

Empowered to Heal explained more fully how we are an energy system. A cell or gene can not turn itself on or off. However, our body can and will chemically reproduce in our cellular structure the frequency put out by our thoughts (mind energy). And our body does not distinguish whom the thought is about. If I truly believe another person deserves my anger or hate, I give them a carbon copy of the disintegrative energy, but I myself get the original and it will destroy my system and cause my own death. The result is not worth the negative thoughts. Neither the other person nor myself deserve that destruction. With clarity of purpose, I am holding to Truth and stepping back into being! I will take responsibility and remove disintegrative energy (sin) from my system through forgiveness (changing the realities in my mind not pardoning another person) and I will stand in Love. I have the power to clear out my temple (my body). I was created to be eternal and that is my desire.