

Finding YES . . . Your Empowering Spirit

By Gary Sinclair, Cyberphysiologist

This section contains the **Introduction** portion of Your Empowering Spirit. *At the Other-Than-Conscious level dwells Your Empowering Spirit who, as an Obedient Servant, makes literal truth out of whatever you think or say as a direct command of action about YOU.* - Gary Sinclair

I need to warn you about truth. Truth is overpowering and compelling. It won't leave you alone. It will keep showing up when you least expect it enhancing the awareness that you already have.

Meeting Giorgio

"This has been the greatest day in my life!" That's what we all heard Giorgio say to the tow truck driver as we ended our journey from the high desert down to Palm Springs, California. Giorgio and I had been talking for over an hour. His truck was up on the flat bed of the tow truck; my son's van was being pulled behind. My son earlier had blown a tire on his heavily loaded van and there appeared to be no spare in the high desert. Giorgio, who had totally blown his truck's engine, felt pressured by the police as they urged him to get his vehicle off the road. He had just spent the journey in the driver's seat of his own truck with me as his passenger. As my son and daughter-in-law heard Giorgio's statement they just smiled at his excitement. They had grown accustomed to hearing such comments years before. Still they knew his exhilaration was not about meeting me, it was about the information contained in this book.

"Truly this man has totally changed my life," Giorgio told the four of us standing there, although what he was really saying was that the information I had shared had the potential to change his life. "I have been begging God for a miracle, and He sent it," Giorgio continued. With that he laughed and pointed toward his truck still on the flat bed and said, "and . . . this is a cheap price to pay for what I learned today."

I am honored and pleased that you are ready to receive the same message as you were born with creative power at your disposal. We just have to learn to use thought, word, and action. Like Giorgio, you have a divine appointment. I trust you will refer to this book often. I believe you will want to give it to friends. Let me tell you first why I felt I had to write it.

My journey into understanding life, especially healing, began at age 36 when a severe lung condition from birth defects had my breathing capacity down to only one-third and a so-called incurable disease of fourteen years called Multiple Sclerosis had taken nearly eighty percent of my mobility to move. When faced with a wheelchair as a permanent solution, a voice inside of me screamed, "No Way!" From my perspective, this was a death sentence as I knew my lungs would atrophy within two years and I

would be dead from lack of movement. I chose to live and learn: life is choice.

What you are about to read is not here as my life story. It is about you. Since it is about you, I have placed my life story as the last chapter. If you are one of those people that must know more about the author first, you may enjoy reading the ending first.

This book speaks to the physician in each of us: "Physician heal thyself." It is information everyone is now seeking; Who am I?, and Why am I here? When you seek to know truth, you try to understand it based on what you already know. In this way you produce blinders on what could really be truth. Through your own distortions, deletions, and generalizations you determine your reality without even the understanding that God and others may look upon all this totally different. Through your filters you color your representations to be and to mean what you want them to. So truth is always truth according to you. It is good to remember that our feelings and emotions can lie to us.

Many researchers now recognize that it is not really our senses that give us an accurate picture of the world, it is our response as the Observer based upon the instruments used and the interpretations in our individual consciousness. It is the questions one asks them selves as they observe that produces the territory of observation. It is estimated that your nervous system actually takes in less than one billionth of the stimulation present. This is certainly a limited framework from a whole presentation perspective. Sort of makes one wonder what we miss. Scientific knowledge has been our framework for exploring what we believed was true. The maps we have created in consciousness have controlled the territories we have been willing to explore. It is time to realize however, the map is not the territory.

A Quantum Journey

Quantum theory states: All things in our Universe, even those that appear to exist independently, are actually parts of one all en-compassing pattern in which no parts of that pattern are ever separate from the whole. Before you finish this book you will have the opportunity to take a quantum journey into self as spirit. Although the Quantum Experience is often believed to be beyond the reach of the physical senses, it exists. From the reading and experiences you are about to undertake you will prove the Quantum Experience real for yourself. What scientists call the unified field or the potentiality of the forces of nature to transform themselves into material things or events is nothing other than consciousness itself. You are awareness in consciousness.

Candace Pert, Ph.D., Neuroscientist, in her book *Molecules of Emotion* speaks in terms of the quantum: If information exists outside of the confines of time and space, matter and energy, then it must belong to a very different realm from the concrete, tangible realm we think of as "reality." And since this information in the form of the biochemical's of emotion is running every system of the body, then our emotions must also come from some realm beyond the physical. Information theory seems to be

converging with Eastern philosophy to suggest that the mind, the consciousness, consisting of information, exists first, prior to the physical realm, which is secondary, merely an out-picturing of consciousness. Although this is about as radical as my scientist mind will let me get, I'm beginning to understand how such a view could coexist comfortably with the kind of science I have been doing. ¹

You are ready for the quantum journey when you recognize it is time for change, time for a virtual reality experience of healing. I say virtual reality because you will use your ability to connect the mind and body through the visual cortex for the Quantum Experience. Your biography has become your biology, as Caroline Myss in her many writings proves. To quote Andrew Weil in his book *Spontaneous Healing: When it is not occupied with processing information from the eyes, the visual cortex can connect mind and will with the controls of the autonomic nervous system. It can also elicit spontaneous healing. Are we talking about miracles? The way most people understand and think about miracles, I say "yes."*

Moving on Up

To speed up healing's natural process, it is necessary to take you to a different level or dimension of thinking and experience. Einstein is quoted as saying, "A problem cannot be solved at the level at which it was created." Healing is your birthright. Choose to claim it as you learn how to find you as awareness in consciousness. Learn to find your higher energy frequencies of spiritual existence. In understanding what Einstein said, the Quantum Experience allows you to heal because you step out of the flow of your own memory and see your world anew as if for the first time. From this renewed perspective you create energy that evokes healing.

We are beginning to recognize that our old beliefs, values, and identity, no longer completely support us. We must begin to adjust our thinking about some of the things that you, in awareness as a knower know you know. A good example is where our rational left brain thinking created a belief that when a person dies spirit is gone. To this part of you it seems truth. However, gone where? Your awareness self will always have life, thus you can never be destroyed. As awareness in consciousness, you are not your body, even now.

The Apostle Paul told us: Live not after the flesh, the physical, but after the spirit. Notice he says live. We struggle not against flesh and blood but against spirit. You are not of the flesh, but of the spirit, if this be so, the Spirit of God dwells in you." That does not mean outside you in separateness, it means inside you as the living energy providing the continuing existence of human life.

MY & I

Tap your chest and notice how natural it feels as you say to yourself, "my body." Go ahead, tap your chest and just say "my body." Now, if I were to say to you, who said, "my body" you might point your finger at your chest and say, "I said, 'my body.'" So

who is this "my and I" on the inside that represents itself in separate identity from your body, even by your own declaration? Who is this "I" that creates both the experience of the body and also the seemed conscious mind in separate awareness?

I hear people say, "I just had a thought." which tells us that there is someone who is having the thought, the receiver, and apparently that there is someone else, the sender, creating the thoughts distinct and different from the receiver. If you investigate the space between thoughts, you find that one of the attributes is silence. Were silence not there then there would be no thinker of the thought, there would be only thought.

Your Empowering Spirit, as a book, embarks you on a journey that will help you answer many questions. This is a journey of self discovery. Like all self-actualizing people, divine self recognizes this journey. I know that I am not that which I occupy, just as you are not that which you occupy. That which is real in you, is your energetic spirit which never dies, that which changes the physical you, that which is eternal. You are awareness in consciousness; even that you exist to you as real.

Phases of Life

Carl Jung described the phases of life so aptly when he said we begin as Athletes who place all the emphasis on the physical appearance of the body and what it can do. With this physical body, we become Warriors and see what this body can do for us in the world. Finally we come to the recognition that we are Statesmen and begin to function from a, "how may I serve" position as a Servant. The most amazing thing is, we finally come to realize that we are none of the previous; we are only a spirit being having a human experience. The problem is we wait until we are old to find ourselves as awareness in consciousness; energetic spirits.

No Pieces

In the world we know, there is a Universal Intelligence that is everywhere, something that is omnipresent that has no ability to be broken up into pieces. For most, we call it God. My care for you is not what name you call it, but in how you feel you relate to it. For reference in this book, I will use God. Please feel free to substitute whatever representation you choose. God is never embarrassed when I call him by my favorite name.

Think of it like this. If the ocean became God and you took a glass of water out of the ocean, you would have a glass of God. Is that not true? If the ocean was God, this would include the fish, seaweed, rocks, etc. as God. Everything in it would be God as part of the whole. Now what happens when you go in. Are you separate? No, you become in union with God. Now is God omnipresent? Is He in all and through all? Or is that just a game we play?

God is not the unattainable C God is the unavoidable. Amazing how we think of God

as omnipresent and think of ourselves as separate from that which cannot be broken even into a drop. To know this, and you do now, is to realize that just as a wave is what the ocean does, so what you are doing in your life is what God does with you. Emanuel Swedenborg says, "We are because God is. Not because of what God isn't."

The big mystery is, how does He do it? How did He create you, in the image of Himself and give you a free will ability to make all those judgment decisions, including the belief that you are separate? It makes no difference how long you have thought separation; you have never accomplished separation. It is only your thoughts that have caused separation to you. When would now be the best time to resolve to dissolve your disbelief.

I think Dr. Herbert Benson in *Timeless Healing - The Power and Biology of Belief* puts it right in focus when he writes: We are hardwired for God.

Another friend, Jane Katra in *The Heart of the Mind* says, You can have a spiritual life, without having to go anywhere, or believe anything. You do, however, have to "show up for God," and pay attention.²

Wayne Dyer puts it nicely when he writes: "This is clearly a purposeful Universe, with intelligence supporting its creation and continuing evolution—and we're of that intelligence by virtue of having emerged from it. Consider, for example, that scientific analysis of even a droplet of blood reveals all of the characteristics in our entire body's supply. The percentage of iron in that droplet is proportionately the same as in that which flows through our entire body—so it's easy to agree that the drop of blood is identical to the source from which it is removed.

Now think about what happens to that droplet of blood when it remains in the state of separation: It can't fortify or heal us, and it can't circulate freely. Disconnected from its source long enough, it will simply dry up, decay, and disintegrate, even though it contains all of the physical properties necessary to survive that its original source did.

I believe that our transition from spiritual Source to physical beings made up of particles is similar to that bit of blood in that we contain all of the same properties as our source—but unlike the droplet, we're never completely separated from our Source."³

You are Not Alone

Life is what you are going through to learn the lessons as to why you are here. You came here to remember who you are. You are on a path, and on this path you are about to meet your soul. You are about to recognize the oneness that your spirit has with Universal Intelligence, or God and each other. As God is energetic in nature, so also are you as you recognize yourself as awareness in consciousness with life coming from Source.

Jesus Christ confirmed, "I am in my Father, You in me, and I in you." There is no potentiality for you to be alone or separate in that statement. Learn to trust in your Creator. We are told, "You will seek me and find me when you search for me with all your heart." Heart is the spirit controlling force in the physical man, as soul is the spirit controlling force in the eternal man. Together as an internal team, they connect you with that which knows no separateness. In the words of Christ, "Know ye not that the Kingdom of God, Kingdom of Heaven lies within." Inside of you, you will find your empowering spirit . . . created in His image.

Gary Zukov in the ground breaking quantum physics book *The Dancing Wu Li Masters* writes: The philosophical implications of quantum mechanics is that all of the things in our Universe (including us) that appear to exist independently are actually parts of one all en-compassing organic pattern, and that no parts of that pattern are ever really separate from it or from each other. ⁴

Physicist David Bohm, author *The Undivided Universe*, describes: A model of quantum interconnectedness is a vast interconnected hologram of all. The idea that we each have a separate consciousness becomes scientifically an illusion with scientific studies showing that all objects in the universe interact with one another no matter the distance between them. ⁵

In 1964, an Irish physicist John Stewart Bell introduced what scientists now call Bell's theorem. Applying the logic of quantum physics and extending them in experiments consistent with its rules, he showed: Objects that were once in touch with each other both changed if there is a subsequent change in the other C no matter how far apart they are. This interconnectedness makes us all one. It helps explain why prayer is so effective when presented in faith and makes group consciousness a powerful force. ⁶

You will later learn how every cell in your body is intelligent and responds to your thoughts as a direct command of action in quantum interconnectedness and therefore will create the healing pattern just as you establish it. If you will hold in your mind's eye the knowing that any health issue is a mistake and not real within itself, and know that the image and likeness of God is living in your shell, you will soon be free of all manner of disease. If you doubt you will be able to hold that belief, *The Biology of Belief* by my friend Bruce Lipton is a must read. He also has a lecture on DVD by the name.

As a physician, writes Dr. Carlos Warter, I have seen that healing the connection to essence and the infinite intelligence of the Universe by opening our hearts reactivates the capacity for self-repair that goes from the cell to the cosmos. We are all interconnected. ⁷

Scientific Results of Prayer

We are so interconnected it makes it easy to understand why medical science is learning not only that prayer works, but is scientifically proving it. The most significant first scientific double-blind study on the results of prayer for patients with advanced AIDS was finished the end of 1998 and published in the Western Journal of Medicine. The California Pacific Medical Center was the focal point of the research. Statistically, the results could not be ascribed to chance. Twenty AIDS patients were used along with forty distant healers each having at least five years experience in their particular form of healing work. These studies produced medical healing results equal to 100 to 1 against the control group. Since these studies, well over 100 statistical studies of prayer have taken place with more than one-half showing statistical significance that prayer works in a controlled laboratory setting. ⁸

In another study in 1983 Dr. Randolph Byrd at San Francisco General Hospital did a 10 month study on prayer for healing. This time it was on 393 patients hospitalized with heart diseases. Results over a ten month study showed a decrease in medical complications, especially pneumonia. Those who received no prayer required extra antibiotics, diuretics, and required more ventilator assistance. ⁹

Spiritual Healing has been studied by researchers since the 1960's. By 1998 more than 177 controlled studies had been completed. One review by Dr. Daniel Benor in Healing Research: Holistic Energy Medicine and Spirituality noted that healing treatments affected the growth of hemoglobin, cancer cells, bacteria, human hormones, and even enzyme levels in vitro. In 131 controlled trials 56 showed statistical significant results with a likelihood that results were due to chance at 1 in 100. An Additional 21 showed probability results equal to due by chance of 2 to 5 out of 100. ¹⁰

Science is well under way to prove the effectiveness of what Your empowering spirit knows as Dr/ Bruce Lipton in The Biology of Belief carefully explains. It does not take long to find significant medical research going on today to prove the effectiveness of your thoughts in effecting the healing capacity of another.

The Myth / The Truth

When you were born, they weighed you. You probably came into the light of your first day between five to eight pounds. From there you continued on your human physical existence until this very day. In actuality you came in weightless, and who you really are today is still weightless. The myth that who you are has become physical weight, is like so many other beliefs that people have established in you. Just that, a belief someone gave you. Like does the sun rise and set? It seems to. To this day I love to watch sunrise and sunset. But, they are a myth. We all know the Earth revolves around the sun and the sun does not set or rise. It only shines.

Somewhere along the way you learned about your human physical experience just as you learned about the sun. The problem is what you learned outweighs your recognition of who you truly are. We must not depend upon appearance as reported by our five senses to know what is true. We must stop dealing with effect and start

looking at cause. Everything we see is the result of an idea. We must realize this truth before we can rise above it and free ourselves from any condition. You should know the truth because it is the truth that sets you free to know yourself as awareness in consciousness.

You believe that light only travels at 186,000 miles per second. Yet, Dr. Lene Vestergaard Hau and her students at Harvard, along with Dr. Steve Harris of Stanford published in the February 18, 1999 scientific journal Nature reported: Students were successfully able to slow a beam of laser light to 38 miles per hour. Now that belief must change. May you find other beliefs that will change as you read and reread this book.

We need to understand that when we were created in the image of God, we were created with the unique ability of being able to grow to know ourselves and thus, find the Omnipresence of God as a part of who we are. I recognize God in me, while some people use their rights of recognition to create separateness, to believe that God is still out there.

A word of warning is needed. I have worked with many clients who have been taught that "they are God" only to discover their powerlessness. How frustrating for a person who feels that they have the ability to create a rose from out of the mud and yet can't control their own life. I do think they have missed a connection of understanding, as well as their capacity. They have missed the fact free will exists. There is a part, in all of us, that consciously functions, with a sense of separateness from God. We recognize God as Omnipresent and yet still create our individual identity of separateness. Since most are in this position, it is from here that I will write.

The Gift

When I finally sat alone and began to sort out the pieces of who am I, to my surprise, I found that there was only one gift that God made each of us individually responsible for. That gift is thought. Some have called it a free will gift. When you recognize that God promised never to violate your free will, you will realize the immense value He placed on your ability to use this gift of thought. Thoughts are things. Thoughts cause a vibration of energy and information to be set in motion. This energy is the pure potentiality of creation. The mind does its building solely out of the power of thought. Its creations take form in exact accord with your mental images, and desire builds those images for you. The laws of attraction, the laws of creation are the laws of your being. They are neither, good or evil, moral or immoral. The law of your being is simply a blind law that cooperates always in perfect harmony with your thoughts. You sow in that which you wish to reap in harvest. You can use this law consciously or unconsciously, however live it you must, for it is the law of life. Thus the only way to change your conditions in life is to change your thoughts about life. The road to health begins in your secret thoughts and the motivating power that keeps it coming is your constructive energizing emotions staying focused on the outcome.

Dr. Candace Pert, in *Molecules of Emotion*, writes: . . . the biochemical changes that take place in the body as the "mobile mind" messages the thought through a network linking all of our organs and systems. When scientists looked into the preventive systems in the body that prevent cancer, infections, and other such life long diseases, C T-cells, B-cells, etc. C they found receptors that were identical to those found in the nerve cells. From this, we begin to realize that all our cells, and especially our immune system cells are always listening and responding to our thoughts. ¹¹

In a day and age when medical schools now teach future doctors the role of religion and spirituality in the lives of patients, it is time we all learn our part in the process.

Transformation Begins To get the most out of this information, you need transformation. You need to not only believe that you are a spirit being having a human experience, you must develop the knowing that you are this weightless awareness of whom I speak, that is connected to the Omnipresence of God at your very core. Rather than remaining metaphorically like a caterpillar, it is time for you to spread your wings and take flight. Let go of those myths that have caused such Earth-bound folly. Learn things from a different dimension. Learn those things about the dimension of which you are that will set you free and enable you to soar. Learn that you are a human being, not a human doing and learn to be that which you are.

When people heal, so often they don=t understand the phenomena. Yet the ability is there from the spirit level. It's like, you cut yourself . . . you heal. How do you do that? It all seems so simple. Where is all this information that knows when, where, and what to do?

Let me just say again that this is not a medical text. As always with any condition or situation in need, I strongly recommend that you consult with a physician. After that, the decisions as to what to do are yours. Remember the Doctor is only practicing medicine. Perhaps if you would remember that you are only practicing being sick you will discover, as often happens, that you will be better before the Doc ever actually sees you. Is that The Placebo Effect? I think not. The Spirit Effect is more like it! Your empowering spirit assists the miracles. What would happen if . . . everyone thought of sickness and disease as Neuro Interactive Simulations over which they had the ability to change the neuron interactions to healing?

Miracles are interactive events that have a beginning inside of you. At the level of desire, you create the seeds of miracles. If just somehow you can grasp the truth in just those two lines I would need to say no more, for God in His faithfulness has promised you the desires of your heart.

That the mind and body are inextricably linked is more than a fundamental belief handed down by our ancestors. It is now a fact of life, substantiated by modern medical science. Healing from within is an ability that lies dormant inside us all, a sleeping colossus waiting to unleash its formidable curative force. Everyone can

harness their own power and become healthier in mind and body, change their lives for the better and keep that power working, says Uri Geller in his book *Mind Medicine*.
12

Five Seconds in a wheelchair. That was all it took to change my life. Of course it was the right five seconds, because I had sat in one many times going in and out of hospitals. I lived the impossible dream, or so it seems. Suddenly, I discovered answers people had been seeking for years. They were simple answers that, when put in perspective, would cause them to say, "I knew that! I had just never put it all together." With so many people sick, like prisoners to their circumstances, could it possibly be that from my wheelchair option come answers? I know so! We all came into this world without a manual. This is my version of that manual, complete with any mistakes that might remain.

-
1. Pert, Candace. *Molecules of Emotion: Why You Feel the Way You Feel*. (New York: Scribner, 1997), p.257.
 2. Kutra, Jane and Russell Targ. *The Heart of the Mind: How to Experience God Without Belief*. [Novato, CA, 1999], p. 160.
 3. Dyer, Wayne. *Inspiration: Your Ultimate Calling*. [Carlsbad: Hay House. 2006] pp. 15-16.
 4. Zukav, Gary. *The Dancing Wu Li Masters: An Overview of the New Physics*. (New York: Bantam Books, 1979).
 5. Bohm, David and Basil Hiley. *The Undivided Universe* (New York: Rutledge, 1993).
 6. Nonlocality in Physics and Psychology: An Interview with John Stewart Bell, *Psychological Perspectives* (Fall-Winter 1988), p. 306.
 7. Warter, Carlos. *Who Do You Think You Are? The Healing Power of Your Sacred Self*. (New York: Bantam, 1998), p. 51.
 8. Sicher, Fred, Elisabeth Targ, Dan Moore, and Helene Smith. AA Randomized Double-Blind Study of the Effect of Distant Healing in a Population with Advanced Aids, *Western Journal of Medicine* 169 (December 1998) pp. 356-363.
 9. Byrd, Randolph. A Positive Therapeutic Effects of Intercessory Prayer in a Coronary Care Unit Population, *Southern Medical Journal* 81, No.7 (July 1988) pp.826-829.
 10. Benor, Daniel. *Healing Research: Holistic Energy Medicine and Spirituality*. Vol. 1. (Southfield, MI, 1999).
 11. Pert, Candace. *Molecules of Emotion: Why You Feel the Way You Feel*. (New York: Scribner, 1997).
 12. Geller, Uri. *Mind Medicine: The Books*, 1999). *Secret of Powerful Healing* (Boston, MA: Element

[When would now be the best time to order YES with Training CD?](#)