

## *The Ancient One speaking on*

### *The Missing Ingredient for Your Radiant Health*

Greetings! I am an Ancient One and I come forth to speak with you upon the topic of radiant health. Although there have been numerous speakings upon the topic of health and self-healing, there remains a missing ingredient. And it is the missing ingredient that leaves you without results, leaves you wondering if you have done something incorrectly, or leaves you with the feeling that “this just doesn’t work for me”. There is nothing wrong with those feelings, of course. Yet they do not speak of failure. They do speak of the truth that there is a missing ingredient.



I come forth to deliver to you that missing ingredient. You don’t need to deserve it. It is yours by your own divine right. Why now? *You are able to hold within your consciousness the vibrational frequencies that are necessary for your direct and effective participation with your radiant health.* Are you ready? Then let us continue!

As you have resided upon earth, your journeys have given to you what are called histories, and it is within those histories that you have developed certain patterns and encodings that determine the manner in which your body does manifest itself within physicality.

Just as you consciously choosing to take an action or not, the patterns and encodings developed through your journeys do then choose for you that manner of your body’s manifesting. And though such choosing is not your conscious choice, it is a choice nonetheless.

The truth remains, however, that your body is continually forming and unforming within the best manner possible, the most perfect manner possible... *and here is the determinant...* according to your beliefs and those history-related patterns and encodings.

Then the natural conclusion might be that if you could discover or become conscious of those beliefs that inhibit the natural and perfect forming of your body physical, you would be able to experience not only health, but more so, radiant health. In addition, you might conclude, if you could become conscious of those history-related patterns and encodings, you could do something to relieve them of their active participation within your body’s forming. And you would be correct in both conclusions.

Then the question remains, how do I do this? Here is the answer to your question.

While the truth remains that you cannot discover or uncover all of your limiting beliefs simply because the nature of physicality leads one to believe in separation from the whole, *the truth also exists regardless of those limiting beliefs*, especially those beliefs that have refused your radiant health even against your own desires for relief from less-than radiant health.



And as I have spoken, the truth is that your body is forming and unforming in its most perfect manner. What does that mean? Simply said, it means that your body forms perfectly within physicality... and then presents itself according to your dictates, and those dictates are more often than not, unconscious – as in those beliefs and history-related patterns and encodings. Yet again I say, the truth remains that your body forms itself perfectly... to fulfill all of your incarnate needs.

The first belief that I will call forth from your being is one that perhaps you are a little aware of... it is that one that says, *no matter what I do, I can't seem to heal my body. I am old or older. Or, I have had this condition for a long time. Or, this is a serious condition and I am afraid.* I could go on and on, and you might be thinking that those statements are not all beliefs, that some of them are fears, some of them are conclusions. Yet beneath them all is a belief that says that you are a mere human being. That is the first belief that requires change.

You are NOT a human being. You are a divine spirit, a beautiful essence that flows forth to reside upon earth and in order to reside you have chosen a physical body as your home.

In addition, I would add, you are NOT the persona you have developed yourself to be. Your identity is bigger.

For years, perhaps all of the years you have reside upon earth, either in this lifetime or in many before this lifetime, you have been trying to create or discover who you really are. And you have fallen short of the answer. And while some of you can say that you know that you are a spirit that is incarnate within physicality, the knowing requires more than the words. The knowing is deeper, more expanded, beautiful, radiant. Speaking the words or knowing the meaning of the words intellectually with your mind is a first step in

recognizing who you really are; yet it is only the first step.

What is the second step? It is this. It requires a little letting go. Of what? It requires a little letting go of who you believe yourself to be. It requires a little letting go of believing that you are what you do; for example, you are not your profession, whatever it is. That you take action as a healer, a teacher, a husband, a wife, a son or daughter, a farmer, an architect... such action does not describe who you are, does not describe the essence of you... that essence that takes form. That essence IS you. Do you see?



If you would take a moment right now, to close your eyes, to breathe deeply, and to let go of thinking of yourself as your action, as your profession, as what you do. You can begin by simply saying to yourself, my action in this life is to perform as a... and then fill in what you do. You might find that you are filling in that space with a list of actions, and that is wonderful! Just keep on listing all that you do within your lively journey now... now.

You might be saying, *I am setting aside thinking of myself as what I do. I am setting aside the notion that I am a healer, a teacher, a mother, a wife, or a husband or a father, a friend, a lover, a baker or farmer...* whatever are the actions that you take in this life. You might also say to yourself, *although I do those things, although I take actions within those frameworks, they do not define who I am.*

And then pause for a moment and allow that truth to exist. Now your thinking mind is going to want to say, "I know all of that." But remember, knowing and taking action are two different steps and we are involved with the second step.

So then, return to the simple second step of breathing deeply and actually say the words, *I am setting aside all of the ways that I have defined myself, I am setting aside the notion that the essence of my being is limited to being a ...* and then fill in that blank. Just take your time, continue to breathe deeply, and allow any subtle descriptions to come to your conscious awareness.

Then we are ready for step three. It is this. Now remember, your thinking mind will be tempted to conclude that all of this is just too simple because "you already know all of this". And you are then reminding yourself that *you are taking the necessary action within that knowing.* That should alleviate your thinking mind's need to devalue what we are

doing together.

On to step three. Again, breathe deeply, close your eyes, and say to yourself, *I am essence of spirit. My spirit has come forth to reside upon earth. My spirit is divine essence taking form. Without identity, without earthly parameters, I am. I am the All, I am the Universe, I am the One, I am Wholeness of Being... flowing forth and being as that which I am, spirit... incarnate.*



Now you might want to speak those words to yourself several times, perhaps reading them and then closing your eyes and allowing the vibrations of truth to resonate within your incarnate being. What does that mean?

As you speak those words, the vibrational frequencies of truth resonate within your bodies physical, mental, emotional, spiritual. Another way of describing the result of speaking those words...again and again until they are part of your very being... is that *the truth then resonates within your home, within your body within which you reside while incarnate.* What does that do?

The resonating frequencies begin to bump up against that which is untruth and in so doing, the untruth begins to dissolve... because it must. In the face of truth, *the untruth cannot hold the integrity of its illusive beingness.* Do you see? This is part of the missing ingredient.

Now all of this doesn't mean that you will not be taking the actions you have been taking; that is, that you will experience yourself within the role of a healer, a teacher, or anything else you have realized that does not determine the essence of who you are. You will simply be going forth in the same manner; yet you will be more and more and more conscious of the truth of who you are; that *you are spirit going forth to experience the journey within physicality and its illusion of separation from the whole.* Yet you know within your spirit that there can be no separation from the whole. The whole is the whole and it cannot be separate from its own self, just as you cannot be separate from that which you are: totality of being.

The third step requires your full attention on a regular basis; that is to say, as you go forth within your daily journey it is now time for you to remember consciously and always that you are a glorious spirit, that you are totality of being and you are simply residing within a physical body in order to be incarnate upon earth during these times of

great change. You are a beautiful spirit; you are totality of being, wholeness itself.

Your mind might find that such a description of yourself is a bit illusive. Of course it is illusive. Who you really are will not fit within any mental, emotional description of self that resides upon the foundation of conclusions and experiences that you have had whilst you have journeyed through the illusion, through physicality. The thinking mind is but a part of that *expression* of self; it is not who you are.



Now let's continue with the fourth step. Yet your reading of the third step and not doing it is just that. It is simply reading. You have a slang vocabulary upon earth it is this: it will not cut the mustard. Once again you are reminded that reading something, understanding it with your mind, is not the same as taking the action. And any conclusion that the mind might make based upon the reading and thinking about what it has read is based on *nothing*. *Until you take the action, you have no experience upon which to conclude.*

The fourth step is a bit more involved. It requires you to take further action. Some of you have taken this action before, but most of you have not. Even if you have done this before, you have not participated within the framework I am delivering to you. In other words, as you have the phrase, I am asking you do participate in this manner again.

Write on paper the ailments that you are experiencing with your body physical. Just list the ailments. Take your time and list them all. And even though your thoughts might tell you that you don't want to be so "negative", the truth remains that you are experiencing your body in this manner... and again, as you have the phrase, let's get this all out in the open. Let's look at what is happening. Let's confront that denial and as you say, get real. Yes, let's get real.

Once you have made your list, sit quietly and pause. Allow any other ailment to present itself to your awareness and then add it to your list.

Now, take your list outside, out of doors and into the light of day... if you can, into the sunlight. You can sit or stand, either is your choice. Breathe deeply and read aloud your list of ailments. Yet before you read your list, speak these words, *this is my list of illusionary effects upon my perfect radiant health, effects that have inhibited my joyful*

*experience of my natural radiant health.* And then read each one aloud. Don't hurry. Just take your time. And again, when you are complete, pause a moment to discern if there is anything you have left out. If something comes to you, then say it aloud.

Good. Now you are ready for the real thing. Now you ready to enter into an energetic that will change your entire experience of physicality. Are you ready? I am saying these words to you: *Allah Kleegah Notchō Freenah!* What do they mean? They have no interpretation that resides within your vocabulary's frame of reference.



What am I doing with those words? I am parting the veil of the illusion within which you have been residing, the illusion of your physical disabilities. Yes, that is exactly what I am doing. I will speak those words once again to you: *Allah Kleegah Notchō Freenah!*

I ask you to close your eyes, breathe deeply and allow yourself to enter into an altered state of consciousness, as if you were meditating. And then, once you are in that consciousness, breathe deeply again as if you are breathing in those words. When you do this, I will speak the same words, I will breathe them into your being... wherever you are, however you are, I am with you and I will proceed with you.

Yet remember, this is the fourth step. I insist that you participate with the first three steps before I will breathe these words into you and dispel the illusionary conditions that inhibit your full experience of your own radiant health.

Next, the fifth step. Once again, bring your consciousness to its most expanded state, as if in meditation. Breathe deeply. Then speak these words to yourself: *I am a spirit being. I am wholeness of being. I reside incarnate within radiant health. It is my home. I give great good gratitude for this truth. All else is illusion and is no more. So be it.*

Then allow. If your mind wants to enter into whatever is occurring, simply repeat those words again and again and again, bringing yourself back each time to the truth of who you are and that nothing else exists that has been created upon illusion. You are perfection itself.

Then step six. Rest.

I ask you to participate with this manner, all six steps, for three weeks. That is,

each day participate within the entire process, using your already-written list. At the beginning of the second week, discard the first list and create a new list. Then proceed each day. At the beginning of the third week, discard the first and second list and create a new list. Then proceed each day.

At the end of the third week, begin a daily practice of your own design that will continue to remind you of the truth of who you are, that will continue to remind you that your body always forms as radiant health, and that all else is illusion.

This does not mean that you will discard any health-related actions that you have been taking; it does not mean that you will not continue with any medication. Those decisions are different and would be discussed with your system as it resides upon earth, as in your physician or health practitioner. Yet there will come a time when all, you and those who have been assisting you to reside in perfect health, will realize that your body physical is changing, transforming, manifesting as its true nature.

I am an ancient one and I come forth to speak with you, to assist you to reside within the truth of who you are. You have been described as magnificent beings, yet I say to you, you are so much more. Words cannot describe the real essence of who you are. Yet you can continue in this manner and perhaps you will experience more and more who you are... *through experience does the truth be made manifest within physicality.*

Then until we speak again, I am an Ancient One. I am with you to assist you... always.

