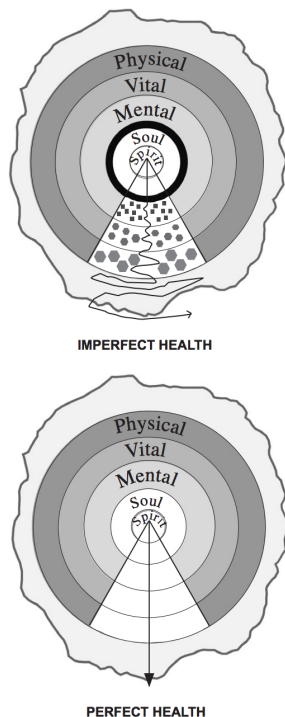


TRUE HEALING

49 WHAT IS HEALTH?

My state of health can be defined as the more-or-less harmonious functioning of my body at a certain time. It usually describes the condition of my triple body: mental, vital, and physical. Furthermore, this state of health varies according to my level of consciousness. However, these assertions seem to contradict what I notice around me. A child's state of health is usually better than an old person's, despite the fact that the second has a level of consciousness that is usually higher than the first. Obviously, the state of health of an individual depends both on her **state of consciousness** and her body's **death program**. Which of the two will win the race?

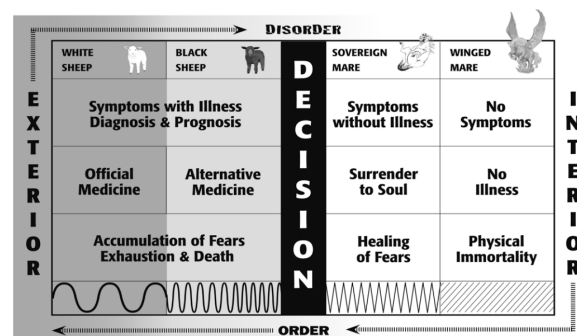


What is this death program based on? It is the sum total of the following factors in relation to an individual's life: heredity, atavism (predisposition), conditioning, social status, education, and personal experience. Each time an individual faces a **conflict**, an egotistic personality is born, a character with quite a low level of awareness, a specific behaviour, and a precise location inside one of my three bodies. We each have thousands of these personalities!

All creations are generated by spirit, which exists outside of space and time. This pure creative energy becomes the soul when it enters the space-time continuum. The energy being released by both spirit and soul is perfect. Ideally, when soul energy penetrates the body, it should create perfect health. Why is this not the case? The problem is that **egotistic personalities** deform this pure energy. Distorted, this energy produces illnesses, accidents, aging, and death. My health improves each time I become conscious of one of these personalities and concretely take action to dissolve it. The complete irradiation of all egotistic personalities will bring about perfect health and physical immortality, a possibility that exists inside all human beings.

50 WHAT IS ILLNESS?

Order occurs when the priority of higher frequencies over lower ones is respected: spirit \Rightarrow soul \Rightarrow mental \Rightarrow vital \Rightarrow physical. When I do not conform to this priority, **disorder** arises and manifests as an illness or an accident.



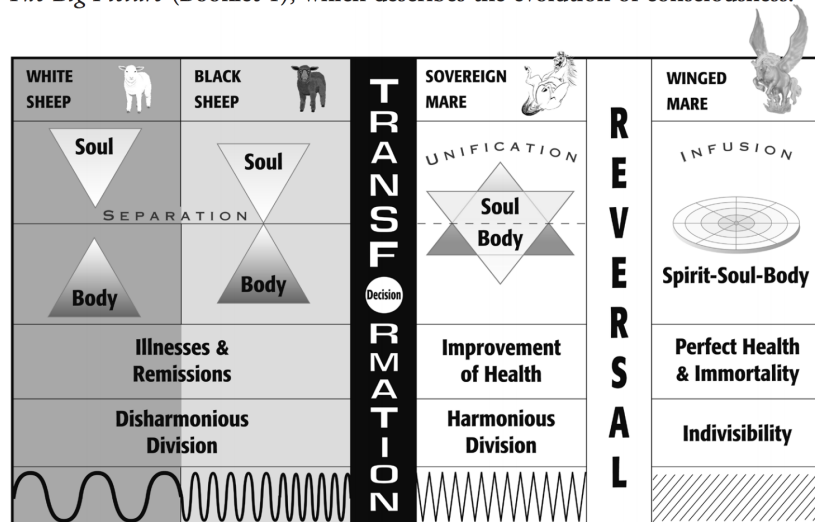
When my physical body shows disturbing signs or symptoms, my first reaction is to consult a doctor. By choosing my body over my soul, I give priority to the **external** world and increase an already existing disorder. The doctor quickly cuts me up (surgery), burns me (irradiation) or poisons me (medication). When he declares me incurable, I drag myself to a therapist's office, who takes care of my damaged body. When she finally gives up, I crawl onto my deathbed, where I finally let go of some false beliefs, painful feelings, and fossilized habits. I stop being afraid! Healed but exhausted, I die in peace. I can also decide to do things differently. I make my own life checkup (Chap. 61) and put some order back into it. I surrender to my **internal** soul, where true healing can take place. If necessary, I may use the occasional skills of a therapist or, as a very last resort, those of a doctor. This is the ideal way to proceed, but most people do the exact opposite. Why? There are two reasons:

▲ **Suffering** – Resisting my own creation brings suffering. I see myself as a powerless victim and beg for a saviour to rid me of my unconscious creation. The doctor is happy to 'help' me. Personocratia acknowledges her creation and welcomes it. There is no suffering, but there may be pain – a clear message that there is disorder inside my body. It is a gift that forces me to give priority to my soul.

▲ **Health Insurance** – It costs a fortune and can only guarantee ill-health. Since I do not pay doctors and hospitals directly, I have the impression that their services are free. What a perfect trap for white sheep! Personocratia trusts her soul and gives it free rein by getting rid of her health card. That is the only way to reestablish order in her body and insure its health in the long run.

51 AN EVOLUTIONARY PATH

Now that we have discovered the link between state of health and consciousness, let us see how we can improve the second. For this, we will use *The Big Picture* (Booklet 1), which describes the evolution of consciousness.



a) The White Sheep – As intelligent and obedient herd animals, white sheep are not very individualized. They are afraid of losing their three carrots – power, money, prestige – and remain the slaves of their needs. Completely conditioned by their genes, social environment, and education, they remain separated from their souls, even when they are involved in religion or spirituality. Occasionally, they face small fears, which makes their consciousnesses gradually evolve. When they are sick, they quickly consult doctors and do everything that they are told. They often live long and unhealthy lives, which brings great joy to the medical Mafia.

b) The Black Sheep – As intelligent and disobedient herd animals, black sheep strive to be individualistic. They refuse to be bribed by the shepherd's three carrots and are willing to face exclusion by behaving outside the normal standards – homosexuals, conspirationists, vegans, alternative therapists, tax protesters. Most black sheep stop here, because their fear of exclusion is too great. They refuse to face the other two sticks: dispossession (property, children, reputation, work) and elimination (prison, murder). Black sheep live stressful lives and usually die young and exhausted.

c) The Transformation of Consciousness – Black or white, a sheep must eventually face his wall of death and choose between the end of his ego or that of his body. Dying to his ego implies that he must abandon all types of sheep behaviour, including the fear of external authorities. Do or die! The moment has come for him to take a general and irrevocable decision. He must turn away from external authorities and face his own internal authority – his soul. After a “STOP + 180°”, he makes a transfer of power from ego to soul.

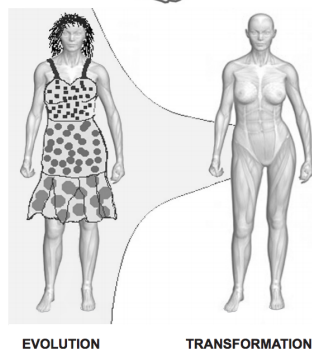
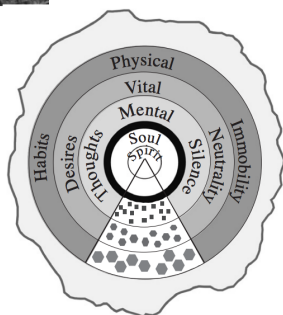
d) The Sovereign Mare – She gradually unifies body and soul, both of which interpenetrate through concrete actions. The body yearns for the soul's high vibrations and the soul aspires to transform the body's lower vibrations. Each time a fear shows up or an egotistic personality argues, the body surrenders to the soul once more and modifies its behaviour. This takes time and a lot of PEP – patience, endurance, perseverance. Each new fear that is healed slows aging and improves health. The stronger the body-soul union becomes, the more faith grows and the weaker doubt becomes. When the unification process is finished, there is no longer any separation between body and soul. Fear disappears. No more fear, no more ego. The way is free for the next step. This is where most spiritual disciplines stop.

e) The Reversal of Consciousness – A total internal reversal takes place, like a glove that is turned inside out. The person no longer feels like a body carrying a soul, but like a soul wearing a body. The individual stops living according to the outside world. The experience is as intense as a chick inside its egg breaking the shell and climbing out into the world – except that this climb is internal.

f) The Winged Mare – The old life now appears unreal, ridiculous. The person feels as if she is inside her body, looking at the world outside. All the laws (physical, biological, state) in which she had placed her faith no longer exist. There is no more searching for the way; she can see it. She no longer makes deductions; she knows. She no longer hesitates; she goes straight to the goal – physical immortality. All doubts disappear. Her new state of being has generated an absolute physical certainty inside her very cells. Body and soul have become one indivisible unit. Spirit starts infusing this body-soul, which is now able to bear its extremely high vibrations. Systems and organs go through a complete metamorphosis. Illnesses, dangers, accidents, aggressions, aging, and death become impossible. When the fusion is accomplished, the body has become invincible, immortal, omnipotent, and omniscient. It is now made of a new type of luminous matter that is harder than diamond and lighter than air.

While going along this evolutionary path, three tests are each followed by a victory. The most difficult test is the **transition period**, the tumultuous unification between the decision to transform and the reversal of consciousness.

52 REMOVING THE STAINS ON THE ROBE



When the mental and vital cleanups are well advanced, I start scrubbing the thoughtest stains, those of the physical body. This last one screams that it has natural needs that cannot be sublimated. However, my newly cleaned mental body knows that animal needs are merely very ancient **habits**. Under my soul's guidance, my mental and vital bodies now form a strong partnership. They calm my trembling body cells and bring physical **immobility**. Unfortunately, this long-term job usually takes so long that death usually happens before I have been able to complete this huge cleanup.

According to an old Chaldean tradition, "do not try to wash off one by one the stains on the robe, change it altogether". Trying to get rid of all my egotistic personalities one at a time will take so long that I will die of fear and exhaustion before the end of the process. For the triple body to undergo a full **transformation**, my whole consciousness must change radically and integrally.

My body is filled to the brim with unconscious fearful personalities who stop me from expressing my true identity. In fact, it is as if I was wearing a dress covered with greasy stains. To clean it all up represents a huge job. I start my conscious evolution by removing the smallest ones first. Mental fears are smaller, more on the surface, and need less scrubbing. They manifest as **thoughts**. To erase them, I empty my mind. Perseverance and vigilance allow me to easily establish internal **silence** for increasingly longer periods of time.

I continue my cleanup by scrubbing vital stains, which are much bigger and persistent and take the form of **desires**. When a desire is gratified, it automatically brings a vital expansion. When it is not fulfilled, it produces a contraction. To get rid of desires, I stop satisfying them and remain neutral every time my ego cons me into doing so. **Neutrality** is what allows desires to fade away. Their gradual dissolution allows me to discover the real needs of my physical body and to stop being the slave of vital desires.

53 CROSSING THE WALL OF DEATH

I have a final choice to make between: 1) giving full control of my body to my ego and the perpetuation of the species and 2) offering my body to my soul to prepare its metamorphosis into a new species. These are diametrically opposite directions. I cannot choose both at the same time. At each moment of my life, I must decide between remaining a human being and becoming an idessic being. Between both species lies the obstacle to transformation, the **wall of death**. It is usually represented as a thick barrier, a bottomless pit, or a sticky coating that separates the internal, perfect, and immortal person from the external, imperfect, and mortal one. Personocratia has decided to go through this wall.

The wall is made up of **all the fears** that constitute my death program. Each brick represents a hidden fear and manifests into my life as an egotistic personality. For example, I talk loud when such a personality is afraid of being dominated. One single fear hides beneath all others, the **fear of death**, which determines human conduct at all times. I am born in fear, behave as a fearful sheep all my life, and finally die of fear. Every time I am afraid, my body smashes into this wall of death. Personocratia decides to break the wall and take away as many bricks as needed to go through the wall. As she stops behaving like a sheep, she discovers the mare on the other side.



To succeed in her monumental mission, Personocratia first needs to take a **general decision** that will turn her life towards this new and exclusive direction. She stops behaving in accordance with her old egotistic world of death, makes a 180 degree turn in the direction of her soul, and says: "My life now belongs to you. I will become your faithful servant and all my efforts will tend towards my complete union with you."

This capital decision is then followed by numerous **specific decisions**. Each decision will stop a particular fear inside one of my three bodies. Every minute of my life, everything I think, say, or do now needs to be in line with my soul's aspiration. Each decision taken in the hope of dislodging a specific brick – to dissolve a personality and its corresponding fear – brings me closer to the critical moment when the wall of death will collapse for good and bring the final reversal of consciousness. When that happens, I will have crossed on the other side of the wall. Instead of living outside and trying to see inside of myself, I will live inside, where everything is supremely true and eternally beautiful.

54 ONE SINGLE ILLNESS – FEAR

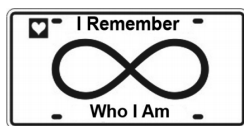
I am afraid because I have forgotten who I am! The cause of fear and illness is always internal. For a while, I may blame genes, coincidences, God, microbes, or irradiation, but sooner or later I end up admitting that my accusations were unfounded. In fact, there is only one illness – fear. Hidden deep inside my vital and mental bodies, it ends up reaching my physical body, where it expressed itself through various signs and symptoms. I become sick and consult specialists who offer contradictory diagnoses, prognoses, drugs, and treatments. I try their tricks one at a time, or all at the same time, according to my level of fear. I generally have four choices, which are:

1. Allopathic medicine, which cuts, burns, or chlorinates the robe.
2. Softer alternative medicine, which puts a patch over the robe to hide its stains.
3. German New Medicine, which removes the most obvious stains.
4. Personocratia, who removes the robe altogether! She knows that any explanation other than “I am afraid” is a lie!

What am I afraid of? 1) I am afraid of not getting what I want or losing what I already have – power money prestige, security, protection, house, car, life partner, children, health, sex, reputation, success, friends, etc. 2) I am afraid of getting what I do not want – death, accident, illness, poverty, suffering, pain, ridicule, dishonour, exclusion, dispossession, prison, theft, rape, violence, hunger, cold, death of close relatives, snakes, demons, etc.

Who am I afraid of? I am afraid of an external creator and what he might make me endure. I am such a poor creature! Will he be generous or mean towards me? Oh! I forgot that I was the creatrix! How can I be afraid of my own creation? I had forgotten who I was and separated creatrix and creature.

The only thing I need to remember in relation to fear is this concept of **separation**. Its presence shows me that I have sunk yet again into the world of illusion and steered away from my evolutionary path, the one leading to the **union** of body and soul. Fear brings me back to the problem of internal order and the priority of being over having. When I remember who I am and surrender to my soul, I automatically remove the robe. Fear melts away, and so does illness.



How can I heal my fears? I start by reciting the Peace Treaty. (Booklet 2) Then, I find all the needs to which I am attached and kiss them goodbye. (Chap. 68) Finally, I use the TLA Recipe. (Booklet 1) If I think that I am not afraid of anything, I consult the three lists of springboards (Booklet 1) and dive successively into new fears. This **true prevention** makes illness stop for good.

55 ONE SINGLE FEAR – DEATH

I am afraid because I have forgotten who I am! People often say: “I am not afraid of dying, but I don’t want a long, painful death.” What a lie! My ego is deadly afraid and pretends to be brave. Underneath thousands of types of fear hides the ultimate one – death. Yet, it will not come if I do not call it. This, I do unconsciously when I get tired of the fight or flight scenario. I call death because I am afraid to live, and I beg for the artificial prolongation of life because I am afraid to die. Not much of a choice!



Many religions and spiritualities will tell you that dying is like changing **cars**. When time, fear, and the death program have turned my body into an old car, it eventually breaks down. Crash! I get an accident or illness. And it always ends in death! So, why not use death as a great occasion to evolve in consciousness? When I think that death is horrible, I remain afraid of it. But when I believe that death will allow me to get rid of my old car and acquire a new one, I stop being afraid. That is what the **Tibetan Book of the Dead** teaches. However, it never mentions the ultimate truth: death is an illusion!

In fact, death does not exist. It is merely a **bad habit** that started with the first living cell and has continued until now. The illusion of death will disappear when I will become aware that another direction exists, that of life-without-death. That is the one Personocratia favours. She makes every effort to change her belief in the inevitability of death (and income tax!) and acts accordingly. Here are some examples:

1. Personocratia no longer plans her death. She stops life insurance, bequests, testaments, burial plots, funeral prearrangements, birthdays (One more step towards death!), screening tests, regular checkups, etc.
2. Personocratia no longer calls death, even under extreme pain and suffering.
3. Personocratia stops making babies to insure the continuation of her lineage or perpetuation of the species.
4. Personocratia continues her progression indefinitely. She does not retire and never hesitates to change jobs when she no longer feels fulfilled by her work.
5. Personocratia dies to death. She becomes incapable of dying because death no longer corresponds to any internal reality.

Under such conditions, will I be able to reach unlimited health, eternal youth, and physical immortality? Yes, but I must first totally surrender myself to my soul, including all parts of my mental, vital, and physical bodies.

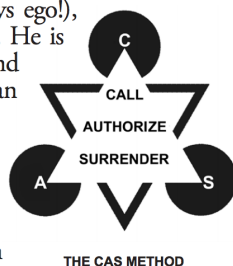
56 ONE SINGLE REMEDY – SURRENDER

I surrender myself to who I am! The fear of death creates a chronic state of anxiety inside my cells. I am always under the impression that something dangerous can happen to me at any time. This constant fear of an external threat keeps me paralyzed and I end up creating what I am afraid of. My egotistic mind jumps on the occasion and invents laws. When I go outside without a hat and it is chilly, I catch a cold. When someone coughs next to me, I get the flu. When my mother dies of cancer, I am diagnosed with the same type of cancer twenty years later. When I learn that I am seropositive, I am sure to die of AIDS two years down the road.

This permanent state of **anxiety** comes from my lack of confidence in who I am – Idessa, the unlimited creatrix, individualized in a human body. I question my own creative and omnipotent identity. This pernicious doubt penetrates inside all the tiny cracks of my wall of death and stops the unification of body and soul. In all previous lives, my body has always died of fear and exhaustion before completing this union. This time, I decide to live as a Personocratia, modify my behaviour, and let go of all my survival tools.

To overcome fear and anxiety, I use one single remedy: **surrender**. I give away my body to my soul, my having to my being. This total surrender will dissolve my anxiety and bring me peace and tranquillity. How can I be sure to succeed? I simply use the CAS Method (Booklet 3):

1. **I Call** – I aspire to a perfect union of body and soul. I call my soul and think of her all the time. When I face a problem, I ask her to show me the ideal solution for my evolution of consciousness.
2. **I Authorize** – When I get an answer, I use some discernment to guess who is talking: soul or ego. If it is ego (it is almost always ego!), I know it right away because he expects a fast result. He is good at using spiritual arguments. I unveil his plans and throw him out. This leaves place for my soul, who can then take over the body's rule.
3. **I Surrender** – I give free rein to my soul and surrender completely to her, without expecting precise results. Anything can happen! The signs and symptoms of an illness can worsen or disappear. I can heal at once, remain sick for years, or even die. Only at the price of total surrender will miracles and permanent healing take place. Such surrender implies true sincerity, and that can only happen when I have no expectations and set no conditions.



57 DISAPPOINTMENT

The more my consciousness grows, the better my health becomes. Consequently, each evolutionary jump should bring me closer to unlimited health, eternal youth, and physical immortality. Yet, the very opposite seems to happen. The more I grow in consciousness, the more difficult the path becomes. I face more and more **obstacles, accidents** and **illnesses**. I become disappointed, question my decision, and resist any change. What is going on?

If I am disappointed, it means I had expectations. What did I hope for? I wanted an easier life, improved health, more money, love, and appreciation. I wished for physical, emotional, and mental **wellbeing**. I had dreams of a perfect life. I tell myself: "After all, with all my efforts, I deserve happiness!" Obviously, I am not looking for an evolution of consciousness, but a life of material comfort. My ego is still very much attached to a result. My "having" triumphs over my "being", my body over my soul, and disorder prevails. Why have I allowed myself to slip down, once again? **Insincerity!**

My surrender is neither total nor unconditional. I am still clinging to old dreams – power, money, prestige. I do not give myself totally. Instead, I want to take and cling to what I have. Meanwhile, I follow workshops in personal growth and self-help that strengthen my ego. I try new techniques, listen to famous gurus, take side roads, and completely lose my way. Where has my faith gone, the trust in who I am? Deep down, I know that I am the supreme authority, but on the surface, I still doubt it and hope to find a way to reach my goal without going through the wall of death. My ego refuses to be flattened into oblivion. I am afraid to lose everything I have and die.

Despite all my ego's lies and hopes, there is only one way to achieve the union of body and soul. My ego must die, so that my soul takes full possession of my body. There is no other solution. Everything else is based on dreams, phoney goodwill, false aspirations, or useless technological feats. It is the old idea of the superman, the futile hope of mental elevation instead of total transformation. All this will never do the job. The new species lies beyond mind. I can succeed in reaching this frequency. But, do I want to – **sincerely!**

The radical road that Personocratia proposes is difficult, demanding, treacherous, and long, very long. It demands courage and determination, and a large dose of PEP 345 (pa-tien-ce, en-du-ran-ce, per-se-ve-ran-ce). Each new obstacle becomes an evolutionary springboard. Like a brave sailor in a storm, I must steer a steady course despite high winds and rough seas. Victory awaits the faithful and the vigilant!