

# The Universal Panacea Part II

## - the Practises

Today is the day on which many of you are going to take a very large step away from suffering and lack in all its forms, permutations and manifestations. What you are about to read will change forever your perception of who you are. It will open up in each who practises diligently the knowledge of personal inviolability. It will make it impossible for anyone to harm, control, imprison, manipulate, subjugate or to do anything against your will. Diligent practise and spreading this teaching to all around you will end, within a decade, the nightmare that the world has believed in for ten thousand years. It is time to awaken from your dream and to become the sun shining upon a world of unchained beauty.

In part one we left off with a description of the position of the large intestine and the question of how an (in conventional physics) impossible event continually happens billions of times every day right around the World. Why the large intestine, you may well ask, and not some other organ? Why not the heart? That's in the centre isn't it? The heart is the centre of knowledge. Here we are dealing with something else - complete and total unrestricted abundance.

The large intestine is the one organ which has a direct contact with all other organs. Indeed, with every cell of the body. The large intestine is the centre of abundance and limitless being. This century, this year, this day, right now is the moment to switch it back on.

This is how it works:

The cilia protrude less than an inch (2 cm) into the hollow core of the large intestine. The equal and opposite force which enables them to do this is not coalesced into matter and, perforce, very much longer. Each "mirror cilia" is, dependent upon activity, between 11" and 22" (30 - 56 cm) long. These have functions and abilities which almost nobody uses!

Just as the cilia protruding into the intestine exist to take up physical nutrients and to discharge physical toxins so, too, can the "mirror cilia", radiating in all directions outwards, take up nutrients and discharge toxins. The true beauty of the system is that, once switched on, essential nutrients can EITHER be taken up from the intestinal soup by the physical cilia or as informational potential by the mirror cilia and, at the joint of the two, coalesced into physical nutrients for the physical body. Similarly, toxins can EITHER be discharged as physical substances into the intestinal soup and ejected from the body via the stool or converted from matter into informational potential and radiated back into the Zero Point Field via the mirror cilia (a much faster process than ejection as physical matter). It is simply because

there is no awareness of this, that these abilities are, at present, for almost everyone unrealised potential. We are now going to switch these abilities on.

Initially, you may well find this easiest laying upon your back; somewhere comfortable and quiet with your spine as straight as possible for you. Later, as you become more skilled, you will find this easy to do everywhere. Close your eyes and breathe slowly and deeply and just completely relax.

Visualise the mirror cilia as millions of silver white (sometimes with a hint of violet too) needles of light radiating out in all directions from your large intestine. As you become more skilled you will begin to actually see them (remember they can be photographed) and to see which of your friends are already practising and which are still hungry.

Now, here is how to switch their potential on:

Fill all of both types of cilia (physical going into the intestine and mirror radiating outwards) with the feelings thankfulness and love for 20 minutes each day (longer if you want to). That's it. That's all you have to do. The rest then happens automatically.

What does happen is a very rapid assessment of your physical, emotional and mental condition. Whatever is missing and disturbing your wholeness of being will be given to you. Whatever toxins, traumas and destructive beliefs are plaguing and tormenting you will radiated away from you and returned to free energy. You don't need to think about this at all any more than you need to think about digestion for it to happen. The organs are there to do it and, provided that they get the energy which they need to function, they will work for you. So it is with the mirror cilia; you just need to give them that little impulse of thankfulness and love and they will begin to work.

It is quite common that the initial practise sessions will be a little uncomfortable – there are often kinks in the intestines which need to be straightened out. The large intestine is most active between 4 and 7 a.m. Sleep between these hours can be little disturbed in the first few days also. After a few days this will cease and your whole life will move away from suffering at a very high rate of knots towards the rapid fulfilment of all your wishes. Remember, you don't have to DO anything to try to make this happen; it is your normal condition which has simply been dormant because a part of your natural systems was "out of service". As soon as you are again fully functional, nothing other than abundance is possible.

As more and more people practise this simple daily exercise and the more you practise yourself, the easier it will become for everyone until it becomes an unquestioned assumption about how life is and everyone just does it 24 hours per day without thinking about it. When this point is reached, the basis for all strife,

greed, power addiction, control dramas and the like will have been completely eliminated; they are all expressions of perceived lack. When the lack experience is no longer possible so will all its expression cease forever.

Blessed be

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