



WHAT'S UP



You say I'm clear, and that's a good thing, but I have been coming here for a little while now, and while I am starting to feel a bit better, my symptoms still haven't gone away completely. How can I be clear if I still have symptoms?"

This is a very good question and a legitimate one. *How can you be clear and still have symptoms?* There are several points to make here, but let me start by addressing the simplest one and then working my way up to the most complex.

1. **Being "clear" does NOT mean that all the healing has occurred.** What it means is that your brain and your body are fully CONNECTED neurologically. This means that the body is now able to begin the processes of adapting to the current physical, chemical and mental stresses you encounter each day, healing the years of damage done by structural shifts and helping you grow physically, mentally and spiritually toward the full expression of your purpose and your potential in life.
2. **Your body expends its energy in a specific order.** Once your brain and body can communicate effectively, your body will first give its energy to adapting to current stresses. Once it is adapting well, and *only* then, it will begin devoting a larger amount of energy to the healing process. Once healing is well under way, then it will continue the growth process.
3. **Your lifestyle is your key to healing.** As you can now see, it is vital that you begin making lifestyle changes so that there is less stress for your body to adapt to. These changes will ensure that your body resumes the healing and growth processes as soon as possible. Make sure you are steadily implementing "Keys to Healing."
4. **Years of damage have been done.** Over the many years of your life, you have encountered lots of stresses that were beyond your body's ability to adapt, and you slowly lost your natural state of EASE. Most of this damage was slow enough that you were unaware that it was being done. In fact, most people NEVER know how far reaching the damage from the structural shift is. But, this also means that the healing process may take quite some time as well. But, you can rest assured, as long as you keep your nerve system clear and you keep working on improving your lifestyle and your focus, healing will be continuous.
5. **Your Life Energy decides what heals first.** In chemistry, if you speed up the slowest step in a reaction, the whole process speeds up. On a track relay team, if you speed up the slowest runner, the whole team finishes with a faster time. Your Intelligent and organizing *Life Energy* runs, regulates, adapts, heals and grows your body. And, it knows that if it can heal the part of your body that most needs healing first, then your whole body will work better! This means that you may wish for your body to heal the structures in your body that will make you feel better first, but what if one of the organs at the end of the nerve that was in trouble needs healing first? What if your heart, lungs, prostate, intestines, ovaries, uterus, bladder or kidneys need attention first? Aren't you glad that your Intelligent and Organizing Life Energy is on the job deciding what is most crucial to your overall health and well being first?

The question was, "What's the deal?" The deal is that our Creator put an incredible perfection inside of you and everyone else that knows exactly what to do at every moment of our lives. And, the full expression of this perfection automatically brings with it optimal health...AND SO MUCH MORE!

Everything in life is a process, and as long as you keep a deliberate and positive focus, live a healthy lifestyle and keep your muscular system free, clear and fully functioning, you have the best chance of having the processes of adaptation, healing and growth continue as they were meant to, because your perfect and Divine Innate Life Energy is on the job helping you move toward the full expression of your purpose and your potential in life!