

## There Is Only LOVE

by Geraldine Rhoades

Dr. Richard Gerber in *Vibrational Medicine* writes, "It is most important that we learn to express love in our relations to others - parents, family, spouses, children, friends, associates, patients, clients, and especially toward ourselves. This is perhaps the greatest lesson human beings need to learn and there would be far less suffering and illness if we could all learn to love each other and forgive ourselves for our mistakes." He also writes that our physical selves are fed not only by oxygen, glucose, and chemical nutrients but also by higher vibrational energies which endow us with life and creative expression. Each physical body and personality is an extension of a higher spiritual consciousness. While our bodies may be transitory, the experience and knowledge gained as we are in physical form is everlasting.

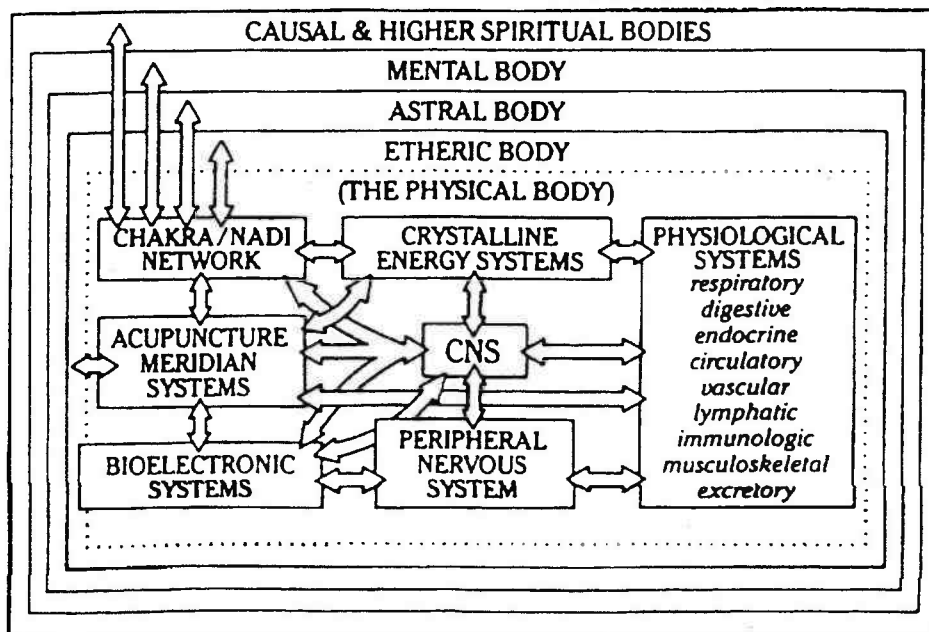
The integral mechanisms which regulate the flow of higher energies into the physical form consist mainly of the chakra, nadi system and the physical/etheric interface which consists of subtle energies including the meridian acupuncture system. The higher vibrational input to the chakras and known meridian channels (and possibly as many as 72,000

more energy channels interwoven with our nervous system) provide a subtle nutritional and organizational influence to the cells of our bodies helping to maintain order and balance at the molecular level of expression.

Health, according to Dr. Gerber, is a function of proper alignment, balance and coordination of the higher subtle energies with the physical vehicle. "We are multi-dimensional - physical, etheric (vibrational), astral (emotional), mental, and causal (spiritual). The causal (spiritual) body deals with the essence of substance and the true causes behind the illusion of appearances. This is where total healing takes place."

When Jesus Christ was asked what the essence is in his many teachings he responded simply, "Love thyself; love each other as thyself." We heal spiritually within our true essence of unconditional love. We are not separate for we all have the same essence as does all creation. We have purpose here in body in this world - the purpose of expressing our beautiful uniqueness of love. To be, to serve, to teach only love.

### THE HUMAN BIOENERGETIC SYSTEM



from Vibrational Medicine - Richard Gerber M.D.

In the T.F.H. paradigm the tools we have to serve ourselves and each other are awesome gifts of love and I am eternally grateful for T.F.H., Applied Kinesiology, P.H.P., Hyperton-X, Edu K, Brain Gym, Self Help for Stress and Pain, Transformational Kinesiology, Biological Kinesiology, Physiological Kinesiology, Psychological Kinesiology, Maximum Athletic Performance, Stress Without Distress, Spirituality Lost and Found, any gifts that I have forgotten to mention, and those that are yet to be expressed.

It can be overwhelming and overloading when we consider the complexity of the human body, emotions, mind, and spirit and all of the tools available for healing. However, in and of our essence we have all we need for healing ourselves and others over and over, deeper and deeper - LOVE.

Dr. Thomas Close, D.C., with whom I work in Colorado, told me that when he enters a room to be with a patient he puts all of his "learned tools" in his back pocket and out of his mind. He takes a deep breath and prayerfully asks that he be there to serve. I believe that in serving ourselves and others

we receive and give what is needed. All the tools we have to help heal ourselves and each other through T.F.H. and Kinesiology are awesome gifts. Through the biofeedback of muscle testing and response we receive what we really need to know to heal.

Dr. Close also shared that his patients tell him what they want and he prayerfully asks that he may facilitate their needs through Network Chiropractics. Too, Sophie Burnham, who wrote *A Book of Angels*, told me during one of her workshops that she was told by an angel that it was very important for us to ask for what we want so angels and guides can help us with our needs. It is in the asking, in the supplication, that angels receive the vibrational energy they need to help us.

All we have to do then is to receive. And there is nothing that is impossible that is truly expressed from and of our essence. Our lifetime challenges are to release anything unlike love - judgement, greed, power, envy, lust - in order to manifest fully our authentic selves in LOVE.

In conclusion I would like to share the poem I read in San Diego, 1991, at the International T.F.H. Convention.

### Be Good To You

Be yourself - truthfully. Accept yourself - gratefully.  
Value Yourself - joyfully. Forgive yourself - completely.  
Treat yourself - generously. Bless yourself - abundantly.  
Balance yourself - harmoniously.  
Empower yourself - prayerfully.  
Love yourself - wholeheartedly.  
Give yourself - enthusiastically.  
Trust yourself - confidently.  
Express yourself - radiantly.

- William Arlthur Ward

### References

1. Burnham, Sophie, *A Book Of Angels*, Ballantine Books, N.Y., 1991
2. Eadie, Beny J., *Embraced by the Light*, Gold Leaf Press, Placerville, Ca., 1992
3. Gerber, Richard, M.D., *Vibrational Medicine*, Bear and Co., Santa Fe, N.M., 1988