



God's e-book

February 24, 2009

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Chapter 2: Preparations for the Ascension

Saturday February 21, 2009

I feel like I'm 100 years-old today and it is due to a huge wave of STS energy that I started to feel yesterday afternoon as shoulder and neck pain. God has let me know that there are disincarnates around me learning the details of how to prepare for the Ascension and I know now that some of the disincarnate beings were STSers whose energy pulled me down.

We Share Our Space

I've been awake about the fact that we share space with disincarnate beings, extraterrestrials and beings from the devic spirit realms for over twenty years. Evelyn Huskey, a close friend of mine from Buffalo, New York, where I grew up, is clairaudient, Shay Taylor, one of my roommates in New York City, was clairaudient and clairvoyant, my friend Ed Ragosta, is clairaudient, my friend Lilith Dove is clairaudient and my four friends at Manhattan's Stick, Stone and Bone are all clairaudient. All have daily encounters with beings who share our space. I also know from reading Ruth Montgomery's books, particularly *A World Beyond*, that she channeled from Arthur Ford, as well as Matthew Stead's *The Blue Island*, a book that relays what happened to the souls aboard the Titanic, that there are schools for souls in the afterlife. Yesterday, God let me know that there were dis-

incarnate visitors. I had a large number of e-book printouts to send out and I thought that whoever was present could watch me work. I did not think about the fact that there might be an energy differential that would later effect me physically.

Protection Prayers

Although I have had breakthroughs on Protection Prayers, I've been reluctant to use them due to the tremendous waves of STS energy that arrived when I was first learning how to use them. I had to stop my Sun Rise and Sun Down Prayers and Intentions because my mistakes brought the most powerful waves of energy (Sun Rise and Sun Down Prayers and Intentions are four times more powerful than any other Prayers or Intentions).

I've been working on a move to an STO latitude and I thought that I could postpone all Prayers and Intentions and manage STS energy with food chemistry and color but I was mistaken. Food and color are not enough to move disincarnates out of my space. I even tried to ask them to leave (politely) and that did not work. Fifty percent of disincarnates, extraterrestrials and spirits from the devic realms are earnestly interested in Ascension and the other fifty percent are not.

God has been gradually introducing me to energy balancing. Some of the lessons have sunk in but I later discovered that the STS energy wave that hit me last night was due to:

- a.) STS Disincarnate Energy that could have been cleared with a Protection Prayer.
- b.) Mistakes I have made managing energy.

Many readers will most likely be familiar with spirits but energy management will probably be new. Through my pendulum, I have learned that it takes at least two to three weeks to learn how to break up repetitious patterns and correct colors that create energy imbalances. My stories and tips will help you get started but because everyone's lifestyle is different, you will need a few weeks of practice to balance the energy around you. People who are energy sensitive will be able to feel a difference in energy. Others will know that they have balanced their energy when they see events and tasks run smoothly.

Program Pace and Underlying Lessons

Before reading any further in this chapter, please consider the following points:

- 1.) This program was supposed to take twenty years and it will seem challenging condensed into four years. There are twelve lessons to learn in the Ascension Program and we will be learning two-at-once.
- 2.) Once you begin the program, you cannot stop. As a result, it will be extremely important to understand what you will need to do to prepare.
- 3.) There are two important lessons at this point in the Ascension Program:
 - Managing Energy
 - Non-Attachment to Material Things
- 4.) The amount that you decide to participate in the Ascension Program will be entirely up to you. The more you participate, the more you will be able to control energy.

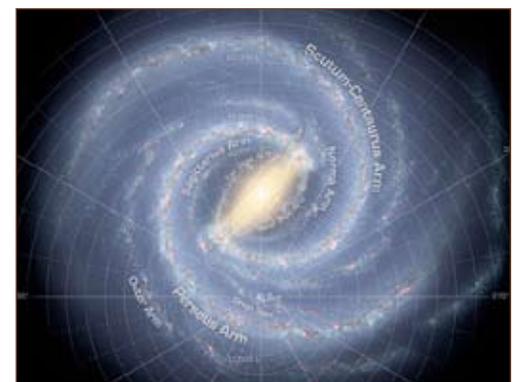


Nautilus shell halves juxtaponed as Yin and Yang spirals (#6279074).

Nature is full of examples of juxtapositioned energy that occurs in counterclockwise-clockwise pairs during the day and reversed clockwise-counterclockwise pairs at night.

The Nautilus shell is internally divided into chambers that grow larger as the Nautilus grows—in a counterclockwise direction (with growth occurring during the day).

Science incorrectly classifies a Nautilus sea creature as a member of the Animal Kingdom. There are twelve Kingdoms and the Nautilus is a member of the Ocean Kingdom. The Nautilus also has a shell that is a natural example of a logarithmic spiral (not a golden spiral).



Besides mollusk shells, several other examples of logarithmic spirals exist in nature including the arms of spiral galaxies, the nerves in the cornea, the arms of hurricanes, the approach of a hawk to its prey and the approach of an insect to a light source.

Scientists have discovered that the Milky Way's elegant spiral structure is dominated by just two arms wrapping off the ends of a central bar of stars. Source: www.spitzer.caltech.edu

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As Moonflower blossom is a night blooming flower that grows on a vine that twines clockwise (Note: clockwise is an evening energy pattern even in the Southern Hemisphere). This photo shows a counterclockwise energy pattern by day (#2061869)



The Moonflower bloom has five petals that open only at night and close by morning. Note: The number five is an odd number that corresponds to this flower's energy pattern. (#4367043). In October, 2006, Colorado's *Rocky Mountain News* reported that three teens were hospitalized after ingesting the Moonflower's intentionally hallucinogenic seeds. Two years later, health officials in Colorado issued a public health warning about the dangers of ingesting a moonflower.

- 5.) God has provided Protection Prayers and Intentions that will help you at every stage of the Ascension Program.
- 6.) You do not need to begin until you have thoroughly reviewed the physical requirements and know that you are ready.
- 7.) There are many small purchases you will need to make and it may take as much as six months to prepare—before you are ready to begin.
- 8.) Approach pre-planning calmly and do not begin before you have everything prepared.
- 9.) The physical items that are needed on a day-to-day basis may be shared.
- 10.) There is a strong attraction between STO and STS energy as illustrated by the Yin/Yang diagram in Chapter One. *Note: STO energy attracts STS energy but STS energy does not attract STO energy. This distinction is explained in pendulum questions in the next section.*
- 11.) The amount of STS energy that a being attracts is related to their STO percentage. Beings with higher STO percentages need to carefully manage their energy because they will attract larger amounts of STS energy.
- 12.) A person's STO percentage can be determined with a pendulum. Because higher STO beings are more sensitive to energy, it is practical to learn how to use a pendulum and God about an STO percentage before beginning Ascension Training.

STS Beings Working on Ascension

To understand the difference between STO and STS energies as well as the choices that lead to STS energy, I asked the following questions:

“Are You God?” (3 variations as explained in Chapter One).

“Yes.”

“Does STO energy attract STS energy?”

“Yes.”

“Does STS energy attract STO energy?”

“No.”

“Is this because STO implies Ascension and STS implies Descension?”

“Yes.”

“When STS beings make STS choices are the choices often accidental?”

“Yes.”

“Is it accidental most of the time?”

“Yes.”

“Are some STS choices due to the influence of living on an STS latitude?”

“Yes.”

“Are there invisible mischievous beings that can influence 3D humans to make STS choices?”

“Yes.”

“Is the proportion of STO vs. STS in these invisible realms also 10% to 90% like it is in the 3D realm?”

“Yes.”

“Are STS invisible beings uncomfortable in STO latitudes?”

“Yes.”

“Are there a lot of STO beings struggling with the energy in STS latitudes?”

“Yes.”

“Does Madison have a lot of STO beings who are struggling with the energy?”

“Yes.”

“If a family member is sensitive to energy does it imply that they may be a being with a high STO percentage?”

“Yes.”

“Should beings with high STO percentages move to STO latitudes?”

“Yes.”

“Will beings with lower STO percentages eventually need to move to STO latitudes after working on Ascension Training?”

“Yes.”

“If it is impossible for a being with a high STO percentage to move, will they need to focus on learning Prayers of Protection?”

“Yes.”

Prayers (or Intentions) of Protection

There are two different Prayers (Or Intentions) of Protection that I will be adding to future chapters including:



The Evening Primrose bloom has four petals that open only at night and by morning. *Note: The number four is an even number that corresponds to this flower's healing energy pattern.* The roots can be eaten as a vegetable, and the shoots can be eaten as a salad. The whole plant is effective in healing asthmatic coughs, gastro-intestinal disorders, whooping cough and as a sedative pain-killer (#4022037).



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Even though evening can be beautiful, the energy at night is naturally South polarized and inherently STS. As a result, it is the time when Prayers of Protection are needed. (#2848250).

a.) **Protection Prayer or Intention Set**

The format for this larger set may be learned by rote at an early stage in the Ascension Program. This set will work if the instructions are carefully followed.

b.) **Simple Evening Prayer (or Intention)**

This short Prayer (or Intention) is written on a small piece of Paper and burned after Sun Down or Before Sun Rise (the reason for burning the paper will be explained later in the e-book). This form of Prayer (or Intention) is used only occasionally.

I have been so busy learning several topics at once, that I have not yet asked why Protection Prayers (or Intentions) need to be said over and over. For the purpose of recording the information here, I asked God the following questions:

“How many hours does the Simple Evening Prayer of Protection last?”

For a question that involves a quantity, I either use revolutions of the pendulum or, I write number on a page and look

for yes/no responses from the pendulum. In this case, I wrote 2, 3, 4, 6, 9, 12, 24 and “longer than 24.” If you notice, all of these numbers either divide evenly into 12 or they’re a multiple of 12—except for the last which is an open ended choice. For this first question, the pendulum gave me a “yes” on 12. To confirm this, I asked:

“Does the Simple Evening Prayer of Protection last 12 hours?”

“Yes.”

“Does it last more than 12 hours?”

“No.”

“How many hours does the Protection Set last?” I used the same technique with numbers written on page and the answer was again, 12.

“Does the Protection Set last 12 hours?”

““Yes.”

“Does the Protection Set last more than 12 hours?”

“No.”

“Is the twelve hour limit related to the shift in energy every 12 hours?”

“Yes.”

The first few pages of Chapter One contain a description of an energy shift that occurs every 12 hours:

Day

Naturally north-polarized (STO energy).

Night

Naturally south-polarized (STS energy).

“Are Protection Prayers (or Intentions) only necessary in the Evening?”

“Yes.”

Evening includes the hours after Sun Down and the early morning hours before Sun Rise.

Typically, Protection Prayers are said immediately after Sun Down. Because they last 12 hours, a Prayer said around 5:30 or 6:00 p.m. will last until 5:30 or 6:00 a.m.

Protection Prayers and Intentions are staggered so that there is never any redundancy on two consecutive Evenings. If additional Protection is needed for an additional hour before Sun Rise, a Simple Evening Prayer or Intention may be used for this purpose. *Note: It is very important not to say the same type of Prayer or Intention twice in a row. This is considered redundant and redundancy cancels a Prayer or Intention. I will provide examples of mistakes I have made so that you will understand what not to do.*

Learning to Alternate

It took me two weeks to figure out that avoiding redundancy is the key to managing energy and that the principle needs to be applied to as many things as possible—food, clothing, makeup, soap, sheets, dishes, the chair where you choose to sit at your table, towels, pans, route to work—even TV programs. The more we can break up routines with alternates every other day—the more we can balance energy.

Nature is full of examples of juxtapositioned energy patterns yet we form habits and use the same dishes, the same pans, the same soap—every day. I was alternating Prayers and Intentions but did not notice that I was using the same toothpaste, soap, gloves, hat, handbag, wallet as well as drinking the same tea and eating the same favorite foods over and over and over. Because I’m on a fast-paced timetable and because I don’t have very much money, I searched and found alternates at clearance sales, dollar stores or second-hand sales. Although it is politically incorrect

to shop (or admit that you shop) at Wal-Mart in some of Madison’s social circles, Wal-Mart’s clearance racks sometime have 100% cotton (or close to 100%) tops and pants for \$1 and \$3. Land’s End is another store that has 100% cotton clothing and regular sales at their Inlet and Outlet stores. Later in the e-book, I will explain that synthetic fibers bend light in the wrong direction (genetically modified molecules and man-made chemicals do also).

Dissolving STS Energy From Clothing

New or used clothing contains STS energy that may be dissolved with white vinegar. If your home or apartment has room for gallon-sized containers of white vinegar, you’ll need to buy at least two. My first lesson on buying “twosies” occurred when my pendulum led me to the vinegar aisle at Woodman’s supermarket. I knew I was shopping for white vinegar because vinegar is an “STS override.” In the early days of struggling with STS energy that was blocking my pendulum, I heard:

...try vinegar.



Search for clothing made of washable, natural fibers (cotton, wool, silk) at sales and second-hand stores (#3136170). To dissolve STS energy on any washables that you buy, add two, three or four (numbers that divide evenly into twelve) cups of white vinegar to your laundry (the cups may be any size).

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My intuition told me to try white vinegar and it worked. Vinegar is acidic and acids may only be used during the day (and never at night) to clear STS energy. *Note: Acid and alkaline are important concepts that we will be reviewing several times.*

Germs, parasites and other pathogens are inherently STS organisms and they can be cleared with white vinegar that's considered to be a natural cleaning agent. White vinegar can be used to wash dishes (it can also be added to a dishwasher), added to bath water and used as a cleaning agent—for clearing STS energy throughout a home or apartment.

The “twosies” lesson in the vinegar aisle at Woodman's supermarket occurred after I had loaded up my cart with every half-gallon jug of Heinz white vinegar that was on display (a total of five). When I asked, “Is this correct?” I kept getting a “No” and realized that I had an “odd” number of jugs in my cart. Fortunately, there was another (cheaper) brand several feet down the aisle and I was able to re-load my cart with six half-gallons instead of five.

Two, three, four, six, nine, twelve, or even twenty-four containers of any size would have been fine (nine can be evenly divided by three which divides evenly into twelve) but I have a very small apartment with limited cupboard space.

One, Five, Seven, Eight and Ten

The numbers one, five, seven, eight and ten are not harmonious with the number “twelve.” Ten reduces to a one that divides evenly into twelve but a “one” is a “Service-to-Self” number. Whenever possible, buy two of an item. Here are

some examples of inexpensive items that I have purchased as alternates. *Note: The concept of alternates will also be reviewed several times:*

Two Canopy brand red dishes

[Same Dish] For daytime use, \$2.97 at Wal-Mart, an amount that reduces to a nine.

Two White Stag Cotton Knit Shirts

[Same Shirt] Neutral color for daytime or evening use, \$3 on the clearance at Wal-Mart, another number amount that evenly divides into twelve.

The waves of STS energy that resulted from energy balancing mistakes make me nervous, dizzy, achey and they also make me feel discouraged. They hit me so hard, that during one shopping trip to Woodman's, after recovering from a wave of STS mistake energy, I made a point of taking a cart from the fourth



Peanuts (and other nuts) are acid forming. Peanut butter (or any nut butter) is a helpful acid-forming snack for daytime. My new favorite peanut butter is Peanut Butter & Company's Crunch Time and The Bee's Knees flavors. The blue top is the same size as a Mason jar pint jar and may be replaced with a neutral color. *Note: We will be covering the concept of neutral colors several times.*

row and I chose cart number 843W (Woodman's numbers their carts and 843 reduces to a six). Whenever a store labels the checkout cashiers with numbers, I avoid numbers one, five, eight and ten.

In 2000, Natalie Portman starred in a film called *Where the Heart Is* and her character avoids the number five throughout the film. Reviewers labeled the film a “Chick Flick” and ridiculed the “five” but it turns out that avoiding a five is correct!

Two Lessons and Six Sub-Topics

At this point, I've added hints about three of the four sub-topics that are included with the first two lessons. Remember, we are moving at accelerated pace due to delays in distributing information about the Ascension. This e-book will include summaries as well as tips and hints—so don't worry if the information seems dense at this point. Here's a big picture summary of the topics we're working on:



Citrus seems like an acid-forming food because of its citric acid but citrus fruit is actually a medium alkaline-forming food that should only be used at night (#5697748). Herman Aihara's book, *Acid and Alkaline*, published in 1986, contains correct information about acid and alkaline forming foods.

Managing Energy

Sun Rise
Sun Down
Day
Night
STO
STS
Acid
Base
Yes
No
Prayers
Intentions

Non-Attachment to Material Things

Odd
Even
Red
Blue
North
South
East
West
Left
Right
Prayers
Intentions

Each of these topics will be explained and re-explained—so don't worry about seeing or understanding how the topics fit together at this point. *Note: I use my pendulum to check every paragraph of this e-book—several times. There may be some typos—but the concepts are checked and re-checked over and over.*

Benefits of Energy Balancing

Energy balancing creates rapid and beneficial changes in a person's physical and energetic bodies. Approximately two weeks after I started reciting Ascension

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Prayers and Intentions, I noticed changes in my teeth. My two front teeth lower teeth have separated and my back teeth in the top row have become noticeably more elevated. Research work on the topic of proprioception that I was working on for Dr. Yu's book—helped me to understand what was happening.

I had never heard of proprioception until Dr. Yu used the word to refer to a mis-alignment in the upper and lower jaw. In his practice, he uses sensitive equipment to identify imbalances in the body's energy meridians that pass through the mouth. Through my discussions with Dr. Yu and other research that I have done, I discovered that the alignment in a person's upper and lower jaw—or, the way that the lower jaw fits in the skull, is the most important factor that effects their overall health.

A mis-aligned upper and lower jaw can result from malnutrition, bottle feeding as infant or orthodontic adjustment that pulls the teeth out of alignment. As a teenager, I wore a retainer at night to straighten my upper teeth and it must have caused a mis-alignment in my bite. The re-alignment in my lower teeth is now compensating for

my orthodontic work that I had done over thirty years ago.

I did not understand the elevation in my upper back teeth until I found references to proprioception in Dr. Larry Lytle's book, *Energy Transcendence*. Lytle says that it's the autonomic nervous system—with it's sympathetic (SNS) and parasympathetic (PNS) branches that is in control of health. In a section on Imbalances in the Sympathetic and Parasympathetic Systems, Lytle writes:

The loss of posterior teeth (or the loss of height in these teeth) allows the front teeth to touch too soon, which activates the sympathetic nervous system (SNS) and decreases the parasympathetic nervous system (PNS). If the height of the back teeth is increased, then the signal to the PNS, which controls your organ system, functions better. Increasing the height of the back teeth will free the premature contact between the upper and lower front teeth and will decrease the signal to the SNS, reduce your stress and reduce joint dysfunction and structural pain. [...] Over stimulation of the SNS and under stimulation of the PNS results in (1) increased body activity (2) increased stress (3) high blood pressure (4) increased heart and breathing rates and (5) decreased glandular, stomach and intestinal function. These conditions are reversed when the PNS is stimulated.

I had many questions about the physical changes that people can expect when they participate in the Ascension Training Program and I asked God the following questions:

“Are You God?” (3 variations).

“Yes.”

“Is the space in my lower teeth due to the work I am doing?”

“Yes.”

“Are my back teeth more elevated?”

“Yes.”

“Just on one side?”

“Yes.”

“Are the changes symmetrical?”

“No.”

“Is that due to mistakes I have made in energy balancing?”

“Yes.”

“Is it also due to the fact that physical changes take time?”

“Yes.”

“Both?”

“Yes.”

“Do we have an energy template?”

“Yes.”

“Will balancing energy create physical changes that are aligned with our template?”

“Yes.”

“Is this equivalent to healing?”

“No.”

“Is healing correcting damage—which is different?”

“Yes.”

“Is restoring an energy template considered growth?”

“Yes.”



Every person on Earth has experienced birth defects due to damage that has been done to the planet. Some people have experienced much more damage than others. Participation in Ascension Training will restore birth defects including blindness, hearing loss, cleft palates and many others (#6316699).

“Will everyone who works on energy balancing expect to see changes in their physical body?”

“Yes.”

“In their energetic bodies as well?”

“Yes.”

Because I have had visits from disincarnates who are working on Ascension Training, I asked if they will be experiencing changes as well.

“Will disincarnates also experience changes?”

“Yes.”

My question about the disincarnates helped me to think of more questions.

“Do most people have a mal-formed bite due to damage on the planet?”

“Yes.”

“Birth defects?”

“Yes.”

“Can birth defects be restored?”

“Yes.”



Bottle feeding an infant can cause a mis-alignment in the baby's upper and lower teeth. (#6594913)

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I asked about my friend Martha's hearing loss and my friend Kathy's arms that were altered due to Diethylstilbestrol (DES) that her mother's doctor prescribed when she was pregnant.

"Will Martha's hearing be restored if she participates in Ascension Training?"

"Yes."

"Will Kathy's arms be restored if she participates in Ascension Training?"

"Yes."

"Will cleft palates be restored?"

"Yes."

"Will those born blind or deaf have their senses restored?"

"Yes."

"Is the bite a priority?"

"Yes."

"Is the bite a priority because it effects clairaudience and a person's ability to hear You?"

"Yes."

"Are human templates related to the Earth's template?"

"Yes."

"Is this concept related to the 'One'?"

"Yes."

"Will individual participation in Ascension Training effect the whole?"

"Yes."

ing Energy and Non-Attachment to Material Things both end with Prayers and Intentions. We can only manage part-of-the-way without God. Even if you move to an STO latitude, master alternates, learn every aspect of color management, and follow acid-base food chemistry for every meal, and you will still need God's help to push back STS energy to function normally. A Protection Set of Prayers (or Intentions) is necessary when you have made energy mistakes or when the STO energy that you are generating is attracting a new wave of STS energy.

I will introduce the Protection Set of Prayers (or Intentions) gradually because page layout software is necessary for you to create and recite them on your computer. I have been concerned that there may be people who are feeling the effects of STS energy like I have and asked God how fast the Prayers (and Intentions) would be needed:

"Are You God?" (3 variations).

"Yes."



A red towel used after Sun Rise provides north pole or acidifying energy that is needed by the metabolism. Brown, taupe, tan, white, cream, or yellow towels are all neutral and may be used in place of red. Since I wrote Chapter One, I have learned that the color blue should never be used—ever. This will be explained in this chapter. (#4805839).

"How soon after starting to master alternates, acid-base food chemistry and color will the Prayers and Intentions need to be learned?" For this question, I wrote, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 weeks on a piece of paper and used my pendulum to obtain a yes or no answer. The "yes" response occurred on 10, 11 and 12. To check this, I asked,

"Is ten to twelve weeks correct?"

"Yes."

"Does this number of weeks include the time spent on preparations such as purchasing neutral colors, as well as some red items (Note: no blue should be purchased) and identifying acid and alkaline-forming foods?"

"No."

"Are there STO beings who are starting to feel the physical effects of STS energy without any preparations?"

"Yes."

To determine the size of this group of STO beings, I wrote <1%, <.1%, <.01%, <.001% and <.0001% on a piece of paper to pendulum a "yes/no" response. A "yes" response occurred on <.001%. I am moving as quickly as I can because I think I know a few of these people and I'm concerned that they need to learn a Protection Set of Prayers and Intentions for God to protect them from STS energy.

Energy Alternates Require Records

Because we are learning about energy alternates, twelve energy, color and acid-base chemistry all-at-once, I found that I had to invent a record-keeping aid to help me keep track of energy alternates. In my case, STS energy effects my memory and I asked God if this is a common symptom:



Red clothing during a Sun event draws too much energy for children under twelve. Brown is a neutral shade for both adults and children. Red, such as the red apron shown in this photo, may be worn a maximum of six hours a day, seven days a week and less if time is spent in a room with red furnishings (istockphoto #4268180).

"Are You God?" (3 variations).

"Yes."

"Is loss of memory a common side effect of STS energy?"

"Yes."

"Will memory be restored once energy is balanced?"

"Yes."

"Do you recommend keeping records to keep track of energy alternates?"

"Yes."

"Will someone who does not know what I mean by energy alternates understand if I illustrate an example of a written record?"

"Yes."

Sunday February 22, 2009

Everything we're learning is really about energy opposites—odd, even, left, right, clockwise, counterclockwise, north, south and red, blue—it's all related. If you notice on page four, the topics listed under Manag-

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About two weeks after I started working on God's e-book, my friend Patty Reedy invited me out-to-lunch. It was the first time that I had been out of my apartment for a trip other than food shopping. We planned to meet at Office Depot where she needed to make some copies for her yarn business and I arrived at the store early.

While I waited for Patty to arrive, I took out my pendulum and asked, "Do I need to buy anything?" The pendulum gave me a "yes" and I asked "this aisle?" all across the store. The next "yes" was the aisle that contained notebooks. I assumed that I was supposed to buy spiral notebooks for notetaking but I kept getting a "no" response. The notebook that gave me a "yes" was a quad-ruled 3-ring notebook and the number (determined with revolutions of the pendulum) was six. The quad notebooks have been sitting on a shelf in my apartment and I now realize that the paper is perfect for recording alternates.

Office Depot's Web site contains the quad notebook that God selected at the Madison store:

www.officedepot.com/a/products/477832/Office-Depot-Brand-Quad-Ruled-Filler

I use a mechanical pencil (from Woodman's supermarket) to fill out two pages per day — 12 hours on one page and 12 hours on the second page. The same information could also be recorded in a spreadsheet program on a computer.

I'm still clumsy with energy alternates — perhaps because I have information overload. When I realized that alternates are one of the keys to energy balancing, I heard:

It takes two-to-three weeks.

Although the quad-ruled pages will seem like a lot of effort, they're really a helpful aid for the first two-to-three weeks that

are required to learn how to alternate food, clothing, sheets, towels, your hand-bag or briefcase, your watch, the lamp on

your desk, your dishes, and finally, your Prayers and Intentions. You'll notice that there are twelve categories across the

	Bed	Clothing/HandBag	Food	Bath/Towels	Prayer	Intention	Pans	Dishes	Personal Care	Lamp/Table/Chair	Rte. to Work	DVDs
02/22/09 = <input type="checkbox"/> 02/23/09												
Midnight	Right side Left Side	Cream Pajamas Brown Pajamas							Hand Cream and Cotton Gloves Skip Hand Cream			
1:00 a.m.												
2:00 a.m.												
3:00 a.m.												
4:00 a.m.										Halogen Lamp Incandescent Lamp		
5:00 a.m.												
6:00 a.m.												
Sun Rise, 6:45 a.m., 6:43 a.m.												
7:00 a.m.			Scrambled Eggs Hot Cereal									
8:00 a.m.						Falcon Fence Intention	Frying Pan Saucepan	Red Bowl White Bowl				
9:00 a.m.		Short Brown Coat Long Olive Green Coat										
10:00 a.m.					Red Towel Brown Towel							
11:00 a.m.											Beltline University Avenue	
12 Noon												



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top of the page. Twelve is a minimum number required for Ascension Training. You can develop alternates for more than twelve categories and observe how it makes you feel.

You won't be ready to use this chart on quad paper until you have purchased extra "alternates" at sales, clearances, or second hand stores. In addition to this shopping, you'll also need to plan what alkaline-forming foods you'll eat in the evening and what acid-forming foods you'll eat during the day. I have many examples that I will provide in future chapters.

Notice that the dates on the two sample quad ruled pages that I have drawn is February 22, 2009 and February 23, 2009. Notice that the quad ruled page on this page is a record of what you might use from Midnight until Noon and the second page is from Noon until Midnight. This represents a record for two entire days. Two colors may be used to record a record of your alternate foods, clothing, sheets, dishes and other items that you would like to alternate on any given two days. Don't use blue ink or red. Use pencil or black ink and use a highlighter to help you record alternates. It's up to you what items you would like to alternate. The only requirement is that there must be a minimum of twelve items alternated every-other-day.

Constants That Cannot Alternate

There are several items that are impossible to alternate and must be considered constants. For example, God does not want you to alternate anything that would cause hardship or jeopardize your health in any

way. I tried to alternate teas but realized that I need to drink an anti-parasite recipe at least once-a-day to protect my immune

system (two cups of water, two Early Grey tea bags, 48 drops of Black Walnut Hull tincture, twelve drops of Wormwood, one

half teaspoon of ground cloves and two half teaspoons of fresh Thyme). Many people need to drink a similar tea because

<div style="text-align: center;">○</div> 02/22/09 = 02/23/09	Bed	Clothing/HandBag	Food	Bath/Towels	Prayer	Intention	Pans	Dishes	Personal Care	Lamp/Table/Chair	Rte. to Work	DVDs	○
12 Noon													
1:00 p.m.													
2:00 p.m.													
3:00 p.m.													
4:00 p.m.													
5:00 p.m.													
Sun Down, 5:49 p.m., 5:40 p.m.													
6:00 p.m.													
7:00 p.m.													
8:00 p.m.			Aduki Beans Kidney Beans	Chestnut Towel Cream Towel	Dove Crew Prayer								
9:00 p.m.							Saucepan Large Pot	Clear Glass Bowl Tajpe Bowl					
10:00 p.m.													
11:00 p.m.													
12 Midnight													

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parasites are mostly undiagnosed and they cause most diseases. I also tried to alternate soaps—for dishes, laundry and the bath but I quickly realized that soap needs to be a constant.

The biggest reason that soap needs to be a constant is because God *only* likes Miracle II soap. The Miracle II formula was created by a man named Clayton Tedeton who God spoke to in July of 1980. Clayton Tedeton says God flashed the formula for *non-toxic and neutral* Miracle II on his bedroom wall. I use soap hand pumps that are sold in bath departments to squirt 2, 3, 4 or 6 drops of Miracle II soap for every application including bath water and shampoo. The soap is available through online merchants. The neutral formula holds a key to an alkaline problem that is important to understand. If you look at page three in Chapter One, you'll realize that STS energy is alkaline and 90% of the planet's energy is STS. Alkaline soaps would only contribute to the STS problem.

Choose 12 Simple Items to Alternate

Use a quad notebook or spreadsheet to test items in your environment or routine that you may want to alternate. Pick items that can easily be adjusted such as:

- A wallet or handbag
- The burner you use to make tea or coffee (Note: use burners with six and not five coils).
- A mug that can also alternate color (See: "Avoiding Blue's Alkalinizing Effect").
- A bath or hand towel that can also alternate color.
- The side you get out of bed in the morning.



In July, 1980, God gave Clayton Tedeton a formula for a non-toxic, neutral soap around the time that information about the Ascension was supposed to be widely disseminated (Source: www.miraclesoap.com).

Miracle II is sold in 22 ounce bottles and it may be diluted for many applications. The bottle is a little large to handle easily at the sink. The soap, or any diluted quantity, may be transferred to soap hand pumps designed for kitchens and bathrooms.

- Slippers you wear around your home that can also alternate color (from neutral shade to neutral shade).
- A scrub brush you use at the sink (yellow nylon to yellow sponge).

Identical Items (Same Pattern)

Identical styles of any item do not count as alternates and I had to learn this lesson the hard way. I had purchased several \$3 cotton knit shirts to wear to bed and assumed that because I was not wearing the same shirt twice—that I was alternating shirts. You can alternate to the same color but not the same style. This would also apply to identical dining room or kitchen chairs, pens, pencils. For example, I use a white ketchup squirter bottle in my kitchen that contains white vinegar but I had to locate two different styles at

two different supermarkets (Note: If you use squirter bottles for dispensing white vinegar, buy two and not one of these inexpensive bottles that cost about \$1).

Acid-Forming Foods and Color

Claude Boutet's color wheel, produced in 1708, helped me to understand that a bright tomato-red is the color that is opposite Azurite blue. Worn in limited amounts during the day, a saturated red shade provides polarizing energy that is equivalent to an acid-forming food. I did not understand this when I first learned that red is associated with day and blue is associated with night.

One afternoon, I wore a totally red outfit and felt dizzy after six hours. Red should never cover more than 50% of the body and should not be worn more than six hours a day, seven days a week. I also thought that shades near red in the color wheel provide similar benefits. I have always liked orange, but I now realize that it drains my energy. I had an orange top draped over my shoulders the same day that I found Boutet's color wheel and realized that orange is opposite *primary blue* and not Azurite blue. When I took the orange top off my shoulders, I noticed a positive change in my energy level. To understand the differences in these shades, I asked God the following questions:

"Are You God?" (3 variations).

"Yes."

"Is primary red (tomato red) an appropriate shade for Azurites to wear during the day?"

"Yes."

"Should non-Azurites wear this color during the day?"

"No."

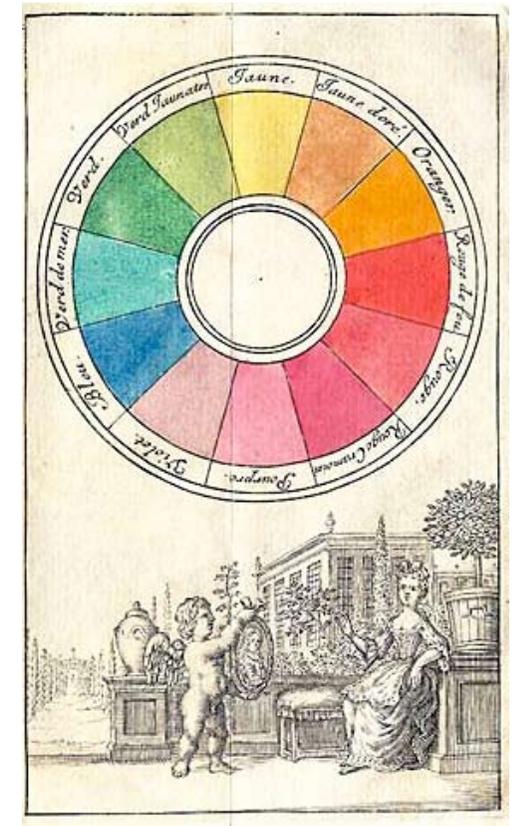
"Should non-Azurites wear orange during the day?"

"Yes."

"Do the same precautions apply (not more than 50% of the body and no more than six hours a day, seven days a week)?"

"Yes."

As I described on page three in Chapter One, exposure to anything that has an acid-effect at night causes stress in the body's tissues. In my body, this manifests



Claude Boutet's color wheel, produced for the 1708 edition of *Traite de la Peinture in Mignature*, is the oldest example of a twelve-hue color wheel.

The three primary colors (yellow, red and blue) are spaced evenly at zero degrees, 120 degrees and 240 degrees. (Source: Wikipedia).



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as shoulder and neck pain as well as abdominal pressure across my rib cage.

Just before Sun Down, I cover anything in my apartment that has a red color including a red chair. I have been covering the chair with a dark blue fleece blanket thinking that the dark blue would neutralize the red shade much like an alkaline material neutralizes an acid, but I recently realized that the dark blue in the blanket has been causing me to feel extreme fatigue in the evening.

Avoiding Blue's Alkalinizing Effect

When I realized that the dark blue fleece I was using to cover my red chair was draining my energy at night, I wondered if anyone should *ever* wear blue. To understand this subject, I asked God the following questions (during the same session that I asked about non-Azurites and the color orange):

“Does blue have an alkalinizing effect on everyone's body?”

“Yes.”

“If blue is associated with night, or STS energy, do STSers feel any detrimental effects from the color blue?”

“No.”

“Should STO beings be concerned about avoiding the color blue?”

“Yes.”

“If the energy on the planet were more balanced, would blue be an acceptable color for STO beings to wear at night?”

“Yes.”

“Are white, cream, taupe or brown better shades for STO beings to wear at night—or, for me to use as a cover over my red chair at night?”

“Yes.”

Blue has been a problem in my apartment. I own navy blue hand towels for my white bathroom that need to be changed. I also have white bin storage units from Target with navy blue fabric drawers that I'm covering until I can replace them. Brown, yellow, white, cream or taupe drawers would provide a neutral energy. To make sure that I understood the need to neutralize red and blue shades, I asked God the following questions,

“With 90% STS energy on the planet, are neutral shades the best for clothing and home interiors?”

“Yes.”

“Neutrals colors should be the predominant choice for clothing and home interior—with a limited amount of red for Azurites and orange for non-Azurites?”

“Yes.”



Orange is opposite primary blue on the color wheel and has an acidifying effect on non-Azurites similar to the way tomato-red has an acidifying effect on Azurites. Due to the fact that both shades stimulate the metabolism, neither shade should be worn more than six hours a day (istockphoto: #4486946).

“Is green less neutral than brown, yellow and white due to its blue content?”

“Yes.”

“Is black a neutral color?”

“No.”

“Is black a color?”

“No.”

“Can some black be worn?”

“Yes.”

I guessed at a percentage hoping it is at least 50%—due to the fact that many people need to wear black pants to work.

“Is 50% black the maximum amount?”

“Yes.”

Physicists say that black is not a color because no photons exist in blackness. To verify this, I asked,

“Is the 50% maximum for black due to the fact that black represents an absence of light?”

“Yes.”

The 50% maximum for black made me think of the religious habits worn by priests and nuns. The Pope wears white and there is also a white Jewish ceremonial robe called the Kittel—but most religious clothing is black.

“Is the black clothing worn by religious orders an accident?”

“Yes.”

“Because they do not understand the significance of color?”

“Yes.”

“Is it unhealthy for people in religious orders to wear clothing that is almost all black?”

“Yes.”

Blocking the body from light during the day—particularly the acidifying red spec-



Most religious orders require black clothing that covers more than 50% of the body — an amount that God says is unhealthy (istockphoto: #6761337).

trum, seems to be detrimental to energy production on a cellular level. Acid—from either a light source—or, from food—is energetically stimulating. I've been getting up at 4:00 a.m. to work on the e-book and by 8:00 a.m. (past Sun Rise), I start to feel fatigued. I've learned that an acid-forming food can help me regain my energy in a few minutes. To verify that my problem is an acid-base problem and not lack of sleep, I've asked:

“Am I tired?”

“No.”

“Do I need an acidifying food?”

“Yes.”

During a daytime acid-base slump, I alternate between two peanut butter and cracker snacks: Ak Mak crackers with The Bees Knees peanut butter or Wasa crackers with The Peanut Butter & Company's Crunch Time flavor. I also make black tea (black tea is acidifying and green tea is more alkalinizing). I would make coffee but I have a food allergy to coffee at the present time. I also try to alternate mugs—one of my mugs is white with the word “Renaissance” written in red that was a gift from my friend JoAnn Koltick and the other is a red and white

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Christmas mug with a candy cane on it that I bought at the dollar store.

Anabolism and Catabolism

Four a.m. in the morning is the hour that Dr. William Donald Kelley, a well-known alternative cancer survivor, said that an anabolic shift occurs. Anabolism refers to building up—or, a process in the body that involves growth. He also said that a catabolic shift occurs at 4:00 p.m. Catabolism is a breaking down process in the body—that is needed for repair. Kelley, who wrote *One Answer to Cancer*, survived pancreatic cancer, lived forty years longer than his doctors predicted and lived long enough to help over 100,000 people with cancer. He designed timetables for taking supplements around the anabolic and catabolic shifts.

To understand if Kelley's theories about these shifts are related to what God has explained is alkaline, south pole energy at night and stimulating north pole energy during the day, I asked God the following questions:

“Is anabolism a building up process that involves growth?”

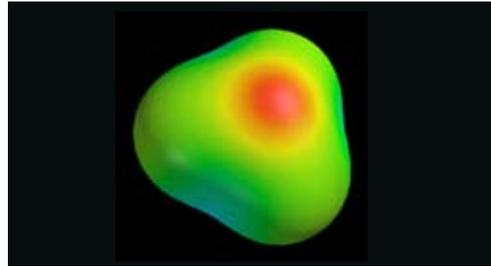
“Yes.”

“Does growth require a surplus of hydrogen ions, the concentration of which defines an acid?”

“Yes.”

Svante August Arrhenius (1859 – 1927), who is considered to be one of the founders of physical chemistry, developed the following definition of an acids and bases:

An acid is a substance that increases the concentration of hydrogen ions (H^+), which are



The hydroxide ion that Svante Arrhenius used to define a base in the nineteenth century only exists in theory and not in nature. In nature, the hydroxide ion exists as a hydronium ion that is used to describe an aqueous cation with the molecular formula H_3O^+ . This cation is formed when a proton (H^+) is added to a water molecule (H_2O).

In 2006, an artist named Benjah created this 3D image to represent H_3O^+ (three green hydrogens and one oxygen in the center). According to International Union of Pure and Applied Chemistry (IUPAC) nomenclature, the hydronium ion is now referred to as an oxonium ion in organic chemistry and an oxidanium ion in inorganic chemistry (Source: Wikipedia).

carried as hydronium ions (H_3O^+) when dissolved in water, while bases are substances that increase the concentration of hydroxide ions (OH^-).

“Is catabolism a breaking down process that is required for repair?”

“Yes.”

“Does the breaking down process require a surplus of hydroxide ions, the concentration of which defines an acid?”

“Yes.”

“Was Kelley correct when he said an anabolic shift occurs at 4:00 a.m.?”

“Yes.”

“Was he correct when he said that a catabolic shift occurs at 4:00 p.m.?”

“Yes.”

I wondered if the overall deterioration in human health is related to excessive alkalinity—that is defined by a surplus of hydrox-

ide ions—and also related to the excessive amount of STS energy (90%) on the planet.

“Is it impossible to stay healthy with an excess of hydroxide ions in the body?”

“Yes.”

“Should we—avoid the color blue (that is alkalizing), limit alkalizing foods, gradually increase the amount of red in clothing and home interiors—and gradually increase the amount of acid-forming food in the diet?”

“Yes.”

“Should we also use neutral colors on the body and in home interiors until there is a balance in energy on the planet?”

“Yes.”

Hands Are Very Sensitive to Energy

Touching red or blue objects at the wrong time of day usually leads to immediate

physical consequences. Whenever I touch either of these colors at the wrong time (usually because I forget to move or cover up a blue or red object after Sun Rise or before Sun Down), I hear God say,

You're going to regret that.

The solution is to wear rubber gloves or touch the object with the acidifying or alkalizing color—with a neutral-colored cloth. To understand why my hands seem to be more sensitive to color energy than the rest of my body, I asked God the following questions:

“Are you God?” (3 variations).

“Yes.”

“Are my hands more sensitive to color energy than the rest of my body?”

“Yes.”

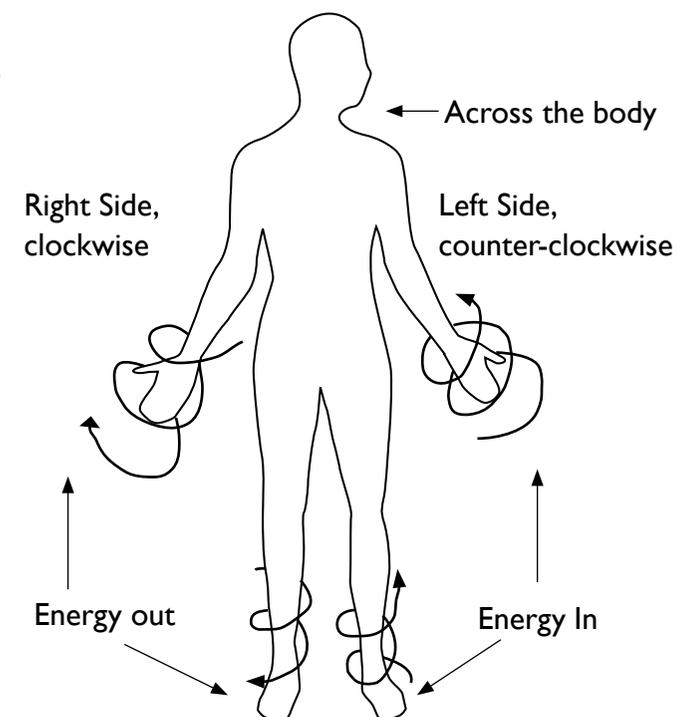
“Does this relate to the energy paths in the body's energy meridians?”

“Yes.”

Direction of Energy Entering and Leaving the Body in the Daytime

Direction of energy traveling from the environment into the body during the day.

The direction of energy flow switches at night and flows into the right hand and foot and out the left hand and foot.



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The day that I met Lee Patterson at Richard Dolan's farm, he spoke about a flow of energy that simultaneously traveled in a counterclockwise direction into the left hand and left foot, up the arm, across the neck, down the right arm and right leg traveling clockwise out the right hand and right foot.

"Is Lee correct about the direction of energy that flows in and out of the body?"

"Yes."

"Is this a daytime energy direction that changes direction at night?"

"Yes."

"Is the left hand and foot more sensitive than the right hand and foot during the day?"

"Yes."

"Is the right hand and foot more sensitive than the left hand and foot at night?"

"Yes."

Baths Wash Off Energy

The first week that I worked on God's e-book, I heard,

Get rid of your shower curtain.

Now that I have dozens of experiences with STS energy waves (due to mistakes that I have made), I understand the reason for taking baths instead of showers:

Daytime Baths (with white vinegar)

A daytime bath washes off alkaline-forming hydroxyl ions (or oxonium ions) that accumulate on your skin through the night. *Note: Fill the tub with very hot water and add 2, 3 or 4 cups of white vinegar (any size cup) and alternate these amounts on successive days.*

Nighttime Baths (with Miracle II soap)

A nighttime bath washes off acid-forming hydrogen ions that accumulate on your skin throughout the day. *Note: Purchase a hand-pump for dispensing liquid soap in the bath department at Wal-Mart, Target or some other department store. Fill the tub with very hot water and add 2, 3, 4 or 6 squirts of Miracle II soap and alternate these amounts on successive evenings.*

Due to the shift in direction of the energy flow through the body, baths also come with instructions (from God):

Daytime Baths (with white vinegar)

Start at the top of your head and wash your hair (if you're washing your hair). After rinsing your hair, use a wash cloth and wash your face (with light strokes). Next, following the path of daytime energy, washing your left foot, up the left leg, the left side of your abdomen (approximately) and your left arm, then your neck and down your right arm, then the right side of your abdomen, your right leg and right foot. Rinse off and then quickly get out of the tub leaving the hydroxyl ions behind. Do not linger and give the hydroxyl ions a chance to re-accumulate on your body.

Nighttime Baths (with Miracle II soap)

Unless you are bathing immediately after Sun Down, it is not a good idea that you wash your hair at night. Use light strokes to wash your face and then follow the path of nighttime energy, washing the right foot, up your right leg, the right side of your abdomen (approximately), your right arm, then your neck and down your left arm, then the left side of your abdomen, your left leg



The practice of taking showers has made it impossible to wash off hydroxyl ions during the day and hydrogen ions at night. For proper energy balancing and to maintain good health, the removal of these ions—day and night—should be carefully managed in very hot water using white vinegar during the day and Miracle II soap at night (istockphoto: #6300649).

and left foot. If you're not washing your hair, rinse off twice and then quickly get out of the tub leaving the hydrogen ions behind. Do not linger and give the hydrogen ions a chance to re-accumulate on your body.

Making Scrambled Eggs

Scrambled eggs are an example of an acid-forming after Sun-Rise meal that can also be used to demonstrate clockwise and counterclockwise stirring motion.

Biodynamic farmers understand the significance of clockwise and counterclockwise stirring. Peter Tompkins' and Christopher Bird's first few chapters in their *Secrets of the Soil* are devoted to

biodynamic methods. In a chapter called "Pulse of Life," they describe a visit with a biodynamic farmer named Lee McWhorter in West Virginia's Shenandoah Valley:

Into a five-gallon bucket containing three gallons of rain water, Lee poured half a handful of the black 500—enough, he assured us, to spray a whole acre. Rhythmically he began to stir it with a long stick, first clockwise to create what looked like a deep vortex, then counterclockwise to create a seething, bubbling "chaos," followed by another swirling vortex.

Using my pendulum, I asked God the following questions:

"Are you God?" (3 variations).

"Yes."

"Are the Tompkins and Bird directions correct for stirring eggs (first clockwise then counterclockwise)?"

"No."

"Do I stir counterclockwise first and then clockwise after Sun Rise—using some number of stirs in harmony with twelve energy such as two, three four, six, nine or twelve stirs?"

"Yes."

"Should I use this same technique to move the eggs around in the pan with a spatula?"

"Yes."

I did not ask about stirring scrambled eggs after Sun Down due to the fact that they are an acid-forming food and should only be eaten during the day.

"Do the same number of strokes in each direction create balance?"

"Yes."