

Sacrum Injury 1/26/1989

My wife kicked me in the groin hitting inside the sacrum nearly nine years ago. I did not talk to her for nearly 9 years (10/21/97). I called her 2 months ago. It did not at the time, because you were in shock and it went through the nerve wall and that is why I did not feel any pain because I could not feel anything. Damage was done and it went into a deeper level where I could not get in touch with it until I open up my sacrum in the Advanced Training and then the blockage came and I hard walk for three weeks until I released it.

What happened in 1984?

Probably a Major breakup with after buy her a \$100,000 home in cash, announcing my wedding to her in front of my very Catholic parents, and calling everything off after she drank on a trip with me, and then walking away from the house.

Relationship works on living at a distance. You need distance for growing the fire in your heart, because the fire (heart) needs air (lungs-courage) to burn bright or the fire (you) will suffocate and no growth. The fire is the heart or emotional growth, so for a healthy relationship you need a buffer or distance. But distance needs the power of metal to go back and forth. People can hurt us only when we make a hole (gap) in ourselves. This is an imbalance (gap) in our emotional energy field and seeks another to fill it or we create a need for some else to fill this gap, but we can fill it ourselves and become a **Whole Person**. Then we can attract another complete person and go into a new experience. Instead of always trying to find someone else fill our gaps when we are the only ones who can fill it.

Our life goes in 12-year cycles. You have to clear this situation within this 4th cycle (36-48 years is the Internal Cycle) or otherwise it will go again for another 12 years. The 4th Cycle is to prove your learning. The 5th Cycle is to prove your teaching – live what you teach. The 6th Cycle is to prove your teaching without speaking – it happens in your body as a gift. **Study I Ching 54 & 28.**

What could you learn from her?

To connect with my feelings – one time I felt so much pain in my heart about when things were not working early in the relationship it felt like someone was stabbing me in the heart – I could not believe it – I felt that never before. She taught me to swell the flowers – I always do now and I will never forget that. She was a lot of laughs – very light hearted. I miss her soft hands and voice like my Mother's. You get the Knowledge of by Observing. You observe your emotions, you do not live them. Then you are no longer control by the emotions. You should forgive more honestly and deeper in the Heart while in Meditation. My connection with Marilyn is the house, so I can set her free by totally forgiving her by creating the power of Compassion. **The real job is to totally forgive myself. The real job is to totally forgive myself. Forgive myself. Forgive myself. Forgive myself. Forgive myself. Forgive myself. Forgive myself.**

Earth Element is off (too much Earth) which has an effect on the Fire & Metal Elements that are weak in you. Earth Energy is too strong, so no sweets of any kind or bread which hurts the Lungs (Metal) which slows and lowers your breathing. You have an inability to digest complex proteins, so eat no animal products but only eat simple vegetable proteins. No dairy products because no one over 2 years old has the enzymes to digest them. I need to rebalance my digestive acids to digest protein and the digestion improves than my breathing will improve activating breathing in the skull bones, sacrum and hipbones.

Eight-Week Program to Improve Digestion:

Breakfast – Stir Fried Vegetables in Nam Man Hoy (Fermented Oyster Sauce)

Lunch – Fresh Vegetables, Salads, Fruits (Eat them between 10:00am –2:00pm)

Dinner – Steamed Vegetables & Potatoes (any style) or Fish

Food (Protein) Test: Eat a little of the food after 1 day fast and check your pulse (12 Channels). If it is normal, ok. If it is too fast or you cannot feel it, dont eat it.

Never eat bread or any grains (rice) because it hurts the breathing.

Drink 6 glass of water every day – the body communicates with water.

What should I eat to strengthen lungs (Metal) and the heart (Fire)?

I need to open them up before I can strengthen them with food because the more heart/lungs food I take it just creates a bigger blockage – the body cannot absorb the energy. When I take a full breath I awaken my **Natural Courage**.

