

What is love? Does it exist without 'fear'? Very good question! "*A Course in Miracles*" speaks about people that come from love and people that come from fear and by that definition, there has to be both in the world in order for all of this to work. But what I have had to learn, in the past 20 years of my life and many lessons, is that even the people that seem to come from fear also have a LOVE center. That love center, for these people, is just protected by higher walls of conditions, rules and the ego or maybe even higher because of their friends, their school, parents and family members. Personally, when I think of love, I think of this unconditional energy that is all around us and also, even more powerful inside of us. Where inside of us is this thing called 'love'? You may have already guessed it, yes it is the HEART! Well then, if love is an unconditional and an unlimited source of energy, then that would mean so is the heart.

Yes, it is the heart that rules all things, big and small, in our bodies as well as in our lives. Many of us think that our head or our brains have the most power over us, and a lot of the times, that is very true and we do need to be very careful what we think as it has a tendency to become our reality. You have always heard that saying, 'be careful of your words as they will become your truth.' Now, it even goes further. At Hippocrates, we get hundreds of phone calls a day and some people saying the words "I was given 6 months to live, what should I do?" My initial reply is always the same, "Stop saying those words or you will create that reality." One of my favorite people that has ever come through our Life Change Program and also taken our Health Educator Course is Kris Carr (from 'Crazy Sexy Cancer' to 'Crazy Sexy Life'). If you don't know her story, she was diagnosed with a very rare cancer and it was in stage 4. So then, what did Kris do? She walked out of the hospital. There is no stage 5, so what are you waiting for? AMEN to Kris for the power to find that strength, courage of having no fear and that unconditional love / heart center inside herself to then go on an amazing journey and learn about healthy foods, green juice, all forms of yoga and meditation, etc... She took something negative, cancer, and turned it around, took a deep breath and smiled, not letting this new health issue define her happiness. This was a choice of LOVE over fear. Her story is on DVD, has been on TV as well as Oprah and I suggest it for anyone having a difficult time with cancer or their doctors.

Please do not let the medical world define your time in this life. At times, doctors may tend to 'steal' your time by saying the words, "There is no hope." Well, to everyone reading this, here are some new words to focus on, "THERE IS ALWAYS HOPE!" Kris and I are currently working together in getting this message out along with the Hippocrates foundation and being "of service" to help others all over the world.

The heart is a complex organ. It feels more than we think. It feels the strain of the unlived life. It does its best to keep beating and pumping blood to our body even during some very stressful times. So how can you help support your heart? More importantly and first and foremost, how can you love yourself? Wow, and there it is again, LOVE! The importance of loving yourself first is what we want to express the most. This love you feel in your own heart will extend to the rest of your body and to all those around you. It is our connection to 'heart' that will ultimately begin to heal our bodies and to overcome the thoughts in our head. As I stated in the last magazine of greens, we need to get back to our instinct and let our hearts / love lead us again.

Here is how it started for me back in 1990:

I first started in the alternative health field, I was blessed enough to have read the book 'You can heal your life' by Louise Hay. (Thank you, Dawn Marie Keller!) In the back of the book, Louise has an index of different health issues that happen with our physical bodies and what may be going on around us in our lives that may be causing that physical issue. So, I looked up my problem at the time, asthma. One thing she writes that started me thinking was 'suppressed crying'. Being of the male gender, that was interesting to me as we are always told to 'hide our feelings' or 'boys don't cry'. Well, as luck would have it, that same week, I met a Yogi that was a wrestling coach. My reason for speaking with him was in hopes he would be able to help with my very sore lower back. I had pulled a muscle 10 years earlier and it had never healed, giving me many days of lying in bed. Playing basketball again, I had re-injured that muscle. After speaking with this very kind, happy, alive and awake Yogi for a few minutes, he said, "I can help. Just come by and see me after lunch."

Around 2pm I knocked on his door, he opened it with very loud “Michael, come in!” Then told me to lie down on the floor, put my palms up in the air and take some deep breaths. I thought to myself that it was a very odd request and a strange way to help with my lower back, but, what do I know? He knelt beside me and made some circle motions in a few different areas, touched some points on my hands, my feet, my eyes and my head. 20 minutes later, he said, “Ok, you’re good to go.” I stood up and said, “What about my back?” He smiled, told me to put my hands across my chest, take a deep breath and did the old fashion ‘back crack’, which, at that point, seemed to be just for my amusement. I left the room, not sure what just happened and felt my energy starting to fade. I fell asleep at 5pm (which has never happened before) and did not wake up until 7am the next day. I awoke feeling better than I have felt in a very long time, more energy, maybe because of the good night’s sleep. Later that same day, I was speaking to my best friend & spiritual guide, Lenedra Carroll, when I started to cry like a baby for 30 minutes. She just sat with me, quiet, letting me cry. I finally pulled myself together and went back to my room, where the crying continued.

This went on for 3 days. Every time I was alone, driving, walking, eating, I would cry. On the fourth day, I returned to this Yogi (thinking it had to be something he did). He opened the door and again said, “Michael! How are you?” I reached out, grabbed the front of his shirt and shaking him I said, “What did you do to me? I haven’t stopped crying!” He said, “Great! Come back later tonight and we will do some more work.” WHAT? MORE? Please no more! So, of course I went back later and you can assume what happened next, yes, I cried again, for 3hours non-stop, like a baby. My body was having a very strange tingling feeling all over, almost numbing. After that, I felt very different and it changed the rest of my life. I felt people now. I felt their energy levels or if they were in a good mood / bad mood. I felt their hearts... that unconditional force mentioned at the start of this story. I could talk to a complete stranger and in three minutes, I would watch them start to cry or we would both cry together. I was able to see right to their, for lack of a better word, soul. I seemed to now be **‘awake’** in this life.

(Remember that magic pill that Neo took in the Matrix movie? That is the one we all need to take now.) I now only wanted to be ‘of service’ and help people to let

go of their bottled up emotions and suppressed feelings (Mostly due to stuffing their bodies with so much food and the SAD. Food is our emotional support group, but should not be, which we use to define our happiness and suppress our fear, sadness, jealousy, anger, etc.. and lack of food will allow those emotions to surface, amen to that!). It changed me forever.

I forgot to mention the most interesting part of this whole story! I woke up on the fifth morning and when I rolled over in bed, I heard my spine start to 'pop', all the way from my ass bone to my head. The muscle pain that I have had for over 10 years in my back was completely gone. Oh yeah and my asthma was gone too. Of course, I went back to Mr. Yogi and now asked him with different eyes & ears, "What did you do to me? I am awake now and listening." He replied, "I opened your heart chakra. It was closed." I then said, "Chakra? What's a chakra?" I did not understand it back then, however, now I try to tell it to everyone. We must start to heal the heart in order for the love to shine through. Emotions need to exist and be released in order to start any kind of healing from the physical body. The Hippocrates program allows that emotional healing to surface. Raw / living foods and green juices allow the body to finally have the time for the heart to heal, as they do not "stuff" the emotions down as the SAD will always do. Something I say often to everyone I meet, *"Do not let food define your happiness."*

This story and others like it can be found in many of my lectures at Hippocrates and now on DVD. You can always email me through my personal website at www.wheatgrassgreenhouse.com I hope you know, there is more to me than growing grass! Namaste

A special 'thank you' to Glen, that very kind Yogi and to Lenedra Carroll for her patience in allowing me to connect to my heart again.