Quantum Physics and Touch for Health
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The victory won by those of us, who have utilized, benefited, shared, promoted, and just plain enjoyed the Touch for Health synthesis is beyond the wildest dreams I had when I first decided that applied kinesiology should be available to more than just professionals. I wanted the general public to be able to realize that the pathological medical model of treatment was not the only model available. I wanted people to be able to know that by changing their posture (I use the term posture in its broad definition of the relationship of one part of the person to another) that they could change their performance. The modality that I wanted to share was manual muscle testing prior to touching the body to improve health and performance and following up with a retesting of the muscle(s) previously tested to observe the changes that take place. My assumption was that if the posture improved and more control over the muscle performance was obtained, better health and performance in all aspects of the person would be improved. I believe that this assumption proved to be true within an acceptable level of tolerance. This modality is available now all over the world. That's what I call a wonderful victory. It is listed as one of the Alternative Health methods in the major new books on this subject by the major publishers of the world. I thank all of you that caught my vision of this being available to mankind and are making that continue to happen.

There is a myth that states that if you know more and more about a thing that finally you will know everything that is to be known and you will be able to say with certainty what is the truth about that subject. Quantum physics has proven that myth to be only one theory. The aim of the sciences has been to give an exact picture of the world. Quantum physics, the physics of the twentieth century, has proven to us that we cannot obtain that objective of having exact certainty about anything.

When we all were first introduced to muscle testing it brought us new information about ourselves and those who participated with us in exploring how we worked in our world. We discovered many things about how wonderfully God made us. We found out that some things that we cherished as truths about how our world worked weren't always as true as we believed them to be. This caused some to drop out of muscle testing altogether. It was all too confusing and not "scientific" enough. Different people got different results doing very similar things. We discovered that all information is imperfect. We found that there is no absolute knowledge. We saw how the people around us who claimed that they had the absolute way to do muscle testing and balancing of the posture ended up embarrassed or even going through greater tragedy.

We discovered people suffering from the factifuging syndrome, where people pretend to investigate a new idea while at the same time they run in the opposite direction from that new truth as fast as they can. They do it by all sorts of gambits, which allow them to "save face" rather than let go of a cherished total truth. This is often not known to the people when they are doing it. Even when it is pointed out, they sometimes cannot see it. That is why it is called a syndrome and why it is a disease. When people are suffering from this factifuging syndrome, they are not fully filling their mission that God spoke them forth to be. We discovered that others suffer from the "Tomato Effect", where people will not try something that is advocated by others to be beneficial and valuable because they already know it won't work so why
should they waste their time learning about it or trying it, just as the people in the United States refused to eat tomatoes for over a hundred years after the plant was popular in Europe after being taken there from South America where it is native. We learned that the placebo effect is real and does start a natural healing process which is demonstrable in the chemical substances in the blood and saliva. We know that you have a much greater chance when you feel that you will get well or improve and also feel hopeful than when you feel helpless and hopeless. The muscle testing methods that we have helped introduce to the world can and do give people hope and give them a feeling that something helpful is being done that they can feel in themselves right now and they are not helplessly stuck in their present condition. These are victories that we can all be proud of being part of accomplishing.

Quantum physics, which the general public has folk knowledge about because it is the discovery of scientific principles which are truths, did not eliminate the Newtonian physics of the material world, where things happen slower than the speed of light, that brought about the industrial revolution and the great benefits to mankind of our modern world. Quantum physics just added more knowledge and proved once again that we can never know everything about anything. We, as people, have always known this as folk knowledge. The more we learn about a subject the more we realize that we don't know as much as we thought we knew before we started to learn more.

One of the great discoveries of our century which proves the point I just made is what Werner Heisenberg stated in his Uncertainty Principle in 1927. Before I could grasp what this meant I needed to learn and think about energy waves and how they relate to my life. Let's look for a minute across the whole spectrum of electromagnetic energy.

Away back in 1867 James Clerk Maxwell proposed that light is an electromagnetic wave (an energy), and the mathematical equations that he proposed to prove this, implied that there were other energy waves in the electromagnetic scale. We now know that the visible radiation from red to violet we can observe with our eyes is only an octave in the great scale that science has discovered. There is a whole keyboard of information that is beyond the visible light spectrum from radio waves (the low notes) and the longest wave lengths, and the shortest, X-ray and beyond (the high notes).

Let's think about how we detect things within the visible electromagnetic spectrum. It is done by the bouncing back of the light to our eyes in the red to violet scale. In the radio wave frequency it is done by a special apparatus which can detect the waves. The first way that radio was heard was by the affect it had on crystals. These crystals were able to allow the conversion of the transmitted radio electromagnetic wave that the radio transmitter sent after converting sound vibrations into electromagnetic waves, and back again into sound. Radar sends out radio electromagnetic waves and receives back the reflected electromagnetic wave, which it then converts into an image on a screen and/or a sound. The length of the radar wave determines how clear the image is on the screen. The image can only be seen if it is large enough to be converted into a image, that is, it is larger than the length of the wave, otherwise its invisible. If the radar wave is a meter in length, then the object can only be detailed in meter points apart to give an image so a ship of several hundred meters could be detected on the radar screen, but not the people on the ship.

The next range of radiation waves is the infrared invisible energy of less than a millimeter. This was discovered by astronomer William Herschel in 1800 when he noticed with his camera that there was something beyond the hottest of
the visible red or dark scale. When we focus the camera on the ship, then the people on it begin to show up as people, and become much more defined as we move into the film which is sensitive to the full scale of visible light from the red to violet, which when all these colors are combined give white light, the combination of different wave lengths. When we use this light and have it focused back to a camera we can recognize the people on the ship. With a greater telescope we can get a greater enlargement, but we cannot get any more details from this electromagnetic energy smaller than the hundredths of a millimeter focus. The objects smaller than the wave length will simply not cast a shadow.

With visible white light we can see an enlargement of an individual cell of the human body if the enlargement is 200 times. In Touch For Health we have learned about how visible light energy affects the muscles. Different colors give a different wave energy and affect different muscles. Another experiment that we can do to see the body preference to types of light is to balance the 14 meridians and then look at natural light, test the muscle, look at incandescent light immediately following, and test the same muscle. Frequently, when this is done, there is a difference between the two muscle tests. The most frequent difference is that the muscle tested will be inhibited when looking at the incandescent light following looking at natural light, and facilitated looking back at the natural light. Taking the experiment further we can look at fluorescent light following looking at natural light and find an inhibition of the muscle, and then looking back at the incandescent light the muscle will be facilitated. Looking back at the natural light the muscle will most frequently continue to be facilitated; however, looking back again at the incandescent light source will inhibit the muscle again. This indicates that changes in muscle strength are affected by the light wave source and the frequency of the wave energy. The experience that this experiment gives us information on is something that is known as folk knowledge. Some people are aware that they function and perform better in natural lighting conditions than in artificial conditions and the type of artificial light makes a greater difference to some than others. Our TFH/AG techniques just prove to us what we already really knew deep inside of ourselves by our observations and learning from others about how they feel under certain conditions.

Now getting back to our analysis of electromagnetic energy. The next shortest wave length energy is the ultraviolet. It has a wave length of thousandths of a millimeter and less, shorter by a factor of ten more than visible light. This light is a ghostly landscape of fluorescence when it is viewed through the ultraviolet microscope and enlarges the cell 3500 times and we can then see the single chromosomes. This, however, is the limit that has been discovered. No light will show the human genes within a chromosome.

In order to get a look at the chromosome an even shorter energy had to be used. That wave length needed to be even shorter. What was discovered was X-Rays, but the X-Ray wave could not be focused by any material. An X-Ray microscope could not be built. It could only be fired at an object and the sort of a shadow could be picked up on a plate that would then expose film, and when the film was developed we would see the results of the shadow. This made understanding the inside of the human body even more exact and it won a Nobel Prize in 1901 for Wilhelm Konrad Roentgen for his discovery in 1895, the same year of chiropractic's rediscovery by Daniel David Palmer. These two discoveries have made a real difference in mankind for the better, but as with all new truths they also have had some harmful unexpected effects. When these discoveries were made the scientists felt that no harm could come from their use.
Now even with X-Rays the wavelength was too big to show the individual atom, at that time thought to be the smallest particle in the universe. However scientists did find that X-Rays could be used to infer the positions of atoms when the atoms were arranged with a regular spacing as in a crystal. In this case the X-Rays are reflected in a ripple pattern that can be used to calculate the spacing of the atoms. This method was a double stroke of ingenuity by Max von Laue in 1912, because it was the first proof that atoms are real and also that X-Rays are electromagnetic waves.

Then the electron microscope was developed for rays that are so small and concentrated that we cannot know whether to call them a wave or a particle. What happens with the electron microscope is that the electrons are fired at an object in a manner similar to a knife thrower demonstrating his skill and outlining his woman assistant with knives at a carnival. Even with the best of the knife throwers the outline of the girl is not perfect, and so it is with the electron microscope. The hardest electrons do not give a hard outline. The perfect image is still as remote as the stars.

Thus again, science and the people that believe that by looking at an object and breaking it down into smaller and smaller parts they will know everything about it and can know it with certainty, are disappointed. The information is fuzzy and as uncertain as ever. This does not say that what has been learned is not valuable and has not benefited mankind greatly, which it has, but it once again proves that we are not God and will never become God.

This paradox of knowledge is not confined to the small, atomic scale, it is also present in human beings and in the stars. In our study of the Touch for Health synthesis we find out more and more about how muscle testing reveals information about how we function, but that ever-sought perfect system of knowing how to help every person eludes us and we have more and more things to check and the perfect system seems as distant as ever. This is also true on the grand scale of the stars. Karl Friedrich Gauss built an astronomical observatory in 1807, and ever since better and better telescopes have been installed, but when a new observation of a particular position of a star is compared with the position observed previously, we are astonished to see that it is not exactly the same. There is a scatter within a tolerance; again the absolute certainty is elusive. Scientists, and all of us, have always hoped that human errors would disappear, that we ourselves would have God's view. It turns out, however, that no matter how we get more an more exact having more things to check out with our muscle testing, a greater microscope and computerized assisted X-Rays, computerized assisted radio and magnetic energy waves, the Magnetic Resonance imaging, and the greatest telescope assisted by computer enhancement errors cannot be taken out of these observations because humans are making the observations and humans make errors. Errors will be made by some of you in reporting what you heard me say in the words on this page or in the sound you heard. The ever elusive certainty of God has not been possible.

Gauss recognized this truth, there is no way that all the possibilities of human error can be accounted. He reasoned that the multiple causes of error are so great that if multiple readings are taken the best guess of the star's position would be in the center of the scatter. This then is what statistics is all about, the recognizing the human error in observation, the Gaussian curve, in which the scatter is summarized by the deviations, or spread of the curve. Then came the far reaching idea the scatter is an area of uncertainty or tolerance for error. We have what are called standard deviations, that is, the amount of scatter which will take in a certain percentage of the errors.
Depending on the subject, the amount of certainty in the percentages that we can expect a certain thing to happen varies. We expect this in all aspects of our lives from weather to football games.

In promoting our Touch for Health synthesis we recognize that no two human beings are exactly the same in physical make up of the bones muscles, nerves, blood vessels, the emotional reactions, the feelings that occur, the thoughts that are produced, the intellectual ability, the food and water that they consume, their genetic structure, history, context, environment, future possibilities, the amount of truth they can tolerate, or the amount of love they can receive or give. We have therefore attempted to teach that there is no wrong way of doing something that did not cause harm and was helpful to the person intended to be helped. We have promoted the idea that it's OK to be different because that's the only way it can be, within a certain tolerance. Everyone's observations deserve to be heard. We have all observed the way people make observations of how different types of touch affect the results of the muscle testing. As long as people were having the intention of helping another person, they were seeking the truth and doing it with love for the other person, that is serving the other person as a mother, father, brother, sister or child, then I felt no harm could be done. I wanted this information to be available to everyone, lay and professional alike.

In 1921, Max Born was appointed to the chair of physics at the University of Gottingen and he was able to draw to him students who were to change the entire world, with the discoveries of Quantum Physics, the physics of the twentieth century. It was the men that Born brought to the university that were to solve the conceptual riddles of the subatomic particles, for these particles are so small that they can only be mentally conceptualized and then proven. Max Born is quoted "I am now convinced that theoretical physics is actual philosophy." He meant that the new ideas in physics amounted to a change in the concepts of reality. The new physics which allowed the atomic bomb to destroy hundreds of thousands of people and end the Second World War, also changed forever man's thinking that God does not exist. The quantum physics shifted our view of the world from a fixed, solid array of objects to the realization that objects cannot be fully separated from our perception of them. The completely impartial observer was no longer a scientific possibility. As we attempt to exchange information, that exchange is not a simple act. It involves all of our thinking, our feelings, our emotions, our structure, and all of these things are affected by our history, our view of the future, the context in which we receive our information, the environment in which we receive it, the amount of love and truth we can tolerate at the time. All of these things give us error in the transfer of information. This is the tolerance that we try to have our teachers of the Touch for Health synthesis have in all their teaching. Heisenberg gave this in depth by making it precise. The information that the electron carries is limited in its totality; that is, for instance its speed and its position fit together in such a way that they are confined by the tolerance of the quantum that is its own specific energy. This again is that folk knowledge that we know to be the truth; we cannot ask for anything to be exact, that is, to be with zero tolerance. If in order to recognize a face it had to be exact from time to time we would recognize no one because we all age and change just slightly from day to day let alone from year to year. We do recognize people because we allow a tolerance for the change in them. So what Heisenberg's principle of uncertainty says is that like the recognition of people, no event, even on the subatomic level, can be described with certainty, that is with zero tolerance. What makes Heisenberg's discovery so great is that he describes the amount of tolerance allowed to the quantum, the energy of the measured object.
In 1934 Leo Szilard filed for a patent on the chain reaction in atomic physics which allows for the release of the energy known to exist in the atom, which has led to the atomic bomb and atomic power. Szilard was concerned because Hitler was coming into power and war seemed inevitable to him. He wrote Albert Einstein and Einstein agreed to send his letter to President Roosevelt, which said in essence, “Nuclear energy is here. War is inevitable. It is for the President to decide what scientists should do about it.” Szilard kept writing and, as the atomic bomb was being developed, he urged it not to be used first as a method of destruction, surprising the Japanese. Instead he urged that it be tested openly and with the world leaders, including the Japanese, looking on so that people would know the tremendous power that lies within the atom for good and for evil. He did not prevail. He pleaded for people and scientists to understand life, particularly human life, with the same singleness of purpose that they have used to understand the physical world. I share that desire. I hope that my contributions to the promotion of the Touch for Health synthesis have and will continue to contribute to the study of life.

"Science is a very human form of knowledge. We are always at the brink of the known, we always feel forward for what is to be hoped. Every judgement in science stands on the edge of error, and is personal. Science is a tribute to what we can know, although we are fallible." said J. Bronowski, the great Polish mathematician and author, and I urge all of you to be aware of the probability that you will never have God's view completely.

Muscle testing is being used to help people use their intuition, which is knowing something without the use of reasoning. This type of activity is dangerous, if it does not accompany reasoning and knowledge about the seriousness of life. I have heard people say you need to trust the body and it has all the information you need for health. This simply is not true. There is evil in this universe, and you need both to learn as much as you can about life and how God designed us by scientific study and also to learn as much as you can from the God given insight that can come without reasoning and logic, for the mystery of God is not fathomable by man. As an example, I had a patient come to me saying that she had been to a nutritionist in Santa Monica who was using muscle testing, a one arm test to determine what herbs and food supplements were needed for her condition, without a history or being concerned about what other medications she was taking. We must never believe that with muscle testing you can determine if a medication should be taken or not taken without knowing the possible effects of a sudden withdrawal of that medication. If you are not familiar with this information then you must not take any chances with your own or anyone else's health. I have seen muscle testing being done at expositions to show that a person needed a particular supplement again with just the one arm test and without any history, and attempting to prove that the person should buy their products. There is a tremendous amount of human error probable in these situations. In my opinion if you desire to operate on intuition that is your right, but I believe that you should know that is what you are doing, giving up reasoning and logic when you do so. Many of you know that I have always said that when you give yourself only two choices, in the multiple choices that are always available you are really only choosing between the two rather than the ideal. Like the light example I used earlier, this will also happen with foods. The use of a radionic instrument, a pendulum, a dowsing rod or muscle testing with only yes or no possibilities is using your intuition, gaining knowledge without reasoning or logic. Knowledge can be obtained in this way. When dowsers are looking for where water is located to dig a well, some of the most scientific farmers will use a
dowser to add to his reasoning and logic about the place to put the well within the tolerance of where he otherwise wants the well. I believe that almost everyone agrees that not everyone has the same ability to use their intuition. In religion this knowing without reasoning or logic is called a word of knowledge; Christians consider it one of the gifts of the Holy Spirit to people. A gift is never taken back by God, and people can use the gifts for good or evil purposes. You must be responsible for your use of your gifts.

Frances Farrelly, PhD, who offers a course for health professionals on Intuition training says, "The instruments are but a tool used while the operators use their intuition just as the dowser seeking water may use a pendulum or a forked stick to locate water or oil far below ground. The pendulum or the forked stick does not know. The consciousness of the operator gets a reaction he can recognize. The response of the dowser's tools are caused by almost imperceptible neuro-muscular responses to a question posed which causes the tool to react. The dowser has programmed himself so that he gets Yes and No answers to his questions. So it is with a radionic device or instrument, it offers but an outward signal of an internal response. The devices are necessary only until one gains skill, confidence, and balance...This, coupled with left brain activity of logic and learned concepts, will allow participants to more thoroughly and efficiently serve their patients."

The problem associated with using intuition is that we can be overconfident in the knowledge obtained in this manner. This overconfidence in the knowledge gained can lead to tragedy. Knowing that even with the most scientific methods there is always a degree of uncertainty, we must remember when using intuition that it is also always necessary to check out the answers against reality so that no harm is being done. We must always act with love and react with faith. It is important also to know that harm can come from ignorance. If we ignore physical laws, we do not prove them; we demonstrate them. Quantum physics has not negated the Newtonian physics; it has added to that knowledge. Muscle testing can give you a piece of the total information available. Anytime you rely on only a piece of the information you are taking chances. I urge you not to be overconfident with the information you get from just muscle testing alone, when you are using it as a way of using your intuition, that is, as a way of gaining information without reasoning or logic.

TOUCH for wholeness (another definition of health), is something that we are all attempting to help ourselves and others obtain. It is my opinion that in the seeking of wholeness health is the driving force which makes us have life. The consciousness that is necessary to obtain wholeness or perfection is another aspect of what we are all seeking. Conscious means "with knowledge or awareness" which is what the Touch for Health synthesis was designed to facilitate. Consciousness or awareness is an activity of life. The amount of life we experience is determined by our choices as a result of our knowledge. Our senses gives us perception which gives us the ability to have memory, which gives us imagination, and intellect to understand. Each of the five external senses -- sight, smell, hearing, taste, and touch -- perceives a specific quality of physical things. Of the five senses only touch is distributed throughout the entire body, and it is the only one that can be perceived by the object that it perceives at the same time. It is also the only one that is affected by the perception of the other four and the internal senses. Color cannot be determined by hearing, nor the sound of a bird by the tongue. Sweetness can be determined by the tongue, but not white, which is determined by the eye. The two together can give an expectation of sweetness when a white powder is seen. When muscle testing, a temporary inhibition of
the muscles may be experienced. No single sense can determine white from sweet or sweet from white because in order to know the difference the sense must know them both. We know that we have an internal sense that is capable of distinguishing all the qualities apprehended by the external senses.

We have the ability to recall something that is no longer present, the remembering sense is present, but the object, situation, environment etc. is not, that can have an effect upon us similar to what the original event caused. Our memory can bring back the previous event, though it may not be perfectly remembered, but within a degree of tolerance so that its effect on our life can be determined through muscle testing. We also have the amazing ability to recall something forgotten, by thinking about other similar events or associated happenings with that event forgotten. It is now estimated that forty percent of the nervous system and other communication systems of the human being are associated with inhibition. This inhibition of memory and suppression of reaction allows us to store a great deal of memory in what is called in physiology an engram, a permanent change in the protoplasm which serves as memory. Memory is now thought, by some, to be stored on the surface of oxygen molecules and transferred from one to another as the oxygen is used if life.

Imagination is another internal sense power by which we picture the things we perceive through the five senses, but also we can picture things never sensed by the five senses, such as a woman two miles high or an elephant the size of a cat as a house pet. Our imaginations work freely and creatively on new ideas that arise from information coming from our five senses and the memories they create, even if the memories they are creating are not accurate to anyone but ourselves. We use imagination in our goal setting processes prior to the testing of muscles and bring the imagined situation into contact with the physical body by activating the sense of touch by testing the muscles.

We are different from the plants and animals in important ways. For example, a bird builds a nest because of an automatic response mechanism, not because the bird understands that it is necessary for procreation. Birds can be made to build a nest out of season by injecting female bird hormones. Plants move themselves, but do not know where they are going. Human can know the why of our movements. The power to know or understand the why of things is called mind or intellect. With our Touch for Health synthesis we have combined the intellect with the physical body to enhance the intellectual functions and performances in reaching goals. Affecting our goals are our emotions, which are closely allied to the feelings that we have through our sense of touch. Our sense of touch is affected by our other senses both internal and external and by our will, which is also different from our emotions because they are often in conflict. We who are using the Touch for Health synthesis have found that emotions, will, intellect and life can be changed by touch, different types of touch, some types better for one situation than another.

Wilder Penfield discovered in 1933 that by stimulating certain parts of the brain memories could be elicited in a conscious patient from whom he had removed part of the skull. One of the interesting things about Penfield's experiments was that, when he caused the patient to speak by touching areas of the brain, the patients all said that they hadn't spoken or that he had pulled it out of them or other similar words indicating that their mind or will wasn't involved. What was pulled out of the person was the engram or the memory.

The engram that is created is thought to be permanent in the memory of the person. What isn't permanent is the reaction in the person when the engram is active and the inhibitory
influences in the nervous system that are released so that the previous balance in the person at the time is restored to the present time. It is in this manner that we have helped people change so that their performance and health, wholeness, and movement toward perfection is enhanced by the methods developed and being developed through muscle testing.

Another important aspect of wholeness that we have enabled people to benefit is in assisting people to be in the future in their imagination and to change the anticipated reaction now for the future by balancing their energy for the reactions that would have taken place with the previous engrams stimulating the physiology of the person under the imagined circumstances.

These phenomena occur and can be explained by the theory of relativity where energy is equal to mass times the speed of light squared. Time is related to cycles, and these cycles are based on the constant which is said to be the speed of light. When it was proved that things did take place faster than the speed of light on an energy level in addition to the physical level, then time as we know it existed only as one type of time. We became aware of time on another level where past and present can be experienced now. We can change what happened in us in the past and what was anticipated would happen to us in the future by changing our reactions to the engrams in the memory through a present time energy balance. I believe that this is how Christian prayer allows miracles to occur when the apparent suspension of physical laws occurs as we allow the Holy Spirit to be in our lives.

There are certain phenomena that occur that have many explanations: the phenomena of prodigy, a person born handicapped, remembering as if you had been a place you had never been physically, just bad things seemingly to happen to you for no acceptable reason, doing things that you do not want to do, and failing to do things that you want to do.

The understanding of these things seem best explained on two levels. One is genetic memory, where memories and characteristics of ancestry are stored in our chromosome and DNA structure, each person being a combination of all the ancestors who have preceded him. Thus the tendencies for repetition of events that were influential in the past generations are present, and with similar circumstances the actions are stimulated by these tendencies. This explanation gives us a connection with over four billion ancestors in 32 generations, or only 1000 years.

The other explanation is spirit communication. When we talk about "spirits" we are talking about three types: the spirits of dead persons, those spirits that were never human (that is, demonic or angelic spirits), and the Holy Spirit, the third person of the Trinity in Christian terms. The spirits of dead persons, which have no more knowledge now that they are dead than when they were alive, can give you dangerous misinformation as well as possible correct information. Demonic spirits are the most dangerous because their nature is to make you believe that they are helping you. They appear to you to be your best servant, gain you material wealth and power, but in the end you have given up your life to the demonic power and lost your free will and choice. The angelic spirits are there to help you and guide you toward your best interest. The Holy Spirit is there if you have accepted Jesus as your Lord and Savior with all that that acceptance requires.

Do not take lightly the ways that you use your skills. Be in touch with the knowledge that is available. Remember there are forces in the universe of both good and evil. It takes discernment to be able to be serving, loving God out of and with your whole heart, and out of and with all your soul (your life), and out of and with all your mind (that is, with your faculty of thought and your moral
understanding), and out of and with all your strength. In addition you are to love your neighbor as yourself. These have been and are my goals in life.

Touch for Health has given me a wonderful opportunity to meet people from all walks of life and from all parts of the world. It has been a victorious time. I thank all of you who have been part of it and wish you the love of God in all that you do. Accept it.