

GOING RADICAL

You've got to go radical and extreme because it will take you six months to get there and every meal you ordinarily would eat you have to pass on. This means no processed carbs, no sugar, no dairy, no coffee, no eggs (if you are allergic to them.) No processed grains, and no gluten...The minute you start to eliminate these foods you will begin to clear toxins from your system. If you complement that with certain supplements, in six months you will have eliminated the last 40 years of toxins you have been exposed to. That includes chemicals, paints, asbestos, lead, pesticides and an incredible amount of other poisons we absorbed because back then our parents believed in better living through chemistry. And although many toxic substances have now been outlawed, we still need to eliminate them from our own bodies.

The next point we need to address is replenishing the flora in our GI tract, because we are a colony organism. More than 90% of our DNA belongs to microbes that we have a symbiotic relationship with – an incredible colony of 90 trillion cells that make up who we are. If you have taken antibiotics just once in your life, you decimated your intestinal flora.

FIGHT OR FLIGHT?

Most of us also need to reset our "fight or flight" system, which is responsible for the production of stress molecules. The fight or flight system is in a very primitive region of the brain that feeds on sugars and cannot tell time or calculate distances. When it hears about Ebola in Africa or terrorist attacks in Australia or France, this organ of the brain thinks these things are happening just outside the village gates. It can't tell the difference between 2000 miles away or 20 blocks away, so it triggers cells into fight or flight, which produce the stress molecules cortisol and adrenaline. For many, the fight or flight system is stuck on overdrive and they have lived in a constant state of anxiety since they were born.

The alchemical laboratory in the pineal gland, on the other hand, was designed to flood the brain with endogenous bliss molecules, creating states of joy, oneness, and communion. When the brain is producing stress molecules, it cannot produce the molecules for bliss. It's either one or the other.

The minute we are able to calm our fight or flight system, relax and breathe deeply throughout the day, the brain will kick-start the lab in the pineal to begin producing natural consciousness-expanding bliss molecules. So you don't need to go to the ayahuasca ceremony down the block. You can produce it yourself, because ayahuasca is a *dimethyltryptamine* (DMT) which is analogous to the neurotransmitter serotonin, which the pineal gland can transform into a powerful bliss molecule.

ERASE TRAUMA FROM YOUR FIELD

The shamans greatest contribution to our understanding of life, death and our place in the cosmos is the Luminous Energy Field, and that's where it really gets interesting. This infinite field of incandescent energy that surrounds our physical body is our link to the past, the future and the universe around us. It is an informational field that contains all of the stories of our life. During a healing session, the shaman clears the Luminous Energy Field, erasing the imprints of trauma from the field, so it doesn't have to organize the body into disease.

Clearing your field also allows you to reselect your genetic destiny. For most of us, our genetic destiny was selected in a moment of wild or boring sex that our parents had, in which they merged their chromosomes and in that very moment, our entire genetic destiny was determined. But we are not slaves to our genetics. Today we know that we are not our genes, that we are our dreams. In a new field called epigenetics we are discovering how meditation, joy, compassion, forgiveness, and the food we eat, can switch on the genes that create health and switch off the genes that create disease. And when we meditate, the neural networks in our brains can determine how we can age gracefully, how we can heal rapidly, and how we can die consciously.

Once we have repaired our brain with the neuro-nutrients and superfoods, we select a different genetic destiny, so we don't have to live out the illnesses and dramas of our families of their origin. You can reselect your genetic destiny for one that has a long life, a good brain, a strong heart and a joyous, healthy lifespan.