



**The
trio
when repairing
or
building
the temple.**

Physical Body
It what you are building

Spiritual Guidance (*the way you think*)
(Creates the outcomes of Life)

Ways to Activate the Body's Healing Abilities
Utilize various techniques to remind the body of its innate power to heal, recover, and rejuvenate. These methods may involve dreams, visions, meditation, deep breathing exercises, and more. Additionally, consider incorporating stimulation from medications, herbal remedies, and other alternative practices.

Nutrition is essential for achieving desired results of this planned building name your body.

- Amino acids.
- Fatty acids.
- Mineral (Vital, Essential, Trace)
- Hydration (electrolytes)

Why is nothing helping me?

In simple terms, it's essential to believe that you possess all the knowledge required to pursue your ambitions. The only aspect you can truly control is your physical body. You are constructing the temple of your choosing. You have the option to allow a random temple to take shape or to carefully plan how you want your temple to be constructed!

Most of us allow the ***beliefs of our parents, schools, churches, and the state to dictate how we build our temples***, often resulting in something weak and inadequate. We don't take the time to sit down and plan what we truly want to create. Without a plan, we naively hope that things will turn out well on their own. What a foolish approach!

1. Stimulation

Plan the physical body you wish to have.



Body stimulation can be achieved through any method or combination of methods of your choice.

- **Physical Stimulation:** *Exercise, Massage Therapy, Acupuncture, others.*
- **Light and Frequency Therapy:** *Red Light Therapy, Frequency Machines, other*
- **Mind-Body Techniques:** *Meditation, Visualization, Breathwork:*
- **Grounding/Earthing:** *Direct Earth Contact, mat grounding*
- **Detoxification:** *Cleanses and Fasting, Sweat Therapy, other*
- **Energy Healing:** *Reiki, Qigong, etc.*
- **Sound Therapy:** *Binaural Beats, Mantras and Chanting, others.*
- **Environmental Adjustments:** *Feng Shui, Nature Immersion, others.*
- **Sleep Optimization:** *Quality Sleep , Circadian Rhythm Alignment:*
- **Therapeutic Practices:** *Allopathic Medicine, Homeopathy*
- **Psychological and Emotional Healing:** *Therapy and Counseling, Journaling:*
- **Spiritual Practices:** *Prayer, Mindfulness:*
- **Other method:** *such a getting into the state out of mind experiences.*

Stimulation is simply a signal that targets the entire body system, a specific organ, or a particular body part. It does not carry out the healing, building, repair, or recovery; rather, it initiates the process by signaling,
"Let us begin the recovery and building process."

2. Providing Materials

Plan the physical body you wish to have.



Raw materials are what the signal processes will cause the organ of whole body to demand.

Key Raw Material 1: Amino Acids (9 Essential Amino Acids, other non or conditional essential amino acids). Find source of Amino Acids that are complete to the best of your powers.

Key Raw material 2: Fatty Acids 9 (There are many and each is important, find the source of the fatty acids).

Key Raw materials 3: Vitamins and minerals. Find your source of these.

Key Raw material 4: Hydration or electrolytes (magnesium, potassium and Sodium are key here and yes, water).



Funny discovery - if you have meat, fish, eggs unprocessed you will have taken in most or all of these above raw materials. Meat from vegan animals seem to be the best - that is animals with 4 stomach, that eat grass, and chew their cud. Cows, goats, lambs, deer. These meats seem to have amino acids and fatty acids in good ratios.



3. The magic

the spiritual power work and that is what we call magic.



The spiritual power signals any needs via the body so pay attention to and go sleep.

The spiritual power operates while we sleep or rest. When stimulation is present and the necessary raw materials are available, these powers will begin to combine them in what we, as humans, refer to as magic.

Herbals provide stimulation rather than nutrition.



When starting the process of recovery, healing, or improving your body, waste and toxins are eliminated and stored in specific areas known as bladders – the Gallbladder for the Liver and the bladder for the Kidneys. These areas act as storage tanks for water. To cleanse the Liver Bladder effectively, it is essential to consume foods rich in fatty acids consciously.

