've finished working and can be removed, so the amount of time they are used may be adjusted accordingly.

Having worked through The Therapy Parts 1.1 & 1.2 some experience in using it, and how your own body works will have been gained, so using Part 2 should be easier and quicker.

Well done, you've reached the end of using sodium carbonate, so when ready, after a day or 2, move on to:

[2.3 –Magnesium Sulphate \(Epsom Salts\)](#)

A Wikipedia link is [here](#).

This is the same as the method just used except the sodium carbonate bags are replaced with magnesium sulphate, otherwise known as Epsom salts.

Magnesium sulphate is used in agriculture for crops such as potatoes and tomatoes and from which it enters humans where its action gives rise to a type of human behaviour or character.

This character may be seen as straightforward and honourable without malice or spite.

Its action in humans has been changed by the action of consumed, and/or inhaled, petrochemicals which, like sodium bicarbonate, over stimulate the action of magnesium sulphate in people leading to extremes in behaviour turning humans more excessive.

With human behaviour there has to be just the right amount of appropriate energies acting as a regulator.

Use of magnesium sulphate also acts as a supporting energy for carbohydrate energy giving them a boost.

The introduction of certain foods such as potatoes, wheat, oats, cane & beet sugar, tobacco, corn, rice, millet, tea, coffee etc into new parts of the world introduces new elements into human behaviour, emotions and ways of thinking.

Physical changes also come about as well, for instance, potatoes tend to create people the same shape as the potato root.

There's nothing inherently wrong in any of this so long as the changes are healthy and lead to a beneficial way of life. It's all human interaction with the environment.

Materials:

Picture below shows...



Epsom salts at the back with the contents placed in 2 clear, thin plastic bags shown on top of the putty filters. 2 tubs of 200gms, or about 7ozs,

each are used.

Batteries: AA 1.2v front and centre and bagged each side of the bicarbonate of soda tubs. Part 3 requires a lot. 24 rechargeable are shown and used here.

Clear, thin plastic bags, centre in a roll.

Putty filters. 2 in front, to the left and right of the bag of batteries.

Preparation:

Use the same putty filters, clear, thin plastic bags and batteries used before in The Therapy, Parts 1.1 & 1.2. The batteries need to be new or fully charged if rechargeable.

Divide your supply of batteries in half and place each half in a clear, thin plastic bag.

Empty 1 tub, or about 200gms, of Epsom salts into a plastic bag and knot it. Repeat the same with the other tub.

Method:

Epsom salt energy flows and joins with the energy of sea salt used earlier, so the whole body has to be done.

The area of the body used is the lower back with each session should last up to 2 hours.

This is going to be the procedure from now on 3 – 5 sessions on the lower back each 1 lasting 2 hours.

Place a bag of Epsom salts in a bag of batteries with a putty filter placed on top.

Then repeat with the other material then rest them on the putty filters on the lower back for up to 2 hours.

Repeat 2 or 3 times a day apart. After each session store the materials safely away from children and pets and recharge or change the batteries if needed.

Again lying on a bed with your lower back resting on the materials is probably the best and easiest way to do this.

Leave on for 2 hours and repeat once or twice more with a day apart.

When in place the bags will sometimes warm up which means its working. When they cool down it means they've finished working, so the amount of time they are used may be adjusted accordingly.

The warming and cooling of the bags is the same for all the methods used in The Therapy.

So long as the materials are kept clean and hygienic they can be used repeatedly on different people.

The carbohydrate energies form the basic, background energy of a person's life, usually the staple one being at the forefront. If you have never eaten potatoes, rice, millet or any of the others then they aren't needed to repair and energise their energy in you, as it's not there and using them may be missed out, but you may wish to use them to gain the characteristics they offer.

Next, when you're ready, move on to...

[2.4 – Potato Starch](#)

A Wikipedia link is [here](#)

Below are the materials used:



Everything is the same as before with the Epsom salt bags being replaced with 500grams of potato starch divided into half, shown in the 2 bags sitting on the putty filters in the picture.

Only the lower back is used.

Place the putty filters on the lower back with the bags of potato starch on top.

Use all the batteries you have, 24 are used here, the usual rechargeable double AA's.

Do 3 to 5 sessions a day or two apart for 2 hours each session.

Store everything safely when not in use and keep the batteries charged.

Potato starch is much better to use than potato flour or whole potatoes as their bulk contains ingredients which will block the method used here from working as well. In this form the energy of the material is also more easily released.

If potato starch is unavailable try potato flour or anything similar.

Potato starch, like the carbohydrates that follow, can be used repeatedly on different people. just make sure everything used is kept dry, clean and hygienic.

When potatoes supply the main carbohydrate energy in an area it rounds the character producing a person generous, tolerant, self-reliant but lacking in confidence, inquisitive, curious, emotionally solid, ponderous, slow to change, cautious, having a desire to be rooted in the ground with good social support. They're also helpful, reserved and somewhat sanguine, amongst other things.

Too many potatoes can also round the body and make a person mentally and physically sluggish.

Carbohydrate energies fix a person's basic state, the backdrop to their life, and define that person's approach to life, their framework, foundation and their basic attitude, amongst other things.

Energy from food is what makes humans work. It is what it is, producing people as they are, and adverse effects are only introduced when this process is damaged or distorted by the action of petrochemicals, or that energy gets into people.

Next is yeast, when you're ready to continue...

[2.5 – Yeast](#)

Another energy to prepare the body for the energy of carbohydrate.

A wikipedia link to yeast is [here](#)

The filtered energy of yeast in the human body acts as a regulator, especially for the energy of sugar and it reduces the desire to consume sweet things.

Yeast also releases much stored energy near the surface that's in a person such as energy in contradiction, the most powerful being anger which leads to violence, but also includes such things as resentment and frustration.

It's too late to use these energies constructively once it's been stored, as storing it changes it.

Also released are the energies of pain, suffering and hurt acquired from others and stored in us simply because we are damaged internally through the action of consumed petrochemicals. This acquired hurt and pain from others is more vicious and goes deeper than hurt and pain generated within, simply because it's inflicted from outside, driven by another's pain, or even a group, to go deeper, from outside in.

Pain and hurt from others needs to be released and let go of. It can't be used to motivate thought and action the way emotions naturally occurring can, again as it's been stored.

This energy from others needs to be released as it's acquired, rather than stored and accumulated, otherwise it will constantly express itself adversely with aggressive, abrasive, disruptive, adversarial behaviour followed by anger, rage and violence.

Yeast helps this energy to be released rather than expressed.

The materials used are shown in the picture below...



Any good quality, inexpensive materials will do. No particular brand is recommended.

Everything is the same as before with the potato starch being replaced with bread yeast.

The box contained 6 x 7gram sachets which were opened and poured into 2 clear plastic bags, 3 sachets in each, and the bags knotted.

The rest of the materials are the same: 2 putty filters each in a plastic bag, 24 AA batteries placed in 2 plastic bags, half in each and a roll of clear, thin plastic bags.

Only the lower back will be used for this. 1 or 2 sessions each of up to 2 hours will be enough.

Baker's yeast is shown and used here, and together with brewer's yeast, has been used in baking and fermenting for many centuries adding its energies to individuals bringing about local change, but it's only since it's widespread use in the last few centuries that cultures and societies have changed due to its influence.

Place the putty filters on the lower back with the bags of potato starch and batteries placed on top. Use all the batteries you have, 24 are used here, the usual rechargeable double AA's.

Leave on for 2 hours and repeat the next day.

As said, a lot of powerful stored emotions, from resentment and frustration through to anger, will start to leave the system after a few days. This will be the residual energy of unpleasant experience stored over many years, probably from an early age, so there will be a lot of it.

These feelings and emotions may be from understandable sources, such as viewing mistreatment or injustice, but they all need to go, and what turns them into problems is storing them where they have a ongoing powerful effect making them self-reinforcing, like being in a loop, dominating a person's emotional state.

Allow this energy, if possible, to release and dissipate without it having an angry, violent or adverse expression. It needs to be released not expressed and it will happen at its own pace.

Realise what's happening, that these feelings are going and will soon be gone, stand back and try not to interfere with the process the yeast has set in motion.

It's a good time for understanding friends and to learn by watching what's coming out and being released. These powerful energies have shaped your life, and now, through observation, insight and understanding, that life will now start to change and emotional energies, as they arise, will be used to help a person into appropriate action.

Try not to judge yourself as things come out; rather be glad it's happening. If you have worked through The Therapy Parts 1.1, 1.2 and now 2 it shows good character and a desire to change.

Next, when you are ready, move on to using vinegar...

2.6 – Vinegar

Fruit vinegar is used here, and along with the energy of baker's yeast, prepares the body for the energy of wheat which are used in bread making. The energies of wheat and yeast work well together.

Baking soda is also used in bread making, but it was more appropriate to use it earlier to prepare the way for the energy of potato starch.

Bread is one of the main foods that have helped form humans over the centuries, contributing to what we are which has lead to a type of society and civilisation. The braking of these energies, through the use of petrochemicals, has damaged and distorted the human character and psyche which has lead to changes in society and civilisation.

The aim of The Therapy Part 2 is to restore the functioning of those energies.

Filtered vinegar energy works as a stimulant and is an invigorator for other energies...



The picture above shows the materials used:

A fruit vinegar, plum, has been used here and is much better than the commercial alternatives used in chip shops and shouldn't be used. Plum vinegar was used as it was to hand. Any fruit vinegar will do and different ones may have slightly different actions.

The other materials are all as usual:

2 putty filters in plastic bags.

An amount of vinegar, about the size of a small hen's egg, is poured into a clear, thin plastic bag and knotted. Repeat so you have 2 plastic bags, shown on top of the putty filters.

AA batteries, 24 rechargeable ones are used here divided into 2 thin, clear plastic bags. A roll of which can be seen in the picture.

Method:

The same as before placing materials on the lower back for up to 2 hours at a time.

Repeat once or twice.

As you gain experience with the method, and your own body, you may wish to lengthen or shorten the times or increase or decrease the number of sessions.

This is another material like yeast only needing to be applied to the lower back, from which, due to its fluid nature, its energy will flow around the body to where it's needed.

The putty filters are placed on the body with the batteries and bags of vinegar placed on top. As always nothing is consumed and be careful you don't cut off the circulation and the bags of vinegar don't leak.

After each session store the materials used safely away from children and pets.

Filtered vinegar energy, along with that of yeast, prepares the body for the energy of carbohydrate by invigorating the internal energy condition. Filtered vinegar energy, coming from fruit, has a natural affinity for the body's energy condition, as it will disperse and permeate the energy, just as fruit does on the ground.

The filtered bran energy from wheat, which comes next, needs the preparation of the vinegar which, amongst other things, acts as a stimulant to other food energies.

When you're ready continue on to wheat bran...

[2.6 – Wheat Bran](#)

Wheat bran in flake form is the best way to use wheat with The Therapy, and that's true of all the carbohydrate foods used, as in grain form their energies are more compact and retained in the grain, whereas as flakes their energy is already radiating and easier to draw out.

If wheat bran is unavailable, try wheat flour, brown if possible.

The picture below shows the materials used...



No particular product is recommended, the 1's shown happened to be on offer when bought. Use any that are readily and cheaply obtainable.

The picture shows:

A 750 gram box of wheat bran flakes, centre, with about 2 handfuls of bran in 2 clear, plastic bags, left and right, close to the box.

Place about 2 handfuls of bran flakes into a plastic bag and knot it, or pour in about that amount, it doesn't have to be exact. Repeat so you have 2 bags with bran flakes in.

A roll of clear, thin plastic bags, centre.

24 rechargeable AA batteries, as before, divided into 2 clear plastic bags.

2 putty filters shown under the batteries. The putty filters are in plastic bags, so the only material ever to touch the skin is the plastic.

Wheat bran is used on the lower back and stomach.

Method:

Place 2 putty filters either side of the spine on the lower back with 1 bag of bran and 1 bag of batteries on each. Leave on for up to 2 hours and repeat once or twice more over the next few days. Store the materials safely when not in use.

It's easier to lay the materials on a bed with the putty filters on top of the bags of bran and batteries, then to lie on the bed so your lower back rests on top of the putty. Make sure no clothing's between you and the putty and be careful not to cut off circulation in any way.

Wheat is a comforter and the type of food people turn to for comfort eating.

Filtered wheat energy has a relaxing, satisfying, releasing quality similar to that of yeast, except it goes much deeper in a person. It contributes a certain coldness to outsiders in people, aloof, holding them at arm's length. It creates the desire for a large, strong family that's very clannish.

Used with oats, shown later, it can help with physical pain especially that caused by rheumatoid arthritis.

Wheat has an energy with a feeling of autumn that turns people inward, preparing for change.

Filtered wheat energy isn't a strong energy so it tends to create people who change easily as their not particularly rooted in ways or beliefs. Such people are usually smaller than average and as wheat energy isn't so dominating, other energies tend to take over, especially from oil.

[2.7 – Corn or Maize](#)

The picture below shows the materials used...



Above shows a 375gram box of corn flakes, 2 bags of corn flakes, a roll of clear, thin plastic bags and 24 AA batteries divided into 2 bags resting on 2 putty filters.

Only 1 bag of corn is needed not 2 as shown.

The method and materials are the same as wheat bran except now corn flakes are being used.

Corn is used for carbohydrate. If corn flakes are unavailable try something similar such as corn starch.

Method:

The place use is the lower back.

Place a handful of corn flakes into a plastic bag and knot it, or pour in about that amount, it doesn't have to be exact.

Place the materials for up to 2 hours on the lower back for up to 2 hours.

As always the putty filters are placed on the body with the batteries and materials placed on top.

Laying face up on a bed while doing this may be the easiest way.

After a few days repeat again on the lower back doing 2 sessions in total.

Make sure the batteries are fully charged and safely away from pets and children when not in use.

Corn is an energiser.

Corn has stored a great deal of the sun's energy as shown by its colour. When consumed as the predominate carbohydrate food in a society the sun's energy in corn gives rise to energetic, enthusiastic, driven people interested in many things.

This energy is very much a surface energy so people study broadly rather than deeply, more for the eyes than the soul. Societies created by such people tend to be scientific and materialistic - what the eyes can see by reflected light.

Filtered corn energy gives rise to open, warm, optimistic, positive, friendly people who heat up quickly and cool down slowly. Like the sun rising and setting, so too in people, creating a society that will be both young and immature: rising, and older and more mature: setting. People, and society, will have characteristics of both.

Filtered corn energy is light, creating people who are without roots, tending to live on the surface of their lives, spreading their activities around. They can be very competitive. Sometimes they can give hurt and not know it, but it's not deliberate, it's part of corn energies immaturity.

Used in The Therapy, as well as helping to restore the above, filtered corn energy contributes to stability, openness and a feeling of completeness and mixing with the other carbohydrate energies in a person tempers it allowing it to become a great source of strength and fortitude.

With corn energy what you see is what you get, it don't do subtlety, and please note, carbohydrate supplies base energy, or a base coat, which can be covered over and concealed by other more vibrant energies, so what a person has deep down, isn't always obvious.

[2.8 – Rice](#)

The picture below shows the materials used, all that's been changed from the last one is the corn has been replaced with brown rice flakes. If rice flakes are unavailable try the nearest to it such as rice flour or cereal.

Rice is used for its carbohydrate and was removed from part 1.1 as its being used here...



Above shows a 500gram box of brown rice flakes, 2 bags of rice flakes resting on 2 putty filters, a roll of clear, thin plastic bags and 24 AA batteries divided into 2 bags.

Only 1 bag of rice is used for this not 2 as shown.

The method and materials used are the same as for corn except now rice flakes are being used.

Rice flakes are used as in flake form the rice releases its energy which, in grain form would be a lot harder to draw out.

Method:

Place a handful of rice flakes into a plastic bag and knot it, or pour in about that amount, it doesn't need to be exact.

Place the materials for up to 2 hours on the lower back.

Take off and after a few days repeat on the lower back, again for up to 2 hours.

As always the putty filters are placed on the body with the batteries and materials placed on top.

Laying face up on a bed while doing this may be the easiest way.

Do 2 sessions with the rice in total.

Make sure the batteries are always fully charged and safely away from pets and children when not in use.

Having got this far using the different materials of Part 2 things should start to change.

The individual energies of different carbohydrates will strengthen and repair those energies in a person, and introducing new energies from food not eaten before will introduce new characteristics from that food, but the biggest change comes about when all the different energies mix and combine bringing about a transformation in a person giving rise to new abilities and perceptions, insights and skills at all levels.

Slowly the burden of the past will recede and a new person will emerge.

You are being upgraded and while those changes may be deep, meaningful, complex even profound, they are never wrong, as it's part of the full human experience. Things can only go wrong when people are damaged or distorted by the action of powerful chemicals unnatural to us.

Filtered rice energy goes deep into a person blending with the water in their bodies. In the bodies water the energy expands reaching its potential, just the same as when the paddy gets flooded.

Filtered rice energy is essentially for the mind. It spreads through the body's water entering the mind where qualities of depth, clarity, penetration and insight are imparted. Rice energy is subtle, stubborn and likes to keep itself to itself, preferring to stay pure rather than mix with the other energies of carbohydrate which it feels are for the body not the mind.

Filtered rice energy is an isolator creating people who like to be alone even in groups. They have a private part inside that nothing touches which they

preserve even when part of big families. It's how they create and protect their identities.

Rice is a compact grain, like wheat, producing people with a secret self that nobody ever sees. They tend to form hidden, secret groups and they build societies where the spiritual and other worldly things flourish over the mechanical and material.

On its own in a person, without the other energies of carbohydrate, rice energy can lead to a person and society being isolated with a sense of self-importance, however in a body with other carbohydrate energies, even if it avoids mixing or compounding with them, balance will be achieved and the energy of rice will contribute much to a person and their development.

When ready, after a day or 2, move on to...

[2.9 – Millet](#)

The picture below shows the materials used, all that's been changed from the last one is the rice has been replaced with millet flakes. If millet flakes are unavailable try the nearest you can get such as millet flour or cereal. Millet is used for carbohydrate...



Above shows a 500gram box of millet and 2 bags of millet resting upon 2 putty filters.

The picture shows 2 bags of millet but only 1 bag was used. The materials were reduced when experience found a second bag wasn't needed.

24 AA batteries are used divided in half into 2 bags.

The roll of bags are the usual clear, thin plastic ones.

As millet is used for its carbohydrate energy its use the same as the others - twice on the lower back with sessions lasting up to 2 hours each.

Method:

Same as before with 1 putty filter placed on the lower back with 1 bag of millet with the batteries placed on top. Leave on for up to 2 hours, remove and store safely, and recharge or renew the batteries if needed.

After a day or 2 repeat on the lower back for 2 hours.

Filtered millet energy is a facilitator; it prepares the way or the ground for other energies allowing them to pass through the body smoothly. It's a base energy, cooling down the energy content of a person, turning down the heat in their thoughts and emotions. It reduces desire, passion and the need for hurried change without thought.

Filtered millet energy calms everything down, taking off the pressure, so people have time to think, consider and reflect allowing real character to come forth from them, and develop. It takes the heat out of people and situations.

It adds little to a person, like the other carbohydrate energies do, but its presence allows everything else to flourish. It's a very kind energy promoting the coming together and movement of internal energy. It has a timeless quality, the same as the deep forest, and it passes that on to humans.

This energy promotes expression, self honesty and a willingness to look at the past.

The filtered energy of millet is truly a friend to humanity imparting, not so much virtues and characteristics like the other carbohydrates, but a means

to get there, a helping, or smoothing, of the way.

Next, when ready, move on to...

2.11 – Oats

The picture below shows the materials used with the millet from last time being replaced by a 750gram bag of oat porridge. Also shown are 2 clear plastic bags filled with about 2 handfuls of oats which are then knotted. About half the bag of oats were used. The oats are resting on 2 putty filters with a roll of clear plastic bags and 2 plastic bags filled with 24 AA batteries, half in each bag.

All as before and the methods the same...



Method:

Only 1 bag of oats is needed for this not 2.

Oats are used for their carbohydrate energy and the flake or porridge form is best. If this is unavailable try oat cereal or whatever you can find that's close.

The lower back are the areas of the body the materials are placed, in 2 sessions of up to 2 hours each.

Start on the lower back placing the putty filters each side of the spine, then place the bag of oats and batteries on top of the putty filters and leave on for up to 2 hours.

After 2 hours, or when you feel they have finished, remove, store safely and recharge or change the batteries if they need it.

After a day or 2 repeat on the lower back for 2 hours then remove and store safely.

Oats give strength to the mind, body, character and emotions giving people qualities of endurance without becoming indifferent to the suffering of others.

Filtered oat energy imparts constitutional strength and stoicism in the face of adversary. The strength of oats can also be used, in the same way as above, on pain in the body, especially that caused by rheumatoid arthritis. Using it with the wheat bran used earlier is even better with the materials used placed, or wrapped directly on or as near to the pain, as possible.

Oat strength loves preserving and maintaining giving rise to people who are direct, straightforward, rational, inventive, clannish, adversarial, supportive, stubborn, solid, humble, truthful with a feeling for fairness, if this is the main carbohydrate being consumed.

As the worlds foods are becoming more accessible new qualities and characteristics will start to appear in people producing humans of outstanding quality, if they are uncontaminated and undistorted.

[2.12 – Soya or Soybeans](#)



The picture above shows 2 100g boxes of soya mince. Each box contained 2 50g sachets.

In front of the boxes of soya are 2 clear, plastic bags each filled with 100g of soya and tied.

Under the soya bags are 2 putty filters.

24 AA batteries are shown in 2 plastic bags at the front with a roll of bags between.

Everything is the same as before except now soya is being used for its carbohydrate energy.

Method:

Only 1 bag of soya is needed for this not 2.

As before start on the lower back by placing the a putty filter on first with the bags of soya and batteries placed on top. Leave on for up to 2 hours, or until you judge the session's over.

Remove and store safely then in a day or 2 place the materials on lower back again and leave on for up to 2 hours.

Remove and store safely.

Soya is a soother reducing what may be seen as emotional and mental inflammation.

Emotions, feelings, behaviour and mental conditions can all be subject to becoming swollen, enlarged or inflamed such as anger becoming rage or fury; powerful desires dominating peoples' lives; behaviour becoming obsessive, mechanical and machine like and the sense of self swelling to the point where a person becomes delusional, to name a few.

The filtered energy of soya also helps reduce physical inflammation in the body, but should only be used after a Doctors or Physicians advice has been sought.

All these are soothed and the inflammation reduced by the filtered energy of soya allowing people to have a clearer, unpressured, undistorted view of life and situations.

2.13 – Sugar

A picture of the materials used is below...



The last material used has been replaced with a 500g bag of sugar.

Also shown are 2 putty filters with 2 bags of white sugar, about 200g in each, sitting on top, a roll of plastic bags and 24 AA batteries divided into 2 plastic bags, all as before.

There's no particular reason for using white sugar. If you feel brown sugar would be better to use for yourself, please do so.

As before only 1 bag of sugar is needed not 2.

Method:

Place the materials on the lower back for up to 2 hours and then repeat next day or when ready.

Sugar is used for its carbohydrate energy. It connects and joins all the other sugar and carbohydrate energies used up to now. Joining them in this way acts to balance and keep them all in relationship to each other.

The filtered energy of sugar draws together all the different carbohydrate energies to form an overall energy which becomes a person's reality that is the feeling of their existence, and penetrates that reality with meaning.

Meaning gives reality, or the feeling of existence, its content from which purpose flows. This meaning will also infuse thought.

If you wish to try any carbohydrate that's hasn't been shown in Part 2, please go ahead. Use the method the same as in Part 2 with batteries, putty filters and plastic bags placed on the lower back twice for up to 2 hours.

Thank you, Richard.

[3 – Going Deeper](#)

[Introduction](#)

Much internal damage to the body's energy, energy systems and processes has to be dealt with before a person can proceed with deeper development which is the aim of Part 3.

We don't start from a neutral position, rather having to repair so much just to walk up to the starting line.

Due to this internal damage holding people back, the view has grown that people lack something in order to develop and progress, which opens the door to all the beliefs, systems, practices, methods and so on.

This is to misunderstand the situation and then apply inappropriate methods to resolve it.

The Therapy Part 3 holds the view that an individual is held back partly because the internal mechanisms and processes that promote energy development and therefore health, have been damaged or distorted by the consumption of petrochemicals in recent decades.

This has been going on long enough so everyone's affected, meaning we have nobody to compare the present human condition with to see the difference.

Once the internal mechanisms and processes have been restored, repaired and energised through the use of The Therapy, especially Part 3 which has this as a goal, and filtered food energy is absorbed by a body freed of contaminants, the flow of energy that promotes internal personal development and progress will resume and health will return.

The premise is simple: the energies of a cultures food will develop a person so long as those energies aren't interfered with, distorted or damaged and the energy processes and systems in a person function properly.

A lot of what creates us as a person is absorbed from food after birth, it's possible to repair and restore these energies from outside using The Therapy.

Carbohydrate supplies humans with basic, underlying attributes and characteristics, other foods supply the energies that go on top of these, supplying other human qualities.

Running parallel to this is the way blended energy develops life, especially human life looked at in Life and Sentience available from this site.

[3.1 – Honey & Batteries](#)

Introduction

Once the energy from the batteries and honey has been absorbed into the body by the immune system using the method described below, the brain will use that energy to fashion filters to help protect itself from inescapable, debilitating, pain that's the product of modern life.

This would be a more modern type of pain experienced from such sources as chronic illness, injury, grief and loss in general to give a few examples. This is a modern, fairly recent, new type of pain brought about by such things as...

Pollution of the air, food and water as well as exposure to new chemicals causing new types of pain.

Injuries caused by machinery, devices, instruments, tools, mechanical energies, operations and so on. Even falling down the stairs is a recent hazard as we have only been living in houses with stairs for a few hundred years, all creating their own, unique, modern type of pain also being cut by metal.

Our bodies living longer with the problems of extended life again causing new types of pain and...

New pains caused by the interaction of the individual with others such as depression, grief, failure, bankruptcy, redundancy, divorce and so on. The pain arising from failed expectations.

The pain from such things is a fairly modern phenomenon. It tends to be mind numbing, with the constant struggle with them draining and debilitating and our bodies and brains have not developed a mechanism to deal with them or a defence.

These modern pains have become a serious problem. Their existence in a person drives out all joy and energy, forming a virtual prison, inescapable.

Originally pain started off as a warning mechanism that something was wrong, that the body was in danger and some kind of action was needed such as moving a hand being burnt on a hot plate, which is a more physical

pain, but in recent years, this other kind of new pain - severe, inescapable, prolonged and chronic which no action by the person or society can remove - has developed leading to much suffering. This is modern pain.

The brain is unable to deal with modern pain which may have a purpose initially, but it's hard to see the point of it when it drags on for years causing endless suffering and there's a clear difference between the pain of toothache, for example, for which a trip to the dentist will relieve, and the inescapable pain of terminal illness or the pains inflicted by a modern society.

We have developed with certain types of pain. These are old pains we, as a race, have grown up with and learned how to deal with. They are mostly to do with death and loss, but with the arrival of modern pain, numbing the mind, sapping the energy and strength and overlaying the body, it's now becoming difficult to deal with the old pains as well.

As said this method of using the energy from honey and batteries gives the brain what it needs to fashion filters to screen out certain types of pain and stop them from reaching the brain, protecting it. The screened out pains would be the modern ones which no defence has developed against, but the arbiter of which pain in the body needs to go is the brain.

It's up to the brain, not the self or the individual, to decide which pain is necessary and is fulfilling its function and stays, and which pain, such as the modern ones get screened out protecting the brain from debilitation and energy loss allowing it to deal with the old pain in its own way and time as it has developed to do.

Some of the old pains are relevant and are a necessary part of human development, learning and psyche, so the next method can be given to a person for the brain to use for appropriate pain relief as decided by the brain, not the individual, and which can't be overridden by the individual.

This means that The Therapy 3.1 – Honey & Batteries can't be used like morphine to produce a blissful, euphoric state removing personal responsibility and feeling for life. The method can be a panacea, making people feel better, but not a drug, one the brain will use wisely to free

itself of the burden of constant struggle with unwanted pain so it can function more efficiently and a person can flower.

Unwanted pain will be screened out, feelings will be let through.

Perhaps that's a better way of describing the pain: useful pain the brain uses in some way, and unwanted pain that can't be used. The brain decides which is which.

Also, if a person is still experiencing pain after the method has been used it means the brain has a reason for letting it through and experiencing it.

The method, Honey & Batteries, gives the brain the special, unique, energy it needs to fashion filters to protect itself from this new, modern type of pain arising out of modern life and lifestyle.

The brain has the ability to fashion energy filters, having learned how to do it through watching and learning how the putty filters work in earlier methods of The Therapy, so the earlier methods have to be used first for the brain to gain the understanding of how to fashion energy filters.

The filters created by the brain are under the brain's control allowing it to screen out persistent, very severe and pointless modern pain such as the pain of loss, divorce, redundancy, perceived failure and grief, if it chooses to do so, which can lock into a cycle of unending suffering which adds to the pain.

At this time the brain is defenceless to such meaningless, inescapable pain, the product of modern life. The pain has flagged up a warning; the brain is aware of it but can do nothing about it so the pain continues, endlessly.

The energy filter the brain creates isn't just under the control of the brain, but the original brain, see CC – The Original Brain for more on this, which controls the immune system and is independent of the mind and self, so it will not only decide the type of pain that needs to be screened out, but will do it creatively and have solid reasons for not removing the pain that's left in.

After using this method a person will simply feel better, have more energy, and look forward and open up to life.

Materials Used:

24 rechargeable AA batteries, the same ones that have been used throughout The Therapy.

2 small, or 1 large, putty filter in clear plastic bags, as used before.

1 bottle of honey. A liquid one has been used here for easy pouring. The one shown is 680grams, but 500grams, or about 1lb should be fine.

Please Note: Only bees honey should be used. This method has been developed using bees honey and it's not known if honey from other insects will work the same. Bees honey supplies the needed energy.

Clear plastic bags, again the ones that have been used throughout.

The honey is nothing special, any easily and cheaply obtained will be fine.

Method:

Divide the batteries in half into 2 clear plastic bags. Make sure the batteries are fully charged.

Pour the honey into 1 plastic bag. Two are shown but only 1 is used.

See the picture below...



The bags are placed on the lower back and any painful areas.

Place the putty filters on the lower back with the bags of batteries and honey placed on top.

It may be easier and more comfortable to place the materials on a bed and rest the lower back on them.

Leave on for up to 2 hours, remove, recharge the batteries and store the materials safely away from children and pets.

After a few days or sooner use the putty filters, batteries and honey near any pain in the same way as on the lower back for 2 hours.

Leave on for up to 2 hours, remove, recharge the batteries and store the materials safely away from children and pets.

Repeat after a few days on the lower back for 2 hours, and then repeat again after a few days on any painful areas.

The times are for guidance. Extra sessions may be done on any painful areas being careful not to cut off the circulation or make the pain worse.

The filtered energy from the honey and batteries will be drawn into the body by the immune system starting after about 20 minutes once the immune system has perceived the energy of the honey and batteries and worked out what that energy can be used for and the best way to do it.

We are given much filtered energy from conception through the placenta, so the body is used to dealing with this kind of energy. What's new is that the body has now learnt, through watching how the putty filters work and how to fashion filters with this new energy itself.

The brain will now use this filter to screen out pain and painful feelings and memories as it sees fit. It will be interesting for the individual to see what is screened out and what's retained and also note, after a few months, how much you have changed in yourself.

[3.2 – Batteries & Walnut Oil](#)

Introduction

This part is about helping the ordering of the functioning of the mind by the brain. The mind takes a snapshot, or image, of its surroundings which it uses as a kind of operating system.

This snapshot is acquired early in life, soon after the mind is formed by the brain, and without this snapshot the mind can't connect, interpret, make sense of or relate to the outside world.

The brain uses mind as a means of connecting to the world and the mind uses this snapshot, or image, to make the connection and make sense of it all using the snapshot to refer to.

For the brain to work it needs the mind to function in order, like clockwork, and for that to happen the mind's snapshot has to be clear, undistorted and orderly. This means the subject of the snapshot is clear, undistorted and orderly.

The brain needs the mind's snapshot to be orderly as this leads to mental security which the brain needs in order to function smoothly.

The brain takes a snapshot of its environment, like a photograph, and places it in the mind so the mind can reference it and relate to its external conditions and later to relate to the contents of the mind which build up through experience as life progresses.

This snapshot may also be seen as a clone image of its surroundings. It's taken through a combination of eyesight, to capture the physical form, and the perception of the brain, to capture the energy content.

This is all done by the brain as this is the process of creating and preparing the mind so it's too soon for the mind to join in.

Although the mind can relate to its external environment through the snapshot that's in the mind, the snapshot isn't directly linked or connected to the external environment and therefore the snapshot can't be distorted or changed by the external environment. Once it's fixed that it.

The external environment referred to is the area a person lives in - town, city, and countryside and so on.

Towns, cities, communities, organisations, societies and so on are all artificial human made and organised constructs containing much energy in conflict between people and created by such things as high voltage electricity cables, mobile or cell phone masts and mechanical devices such as machines, alarms, engines, power tools, devices and so on.

Open spaces filled with living things are of the countryside and any natural open areas. These are natural environments with the energy in harmony, not in conflict.

A mental snapshot, or image, taken of a town, city etc. would contain any conflicted energy contained in that area.

Likewise a mental snapshot, or image, taken of the open countryside would contain the harmonious energy of it.

The mental snapshot, or image, taken would be of the surroundings of the place a person grew up.

The problem is the brain has no developed mechanism to deal, understand or work with the artificial environments of towns, cities and societies in general.

Humans have developed to be born into a clear, ordered environment, at peace and in harmony with itself, such as the countryside or open spaces in general, and we haven't had time for the mechanism, or the brain, to adapt to towns and cities.

And as this snapshot of the outside environment is taken very early on in life, as it's a survival mechanism, it done before the brain is mature or experienced enough to delay the image taking and be more selective - that is to take a more appropriate image that isn't conflicted energy wise.

To the brain towns and cities are in total chaos or disorder, which forms the snapshot or image in the mind which the brain can't work through and can't change.

This means the brain is trapped in confusion and can't function efficiently.

This confusion in the brain and the conflict in the snapshot image lead to mental conditions such as phobias, irrational fears, instability, confusion, frustration, anger and a feeling of being disconnected from society leading to extreme anti social behaviour such as self harm, depression, addiction and suicide.

The Therapy aims to restore the situation by supplying the brain with the filtered energy needed to change or repair the snapshot in the mind with enough energy left over to continue the process ongoing, so allowing the mind's operating system to adapt to circumstances and be more flexible.

A top up of filtered walnut energy may be required every so often, say every 5 to 10 years.

More explanation on this will be given in CC) Ordering the Mind.

Walnut oil was used and touched upon in The Therapy Part 2 briefly, here its being used in a more powerful way.

You will need:

The materials used are more or less the same as has been used before with the addition of walnut oil.



The picture above shows:

1 - 250ml bottle of walnut oil divided into 2 clear plastic bags and knotted.

1 bag of walnut oil is enough for this so just use 125ml or thereabouts.

24 - AA rechargeable batteries.

2 putty filters in plastic bags.

Clear, thin plastic bags.

Method:

The point here is to provide the body with walnut oil energy which the brain can access for the mind to use.

The bags will be placed on the lower back for up to 2 hours for 3 to 5 sessions in total.

Recharge the batteries after each session.

Start on the lower back placing the putty filters with a bag of walnut oil and batteries on top of each.

Leave on for up to 2 hours, remove, store safely away from pets and children and recharge the batteries.

Repeat twice more or do more sessions if you wish.

The energy will be held and stored in the body where the brain can access and use it as required.

The brain will probably erase the damaged snapshot of the external environment held in the mind as the existing one is probably beyond saving, replacing it with a more flexible version and a more up to date one based on the brains knowledge and experience of the external environment at that time.

4 – Cells

4.1 – Clearing & Energising Cell Membranes.

This method is to help a certain type of an illness which all fall into the same energy group and include some types of epilepsy, learning difficulties, rheumatoid arthritis, asthma, migraine and cancer and originate primarily from the cell membrane.

This method also helps, or allows the body to release the energy of viruses and bacteria which are part of cells which joined with them millions of years ago, when cells were developing.

While these viruses and bacteria were needed then, they now are a road block to change and produce some very adverse mental and emotional conditions in people.

Whatever the problem though proper medical help must be sought first.

All the processes that create and control the cell are in the cell membrane that surrounds a cell. All the energy the cell needs to control changes in the cell is held in the membrane and the membrane allows through into the cell what it considers the cell needs to grow, change and develop.

This method also allows the cell membrane to be more selective as to what it allows to pass through it into the cell, harmful viruses for instance.

The membrane creates the cell it surrounds and decides when it's time for cell division.

All the cell membranes in a living thing are connected to work in a unified way to form a connected whole. The membrane contains the program for the cell.

When the cell membranes are empty of any contaminating energy they fill up with the sun's energy starting from the energy received by the skin and moving through all the cell membranes of the body filling them up.

Energy received through the skin may be seen as a general purpose, non-specific energy capable of being used by the unified cell membranes, that is all of them working together, to program the whole body.

The sun's energy entering the body through the eyes is patterned by the pattern of the eye, a different pattern for everybody, becoming specific for

that bodies needs. Its absorbed by the cell membranes, mainly those of the brain cells, and used to bring about changes in the cell itself.

When only the suns energy, uncontaminated by anything else, is the only energy filling up cell membranes then the person may be seen as being pure.

Energy contamination in the cell membrane comes from the viruses and bacteria which formed part of the cells development and has always been there. Energy contamination also comes from our polluted environment.

The cell membrane can also acquire harmful viruses and bacteria during life not just inherited and as said this part and following parts of The Therapy, the battery energy will help protect the cell membrane and help it to protect itself.

Harmful energy packets also contribute to the contamination of the cells.

We probably have never seen anybody human appropriate to this time in our history due to all this contamination of the cells and cell membranes although the contamination of the cells is something that will disappear once development restarts.

Harmful energy packets penetrate the cell membrane. This is dangerous because the DNA delivered in the energy packets can bring about radical change in the way the cell membrane works leading to serious illness, such as those listed above, stress and abnormal behaviour.

While the cell membrane is fairly resistant to most energy forcing their way into it, energy packets get in through a drilling effect of the DNA and the energy of flying insects that sting can also get into the membrane by focusing its power on one spot, as if it were stinging.

This part of The Therapy uses graphite powder and the power of batteries which cell membranes can use to clear themselves of harmful energy, then filtered energy from oils and vitamins is offered to those cell membranes which the membrane can draw in if it so wishes.

Cell membranes can use the energy from oils and vitamins to improve the nature of the cell. The oil and vitamins are the suns energy energising the

materials used which will be drawn into the cell membrane which it can use to develop or progress the cell further and to allow blended energies to flow in.

Once introduced into the body the filtered energy of graphite powder can be used by the immune system to create energy pathways and act as an energy lubricant for new and existing pathways.

The new energy pathways allow trapped, harmful, hostile energy, not compatible with humans, in the cell membranes to be moved out and leave the body.

Graphite powder is ground very finely to become micro-fine and is easily purchased from on-line sites or hardware stores. In this form it's used as a dry lubricant for things such as locks.

The difference between using graphite powder to release harmful energy and the washing liquid used in The Therapy: Part 1 is that the liquid actually draws harmful, contaminated energy towards it out from the energy conduits in the surface of the body where it's absorbed by the putty filters. The liquid contains chemicals which act as dirt magnets which draw the dirty, harmful energy to itself removing it from the body.

This method works on large amounts of dirty, polluted, harmful energy blocking the energy conduits near the surface of the body. This is fairly easy to get at and draw out, but the liquid has too broad a nature or surface to draw out, or release, harmful, polluted energy embedded in the cell membrane, which has perhaps been passed down over many generations.

Contamination in the cell itself from viruses and bacteria which happened millions of years ago when cells were forming has also contaminated the cell membrane with their energy from which harmful emotions such as fear, anger, grief, hatred, and violence and so on originate.

The immune system will use the energy of graphite powder to clear the cells of the contaminated energy from viruses and bacteria allowing the cell membranes to fill up with the sun's energy received by the skin allowing development to continue.

This energy is called contaminated because it's not human even though it has helped make us what we are. What we are isn't strictly human as the energy in the cell membrane isn't pure sun energy, which is life.

With the infusing of the cell membranes with the sun's energy life becomes alive. All the sun's energy unified is life. When joined with matter so it can express itself it becomes alive.

Pure sun energy equals being fully human.

There exists no pathway from the cell membrane to outside the body to release this harmful energy, but the graphite powder can be used by the immune system to create new pathways.

The energy pathways created with the energy of graphite powder will pass energy in 2 directions allowing the cell membrane to empty outwards and to receive new filtered energy from oils & vitamins inwards.

As graphite powder is also an energy lubricant energy will slide along these new conduits without needing to be pushed or pulled like water running down a slide.

The power of graphite energy, in its fine powder form, can also be used by the body to lubricate existing energy pathways and, in the case of electrical energy, helping to act as a conductor as graphite, or carbon, is a conductor of electrical energy and it smoothes and supports the movement of all energy around the body.

The nerves and the electrical activity of the brain should especially benefit from it as will nerves damaged through illness.

Everything though, is up to the individual's own immune system and cell membranes as to how the energy from this part of The Therapy is used.

Materials needed:

Rechargeable AA Batteries.

24 - 1.2V/2450mAh is used here. Non-rechargeable can be used but it will be expensive over time. It's ok to use AA batteries that have slightly

different values if that's what's available, it doesn't have to be exact.

150 grams of graphite powder. This was bought in 3 x 50 gram containers and placed into 3 separate bags shown below in the picture.

1 - large putty filter which is just glazing putty, made from chalk and linseed oil, rolled flat and placed in a thin, clear plastic bag. The size is about 300mm x 300mm or 1 ft x 1 ft.

Except for the graphite powder you will have these materials from previous uses of The Therapy.

See the picture below:



Preparation:

As before charge the batteries and place 8 in 1 clear plastic bag, 8 in another and the last 8 in a third bag.

Pour 1 - 50gram container of graphite powder into 1 clear plastic bag. Do this for all 3 so you have 3 bags containing 50grams of graphite powder each. Knot the bag.

Method:

The putty filter is always placed next to the skin with the graphite powder and batteries placed on top so the power of these materials always has to pass through the putty filter before entering the body. Each session lasts for up to 2 hours.

The materials are placed on the lower back and the inside the forearms.

Place putty filters on the lower back and the inside of each forearm the same as The Therapy Part 1.1 and place 1 bag of batteries and graphite powder on each putty filter.

Leave on for 2 hours, remove recharge the batteries and store safely.

When ready repeat on the lower back and forearms a second time for 2 hours then when ready repeat again for a 3rd time so each area of the body is covered 3 times.

This should be enough but do more if you feel it's needed.

Having worked through all the other methods previously it should be fairly straight forward by now.

This puts in place the energy pathways for harmful energy from the cell membranes to pass along leading to the surface of the body and out which will begin once the new pathways are in place.

The membranes around the brain cells can also be holding painful memories which will start to move along the new pathways. These memories are another expression of the harmful energy stored in cell membranes.

This movement could lead to sudden flashes of bad memories or reliving painful situations from the past, but don't worry, it's just painful memories, feelings and experiences leaving and it will soon pass.

The action of the graphite powder clearing the cell membranes will help them return to a more natural state.

The natural energy state of living cells is to store the sun's energy, pure and uncontaminated giving the body a robust condition.

Once the cell membranes have been cleared the next step is to offer energy to the cell membranes mainly from oils strengthened by batteries. The vitamins support the energy of the oils and batteries and make them more acceptable to the cell membranes.

Boosting the energy content in the cell membrane in this way will help restart human development directing it in a way appropriate for humans and help remove certain diseases and disorders.

Also with the energy content of the cell membrane becoming full they will be more robust and able to withstand becoming infected or contaminated by harmful energies again.

These processes in the cells and cell membranes are development, not evolution which is a different process.

Changing the energy content of the cell membrane is beneficial for the individual during their lifetime and over generations and the change and direction it takes is entirely down to the cell membrane.

Materials needed:

Oils - about 90 omega 3 & 6 in capsule form are good, or olive oil, again in capsules if possible as its less messy if the bags leak. Use in liquid form if capsules are too expensive or not available. These have been used before in The Therapy.

Another good oil option is linseed oil especially if you have some left over from before, or use different oils at once it's your choice.

Vitamins - a pot of 90 good quality vitamins, used before as well. If you have vitamins & minerals there ok to use.

Batteries - the same 24 rechargeable ones used before.

Clear, plastic bags - the type used before.

Putty filters - as used before.



The picture above shows...

2 bags of oils & vitamins. Half your supply in each bag.

2 bags of rechargeable batteries 12 in each bag.

1 large putty filter.

1 roll of clear, thin plastic bags.

Method...

Start to use this about a week or 2 after the last session using the graphite powder to give it time to clear the cell membranes.

This method is identical as for using the graphite powder.

The area to cover is the lower back.

Each session lasts up to 2 hours 3 to 5 times in total. Do more sessions if you feel you need them.

Batteries are recharged between sessions and all materials are kept safely away from children and pets.

Leave a day or 2 between sessions.

Start by covering the lower back with the putty filter against the skin with the bags of oils, vitamins and batteries on top of the putty.

Leave on for up to 2 hours.

Remove, store safely and recharge the batteries.

Repeat again when ready on the lower back for 2 hours.

Then repeat a few days later so the lower back is covered 3 times in total.

Remove the materials and store safely.

Once the cells have been cleared and energised the next step is for a person to naturally align themselves with their immune system energy rather than to be overwhelmed, dominated and driven by the harmful emotions that arise from the cells such as hatred, anger, violence, fear and so on.

The individual's immune system energy gives a person direction in life based on seeing what is needed rather than being driven by unpleasant emotions, but before a person can align with their immune system energy, which will naturally happen, that energy needs to align with the new energy condition of their body brought about by using The Therapy.

And that comes next...

[4.2 – Stimulants to Recalibrate the Immune System to the New Body Condition](#)

Introduction

For this part of The Therapy strong tea & chocolate have been used.

4.2 is about the energy of the immune system and pairing that energy to the new energy condition that the body has gained through using The Therapy previously.

The general view of the immune system is it's something purely physical that reacts after an event to that event, such as a person catching a cold, but this only covers the physical half of it, as there's the energy of the immune system that acts before the event preparing and adapting the body.

The energy of the immune system is like the operating system on a computer's hard drive. It's software not hardware and if the hard drive is examined by just looking at it nothing can be seen, but it's there, running and controlling the hardware, and it's composed of energy.

This is also true of the energy of the immune system. It controls the body's physical response to challenge and it can't be seen, measured or detected and is a compound energy derived mainly from food.

It's created and programmed by the Sentience in a person's brain using in part energy derived from food.

The energy received from food, which passes on to the immune system the nature of the food and the type and kind strength it will give when eaten, is mostly benign, passing through the immune system and out into the body which becomes aware of how to deal, or combat this strength if it needs to.

So this is preparing to defend.

The energy from most food is benign, or passive, because it's unfiltered and because its energy.

For example, a bacterium feeds on an apple and gains its energy which also has a program containing information about apple energy.

This apple energy comes from the tree which draws its energy from the Earth, so the apple contains the energy of its environment plus the material energy of the apple.

Later that bacterium invades a person whose immune system knows how to deal with the strength of the bacteria, because the person has eaten apples, so that person's immune system knows and has the energy from apples as part of it.

It's more complex than that because diseases can feed on many different things blending different energies within it, but they can still be dealt with if the person has experienced those energies as the human immune system does the same, sampling, acquiring and blending different energies.

Even if a person hasn't eaten apples, so their immune system hasn't acquired apple energy, no great harm is done as, generally speaking, the energy from food isn't powerful enough or harmful to humans and the immune system quickly adapts by sampling and acquiring the energy information it needs from the germs themselves.

Problems start when germs breed on contaminated and toxic areas acquiring energies the immune system isn't familiar with, can't deal with, can't be sampled and acquired by the immune system, are very powerful and can do damage very quickly.

These energies, once in a person, can damage, or corrupt, the immune system program, or soft ware, which can give rise to genetic defects.

These energies that can damage energy systems are more powerful than energies.

This aspect of disease, where it contains harmful energies mainly from pollution and toxic waste, is dealt with in The Therapy: Part 1, and other parts of this book, where those energies are drawn out from bacteria, for instance, allowing the immune system to deal with them.

So most food energies are benign which add to the energy of the immune system, but don't change it mainly due to them lacking power.

An exception to this would be the energy, or power, from food such as stimulants like tea & chocolate.

The way they are used here not only change the body condition they dissolve the energy of the immune system forcing it to reform from the filtered energies in the body obtained from previous uses of The Therapy if a person has been using it.

If not the immune system energies will reform from the available energy in a person.

Very powerful drugs of various kinds will also do this, but in a different way.

With very powerful drugs after the energy of the immune system has been dissolved the immune system energy reforms partly from the energy of the drugs, but not its power if no other wholesome energy is available to it.

Immune system energy forms and reforms from energy – the best energy would come from energy in the body from previous use of The Therapy allowing brain Sentience to use it form an advanced immune system.

Now the energy of stimulants used here dissolves the immune system energy and when it reforms, an almost instantaneous process, it pairs with the new body or energy condition acquired from the energy in a person, not from the stimulants as Brain Sentience has no use for this type of energy.

So if a person has been using The Therapy the immune system will reform from that energy and align to it.

The immune system needs to align itself into this new body/energy condition and stimulants help break down the existing immune system program leaving it free to acquire a new program gained from any new energy in the body.

Dissolving the immune system energy that controls it may also help people with genetic defects if those defects are created by corruption in the immune system energy and are reversible or correctable.

Long term that is over millions of years, this natural breaking down and rebuilding of the immune system program is a major factor in the development of the various species.

Most food doesn't dissolve immune system energy as its mostly energy and only a food containing power can do it such as stimulants.

The difference between energy and power, in living things, is energy, generally speaking, follows rules, usually contained within it. Power follows no rules it just is and does.

Power sometimes controls energy.

Power usually clears the way for energy to flow correctly which is why it will dissolve, or clear away, corrupted, or incorrect, immune system energy.

The power in humans is the Sentience residing in the brain.

When a powerful new food or substance appears which is consumed by the vast majority of a species, Sentience uses the power of the food to dissolve the present energy condition of the immune system if that energy system is corrupt.

Corrupt means it stands in the way of the flow of power, which is Brain Sentience and is therefore corrupt. An energy system that isn't corrupt is transparent to Brain Sentience and allows it to flow through unhindered.

This is how the immune system is corrected and a species develops : first the software then the hardware.

Now although the immune system is specific to the individual, it sees the species, or human race, as coming first. Or rather that's how the Brain Sentience working through the immune system sees things.

Each individual's immune system energy can connect and transfer the changes within it to other individual immune system energies allowing them to change and in turn change the body they are in. They communicate with each other like the internet.

Changes the immune system energy views as beneficial to the individual, will be spread by that same energy, from individual to individual, throughout the species or race, by individual immune systems communicating with each other spreading the immune system energy changes.

The race, or species, is then ready to develop with the energy of the immune system driving the process of change.

So how does the individual's immune system energy change that person's body, or hardware?

Through pregnancy being how life develops. Pregnancy mirrors the build up of the energy of development which builds up in the body that

suddenly gives birth to change.

Individual immune systems communicate with each other by connecting through the energy they give off and through this information about the requirements for breeding is exchanged.

Brain Sentience working through the immune system is effectively running a breeding program to develop humans in the direction it wants.

Brain Sentience working through immune system energy will also modify, or change, the frequency of the energy the body it's in gives off making them attractive to the desired mate. Desired, that is, by Brain Sentience which wants to draw in someone who has the characteristics it requires.

Humans refer to this as sexual chemistry or attraction where there's a strong desire to have sex with somebody which only lasts a short time.

Once the mate has been drawn in the immune system will prepare a woman for pregnancy about 2 months before conception.

Of course this isn't automatic; people will say no, decide against it or use contraception.

If you know somebody trying to become pregnant, and you are sensitive to energy changes in people, watch to see if their body/energy condition changes a few months before if they conceive.

It's also interesting to watch the body/energy changes during pregnancy.

Before conception there's a huge expansion in the energy of a woman, preparing the body to expand.

Changes to all life on the planet are governed by Brain Sentience gone into in greater depth in another ebook: Life and Sentience.

Materials needed:

1 - box of extra strong tea, a box of 80 tea bags was used here. If extra strong tea is unavailable use the strongest you can find. The same for bags,

use loose tea if bags are unavailable.

1 - bar of extra strong chocolate. The 1 used here is 90% cocoa, but use the strongest available.

24 - rechargeable batteries the same as always.

3 - putty filters, 2 small, for inside the forearms and 1 large for the lower back.

1 roll of thin, clear plastic bags.

As always no particular brand or product is recommended, just get the best quality you can at the best price.

See the photo below...



Picture shows:

1 box of tea with 40 bags in a plastic bag in front.

1 bar of chocolate with the chocolate in 2 halves in bags in front.

Batteries in 2 bags in the centre, 12 in each bag resting on a large putty filter.

2 small putty filters in the front with a roll of thin, clear plastic bags above.

The putty filters are, as always, in clear, thin plastic bags.

Method:

The areas of the body the materials are placed are the lower back and the inside of the forearms about half way between the wrist and elbow.

These areas and this way of using the materials have been used many times before.

The materials are placed on each area for up to 2 hours, 3 times for each, starting with the large putty filter on the lower back with the bags of batteries, tea and chocolate placed on top.

For the lower back use all the available materials. They are divided into 2 halves for the lower arms.

They are left on for up to 2 hours then removed, stored safely and the batteries recharged.

It's usually easier with the lower back to place the materials in the correct order on a bed or chair and lie back on top of them.

Next is the inside of the forearms after a few days.

Rest the forearms on the small putty filters 1 for each arm with the materials under the putty filters.

The materials should be divided in half so each forearm is resting on 1 small putty filter with 1 thin, clear plastic bag containing 40 tea bags, or the loose equivalent, another bag containing half the chocolate bar and a 3rd bag containing 12 batteries.

Rest your arms on the materials for up to 2 hours then remove, store safely away from pets and children and recharge the batteries then when ready repeat on the lower back using the large putty filter and all the materials.

Leave on for 2 hours then a few days later use the materials on the forearms again, then finally a few days later the lower back and a few days after that the forearms.

Now the cell membranes have been cleared and energised and the immune system aligned with the new body condition the next step is to clear the genes in the cells of harmful weaker energy which is next...

4.3 – Clearing the genes of harmful inherited energy and protecting them

Toxic, polluted energy drawn into the body is the acquired underlying condition that is a factor in so many modern illnesses such as cancer and rheumatoid arthritis.

This acquired energy resides in the body and the body systems and processes and much of this book has been devoted to getting rid of it, but another contributing factor to illness is the origin of human cells and the genes in those cells.

All life's inherited condition or inherited energy which we are born with, resides in the cells, and isn't in the body systems or processes.

Genes in humans cells have come from different sources such as viruses, bacteria, moulds, molluscs and insects and even though they form part of human genetics, and look no different from genes without the energy of their place of origin, they contain the energy, or programming, of where they originally developed.

Genes originally from non-human sources are controlled from within by their program, or energy, which is also from non-human sources.

Genes that have no internal program may be seen as human and are controlled externally by Brain Sentience in the human brain.

The brain won't be able to send instructions to the genes originally from non-human sources as the program they already contain blocks and takes precedence over the brains instructions.

Both receive instructions as to when and how to create proteins and their shape or folding process.

The difference is the human brain will send instructions to human genes through the body's immune system to create proteins beneficial and compatible with the human body those genes are part of.

The genes originally from non-human sources will not.

They will produce proteins suitable for the organism they originated from and release them from the cell and it's these proteins, if there are enough of them that can give rise to illness in the body.

Now in limited numbers that's not a problem as the immune system will deal with them, unless it has another use for them such as development.

The problem gets made much worse when the non-human energy of the non-human genes is stimulated into producing vast amounts of proteins folded and suited for non-human organisms, the organisms from which the genes originated.

Then the immune system is overwhelmed, or it's done this deliberately in order to try and further its own purpose which is the development of human beings.

So where does this harmful energy that can stimulate the genes from non-human sources come from?

It comes from outside the body drawn in by the genes wanting to acquire its energy.

The cells send out a call or a kind of homing signal for any energy that's outside a person.

So an insect gene will draw into itself harmful acquired energy from an insect, from a bite for instance, if it's in the body systems and processes, same with a virus gene drawing in virus energy, bacteria genes drawing in bacteria energy and so on.

So this part is about removing the harmful non-human energy in the genes so turning them human and then immunising the genes from re-infection or contamination from harmful acquired energy which would take the genes back to the start.

The immune system can attack proteins meant for non-human organisms, which can lead to genetic illnesses, distortion really, but only once they spread from cells into the body systems and processes.

When a gene originates from a virus, bacteria, molluscs such as snails and slugs that secrete, insects that secrete, produce silk or bite, or mould, for instance, they all contain the original energy of the organism they developed in.

In the process of shaping more complex forms of life to develop them, immune system energy gathered such non-human genetic material even though it wasn't that suitable, to form more complex life, but it means the human form we have now is only partly on the way to being human and is held back by inherent problems in the genes in humans which can give rise to illness and lead to a severe distortion of human nature.

With molluscs, for instance, their genes will be programmed by their original energy to produce proteins which can promote a secreting process, and when these proteins are in a human being, can produce mucus becoming a factor in illnesses such as cystic fibrosis, bronchitis, pneumonia, general congestion and so on.

Consider 2 identical hard drives with a different operating system on each. Examining them physically would not reveal they had different software although they look the same.

It's the same with genes. They form the controlling mechanism of the cell they were originally part of, so a virus gene will contribute to the creation and attributes of a virus, and will continue to do so even if at some point those genes become part of human cells as it carries its programming within it.

If a gene has developed contributing to the biology of a virus, bacteria, insect, mollusc or mould it will always contain the software program, that is the energy, of where it originally developed and came from and if those genes become part of a human cell the energy of those genes will not be human or contribute to create something fully human.

This energy in the genes from non-human sources can be a factor and contribute to many illnesses and harmful behaviour.

With our genes adversely affected in this way human development will stall.

This is a description of humans in general as we all have genes in our cells which aren't, strictly speaking of human origin containing non-human energy.

Removing the hostile or contradictory energy from these genes allows a person to be free and to develop towards a more fully human state.

When there is a genetic illness specific to a location or a certain group of humans it's because some of their genes have come from a local source that gives rise to that illness, and the opposite is true.

If a group of humans seems to never get certain illness it's because the local genes, which they acquired, don't give rise to that condition.

The major contributors to illness originating from the genes are viruses, bacteria, insects, molluscs and moulds called causes here.

Other factors such as sunburn, chemicals & smoking are on a different level and are called trigger factors here.

Trigger factors are weaker than causes and work and exist in the bodies systems and processes, not cells.

Harmful, acquired non-human energy from causes gets into the genes.

If those genes and the non-human energy have the same source, it can stimulate, aggravate, energise and even torment the non-human genes giving rise to very adverse effects.

Different energies act on their genetic counterparts in different ways, for instance virus energy stimulates, bacterial energy aggravates, insect energy torments, mollusc energy suffocates and mould energy smothers the corresponding non-human energies.

Trigger factors will only work, that is trigger something, if non-human energy has got into the genes already stimulating/aggravating the non-human genes.

Then the trigger factors make a bad situation worse.

Note all causes come from living things, making them very strong, and also enabling them to be carriers, because living things, and their energies, move about.

The following energy pairings broadly cause the following depending on the amount they are stimulated...

Viruses: yellow poisoning energy, over-stimulating genes which come from viruses can activate them into produce proteins which become a factor in conditions such as lupus, leukaemia and diabetes.

This condition, virus energy over-stimulating virus genes, can also give rise to ambition, the desire for power and acquisitive behaviour and is a factor in anger, viciousness, insolence and violence.

This condition can be seen in the face and people with this sweat a lot, mainly on the face.

Bacteria: black congesting aggravating energy, producing proteins which can give rise to conditions such as cancer, driving explosive growth and rapid spreading, depending on how many proteins are being produced from over-stimulated genes.

With cancer this energy can also blend with the energy in the genes of certain insects making the cancer more powerful, if that energy is present, causing contradiction and deep distress.

It also gives rise to greed, negativity, vanity, self indulgence and the desire to control and smother others emotionally.

This is particularly damaging to people who live in hot countries with a lot of heat and insects.

Moulds: the energy of moulds is white and smothering giving rise to proteins that promote expansion and rot, especially on nerve sheaths, a factor in conditions such as multiple sclerosis.

It also gives rise to lethargy, indifference, overeating and a desire to be left alone. This causes the skin to appear puffy.

Molluscs such as slugs and snails that secrete have a suffocating, covering energy which joins with and strengthens any mollusc genes in a person.

This energy is clear, leads to proteins that can promote mucus and is a factor in conditions such as cystic fibrosis, pneumonia, general & local congestion when stimulated, depending on the amount.

Insects such as spiders that secrete silk: Has black tormenting energy producing proteins which can be a factor in illnesses where the body, or the immune system, attacks itself.

This energy bonds with the energy of bacteria becoming a factor in cancer contributing its ability to colonise healthy cells.

The energy from biting insects is also a powerful stimulant to insect genes in cells and is a main factor in cancer.

These factors can cause a reaction in the genes which come from non-human sources, a reaction leading to illness...

Without causes being present a person's genes may give rise to an illness by themselves, but there would be far less instances occurring and would explain evidence of illness in ancient, pre-pollution, times.

Then there are the combinations and changes so living things can act as carriers, carrying them into a person...

Toxic energy from hydrocarbons and industrial waste combines with just about anything alive or not.

Bacteria can combine with toxic, polluted energy so the bacteria act as a carrier, but it isn't fundamentally changed by it, it just becomes more harmful.

Fungi tend to combine more with industrial waste, probably when they reproduce, and are stronger than bacteria combined with polluted energy, but in a different way. Fungi are changed by industrial waste to become more harmful to humans. They don't act as carriers.

Viruses are very strong and are changed by the polluted energy of hydrocarbons making them very harmful and occasionally they can act as carriers.

The bites and stings from living things such as insects, fleas, spiders and various bugs which are a stronger form of life become much stronger and harmful when exposed to toxic pollution and industrial waste and is both changed by them and acts as a carrier.

When living things are changed by toxic pollution and/or industrial waste their energies, when in a person, become much more resistant to the immune system.

So, first adverse non-human energy in the cells and genes needs to be drained out.

Then cells and genes need to be protected from the energies of pollution, viruses, bacteria, fungi, insects, moulds & molluscs, and the energies from anything else getting back into the genes, so once the genes are cleaned out re-infection leading to illness and distortion is blocked and the genes protected.

The methods following will help clear the genes of any energy that isn't human and protect them.

The genes that can be called human contain no controlling energy within allowing humans to be free on so many levels.

Once the non-human energy has been removed from the genes that can't be considered human, those genes containing no controlling energy from any source, may then be seen as human and do no further harm.

No controlling energy in the genes equals freedom on all levels and a human that's not specialised.

The genes in humans follow an energy pattern, unique to each individual, which resides in the human brain, and having this energy pattern and not having genes programmed by energy within the genes separates humans from all other forms of life.

Human genes, that are genes without controlling non human energy, are not controlled, or programmed internally so their contribution to human existence is freedom.

This situation has been brought about by the immune system in each one of us to help humans progress.

We humans have a mechanism within us which can clear the genes of non human controlling/programming energy allowing us to be free of physical, not mental programming and to bring to an end factors which contribute to illness.

It was installed by the immune system in us so it could gradually remove non-human energy from our cells as it's developing a combination of genes, human & non-human, that further its purpose.

By giving the immune system the energy it needs in order to further develop humans, it no longer needs this balancing act in the cells for development which at best, is a very poor method, and the system for cleaning them of non-human energy can be used next.

The method used here to clear the genes of non human energy uses this mechanism that's already in us, but is used rarely.

The mechanism involves the energy of the sun building up in the skin of the lower limbs reaching a certain level and power where that energy discharges and clears and resets the energy of the genes.

This suns energy is mostly blocked by our immune system as it wants things to remain as they are, changing them only slightly to try and develop humans in the hope some will appear useful to it, but now it's being given the energy it needs to develop humans, by the use of all The Therapy methods, it can go back to its main and best method, using energy to develop us.

This mechanism in the skin in humans is in the lower limbs midway between the wrist & and elbow and the ankle & knee along the top surface of the arms and the sides of the legs.

The sun's energy builds up in the arms and legs storing energy then acting like a capacitor, that energy when it reaches a threshold is discharged throughout the body, clearing the genes of non-human energy.

This is a natural process to clear genes of unwanted energy so they can stop being non-human genes and spending a harmful amount of time sunbathing or on a sun bed won't help as until The Therapy has been used our immune systems will block the sun's energy, and after it's been used removing the non-human energy, it's no longer needed.

The sun's energy being blocked in the skin by the immune system can result in a build up in the skin of an aggressive, festering, aggravating energy which can become a factor in certain skin conditions such as psoriasis and eczema.

The non-human gene energy mix is different from person to person dependent on exactly where their original genes came from. It varies from individual to individual.

The method here is concentrated and strong enough to clear the genes and not be stopped by our immune systems as it wants all the energy it can get for development.

The Method...

You will need:

- * 1- 500ml bottle of linseed oil - bottle at the back
- * 8 - rechargeable AA batteries - the same as used in earlier methods - resting on the cotton wool
- * some cotton wool - centre
- * 4 - elastic bandages, each about 150mm to 200mm long, to hold the materials in place - on the left
- * some clear thin plastic bags - top right

See picture below...



Preparation - see above...

- * 4 of the clear, thin plastic bags will be needed.
- * Take 1 bag and place a small handful of the cotton wool inside the bag.
- * Pour some linseed oil into the bag, about 200/250mls, enough so the cotton wool soaks up the oil.
- * Squeeze the air from the bag and knot it.
- * Repeat with the other 3 bags so you have 4 bags in total with cotton wool soaked in linseed oil in each - on the right.
- * Soaking the linseed oil in cotton wool spreads out the oils density allowing the body to draw in its energy.
- * No putty filters are used with this method.
- * Make sure the batteries are charged and you're ready to use it.

Next...

The materials are placed on the outside surfaces of the arms and legs, 1 bag on each.

Note this is the outside surface not the inside as used on the arms in earlier methods.

Start with the legs first. They need to be bare. Pull an elastic bandage over the foot and pull it up the leg so it covers the midpoint between ankle and knee.

Repeat on the other leg.

See picture below...



Now the arms which also need to be bare.

Pull an elastic bandage over the hand and pull it up the arm so it covers the midpoint between the wrist and elbow.

Now do the same on the other arm.

See picture below...



Starting with the legs take 1 of the plastic bags and push it inside the elastic bandage so it sits on the outside edge of the leg.

See pictures below...

Pushing the bags in...



The bags in position.

Then take 2 batteries and push them inside the bandage so they sit on the cotton wool.



Batteries in place. One leg done...



Repeat on the other leg.

Then do the same with the arms.

Bandage in place...



Push 1 of the plastic bags under the elastic bandage so it sits on top of the forearm...



Then push 2 batteries inside the bandage so they sit on top of the cotton wool...



Batteries in place. One arm done...



Repeat on the other arm.

Leave on for about 2 hours, then remove, recharge the batteries and repeat 2 or 3 days later, and again 2 to 3 days after that so you have done 3 sessions lasting about 2 hours each.

3 sessions should be enough to prime the process but do extra sessions if you feel it's needed.

A person's immune system sensing there's an energy it can use lets it through to clear the genes of harmful, non-human energy.

Any non-human energy in the genes can be harmful.

This is like each cell having its own local hard drive with a program on it acting independently of the body.

This is how it is for all non-human life making them specialised and fixed.

Once the genes are cleared of non-human energy the brain, working through the immune system, can take over with a touch so light the cells are, in effect, free of programming.

This is like it working from the cloud in computer terms.

After the removing of harmful non-human energy from the genes they gradually move away from having energy from different sources and move towards being fully human.

And these benefits are passed down to descendents.

Next the cells and genes need to be protected.

The materials to do this are 24 - batteries, 1 large putty filter and some linseed oil in a plastic bag, knotted, without cotton wool just the oil about 1 small cupful.

The place to use this is the lower back with the putty on first with the batteries and linseed oil on top.

Leave on for 2 hours, remove, charge the batteries and store safely.

When ready repeat twice more for 2 hours each so you do 3 sessions in total. Do more sessions if you wish.

12 – Afterword

Well done!

You got to the end of The Therapy and hopefully achieved a lot of relief and development, and it has helped you move on in life.

More sessions may be used than what's shown mainly on the lower back. Flooding the body with energy gives it what it needs to put itself right, and like putting fuel in a car, energy gives the body health wise the ability to go the full distance.

The human body will use the energy received from The Therapy to put right as much as it can raising the general level of health. Once done it will use any surplus energy to energise internal systems, the brain and mind and anywhere that needs energy. Health takes priority over development.

After health internal development starts to take place and some conditions and illnesses could be seen as a result of a falling back, or lowering of the internal energy state leading to a lower developed state.

Any questions or feedback please email xcalibur2015@gmail.com

Kind regards and many thanks for the download,

Richard x

Following is a more detailed look at the energy factors of an illness or condition. It's for information only, none of its need to use The Therapy or to make it work, but it may be useful for people wishing to develop The Therapy further and understand more.

There's also a piece on using the root of the ground elder plant. Using it isn't part of The Therapy, but it's too useful to leave out and it can be very

effective at helping and relieving some conditions and some people may wish to use and study it.

The Problem of Illness

Harmful environmental energy and toxic by-products are a factor in many chronic conditions. These come from:

A – The Burning of Fossil Fuels

Living things such as plants, trees and vegetation, shed material such as leaves, seeds, nuts, pollen, scent and smells into the environment. They also radiate energy, like radios, which contains information about the environment which they have absorbed mostly from the earth through their roots.

Humans and animals then absorb this environmental life supporting energy which is drawn in through the joints of the wrists and ankles where the action of walking and using the hands moves it up the legs and arms and into the bone marrow of the forearms through a system of conduits where it's processed and refined.

The forearm bone marrow is where processing happens and it's this area that connects to the energy blueprint of the body. The body refers to this blueprint for many things such as the bodies shape when it's growing, repair when injured, damaged or ill, and the fine tuning needed for the body to stay in balance with its environment.

This is an ongoing process as environmental energy is constantly flowing through the bone marrow due to the bodies pumping and moving action which also connects it to the bone marrow.

Processed environmental energy is then released into the body's blueprint which is connected to the bone marrow of the forearms. From there the information spreads throughout the body's blueprint adjusting it.

This process isn't really evolution, although to an observer it may appear so, but more about staying in tune or balance with the bodies environment.

The bone marrow can deal with these unrefined energies directly whereas the blueprint needs a more specific, refined energy.

The body's general blueprint has 2 parts. A fixed part that's set at the moment of conception and governs things like growth, repair, the shape of a person, features, lifespan and so on - the parts of a human being that are fixed - the long term plan.

The massive release of energy at the moment of conception fixes the unchanging part of the energy blueprint and it would take a massive amount of energy (radiation and electrical energy could do it), plus the right environmental conditions, to change it - see the piece on water condition and swimming pools further on.

The energy blueprint has a second part which is more flexible and changeable which uses the energy of the environment to adapt to it. It governs how we respond to challenge, change and how we adapt. It's more short term dealing with responses to local conditions.

It's the same as ram and rom computer memory, rewritable and permanent.

As life supporting environmental energy comes from living things it's mobile, fluid and powerful, responds to the bodies pumping action, works and is compatible with human energy processes and is a completely separate process from how the energy of food is processed.

Also this energy, entering the body through the joints, enters unfiltered, so any harmful energy can just pass through into the body. The joints act as membranes allowing a 2-way flow of energy, but because, up until the last few centuries when industrialisation began, the energy passing in was always clean, no mechanism has developed to filter and clean this energy as it enters the body.

However, the human body is very adaptable and once it sees how the putty filters work it will take the energy of the putty filters and add it to the energy membranes of the joints, so incoming environmental energy will be filtered of harmful pollutants.

But before this filtering gets put in place, harmful energy can pass into a person unfiltered, so the problem is this: by burning high energy fossil fuels we release and saturate our environment with the energy by-products from dead organic material which is very powerful.

Fossil fuels like coal, gas and oil, all come from dead plants, trees and organic material. It's the same source as the energy of life, but death has changed the life supporting content.

Burning fossil fuels, wood included, releases an energy by-product like invisible smoke from dead material into the air, which is drawn into the joints and passed into the bone marrow where it's information is processed and released into the bodies energy blueprint, the same as if the energies from living things were being processed.

This energy by-product is depleted and has no real energy to bring about direct change in a person, like an insect energy could, it harms through its presence and its information content being processed through the bone marrow leading to adverse change in the body. It also changes the way the bone marrow functions while it's being processed producing problems with cell division.

Fossil fuels give off a depleted or exhausted energy when burnt like a thick smoke which our bodies absorb through the joints. As this is an undetectable gas like substance which mainly gets into the surface body systems and conduits it can be drawn out of a person fairly quickly so a person tends to recover quickly. It's presence in a person is a factor in congestive, mental, emotional and painful conditions.

If a person's body was uncontaminated the build up of fossil fuel energy by-products would take decades, about 30 years, but as the build up can be passed down the generations, parents to children, the build up, and the emergence of related conditions, is quicker.

This can be seen in the breakdown of health in children and the emergence in them of illnesses associated with old age such as some forms of arthritis.

Much illness comes from this process where environmental energy from living things has been replaced with the burnt, powerful exhausted energy or by-product of fossil fuels, changing how the body works.

One aim of The Therapy is to return things to normal by clearing out the energy by-product of dead fossil fuels allowing the energy from living things to be drawn into the body and to protect a person from dead, fossil fuel energy contamination.

Part 1.1 of The Therapy uses materials made from fossil fuels, detergents and antiseptics, to remove the environmental energy by-product released from fossil fuels from the body before it's processed by the bone marrow, using like to deal with like.

The by-product from fossil fuel energy is passive, gas or sludge like depending on its source, unresisting to the drawing effect of The Therapy, inert, immobile, doesn't impart vitality to living systems and is resistant to the bodies pumping/moving action.

It can be withdrawn from the body using materials from the same source.

This energy, being immobile, has a clogging effect on the body's conduits taking up space in a person so the energy from living things is blocked, and it has a numbing, debilitating effect on the bone marrow making the detection ability of the immune system, which is energy based, erratic and confused. This is a factor when the immune system attacks the body.

When the information from the energy of dead fossil fuel by-products is processed by the bone marrow and passed into the bodies blueprint, changing it, illness can be the result as repair and renewal will now come from a distorted blueprint.

The illness would depend on the information that was passed into the body's blueprint and how the blueprint was distorted.

The information content of the by-products of fossil fuels is powerful, made more powerful through burning, enabling it to imprint the bone

marrow and body blueprint.

Illnesses, where a change in the blueprint of the body is a factor, are deep, internal and first distort the way the immune system operates. They then move into the body being created from the blueprint which is the body's reference for growth, renewal and repair.

A distorted body blueprint can be a factor in many chronic, autoimmune conditions as the blueprint works through the immune system. This blueprint is the system blueprint of the body.

Individual cells have their own blueprint built into cell membranes and are separate to the system blueprint, but distortion or contamination in the cell blueprint can also be a factor in illness. See Part 4.1: Clearing & Energising Cell Membranes.

Physical products from fossil fuels such as electric light, heat and all things electric, anaesthetics and drugs in general are also dangerous due to their damaging energy content.

Examples of conditions where environmental energy by-products from fossil fuels is a factor, building up in the body are: asthma, insomnia, migraine, allergies, rheumatoid arthritis, cancer, ADHA, some forms of depression, mental conditions, types of dementia, autoimmune conditions and conditions involving congestion and reaction.

These are very much surface conditions cause by the energy by-products of fossil fuels clogging up the conduits of the body before being processed by the bone marrow, and will be drawn out very quickly through using Part 1.1 of The Therapy.

[B – Insect Material, Energy & Bites](#)

Humans have been bitten by insects for centuries and our bodies have built up a certain amount of resistance to an insect bite, however once insects were, like everything else, exposed to industrial pollution, their bites became much more toxic and able to inflict much greater harm.

The bites of ordinary insects, bugs, tics, lice, fleas, parasites and any living thing that cuts, tears or punctures the skin has become tremendously damaging to human health due to the insects breeding and feeding in areas saturated with polluted environmental energy where it combines with the living energy of the insect, flea, bug and so on and passes into the insects bite.

The personality of people living in hot countries with a lot of vicious, biting insects can be changed and even created by the type of energy in insect bites so a vicious bite over time can produce a vicious person.

It may be that different races of humans have been created, changed or developed in accordance with the energy of consumed insects and bites.

What insects feed on is also very important as waste is becoming heavily contaminated, and the plants they eat are becoming toxic, or the plants store toxins as a defence to insects, but the insects still eat them and store the toxins.

The living energy of insects joining with toxic, environmental energy creates a very dangerous threat to human health.

A specialist insect bite has emerged in recent centuries delivered, it seems, by female mosquitoes. Mosquitoes are called gnats in the UK. This is a bite to the back of the neck, the energy of which passes into the clear fluid of the body, especially around the brain and in the spine, and is an inhibitor, stopping the clear fluid from working as it should.

This effects of this bite can be passed on down through the generations, building up, causing immune system problems in the person first bitten contributing to serious, disabling conditions in later generations.

The energy from insect bites can also find its way through the body processes into the DNA and from there into the cell membrane which controls the cell it surrounds contributing to changes in human development and serious illness.

For more on this read the piece on Cell Division further on followed by The Therapy Part 4.1: Clearing & Energising Cell Membranes.

C – Clear Fluid

The clear fluid of the body is the part of the physical immune system which deals with all harmful invasive energy, especially from living things. Water, which becomes the body's clear fluid, makes up a large proportion of our bodies.

This specialist insect bite from mosquitoes only purpose is to disable and inhibit the clear fluid of the body preventing it from dealing with harmful, invasive energies from such as other bites to the body, artificial heat and cold residue and the energy of ingested insect material.

In males, amongst other things, the bite to the back of the neck allows genetic abnormalities to survive as it's the job of the clear fluid to eliminate these. In females, again amongst other things, the bite to the back of the neck allows other insect bites to do damage.

The clear fluid is also a transmission medium for energies between the brain, mind, body and the outside world, acting like a fluid nervous system, as well as cleaning out all invading energy, transmitting only human energy the body has processed.

The clear fluid allows for non verbal empathic communication between humans, if we are aware of it. Humans naturally extend energy out to others, and we receive energy back from them. This is transmitted in and out through the clear fluid of our bodies giving us the ability to be aware of the inner nature of others, giving rise to a natural empathy and sympathy for each other.

Another, more specialised, form of this means of information transmission through the body's clear fluid happens when a baby is breastfeeding. Bumps in the mothers areola called Montgomery glands secrete a liquid which transmits information into the baby through the lips, which are energy receptors, when breastfeeding.

This is information the mother has stored, unknowingly, about the world as it is now, a kind of snapshot, which the growing child needs to fit into, or

accommodate, that world.

The pattern of the Montgomery glands, or bumps, is also significant. A type of reverse brail perhaps where the bumps read the touch of the lips during breastfeeding, leading to the mothers body modifying the energy content of the milk according to this feedback.

Also, when the mind or brain has a powerful insight, that insight releases a powerful detonation of energy in the mind or brain which gives birth to a realisation. The power of that realisation flows out from the mind or brain into the body via the clear fluid carrying out the implications of that insight/realisation.

It then flows out into the physical world flowing into and changing people who come into contact with it.

It's the rolling energy of change, which is freedom, transmitted through the body's clear fluid.

Insight and realisation can only happen when the mind and brain are uncontaminated and capable of such insights and the bodies clear fluid is uncontaminated by insect bites for the realisation to be transmitted.

The mind, brain and body also need to be completely relaxed so the insight can firstly happen and then realisation can spread.

This is a non verbal way humans share and commune.

This is how it works when the clear fluid, mind and brain are uncontaminated by invasive, harmful, disruptive, non-human energies, but as most are now it hardly ever happens. Insights are still born in the mind and brain, their energy, which is realisation, dies with them.

This process has now been taken over by something similar where all the harmful energy of the brain and mind, generated from insect contamination of the cell membrane surrounding cells, such as conditioning, anger, hatred, fear, violence and so on can be passed out into the world via the clear fluid where it passes into others, who then become infected and contaminated by it.

This harmful energy is usually drawn in by others, affected by it, and passed on.

The insect bite to the neck distorts the way the clear fluid works allowing it to become a transmission medium for non-human energies, such as artificial heat and cold residue and insect energy for instance, which when its working, would eliminate from the human body.

These insect energies move through the clear fluid and the lymph, which is part of the clear fluid system, building up in internal organs becoming a factor, not direct causes, in certain conditions.

For instance, depending on the type of insect and energy -

Flying insects: prostate and blood cancer, epilepsy, diabetes.

Crawling insects: most cancer, especially in the breast.

The clear fluid, being fluid, also has a hydraulic action which is affected by stress, pain, pressure and even the weather. When under pressure such things as pain are transferred around the body, hydraulically, and can even be passed from a pregnant woman into the developing baby.

The clear fluid also acts as a screening mechanism for genetic abnormalities, which again the insect bite inhibits, making the abnormalities worse.

The power or energy of clear fluid when uncontaminated has been used in the past to bring about healings through spitting in mud, and touching a person's tongue with spit.

When functioning properly the clear fluid acts like the ocean - self cleaning, tidal, clear, life supporting; a channel of communication through which human energies move.

[D – Insect Material and Energy](#)

Another problem that comes from insects is their actual physical material that for centuries humans have been consuming along with grain and

cereal products. Even today this goes on and pre-industrial age the body's defences, that are the stomach acid and the clear fluid in the body, dealt with consumed insect material and its associated energy which is incredibly strong.

Insect material and energy is at its most dangerous when it's consumed, much more so than bites.

The physical material of insects also enters humans through milk and dairy products.

Insect material is anything physical insects deposit on the ground, grass, crops and vegetation. This would include eggs, pupa, lava, droppings and even the material of dead insects and shells all of which contain insect energy. It also includes the toxins an insect stores through eating toxic plants and poisons an insect develops as a defence against predators.

Food is also produced and shipped around the globe so toxic insect material from various countries is being introduced to populations which have never built up a defence to it, and of course, global travel is much more common now exposing people to different types of insects.

Clothes can be made from silk, an insect material, which is often dyed with products made from oil, adding to its ability to cause harm.

An insect weaves silk into a cocoon in which it undergoes a metamorphosis. It changes from one creature into another and the silk cocoon acts as a magnifier, protector and incubator of the insect energies within it helping them change and develop.

Wearing clothes made from silk will also do the same to any insect energy in a person helping to promote them. Silk also appears to draw insect energy to it, drawing it to the surface in humans.

Insects are also used in cosmetics, especially lipstick. The lips are energy receptors allowing a flow of energy through the lips, from fluids being drunk, so the body can gain the necessary information it needs as to the energy content of different fluids allowing a person to choose what their body needs.

The inside of the mouth, the tongue and especially the teeth, due to their composition and structure, do the same with food, again allowing a correct choice for their body needs at that time.

The tongue is a receiver of energy which passes from food into the tongue through the taste buds.

Coating the lips with lipstick prevents this process from happening, but the insect energy from the lipstick is absorbed through the lips and the insect material and energy in lipstick will eventually be washed into the body where it can cause its own unique type of damage, because insect material and energy is at its most dangerous when consumed.

Kissing lip to lip may be an instinctive way for people to gather non-verbal information about a potential partner which is blocked when lipstick is worn. The person not wearing lipstick will then absorb insect material and energy through the lips and by swallowing the lipstick, if that particular lipstick contains insect ingredients.

This means the bonding process between potential couples becomes distorted leading to people making unwise choices regarding partners, which is becoming evident in society, due to all the distortion in the signals sent and received.

Lip balm coating the lips would also prevent them from being used as energy receptors, as that is a petroleum product, and licking stamps and envelopes transfers glue energy into a person causing a unique type of energy congestion in the lips, mouth, throat and chest.

In some countries, of course, eating insects is part of the diet and done deliberately as opposed to being eaten unknowingly with other food.

Insect material is also becoming heavily contaminated with harmful, environmental energy from fossil fuels which blends with its own insect energy making it, and the insect when alive, more powerful, vicious and dangerous.

Grazing animals such as cows and sheep ingest grass with insect material and its associated energy on, where it's chewed, ground up and

regurgitated, separating the insect energy from the material it belongs to, imparting strength and concentrating the insect energy.

The type of insect consumed is nearly always crawling insects that live close to the ground in the animals grazing and they have a very heavy energy associated with rheumatoid arthritis.

A similar grinding process happens to cereals when milled, in grazing animals, and when energy is passed through the cells of the bone marrow, in humans.

This grinding process in grazing animals, humans and similar animals is to protect the young from any harmful energy getting into the milk making it harmless.

In humans harmful material and energy is ground by the teeth breaking it up to protect the body and in pregnant women to protect the developing child.

Beneficial material and energy is ground up and reformed into energy the body can use and a pregnant woman will pass it on to the developing child.

Teeth pass information regarding the energy content of food gained during chewing to the body, and are why teeth have nerves.

What's changed is that insects and animal feed are now heavily contaminated with pollution and sprays which protect the harmful energy from the grinding process so they stay intact becoming a factor in many harmful conditions in people.

Grazing animals will also do the same energy grinding process with any manufactured feed they are given. Anything contaminating the feed, either physical or energy, will end up in the milk and into the food chain and while grinding doesn't break it up, due to its pollution content, it can be made stronger and more concentrated through regurgitation.

Sterilising milk does not remove insect energy, but it will add harmful used gas or electric energy residues to it as milk is a carrier.

Different species of insects have different energies which have a different effect on human health.

They combine with the energies from fossil fuels in the environment and through heating with gas or electricity plus any other harmful chemical energy they come into contact with, to produce a combination of energies capable of producing a certain illness or condition once in a person.

For instance the physical material and energy of flying insects that sting has a completely different effect on humans than that from crawling insects that bite and when different energies combine from different sources at different strengths and levels they can become underlying factors in various illnesses or conditions.

A contributing energy of Parkinson's disease which affects more men seems to come from the material of flying insects found in food and drink.

One possible chain may be flying insects, possibly grasshoppers, crickets or locusts, depending on location, feed and live on hops which are harvested along with various insects, to brew beer, which, at this time, men mainly drink. The energy residue of used artificial heat needs to be present as well, as the male body stores heat. The chemicals used to preserve beer also play a role in this.

The body condition of a Parkinson's disease sufferer is that of types of flying insects like crickets, grasshoppers or locusts which can also be full of viruses, bacteria and fungus, making it worse.

Any insect energy in a person nearly always provokes an immune system response and in brewing the insect energy has a chance to combine with fungal energy, yeast, virus and bacterial energy, the residue of artificial heat and cold and chemicals.

Another possibility is the bites of dog fleas or mites biting the inside forearms of their owners when the animal is being stroked then combining with other material that's found its way into the body.

Long term disorders and conditions usually have a combination of different, harmful, energies as a factor.

Once insect material and its energy is in dairy cattle, it's carried into people, more through milk and dairy products, which are more a natural carrier of energy, than meat. Milk is the main source of nourishment when born. It's automatically accepted unconditionally by the human body as a friend, not foe, allowing harmful energies to pass in unhindered.

Once insect energy gets into the human stomach it lines the stomach wall restricting the absorption of food energy coating stomach bacteria making them undetectable to the body's immune system which is holding them in the stomach.

The immune system acts like a gatekeeper basing its actions on recognition or detection not allowing stomach bacteria to pass through the stomach wall.

Once undetectable, stomach bacteria are no longer prevented from leaving the stomach, moving around the body through the clear fluid spreading the insect material and energy they're contaminated with.

They also pass out through the walls of the colon if it's been damaged and made porous through antibiotic use.

Small amounts of insect material produce a staggering amount of insect energy and it's estimated a person consumes about 1 to 2 lbs or a half to 1 kilo of insect material every year.

Think of that: up to 1kilo a year of poisonous, toxic insect waste consumed every year and nobody talks about it and we wonder why we get ill, truly the elephant in the room.

Milk can transport many different types of energy which, once in the stomach, can be distributed by stomach bacteria.

Other energy such as food heavily saturated with mains electric/microwave energy through pasteurising/cooking, passes through the stomach wall, damaging it in the process, and into the blood destabilising the blood cells and making them erratic, becoming a factor in blood disorders.

The damage to the energy integrity of the stomach wall can be a factor in a range of conditions from ulcers to stomach cancer.

Cheese, which has mould in it heated with electricity has 3 harmful energies in it - insect, electrical and mould or fungal.

Insect material and energy also gets into people through rain washing insect material on the ground into the water system where the water absorbs it.

Water, generally, is self cleaning of harmful energy making it no threat to the body, so the body hasn't developed a way to clean drinking water of harmful energy. The body expects water to be pure and wholesome and like milk, accepts it unconditionally.

Insect energy stays in water though, which may be because many insects have evolved on or live in water, so it may be a natural carrier for it. It also seems to be immune to the effects of gravity and water movement which would help remove it.

Sterilising water and attempts to purify it do not remove harmful insect energy, but adds the energy presence of the sterilising process.

Any healthy quality water for humans is destroyed by insect energy and its presence prevents the body converting water from outside into clear fluid by the addition of the body's own energy making it part of the body and acceptable to the immune system.

Fluoridisation and any chemicals in drinking water will also inhibit the body's ability to convert water into the body's clear fluid.

Insect material and energy which is ingested is a much heavier, more concentrated, more resistant type of insect energy than the energy of bites which tend to get into the nervous system through the skin.

From the stomach this heavy insect energy is distributed throughout the body through contaminated stomach bacteria which changes the body condition, infusing with the fabric of the mind and becoming the underlying condition, the soil, of rheumatoid arthritis. This is very, very common and most people have it to a lesser or greater degree.

From the stomach insect material and energy spreads from the clear fluid into the internal organs, interfering with the way they are regulated and

work. Its presence is enough to do this and it has a different effect on organs which are processors, particularly the brain as the processing of insect material and energy causes the brain to start sending out the wrong instructions to the body.

The presence of insect energy produces a resonance, or vibration, in cells, which will interfere with cell division. People express this resonance as horror, bad reaction and/or a feeling of dread depending how sensitive they are.

Holding a liquid used in The Therapy: Part 1.1 close to a person's leg or arm will sometimes make them shudder which is caused by the insect energy in them reacting to the detergent's presence as it's aware the detergent is a threat.

E – Insect Life

Insect life, material and its energy is a totally different type of life to human and animal kind and works in a truly alien way to us. We are not the same form of life at all.

As well as an insect's material physical body and its energy is its life force which is something completely different from humans and animals.

When a human or animal dies something leaves the physical body and migrates or moves on, regenerates, or fills with energy, and returns to physical existence.

Now with an insect its life power is different: it doesn't move on, migrate or regenerate. It stays here on Earth on the physical level with a life power that neither increases nor decreases and with a focused intensity that never changes.

This is why insect life on Earth is virtually unchanged for millions of years.

We have nothing in us which corresponds to this type of life force that acts in this way.

So when an insect dies its life force immediately moves into another insect body, but with so many insects being killed, mainly through sprays, the only place the insect life force can go is into animals and people - us. It can also be held in water to pass into people when consumed.

This insect life energy, like viruses, can only enter a person's body when the filtered salt energy in them is depleted. This depleting opens up space in a person for other things to get in.

Once in a person it tries to live life and express itself through its host and to try and change its environment, again the host, to suit itself, the outcome of which can be conflict and illness.

Like an insect sting, the energy of insect life acts in an active, concentrated, focused way causing deep, but not widespread damage to cell membranes just like a sting.

Without filtered salt energy to protect the body insect life can enter a person through the skin going directly into the blood causing disruption to the cell membranes, blood disorders and becoming an underlying cause of conditions such as stroke.

In the blood it combines, or feeds on, iron energy where it forms an energy sludge blocking, or limiting, the absorbance of oxygen, a step towards leukaemia. The absorbing, combining or blocking of oxygen energy destabilises electrical energy and cell membranes in the blood, underlying factors in leukaemia.

This energy sludge circulates around the body through the blood being absorbed by different organs and especially brain cell membranes where it becomes a factor in dementia.

The brain cell membranes soak up this energy sludge because energy is needed for the brain to be active and they are depleted of filtered salt energy which leads to a slowdown in mental activity and loss of memory due to lack of energy.

When this energy sludge arrives the membranes around the brain cells soak it up to compensate, but it's the wrong kind of energy leading to a

breakdown of function and a lack of communication between the cell membranes, a factor of dementia.

Filtered salt energy disappears from the body because it's absorbed by the energy of ice cream, that is, refrigerated dairy products containing antifreeze.

It's the antifreeze, or propylene glycol, that's the real problem staying in the body for years after it's been consumed causing, amongst other things, damage to the bodies energy, such as in salt, and systems. It's unfortunate that refrigerated dairy products such as ice cream and deserts, although adults eat them, are often given to young children damaging them early on.

The use of filtered serotonin energy will help remove the energy of antifreeze from the body and using the energy of filtered sea salt will drive it out.

Filtered sea salt energy will also release, or drive out, insect life energy held in a person's body. To release it from cell membranes The Therapy Part 4.1 using graphite powder needs to be used.

The breakup of the energy sludge is brought about by the use of the energy of filtered serotonin and sea salt and the way to use it is explained in the supplemental section following The Therapy: Part 1.2.

[F – The Used Energy Residue of Artificial Heat and Cold](#)

An energy factor in chronic conditions affecting health is the residue of used artificial heat and cold. This is energy that has been processed by an appliance or device using up its vitality leaving behind, in food or water to be consumed, an undetectable energy residue or presence.

Cooked food will contain the energy residue of the gas or electricity used to cook it and refrigerated food cooled by gas circulation and powered by electric will have the residue of both.

Insect material and energy comes from a living creature, but the used energy residue of fossil fuels - gas, electric, coal and oil - all come from dead things. There's a big difference.

Insect material and energy, in a human, will actively try to change that human body to suit its needs; giving rise to the adverse changes we call illness. The used energy residue left over from using fossil fuels can only damage by its presence, being the residue of spent energy it can't actively change the human body.

Other ways to generate electrical energy are nuclear, solar, wind and tidal. With the exception of nuclear which imparts its own type of energy signature into the electricity it generates, solar, wind and tidal generated electricity have a less dangerous point of generation, but all the products of electricity, artificial heat and cold residue, will still be created.

The energy residue of used artificial cold can be powerful contributory factor in an illness or condition as it can shield and protect other contributory factors from the immune system.

Also, where the energy residue of used artificial heat collects is important because it becomes a focus and a drawing point for other contributory factors to an illness or condition. Smoking would be an example of a contributory factor.

Used artificial heat is any heat not absorbed directly from the sun through the skin, which is the only way humans have developed to absorb heat, mostly from fossil fuels such as gas, electric and microwave heating and cooking, but includes the residues of other energies from smoking and burning wood.

Artificial heat isn't life supporting as it's vitality has gone used to power the appliance it's powered, i.e. a cooker, heater, microwave, motor and so on. The action of cooking leaves behind in the food, especially milk and drink, a used, undetectable energy presence which transfers into people through the food and drink it's in when consumed.

The residue from used artificial heat and cold, generated from mains electricity is most dangerous when it gets into a person by the mouth, i.e.

by food, drink and inhaling, smoking, giving the body no way to refuse them.

This doesn't apply to battery energy which hasn't been processed through an appliance or device and is filtered when used in The Therapy and is placed on the skin giving the body the option to take or refuse the energy offered.

Used mains artificial energy can also pass into a person through the skin, with heating and washing, and the eyes, with electric light, TV's and monitors which can become a factor in conditions more on the surface.

With electrical energy the key point is its mains generated alternating current that damages, not low voltage direct current battery energy.

Immersing the hands when washing up in hot water containing detergent is also a way dangerous energy residue can enter the body going directly into the bone marrow of the forearms, becoming a factor, in some cases, in breast cancer, and will be gone into further on in the piece on cancer.

Human heat that's natural, generated from within a person from the sun, air, food and drink, consumed at room temperature without being heated, frozen or cooled artificially, is a completely different type of energy, generated from deep within, than used artificial energy which comes from dead or decaying sources and forms a layer near the bodies surface blocking the brains perception of the body. This is another important factor connected to cancer.

Natural human heat goes towards powering human emotions. True love and friendship has natural warmth and we have warm feelings towards those and what we care about. Only natural human heat can do this and be used in this way.

Being warmed by the sun is natural and when we cool down it's because that heat has left the body. We cool due to an absence of heat or its energy. Being heated through food or drink is an artificial state where the body condition is forced to change and is unnatural and damaging.

Artificial cold comes from refrigeration or air conditioning and is a type of energy. Energy presence or residue is a better term as it's undetectable, passive, can't be measured and has no direct effect on or in the physical world. It does however, have an indirect effect caused by its presence, becoming a factor in certain illnesses and it freezes, or locks, a person's body condition, mostly in females as the natural body condition of females is to store cold.

Natural cold is an absence of heat, but artificial cold contains the used mains electrical energy presence of the refrigeration process. A person can have the artificial energy residue of cold in them and not feel cold, but it's tremendously disruptive to human energy systems covering and smothering them, it also freezes, or shuts out natural human heat and warmth.

The human body finds it much easier to use artificial heat, which arrives in the body already generated, than to generate its own natural human heat. It's the line of least resistance.

Unfortunately, while artificial heat can be used to heat the body, usually too much so a person is always uncomfortably warm, and therefore unhappy and irritable, it cannot be used to power a natural, human emotional state.

Instead of natural human heat and warmth the body chooses readily available artificial heat which then inflames and drives emotions such as rage, anger, hate, violence, lust and sexual desire, all of which contain heat. The male is more prone to expressing these types of emotions as men are more heat based, storing and expressing it.

Artificial heat and cold is most dangerous when it enters the body in food and drink being consumed.

For instance: ice cream made from milk which is an energy carrier, contains the antifreeze propylene glycol, which is also used as a preservative in many products. When the ice cream and antifreeze combine they turn the ice cream into a type of battery, which would happen to any frozen milk product containing antifreeze, which then has the capacity to store much

more of the residue of used artificial cold energy than milk on its own, being carried into the body when the product is consumed.

A metal can, aluminium is used a lot now in canning, will impart the metal spin or imprint of the aluminium into the contents of the can, especially if it's an acid type soft drink. This metallic imprint's different from used, artificial energy essence, which will be in the drink anyway due to its manufacturing process, and once the drink is consumed this metallic imprint combines with vibrations from machinery already in a person, looked at a bit further on, to spread them around the body transmitting and focusing their power, particularly in the brain.

These types of used energy which leave an energy residue are undetectable, but they are there.

Artificial heat, combined with other energies, is a factor in certain types of conditions and artificial cold, combined with other energies, is a factor in certain other types of conditions and will be looked at a bit further on, along with vibrations.

The sun's energy passing through a simple form of life such as a plant or tree has its vitality stripped out by the plant or tree to energise its physical living processes, supporting its life. This vitality can only be stripped out once and is the action of very simple forms of life starting the process of sending energy up through the chain of life.

Once the vitality of the sun's energy has gone into a life supporting processes, the remaining energy residue is used and devitalised and with plants it's returned to the soil where it's grounded.

Humans and animals tend to compound more complex energies from simpler energies through consumption rather than strip vitality from plants and trees.

The sun's energy we absorb is held in cell membranes, used for energising the brain and body and development.

Any food containing insect material and energy is resistant to the body's ability to change it with the body's energy as it passes through the

windpipe so it remains unchanged and hostile to the body.

The energy of used artificial heat and cold in food and drink will also do this.

Other forms of artificial energy which affect the body, but are not consumed, would be machinery giving off vibrations, such as power tools, dentists drills, electric toothbrushes and shavers, massage devices and barbers shears all of which make direct contact with peoples bodies.

Machines such as generators, cars, trains, aircraft, various motors and engines give off vibrations absorbed by people's bodies, but they're not in direct contact.

Males generally use such machines and it's the vibration that's the problem and is a factor in Parkinson's disease, especially the brain damage, which is transmitted and focused into the brain when combined with the metallic imprint given to food and drink through canning.

The bodies clear fluid again acts as a transmission medium in a person for these vibrations only when it's been damaged by the action of the insect bite to the neck.

These types of energies such as vibrations, metallic imprints and energy residues are undetectable in a person, they're not even felt, but the condition or illness they contribute to is an indication of their existence.

The specialist insect bite to the male neck disables the clear fluids ability to screen out genetic abnormalities allowing them to survive. This, combined with the used artificial energy residue of cold damaging and changing the body condition, is a factor with Down's syndrome, but this happens over time, with the effects of the bite working down through many generations, before a serious genetic condition appears.

The body condition with Down's syndrome is fluid with used artificial cold energy residue dominating. It's very similar to MS. Females draw and hold cold energy residue and its passed female to female down through the line, again building up over time.

G – Conditions that Start in the Womb

Many conditions are passed on in the womb, or start there, so a person is born and grows up with them - shaping their lives.

A child in the womb surrounded by fluid repeats the pattern of a cell surrounded by a membrane.

The fluid/membrane is the important part here, creating everything within it and storing and holding energy.

Damage can be done through the placenta and the clear amniotic fluid surrounding the growing child damaging development.

This damage done through the amniotic fluid can also be replicated in later life in swimming pools and spas.

Creation or the overall pattern of the human in the womb is done through the amniotic fluid.

The placenta supplies filtered energy and raw materials and because the energy is filtered cells grow.

This switches off upon birth with some lingering filtered energy regenerating some brain and nerve cells in life.

Part of The Therapy's method is to replicate conditions in the womb through the use of filtered energy enabling brain and nerve cells to recover amongst other things.

The aim is to reset a person back to health.

Using The Therapy in this way needs to be tested to see if this works.

Change the amniotic fluid content and the developments changed.

A swimming pool, for instance, replicates the womb and the amniotic fluid in a harmful way.

A person swimming becomes a foetus.

Damage done in the womb and a swimming pool looks different only because damage done in the womb affects a person very early in development, whereas in a swimming pool a person is further along, a child, or finished development, an adult.

In the womb a factor of Down's syndrome begins in the mother's placenta. Before pregnancy an insect bite to the neck disables or inhibits the future mother's clear fluid defensive system. This allows the energy of other insect material and bites to work through her clear body fluid, and when she is pregnant, it can lodge in the placenta, causing an energy bottleneck, interfering with the energy received by the foetus changing the way it develops.

It's not just the placenta this energy lodges, but all through the organs of the body, becoming a factor in diabetes for instance. It happens with both men and women, but as the developing baby in a pregnant woman is drawing so much from her through the placenta it gets the lion's share of the harmful energy.

These 2 problems in the male and female, both caused by insect bites, converging, become a factor in Down's syndrome. The energy of used artificial cold, generated from mains electricity, changing and locking both the mother line over generations, and the baby's body condition, is another.

Another problem occurs when the placenta, as a filter, becomes overwhelmed and starts letting through insect material and energy and the energy from refrigeration into the amniotic fluid surrounding the baby where it can damage the developing baby directly.

The condition that arises in the developing baby depends on the species of insect material and energy that's let through, but the effect is powerful as its development is interfered with and changed. The changes, as they happen very early on, tend to be genetic.

With Down's syndrome the damage done is dependent on a combination of the type of insect material, possibly a mosquito, used artificial cold residue, which changes and locks the mother's body condition over

generations, and damage done to the back of the neck leading to development problems.

This neck damage is transmitted from the mother through the clear amniotic fluid in the womb and is the original insect bite to her neck, and/or her previous generations that have become imprinted in her female line, replicated in the developing baby and is always present in people with Down's syndrome. This happens when the mother and baby both share the same body condition created by the residue of used artificial cold energy.

A person with Down's syndrome has the facial look of somebody being affected by cold, which is what's happening: used cold energy residue and as this happens in the womb the developing baby's body condition is changed completely, cell by cell, so the used cold energy residue fuses totally with the developing child's structure at every level.

This is a different condition than when an adult takes in used cold energy residue from food and drink as their physical structure, hopefully, has already been established, so the cold residue can only affect the person's body systems, not the structure, although that's in itself is bad enough.

Examples of conditions developed from conception where the physical structure of the developing baby has been infiltrated and changed by inherited used cold energy residue would be Down's syndrome, lupus, MS, cystic fibrosis, fibromyalgia, motor neurone disease, diabetes and epilepsy.

Most of these start to show later in life as they still need some outside factors to trigger them but the energy groundwork has been laid in the womb changing the body condition, and as it begins early it becomes woven and permeates the fabric of a person's existence.

As opposed to the used energy residue of artificial heat and cold, insect energy in the womb tends to work through the developing child's energy systems in an adverse way, rather than becoming part of the developing child's physical structure.

Examples of this would be: severe allergies, ADHD, mental conditions and autism, and as the joining of adverse insect material and different energies

happens in the womb the person is born, grows up and has to live with this all their life, truly a living hell.

H – Cell Division

If insect material and energy is present in a person cell division will happen under severe tension causing abnormal and unstable, but not rapid or uncontrolled, cell division and the more insect material and energy is present, the more cells are affected. This is especially true in the blood and it's passed on through transfusions.

Insect material and energy causes an almost violent reaction in the human body right down to the cellular level and while insect material and energy can be spread throughout the body its life energy tends to concentrate and focus its attack on parts of the body, the same as if it's stinging.

Insect material and energy has to go through another transformation by being processed by the bone marrow creating energy packets containing DNA, as well as coming into contact with any artificial energy presence of heat or cold in a person.

Energy packets can also be contaminated by pollution and heavy metals.

These contaminated energy packets then get into the membranes surrounding cells. It's the membrane that creates the cell and its contents, defines its function and controls cell division. The membrane is the control mechanism of the cell it surrounds and contaminated control packets damage the membrane.

Different pollutants in the membrane changing the way it works are a factor in cancer and immune system illnesses such as rheumatoid arthritis.

As said the blueprint for individual cell division is in the cell membrane, not in the overall body blueprint discussed elsewhere in this book, which controls the action of a cell and its time of division. As the blueprint is local in the cell membrane, it's much weaker and more subject to the influence of insect material and energy and pollution.

This also means that severe damage to cells, as opposed to mild damage, is repaired in a more specialist way through energy packets containing DNA to oversee cell repair, done locally at the site of any cell damage by stimulating the blueprint within the cell membrane.

Cells can be damaged by external factors such as overexposure to the sun, chemicals, pollution and smoking, then the body releases energy packets to repair the cell through its surrounding membrane but if the energy packets are contaminated they change the way the membrane works causing more damage such as out of control cell division.

I – Energy Packets

Growth and repair are normal functions of the body.

The body is in a constant state of repair, renewal, and when young, growth.

This takes a lot of raw energy from food, sunshine, air and water which is passed through the bone marrow, processed and programmed for the job of repair or renewal, when this energy is passed out into the body to stimulate and control repair or renewal in a general way.

When the body is superficially damaged, such as a small cut, this repair process carries on unchanged, but damage to cells from high energy sources is different.

When cells suffer damage from high energy such as from burning or chemicals those cells need processed energy in a much more powerful, specialised, focused and effective way, for repair.

For cell damage caused by high energy sources raw, un-programmed energy is passed through the bone marrow repeatedly, like regurgitation, to make it more powerful.

The cells of the bone marrow have a grinding effect on an energy structure breaking it up, allowing it to be restructured and programmed.

This reprogrammed energy then combines with strands of DNA programming them with the needs or instructions for repair.

For cells damaged by high energy sources powerful, programmed DNA then passes out the ends of the long bones contained in energy packets which pass into the body's clear fluid, which has a tidal action, where they are washed to the site of the damage.

The energy packets work like seeds releasing DNA into the membranes of cells that need repairing.

The programmed DNA needs to direct repairs locally, which has to be done at the site of any damage, not from a distance, as its the cell membrane that control the repair of damaged cells directly.

Once there the programmed packets of energy containing reprogrammed DNA burst releasing the DNA which embeds in the cell membranes present at the site of the damaged cells.

The DNA then literally drills into the damaged cell membrane which it can do due to its double helix shape which is drill shaped and once in energy passes down and out into the cell membrane containing instructions, and the vitality, for repair.

The cell membrane is self contained and resists any energy trying to penetrate it even from its own host body, but the cell membrane has no way to repair a cell damaged by high energy. For this the DNA is needed which the cell membrane resists. Probably to retain the integrity of its cell even though its damaged. It's for this reason the DNA drills into the cell membrane.

This method works well so long as the DNA isn't contaminated and the instructions contained aren't harmful.

Other DNA drills down into undamaged cell membrane and energy surrounding the damaged cells, drawing energy from them through its spiral shape to form a wall of energy around the repair to prevent the energy of the repair spreading to other cells causing uncontrolled growth in undamaged cells.

The double helix shape of the DNA allows it to draw energy up from cells, as here, or pass it down into cells when repairing them. It's like a drill bit that can drill down or be reversed to back out.

This whole process greatly resembles the act of conception, the sperm and the egg.

This is how it works when the repair DNA and the energy packets that contain it are processed from uncontaminated human energy that is not contaminated with the power of insect life, material and its accompanying energy and the energy of pollution.

So long as the energy used for programming the DNA is human or compatible with human life processes, no problem, but that's not what's happening.

Powerful insect life and energy, resistant to the restructuring and reprogramming of the bone marrow, is being passed directly into the repair DNA and sent to the site of cell damage where it drills into the damaged cell membranes releasing code or instructions for insects which are incompatible with human life.

This code from insects, injected into the cell membrane which is the control mechanism for the cell, is a factor in abnormal and rapid out of control cell division.

The DNA that embed around the damaged cell membrane to prevent the spread of repair energy no longer does so.

Damage to cells started by high energy irritants such as smoking, the sun burning, chemicals and pollution require this method of repair. The body creates energy packets to repair the cells through the cell membrane, but due to contamination in the DNA, makes the damage worse.

Any external irritants can damage cells so long as they produce high energy after burning.

The two processes, the external and internal follow each other.

This is the delivery mechanism for delivering beneficial or harmful energy to the cell membrane.

Insect energy in cell membranes can be removed using The Therapy in general and using Part 4 specifically.

Insect material in food needs to be filtered out before it's eaten.

J – Cancer

Insect energy and material combine with human in the DNA with each taking a strand where they come into conflict. At this level the insect part of the DNA is more in fear, and terrified, of the human part as it's locked into the DNA and can't escape. Flight is the natural course for insects.

Uncontrolled growth in a cell is caused by the insect part of the DNA infecting the cell membrane which controls and regulates the cell it surrounds. An insect, when alive will continually grow, and shed its shell until it becomes an adult.

The mechanism for turning off insect growth depends on the size of the insect, but with the insect body gone, the control of insect growth is gone, so there's no restriction on growth the energy of which continues to stimulate cells through the cell membrane.

The antagonism in the DNA strands between the insect part and the human part also drives growth.

Repair joins with growth which can produce out of control growth in certain areas of the body.

Contaminated repair energy packets containing DNA formed in part with insect life power, material and energy can stimulate rapid uncontrolled cell division in damaged cells trying to repair them.

Some stimulus from outside, smoking, chemical, pollution, the sun's energy can cause damage or add to existing damage.

A new, harmful energy has recently been identified as inherited tar energy, probably passed down by ancestors smoking. It's hard to see this energy coming from any other source and it's old, older than the person it's in. This energy from tar has been perceived for many years in people, usually as an underlying condition, and adds to the severity of the condition they are suffering from such as seizure, cancer, asthma, migraine and rheumatoid arthritis.

Although only a small amount of tar energy is passed on at the moment of conception that small amount can draw energy from the growing person to grow,

Releasing inherited tar energy from a person may help with these conditions and may even help conditions such as learning and behavioural difficulties.

Inherited tar energy needs its own therapy and will be helped by using graphite powder shown in The Therapy Part 4.1.

The Therapy Part 4 needs to be used to release insect life and energy, tar energy and the energy of pollution, viruses and bacteria from the cell membranes and the clear fluid so high energy packets, containing harmful DNA, are no longer seeded into the body and any that are can be dealt with by the now, correctly functioning, clear fluid.

Using Part 1.1 as well as drawing out dead environmental energy helps neutralise the insect bite to the neck so the clear fluid can start to function again.

The Therapy Part 4.1 uses bags of graphite powder to release harmful energy and allow the cell membranes to function correctly.

Insect energy in cell membranes distorts natural internal development, systems and processes, replacing them with the energy of insects, slowly changing human behaviour to be an expression of insect energy.

Bacteria and viruses in the cell membranes also add to the programming in the cell membrane so human behaviour becomes the expression of how

they work and are the starting point of fear, anger, hatred, violence, greed and so on.

C – Bacteria

Bacteria also absorb and combine with the contaminating energy of fossil fuels where they breed making them resistant to antibiotics. They also invade the bone marrow.

Bacteria aren't really alive, but they can act as a carrier for fossil fuel energy and insect energy taking it deep into places in the body where it couldn't normally reach.

Bacteria enter the holes in the skin caused by biting insects and even injections and is especially dangerous when they enter punctures in the wrists, neck and ankles, which is a favourite place for biting insects.

Contaminated bacteria also move throughout the body from the stomach.

Using The Therapy removes the protective coating of fossil fuel and insect energy making bacteria vulnerable again to antibiotics and the immune system.

Also billions of years ago when living cells were first originating bacteria, and viruses, invaded the cells joining with them.

Wikipedia has a piece on the role viruses played the development of multi-cellular organisms in The Role of Viruses [here](#). It was probably the invasion of the cell membranes by bacteria and viruses that separated multi-cellular development into male (viruses) and female (bacteria).

So while the physical part is needed the energy isn't and The Therapy: Part 4 seeks to release that energy, a distortion to human development.

D – The Energy of Fungal Infections

Fungal infections include spores, moulds, blights, yeasts and similar conditions. These have been infecting humans for thousands of years and live on a lot of what is eaten including fruit and grain and yeast is used in brewing and baking. They can also be breathed in.

Crops and fruit are sprayed to kill fungal infections and related conditions, but that only kills the physical part leaving the food contaminated with fungal energy which has combined with the energy of the sprayed chemicals, making it even more erratic, hostile and aggressive.

Fungal energy is very absorbent of other energies, which is how a fungus expands. This gives rise to many, many conditions as it can absorb, combine and be changed by so many different energies, including electrical energy.

Only fungal energy seems to do this, things like bacteria and milk are more carriers unchanged by what they carry.

From the food chain fungal energy then enters people.

Fungal infections in a person, such as athlete's foot, can be killed off by anti-fungal creams but its energy is left behind in a person. Again this energy would have absorbed and been changed by the energy of the anti-fungal cream.

Antibiotics are another source of large amounts of fungal energy in the body. This energy tends to be stored as there's so much of it and is a factor in lupus, CFS, MS and others.

Fungal energy can survive in the body even after the fungus it belongs to has been killed off.

This is true of anything living in the body that has been killed off by drugs, like antibiotics killing bacteria and vaccines which introduce dead material. Only the physical is inert, the energy remains capable of damaging the body.

Only the clear fluid of the immune system can deal with this kind of energy when it's working correctly.

Fungal energy circulates around the body in the clear fluid when it's been disabled by the mosquito bite to the neck, which is ironic as the clear fluid which is meant to remove invasive energy becomes its means of transport.

Fungal energy settles on long surfaces like the bones, skin and nerve sheaths selecting long surfaces that transmit forces or energies and resemble branches, stalks and stems that grow in their natural environment.

It's the movement of these forces and energies that impart movement to fungal energy allowing it to spread on solid surfaces.

Fungi digest externally and the energy has this same digesting (rotting) capability, damaging any surface it's on. Any absorbed chemical energy is also tremendously damaging to the nerves and physical body.

Fungal energy, in combination with other absorbed energies, can cover the bones becoming a factor with brittle bones, osteoarthritis and bone disease in general.

Fungal energy, in combination with other absorbed energies in the layers of the skin, becomes a factor in skin conditions such as eczema, psoriasis, skin itch and skin conditions in general.

As well as a digesting (rotting) action fungal energy has a drying effect on the surface it covers.

Fungal energy covers the nerves sheaths where this digesting/drying effect, combined with other absorbed energies, seems to be a factor in MS.

This same covering of the nerves seems to be a factor in Motor Neurone Disease. Another factor seems to be powerful, erratic mains generated electricity that the fungal energy has carried to the site of the damage.

Fungal energy, and any absorbed energy, can be removed from the body by the clear fluid functioning correctly.

Part 1.1 of The Therapy removes to remove dead environmental energy and the energy of insect bites and bacteria from the body, bone marrow

and clear fluid so it can function correctly removing other harmful energies.

M – Conditions Involving Fossil Fuel Energy and Insect Bites

General

Where a person is bitten - wrists, forearms, neck and ankles, and by the type of insect, flea, gnat, tick, bug etc. and the type of energy contamination - is significant.

The poison from bites on the wrists and forearms gets into the bone marrow where it's information's extracted and passed on into the bodies blueprint.

Energy from bites to the ankles gets into the energy system where it tends to stay as it's fairly resistant to the pumping action of the body. It can also absorb body energy so it expands.

Energy from bites to the skin can get into the nervous system where it becomes a factor in nerve related conditions.

Conditions

Energy from dog flea bites to the inner left forearm and lower left leg is a factor in Parkinson's disease, as it spreads to the brain, through the nervous system, damaging both. A lot of bites to these areas, inflicting a lot of damaging energy is needed for this to happen.

N – More on Clear Fluid

The difference between clear fluid and water is that clear fluid has absorbed the energies belonging to the body it's in. All water in the body

needs to be part of the clear fluid system, but when drinking water is heavily contaminated with insect energy, including fluoride, this action can be blocked or reduced. This leads to water conditions in the body.

Water is converted to clear fluid as soon as it makes contact with the skin. It doesn't need to pass through the windpipe, like food, to be changed. The lips act as super converters passing vast amounts of the bodies energy into water as its being drunk.

Externally, on the skin, converted water, that is, clear fluid, will absorb beneficial energy from skin oils and spread a coating of energy which will help protect the skin against infection.

Cutting the skin with metal will damage this ability and the energy as will punctures from insect bites and needles.

Using detergents and antiseptics in water for washing will also inhibit, but not stop, the water from becoming clear fluid. It will also remove natural oils from the skin.

Internally through swallowing, water becomes clear fluid through absorbing the body's energies as soon as contacts made with the lips, so long as there is no insect material or chemicals in the water.

The lips and saliva are involved in kissing which seems to be an important way information is exchanged between humans, intensified when its lips to lips.

Spitting on a person in contempt indicates using saliva to try to damage a person in some way. Perhaps saliva can be filled with dangerous energy?

Also, the damaging energy of bites to the neck, on either side of the spine, gets into the clear fluid of the brain and spine. The energy of the bite vibrates at just the right frequency to disrupt the connection between the clear fluid and the brain.

This frustrates the brain as it's unable to act on information received from the bone marrow to work with the clear fluid to remove unwanted, dangerous energy from the body.

The bites are considered harmless as they're not carrying disease, but it's the harmful energy of the bite that's the problem.

Any clear fluid in the body needs to be part of the clear fluid system and along with the brain and spinal fluid would include tears, sweat, saliva, the mucus lining of the lungs, stomach acid, synovial fluid of the joints, lymph fluid, the clear, not cloudy fluid, of sexual activity and amniotic fluid that surrounds a baby in the womb.

Blood isn't as it's not clear.

Clear fluid also acts as a medium of communication between the brain and the body, including the body of a pregnant woman and a baby in her womb.

Clear fluid also acts as a lubricant preceding the exchange of fluids during the sex act which transfers important genetic information, as energy, into the female preparing her to receive new life and change her body condition appropriately for the act of conception.

The plastic bags used hold the materials are also clear and act in the same way as clear fluid, allowing energy to pass in and out.

[O – Vital Energy](#)

When life supporting energy is processed by the bone marrow, part of its vitality is passed out through the walls of the bones, where it's filtered, and into the body where it's absorbed and used for health and to regulate body functions.

In parts of the world this vital energy is called chi or ki. The bones are made in part from calcium and have a filtering effect which the putty, also made in part from calcium, mimics.

Fungal energy combined with chemical energy can cover the bones surface clogging them as a filter and making them brittle, so the body can run low on vital energy as its supply has been cut off. This starving of the whole

body of vital energy is a factor in fibromyalgia which is why the whole body is affected.

Fungal energy also has a drying effect on synovial fluid and is a factor in osteoarthritis.

Fungal, bacteria and virus infections survive in the body due to the breakdown of the immune system caused by insect bites, ingesting insect material and the absorbing and processing of dead environmental energy.

The Therapy deals with bites, ingested insect material and dead environmental energy so a more correctly functioning immune system and clear fluid can help restore health.

P – Harmful Electrical Energy

Another form of dead energy is electric light, which includes television & computer screens, which appears to be a factor in insomnia, some allergic reactions and seems to stimulate rheumatoid arthritis through the eye. This is more a surface energy.

Also dead electrical energy enters the body in food cooked with electricity. Passing mains electricity through an appliance releases it becoming random and erratic.

Mains electricity is completely different from battery energy.

Mains created, erratic, electrical energy combines with fungal energy where it passes from food into the stomach then the blood, which is an energy carrier, and seems to be a factor in Leukaemia and blood disorders in general and conditions involving the body's electrical processes.

Epilepsy has the release of stored, erratic, mains created, electrical energy as a factor, which mainly comes from mains generated electric light. Again fungal energy also seems present.

Another factor with epilepsy is chlorine which is mainly found in the drinking water. For chlorine to do harm it must be consumed and in the

body, or breathed in as at a swimming pool, but swimming in chlorinated water isn't so harmful, but being in electrically heated water can be.

Diabetes has stored, erratic, mains created, electrical energy as a factor and also the change in the way the pancreas works caused by insect energy in the water of the body.

The appearance of mains driven, erratic electrical energy in our environment is a recent artificial development and is beyond the ability of the immune system and clear fluid to deal with as it hasn't had time to develop a defence but using 1.1 should deal with it.

Also using the batteries is essential for these types of conditions as the immune system will use the stable pattern of the battery energy to restore order to the body's electrical systems.

[Q – The Bodies Electrical Energy.](#)

Mains created, erratic, electrical energy enters the body through absorption by the skin and eyes, food cooked with electricity, or carried in combined with fungal energy, and has a tremendously damaging effect on the stored electrical energy the body has generated for the body to function as humans are effectively walking batteries.

This damage can cause the stored electrical energy our bodies have generated to leak from the body a factor in MND. This looks like the mirror image of the random spraying out of electrical energy from televisions and monitors.

The damage also appears to cause a person's stored electrical energy to get stuck in some kind of feedback loop causing tremor in Parkinson's disease and it appears to become brittle and flaking, contributing damage to the nerve sheaths in MS.

The battery energy used in Part 1, amongst other things, helps stabilise the body's own electrical energy.

When a lot of battery energy, and the energy of oils, is introduced into the body through Part 1.2 of The Therapy the immune system can use this energy to create a virtual network (software) which can act in place of any physical (hardware) damage, if the physical is beyond repair.

For instance, if the memory is damaged, the immune system can use the battery energy of Part 1.2 to create a virtual hard drive in the brain to store memories.

It can do this with other conditions where the body or brain has been damaged, depending how badly the damage is, but for this to happen Part 1.2 has to be used a lot, between 10 – 20 sessions, mostly on the lower back.

Also the body will prioritise how this energy is used fixing what it sees as the important parts first. The elimination of pain is not always the body's priority.

The body will use electrical energy, and the energy of any substance introduced with the use of Part 2 to stabilise, repair and rehabilitate the corresponding energy in the body.

For instance the body will use the energy pattern of batteries to restore the energy pattern of the body's own electrical energy.

The body can also use the energy of Part 1.2 to create energy screens and filters. For instance it will use an energy filter to screen out any harmful energy during cell division; ensuring new cells are healthy and uncontaminated.

[R – Water in the Body](#)

When using The Therapy on water conditions, especially lung and breathing problems such as cystic fibrosis, 100g (4oz) bags of silica gel should be used as set out in the supplement section that follows after the guide to Part 1.1

Clean water in a clean environment carries the energy of that environment into a person and into the stomach. From there water with this vital energy distributes around the body. Insect energy in the water destroys this vital energy.

Due to insect contamination and chemical energy in drinking water, water is no longer being changed into clear fluid by the addition of the body's energy.

This unchanged water can give rise and contribute to conditions where water builds up and accumulates in the body such as Bronchitis, Pneumonia, Bladder conditions, Sinus conditions, Cystic Fibrosis, rheumatics and conditions involving phlegm and water.

The condition caused is dependent upon the contamination in the water.

Swimming pools can be another damaging factor to the body. Heating a large body of water filled with chemicals with mains generated electricity, can bring about a change in the body condition of people swimming in it by fundamentally changing the fixed part of the bodies blueprint.

The process of changing the fixed part of the body's blueprint resembles the act of conception and requires a massive amount of energy and a channel created by the water environment.

The chemicals in the water covering the skin are also significant.

Once the blueprint has been changed to maintaining the body in a water environment it will begin to change the body to do this. This would affect women more as the act of conception takes place in their bodies, although it can happen to men.

It takes just the right amount of water, chemicals and temperature to change the body's blueprint and the water and the swimmers body must have insect energy in it as an underlying condition.

This changing the body to adapt and return to a fluid, water condition resembles the body condition of an MS sufferer.

These water conditions belong in a separate group but The Therapy will still help.

With insect energy, which has accumulated in the body from drinking water, damaging the way the body uses water using Part 1 should restore the clear fluid of the body enabling it to remove this energy.

The changing of the body condition to adapt to a water environment in swimming pools may be helped by Part 1.2 of The Therapy by introducing enough energy into a person to change their body condition back. It will take a lot of energy – again many sessions of batteries and oils on the lower back.

S – Skin Conditions

Skin conditions such as psoriasis and eczema and related nerve conditions can be helped by The Therapy. Putty and battery energy has a very soothing, stabilising effect on skin and nerves.

T – Other Conditions

Parkinson's disease may involve dog flea bites to the forearms & lower limbs on their left side and may be the reason why more men suffer with this as they tend to be dog owners.

Multiple Sclerosis may involve cat flea bites to the inside of the forearms, a direct way into the bone marrow, which can happen when people stroke cats, held in their lap. More women may suffer with this as they tend to be cat owners.

Multiple Sclerosis (MS) and Chronic Fatigue Syndrome (CFS) appear to be similar with CFS being passive, non-damaging and MS aggressive and damaging.

The body condition with CFS and ME looks fungal which can come from many sources: in food as said before, airborne by breathing in, brewing,

baking, antibiotics and vaccines.

Fungal energy covers nerve sheaths, a factor in MS.

Quinine use looks like another underlying factor in MS and it's a substance that will antagonise insect energy.

Vaccines can send the energy of an illness deep into the body where it mutates and 20 years later reappears as something else.

This, like many other energy based, chronic illnesses is probably due to the action of the immune system in order to achieve its purpose of progressing human life in its desired direction.

Puncturing or cutting the skin with metal damages the energy integrity and protection around the body so it stops working.

Energy protection is formed by water distributing the energy of skin oil which act as a means to detect air borne infection so the immune system can start to fashion a defence and to change the frequency of the skin oil energy to hide the body from infection.

When skin is punctured or cut by metal it never really heals up as metal is something new for the immune system to deal with and it hasn't developed a solution yet.

To Recap: the body becomes saturated with dead environmental energy which damage the energy systems and immune system. The bites from insects and insect energy cause immense damage, as does bacteria.

The general level of health declines and the immune system becomes weak, acting in a distorted way attacking the body, or both.

After this more damage is done by various infections.

[U – Viral, Bacterial and Fungal Infections](#)

Some illnesses are actually created by the bone marrow by processing and reprocessing dead energy where it combines with insect energy.

This process changes and damages the working of the immune system letting in viruses, bacterial and fungal infections which cause massive damage, especially to the throat, which is the gatekeeper to the body.

This quite often happens in childhood.

The throat invests food passing through the windpipe with the body's energy converting it from something outside and unacceptable, into part of the body and acceptable to the immune system.

The windpipe is an energy seal.

Saliva, a clear fluid, also does this when it's not disabled.

Dairy products heavily contaminated with insect energy resist this process.

The reverse is also true. As waste is passed out of the body this energy is stripped out and reabsorbed as it passes through the anus, an energy seal. When this seal is damaged the bodies energy will pass out, unrecovered, with waste leading to debilitating conditions.

When the throat is damaged due to infections, food is unconverted, not part of the body, and the immune system becomes hostile to it becoming a factor in autoimmune conditions.

[V – Life Supporting Energy](#)

The energy of Part 1.2 and following parts is used to repair damage done to the energy the material body is made from and raise the general level of health.

For this oils, vitamins & minerals and battery energy are used which go directly into the body and is also processed by the now correctly functioning bone marrow due to using Part 1.1 of The Therapy.

The information supplied from the energy of Part 1.2 also feeds into the blueprint of the body through the bone marrow correcting the distortion brought about by dead environmental energy.

W – The Problem of Health:

As said the bone marrow stops processing life supporting energy into something the body can use for health.

The material energy of the body gets used up and as it's not being replaced by the bone marrow the body loses strength, energy and shape.

Bones become brittle, joints wear, discs rupture, ligaments, muscles, cartilage and tendons are easily torn and the body becomes prone to accident and injury with repair and recovery slow or not at all.

The body appears worn out. People seem to catch every infection going around and are tired all the time. People eat more but it doesn't restore energy they just gain weight.

Every individual element in a person has its own controlling energy that makes it work. Even the energy of the element has a more refined energy controlling it.

This controlling energy, which can control and regulate energy, is more than energy, more like an energy essence. Energy essence is supplied by the bone marrow processing raw food energy which is filtered out through the bones into the material of the body and is physical.

Blended energy discussed in Life and Sentience is energy fed into the cells and is less physical.

Putty filters filter energy removing the part not needed and bone and putty both contain calcium which is the filtering element.

Filtering by the body stops due to the action of dead energy and insect bites, making the body weak and brittle.

Energy essence is transferred into a person directly when using The Therapy: Part 1.2 by drawing the energy of vitamins & minerals into the body, passing it through the putty filters, which filter out everything except essential energy.

Once in the body it combines with the matter and energy of the body so they work properly.

This is the idea behind using The Therapy locally on damage caused by an accident or injury. The Therapy is best used generally in a system wide way but it can be used locally for pain relief and to speed repair.

X – How The Therapy works:

Part 1.1 removes polluting energy from fossil fuel and its derivatives from a person.

Part 1.2 replaces and restores by passing energy the body can use into a person.

Part 2 works on the mind, emotions and behaviour. These are established after a person's born from the energy of food.

Part 1.1 of The Therapy is used by the immune system to remove dead environmental energy from the body and draw the energy of insect bites out of the bone marrow so it can function correctly.

Dead environmental energy, which comes from fossil fuels and its derivatives, is also drawn from bacteria making them vulnerable to the immune system and antibiotics.

Part 1.1 also draws out the energy of shock, emotional and physical, anaesthetics, given during operations and gas, given during labour.

The detergent used in Part 1.1 has a powerful drawing effect on dead environmental energy that the immune system uses to pass this energy out of the body.

The energy of the disinfectant tends to break down the energy of fossil fuels, especially from bacteria, so it can be removed.

The Therapy uses different energy systems in the human body. The ankles are used to remove dead energy from the energy system the body uses to sample the energy of its environment.

Materials are placed on the forearms to remove insect energy that has combined with dead environmental energy that's entered the bone marrow.

Materials are used in Part 1.1 to neutralise insect bite poison which has entered the clear fluid of the brain and spine and all clear fluid in the body - tears, saliva, sweat, synovial and lymph fluid and even the fluid around a baby in the womb.

Materials are used in Part 1.1 to clear the body of the energy of infections - viral, bacterial and fungal - which weakens them making them easier for the immune system to deal with.

Bags of materials are placed on the lower back in Part 1.1 to clean out any dead environmental energy lining the stomach which blocks the absorbing of food energy.

Putty filters dead energy from the body. The immune system copies this by uses the energy of the putty filters to create virtual filters which prevent dead energy entering the body through the wrists and ankles after the putty has been removed.

This protects the body from absorbing any more dead environmental energy.

Part 1.1 draws out of a person's body the energy of fossil fuels which can cause direct harm to a person by its action and presence. This energy moves around the body in its channels or conduits and removing it allows the channels to function properly again drawing in clean, useable energy, which is filtered by the body copying the action of the putty filters.

This congestion of the energy channels is an underlying cause of illness as the ability of the body to defend itself has been reduced. It's good practice

to clean out these channels by using Part 1.1 even if a person appears healthy, as there's always room for improvement, and as a means to maintain health.

Clearing out the energy channels involves placing bags of materials on the draw off areas, the ankles and forearms, and it a method to help combat illness.

Pollution supported illnesses propagate through the energy channels, or at least, it's a factor, but accident damage is different, best dealt with the use of Part 1.2 as damage caused to the body through an impact isn't caused by polluted energy in the energy channels and is why, impact damage, or accidents, need the materials of Part 1.2 placed on, or near, the damage.

Part 1.2 of The Therapy, amongst other things, introduces useful, life supporting energy into the body directly through the lower back.

This comes from batteries and oils and the experience of many years is now showing that flooding the body with such energy, combined with the energy of different materials is one on the most beneficial ways to combat illness and disorder.

With the energy from the different materials the immune system can clean out the body of disease and infection on a cell by cell basis and use that same energy to progress human development – the main purpose of the immune system.

The forearms are used to introduce useful, life supporting energy directly into the bone marrow where it's processed into producing heath and a powerful immune system response.

The energy of Part 1.2 is also used to energise the body increasing strength and vitality.

The Therapy places materials on a person in proximity to the body. No physical contact is made with the materials used. They are separated by the clear plastic bags.

This gap though very small is very important as it's needed for The Therapy to work. It also makes The Therapy non invasive and puts the immune

system in control of the energies used. Like the sun's energy it needs space to travel through.

When batteries and oils are used they act like small suns around a person releasing energy.

The immune system makes an energy connection with the materials used, which it uses in Part 1.1 like a rubbish bin. The immune system literally puts out the trash by passing dead environmental energy out of the body where it's neutralised by the putty, but only dead energy that's not wanted and harmful is passed out.

Energy drawn out, and in, passes through the plastic bags so long as they're clear.

This is not an automatic process - the dead environmental energies disposed of are removed from a person by their own immune system responding to the opportunity.

The body draws energy into itself through the joints of the wrists and ankles. Once drawn in the action of walking and using the arms moves the energy around the body.

Dead environmental energy once drawn in is hard for the body to remove as there is no reverse pumping action to move it out and processing it through the bone marrow helps anchor it making it hard to shift.

Part 1.1 is needed to remove this polluting energy.

The forearms are used in Part 1.1 rather than the wrists to remove dead environmental energy from the bone marrow and to break the anchoring effect caused by processing.

Using the wrists would draw dead environmental energy from the body's energy systems, which placing bags on the ankles will do, but not from the bone marrow.

The bone marrow of the forearms is the controlling bone marrow for the entire body where so much programming and interaction with other energies and the body's blueprint, is done.

From here all the bone marrow of the body can be cleaned of dead environmental energy as it's all connected. The adverse information in the body's blueprint can also be cleaned from the bone marrow of the forearms.

This action is reversed in Part 1.2 where, once the connections made, the immune system draws in useful, life supporting energy if the body has a need for it.

The ankles aren't used in Part 1.2 as they're used by the body to draw in environmental energy, not the energy of materials. Using the lower back is better for absorbing and distributing this kind of energy.

When Part 1.2 is used for the first few times filtered, life supporting essential energy is drawn out of the materials very quickly if they contain energy the body needs.

In Part 1.1 the batteries are used to introduce the body/immune system to the battery energy, but the main point is the batteries create a strong, local electromagnetic field around a person which helps the energy process involved to work. This is a reflection of the action of the same field around the planet Earth.

In Part 1.2 the battery energy is used to pass a massive amount of filtered life supporting energy into the body. The same is true of the oils.

Electrical energy has to come from low voltage batteries not from mains electricity which is too powerful and harmful to the body's energy systems.

Vitamins and minerals release very little energy naturally. They are energised by the batteries and oils so the immune system can draw the energy in.

With Part 2 materials are used in a similar way to Part 1.2, but on a deeper level helping the mind, emotions and behaviour which is established during life, after a person's born.

In all this the immune system of the body is essential. Part 1.1 frees it. Part 1.2 strengthens it and Part 2 changes it to transform the mind, emotions and behaviour.

Y – The Therapy, Its Principles

- * Massive exchange of energy replacing harmful, inactive environmental energy the body/immune system can't use and is harmful due to its presence and action with active, beneficial, life supporting energy the body, bone marrow and immune system can use to establish health, strength, internal development and the regulation of body functions.
- * The Therapy has to be simple, safe, easy use at home, no special skill needed, no side effects and effective, as inexpensive as possible and deliver results verifiable by medical science.
- * Energy that supports the processes of life usually only comes from living sources. Using metals may be an exception to this, even though many are found in the human body.
- * The materials are placed on the body, in proximity to the skin, and nothing is taken.
- * Energies are put at the disposal of the human immune system, from outside in proximity, to be used by the immune system as it sees fit. No human operator, skill or knowledge is needed to make The Therapy work.
- * A person being ready is important - ready to move on, ready to change, ready to get well.

Z – Development and History

During development many different ideas were tried...

Ground Elder

[Ground Elder](#) link to Wikipedia.

The first method tried, about 25 years ago, involved using the root of the plant Ground Elder.

The root of the plant ground elder is very effective on many light energy electrical conditions such as some of the conditions that lead to epilepsy, osteoarthritis, diabetes, some forms of muscular pain, blood disorders, MS, CFS, skin ulcers and so much more.

It has to be dug up, washed, not touched by any metal if possible at any time and used within 24 hours as once out of the ground it starts to die and its life energy gone.

It was used exclusively for about 18 months, the problems being running out of the supply of root and having to dig it up, which was probably just as well as moving on developed new methods easier to use, but there is a whole science waiting to be explored in the root alone.

The method for using it involved placing a handful of the root in a large, clear plastic bag on the back of a person's neck and leaving it on for about 2 hours during which time the root will warm up, reach a peak, and then cool down. The root will then need to be discarded and fresh root dug up for next time as it can only be used once.

The neck is always the best place for the root, no matter what the condition, although sometimes the lower back can be used and the legs.

Over time a method developed where a handful of root was placed on the neck and another handful placed on the lower back or legs creating a flow of energy from one area of root to another.

How does it work? The root has the ability to reprogram human energy and the immune system.

The main area to reprogram is the area between the shoulder blades which the energy of the root can reach from the neck. Reprogramming means to change the body program back to working correctly and then that program changes physical processes so they also work correctly.

The energy of the root works more on the surface of the body rather than deep down.

It's quite an amazing thing to watch the energy of the root doing this and if it were a human doing this when dying it would seem they were helping

others in their last moments.

Other ways to use the root, tried and untried, were:

It could be cooked in a ceramic, not metal, pot at a low heat with water then mashed with a wooden spoon or similar so it becomes like mashed potatoes. When warm an amount the size of a hen's egg could be placed in a clear plastic bag and placed on painful joints and on the forehead and neck to help with migraine. This was tried.

Placed on the chest when warm it can help with emotional conditions such as fear, hatred and panic attacks. This was tried.

Placed warm between the shoulder blades and on the lower back, again an amount the size of a hen's egg in a plastic bag, of a woman in labour should help ease the pain of childbirth and make the birth easier. Not tried.

The juice rubbed in is good for skin conditions especially the hip area, but a test needs to be done for sensitivity and broken skin needs to be avoided. This was tried, but being a tough root a garlic press had to be used to extract a small amount of juice.

The root showed that the energy of living things can, from outside, bring about beneficial change in a person by passing energy into a person which later helped the understanding and development of Part 1.2 of The Therapy.

The difference being that the root controlled the way its energy was used, whereas with The Therapy life supporting energy is passed into a person that the body's own brain and immune system controls and uses to restore health, strength and vitality leading to development.

The energy of the root is the closest to human energy than anything else found and it's because all plants contain blended energy from the Earth and the roots most of all.

Again another science waits to be discovered with the trying of different roots on different illnesses to see the effects. The roots of strong plants would be best – what we would call weeds because they keep growing

back. Nettle root would be a good one to try on something like pain, fear, arthritis, depression, anxiety and so on.

The old name for ground elder is goutweed showing there's nothing new under the sun.

Detergent

Many detergents were used in the early development of Part 1.1 but the washing liquid tabs turned out to be best for general use. The liquid has a gentle effect on human energy systems and they are easier to use - no digging up like the root, reusable and sealed in plastic so no problems with it getting on the skin.

However it may be that a slightly different form of detergent, such as the kind that are used in dishwashers, which combine a powder and a liquid, might be more effective on certain conditions.

Dishwasher tabs have been used in the past and the feeling was they would be more effective on certain conditions, a kind of specialist treatment used on the ankles and forearms the same as with Part 1.1, but for general use for most conditions the liquid tabs are probably best.

Another try was using the tablets used for sterilising baby's bottles and powder stain remover. The sterilising tablets were very effective on osteoarthritis indicating it's a fungal based condition; both were effective in dealing with fungal energy and were added to The Therapy.

Also it can be awkward placing many different materials on a person, but something for future generations to work out perhaps.

Soda crystals were also used along with other sodium based cleaners, but were difficult to use generally as they can burn skin badly and they were no better, not as good perhaps, as the washing liquid tabs.

Modern washing liquids are the result of years of research and have only just come into existence. It's good if people can see past the washing liquid label and see a group of specialist chemicals which can help alleviate suffering if used as set out in Part 1.1 and study that effect.

Using bags of Silica gel on bone and water conditions, especially cystic fibrosis, is essential. 2 or 3 100mg (4oz) bags should be used after Part 1.1 and instructions showing how are in a supplement following The Therapy 1.1.

Silica gel absorbs moisture and small bags are found in new electrical equipment and humidifiers.

Used on humans silica gel will absorb toxic energy from the lung fluid protecting harmful viruses and bacteria from the immune system. Once this toxic energy's out the immune system can penetrate the lung fluid and remove any harmful viruses and bacteria.

Something found was that while Part 1.1 works very well on drawing the environmental energy of fossil fuels from a person it has no effect whatsoever on the energy of cancer.

This is because cancer energy has a living energy part that protects it from Part 1.1, preventing a connection from being made. This living energy is non-human, invasive and comes from insects.

Part 1.1 only works on dead energy not living.

Living, invasive energy in a person can be dealt with by the clear fluid of the body once Part 1.2 has restored its functions and Part 4 at a deeper level. No matter what the condition every part of The Therapy needs to be used.

Antiseptic

Detergent draws out dead environmental energy very well, but an antiseptic is needed to break it up and make it easier to be drawn out by the detergent. This is very effective where bacteria are coated with dead environmental energy protecting it from antibiotics. The antiseptic and detergent work well together.

Clear Plastic Bags

The understanding of this grew over time starting with the need to bag various materials to hold together and to protect the skin. It was important

not to block any energy flow in or out.

Organic material like cotton was used first, but most is bleached white or dyed, which restricts the effectiveness of The Therapy. The bags have to be clear for energy to pass through them and dye in cotton adds a very unpleasant energy to The Therapy and must not be used.

Even wearing dyed clothes looks very suspicious especially socks which cover the ankle which is where energy flows in and out.

Clear, thin plastic bags were found to be best and from there it could be seen that clear fluid acted in the same way - and the body is full of clear fluid acting as a connective tissue, a kind of fluid nervous system and a medium of communication.

The bags also put space between the materials and the person which is important as the energy has to travel through space or a gap, the same as from the Sun to Earth.

The Batteries

After many years of using the method which became Part 1.1 of The Therapy, and getting good results on certain conditions up to a point, reducing pain and symptoms, it became obvious that another method was needed to restore energy and energise life supporting processes.

The ground elder root had shown this was possible but how to proceed? Baby steps were needed. Using an energy source such as electrical energy from batteries was the chosen method. Using the oils is also good, but humans seem to have a greater affinity and need for stored electrical energy.

Battery energy is much more suited to the body's electrical systems and could be easily used. Mains electrical energy was never used, being seen as too strong, harsh and incompatible with humans. We are, after all, walking batteries.

At first only a small amount of battery energy was used by placing 2 or 3 small coin size 3volt batteries on the outside edges of the forearms and legs. This produced some good results but the process appeared to run out

of energy after a few weeks, so more of these batteries were used, but still on the arms and legs.

It seemed important to keep them away from the chest area, and in any case, the energy had to be fed into the body's energy systems, which can be the arms and legs, though it was later found that the lower back was much better.

Using more batteries produced better results, but only seemingly on the surface. This was the drawback to just using the arms and legs. Physical strength was increased and pain reduced, but processes deeper in the body appeared unaffected as the battery energy wasn't reaching them.

The body also needs time to absorb and digest the battery energy and people quite often fall asleep the first time they're used and the reason why, except when time is short, for instance a person is terminal, only 8 batteries are used early on increasing to 24 as the body adjusts to more energy.

Switching to reusable batteries came at this time to lower cost and to make The Therapy more efficient. More reusable batteries were used at a lower voltage - 1.2volts - which the body seemed to absorb better.

Bags of batteries were then placed mostly on the lower back and is the place The Therapy is now.

Things not understood at the time about the batteries were:

Placing batteries on the arms and legs instead of the lower back which helped, but didn't feed energy into the deep processes of the body.

Underestimating the importance of electrical energy - it's vital - and not realising how it's a general purpose energy that the body or immune system can use and adapt in so many ways.

For instance: battery energy can be used for health, strength, repair, vitality, cleaning out the cells and energising the bodies material processes.

The immune system will use received battery energy to imprint and rehabilitate the electrical energy of the body when it's become corrupted

or damaged.

It will use electrical energy to fashion energy filters, filtering out dead environmental energy preventing it from being drawn into the body.

The body can use electrical energy to create an energy scaffold, giving support to the body where bones are weak or even broken.

Electrical energy can be used for pain relief.

Mental processes can be energised; the fabric of the mind can be reformed in part from it, renewed, repaired and so on.

The contents of the mind, consciousness and memory, are constructed, in part, from the electrical energy of the mind.

Electrical energy can be used by the body as a filter during cell division screening out harmful energy so new cells are uncontaminated.

The experience of many years using the batteries is showing how important their use is and how with enough energy the body can correct any fault, weakness or conditions that's possible to correct.

Vitamins, Minerals and Putty Filters

As said it became apparent that certain materials and processes in the body needed their own specific energy to start functioning again. For instance, silicon in the body needs silicon energy, bones need calcium energy, nerves need copper and blood needs iron and so on.

When the energy of a substance in a person is depleted that substance will work at a much reduced level, if at all, and as a result illnesses start. This is true even if a person has the necessary amount of that substance in them.

What was missed at early on was that the energy supplied from the materials needed to be filtered or separated, so that the energy part was cut loose from the material part allowing it to bond with the material in a person making it look for a home, as it were.

Putty was the answer here found when using it with an idea involving batteries. A small amount of putty was placed on the end of a battery

which was then held, putty end on, on a painful area of a person for about 20mins.

The idea was electrical energy needed filtering before entering a person as much work was needed by the body to adapt it to the body's energy systems in its raw state which had a heavy material aspect.

The filtering action of bones works in a similar way.

It's the same with ingested insect energy. It has a heavy, material, living side that resists the body's digestion processes.

Electrical energy in a battery is given a spin or bias by the material containing it which the body finds hard to digest or assimilate. Passing electrical energy through putty strips out this acquired material aspect and was also found to absorb and neutralise dead environmental energy as it was drawn out in Part 1.1.

The body also learned from the putty how to filter and prevent harmful energy from entering, which was seen later.

To keep The Therapy simple and as inexpensive as possible only vitamin and mineral tablets are used to rehabilitate the material of the body in a general way during Part 1.2 use.

This works when there isn't too much energy depletion of the material, but when the energy is much depleted, such as acting abnormally such as concentrating or breaking up, using larger amounts of materials has to be done to restore the energy levels. This will also re-establish the energy pattern of the material or substance in a person.

The energy of the material not only has to be restored the material has to function correctly.

Sometimes, if it's not known which elements are lacking energy the only way is to use as many as possible, using handfuls of 4 or 5 different ones at a time. If the body doesn't want or need the energy offered it just won't draw it in.

Oils

Using oils came later looking for a more pure, non electrical, form of life supporting energy than the batteries. Oils come from living things which seems to put its energy on a different level than the batteries. Any oil from below the ground is unsuitable, being the remains of dead things.

The body tends to use oil energy for energy processes whereas electrical energy tends to be used more structurally with the hardware of the body such as the brain and nerves.

There are many oils each with its own ability to bring about change in humans.

Power oils were identified first - olive, linseed and flax seed oil, which boost the energy of other materials used in Part 1.2 without changing them too much, but there are many, many different oils which may give great benefit when used in Part 1.2 and after.

Some good ones have been listed before and there's much work to be done in this area.

The oils have to be used in clear, thin, plastic bags for their energy to pass into a person. The energy of the oil radiates between the oil and the body passing through the gap, or space, the bags create. This is important. It won't work by rubbing them directly into the skin.

[AA – Perception and Insight](#)

These 2 qualities are essential for a study of existence, especially human existence.

Perception is needed to perceive energy and living processes and insight is needed to see into what's being perceived and to discern its function and processes.

Neither perception nor insight is seeing, as with the eyes, or knowledge which are quite different and are acquired functions of the mind.

The brain can bypass the senses with perception and insight to make a direct connection with existence that is anything that exists internally or externally, enabling the brain to perceive things as they are without any kind of distortion such as hopes, fears and desires or interpretation.

The senses observe from outside, on the surface, and suffer from much distortion from emotional and mental pressure.

The senses never go deep, can only see what's observed and not what perceived, but perception and insight can work through the senses allowing a person, for instance, to hear the truth in someone's voice or discern their emotional or mental state.

Perception is a function of the brain. Even with no formal education or intellectual development the brain would still perceive itself and its surroundings, due to the fact the brain needs to be able to function irrespective of its environment and acquired knowledge.

Insight is a focusing within perception driven by curiosity. Curiosity is also an inbuilt function of the brain and is different from a desire to know, which comes from a formal education. Desire isn't a real emotion arising from acquired knowledge, that is, it's the knowledge about something that makes it desirable.

Unlike sight, perception by the mind has no effect on what's perceived. The act of observing with the eyes can physically change, or influence, that which is being observed, and as said, a person's hopes, education and desires can change the assessment of what's being observed from objective to subjective.

Perception and insight into energy is needed if a person wishes to study how The Therapy works and to develop it further.

It's important perception and insight remains clear without interpretation leading to distortion.

Interpretation means having a point of view such as a rational point of view, a scientific point of view, an intellectual point of view and so on.

This is very hard to do because few of us realise or care that what we call the me or the self is simply the brains point of view of the world and we are raised into it from birth by everybody.

For the brain to stop interpreting what is perceived, which means it loses its point of view, and for perception and insight to function, the brain and mind must be quiet and still.

This means no thought, labelling, memory and so on - the activity of the mind.

The mind being quiet and still is a big problem for most as the tendency to evaluate, label and have a point of view or a sense of self has been taught from birth, but it interferes and stands in the way of the learning process.

The study of human energy is totally new to most people and using the twin processes of perception and insight need to be developed so be patient and let things develop, unhurriedly and naturally.

Anybody can do this as they are human abilities, but like running, not everybody can do it well.

The more perception is used the stronger it gets allowing the mind to stay in perception/insightful mode longer. Being in such a mental state is a timeless experience.

A good starting point for building perception and insight is to perceive the flow of harmful environmental energy drawn out through the ankle joints when using Part 1.1 of The Therapy.

The energy drawn out, coming from burnt fossil fuels, is very dense, very close to being material and there's usually a great deal of it, so it's fairly straight forward to perceive.

Begin by relaxing the eyes and eyesight, as they will only see the surface, and let perception go deeper - below the surface.

When the eyes are used only a part of the brain is engaged, but perception comes when the brain is whole. Any separate action, such as thinking, breaks up the wholeness of the brain so perception doesn't appear.

A flow of dense fossil fuel energy may be perceived flowing through the ankle joints and out into the bags briefly in a flash. This happens when the brain and mind goes passive with none of the acquired functioning of the brain and mind such as reason, logic, intellect and thought functioning.

During such a flash, time and the feeling of self are absent, and then the brain and mind activates, and tries to capture what was perceived during the flash replaying it in memory, labelling, thinking and analysing which keeps the brain and mind active and prevents more flashes of perception and loses the present one.

The brain and mind then gets caught up in analysing memory, which is in the past, locking the brain into a loop analysing the past which prevents living in the now which requires the brain to be whole. This is being alive and living in the present.

During the experience of these flashes the trick is not to allow thought to interfere, or the self with its point of view to come back in by reverting to watching rather than perceiving. This allows perception, and the person, to continue and stay in the present. Then the flashes last longer becoming moments, then longer still. Then the timeless moments need to be entered and lived within as they are living spaces.

As soon as thought returns, which is a dead process as it comes from memory which is the past, perception and insight will stop as they're incompatible with thought.

If you perceive the flow of fossil fuel energy out through the ankles and into the bags when using The Therapy Part 1.1, now try to focus within that perception, on that flow. Be aware of the energy and try to focus perception into it.

You may start to become aware of the energy, where it comes from, its action, density, properties and so on which is the beginning of insight.

If this is starting to work for you, after the ankles try to perceive more subtle internal mental and physical processes such as the flow of a person's thoughts, the energy field that accompanies thought and any mental process, what a person is feeling and so on.

Awareness of such things is perception. Awareness of what such things can do how they fit in and their purpose is insight.

Every movement of energy in a person - thought, memory, feelings, the emotions - everything, has a characteristic energy field which can be perceived.

Everything has a book which contains the story of itself. With all living things, except humans, the book is always open and can be understood with insight.

The book is the nature of the thing: its energy and inner processes and with humans it's continually being written.

Perception sees it, insight discerns it.

As said, with humans their book can be open or closed. We talk about a person being an open book, or a closed book. Most people have a closed book even the ones that seem very open.

Sometimes the book opens and can be read through insight. This takes care, skill and experience.

When a person is in distress, seriously ill or afraid, sometimes their book opens. This is an invite from that person to share, but reading their book must be done with great care and due regard for their privacy and to, perhaps give some appropriate help.

Related to development of The Therapy, try to look at a person with insight to see the parts of their bodies which are full of energy and therefore strong, and parts that are empty of energy and therefore weak.

Something else to try is to perceive the nervous system in another person and join with that nervous system.

Have a friend or somebody you connect with, raise a finger or an arm and join with the movement at exactly the same time. Try not to rely on eyesight to move with them.

To join, all barriers must be down so it has to be done, at first, with somebody you trust. Then let your body move with theirs, two people with one joined nervous system, just maintain your perception without any barriers and let your brain do it.

Then turn away so you can't see their movement and try to move at the same time. Keep it simple. Feel or perceive their movement. Then let them try as a lot can be learnt from trying both sides. One person initiates movement, but you don't follow, you move at the same time.

Another way to develop perception is to study the different effects and energies drugs have on a person. Powerful drugs that change the shape and body condition, steroids for example, have a powerful energy signature which can be perceived and studied. The effect of such drugs on a person can also be studied and learned from.

Performance enhancing drugs used by athletes have a tremendously powerful effect on the person using them and so are easier to study. Over time it's possible to recognise the different drugs used by people by their energy signature with drugs such as speed and cannabis, having more or less opposite effects, being easy to spot.

Other drugs such as antibiotics and chemotherapy have powerful energy signatures, and if it's discovered a person is on them, that energy can be perceived and studied along with the effects such drugs, or any drugs, have on the energy of the human body.

Anything that moves contains energy. Perceive the difference between the energy of a car, a plane, a bike, the ocean, a person walking, a person running, birds flying, the moon and stars, different plants and animals, different emotions and personalities in people and so on.

Also study the energy and ability of the immune system in us and in animals. When a person is ill the energy of the immune system adapts to that illness to fight it.

After the perceiving of different energies follows insight - the discerning what individual energy is capable of and what its capacity is.

For example, with The Therapy, it was already perceived before the batteries were used how that energy would work in the human body. The same with the oils but the 2 energies are different and is an opportunity to study to understand the difference.

The root of the ground elder plant is a good one to study because its energy is more alive. Usually the only way to understand an energy and to discern its abilities is to perceive it working.

The above are just examples there are many other energies. The key point is for the brain to be perceptive, untroubled by thought, and the rest will follow.

[BB – The Immune System](#)

There is a lot on this so rather than write a shortened version here the reader is invited to read Life and Sentience available on this site for free to get the full picture. Many thanks.

[CC – Q & A's](#)

Please note: Whatever problem or condition you have please see your Doctor, Physician, Health Care Specialist and even Dentist, regarding problems with teeth, before using The Therapy. Thank you.

Q) Will it hurt?

A) No. You will feel no pain.

Q) Is it safe?

A) Yes. Safety is top priority with no side effects.

Q) Will I feel anything?

A) No. Very sensitive people may feel a slight tingling or warming of the hands and feet. It's very rare though.

Q) Will it deal with pain?

A) Possibly, depends what's causing it. Always seek medical advice regarding pain.

Q) Is it expensive?

A) No. The Therapy is given away free or sold at the lowest possible price such as minimum pricing on Amazon. It has to be a paid for book to get on Amazon, but its free to read on kindle. The ingredients are inexpensive and likely to be things you would buy anyway.

Q) Does it work?

A) Usually, depending on what the problem is, best to reserve judgement and try it and see for yourself. You will find out after using Part 1 a few times with the first aim to offer relief as soon as possible.

Q) How long does it take?

A) Using The Therapy can take many hours unfortunately so patience is called for. Keep going to get results. Once life supporting energy is in your body your immune system will take over using it for health, repair and strength in accordance with an undistorted body blueprint.

A person's body, using the supplied filtered energy from The Therapy restoring and working cell by cell, will carry on working over many years. Like a car with a full tank of fuel, a body full with energy will take a long journey.

A) Do you gain financially from it in any way?

Q) No. The Therapy itself will always be given away free or sold at the lowest possible price if it has to be sold to be seen. No shares or interest is held in any products.

Q) It's a bit unusual.

A) Yes it is. To try and restore health and strength using detergent, disinfectant, batteries, oils, earth and putty does look a bit unusual, but it's effective and once people start testing and evaluating The Therapy scientifically it will be more acceptable to people and become a parallel means to health.

Q) Is it a placebo effect?

A) No it uses real energy even if you can't feel it.

Q) Do I need Faith?

A) No just perseverance to keep going.

Q) Is religion or spiritually involved in any way?

A) No otherwise it wouldn't work on atheists.

Q) Has development of The Therapy finished?

A) No this book is hopefully the starting point for others and future generations. The study of energy in human beings is only just being explored and is vast.

Q) Have you had success with it in the past?

A) Yes much. There has been failure as well but that just means that the materials used didn't work on that particular condition, but The Therapy isn't just about illness but restoring strength and energy as well, so a lot can be done even for the incurable.

Q) What is the goal?

A) To end pain and suffering caused by illness leading on to the ending of all distortion in human beings allowing personal, internal development to restart. The question is always: what is causing the distortion in a person, and how to get rid of it?

Also to create a parallel development with more traditional methods which people can add to, understand and develop.

Q) How did you find out about it?

A) It had to be worked out from scratch. To do this some personal development's important, explained elsewhere in this book, as a perception of energy is needed to develop The Therapy, but if you just wish to use The Therapy as set out in this book, that's fine. Experience is the best teacher.

Much unnatural, congested energy could be seen in people who were ill, but how to draw it out?

Reading an old book on dealing with insect bites gave a direction, where a sodium solution was washed on the bite to neutralise it.

This was changed to using bags of sodium, (washing soda, soda crystals) placed on the ankles and wrists to draw out perceived dead energy associated with the bites. Then trying different types of sodium arriving at the detergent/disinfectant combination used now.

Then the process was reversed to introduce useful, life supporting energy. Sounds simple and it is, but it's taken over 25 years to work out.

Q) Can I read more about it, are you part of a group?

A) No there are no specific books, only this 1 and no specific groups to train in The Therapy, but starting something up, giving demonstrations, training and supervising people is always possible.

People who are drawn to this, who are fascinated by it, not just learning The Therapy, but wanting to help people in this way, are really half way there and would be very easy to teach. Not that much teaching is needed, if any.

Q) Are you a therapist doing this for a living?

A) No. This is my hobby with the aim of creating therapies people can use on themselves and others. The proof of it all is when it works and people experience this and the joy and wonder of it all as what's possible is seen.

Q) Would you object if others did it for a living?

A) Yes and No. Depends how it was done. The Therapy is designed for self use at home so why pay anybody to do it?

Q) What comes next?

A) More books. Once the basic methods been worked out it can be extended to help many other conditions.

Ok, thanks for reading this and please look out for the next version.

Regards & Good Health, Richard :)