



## Ideas for Light Play and Flowering of the Self

Each time that I do New Light Magnetic work I am energized, balanced and often feel blissed out; come see and feel for yourself.

*“I have come to the understanding that there are not two things such as matter and energy in the universe. It is all simply energy.”*

Albert Einstein

*“Man’s earliest secrets promise to also be the last,  
God, Freedom, Light, Immortality.”*

Sri Aurobindo  
Yoga Master

“Look therefore, forever upward, into the high heavens of inspiration, where glory awaits the fearless, all knowing seekers of beauty, in the purity of the universal LIGHT.”

Walter Russell/The Secret of Light

*“If you could get rid of yourself just once,  
The secret of secrets would open to you.  
The face of the unknown,  
Hidden beyond the universe would appear on the  
Mirror of your perception.”*  
Rumi/*Thoughts on Healing*

**A Proverb:** *It is just not enough to believe in God just at church on Sundays any more. Out in this traffic around here (these planetary configurations) you just got to believe in her all the time.*

*Anonymous*

**Are ye therefore guided?**



**A Proof :** “Last night was a very powerful process for me and I want to thank you very much for making this possible. When the work started I right away had the image of a fountain, one that shoots the water up really high and then cascades down in all directions. It had lots of beautiful sparkles in it. “Then I saw this beautiful shimmering pyramid in my head the point going out and then one by one the other shapes of the five platonic solids came tumbling down into this pyramid. They consisted of the same shimmering materials as the pyramid holding the same shades of colors”. When I went home I had an extremely deep night sleep. **The kind I used to have when I was a child.”** Sonja S/ Seattle

### **BECOME AS LITTLE CHILDREN.**

**A Possibility:** “Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light and not our darkness that most frightens us. We ask ourselves who are we to be brilliant, gorgeous, talented and fabulous. Actually who are we not to be? Your playing small does not serve the world. There is nothing enlightened about shrinking ourselves so that others will not feel insecure around us. We were all meant to shine as children do. It is not just in some of us, it is in all of us. And as we let our light shine we unconsciously give permission to others to do the same. As we are liberated from our fear our presence automatically liberates others.”

Nelson Mandela

**A Promise:** “If you smile at me I will understand because that is something everybody everywhere does in the same language.”

Crosby, Stills, Nash and Young

**New Light Codes make subtle but sweeping changes in your map rooms, where you put yourself on. New plans are un-hatched by you based on deep feeling/being perceptions and self-realizations. No more consolation prizes—only clear focused actions towards the gold ring. The Self is a knowing substance. All contact with Self unfolds quantum results.**

**A Pledge:** I support the idea of psychotherapy and the safe practice of this work. I agree that often in therapy we need to discover what **happened to and what is wrong with a person**. In spiritual healing we will hold the idea of what is right, good and wondrous about you. We source the **BEING** not the personality. The alignment is always with the “I AM” or inner giant.



**I pledge** to make every attempt to see you as God created you, pure and unblemished. In reality your problems can't and won't affect me, I'm safe. When you observe challenges as growth opportunities, from the point of view of the witness or Self, they are usually never too big to deal with.

**We never get more challenges than we can handle. Your yoke is easy, and your burden is light. You will transform yourself when ever you decide to. Your freedom is your choice, now.**

**A Problem:** or a possible solution, is that it is next to impossible to speak about the Codes of Light and not enter into a conversation about spirituality, the invisible world, the awesome dimensions of the human heart and the open minded ideas of growth, self worth, self-realization. If you don't like the way your life is flowing, change something, perhaps yourself. New light brings new codes of energy/information from the infinite sea of possibility.

**Truth is stranger than fiction. The universe is totally behind your awakening and having a nice day. It was designed with this singleness of purpose. You are born to fulfill yourself in the creation.**

***“ Fear not little flock for it is our father’s good pleasure to give you the kingdom.”***

Jesus

“I'll say this, I am a healer and I have never seen a person with a problem whose cause was not invisible and whose effect was not visible. We live in a universe of mind. People are not automobiles. They are spirit in the body. Trust the Inner Light, and let it shine.” Change your light bulbs occasionally and **get new light codes**, as you are ready to receive them.

Our journeys in wholeness and healing are always deeply personal. They make sense to us. That the creator has birthed us all as unique one of a kind products of the infinite wellspring of life is *the amazing true story*. The masters say that God is a great artist who has created each of us as unique beings. Can or will you express and be that uniqueness that you are? If not it is going to cost you somehow, somewhere. It is going to cost you energy, vitality and substance. Healing is at the very least an opportunity to become more energy efficient and more self-expressed. As a healer we do not treat people equally, we treat them uniquely.



Do you remember the memo we got on creation day? It said to go out and multiply and prosper. How are we doing? Are there any of us even remotely close to functioning at full capacity? I think maybe not. Therefore most of us are candidates for healing on some level. The master said that these things that he does that we shall also do, and greater things. Have you moved any mountains lately? Have we even climbed any? Imagine what it would be like to actually plan to continue to flow, grow and evolve, and see the fulfillment of these things.

The old Chinese philosopher Lao Tzu once said in his Tao Te Ching, 500BC

*The highest good is like water.*

*Water gives life to the ten thousand things and does not strive.*

*It flows in places that men reject and so it is like the Tao.*

*In dwelling, be close to the land.*

*In meditation, go deep in the heart.*

*In dealing with others, be gentle and kind.*

*In speech, be true*

*In ruling, be just*

*In business, be competent.*

*In action, watch the timing.*

Tao Te Ching

I wonder if Lao Tzu were alive today if he might have added:

*In Being, be bold, be brilliant, be bodacious, be blissful.*

The ancients say that our lives are made of the same stuff that dreams are made of.

*They are not the real.*

**The highest good is the Light from which you came,  
and from which you are returning,  
and this is real.**



**In action watch the timing.** This statement is turning over in my head as I am writing these papers. I am thinking that the timing is simply ripe for these energies (the light codes) because of the present condition on the planet, where more people are waking up and turning to **prayer/affirmation/meditation/internationality** each in their personal way. Today I had lunch with a fellow healer, friend and client of mine. She said every time she leaves my office she cannot use her cell phone or computer for at least a few hours, that her crown chakra is buzzing and this goes on for hours. Does this qualify me to teach or facilitate? I hope so! She is learning the New Light Magnetics and thinks that it is the final frontier for her. I explained that it is in the sense that each time we do work, healing or ceremony we simply turn our own light up and align with the inner teachers.

### THE TRUE TEACHER IS THE SELF WITHIN.

At a certain point we can give up the search for the perfect outer teacher, system, technique and simply turn within and go for the gold. When you turn and go for the gold you stir up the heavens and the teacher appears. Why? Because, you are ready now. **Come home to where your heart is on fire. Extend your love, light and healing to others and increase your self while doing this.** Some say that if we don't lift the negativity off the planet through meditation and the unity of the human spirit that we are—well, doomed. The time for the great turn within, turn around is well, now! Are you with us?

*Watching the timing* involves letting others explain how fast or slow they want to go. New Light practitioners are teachers of freedom. As within so without, we can only truly enjoy our freedom by extending it to others. Go with the grain. Co-create how you will work with another. That way you are maintaining the sacredness of the healing relationship at all times. *When we trust the choices that others make, we teach trust.*

**In meditation go deep in the heart:** That's why this work in New Light Magnetics is so valuable, especially to practitioners. Every time you open to heal you align and presence yourself *in the way, the one, the spirit.* And, every time *you receive a healing.* Every time that you open yourself to be an instrument for healing the currents that run through you bring new life, love and vitality. This increases your awareness of your unique connection to spirit, gently and gradually opening your light or spirit body. The enlightening of the individual is a delicate process of living and dying. We are born to who we really are in light and truth while we die a little or distance ourselves from the walls of separation created by our own ego. *The heart is a knowing substance. You know it works like a parachute, like the mind, it only works when it is open.*



Slow but steady progress is most sound and advisable. It is said “the mill of God grinds exceedingly slow but also exceedingly fine.” The masters even say that enlightenment is just a beginning and that if we have any sense at all we will find the simple path and stick to it. **Healing is a path with a heart.** Every once in a while it is good to mix up the senses, to listen with your heart, to speak with your eyes and move on your hands. The *codes of light* open you to the healing facilities of the Spirit. The more you exercise these gifts the more they respond.

If we forget our origins or have doubts about it, or lose contact with our inner being or I AM, we become candidates for healing. *All spiritual healing is a return to Self and Source.* Spiritual Healing can thus be defined in some sense as our return to wholeness, our re-connection with our inner God part, or source. I recently heard the term healing defined as a request for awareness, consciousness and enlightenment. Any physical effects are seen to be secondary in the healing process. They are extremely important and we do not discount that physical healing is so blessed and powerful, but let us now face the facts. We will all die some day. Someday we will give up the body, then what? The spirit alone is alive in us. Who are we? Who am I? Who are you? *In meditation, go deep in the heart. Be still and know that I AM, that I AM God.*

**In dealing with others be gentle and kind:** Most people have a noticeable pain or discomfort that brings them to the healer. Most healers tend to deal with this first and rightfully so. The expanded version of the spiritual healing process is the work for those who would be masters. *It is a subtle and spiritual art, opened by love, directed by compassion, inspired by spirit, facilitated in mindfulness.* Just the mechanics of a therapeutic process isn't going to get you to as deep as where you want to go. **We want to open in spirit to spirit.** It is a gentle affair. The invisible helpers are always guiding us. We are now opening up to this process and facilities that are wholly natural to us such as clairaudience, clairvoyance, clairsentience, etc. are being given more opportunity to come into focus. When you relax enough you open to the guidance. Your hands simply go and then stay where they should be. They communicate your presence; your essence, your caring and they are the instruments of light and sound.

**In speech be true:** You can set up a healing dynamic with your clients so that you can offer ideas and suggestions during your sessions *if you both agree before that this is a way you may work with each other.* You may get some good guidance as a practitioner but what may be better yet is that your client gets the messages directly. You might best support this growth process by simply dialoging and supporting integration. Identifying goals with each session deepens what is possible. Any person with highly evolved defense mechanisms is going to require a practitioner to work slowly and work close to the body, perhaps for a few sessions. Gradually you will feel the subtle body expanding and this will allow you to work further out



in the field. As you become the instrument for light and sound to pass through your field into the life currents of another, you are informed as to how long you should work and where. It happens, you begin to simply know. We never promise results that we cannot deliver. We are open to the miracle of healing that is in God's hands and we are the instruments of possibility.

I generally do pendulum dowsing to determine what is the best direction to move in as I work in a number of subtle or quantum energy techniques. Also, there are some people who are able to insert these energies while doing massage or bodywork and even chiropractic. It is best to learn the work and then let the principals guide you, be creative and do what ever you need to do or feel to do. **Your positive intention is Key.**

Encourage your clients to take notes on there sessions and let you in on any breakthroughs that they are having. Let them know that it is valuable to you and important in deepening the healing relationship. Ask them to help establish and maintain the sacred space and trust. Let there be a bond of friendship between you. Help them to practice truth walking and truth talking. You are an initiate of the new light and sound. You are a **being** coach. Be there! Being true in speech and sharing this increases you.

**In dwelling be close to the land:** If you are working with a person who has had a lot of trauma you will have to go slowly. You have got to come in under the radar, initiate the support of the higher conscious mind and blend. I always sit for a minute quietly with my client, open my heart, feel the support of the field (Spirit) in my heart (centering) and often there will be some laughter or lightness and rapport. And each time it is the same as before, *relax together, open heart, establish rapport with the client, open yourself to the healing team and begin.* If you practice meditation you will have observed that how we move into our inner space and—especially how we move out of it—makes all the difference in how much value we acquire. **Our relaxed concentration is key.**

**The highest good is like water which flows in places that men reject:** *Our presence can be an experience of profound spiritual intimacy. It is open and delicate and new. I will often set up the state by asking myself “just how does the creator/father/divine mother love this one, this son/daughter? I let this love presence itself to set the keynote of the session.* The rest is all down hill. Some say to, “heal the mind and the body will follow.” At least we can assume that if one's intuition is working optimally that we will follow the shortest and quickest path to reach our desired outcome. We attract those persons who will support us in unfolding our individual and unique path while reaching our goals of well-being and those of our clients. We work in from the symptom or effect toward the cause to create change that opens us as human beings. We go with the grain not against it. We don't just feel better we become better.



**A Radio plays whichever music comes through it impartially. When we become the instruments of sound and light for the celestial beings we do the same. We let go and let light.**

## May I? Should I? Can I?

When we ask these questions and openly and gently contemplate the response, we are immediately opening ourselves to the whispers of spirit and great counsel. We are doing a mental process of aligning or synchronizing our normal and higher minds. We are initiating a safety mechanism. We are not becoming the fools who rush in where angels fear to tread. When we ask questions like **May I? Should I? Can I?** we get *consent and then we can focus intent mutually*. **May I?** Is it in the best interest of this person and others if a change is affected? In the broadest sense of the word is there any objection anywhere? **Should I?** Am I the most responsible person at this time and is the situation proper for me to assist. **Can I?** Am I truly capable at my current level of consciousness to support another in a transformation or is it over my pay rate?

As a dowser I am often surprised when I ask a questions like this and often get a NO. I don't move further. What is even more surprising to me is the number of persons that don't even bother to ask these valuable questions. These persons run into lots of problems professionally and usually it is the other person's fault, right? **Wrong!** Not everyone is coachable. You are allowed to refer out. Sometimes the timing for things is just not right. Lots of things might prevent the immediate resolution of a problem.

Clients will ask intuitive persons lots of questions that they have no right to know the answer to. So be mindful and focus on integrity. It will surprise you to see how people will respond when they are redirected. They usually always see that it is more powerful to be in balance and integrity than it is to be informed. Surface minds seem to like clutter. The quantum self or higher mind likes the clear open spaces. Don't sweat the small stuff.

You can set up your session work with people so that the goal or intention of the session is for the recipient to move into greater *awareness and responsibility* for everything that is going on in their lives. We are not blaming them; we are just helping them restore order in their lives. When the energy shifts from some form of self-contraction to an open view they can go into a gap or thoughtless mind were the photo-negative or opposite of the problem or solution can be divined. You can work on putting together a module or composite in your



mind and in the field and simply install it. (*This comes with advanced work.*) If you are working in spirit it is easier to be supported by spirit and like wind upon the water the invisible to physical effects are seen and appreciated.

If you are a healer and someone comes to see you, you might assume that they have tried all other resources and have not been able to get satisfaction. When we are working in an information model we might feel responsible to provide an answer. In the Quantum model we simply have to access the field and enter a state of mind where other possibilities can occur, and facilitate this for our client. Then let the unconscious deliver the mail to them. We can lead them into an opening. We can suggest other possibilities.

We can play with transformational possibilities and enter into a place where other outcomes can emerge. We always keep ourselves open and source oriented. The answer is out there somewhere.

When we don't observe the problem for a moment and simply open up to a possibility of a change we open to an infinite number of other and healthier possibilities. I once did a session with a woman who had a significant shift in her vision after the first session. She told me about this as we drove to lunch. It had not come up at all before that, interesting. She was being treated by two persons who could not find anything wrong with her eyes. Her intent was balance. Her result was vision.

I am not saying that healers are not amazing people that perform wonderful functions to transform sickness into vitality. I am saying that in the process of New Light Magnetism there is room for discovery and empowerment that leads the practitioner and participant onto new levels of self and spiritual awareness. We are not problem solvers—we are possibly enhancers. For some people nothing is more powerful than becoming an instrument for healing. That probably will only happen if you set it up this way in your mind, in your awareness, with your intent. Let your experience be fresh and new, open and expanded. Let the Light work in you and your clients. Offer this statement as a possibility to people before the session and perhaps again after.

Experience the session, notice what you notice, try not to notice what you used to notice, like your limitation. Shifts do happen!

**DON'T TELL GOD HOW BIG YOUR PROBLEMS ARE,  
TELL YOUR PROBLEMS HOW BIG GOD IS.**



## Spirit of Cooperation

*“Sickness in ancient times was due largely to ignorance of the physical laws governing health. In the modern world sickness is more often the result of ignorance of the laws governing the spiritual, mental and emotional forces operating in people’s lives. In our effort to conquer externals we have failed to meet the challenge of the internal existence.”*

Manley P. Hall/Healing the Divine Art

There is clearly emerging new thought/awareness systems about healing that share one unique thing in common: *life knows more about itself than our conscious thought processes know about it.* **The innate intelligence is key.** The sub-conscious is running the machinery of the body/mind. Now, thousands of chemical actions and neurological signals are running that the conscious mind doesn’t have the slightest idea about. What is this miracle about? How do we call upon it to bring about the desired results? And better yet, how do we access materials lying outside the reach of the conscious mind—the habits, patterns and programs and move in relation to the Self, the inner being? If the wisdom of the body knows what to do, how to do, and when to do it, how do we get the wisdom of the body to respond to our needs at any given moment?

This is the key question that should be at the forefront of our thinking as practitioners. *Initially* we are working in higher states of awareness than our participants, but we are *invoking the assistance of their super-conscious* mind (and also our/their healing team) to bring about a desired result for them. In this **state** natural changes can occur that release held emotions, attitudes and self concepts that limit the full expression. New insights are born in us. Breakthrough discoveries happen. We become more magnetic while seeing ourselves in a new light. **The Light codes new information possibilities that unfold in their own way and time.**

How is this possible? I don’t know the how or why yet. I only know that I have received this both in meditation and directly from other practitioners of the New Light Magnetics during session work. What is consistent about the sessions and seminars is

- # 1. Physical shifts that are individual
- # 2. Lightness of Being, less defensiveness
- # 3. Improved visual and auditory function
- # 4. Deep Restful sleep



- # 5. Openness of mind, attitude shifts
- # 6. Spiritual faculties are enhanced
- # 7. More powerful life choices unfold
- # 8. Presence, more of you in your life

Perhaps the essence of our being is *simply light* and in this exchange from person to person, super-conscious-to-super-conscious a new or perhaps ancient language is being spoken and a sort of information exchange is occurring. Where as personalities often clash. Spirit is a knowing substance and allows for unity, harmony, blending.

If insights are not happening for us in healing then we may have achieved some symptomatic relief for any condition but we have simply exchanged one effect for another. This is positive for sure but it is only part of the larger process of self-awareness. New Light Magnetics may be seen as a shared experience of guided meditation for the purpose of self discovery and wholeness. When two or more are “gathered in the Name” then the mighty I AM that I AM becomes the guiding force in the work through the agency of the Elohim, Angels and Masters that guide these energies for us. **This intelligence knows how much, how long and where, what, and when. It is quite evidential to open into the state and simply feel the energy move through and then when the participant has received enough light and sound codes, the energy simply stops flowing.**

Turning on the dials for healing to occur involves a stepping aside the conscious process and allowing the super-conscious mind to take over. This is referred to as “state based performing” and unfolds more and more as we practice it. Since the energy is magnetic/ electric it is easy to recognize as it flows. It is more a process of letting go and surrendering than it is of doing.

Quantum science now tells us that the body is just energy, or energy/information. When you want to make a change in either the physical, mental, emotion or spiritual levels, you are required to make a selection or request and then out picture and expect a new reality. The quantum field is the zero point field of all possibilities. It is better to visualize a healthy body than to see it broken one under repair. Thoughts are powerful things. Don't you think so? One great question to ask is simply “what would this be like if it transformed now?” Now step aside and notice what happened.



## In Silence or Meditation?

What is the best way to work? Here is a novel idea, why not ask? I personally like to do guided meditation for my magnetics clients, with music. My friend Kenji likes to work quietly. I like them both actually yet my clients seem to like the meditation aspect. Like attracts like I guess. It is a fact that prayer and focused intent works in the healing process. I find that when I involve the participant in the healing process through focused intent and visualization, the process is more powerful, more enjoyable and always results in greater insights for the participant. It is more fun and we get better results much quicker. Then it is done unto us as we believe. Jesus was said to have stated that it is not he doing the work but the Father within was doing the work. It was not the personality doing the work but the Christed or Divine aspect of himself. It is our belief that we are then working as conduits for the healing effects to be run through our energetic systems and offered to our clients from a higher dimension of life. Whether we are in a silent meditation or a guided meditation we are always opening ourselves to higher help and feeling the energies move through us. And it is quite pleasurable indeed.

AS Bodies  $1 + 1 = 2$

As Spirit  $1 + 1 = 2 + \text{God}$

**ONE PLUS ONE EQUALS TWO PLUS THE ZERO POINT FIELDS OF ALL POSSIBILITIES**

The amazing benefits of doing this work is that **we get the energy as well**. We the practitioner's are supporting our own evolution and spiritual unfoldment by being in the energy. **One plus one equals two plus the zero point fields of all possibilities**. This idea has to be appreciated on the deepest levels in order to set up the biggest impact for healing. We don't work alone as practitioner's. We invoke Spirit. We work in partnership with the client for optimal results. This unity state reverses the physical laws of the universe and allows for the quantum possibility to unfold. It may be some new form of channeling and it most certainly is some form of *blending*, or time out from our state of separation to a natural state of unity consciousness, less otherness and more togetherness.

Symptom's are a signs that our connection with our source self has become compromised in some fashion. All true healing will honor this connection and deliver a response that resonates in our deepest aspects of our being. Some 'ah ha' will bring a smile to our hearts and facilitate some kind of a change that will point us in a new direction with both excitement and dedication. We are renewed not just relieved. We are inspired again. We



have a source hook up. Suddenly we are not out of body, out in the past or future but present and accounted for—accounted with our body-mind-spirit as one unit. The healing process is non-linear or circular when it is embraced in wholeness. Like a circle we move in the same direction and increase depth, sensitivity and awareness consistently. Each session deepens our understanding and appreciation for the Self and the wonderful universe of energy. **You are your own instrument so please tune up regularly.**

### **An Invocation:**

*“Thou Mighty Consuming Flame of God! We bow before thy Mighty Majestic Power: We rejoice in thy Directing Wisdom: We rejoice in thy presence in the heart of each of thy messengers of light and sound that go forth in your service and energy to bless mankind: We are ready to be loosed by the conscious intention to offer light, love, and healing comfort to those who would open to your grace and presence in and through us. As we empty of self we increase in thee. And this creative fire that I AM is thyself in me. Bless those in our presence that thy will be done for them which is for there highest good.”*

*See The ‘I AM’ Discourses, Saint Germain Press*

Don’t forget to call in your healing team, they protect you from taking on the dross.

When I was exposed to this form of energy healing work presently called New Light Magnetics, I was truly very fascinated in that it really originates from a deeply soulful and spiritual place. When you call upon the invisible forces of nature what is most exciting is that it—**the field—responds**. We open, pray, we invoke, we meditate and bring ourselves into alignment with the powers of the masters, angels and elohim on the etheric planes of life and work in partnership to balance the magnetic field, the chakras and the mental and emotional body. Yes it is true we can train ourselves to be receptive to the impressions from spirit and powerfully enhance our lives and assist others. What is required is an openness of mind and spirit. By spirit I mean the Heart of course, pure and simple. We have to drop the intellect and go outside the box and do what we have been reminded of so many times, become like children. We play in the fields of light and sound and energy.

My first exposure to this process was very sudden and Zen like. I did not have time to think about it. I had to simply surrender. I was assisting my friend John Kenji Kumara at an event shortly after a day when the world/earth had encountered another terrorist attack. This time it was the bus explosion in London. I have been a licensed health care provider for over



thirty years. I am also a minister that has performed over one thousand ceremonies. I guess this all helped prepare me for what was to follow. John instructed me to place a chair between our two chairs and place a participant in the chair. John then offered an invocation/prayer to the healing helpers, the council of Light and we began channeling light and sound wave magnetics through our energy fields and our hands. I was transported into a wonderful world filled with geometric shapes and we were grabbing hold of them and placing them into the energy fields of the participants that were coming for the “Cocoon of Light.” We worked on about 15 to 20 people in just about one hour. The amazing thing was that each person that was receiving these energy packets was receiving something that seemed to be *designed precisely for the individual*. I was doing/assisting in the process now without any prior training and it was good—and very good for me.

*“To heal the body so that it can manifest life of the spirit Self of the body, one must give the unbalanced body the balance of the spirit Knowledge of the Light alone can do this. All the information in the world will not heal a body unassisted by the light in him who heals and in him who is being healed.”*

*Walter Russell/The Secret of Light\page 36*

Packets of Light and Sound were drifting into our healing space from the universe of One and offering us energies for transformation and healing. I could get with this big time. I needed to explore this up close and personal to see what this was about and how we could become as fluid as possible in these new energy dynamics. These light and sound modules seemed to be carrying energy/information for the individuals present. Each person was receiving what they needed at the time to further the action of their lives. We were not required to know what any one needed. We instead were responsible to hold a STATE of ready willingness to support the grace flowing to us from spirit. From a place of NO WHERE we simply changed our state of consciousness and the light and sound was NOW HERE and significantly shifting the vibrations of the room. People were beginning to open into more pleasant states of awareness and the stresses of the day were being lifted off of people. They were en lightening in front of our very eyes.

At that point I decided to go after John and get him as excited as possible about doing this work/play so that we could play our parts in the transformation.. After 30 years of work in the healing field, I am realizing that a whole new paradigm is emerging in energy work that is very sacred, spiritual and has an awakening power intrinsic to the work. We are working in the Aura or Energy field without touching the person physically and big states are emerging.



I have gotten John Kenji excited about the process and we are now offering trainings for individuals who are interested in bringing light and energy to life. And yes it is very exciting because when you do the work, **you the facilitator** gets to enjoy the **energy** as it passes through your vehicle, that is your physical, mental, emotional and spiritual bodies. As each of the recipients will receive different energy/information the facilitator will be empowered in many many new and exciting ways.

New Light Magnetics begins with an intention to bring balance to any individual that is receiving the work and its first order of business is to balance the practitioner. When you open yourself to the energies of life, the mother earth and the masters and angels of healing a special blessing is always extended to you which continues to enrich your life on all levels. You become more magnetic. Your light shines and you become more focused in the present moment of you life. Like meditation that brings the mental, emotional and spiritual aspects into greater focus, the session work is an access to the realm of miracles because when two or more are gathered in the name of God, in the presence of spirit for the purpose of healing a unique energy dynamic emerges. The Course in Miracle defines it as an event that reverses the laws of the physical universe, that when the miracle happens it blesses both the giver and the receiver. It is a quantum exchange that supports your growth mutually on all levels. It is an extension of love. Not all sessions begin there, but most do end up there. Because when you relax the body and quiet the mind what emerges from within you is your natural state. This is a state of joy and awareness.

## New Light Magnetic Healing, Who are we?

We are first of all the people of the heart. The Flower of Life (above) is a symbol that many are familiar with that relates to the order of universe, the movement of planets and systems and all things which come to be are born of a sacred idea which does unify and integrate all things for the expression of beauty, balance and wholeness. *It is our intent to facilitate individuals in such a fashion that one's growth and fulfillment in the New Light will be completely uninhibited by any other individual at any time.* You are blessed to grow, grow and prosper. The universe is a knowing substance and energy can determine it's own levels.



We are training people to do the work and to teach the work and pass it along to as many people as possible for the upliftment of the collective spirit of humanity. Anyone can evolve through the work and move into teaching it freely, and the One Spirit will determine how much energy you are capable of running through your instrument. Anyone committed to advancing along the path through service to humanity can receive an activation and start doing the work immediately. If you are already a professional healer, therapist or minister of any kind, this is an ideal adjunct to your work.

We are not a corporation or a church that is looking to carve out a piece of the New Age. We have no soapboxes. We are a simple people, who have a pure intent to be instruments for this work. The work is its own reward. The Light, the Joy, the Being and Becoming is the goal and the reward. The greatest service that one person can do for another is to return them to a dynamic state of balance so that they can breathe the free air of spirit and to enjoy the connection with the real, the true and the wonderful. This is a powerful realization to work from and to share with. Often **impossible** things can and do start to happen.

I explain to lay people that it is better to have a healing or balancing than it is to sit around and discuss your problems. I am not discounting the help of professionally trained counselors. But let's face it, people get stuck and the more energy you put on the problem, the more it grows.

## Let's Party Naturally

Recently on a trip to Los Angeles, I was visiting a physician friend who was having some back spasms after a long day sitting in a seminar. We also had invited people back to his house, so when he asked me to work on him I decided to invite our guests to participate. What resulted was a round robin of healings with 5 people working on one person at a time. One friend said that he thought he might levitate he felt so good. It was a healing energy party that was a lot of fun and great for everyone present. It is also the best way to become more and more comfortable with flowing this energy within and around your self and others. Let's party with the Celestials. Let's get up.



## Why Should I receive an Activation ?

*“Man’s whole reason for being is to gradually pass through his millions of years of physical sensing into his ultimate goal of spiritual knowing. Man has now reached a transition point in his unfolding where he must have this knowing. He can acquire that knowledge only through greater awareness of the light of the universal Self, which centers him as one in God.”*

Walter Russell /Sol pg 90

The New Light Magnetic sessions quickens the light in you. It also works with the Earth’s Magnetic energy to stabilize you so that you can experience more balance in your expanded field.

We recommend that a person work with a facilitator if possible for a few sessions before making a commitment **to do the work**. We offer sessions, healing nights and a monthly seminar where we do a process called a Cocoon of Light. Persons who have been able to experience this have had very tangible effects of the process. Although persons seem to have been sent in to work with one of us because this energy was going to translate into their life or practice pretty quick. One gal (LM) called me for a session and after discussing the options for her this day, it became clear that we were to do an activation. The session proceeded and we felt as if an eight hundred pound being was walking around in my body—a lot of Magnetic energy came in. Each time I would move my hands (in this case I was on the body) it felt to her that my hands stayed where they were and two more hands were added. She received something that translated to her practice as she does body work. However, I have received work from LM and when she works in the field she is awesome, really plugged in.

An Activation takes me about 90 minutes to do. That is how long the energy takes to download. Often this will include 45 minutes of direct work on and in the field and perhaps 45 minutes of simply sitting as the energies continue to facilitate in the person. I use a chair and a massage table and will often split the session up. You know you are done when you are done, and not before. So even if you were not sure if you are going to take this work seriously an activation is a fantastic individual session to receive. And then who knows what the universe will set up for you to realize that you now have the ability to transmit this new and wonderful light and sound codes to others.

The more that you engage in the process the more quickly will you become a master



of it. Getting together to share the energy is optimal and the more creative you become the better. Who needs Tupperware parties now! I am off to see the Light and to be the light.

The cost of each activation ranges from one hundred to one hundred and seventy five dollars—depending on if they are received individually or in a class setting. The average time for me to do an activation is two hours. All of our classes work on a sliding scale and no one is turned away for financial reasons. There are obvious reasons why some people may not be ready or responsible enough to receive this work. These individuals should simply be re-directed elsewhere accordingly and compassionately.

## Shifting from the Solar Plexus to the Heart

*The Course in Miracles* teaches that there are two kinds of emotions—that's all—love or fear. You are either shooting from the heart or from the solar plexus. In order to do the work in New Light Magnetism, it is helpful to have a basic understanding about the Chakra Energy System. The yogi's of ancient India first recognized the wheels of light some thousands of years ago, while our modern artists have been painting halos around the heads of modern saints. This would represent the crown chakra, which is illumined when a person releases the light within. Each of the centers of the seven primary chakras is related to specific colors and qualities of energy. The lower centers are involved with the survival, reproduction and power or ego expression. At our present time of unfolding humanity, the experts in the field of spiritual science tell us that collectively we are moving from the Solar plexus chakra to the Heart. What locks up the solar plexus is worry and power issues. What opens the heart is concern for others. All of the centers are essential to the wholesome expression and fulfillment of the evolving being and it seems that NOW more than ever, the opening of the heart is becoming essential for survival.

**The heart is the source of energy and light in all beings.** In order to rise above the world we must do this through the heart. We have to rise above the money, sex and power issues that dominate the mind and allow moments of self-realization to influence the direction of our lives. We are competing with the media, world events and the collective conspiracy against freedom of any kind that is brokered by both governments and powerful individuals that would have us believe that the world is about to end. When the going gets



tough, the tough have to get going. We have to *vigilant* about maintaining a higher frequency. We need to determine that we will not be pulled down by the world. We are living on a planet of boundaries. On one level we are a global village, like when we are on the Internet at home. But step out of the house and we are from the neighborhood it seems, or different neighborhoods actually.

Differences in human beings were created to color the tapestry of life, to help us make distinctions, to give texture and dimensionality. Unfortunately it has caused too much division. We don't see enough of ourselves in one another. We see the Catholics and the Protestants at war, and the Muslims with Hindus creating borders. We can put a man on the moon and governments are building nuclear arsenals before giving polio vaccinations and feeding people. Something has to give, some ones too! Some new majority has to shift enough to influence the events on the planet and bring us into higher levels of integration. The heart knows what the solar plexus could not fathom. The heart is where God speaks to man.

Perhaps the New Light Magnetics codes are what we need to make it onto the higher ground. Our group is just a microcosm, one cell in a thousand or hopefully thousands that would care enough to extend from the heart. To take the leap of faith, of Being, to bravely go where no man has gone before, or to simply follow the words of the master who said "Love one another as your self."

The movement of the heart is the saving grace. It is action of religion and spirituality. It is the placing of the shoulder to the wheel. It is a paradox that now the best way to save yourself is to offer to be the savior to another. It is the way out of boredom, grief and sadness. It is the commitment to humanity, your humanity. It is the response to Gabriel's horn. The spiritual hierarchy is beginning to externalize or express more evidentially through human beings to answer the call to bring all to the Light. There are no longer any seats in the stands, only players on the field. If you are in the stands you are already dead, you just have not been buried yet.

## A Contact High

*"Reason is powerless in the expression of love.*

*Love alone is capable of revealing the truth of love and of becoming a lover"*

A Sufi saying



I remember my first experience with the work of NLM. My friend John Kenji Kumara just isn't happy unless he has someone looking lying down and looking up at the ceiling after receiving a Quantum wave. Either that or else he's peeling someone off a massage table after enfolding them in a Cocoon of Light. He likes a big effect. He is a great guy to have around at parties because you never need any alcohol. You just get a natural high. John came over to do some work with me and to use my Vibe machine. He then sat me in a chair and proceeded to work on me for about 40 minutes. After filling my field with all this wonderful energy I moved to my favorite big green recliner and John just stood at the door laughing at me. I was high on light, high as a kite. And there was no way I was moving for a least an hour.

It is a pretty simple thing to do and share. Put yourself in someone's field, call in your healing team, offer a prayer or invocation, set an intention for yourself and ask the recipient to do the same and let the energies flow. I have never had a person not be able to feel the energies. I can imagine that if someone could not feel it, they would be thinking that who ever would stand around and make these silly movements in my aura must think a lot for me, so this is just alright, that's a contact high.

***Miracles are healing because they supply a lack; they are performed by those who temporarily have more for those who temporarily have less.***

***Miracles are a kind of exchange. Like all expressions of love, the exchange reverses the physical laws. They bring more love to both the giver and the receiver.***

### The Course in Miracles

This is my experience with the session work. I truly feel much better after doing a session than before I get started. I guess that is why I refer to it as blessing work, it truly is.

## Meditation

*“Meditation is in truth higher than thought. The earth seems to rest in silent meditation; and the waters and the mountains and the sky and the heavens seem all to be in meditation. Whenever a man attains greatness on this earth he has his reward according to his meditation.”*

Upanishads



*“The moment between the bud and the rose is only known to the roses.”*

A Sufi saying

*“These two paths, the light and the dark lead some to liberation and some to re-birth. Once you have known these two paths (Arjuna) you can never be deluded again. Attain this knowledge through perseverance in yoga/meditation. There is merit in studying the scriptures, in selfless service, austerity and giving, **but the practice of meditation** carries you beyond all these to the supreme abode of the highest Lord.”*

The Bhagavad-Gita

*“The innocence of this first inquiry—just asking what you are— is beginner’s mind. The mind of the beginner is needed throughout Zen practice. It is the open mind, the attitude that includes both doubt and possibility, the ability to see things fresh and new. It is needed in all aspects of life. Beginner’s mind is the practice of Zen mind.”*

Suzuki Roshi/Zen Mind, Beginners Mind

*“Meditation is the most important of all the functions of human life which advances human progress. Everyone can knowingly practice meditation and thus command his achievements to be masterly. Meditation is the communing with God for the purpose of working knowingly with God.”*

(Taken from **page 1** of the home study course of the Universal Law, Natural Science and Living Philosophy of the University of Science and Philosophy. Walter Russell)

Meditation means to think inwardly toward the mind-soul rather than outwardly towards the senses.

Meditation requires that you forget your body and stop thinking about anything. De-concentrate to the point of stillness, become a vacuum in so far your senses are concerned. Desire the light. If you could express it in words, let the expression have meaning but without words. Let it be more like a realization, as though you were saying:



*“The glory of thy anointing Light is upon me.  
I am in the Spirit. Thy Light is all about me.  
It encompasses me. It shineth through me. I am dissolved in thy Light.  
Thy Light is my Light. I am immersed in thy Light.  
I am in thy light, knowing thy Light.*

This is a very advanced form of meditation that flows out of the mind of one who has already been transformed by the light. It is being presented here so that a variety of meditation practices may be reviewed and appreciated. As a graduate of the home study course of the University of Science and Philosophy, it is difficult for me to read the book The Secret of Light and not quote the whole thing.

The field of western psychology has identified three states of consciousness that we all move through on a daily basis: the waking, dreaming and sleeping phases; however in the East they have identified a **fourth state** called turiya or meditation. *“Normally we never proceed past this unremarkable miracle of the daily existence to the absolute freedom of becoming one with the indescribable fourth state, called turiya. (Eknath Easwaran, The Upanishads)* The following is a sample of some of the discussions on this state and on meditation on the soundless sound or OM (AUM) from the **Manduka Upanishad. Verses 1 through 8.**

AUM stands for the Ultimate Reality.  
It is a symbol for what was, what is and what will be.  
AUM represents also what lies beyond time itself.  
Brahman is All and the Self is Brahman.  
The Self has four states of consciousness.  
The first is called Vaishvanara, in which  
One lives only in the senses, turned outward.  
Aware only of the outer world.

Tajasa is the name of the second.  
The Dreaming state in which with the senses turned inward,  
One enacts the impressions of the past deeds and present desires.

The third state is called Prajna, or deep sleep,  
In which one neither dreams nor desires.  
There is no mind in Prajna; there is no separateness,  
But the sleeper is not conscious of this.  
Let him become conscious of this in Prajna  
And it will open a door to the state of abiding joy.



Prajna, all-powerful and all knowing,  
Dwells in the hearts of all as the ruler.  
Prajna is the source and end of it all.

The FOURTH STATE is the super-conscious state called TURIYA,  
Neither inward nor outward, beyond the senses and the intellect,  
In which there is none other than the Lord.  
He is the supreme of life.  
He is infinite peace and love.  
Realize Him.

Turiya is represented by AUM.

The Fourth state or condition is Atman in its pure state; the awakened life of pure consciousness. It is neither inner nor outer consciousness. It can be realized but not described. It cannot be seen nor touched and it is beyond all distinction, beyond thought and ineffable. All meditation methods are the hand pointing to the moon in a sense. Yet, all of our meaningful journey's start out by first moving in the right direction.

Our modern researchers have been busy lately and new research is forthcoming about the many benefits of these meditation exercises. Below is an excerpt from the Navhind Times on the Web:

### **Meditation can make you more intelligent**

IANS Publications New York Nov 12:

Meditation can help to increase your gray matter. Meditation increases the thickness of the cortex area in the brain - important for sensory, cognitive and emotional processing - says a research paper published in the November issue of NeuroReport and reported by EurekAlert.

Although the study included only 20 participants, all with extensive training in Buddhist insight meditation, the results are significant, said Dr Jeremy Gray, assistant professor of psychology at Yale and co-author of the study led by Dr Sara Lazar, assistant in psychology at the Massachusetts General Hospital. "What is most fascinating to me is the suggestion that meditation practice can change anyone's grey matter," Dr Gray was quoted as saying. "The study participants were people with jobs and families. They just meditated on average 40 minutes each day." "Most of the regions identified in this study were found in the right



hemisphere,” the researchers said. “The right hemisphere is essential for sustaining attention, which is a central practice of insight meditation.” They said other forms of yoga and meditation were likely to have a similar impact on cortical structure, although each tradition would be expected to have a slightly different pattern of cortical thickening based on the specific mental exercises involved.

The process and instruction of meditation has been being delivered in this country for many years now and perhaps the organization that has had the biggest impact has been the Transcendental Meditation Organization which has many established centers and an actual University in Fairfield, Iowa. The cost of there initial 4 day training (2 hour per day) is now \$2,500 dollars. I am sure that it is worth that much if you have the resources. The convenient thing about doing the training in NLM is that we initiate you into the Bija meditation using the same process for just the cost of the monthly program which is \$90.00 for a 6 hour program.

Bija meditation is considered to be the oldest form of meditation and has been dated as far back as the Vedas of Ancient India some 5 thousand years. The word Bija means seed and is defined as an instrument of light and sound vibration. The mantra or Bija seed works at the subtle level of the mind and etheric body. It is not so important that you practice the Bija meditation that is taught with the NLM, but it is advisable that persons in the healing arts practice meditation. Because often we are dealing with persons that have serious health challenges and imbalances for long periods of time we are required to keep our personal field and energy, ourselves clear and unobstructed at even deeper levels of Theta and Delta brain waves; we open up new possibilities for insight and awareness, intuition and sensitivity. In (Buddhist) insight meditation we practice watching the breath, we witness and deepen our sense of the Self. In Bija meditation, which is a derivative of the Vedic culture and Hinduism, we work on raising our frequency and opening the higher centers, or centers of inspiration. All of the chakras are important to have open and healthy. If your crown chakra is open and your root chakra is not, your life is going to tumble over for sure.

In Zen we might ask ourselves, “If I know what my own mind is, what is Zen mind?” The mind of the beginner is always needed. It is always here and now. It is an open attitude of presence and relaxed attentiveness that keeps returning us to the Self, bringing a sense of peace and of balance to ourselves. If you want to accelerate in this work you have you be able to sit and be. Be open to the guides and continue to polish the mirror of your own heart so that each moment of your life is free of the prejudices of the past.

## **MEDITATION REALLY MEANS---FEELING--- THE ACTIVE PRESENCE OF GOD**



*“One of the great needs of individuals, and even of sincere students today, is to feel the necessity of giving time morning and evening to sincere meditation: to the stilling of the outer activity so that the INNER activity may come forth unobstructed.”*

The Saint Germain Press, I AM Discourses,  
Vol. #3, pg 102

Let us hope we can be this vigilant. What I am sensing is that the great push is upon us. We need to act as if the world completely depended on us. Then surrender and know that we are depending completely upon Grace.

**Blessings on your journey!**