

Intro to Reconnection

Why do we have to create a problem before we are willing to change? It's funny: in life, most of us choose to learn the hard way. We often find ourselves in a "transformational rut" of sorts. Einstein referred to this as the 'definition of insanity,' doing the same thing over and over, expecting different results each time. So, what drives us to insanity? Why is it *so* difficult for us to change?

This information will challenge the way you think. It will describe life's journey through a shift in perspective. This shift will help illuminate the deception that has plagued the way we have been taught to embrace life. It will expose the pitfalls that disorientate us from change. It will outline a strategy that has the potential to reconnect us all to better health.

I think in terms of all or nothing. For me, there are only two ways to look at our existence: we're all either **physical** or **spiritual**. Don't let this statement confuse you. We can argue that we are both, one, or the other. However, the state of existence isn't the *whole* debate.

Our discussion will be guided by these three main questions:

Why are we here?

What is our purpose?

Is it physical (self-based) or spiritual (Whole-based)?

As we analyze these questions, we will examine how physical and spiritual perspectives influence our existence. One perspective imprisons us while the other one frees us. One convinces us to isolate, the other to reconnect. One promotes pathology, the other promotes health. One discourages change, while the other encourages it. One perspective is based on fear, the other on trust. One is deception, the other is truth. One darkness, one light.

Think about it: we've all endured an experience we believed to be fate. It delivered a desired outcome in our lives that couldn't have happened by chance. In contrast, we have also felt victimized by the world blaming our shortcomings on chance or accident. So, which one is it? Do we see our existence as chance or fate? Do we act on fear or trust? Is our perception influenced by dark or light?

In truth, we are all stuck somewhere in between these two perspectives. Because of this, we unfortunately all get lost in the 'gray.' By 'gray', I refer to living life with both fear and trust simultaneously. How can we live an efficient life and maximize our potential if we are unsure of the rules that govern our experiences?

Ultimately free will allows us to choose how we live. However, when fear is a part of the equation, the result can become unbalanced. People avoid fear; it's uncomfortable and affects our will to change. When we think of the reasons why we resist change, fear usually dominates the equation.

As a healthcare practitioner, my role to help others was made possible by their fear. All of my patients had one common trait in which they struggled: their health. Health is a demanding challenge. Most people pursue health because they fear disease, death, or a poor quality of life. The most uncomfortable thing for me was to see these individuals suffer from their fear. Unknowingly, their fears had created their health ailments.

At the start of my chiropractic career, I believed that physical treatment both created and supported optimal health. At that time, both the patient and I were focused on the physical solution and missed any underlying emotional correlations. Yet, as the depths of our relationship evolved, I soon realized that, at best, I was simply *managing* their fears. In our current health care model, our focus revolves around the physical solution. Once I was able to look past that physical solution, the root of their condition became clear. As I got to know them, I could see how their flares and exacerbations would coexist with relationship trauma and emotional suppression. Their health was directly influenced by the depth and meaning of their relationships with their family, friends and community.

I began to note a different perspective, one that was shaped around their relationships. The cause of their pain was a direct consequence of their resistance to change or to strengthen a relationship. Without understanding the correlation between relationship and physical health, people make the same mistakes over and over. They manage their pain through a physical solution that they believed was the remedy, only to suffer again when they missed another opportunity to improve their relationships.

For example, one of my patients experienced lower back pain on her right side every time she struggled with her husband's lack of support. When we talked about it in the present moment, she could see the correlation with her stress. However, she would also try to blame the right-sided pain on a previous injury. After reflecting on the relationship that she was in during the initial injury, she realized that the time, place, and individual may have been different, but the emotional lack of support she endured was very similar. Is that fate or chance? If her lower back hurt on both occasions, how can one be stress related and the other an unfortunate accident?

With each patient encounter, a relationship dysfunction would correlate with a physical symptom to a specific area of their body. The symptom they felt was directly tied to an emotional root. This emotional root was connected to their self-esteem and was being influenced by their relationships. In essence, their dissatisfaction with their relationships negatively influenced their self-esteem, which ultimately hindered their optimal physical health.

In a world structured around physical solutions for health, relationships get lost in the tangle of deception. Transforming relationships is a difficult challenge and is contingent on our willingness to improve our self-esteem. For this insanity to stop, we must choose to change and strengthen our relationships, to reach within and change the way we think and act. Our physical management

strategies are not viable long-term solutions. These management strategies temporarily suppress our fears and distract us from our obligations to the Whole.

Whole = Health

Health cannot be an individual pursuit. If we don't prioritize the Whole, as individuals, we **will** suffer. Allow me to clarify with a practical explanation. Imagine you are the hand of a body. As the hand, you have a specific function to fulfill. Since the hand is only part of the body, if separated, it would be impossible for it to be whole. For example, the hands help feed the mouth. The rest of the body relies on your function, just as you do theirs. Only when all parts work together in harmony do we become whole.

Health is universal. It affects every single individual, regardless of their gender, ethnicity, or philosophy. Health is the physical expression of equality. Regardless of the belief system practiced, health is the common denominator that binds each of us within the Whole.

The Whole-based strategy that I will outline uses our health to guide a shift in perception. This shift will allow us to engage health through a truly holistic approach. In the past, holistic has encompassed the mind, body, and Spirit with a primary focus on the individual. The twist is transcending that individuality into a bigger picture. We must integrate the individual journey into a synchronized relationship within the collective Whole. To accomplish this would require each individual to focus on improved relationship as we embrace better versions of ourselves. Our bodies are designed to lead us to better versions of ourselves. Will we allow them to guide us, or continue to fight them?

When we examine all the external approaches to improving health, we can see why this journey is so confusing and ultimately, exhausting. Physical intervention cannot heal the dysfunction that exists within the Whole. It can only manage poor health (fear) at an individual level. This self-based strategy creates an environment of competition and survival between individuals. In contrast, a symbiotic Whole-based strategy would create an environment that would maximize the potential of the Whole, as well as the individual.

So, what does this Whole-based approach look like? Imagine the human body and all the individual cells that must work together in order for the body to function optimally. Each person in this world would represent an individual cell in that body. For the optimal health of that larger body, each person would have to fulfill their obligation to the Whole. This larger body will be referred to as the "Divine Body."

The framework of the Divine Body is reflected in the engineering and functioning of our physical bodies. In our physical body, each cell must communicate, synchronize and interact for optimal function. The Divine Body operates under the same principle. It orchestrates optimal situations for communication and reconnection between individuals.

In our present reality, we have lost the balance in our relationships. Our focus is centered merely on our physical existence. Over the course of time, science, technology, and knowledge have

evolved drastically. This evolution was driven by our determination to find the next physical solution. These solutions ultimately distract us from the emotional root and unintentionally push us farther apart. When a physical solution no longer provides relief, we are forced to feel the pain of our emotional “dis-ease.” That unrelenting pain motivates us to continue our search.

The notion of “fixing” the physical will never cease. Our drive and determination to understand the physical world is fueled by our inability to satisfy our spiritual desire to reconnect to one another. What we believe will “fix” us is an illusion. What's supposed to heal us is actually contributing to our pain. The idea of using physical solutions and technology to reconnect us is possible. However, the fundamental principle must focus on the way we interact with one another. We must focus on meaningful communication and relationships to correct the imbalance we have created.

In the last seven years, my perspective has changed immensely. I could write book after book on my personal experiences alone. I wanted to believe that what was happening to me was special and that I was different. *Don't we all?* I was experiencing the unexplainable again and again; it seemed as if I was trapped in this never-ending cycle of impossibilities. I would highlight my journey by sharing these stories with all who would listen. I was surprised to learn that everyone has a unique story to share. Looks like I wasn't so special after all. Think about it; we have all experienced the unexplainable at one time or another.

For instance, I found it unbelievable that I reunited with the nurse who was present for my birth all those years ago back in North Carolina. She later moved to the east coast of Florida for a new career. I ended up being raised in North Dakota, then attended chiropractic school in Minnesota. After graduation we moved to Naples, Florida, where I would start my chiropractic career. A new friend would later refer me to her company, and she enrolled me as a Medicare provider. Years into our relationship, I was required to revalidate my Medicare provider information. She noticed the connection when I sent her my birth certificate. The chance of us reuniting that way seemed impossible, and that day absolutely blew my mind. I mean, what are the odds of that? I've often shared this story during my lectures on wellness topics. It never failed— someone from the audience would always come up afterwards and share a similar story that seemed just as improbable.

The individual stories I told were just that— and *everybody* has their stories. Yet, as my experiences accumulated, they seemed to affect the balance in my mind. That constant battle between fear and trust began to shift. In my perception, I began to fear less and trust more. That gray area that confused and tormented me became more and more illuminated. The more I believed everything was connected, the less my fears could distract me from what was truly guiding my experiences.

That shift to trust grew into faith and with that, I took the leap. In theory, I have abandoned the physical explanation of existence. However, my actions depict my commitment; after all, it's not our thoughts or understanding that matter— it's our *actions*. Can we act on behalf of the Whole instead of the individual? I depend on your actions just as much as you depend on mine.

That is the motivation behind Health Reconnected. I wish I could take credit for a new idea or solution to health but ultimately, it's always been right in front of us— hidden in the gray areas of our lives. The hardest part of this will be to stop our individual search and align our perception within the Whole. We can only be guided if we trust. That trust is the foundation of our existence.

That trust has inspired me to leave the stability of my career in order to spread this essential message. I wish I could say it's been easy, but simply *trusting* is the hardest thing I've ever had to do. However, the more I trust, the more the unexplainable continues to guide me through what everyone else believes to be impossible.

I've been told countless times that life is all about balance. Physical health is best managed with balance and discipline. Now, expand that thought and superimpose it over the concept of the Divine Body. Can we obtain balance in the Divine Body by acting on individual intentions? If we continue to separate and compete, how will that ultimately affect our existence? Balance has helped manage our physical body, but what would happen if we brought balance back to the Divine Body?

The Divine Body is the creative source to our physical existence. In the present moment, our physical existence is far from balanced. It has been overwhelmed with extremes that no one should have to endure. To rebalance our physical existence will require a collective shift in perception. This Whole-based collective shift would deliver true balance; both our spiritual body and physical body would be in an optimal state. This shift will allow us to align our thoughts and actions, honoring our responsibility to the Divine Body. This is the purpose behind our existence; this shift is what we've all been working toward.

The choice is yours. Are you ready for a shift in thinking?

The Function of Soul and Spirit

The inspiration behind this chapter lies in the frustrations I felt as people pushed their beliefs on me. This isn't about pushing a singular belief. This portion is written with the intention to support you, the reader, in developing trust. When it comes to trust, who can we really believe?

Truthfully, I have never enjoyed anyone telling me how I should live. Who does? In the beginning, I was unable to trust. My life was manipulated by my fears. However, my life experiences have empowered me to overcome these fears. Ultimately, my experiences guided me to trust. Without our individual experiences, it would be impossible for any of us to trust. This is how we learn: in the trenches, in our own unique way.

It is not possible to go through life simply following in the footsteps of another. Each journey is unique and necessary; one is just as relevant as another. On my journey, I was led to connect the dots between physical and spiritual health. This was never part of my personal plan. Before this, I

didn't believe in a "Divine Body." I trusted nothing and no one— and that may have been what helped me the most. I write that sarcastically, knowing how hard I've struggled along the way.

I believe my struggles would have been diminished had I understood the expectations of the Divine Body and the Spirit that guides it. I hope this chapter will fortify your trust and allow it to become the foundation of your journey. That common foundation will allow us to *share* life instead of competing for it.

That being said, let's begin by breaking down the terminology. I chose to use the term, "Divine Body." Why? Because the Divine Body is how I describe the Higher Power, God, the Universe, Creative Force, etc. It is meant to be synonymous with any belief that asks you to trust in an organizing power. To me, the Divine Body is everything and everywhere. It orchestrates our existence with precision and grace.

To really understand the Divine Body, we must define the role of the Soul and the Spirit. In our holistic approach, we think of the concept of mind, body, and Spirit. In this description, "Spirit" can seem confusing, but don't let the terminology distract you.

Our soul is part of a larger spiritual consciousness. That spiritual consciousness is the Whole. Let's compare this by using the analogy of a glass plate. If we were to drop that plate, it would shatter into pieces. Those pieces, when separate, are all unique— but when reconnected, they share the distinct shape of the plate.

Our soul is one unique vantage point within this spiritual consciousness. It's the window in which we see our reality through, the reason why 10 people can see the same event yet have 10 totally different perspectives.

Each piece is unique, yet equal in potential. We all have the potential to reconnect our piece to reform that plate. We exist because of this spiritual consciousness. It is our shared purpose: it is what we all have in common.

This spiritual consciousness is organized by a single unifying force. That force will be referred to as the "Spirit." The function of Spirit is to guide and reconnect the souls within that shared body, also known as the "Divine Body."

From the Life² perspective, think of the Mother as the Divine Body and think of the Father as the Unifying Spirit within that body. The Son or Daughter are the individual souls (cells) that comprise that body.

*The Life² perspectives are introduced in the *Health of the Whole* Power Point Presentation. This presentation is located on the resources link @ HealthReconnected.com.

The Divine Body functions on any belief and does not discriminate on understanding, intelligence, or conscious awareness. The Spirit of the Divine Body can work through any of the pieces for the benefit of the Whole.

What do I mean when I say that the Spirit can work through us? Has anyone else ever blurted out exactly what you were just thinking? Have you ever felt like someone was in trouble and may need your support? The Spirit can inspire a thought. It does not care who you are or what you currently believe. Its only function is to support each of us on our journey.

Some people describe it as “intuition” or the “sixth sense.” To me, it’s more like an ongoing conversation. If you pay attention to all the people in your life, you will start to notice synchronicities in your thoughts. When we get too caught up in ourselves, we can miss these helpful hints.

To further understand the Divine Body, we will again compare it to our physical body. Our physical body is comprised of trillions of cells. The Divine Body is comprised of trillions of souls. The Spirit of that Body functions to organize and synchronize each soul’s journey for the benefit of the Whole.

As individual souls, we share both the Divine Body and the guiding Spirit within that body. For the simplicity of this analogy, we are just including the souls of humans, but this includes all expressions of the Spirit in any dimension or form. The Divine Body is everything, everywhere—and the Spirit of that Body functions to reconnect each expression to a higher level of participation.

Each individual soul is an equal and necessary piece of the Whole. The Spirit functions to direct and unify these unique expressions. Each soul has its own window in which it sees reality. The Spirit helps transform that window with the common goal to unify the view.

The Spirit of the Divine Body constantly draws you to optimal situations for soul maturation and reconnection. Everything works out for the best. Nothing happens by chance. We are **always** in the right place at the right time.

This is made possible by the Spirit. It continues to set up similar situations and circumstances to motivate you to expand your view. You can choose to repeat the lessons in life through your limited window view, or you can trust the Spirit to guide you to a higher level of function within the Divine Body.

Our level of connection directly influences the Divine Body. Free will allows us the choice to participate at any level of function within it. The Spirit can guide us but reconnecting to the Divine Body is our choice alone. The Spirit relies on the individuals’ free will.

We create our realities through the choices we make. Each soul expression is a necessary piece of the Divine Body. Our soul is a piece of creation and how we interact with other souls contributes

to both the individual and collective creative experience. As co-creators, we are dependent on one another.

This information is not intended to align with any specific group or based on any given understanding. It's a spiritual guide, written to empower each of us to act on our responsibilities. I am not writing this to create debate or distract us from unbiased relationships. It's a challenge to shift your thinking with the hope, faith and trust that each of you will choose to live for the Divine Body.

We're all spiritual beings being transformed within the physical world. The light of our soul is mixed with the dark of our flesh. That mix is the ongoing battle between our fear and trust. I may describe it as dark and light but trust me, it's not that simple. That mix is what makes each of us unique. No two souls share the same shade.

The soul is who we are, and the Spirit is the guiding force behind who we will become. We've all heard the saying, "Your eyes are the windows to our soul." Our flesh is the structure that supports that window. The ego is the voice that we hear within that structure. It uses fear to isolate us from the Whole.

What exactly do I mean when I say "ego?" Ego is our "human nature." Our genetics shackle each of us to human nature. Ultimately, our genetics distort our perception. Even though we all share a common genetic code, we are all individually unique. Each of us will have a distinct blend of hormones that influence our perspective. This blend, along with our personal experiences, contribute to our soul's unique shade.

The ego depends on physical logic and is the source of our fear. It craves explanation and looks for concrete physical evidence to support action. Separation exists because of the ego. In our current reality, our ego has convinced us to fix our fears with a physical solution. These physical solutions disrupt the balance within the Divine Body and our shared reality suffers. Our egotistical actions have created the disease and destruction we are currently forced to endure.

Throughout documented history, we continue to pursue a better world through physical solutions. These external fixes have reinforced the ego and the separation it lives and thrives through. Trust is the only strategy that will allow us to overcome the ego. The Spirit functions on trust and is designed to free us from its grasp. To overcome the ego, we would have to trust the Spirit to lead us to a unified awareness.

The Spirit organizes situations that pressure us to face our fears. It's trying to expand our view, using our physical reality as a classroom. It tries to guide us to the door that will allow us to leave our fears behind—to transcend physical logic and trust something we can't see, leading us somewhere we could never imagine.

Now you see why life's journey is so difficult. As individuals, we feel uncertain (fear). We are expected to trust something we can't physically explain. These physical fears are in direct conflict with our spiritual purpose. Knowing this does not make the journey any easier. In fact, if you remember what I said earlier, it's the hardest thing I have ever attempted. It has taken 40 years of fear to inspire me to *want* to trust.

Understanding the general framework of the Divine Body gives us reason to want to trust. It's the foundation for something new and exciting. The individual can see a perspective that has long been hidden. It gives each of us a sense of equality and purpose. We are an equal within the Whole, each with a specific function that only we can fulfill.

Embracing Authentic Self

Human nature can distract us from a foundation of gratitude. Life is a gift, but for many, that's hard to accept. When things don't seem to work out, we feel victimized. This feeling clouds our window perspective and persuades us to disconnect from what we don't want to experience again. We choose to act on self-preservation and further distance ourselves from the Whole.

The actions of self-preservation contribute to the depth of our emotional scars. As they accumulate, so does the burden to overcome them. Ultimately, our spiritual progression suffers, as fear influences our actions. As individuals, we should try not to take anything personal. The dynamics of the Divine Body is the definition of complex. We can understand the general framework, but the intricacies are infinite. Our window view is too limited. It is not possible to understand individual outcomes in relation to the Whole.

The Spirit works on behalf of the Whole integrating each individual lesson plan. The Spirit aligns optimal situations. It guides us to life experiences that will help us choose Whole. Some of those experiences are tragic. This doesn't mean we've done something right or wrong. That concept does not apply. Think of our physical reality as an interactive classroom. It exists for our spiritual maturation.

We participate in this interactive classroom in two distinct roles. We are either an abuser or victim. These roles co-exist and interchange, but the terminology can be deceptive. In relationships founded in personal gain, both parties enter as abusers. This foundation is shallow, and the exchange will be unbalanced. One of the parties will end up a victim.

We determine the victim as the individual that got the least personal gain. They are forced to sacrifice part or all of their desired relationship outcomes. The truth is if we embrace this way of life both parties lose. What we gain as an individual increases the burden on the Whole.

As abusers, we are given the opportunity to change our selfish ways. These opportunities will continue to present themselves until we are brave enough to change. To me, this mirrors the concept of forgiveness. The connecting Spirit doesn't judge our actions; it only supports us with

continual opportunity. We can seize our opportunities or squander them. We can embrace Whole or repeat the consequences of self. As abusers, our future actions need to become our primary focus.

In contrast, as victims we end up sacrificing what we want out of the relationship. The sacrifice is a forced consequence of an unbalanced exchange. Even though that sacrifice creates an opportunity for the abuser to change, this negative cycle often repeats. It takes many failed attempts before the abuser can understand the destruction of their choices. This increases the burden for the victim. Resentment and distrust deepen as the emotional scars grow.

These roles exist because of our choices. The Divine Body integrates our choices into this interactive experience. Each opportunity is a rung in a ladder: one step at a time, one action aligned. Even if we don't reach the top of the ladder in our lifetime, our existence is required and is never wasted. We are necessary! The graduation requirements are the same for everyone. It asks us to abandon human nature and align our actions with Spirit. Each ladder leads to the same destination. However, the order of the rungs, the vertical incline, and the steps completed vary per individual.

This interactive classroom is the equivalent to what many refer to as "the school of hard knocks." Abusers choose self and this destructive pattern repeats. With every opportunity squandered, the burden of the victim is increased. These emotional scars negatively influence our learning curve.

If we continue to embrace these roles, everybody loses. To stop this vicious cycle, forgiveness must be understood. Forgiveness is the gift of opportunity the Spirit aligns us with. It's not that we should be the ones to forgive. Through our tiny window perspective, it's impossible to forgive. Instead of trying to understand why abusers squander their gift, the focus must shift to a foundation of gratitude. Gratitude is knowing that the gift of forgiveness (opportunity) is what we all came here to receive.

Forgiveness has long been misinterpreted. Within the Divine Body, we are continually given the opportunity through the Spirit to choose Whole. We are always forgiven. When we understand and embrace that function, gratitude becomes the foundation of our existence. It allows you to let go of the past and move forward on your journey knowing that gift is the reason why you are here. Each life in the Divine Body is a gift given to reconnect the Whole. Each of us bears the same burden of this gift.

This is why it is so important not to squander our gift. To me, that would be the very definition of a sin. When we participate as abusers, we repeatedly fail to seize our spiritual opportunity to advance the well-being of the Whole. We squander the gift that was given to us. We secure personal gain at the expense of the victim. The emotional "dis-ease" distracts the victim from a foundation of gratitude. This negative cycle repeats through the actions of self and the burden lives on.

Forgiveness is a function within the Divine Body. It's the opportunity given by Spirit to help us ascend the ladder of life. Our actions determine our vertical incline and altitude. With each rung completed, we distance our perception from the prison of human nature. Our purpose is revealed one rung at a time. The higher you climb, the more the Spirit asks you to help the climbers that surround you. Soon you realize that you can't elevate without elevating your participation within the Whole.

When our spiritual obligations transcend our human biology, a shift in perception elevates us to a point of no return. Once you have reached this vantage point, gratitude becomes the foundation of your perception. You realize you haven't achieved anything independent of Spirit.

The system is not broken for it is Divine. However, without understanding the framework of this divine intelligence, the user interface suffers. It's like trying to play a game without knowing the rules. Participants don't know what to believe or how to optimize their journey.

The current state of this system is not optimal. The Divine Body is in a corrective response and we are experiencing it stronger than ever. The current level of disconnection is causing astronomical stress on the overall system. The Spirit will prevail, but if we don't improve the way we interface with this dynamic system, the physical reality we share will suffer. Our level of connection within the Divine Body directly affects the physical world. Our current choices are destroying the planet and ourselves.

Fortunately, we have the potential to correct this imbalance. The communication networks we have built allow us to share these rules with everyone. The framework to move forward exists. Yes, we are disconnected—but understanding the rules allows us the advantage if we are willing to embrace change together.

Human nature persuades individuals to isolate portions of their unique experience from their classmates. They share only what they consider to be acceptable. When we hide parts of us, it creates an altered reality. Who we are becomes limited to what we share, slowing down the process of self-understanding. As a result, our authenticity suffers.

The lack of authenticity hinders the ability of individuals to engage us with any value. It's impossible to liberate emotional burden in a relationship that lacks authenticity. The wisdom is lost in what we choose to suppress. Without it, even the purpose behind the encounter is lost. We waste the opportunity that the Spirit orchestrated.

Through gratitude, it's possible to embrace our authentic self. Sharing our wisdom both as the victim and abuser is equally important. That wisdom plays a pivotal role. It helps us liberate our burden. The bravery to share your good and bad experiences helps others do the same. This information can help others avoid some of the hard knocks we've taken. Our emotional scars start to heal, and we positively influence the lives around us. That's the point. People need that vital wisdom so that the suffering we all endure can heal.

Human nature drives people to analyze relationships. We try to figure out how we should proceed based on a desired outcome. This approach is exhausting; it's the equivalent of playing our lives like a hand of cards. With each encounter, this game forces us to continually size up our opponent. We try to figure out which cards to play and which to hold back.

This approach is destructive and hides our spiritual purpose in the fears that inspire our actions. In this altered reality, our spiritual progression suffers. Even though the Spirit continually guides us to the wisdom that reveals our purpose, we miss it because we are reluctant to be authentic.

People often pray to a higher power for an answer. I want people to understand that answer is right in front of them. The Divine is hidden in the truth that surrounds us. In order to be part of the divine, each of us must embrace our individual truths. The hardest part is being true to *you*. We must be authentic and exchange truth within the Divine Body. The more truth we share, the more we discover.

I once believed we were born with a specific hand of cards to play throughout life. How we played our cards would determine who we would become. For example, let's say we start with 10 cards in our hand. For me, those 10 cards were mostly selfish cards—and I played them often. After looking back on my journey, I started to see patterns and cycles and consciously started to embrace who I was and what I was becoming.

As the journey of life moved forward, I realized that the cards in my hand were expanding. This expansion is conscious awareness. The new cards came from my willingness to transform my relationships in a more balanced way. Instead of limiting my experience to the initial cards dealt to me, I realized the Spirit would bring me the entire deck if I would just *trust* it.

The most important part of this analogy is how we decide to play our hand. A friend of mine asked me once, “You have to get to know everyone. Isn't that exhausting?” From the way society currently plays, it is! However, I started playing from my authentic self. I chose to play any or all the cards that came up during that encounter. I let people know me. Truth is the easiest way to communicate. Once you deviate from truth, keeping up with deception is exhausting.

When I say that I play any and all cards, it means that I play authentically within that conversation. Some people play all their cards to all people. Dropping your life story on any ear willing to listen is what I refer to as emotional dumping. We have all experienced that. Quality and depth create the foundation of meaningful exchange. Most importantly, allow the present moment to guide the interaction.

The Spirit assists us in the present moment and guides what needs to be said. It is about trusting your thoughts. I listen to what's said and pay close attention to my thoughts. For example, we have all had a conversation where we get a thought to share something that would make us vulnerable. The voice in our head (ego) tell us, “There is no way I can say that,” and fear stops the Spirit's

urge. I decided to trust the Spirit and when a vulnerable thought came, I played that card in the conversation.

Many times, there would be an awkward pause, but I would be brave and let what I was inspired to say percolate. The results were astounding. The conversation that would materialize was overwhelming. *You can't judge a book by its cover* couldn't describe the unique turn and the wisdom that was exchanged. People I had always avoided were the ones I now had the most in common with. I became as interested in the individuals as myself. Equality started to take on a new perspective.

Yes, some people won't engage in the moment, even if we drop our defenses. Just because an individual was brave enough to be authentic does not make the encounter an instant success. But there is a very powerful secret weapon people need to understand. When we trust the Spirit that guides our thoughts, it can work *through* us.

This refers to the saying, "You do your best and the Spirit will do the rest." It's an unstoppable force and the effect is overwhelming. Individuals who refused to connect in that moment are unable to shake what was said or how it made them feel. When we are brave enough to share our divine truths, the Spirit can work through us more powerfully.

For either party to have an authentic relationship, one must lower their defenses first. Once authentic information is infused into the encounter, it encourages trust. The recipient is influenced by your conscious decision to be vulnerable with them. I realized the magnitude of this when, in one week, I had at least a dozen patients say, "I've never told that to anybody." In those conversations, I was prompted by the Spirit. I shared experiences that before had been private. In chiropractic school, I was taught to be professional; however, the Spirit convinced me to be personal. When we trust the Spirit, it enables us to liberate the emotional baggage we suppress. That day made me feel uneasy because I realized that we all carry our experiences (divine truths) as a burden.

These conversations were mutually healing. I soon realized all the symmetries in our experiences. The vulnerability that I thought made me different was the bond that brought me closer to that individual. As the doctor, I thought I was the one helping them. When cards of authenticity were played in the present moment, I realized our encounter was mutually beneficial. The relationships that grew from those encounters were different from any previous experience. Sharing authentic life experience with truth at the core creates a solid foundation for the relationship to grow.

Integrating Divine

What do I mean by integrating divine? Individually, each of us is programmed with a unique piece of divine wisdom. It is hidden in all the experiences we've lived. We are proud of some experiences and not so proud of others. But the totality of the experience defines who we are and highlights our potential contributions to the Whole.

Integrating that wisdom is only possible through meaningful exchange. This requires sharing both your good and bad experiences. When you share this wisdom and learn from the wisdom of the individuals you encounter, a story starts to form. This story begins to outline your purpose and function in the greater Whole.

This chapter stresses the importance of authentic relationships. Authentic relationships will reconnect us to our family, friends, and community in more meaningful ways. It asks you to be vulnerable and share who you really are, embracing what you've gone through and how it's shaped you as an individual.

In this world, everyone wants a public relations (PR) relationship, meaning they choose to highlight the good and hide the bad. The problem is that this approach only gives bits and pieces of our divine wisdom. The rest of the Divine Body is forced to try to function on a portion of the wisdom that we chose to share. Full disclosure is the key to authentic relationships. If the Spirit prompts a vulnerable thought, embrace the opportunity to discover the truth behind the encounter.

A PR relationship is damaging to the Divine Body. That misrepresentation stops people from ever knowing who we truly are. Individually, we pretend to be something we're not. We believe we must suppress our true identity to fit in. This deception seeds our misery and limits our participation within the Divine Body. As individuals, we need to focus on authentic and meaningful exchanges. For the optimal health of the Divine Body, each person would have to embrace their truths to fulfill their obligation to the Whole.

The Spirit is the organizing force that guides us to a Whole-based perspective. However, the Spirit's efforts are hindered if we are unable to embrace our personal truths. Individual authenticity and vulnerability are critical components of a meaningful exchange. Our experience is a piece of the divine wisdom that needs to be honored, respected and most importantly, shared.

In our present reality, these PR relationships have prevented authentic personal exchange. For example, when you go to the gym, the primary focus is a personal result. You may talk about common interests like weight loss or muscle gain, but embracing authenticity is often lost in the external focus of the activity. For reconnection within the Divine Body, the exchange of information requires more depth than just a common interest. Shallow relationships are doomed to fail. When the common interest is eliminated, so is the relationship. The common interest is only the opportunity. Meaningful exchange exists at a much deeper level. Reaching this depth is the most challenging part of any potential relationship.

For example, in the gym, the Spirit prompts you to disclose one of your experiences with another member. You feel the urge to share the life experience that brought you here. You share that your partner dumped you because you were overweight. They were no longer physically attracted to you. That made you feel so awful that you contemplated suicide. Now, imagine that the person you were prompted to be truthful with is currently considering suicide. Without your bravery to be vulnerable, this individual would suffer alone. Your experience qualifies you to support them

and creates a deeper awareness of why this person is in your life. Both parties will benefit from this exchange. The person contemplating suicide feels supported by someone who understands. The person who shared this vulnerability is now aware of the importance of their experience. They see value in what they previously felt was only awful.

The Spirit guides us to potential relationships that have the wisdom to heal and bring us to a higher level of participation within the Divine Body. It aligns us with opportunity to voluntarily reconnect. It grants us the power to heal ourselves through our relationships.

Truth is the foundation of any successful relationship. It is the catalyst of success at any level, whether personal, business, or pleasure. The more truth you are willing to put in the relationship, the higher its functional capacity. Truth is a scary opposition. It asks that you be truthful about who you are and what your agenda is. Throughout life, our truth is constantly evolving, eventually to the truth of Whole.

In the integration of divine wisdom, truth is the foundation. The Spirit aligns us with opportunity but relies on each of us to embrace and share our truth. As we infuse truth into our relationships, depth and meaning sharpen our distorted sense of purpose. We begin to see how each individual has fit into our experiences.

Unfortunately, our society embraces PR relationships. Throughout life, we find it necessary to protect our identity by building a protective wall around it. The wall is only supported by the information we choose to share. Its foundation is built on partial truths. We are influenced by what we believe is socially accepted. This social pressure deceives us from embracing all our truths.

Truth is the cornerstone of any meaningful relationship. When we withhold our truths, it creates a mechanical disadvantage that will affect all future foundations. Anything less than full disclosure will create an unbalanced foundation. When an unbalanced relationship is stressed, its shallow foundation is easily uprooted. PR relationships have an expiration date; they are doomed to collapse. When you think about it, you realize every individual and every organization embraces this PR strategy. Now you can see the depth of this deceptive practice.

This mechanical disadvantage can't be patched. It needs to be torn down and rebuilt. We cannot reconnect with others until we are willing to connect with our truths. We must take our relationships to ground zero. We need to tear down our walls of defense and trust and inspire others to bridge their realities into ONE shared reality of truth.

Any relationship built on partial truth is self-based. When we invest in these self-based relationships, we compromise the integrity of the Whole. Why would we have an affinity for any individual or group? We are all equals. The answer? We align with a common interest or group that we believe protects us from judgment and ridicule.

Look at social media. It's one big deceptive competition to see who can build the biggest protective wall. Because of fear, we choose to align with partial truths. This creates mechanical weaknesses within the Whole. The more people choose to align with these partial truths, the more likely these shallow relationships will collapse. This is happening right now. Look at the tensions rising around the world and understand that climate impacts will only complicate this already inflamed situation. This awareness is vital. We still have time to embrace the truth.

Organizations do not create meaningful relationships. They do, however, provide you with opportunities to explore both who you are and who you choose to spend your time with. The organization creates the illusion that the individuals within it are connected. At best, this common philosophy creates a shallow foundation. The organization functions to fulfill its core beliefs and does not prioritize authentic exchange of personal information. Who is the organization? Interesting question to think about. The *who* is the people that comprise it. The problem is that we have no idea who any of *them* are. What do we actually know about the people around us? The truth is only what they are brave enough to share. Most organizations make it difficult to exchange vulnerable details. They are designed to focus individual intentions on an external solution. This external solution allows us to hide who we are within the safety of its self-based beliefs (walls).

Examples of organizations include families, communities, religious groups, governments, political parties, businesses, educational institutions, sports, clubs, charities, EVERYTHING! Regardless of the organization, why would we choose to be a part of it? What experience inspired our participation? What do the people around us have in common? Can we be ourselves, or do we have to believe their philosophy to be accepted?

Many organizations force us to submit. To be part of that group, you are asked to conform to a certain way of thinking. Ever wonder why no one likes to talk about politics or religion? It's because all the members within the group have different reasons for embracing it. Peace is kept by highlighting the common belief. This bait and switch fools the individual to feel as though they are part of an intimate group. It allows the organization to manipulate the truth of the individual for the benefit of that group. The point is that we should all be concerned with any self-based organization that doesn't embrace its individuals' truth.

What would happen if our physical body was forced to arrange into self-based "organ"-izations? Imagine our organs fending for themselves instead of synchronizing their functions. The result would be disease. With cancer, the cells differentiate from the Whole and embrace self-based function. They stop communicating their truths with the tissues around them and compromise the integrity of the entire structure. Our current PR relations and organizational strategies are cancerous.

Self-based organizations disconnect our reality. The external focus of the organization manipulates the truth of the individual. Simply said, the all-consuming fear of social acceptance convinces the individual to submit to partial truths. Yes, this may sound complicated, but ultimately there is only

one solution. The self-based beliefs (walls) guiding these organizations must fall. Individually, we must choose to embrace organizations that promote a Whole-based atmosphere. Whole-based organizations will support and encourage its members to share their truths. This would facilitate healthy authentic relationships that won't end if a member leaves that organization.

Efficiency requires unity. That's a scary truth to ponder. Name one unified world goal that everyone is working towards. Unfortunately, our segregated strategies have created a mechanical disadvantage within the architecture of the Divine Body. The magnitude of this mechanical disadvantage is proportionate to the number of competing organizations. This disadvantage has become so great that serious consequences are coming if we don't focus on a unified solution.

We Are All Classmates

Since the beginning, knowledge has been part of the great deception. Because we long for depth and meaning, people try to fill this void by either learning or teaching external knowledge. When we examine the principle of knowledge, we recognize that it is created from individual experience. From this perspective, you can understand why an individual would place so much importance on knowledge.

For any of us who believe in the importance of knowledge, please consider the following:

- Does the information benefit all individuals equally?
- Does the information improve communication and understanding?
- Does the information support the dynamics of positive relationships?

I struggled with these questions when I was first inspired to share this information. I wanted to be sure that deception of external purpose was not my driving force. Within the Divine Body, all experiences are required for optimal health. We are codependent on one another. I wrote this on the behalf of the Divine Body with the hope that it will inspire everyone to take full advantage of their experiences. I want everyone to understand that we are equals and without unity, none of us can feel Whole.

As individuals, we are unable to teach reconnection (wisdom). Only the Spirit is capable of doing so. Think about our limited window view. It's no wonder we feel so strongly about our message; it's the only one we really understand. The Spirit is the only teacher and we are the students. We are equals, *classmates* in this physical reality. Our teacher has been hidden from us because we invest in PR relationships. We are currently reluctant to own our truths. Without the truth, the Spirit's lessons are hidden. The Spirit's teachings are revealed when we choose to embrace and integrate our truths. As we share these experiences with one another, that wisdom reconnects our realities into one.

In contrast, external knowledge creates separation. Within the Divine Body, knowledge is the great deceiver. The notion that knowledge will fulfill our spiritual lesson plan is an illusion. Fear drives

our quest for knowledge. Fear reinforces that this knowledge is necessary to secure our future needs. Think about it. Knowledge is created from experience and that experience is made possible by the Spirit. Unfortunately, this knowledge has distracted us. In our current world, we over-invest in technology and academics. Sadly, our society is built on this shallow foundation. This system has degraded down to competing individual and group strategies founded on external accomplishments. We seek knowledge with the intention to manipulate it for gain.

Teaching academics highlights individual accomplishment and creates a prison of isolation. It is a constant state of competition: to be the first one there, to be the one who knows the most, and to be the one who helps the most. It's a destructive principal, doomed to collapse. Helping people is paramount, but the foundation behind the actions must be built on authentic communication for the betterment of the Whole.

Here's a practical example of how knowledge can distract from relationships. I had many friends in healthcare and this was a common complaint they would share. They would be frustrated by the client's incapacity to understand what they did. To the best of their ability, they explained a problem and a solution, but the client couldn't accept the remedy. Thus, these practitioners would conclude that their client wasn't ready to be helped. They would have to find salvation elsewhere. The huge contrast in knowledge rendered this client unteachable.

Let's think this through. If we agree that the Spirit inspires all experiences, the only question that remains is *why did this interaction happen?* So that the health practitioner could fix them with an external solution? In this example, fear of poor health brought an individual to a healthcare provider. The provider's fear to expand their personal awareness has sent this individual elsewhere. In the Divine Body, both individuals missed the true opportunity to connect on a deeper level. Fear has hindered the optimal outcome. Unfortunately, we hide behind our knowledge because it creates a buffer that insulates us from vulnerability. Instead of exchanging authentic personal experiences, we hide behind our protective titles.

This potential relationship was hidden within a business arrangement. We pay people with knowledge to fix us. Unfortunately, this arrangement does not connect us to the emotional root. Authentic exchange would require emotional disclosure from both parties. Anything less is manipulated by fear. The Divine Body maximizes our opportunities, but we must choose to participate. There is always the potential to connect on a deeper level. That's the deception of knowledge: it can distract us from deeper connections. If we solely rely on our knowledge as individuals, we'll continue to suffer.

Knowledge will not make us healthy, but deeper connections with the people around us will. In my practice, the Spirit convinced me to be personal. This personal exchange made me aware of the deeper connections that guided these encounters. It never failed: my clients' health concerns were always connected to an emotional root that I currently struggled with. It was our fears and emotional "dis-ease" that had brought us together. As we integrated our experiences, our exchanges

became mutually beneficial. It allowed us to discuss and alleviate our emotional burdens together. These synchronicities lie in relationships all around us, hidden in plain sight. The Spirit uses every soul's experience within the Divine Body to help reconnect us. Our fear to embrace our classmates with authentic emotional exchange limits the functional capacity of the Whole as well as the individual.

The Spirit functions to reconnect the Whole. It attracts and aligns individuals to situations that will optimize relationship transformations. We have the potential to transform all of our relationships. Yes— even the ones that make us uncomfortable. If you look at every relationship in your life as a challenge to transform, your journey suddenly has meaning. You'll realize that the Whole depends on the participation of every individual.

Emphasizing individual consciousness is important, yet many try to read and learn about it rather than doing it. This cannot be taught, because each experience is unique, it cannot be replicated. If we are conscious of the Divine Body we are expected to act on the Whole, regardless of the individual circumstance.

The higher the individual's conscious awareness, the more responsibility they have within the Divine Body. It is not possible to have higher states of consciousness without acting on what's best for the Whole. Our spiritual maturation requires self-sacrifice. It is the most difficult part of our journey on earth. Each relational transformation is complete when you choose to act on Whole rather than self.

To achieve this requires conscious positive thought coupled with action. The easiest way to discern your highest capacity to act within this Divine Body is to allow the golden rule to guide you. I love the golden rule. It would be so simple and effective if we would all just agree to follow it. I try to center all of my actions based on that rule. Why wouldn't we treat our environment and each other equally (as we would hope to be treated)? The only possible conclusion is that we didn't understand that we are all part of the Divine Body. Because of this, we have unknowingly created a self-based system built on the framework of fear and self-preservation.

The Deception of Happiness

The foundation of our world has been built on knowledge. This knowledge has deceived us to embrace partial truths. Think about it. Name one scientific truth that has stood the test of time. Our current knowledge can't explain our physical reality. At best, it concludes that our past knowledge was incomplete. Knowledge itself is not the culprit, but our race to control and develop it is. Our current system emphasizes improving our way of life through developing our knowledge (gifts). School systems train our children to believe that their worth is directly proportionate to their external knowledge. This scenario reinforces the concept of an external fix to improve life. The pursuit of these gifts distracts us from our shared spiritual existence. It convinces us to compete with one another instead of collaborating and integrating all our gifts for the betterment of the Whole.

Once we realize that knowledge creates separation, we can address the root problem that's splintering our shared reality. This deception has influenced our actions since the beginning of recorded time. Our individual gifts were meant to be shared with the Whole, not sold or manipulated for profit or gain. To date, we have been unable to share our knowledge and gifts without bias. We are collectively incapable of self-sacrifice for the betterment of all. Think of it this way: the gift we were given was never ours to own.

Our human nature convinces us to align with others who value our gifts. This explains why similar gifts gravitate together. We naturally feel comfortable around others who share our interests. However, that comfort can influence individual priorities. The individuals can be misled to believe that their gift is what needs to be developed instead of their relationships.

These common interests trick the individual into thinking that they are part of something bigger. These individuals band together and find comfort in numbers. What they have bought is the concept of external happiness. They feel that their gift is their purpose; it gives them the illusion of self-worth, so they surround themselves with others who value it. This external gift fools them into believing it is *their* source of happiness.

Let's take a trip down memory lane and recall our childhood experiences. Since our individual existence started, we have convinced ourselves to participate in external groups formed around our gifts. For example, our schools divide us into academics, artists, athletes, musicians, etc. The fear to be authentic within these groups shackle us to the safety of our gifts. We feel forced to suppress some of our truths in exchange to be part of a group that values our gift. For example, sexual preference is often hidden from groups. When we withhold truths, we create shallow relationships that are more likely to collapse if we ever decide to leave that group.

Think back on your participation in group activities. Now count how many relationships were standing when the activity ended. Most people can count on one hand how many authentic relationships existed when their high school days ended. The same applies to advanced education, careers, or even retirement. The national average in the U.S. for authentic relationship is 0-1 per person. The depth needed to satisfy an authentic relationship requires us to fully disclose our thoughts and experiences. No wonder we feel alone and depressed; very few people really know who we are.

The groups we invest in plague us until death. Don't believe me— visit a senior center. I spent eight years observing the social dynamics and concluded that these centers function just like our schools. Every generation has felt the pressure to align into groups. These groups require us to settle for external happiness. We're forced to be satisfied about our contribution to the group vs. being accepted as an essential individual within that group. This leads us to compete for success and to be known for our accomplishments instead of who we truly are.

The purpose that we long for is hidden within the gifts we master. Here's a practical example. Many people envy celebrities, yet they follow and support their lifestyles. Now think of the

increased pressure that places on them. They face the burden of public expectation. The gift they mastered begins to define them. The pressure to fit the external persona identified with that gift often suppresses their identity. People are known for what they “should be” instead of who they really are.

Here’s another example of the pressure created by public expectation. Social media has created a huge opportunity to reconnect the Whole. Unfortunately, it has instead become a distorted reality where people project what they feel is expected of them. Everyone knows this story. A friend is struggling with a relationship so they call and vent about how difficult things are and that they may be separating if things don’t change soon, etc. Yet, two hours later on social media, they post pictures with their spouse at dinner and proclaim to the world how happy they are.

I witnessed this destructive pattern while working with residents in retirement centers. Every encounter was the same. I’d ask about their family and they would take the public relations stand. I’d hear great things such as how talented and successful certain members were but when I dug deeper, a common truth surfaced. They wished their family were still in their life on a more meaningful level. My heart sank as their experience (wisdom) shook me to the core. It was then that I realized the magnitude of deception this world has embraced.

Emotionally, they all suffered from the shallow nature of their relationships. These emotions impacted their physical health in a negative manner. They had been misled by the deception of happiness and missed opportunities to develop more meaningful connections with their family. Their shallow relationships were the root of their pain: to suppress their discontent, they forced themselves to stay busy with external fixes. They couldn’t fill that spiritual void but if they could keep doing what makes them happy, it would get them through the day.

We have all been forced to experience this. It stems from our concept of happiness. In the short term, we are convinced that this strategy is effective, but an entire lifetime pursuing happiness has serious long-term consequences. Happiness is the illusion that distracts us from authentic relationships. We unknowingly squander relationship growth opportunities at the expense of our physical health and spiritual maturation. These external priorities ultimately create isolation and depression. When we finally see how shallow our connections are, we become overwhelmed. Relationships are hard. Improving them is the most difficult part of any journey. An external distraction is much easier than self-improvement. This is the danger in the pursuit of happiness: overwhelmed and depressed, we decide to double-down on external solutions to suppress our discontent.

Science and technology utilize a similar method to control pain. Distraction from pain is achieved by overstimulating larger and faster nerves, blocking the ability of the slower functioning nerves that transmit pain. Many medical and therapeutic procedures are founded on this gate-control phenomenon. Here is a practical example of this principle: imagine you bump your head. Your

first reaction is to rub it. As you rub it, you activate the larger sensory nerves and they overshadow and dampen the feeling of pain. It is a distraction technique.

Just as in the gate-control theory, we choose to overstimulate our mind by staying busy with external tasks, keeping us mentally distracted. At best, this distraction manages the individual's short-term mental health and physical health. In the long-term, it contributes to overwhelming dysfunction.

I was sold on this principle. My life revolved around my external solutions. I cycled through sports, hunting and fishing. Once the addiction to the external fix wasn't satisfying me anymore, I'd find another challenge. This is how we consume our precious time. This happiness-driven distortion limits our spiritual journey and separates us within the Whole.

You see, before we die, our happiness is stripped away. The illusion of happiness begins to vanish as our physical and mental functions break down. As we continue to age, we become unable to perform the activities that once made us happy. In the end, we awake to the reality that the void in our hearts is yet to be satisfied. We discover that the instant gratification of happiness has left us feeling hollow and empty inside.

Working with retired seniors changed the way I viewed life. I would ask all of them why they were still here, and a common, haunting answer would follow: "I'm not sure, but I had a good life. Now it's my families turn." I didn't understand what they meant by "had," they were sitting right in front of me. Remember, we can't have it both ways. They had more purpose then, and less now; how was that possible?

I would explain the spiritual root of their pain and encourage them to share how they really felt with their families. Their responses all held had a common trend: they didn't want to worry their families. They were so busy with their own lives and didn't need the guilt or burden of knowing their truth. My patients continued to communicate with their family through PR relations. They wanted to be part of something more, but they didn't know how. The deeper connections they yearned for had been hidden from them by their individual pursuit of happiness. We have all been forced into this destructive cycle.

It made me sad to see my patients avoiding their responsibility to communicate how they felt to their families. They were unable to break free from this vicious cycle. The disorientation of external happiness was simply too much to overcome. Their self-based priorities hindered the truths required to form authentic relationships. If only they could have known their purpose wasn't to feel happy— it was to feel *Whole*. When we feel Whole, we feel loved, respected, understood and necessary. Every one of us deserves to feel this way.

Humanity is currently suffering. We continue to invest in our individual pursuit of happiness, which is, at best, a short-term strategy. Think we're happy? Think again. Anti-depressants are one of the most prescribed medications. The new trend in health is fighting depression and the negative

effects that it has on our health. Recent studies are linking depression to potential genetic mutations that were once thought to be hereditary. Every condition known is affected by our emotional attitude. Immune function is suppressed in a depressive state and we become more vulnerable to disease and infection. Researchers now speculate that depression can increase morbidity as much as 45 percent and dementia by a staggering 64 percent.

Anti-depressants are also helpful in pain management. Research has found that certain emotions impair proper function and increase an inflammatory response, predisposing us to increased pain. This should be a huge red flag, as we now use “happy pills” to combat physical pain.

Along with anti-depressants is the use of medical marijuana to promote an altered sense of well-being. I have used and enjoyed marijuana but, trust me, this is not the solution to spiritual well-being. Whether pharmaceutical or natural remedies, they are still external fixes. Our spiritual desire to reconnect is the only remedy that will ultimately allow us to feel Whole.

Think of what this pursuit of happiness has done to our children. Technological advancements allow our children instant gratification. They unknowingly isolate themselves as they leap between external distractions. Medically, they suffer from anxiety, ADD, ADHD, etc., yet what they truly suffer from is the failure to connect with others at an authentic level.

Technology compounded this problem and proportionally created more isolation. Don't misinterpret this; previous generations were no more authentic. However, they certainly did not have access to as many distractions. The common denominator throughout history is the failure to reconnect. This becomes more difficult as knowledge expands, as do our distractions.

This is the seed we have sown: we have been fooled in investing our lives and now our children's lives on the illusion of happiness. Even the foundation of raising our children centers on what makes them happy. We want to give them all the things that we didn't experience and more. This is another red flag.

Test this wisdom: sit down and have a family discussion. Ask your children what their favorite thing about you is. At the time I did this, my boys were six and nine, respectively. Both my wife and I were shocked by their answers. It wasn't us that they remembered, it was their external experiences of being with us. *What's wrong with that?* Well, they hardly knew either of us.

This is because we used to parent from a PR platform. Ultimately, we were scared to fully disclose our experiences, so we tried to teach our children how to avoid the same mistakes that we made without sharing all the dirty details. We worried it would be counterproductive. We decided to filter certain experiences because we thought they wouldn't understand. We feared they might lose respect for us, share these experiences without our consent, or use them against us. But the sad reality is that they never really got to know us.

Children are equals; they're our classmates in life. They are here as gifts to help us transform. Instead of connecting with them through truth and vulnerability, we try to teach them from a PR platform. This creates confusion and hinders their understanding of us. They are forced to spend a lifetime trying to find their authenticity in a world that refuses to be authentic with them.

Our children have become part of the collective distortion that our society has embraced. This problem has spread through every generation and has amplified with the expansion of knowledge. This deception does not discriminate. Our desire to be happy has alienated the spiritual purpose behind physical incarnation.

I challenge you to connect with the people around you. It is never too late to change. Fulfill your gift of authenticity and embrace transformation within the Divine Body. The truth you discover and the relationships you share will be the catalyst that transforms the individual within the Whole.

The Corrective Response

In the physical body, if there is an injury, illness, or dysfunction, the body mounts a corrective response to correct the imbalance and restore optimal function. For example, you contract a virus and the body's immune system activates a defensive mechanism to fight the infection. In the Divine Body, the unifying Spirit functions under this same principle.

In the analogy above, some of our choices are like a virus. The Spirit coordinates a counter response that guides us to improve our choices. Its objective is to improve the function of the individuals within the Divine Body. It uses any and all assets to the benefit of the Whole.

Simply put, the Spirit optimizes our potential for spiritual growth. No matter where we are or what we are doing, it coordinates our interactions with the surrounding body. It pairs our lessons and challenges us to work together.

Free will determines the individual contribution to the collective Whole. We are independent variables within the equation of life and our choices accumulate with an effect. The Spirit's function is a constant in the equation; it acts on what's best for the Whole. It will never compromise; rather, it optimizes the situation regardless of the variables in which we provide. We must understand that we are responsible for what we contribute to the equation.

To understand the function of the corrective response within the Divine Body, we must discuss the Spirit's role in greater detail. Again, everything works out for the best; nothing happens by chance. We are always in the right place at the right time.

The first two statements are self-explanatory:

- *Everything works out for the best* refers to the Spirit's responsibility to optimize our experience.

- *Nothing happens by chance* relates to the Spirit's responsibility to organize the collective experience for the mutual benefit of the Whole.

However, the last statement is the most misunderstood. We are always in the right place at the right time. How is that possible?

We are always in the right place because that's where we choose to be. This doesn't mean that we are in the optimal place at the optimal time. We can choose to be somewhere less than optimal. Regardless of our choice, the Spirit will make the best of our decision and optimize the possible results. This is one of the most confusing parts of the corrective response within the Divine Body.

People are always on their spiritual path; some just choose better situations for learning. For example, imagine you are lonely and looking for companionship. You decide to get intoxicated and pursue physical desires at a local bar. In this example, you have severely limited your potential to optimize your learning in a constructive manner. It doesn't mean you might not learn valuable lessons—it just means there are better circumstances for meaningful relationships and transformation.

The Spirit functions on what's best for the Whole. Any action we participate in that doesn't align with this principle conflicts with the Spirit's function. Self-based actions create resistance and contribute to a corrective response. The closer our conscious awareness is to the Whole, the less resistance we contribute to the system.

Conscious awareness evolves in stages. The ultimate destination is unified conscious awareness. This becomes possible when all participants understand the rules that govern life. This commonly held understanding allows us to unify and establishes a shared perspective that everyone can work towards. Without this common goal, the individual becomes disorientated and the efficiency of the Whole suffers. Any action not founded on Whole becomes a part of the problem and further distracts us from the solution.

Conscious awareness is vital. Being conscious of your surroundings and situations helps determine the best course of action. The only way to evolve awareness is to act on it. When we become conscious to the Whole, the Spirit expects us to act on its behalf. When we act on behalf of the Whole, we contribute to a collective positive future. Instead of working against the Spirit, we choose to align our actions and support its function. Consciously, we choose to become a part of the solution.

While it may not be the path of least resistance, people are always on their path. We are creators and each individual creation is integrated within this physical reality. However, long-term successful creation must benefit the Whole. If we create for self, we create resistance. This resistance will restrict the longevity of the creation. Creation examples include lifespan, business, civilization, etc. Any creation built on self-principle will have an expiration date. Simply said, it will not stand the test of time.

Our current world strategies are beginning to show serious signs of failure. As a united world, we must understand how our collective awareness and actions affect our existence. We must understand that our current way of thinking has an expiration date. Ultimately, it will fail— and sooner rather than later if we continue to resist change. Think about what we're taught. If you want something, find a way to make it work. Don't take no for an answer. Your will and determination can accomplish anything. It's true, yet there is a price to pay.

Our collective self-based choices are responsible for the extremes in our current reality. This had to happen, as our collective experience is necessary for our spiritual (Whole-based) evolution. Ultimately, these extremes have revealed the framework of the Divine Body. We must focus on the advantage that information gives us. This awareness is a gift, but it requires our collective acceptance.

Collectively, we must minimize the resistance that we contribute to the Whole. The path of least resistance is not what you would expect; it is your optimal spiritual path. This path requires self-sacrifice and change and requires you to be truthful and vulnerable in all relationships. The path of least resistance is the shortest path to your spiritual identity. It is the most efficient and requires complete trust. Only trust can guide us to the path of life. From a physical perspective, it would be the healthiest and most efficient way to exist. The spiritual path is avoided because it demands the most physical change.

Human nature interprets the path of least resistance to define the path that makes us the most comfortable. In contrast, this path creates resistance and is guided by self-satisfaction. In essence, we feel that our purpose lies in what we can accomplish. We exert effort to physically succeed at the expense of our spiritual maturation. The pressure to transform our relationships is avoided, as external goals influence our actions. Fear dictates this path and convinces us that physical success will ensure our survival. It is our fear that leads us to death.

We sacrifice our spiritual potential for the reward of accomplishment. We create something extraordinary to prove our individual success. This strategy influences us to compete and isolate within the Whole. The truth is that we are all extraordinary, but the process we embrace to prove this is literally killing us.

It saddens me to see what people sacrifice for their success. The physical hurdles they force themselves to overcome are proportionate to the missed opportunities to reconnect within the Divine Body.

The first step on the path to life begins the moment we consciously redirect our intentions within our individual creation. Once we shift our focus to "Whole," it places the first stone on the path to eternal life. By eternal I mean timeless—the only path to optimal life. Collectively, we must choose to build this path together. It cannot be forged alone.

There are infinite ways to reach the same ending point. Each journey is unique, but transformation from self to Whole is the goal. As your journey progresses, your truth should expand, and your experiences should shift to the path of least resistance. This is essential to establish as it creates a collective positive focus.

In our current reality, we get hung up on the concept of right and wrong, judging others on their contribution as individuals. This is confusing because the concept of right and wrong does not apply to the Spirit as it is forced to use our creations to teach us.

If you don't like the experiences, then change your contribution. Remember—the Spirit must integrate our creations in a way that benefits the Whole. Our self-based creations unknowingly create tragic events. Even though we consider these tragedies to be wrong, the Spirit must make the best of what we create.

It can appear that certain individuals are taking advantage of others and are being rewarded. Think of the corrective response of the Divine Body like karma: no one is getting away with anything. The energy they put in the equation will come back in another lesson. The more they avoid expanding their function within the Divine Body, the bigger the problems they create. Their transformation is a spiritual requirement in the evolution of their thought. They can fight it, but it will consume them. No one can avoid the Spirit.

This still leaves a bad taste in many people's mouths. They want instant gratification. Why should someone else be able to get what they want at the expense of others? The Spirit can only use what we contribute to our shared reality. If we want a faster response to the negative choices around us, then we must help the Spirit through our conscious positive choices.

Think about it. Have you ever changed anybody? The answer is no. Why? Because only the individual can decide to change. We may try to convince them or guide them but in reality, we are merely manipulating them. The best way to help someone is to inspire them: to be brave enough and embrace the change that everyone else is avoiding. When we do this, we become part of the solution and help others align their actions with conscious positive choices.

If you want people to be held accountable for their actions, you must be brave enough to act on their behalf. It's not the people who surround you that are the problem; it's your unwillingness to change. When you stand up for the Whole, the Spirit can more efficiently support change. The radical change that's needed to save us and our planet will not happen without unified participation. Remember, we cannot avoid our spiritual obligations and unfortunately, we are running low on time.

Our current self-based strategies have imprisoned us. If we want to escape this reality, we must collectively shift our focus. As each individual embraces the Whole, we become a part of an accumulated potential. As we synchronize our intentions and actions, we become aware of our collective power—and it's that power that will allow us the opportunity to change everything.

In the Divine Body, right and wrong do not exist—only positive and negative do. Think of positive as Whole and negative as self. The positive and negative energy that we invest in the system creates our experiences. We are collectively responsible for the experiences that we create. The more people make conscious positive choices for Whole, the more positive and equal our shared reality becomes. If we collectively align our intentions for the Whole, we amplify the potential change. It is this strategy that will ultimately lead us to less tragedy.

In our current reality, tragedies and catastrophes are on the rise. This self-based reality thrives on fear, which continues to separate us. If this vicious cycle continues, tragedies will continue to amplify until our time expires.

In our current self-based reality, these tragedies are necessary events for our learning experience. The Divine Body is forced to use our creations to reconnect to the Whole. We must shift our collective focus and take ownership of what we create. We are responsible for our creations and the consequences that they pose to the overall system. It's not the Divine Body punishing us, rather, it's merely optimizing what we are responsible for. Simplistically, it functions like optimism.

Optimism is the hopeful confidence that future outcomes will be successful and positive. If each of us embraces an optimistic attitude, a common faith will guide us. The following quote has always inspired me. It's inscribed on an angel that hangs from my rear-view mirror: "Faith makes all things possible. Love makes it easy." It's so simple and so true! This message is literally the functional blueprint driving the Divine Body. In the most simplistic sense, our faith directs us to be optimistic.

As individuals, we must trust that the system is working on behalf of the Whole. We can't change our trajectory until we collectively acknowledge that these tragic events are inspired by our self-based theology. Bottom line: our current reality is certain to fail. World tensions are rising, and our climate is rapidly deteriorating. Radical change in both thought and action is now a requirement if we wish to turn things around before it's too late.

There are two strategies that need to be outlined, which explain the possible ways in which we can navigate within the Divine Body. We can either decide to push our way through or be pulled. When we push, we decide what our path should be. We formulate an idea and pursue it. When we are pulled, we trust the system and let it guide us. We trust the Spirit and act at our highest individual capacity to support the Whole.

Our current world strategies are designed to push the system. We have exhausted this strategy and will soon be forced to accept some less than desirable outcomes. We must understand this concept together, and sooner than later. I believe that the potential global outcomes we have created are much scarier than our fears to resist change.

Our self-based creation has become the miracle that will force this change. *How's that for optimism?* Our reality is in an optimal state if we choose to act now. We must seize this opportunity

and embrace collective change. We are right where we are supposed to be—yet our actions will ultimately determine our fate.

In black and white: we are either a part of the problem or a part of the solution. The solution is Whole, and any problem reflects the self-based perspective. Yes, this principle is that easy to understand. If we align our actions to Whole, optimal function *is* possible.

The physical playground in which we call home is an opportunity. It is an interactive experience that only exists for our evolution of thought. Whether we decide to push or pull our way through the system is irrelevant; either way will require change. One is based on fear, the other on trust. One is nearing its expiration date, the other will preserve all life and will optimize our remaining time. We cannot be distracted by fear. It manipulates our actions and creates a functional disadvantage. We must unite our focus and embrace this change, **together**.

Imagine the Divine Body is the ocean, the Spirit is the current, and the souls are vessels. As individuals, we attempt to navigate the ocean and its current. Our human nature (ego) plots our course. The currents of the ocean influence that course. These currents are strengthening. The currents of change have become so strong that individual vessels will not withstand them. We need to create a shared vessel that will support all forms of life. And we CAN do this, together, as a whole.

Are you in?