

# Mastery of Life

## **The Spirit; Operator of the Bio-Computer**

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### **Material vs. Spiritual World**

The material aspect of the human is dealt with first here. This aspect relates to what we can see touch, feel, hear, smell, taste; the world perceived through our senses.

#### **2nd Corinthians 4:18**

*“While we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal; but the things which are not seen are eternal.”*

Evolution in this world is a dynamic process. In order to stay in step, the individual must be adaptable. The material world in man is divided on three planes, the mental, emotional and physical.

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### **The Mental Plane**

This plane identifies with the intelligence, logical, thinking, reasoning, and calculating. The mental plane makes up the subconscious or the soul, together with the emotional plane.

If the mental and emotional plane are not synchronized, we get a split personality which is a threat to our further growth. It could go so far that a person becomes destructive or dangerous to himself. He is his own worst enemy. A seed does not have any personality conflicts. It's purpose is to bear fruit and multiply. We are designed in the same fashion.

The mental plane is where the individual stores and processes sensory data from which a mental conception of the world/reality is synthesized. As mentioned before, the individual's response to the environment is reflected in this conception.

Essentially, the mental plane is a data storage area where *the mental conception is the individual's program for behavior in the physical world.*

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## **Mental Concentration/Focusing**

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The evolutionary process in the physical world is a mass energy concentration process. Here, the greatest energy mass is concentrated towards the center rather than towards the periphery of a spiral.

Translated to human mental terms, this means that in order to multiply and reap a harvest the individual must mentally concentrate on what he or she is doing.

## **Emotional Plane**

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This plane is connected with the feeling center in the body. This center assesses the degree of **harmony** in the human being as a whole. *It is a bio-feedback system which monitors whether the human beings behavior is for an evolutionary growth or not. In this sense it can be regarded as a guidance system to keep the individual on evolutionary course. When the individual is on course he or she experiences a state of emotional ease, harmony, and inner peace. On the other hand when the individual deviates from the evolutionary pathway he or she will register a state of emotional dis-ease, restlessness, frustration, and at worst, chaos, ruled by destructive emotions.*

By being in control of your present mental actions towards an evolutionary goal, in synchronization with the four seasons, you are also in control of your own emotions. Good mental action bringeth forth good fruits, achievement, and growth. He that is in control of his own mind and emotions owns his own power.

**Your emotions are the fruit of what you sow.**

## **The Physical Plane**

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This plane is related to skin, tendons, ligaments, muscles, organs, glands and the brain (which receives information and instructions from the mental and emotional, or the subconscious). It involves all body tissues.

The physical body supports the mental and emotional planes. It is an interface with the material world providing mobility. Each of these three planes of our material being is designed to be linked to the other two so that they all function as an integrated system (the Trinity Concept). One readily identifiable link between these planes is via the central and autonomic nervous systems. This is complemented by our hormonal system where its chemical messengers are transported by the circulatory and nervous system. Also, mention should be made of the phenomena of resonance and the acupuncture meridian network.

The material aspect of a human being is essentially a very sophisticated mobile bio-computer whose behavior is programmable within broad limits, perhaps even unlimited.

## **The Spiritual World**

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In order for the programmable bio-computer to function, there must be an operator/programmer associated with it. The computer is useless without an operator who has wisdom and understanding to integrate the parts constructively. Such an operator identifies with the individual spirit which animates a human being.

In the game of life, the operator, by means of the biocomputer at his disposal, potentially has access to the *master program of evolution*; the absolute reality of the infinite creator, *for whom the sky is no limit*. The extent to which the individual operator is able to achieve this attainable goal depends first and foremost on how **responsible** the individual is in respect to running the bio-computer program department.

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**Proverbs 25:28**

*"He that hath no rule over his own spirit is like a city  
that is broken down and without walls."*

The possibility given to us by exploring our spiritual absolute reality gives us a peaceful retreat from this material relative reality which sometimes could be in tribulation, sickness, war and chaos. But be of good faith, things that are "seen" are subject to change.

By traveling in our spirit (the infinite), we can step out of our own body (the finite) and see ourselves and our problems in a proper perspective; the absolute reality. It helps us to see the forest, not just the trees. When this is fully mastered, there is nothing in the physical world that can move us. We are of spirit, and we shall go out as spirit. Man is a spirit who has a soul and lives in a body (earthly suit). We are in the world, not of the world.

As mentioned previously, the spirit is supposed to dwell in the heart. It is designed to be a superior monarch; the operator of the bio-computer. It is the connection we have with the infinite. Our mind and emotions are something that we relate to our head.

From physics we know that coldness relates to a lower activity based on the decreased molecular speed occurring simultaneously with a decrease of temperature in all matter. Heat relates to a higher activity based on the increased molecular speed occurring simultaneously with a temperature increase in all matter. Because the heart is hierarchially superior to the mind/head, there should be relatively more activity in the heart than in the mind. Man is better off with a warm heart and a cool head.

### The Four Seasons

According to ancient Chinese philosophers, everything in the Universe including the human body and the processes which took place inside it could be subdivided into the Five Transformations (System of Five), as well as into Yin/- and Yang/+. The Five Transformations, are Wood, Fire, Earth, Metal, and Water, in contrast with the Greek classification of the four elements. The function of each transformation is to control or be controlled by ever changing conditions.

The Chinese philosophers spoke of the importance of living in harmony according to Tao/ God, the golden way (balance). Too little or too much, a dysfunction in any of the Five Transformations are the cause of bodily dysfunction in their associated organs, glands, and tissues, emotions and mind. This is based on the wisdom that too much or too little of anything is harmful. This is not to say that there is balance if one has a little bit of disbelief and a little bit of faith. Can you imagine someone having too much faith? How about too much unconditional love? Or, too much truth? These are exceptions to the case.

The Eastern healers used this law when taking a case history and when examining their clients through observation, palpation, smelling and asking questions. The seasonal cycles which occur in nature and man are paralleled in the flow of the seasons of the Five Transformations.

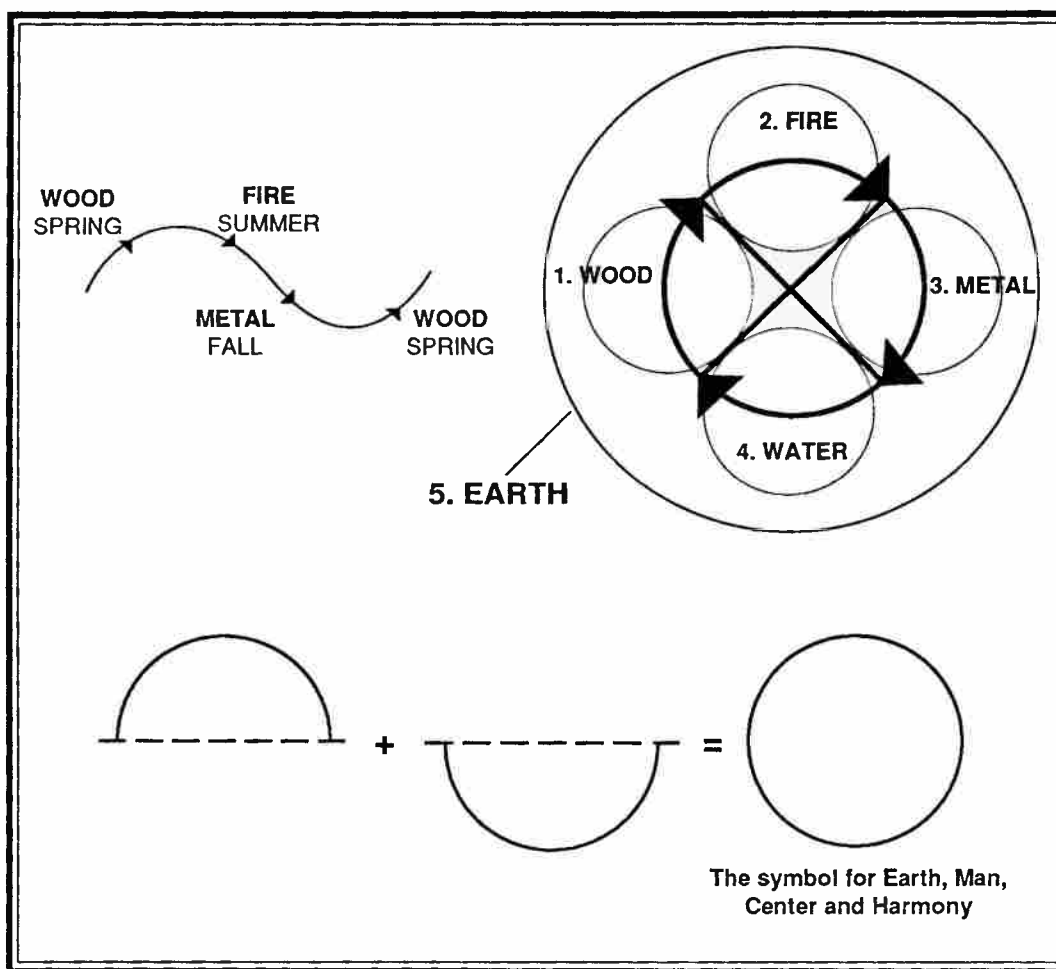
<b>WOOD</b>	<b>Spring</b>	<b>Cleansing, Planting, Birth, Growth</b>
<b>FIRE</b>	<b>Summer</b>	<b>Blooming, Expanding</b>
<b>EARTH</b>	<b>All Year</b>	<b>Fruit Bearing, Ripening</b>
<b>METAL</b>	<b>Autumn</b>	<b>Harvest, Understanding, Letting go</b>
<b>WATER</b>	<b>Winter</b>	<b>Storage, Conservation, Death</b>

Tao, Yin/- and Yang/+ and the Five Transformations are the beginning and end of everything including the life cycle (birth and death). He who fails to live in harmony with the laws of the Universe draws disease upon himself.

The student must first understand, comprehend, and then masterly apply the System of Five before he can understand the System of Four. He must comprehend the System of Four before he can approach the System of Three. The System of Three must be fully incorporated before the System of Two can be applied, and the System of Two must be mastered before he can comprehend the System of One, or Tao. Only when at one with God can he be considered a true master, healer, and teacher of life.

But this is not the end. Experienced for a single moment for the first time, man should perfect himself to make it a full time experience. When at one with God, people have a tendency to think that "This is too good to be true!" when in fact, it is the truth.

Man's divine goal is to search for the absolute truth (the infinite creator), to understand and follow the laws of the Universe, as does everything in Nature. Each individual must grow, bear fruit, and multiply according to their and God's infinite source. Don't be the limiting factor of an unlimited source? The only way we could change this planet to a better place to be, a harmonic society, free from strife, suffering and pollution, is by starting from the inside (ourselves) and work out.



People often have a tendency to label others and themselves. In doing so, they limit themselves. They imprison themselves with their labels, never realizing their true potential. It is not so much what you do, as it is with what attitude you are doing it.

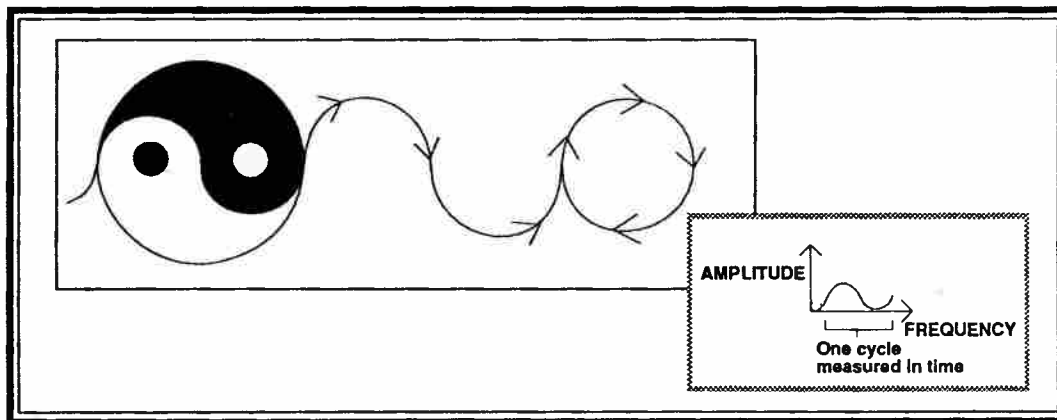
**Genesis 1:28**

“And God Blessed them, and God said unto them, “Be fruitful,  
and multiply, and replenish the earth, and subdue it.....”

**Multiplication Manual**

Everything has its season. There is a season for sowing and a season for harvest. Everything is energy. Each thought in our minds and each emotion experienced are forms of sublime energy. Matter is concentrated energy. Thoughts and emotion are sublimated matter.

According to Dr. Einstein, all energy (everything) could be illustrated in the form of a sinewave. In physics, this is referred to as frequency and amplitude. This wave could also be seen as a cycle of time; a day, a week, month, a season, a year as well as smaller and bigger cycles. The symbol for the sinewave is identical to the Chinese symbol of Yin/Yang, originally designed approximately 5,000 years ago.



Everything is energy, or electromagnetic vibrations of various frequencies and amplitudes. Everything has its own cycle. If we obey and submit to the cycles of Nature/God, we are following the seed principle, which is to multiply. That which is not growing/multiplying is dying. We are supposed to multiply our love, health, and prosperity in God's will. We are the seeds of God.

This is an art of non-resistance, and the Holy books give us a manual on how to be in control over our own emotions, mind, body; how to ride the surf of the sinewave. The sinewave could be described as four trends:

1) the **Up-trend** (Spring/Morning), a time for birth, cleansing, throwing out the old and bringing in the new, planting, and growth with healthy mental actions of **Planning** and **Making Decisions**, biofeedback emotion of **Assertiveness**, a time to clean your house (body) and prepare your fields for the new crop, much in the same way the farmer plows his fields and fertilizes the soil with feces from his livestock to prevent abuse of the soil (grain has a tendency to rob the soil of essential minerals). A waste product that is stinking and toxic which seems to have no use is instrumental in the transformation of new life and opportunity. Man functions in a similar manner. Our subconscious mind/soul stores past negative experiences in the form of destructive emotions, such as hate, anger, fear, grief, etc. If we pray and meditate on forgiveness, we can use the garbage/feces stored in our subconscious mind to work to our advantage by “fertilizing” our mind/opportunities for an even greater yield at the next harvest, the act of multiplying ourselves.

After all this preparation comes the moment of commitment, when the seeds of the new crop are planted, and on the way to the next phase of growth, the 2) **Top-trend** (Summer/Mid-day), the phase of constructive mental action, of **Focusing, Concentrating, and Following Through**, with the biofeedback emotion of **Joy**. This is the time when we water and weed what we planted, feeling true joy in our hearts because we labor and obey by multiplying the seeds of our dreams according to God's will, being focused and in the here-and-now, enjoying the blossoms of life. The farmer inspects his field on a daily basis with joy, for he **anticipates a harvest**.

3) The **Down trend** (Fall/Afternoon): Harvest is the time to receive, and then let go and retire, with the healthy emotion of **Compassion/Understanding**, and the mental ability to **Receive, Comprehend and Understand**. Through prayer we can give thanks for our harvest.

**1st Thessalonians 5:21**

*"Prove all things; hold fast that which is good."*

We do things by trial and error. We learn by our mistakes. Our mistakes serve the purpose of perfecting ourselves. They increase our wisdom. We must realize that when the time comes to stop pushing, Fall indicates a drawback. We have to retire with what we have accumulated from our harvest and prepare for the upcoming Winter.

And lastly, 4) the **Bottom-trend** (Winter/midnight): Winter is the time for conservation, storage and death (the end of a life cycle). The end of one cycle means the beginning of a new cycle. Midnight (the darkest time) turns into a new day. The beginning of a new cycle and the dawn comes with increasing light.

The mental ability of Winter is conservation through **Ambition and Willpower**. This is the time for inward activities such as meditation, praying, rest and rejuvenation a time for silence. The bio-feedback emotion is **Caution**. The winter also symbolizes tough times, during which we need ambition and willpower to make it through. Tough times never last, tough people do.

A cycle like this could be represented by a single day, four weeks, a year or a whole lifetime in an individual life. Whenever an individual is out of harmony, he loses his own power and control and is no longer the ruler over his own spirit. Winter is when we maintain a great harvest (in health and/or prosperity) with caution, rest, ambition, and willpower, all in proper balance. The cycle is completed by **claiming, fulfilling, receiving**, then **maintaining** that which is rightfully ours.

If a person is not aggressive/assertive in the "spring/morning", he will be either **passive** or **angry** (under control of destructive emotions) and will therefore not plant any seeds, no multiplication can take place, leading to self destruction. If he plants bad seeds, these seeds will give rise to weeds, never bearing fruit. What a man sows, so he shall reap.

**Proverbs 16:32**

*"He that is slow to anger is better than the mighty and  
he that ruleth his spirit than he that takes a city."*

If a person did not plant good seeds in his "spring/morning" he will not experience true Joy in his heart in his "summer/midday". This person will try to mask this fact by showing the destructive emotion of **overexcitement** or **hysteria**. He or she may crave coffee, other stimulants or drugs in an attempt to hype themselves up as a poor substitute. This person is always on the run. He never has time to stop and smell the "roses".

People with disturbed Summer cycles may also be ruled by the destructive emotion, **melancholy**. In the case of melancholy, the individual put a mask of "what's the big deal" or "I don't care". In some instances, a person could oscillate between hysteria and

melancholic confusion while searching for inner joy. One must be in control of his emotions and spirit. You could kill your "plants" by watering them too much or too little.

If no seeds or bad seeds were planted there will be no good (God) harvest in the "fall/afternoon". This individual is unable to experience compassion (understanding) and therefore is unable to forgive himself and others. Ruled by the destructive emotions, **grief** and **sadness**, they avoid the upcoming winter, holding on to the past. Rigid and conservative, they are unwilling to accept new concepts or ideas, and do not learn by their mistakes. **Apathy** is the destructive emotion of opposite polarity. A person ruled by apathy seems to be very cold hearted with no compassion or understanding for other people. Those individuals are very unhappy beneath the hard surface. In extreme conditions of apathy, a person will lose the desire to live. It is common to see individuals oscillate between grief/sadness and apathy.

This is the reason why many people experience sadness in the late afternoon or in autumn. Realizing that the end of a cycle is near, they resist Nature/God. Their body may be screaming for a harvest, but in their heart, they know that there is nothing to harvest because they failed to take proper action in the "spring/morning". Time slips through their hands.

If proper seeds were not planted in the "spring/morning", true joy will not be experienced in the "summer/midday" and there will be no harvest in the "fall/afternoon". This disturbed rhythm allows destructive emotions to rule the "winter/midnight". They have little or no supplies stored away and barely make it through the winter.

One of the destructive emotions of Winter is **recklessness**. The reckless individual realizes that he has not followed the cycle and runs out desperately, trying to sow and harvest simultaneously, when neither is appropriate. Instead of flowing with the natural cycle, he procrastinates until the last possible minute of the cycle to perform the work.

This act of disobedience taken by man is not in harmony with Nature/God, and therefore it will draw disease upon the body. The destructive emotion of opposite polarity is **fear** (of dark, of death, of anything). Such individuals may experience a feeling of dying.

Spiritually, this is accurate since they were not nurtured with joy and did not have a harvest. They are in fear, wondering whether or not they will survive the "winter/midnight". Their ambition and willpower is very low or non-existent.

*Fear is knocking on the door. Faith opens the door.  
And see, there is nobody there.*

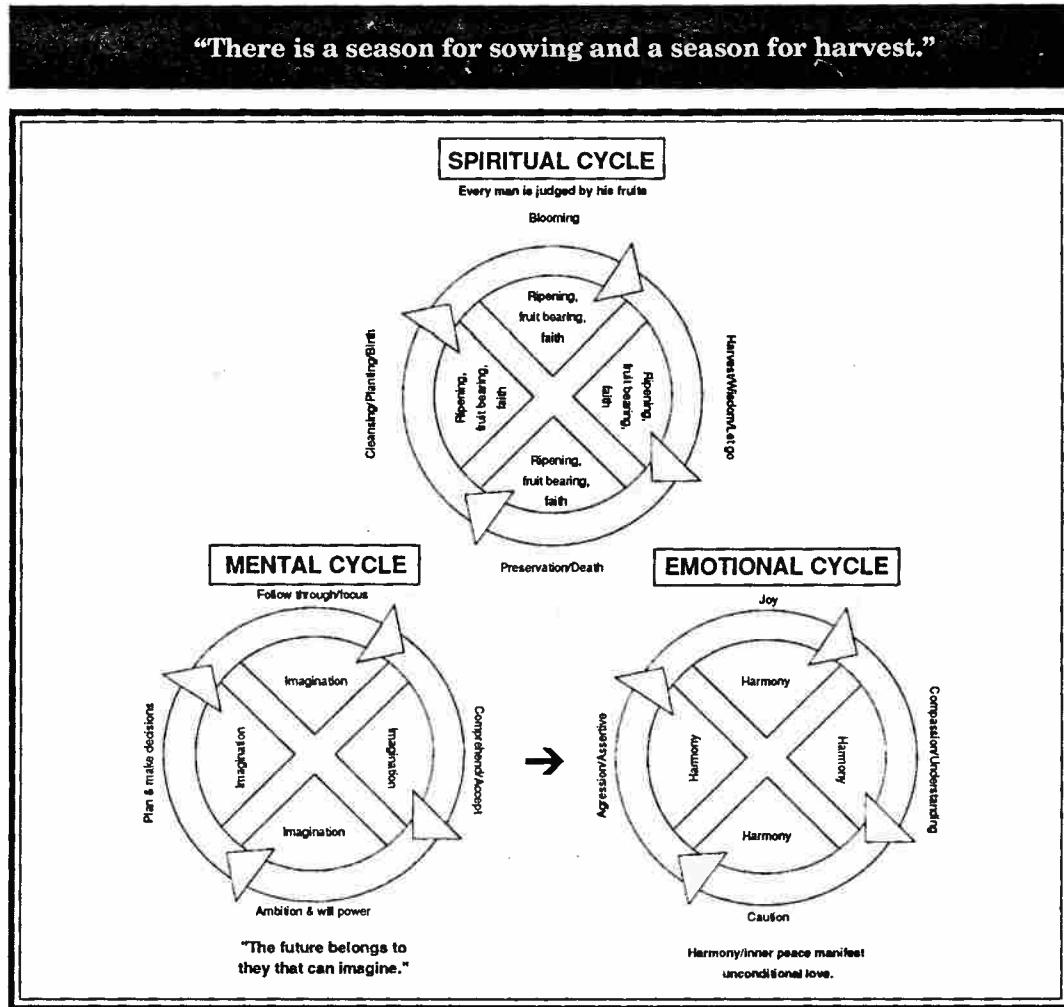
When you have the light of understanding in your heart, then you always carry it with you. Even when it looks dark, with unseen obstacles ahead, have faith that when you arrive, it will be light, because the light is within you. Do not be fearful of tomorrow; be faithful in today, for when tomorrow comes, it will be today all over again.

**2nd Timothy 1:7**

*"For God hath not given is the spirit of fear,  
but the power and love and of a sound mind."*

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Man becomes fatigued by fear and recklessness, causing him to be passive in the upcoming "spring/morning", and instead of fertilizing and preparing the fields (not throwing out the old to make room for the new) he either sows his seeds too late, too early, or not at all, leading him into a vicious cycle, making harvest in the next cycle unlikely, since the soil is depleted. This behavior leads to "death", first spiritually, then eventually physically since no growth/multiplication takes place.



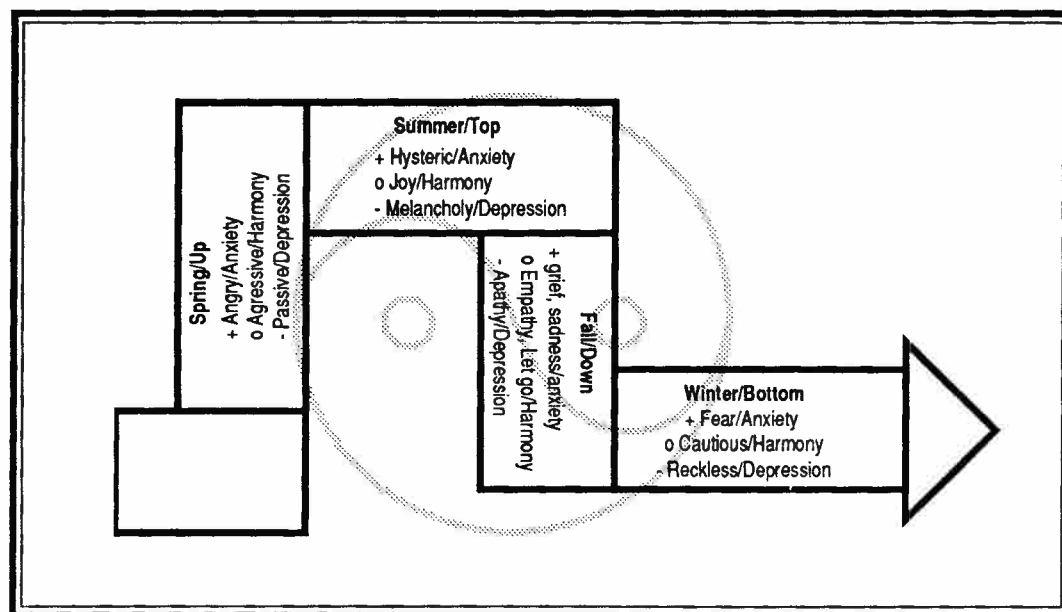
From the above illustration, it can be seen that when man is on the right path, he is always assertive (aggressive). He has no reason to become angry because he tells people what he accepts and he doesn't let anybody override his free will. He is never passive because he is always assertive. His heart is filled with joy, and he is never hysterical, nor does he experience melancholy, because he sees the birds, the sun, and the flowers, and knows that his path is the righteous one. He is filled with understanding and compassion, never experiencing grief because he knows that when he has done all that is within his power, there is nothing more he can do. And he understands that cycles have a beginning and an end, and the times for life and friendships always come to an end. He never experiences apathy because he has reaped an abundance of compassion. He is never fearful or reckless because he is cautious, obeying the laws of Nature and the Creator. He is fruitful, imaginative, and filled with faith and harmony.



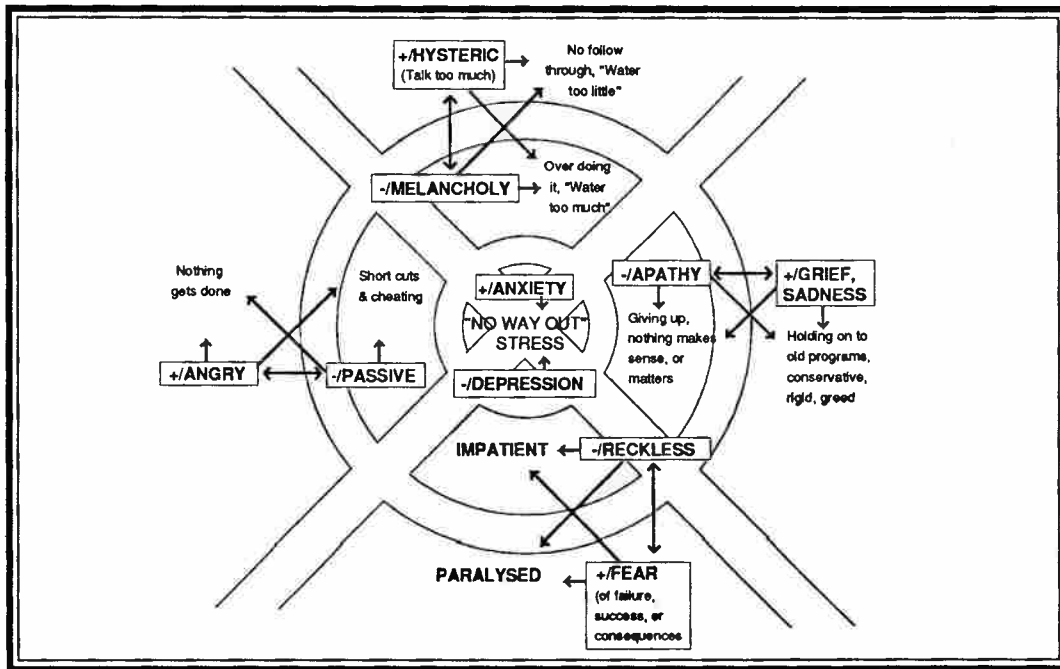
When man is on the right path he will be **fruitful, imaginative**, and experience inner peace and **harmony**. When man is not on the right path, he will be ruled by destructive emotions. When out of harmony, he will be ruled by either **depression** or **anxiety**.

DESTRUCTIVE EMOTIONS		
OF DEFICIENT NATURE; -DEPRESSION-		OF EXCESSIVE NATURE; -ANXIETY-
SPRING: SUMMER: FALL: WINTER:	<b>PASSIVE</b> <b>MELANCHOLY</b> <b>APATHY</b> <b>RECKLESS</b>	<b>ANGRY</b> <b>OVEREXCITED/HYSTERIC</b> <b>GRIEF/WORRYING/HOLDING ON</b> <b>FEAR</b>

**Depression** is a destructive emotion of deficient nature which rules simultaneously with the destructive emotion of deficient nature who's season is present. **Anxiety** is a destructive emotion of excessive nature which rules together with the destructive emotion of excessive nature who's season is present.



From this, it can be derived that depression and anxiety are the two most common destructive emotions, since one is always present all season long throughout the entire cycle **when out of harmony**.



## The Daily Cycle of Bio-feedback

The daily cycle is best implemented as a maintenance program or when destructive programming has not overwhelmed the subconscious. The daily cycle bio-feedback helps you to discipline yourself. You are encouraged to make any of the cycles a part of your life.

### Spring/Morning

Start your day by making plans and decisions by writing down only those activities which you believe you can fulfill. Number them according to priority. Check each item off as you "plant" or make your commitments. **Assertiveness** is the sign that you have made a decision towards completion.

### Summer/Noon

Continue by following through with the day's plans, staying focused on the here and now, checking off each item as you labor towards manifestation. **Joy** is the sign that you are laboring towards completion with persistence, expecting miracles.

### Fall/Afternoon

Worthy of your harvest, you are well able to receive your reward as well as to understand the secrets of life on a daily basis. Place that which was committed but not harvested on the next day's list. If this procedure is repeated daily, all things shall be accomplished sooner or later.

Instead of pushing yourself beyond, retire in faith that the next day will be even more productive than today. **Understanding** is the sign that you mastered the day. Mastering days is the first step towards mastering life.

### Winter/Evening

Complete the day by treating yourself to recuperation, through silence and rest. **Caution** is the sign that you know your limitations and will not exceed them. Like the juggler, with practice, your faith and confidence will increase and you will be able to accomplish more difficult goals.

**Successful Time Management**

By maintaining the proper attitude and priorities from day to day, all of our tomorrows will be successful. That which is remembered is what is done today. That which is done today is what we become tomorrow. Today is the only "now" that exists. If what you remember is not good, then you have to do something today to change what you will remember tomorrow. Most people live today based on yesterday (experiences). If yesterday was bad, then today will be bad, making tomorrow just awful. If you keep doing today what you did yesterday, then you snowball yourself into misery. So, if you change today, you also change tomorrow and your yesterdays yet to come.

Today is now -the first day of the rest of your life. And when tomorrow comes, it is today once again. Success is accomplished by using your time properly. Joy in life comes from a process of working towards achievement and fulfillment, towards a goal. Time may be used constructively or destructively. According to Webster's dictionary, the word "time" means **duration; the idea of measure of successive existence**. In Greek, the word means **seasonal**, which leads to the conclusion that if time is used properly, there will be a harvest in it for us. **This is not something you try once. It is a life style.**

<b>DAILY BIO-FEEDBACK MANAGEMENT DIARY</b>		Date _____		
<b>THINGS TO DO</b>	<b>TODAY</b>	<b>SPRING MORNING (Planting &amp; Commitment)</b>	<b>SUMMER AFTERNOON (Persistence)</b>	<b>FALL EVENING (Harvest or Manifestation)</b>
#	_____ 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
#	_____ 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
#	_____ 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
#	_____ 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
#	_____ 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
#	_____ 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
#	_____ 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
#	_____ 8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
#	_____ 9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
#	_____ 10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
#	_____ 11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
#	_____ 12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>WINTER/NIGHT</b>		Quiet, Rest, Reflection of the day <input type="checkbox"/>		
<b>NOTES:</b>				

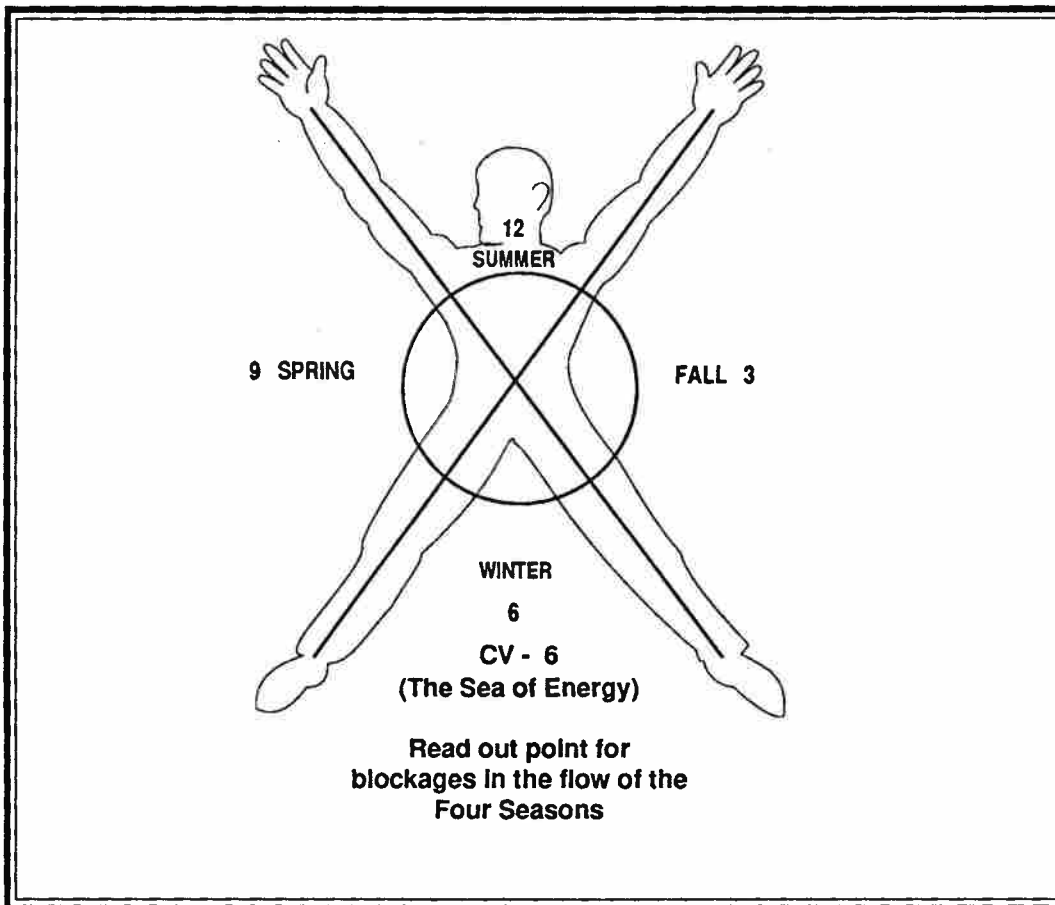
### Testing For Disturbances In The Flow Of The Four Seasons

The presence of an erroneous program in the mental plane could be established and pinpointed by using manual muscle testing or kinesiology as a tool. Take one of your friends, test an indicator muscle to establish that it is able to maintain a contracted position while you apply pressure towards extension of this specific muscle (manual muscle testing).

Now that you have found a "strong" indicator muscle, have your friend think about one of his dreams/goals while you test the muscle again. If your friend is now unable to sustain contraction while you apply the same pressure as last time, it means that there is a blockage in any of the Four Seasons on the mental plane.

The muscle tests "weak" because the dream is not in line with previous experiences causing the system to get overloaded. A circuit breaker pops and the muscle tests "weak". This is a sign of a lack of faith in the creative spirit. If the muscle stays strong while thinking of the dream/goal this means that this person has faith that he shall accomplish this dream.

It is possible to find out in which phase/season the "short-circuit" is located by performing a more specific muscle test. To do this, have your friend stand with his legs apart while contacting the acupuncture point CV6 (the sea of energy), located approximately 2-3 inches below the navel (considered to be an energy center in eastern philosophies) with your thumb and re-test the indicator muscle.



If a man or woman stands up with his or hers legs spread apart and with the arms above the head spread apart, so the body resembles the letter "X". Where the two perpendicular lines meet, just below the navel (the center of the "X") is the precise location of CV6.

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Have your friend think of the dream/goal while you tug your thumb in four different directions using CV6 as a reference point, performing a muscle test in for each direction. When you find the direction/season in which there is a disturbance, the muscle will now test strong. The direction(s) found is the season in which there is a conflict between the dream/goal and the mental program.

### Supportive Corrections

There are several steps which may be performed to resolve conflicts in disturbed seasons. These steps are part of a process which "re-programs" the subconscious to submit to the super-conscious, restoring hierarchy to the system.

#### Step I

While your friend is thinking of the dream/goal, put one of his hands in the navel.

- A) Gently rub the inner lower border of the clavicle bones (acupuncture point K27),
- B) then, gently rub the tip of the coccyx, or tailbone (GV1),
- C) then, gently rub the coccyx and the top of the head (GV1 & GV20),
- D) then, gently rub the mid-line of the upper and lower lip (CV24 & GV26).

This is done to diffuse the neurological confusion called switching with is present with every form of energy blockage.

#### Step II

Hold your hands on the frontal eminence of your friends forehead while you ask him or her to imagine themselves manifesting their specific dream/goal. Continue to contact the frontal eminences until this image is anchored in the mind, at which time you will feel a pulsation or a sensation of heat. Then, have your friend think of his dream while you re-test the indicator muscle again. If the corrections were successful, it will test strong. (Steps I and II can be performed on yourself while thinking about any dream/goal you may have difficulty manifesting, without first performing any muscles tests)

SEASON	SPIRITUAL METAPHYSICAL ASPECT	MENTAL	EMOTIONAL BIO-FEEDBACK
SPRING	CLEANSING PLANTING BIRTH	LET GO OF OLD CON- CEPTS, TRY NEW IDEAS. PLAN & MAKE DECISIONS.	AGGRESSIVE or ASSERTIVE
+ SUMMER	+ BLOOMING	+ FOLLOW THROUGH, FO- CUS AND CONCENTRATE	+ JOY
+ FALL	+ HARVEST	+ RECEIVE/ACCEPT NEW IDEAS/DATA (UNDERSTANDING = GROWTH)	+ COMPASSION & UNDERSTANDING
+ WINTER	+ PRESERVATION OF DEATH	+ PRESERVATION BY WILLPOWER AND AMBI- TION	+ CAUTION
<b>All seasons in Harmony</b>	<b>Fruit bearing, ripening, faith</b>	<b>The ability to imagine</b>	<b>Harmony + Inner Peace</b>

**Step III**

- a) Have your friend take his left hand and tap in a circular motion around the left ear (clockwise from your perspective as a tester), starting in the front and going towards the back. This is performed while the constructive mental act (see figure 43e) for the disturbed season\* is repeatedly thought for approximately 20-30 seconds,
- b) then, have your friend tap in the same fashion with his right hand around around his right ear, starting in the front and going towards the back (counter-clockwise from your perspective as a tester). This is done while the healthy emotion (see figure 43e) for the season\* that was disturbed is repeatedly thought for 20-30 seconds,
- c) then have your friend think about the dream/goal again while you re-test the indicator muscle. If the corrections were successful, the muscle will test strong.

These simple techniques are very powerful tools for self-help. Since each individual is responsible for his or her evolution, it is preferable that they perform the corrective procedures on themselves.

**This is not something you try on a  
one-time basis. It is a lifestyle.**

\*If more than one season was disturbed, correct them all in their seasonal order.

Torbjorn M. Hanson  
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