

Longevity

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Why would one choose a longevity balance? It certainly is not the body's priority. In fact, it is not part of the consensus reality to create a life that lasts hundreds of years. There is a belief from ancient times that each individual has only so many breaths and so many heartbeats, and that when they're used up, we die. According to astrology, we have our own cadence, and our life span is predictable. Everything that lives is programmed to die. How do we even dare to attempt to beat the system? Yet there are those of us that are fascinated with life, and desire the time to experience life. We wish to explore, create and to grow. Longevity is for those who are willing to embrace life with passion and enthusiasm knowing that there is always more to reach for, and expand our being.

Longevity holds a high negative emotional charge with most people, and needs to be understood. There is a light side and a dark side to longevity. Let us look at the dark side of longevity. It is the ultimate prison and instills fear of being trapped in this body forever. Some just stay alive because they're so afraid of dying, and cling to the body even though debilitated. Others identify themselves through their body by seeing their body as who they are, and don't realize it is just a vehicle. They strive for the perfect body in a continuous losing battle. We can get caught up in the fear of what lies beyond life. What if I really do go to hell, or I'm terrified of my body rotting and being eaten by worms. Some are imprisoned in the beliefs that there is nothing beyond the physical world, so they must hold on and control life so death doesn't get them. Most people are terrified of growing old. The media, magazine photos, and advertisements clearly display that young is good, while old is bad. The perfect body attitude makes people feel defective, thus snaring them in the struggle of staying young forever. They'd rather die first than get old. Old age becomes a failure and a nightmare. Most of our society also views death as a failure, a betrayal. Death is bad, and is denied and avoided.

The positive side of longevity is not interested in clinging to life. These exceptional individuals want to reverse the aging process in order to experience the multidimensional aspects of life. They need more time to be vibrant and productive. They are fascinated and involved in so many aspects of life. They want to be totally aware in the process of stopping and even reversing the aging process. They see their body as a vehicle to move their consciousness on this physical plane. They're willing to consciously take care of this body, rebuild and regenerate it. It does not have to be perfect, but it does have to get them to where they are going comfortably. The body is loved and appreciated with all its imperfections because it provides such a valuable service. So, the positive side sees life as an opportunity to enjoy this physical world, and to explore and accelerate growth. Longevity gives us time to do this.

The body is conditioned to die, and must die at a certain time. In order to attain longevity, we must look at our old age scripts. How do we look at our seniors? We need to be honest with ourselves. Do we feel sorry for them, and dislike being around them? Do we see them as being slow, mundane, and preoccupied with the past? Does this make us feel impatient, uncomfortable and angry at old age? Are the thoughts of oneself getting old frightening? Longevity means we can grow old without becoming old. We learn to see the value of old age.

We all have a death script. We actually know how and when we are going to die. We must face our death script and release our limited beliefs and attitudes around death and dying.

Finally, we have to face our death urge. The death urge lives in our unconscious mind, the instinctive mind deep in our cellular level. Changing our old age and death script as well as our fundamental beliefs and attitudes about living several hundred years, will not stop the death urge! The death urge is more than a belief or a script. It is part of the DNA that exists in every cell, and also part of the process of growth and development. It has a

different biological clock. At some point that urge will be triggered, and like a time bomb, it will discharge. Some of our cells have already fired up and are aging more than the rest of the body. Thus the liver, heart, brain, or other organs can be dying sooner than the rest of the body. The death urge is the part of the self that is afraid of living that long and sees life as a sentence. That part must be found and disconnected. The DNA that holds that trigger mechanism that holds that urge is to be rebuilt, and the biological clock changed.

The following is a skeleton outline of a longevity balance to which new ideas can always be added. This work can be integrated into whatever system of balancing you choose, be it Touch For Health, PKP, One Brain, or Edu-K, to name a few.

Longevity Balance

- * Obtain PERMISSION for a longevity balance on all levels of consciousness.
- * Set a GOAL (make it reasonable. It is not within our belief system to live several hundred years yet. However, living to 90, or even 110, may be acceptable.) eg. I live to be 100 years old, with a vibrant, enthusiastic life, full of joyful experiences and growth, while my body supports me comfortably and easily.
- * Work for WILLINGNESS - see PKP manual level 2
- * Check LIFE PATH - see PKP manual level 3
- * Check for SABOTAGE PROGRAMS - see PKP manual level 3, eg. Conflict or reversals:
 - I want to/don't want to live to be 100 years old.
 - I believe I can/can't live to be 100 years old.
- * Gather DATA for the body of the balance. Check on conscious, subconscious and unconscious body levels and defuse.

The Dark Side of Longevity

Longevity is the ultimate prison. I'm afraid of being trapped in this body forever.

I'm so afraid of dying that I stay alive even though my body is debilitated.

I cling to my physical body because my body is who I am.

I want to maintain a perfect and beautiful body.

I'm afraid what lies after death.

I'm afraid I'll go to hell.

I'm terrified of my body being eaten by worms - being burned.

There is nothing beyond the physical world, so I must beat death.

I'm terrified of growing old.

I'd rather die first than grow old.

Old age is a failure and a nightmare.

Death is a failure

The Positive Side of Longevity

Longevity gives me time to be vibrant and productive.

I am fascinated and involved with so many areas and things in life.

I want to consciously stop the aging process in order to experience the richness of life.

I see my body as a vehicle to move my consciousness from one place to another.

I want to take care of my body.

I am willing to use my body as a vehicle to accelerate my growth.

I'm willing to rebuild, reconstruct and restore my body.

I love and accept my body with all it's imperfections.

I see life as an opportunity to enjoy this physical world.

I see life as an opportunity to create success.

I can be youthful in spite of my wrinkles.

Death is a doorway.

I want to stay in life to learn as much as I can.

I want to grow old without becoming old.

Old Age Script

To be old means one - has to slow down.
loses memory

becomes weak
can't stand long
has achy bones/joints
has got to be lonely
is abandoned by their
kids
friends all die
is hooked up to
machines
vegetates in a nursing
home.
looks old and ugly

Death Script

When are you going to die?

How old will you be?

How will you die?

How will death come? eg. Tragic, quick, agonizing,

Death Urge

- * The death urge is a family tradition. Everyone dies at a certain time, and I must preserve this tradition.
- * I want to be done. I want to be free from my victimhood, self pity, and martyrdom. I've suffered enough. I have struggled enough.
- * I will never be happy - I will never know peace - I will always struggle.
- * I'm terrified of looking old. I'm terrified of not looking young.
- * Death helps me end the misery of old age, illness, and loss of friends
- * I'm afraid of living long. It is a punishment and a sentence.
- * I'm not entitled to longevity. God will punish me if I try.

Dismantling The Death Urge

By clearing the negative emotional charge on the above statements, and keeping them clear we are already disconnecting the death urge. The death urge needs to also be replaced with a life decision, by restructuring the DNA. We do this work by accessing the fourth ventricle of the brain. The information is stacked and

we follow the procedure of a full balance with age recession. (balance within a balance.)

Stack the following information:

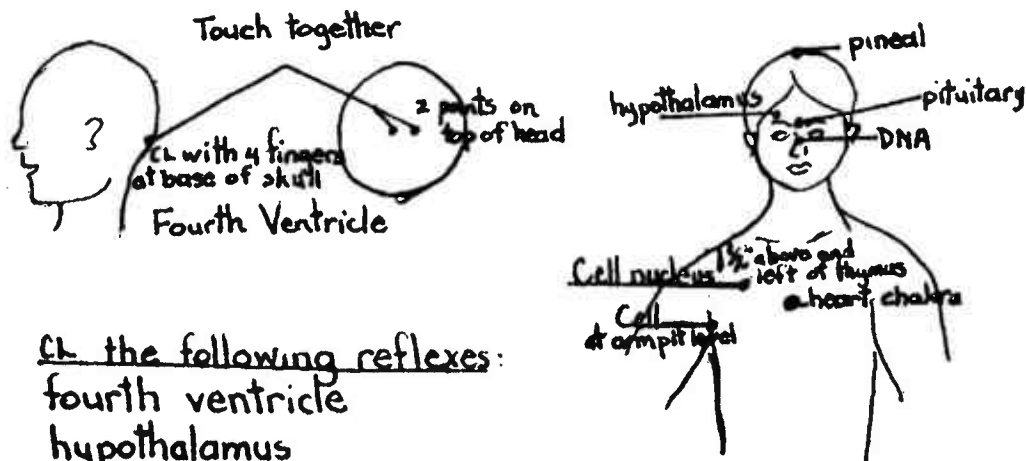
- 1) Access the fourth ventricle of the brain. - four finger touch at back of head, two finger touch on top of head. Person imagines the ventricle as a geode. (see diagram)
- 2) Heart chakra - five fingers over thymus area.
- 3) Touch and stack the following points. Hypothalamus, Pituitary, Pineal, DNA, Cell, Cell Nucleus
- 4) Add positive emotions - joy, laughter, gratitude, trust, enthusiasm, aliveness, wonderment, ecstasy etc. *passion*
- 5) Find a healing sound (like a mantra) for the person to work with. *N or M thing makes up*
- 6) Healing crystal - test for personal crystal and give gift of a geode.
- 7) Affirmation - This is a declaration of longevity and decision to live.

When goal is complete, check the following statement in past, present, and future. Longevity is a celebration of life!

Follow-up activities

How To Extend Life and Reverse the Aging Process

- 1) Connect With the Elements for purification
 - a) AIR:
breathing techniques.
 - b) WATER:
Drinking up to 1/2 gallon good quality water daily.
Hydrate the exterior of the body by bathing or showering daily.
Rehydrate face by splashing 20 times two times a day.
Spray face with atomizer containing mineral water.
Massage the blood vessels with hot and cold showers.
 - c) FIRE:
Two to three times a week be in the sunshine for ten minutes with no glasses for purposes of purification.
The seventh chakra is connected to the



cl. the following reflexes:
 fourth ventricle
 hypothalamus
 pineal
 pituitary
 DNA
 cell nucleus
 cell
 heart chakra
 foot chakra

optic nerve and is light sensitive.
 Expose all chakras to the sun, but not
 in the heat of the day.

- d) EARTH:
 proper diet and sleep.
- 2) Exercise - stretching, spinning vortices (see: Tibetan Energy Workshop by Bruce and Joan Dewe), and exercise of choice in moderation.
 - 3) Fulfilling Work - We must work at something as well as have something to look forward to.
 - 4) Work with healing, and willingness to receive. Bodywork is imperative. Illness is a sign that something is not working in your life.
 - 5) Spiritual
 - Develop a relationship with your Higher Self.
 - Connect with the healing sound or word (with "m" or "n" in it, can be Shamanistic, Hindu, etc.)
 - Take a regular inventory and evaluate the death urge on an ongoing basis.
 - Be happy, get your needs met, then seek joy.

- 6) Fulfillment create a sense of fulfillment in every avenue of your life. Reevaluate your destiny, meaning and image.
- 7) Mental process - always create new thoughts, feelings and passions in life. Think more, stimulate the brain. Old thoughts turn into senility.
- 8) Work with your healing sound as a mantra.
- 9) Stimulate the pituitary/pineal glands through meditation.
- 10) Always re-asses your old programs and patterns to make sure you haven't slipped back. Acknowledge your wins as well. Visualize and affirm yourself as youthful. See your future self with clarity.
- 11) Get balanced regularly for cellular regeneration.

References

1. Lazaris Event, *Longevity and Immortality*, Concept Synergy, July 1990
2. Bryce, Sheradon, *Joy Riding the Uni-verse*, 1993.
3. Kelder Peter, *Fountain of Youth*, 1989

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