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Introduction

How many of you have actively been pursuing the seemingly elusive goal of health? Like a dog chasing his own tail, we think we can see what we want—maybe even smell it, too—yet it's just a tad out of reach. How many books, workshops, practitioners, and medications have you sought? How much money and time have you spent? You've got lots of great information and products, and the search continues. Clearly, up until now, something has been amiss. You're about to learn what that "something" is and what you can do about it!

The mind-body connection has been well researched, documented, and proven—what we think affects our lives and health—so we won't need to extrapolate upon specific studies here. We will, however, use and expand upon that knowledge and learn to apply it in a time- and cost-effective manner. If we truly get that that our minds are involved in the creation of pain and illness, then we can begin the most empowering process available to permanently heal and prevent pain and illness.

We can also use a connection to something greater than ourselves to aid in the process. What is that elusive something? You're about to find out from someone who's taking a chance on offending many, antagonizing some, enlightening others, and opening up a doorway you may never have thought existed. The door is what's blocking you from seeing the other side. This book will detail what those doors are, how to get through them, and what lies beyond the veil.

Once we understand how we can affect our own physiology, we'll be introduced to a powerful modality for healing others, Source Point Healing. This low-cost energy medicine requires no formal schooling or degree, just compassion and belief. The former is easy—it's our innate state of being—the latter can only be achieved through your own understanding of the process and experience with it, details of such will be described herein. We encourage you to try this modality on at your own pace while being open to shedding something that's been very familiar: like when trying on a new coat—to truly see if it fits you well, it's best to take the old coat off first!

As we begin to connect with each other and that which connects us, the healing energies will also affect mother Earth. What is happening now in the form of global warming is an end result of not only how we live as a collective— it's a temporary conclusion of how we think and believe as individuals. If we view Earth as a living entity, it's a natural extension of our thought process to care for her because she is made of the same things we are and is therefore highly connected to us. If, however, we feel the Earth is man's playground for us and us alone, it's very easy to get caught up in short-term thinking—letting its life force slip away moment by moment in a never-ending cycle of polluting, and resource and wildlife

depletion. Obviously, these can not support our existence as a species. At some point, the resources will be gone. And unless we implement these changes now, not long thereafter, so will we.

The skill of writing is to create a context in which other people can think.

—Edwin Schlossberg, designer

Maybe we've been looking in all the wrong places for the answers to all of our questions. For if we already knew the *hows* and *whys* of it all, surely we'd have attained this and all other goals already—or would we? Another possibility is that we're not asking the right questions! All questions have an answer, even if that only births a better question. Eventually, with openness and insatiable curiosity—just like the seemingly lost car keys that you're somehow guided to see the moment you relax—the answer will make itself clear to you.

Most of us who have pursued any or all of healing ourselves, each other, and planet Earth know that moments of feeling healthy in ourselves and relationships exist but are often few and far between. Yet we still persist in following outdated and insular ways of doing and being while hoping for an external savior in the form of a super-food, a miracle pill to cure unhappiness, a religion, or even a Messiah. While patience is certainly a virtue, ignorance isn't. These things haven't worked yet, and we are on the verge of self destruction.

We most often think that health is a stationary state of being—it is not. It, like life, is a process. Health is a verb. It is not a destination to set goals toward, but more a given end result from living consciously—in awareness of how things work, what is missing, and where and how to fill in those blanks.

What is missing is: an acknowledgment that things do not work the way we think they do; a clear understanding of *what* does work; and because our minds want to know everything, the *way* things really do work and ways to make the necessary changes to attain and experience that which we say we want. What this book will make clear is that we've been using a telescope where we would have been far better off using an electron microscope. We must look within to heal that which is with-out. We must heal ourselves to heal our relationships. And we must heal our relationships to heal the Earth. It's an obvious cycle whose time has come.

To be well informed, one must read quickly a great number of merely instructive books. To be cultivated, one must read slowly and with a lingering appreciation.

—Aldous Huxley, author

This book explains the *hows* and *whys* of how things work, and still after reading you may not have yet experienced what you think you need to; however, you will have the knowledge of what to look for, where and how. So it'll take a bit of patience for sure. It'll take an openness you may not know you have, and it'll take perhaps the most monumental effort you've ever undertaken, but you'll be well on your way to living in joy and harmony. It's a bold effort that not everyone is ready for, but our readiness needs to get sped up. We're running out of time. That you're reading this should tell you something. It's your time!

Then, when others see you happy, healthy, and even a bit sexier—as if you know something they don't (because you will!)—they'll ask what your secret is. Because you'll know that what you give to another you are giving more of to yourself and why that is true, you'll be excited to share this wisdom as much as I am now. My work is not complete until you get it and then pass it on. By book's end, *Tag, you're it.*