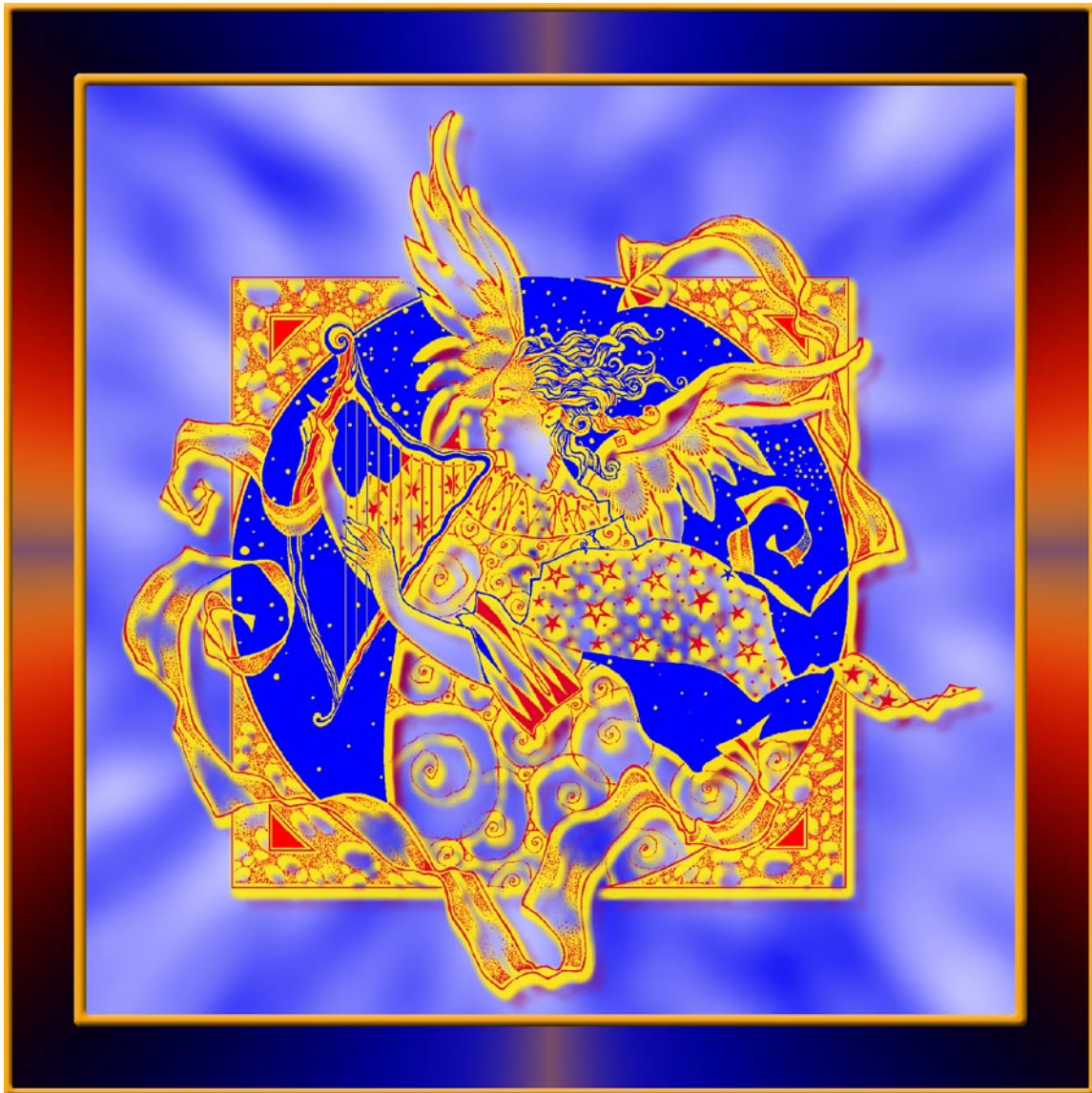


# The Real Easy Guide to Contact Healing



*Published by...*

*ICON7 PUBLISHING COOPERATIVE*

*OJAI, CA • MIDDLEBORO, MA*

*<http://www.Icon7.org/Pubs/>*

# TABLE OF CONTENTS

Dedication.....3  
 Forward .....5  
 Introduction.....7  
     How Does It Work?..... 8  
 The Map Game - Part I..... 9  
 Getting Started .....11  
 Preparations.....12  
 What To Treat & Why. ....13  
 Methods, Pressure & Time .....14  
 Index of Contact Points.....15  
 Contact Point Maps .....21  
 Diet & Health .....34  
     A Cleansing Diet .....34  
     The Essene Electro-Chemical Diet .....35  
 The Map Game - Part II .....37  
     Using Herbs In Treatment.....37  
 Final Thoughts & Helping Hands .....38  
 Appendix .....39

Contents © 1977- 2009 Icon7 Publishing Cooperative • F.M. Houston & D. McGruter



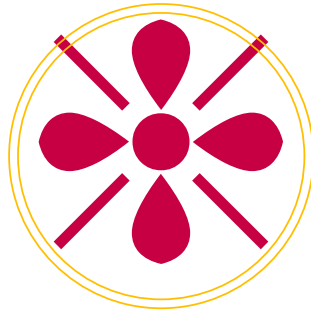
“With the monstrous weapons man already has, humanity is in danger of being trapped in this world by its adolescent morals. Our knowledge of science has clearly outstripped our capacity to control it. We have too many men of science -- too few men of God. We have grasped the mystery of the atom and rejected the

Sermon On The Mount. Man is stumbling blindly through a spiritual darkness while toying with the precarious secrets of life and death. The world has achieved brilliance without wisdom, power without conscience. Ours is a world of nuclear giants and ethical infants -- we know more about war than we know about peace, more about killing than we know about living. This is our Twentieth Century’s claim to distinction and to progress.”

General Omar Bradley -- Newsletter, April 1953

THIS BOOK IS DEDICATED  
IN LOVING MEMORY  
TO  
REVEREND FREDERICK M. HOUSTON, DD  
FOR HIS YEARS OF PAIN & LEARNING  
SO HE COULD TEACH US  
TO TAKE CARE OF OUR  
MINDS & BODIES  
THROUGH SPIRITUAL HEALTH...  
AND, TO BE OURSELVES -  
IN SPITE OF IT ALL!

DR. FREDERICK M. HOUSTON WAS A CHIROPRACTOR IN THE 1930'S WHEN IT WASN'T A POPULAR THING TO BE. WHEN HE GOT SICK, AND STANDARD MEDICINE COULDN'T CURE HIM, HE LOOKED FOR ALTERNATIVE WAYS. HE WAS ONE OF THE PIONEERS IN THE ALTERNATIVE HEALING MOVEMENT AND HIS WORK HAS BEEN AN INSPIRATION FOR MANY PEOPLE - INCLUDING THE CONTENTS OF THIS BOOK.



“EVEN GREATER MIRACLES THAN THESE,  
YE SHALL DO ALSO.”  
Jesus



## Forward

The concept of Contact Healing, sometimes referred to as "Spiritual" or "Natural" Healing, was not part of my life while growing up in a Catholic, military family. My only thoughts about health and medicine were limited to the old adage of the dispensary doctor telling you to "take two aspirin and call me in the morning". When people spoke of these other healing methods I thought they were just crazies who had generally lost their way.

In 1967 I entered college and my education suddenly took a different turn -- these were the years when almost everyone I knew, including me, had started to ask questions about practically everything we had ever learned. I discovered that there was another world out there where the Knowledge of The Ages was being explored. We started thinking about what was best for mankind instead of just ourselves. And, over the next few years, I took a great interest in exploring this brave, new world -- but I still went to the doctor when something hurt!

Then, in the August of 1977, my life was changed forever.

On a quiet Summer night, having just returned from a day of hiking in the back-country of San Diego County, I suffered a massive chest pain and was "gone" within seconds. An ambulance was called -- its base was only three blocks from my house -- but somehow they got the wrong address and it took almost twelve minutes for them to arrive. During that time I experienced myself in a way that transformed my perspective of life, and opened my mind and heart to its true Essence of Being...

When I first felt the pain in my chest, I could feel the left side of my body starting to become numb. Fear set in as I realized what was happening and suddenly my body fell to the floor -- but "I" didn't cease to exist. Instead, I found my consciousness slowly drifting between an awareness of my non-functioning body and the people and commotion surrounding it, and another world where I was simultaneously existing. I could see and hear everything that was going on around me but could not respond to anything physical -- it was simply amazing!

I knew I normally would have been afraid or worried that I had died, but I wasn't -- that type of emotion no longer existed. Slowly I became aware of another presence and that it was "in charge" of the situation... I felt in communication with a strong and loving Presence but not in a way that was familiar. Whole thoughts would blink into my mind in an instant, like a flash of energy, and then expand into pictures and words that were understandable to me.

As I decided to somehow try to ask "what's next", I saw two distinct images before me -- one showed me in a hospital bed with tons of tubes running all over, and the other showed me sitting next to a "Being" that was only a white glow -- I felt that I was being told to choose one of these. Well, I'm no fool -- I took the guy in the white robe, hands down!

Within seconds I felt something that reminded me of how it felt when I had been shocked by a shorted electric cord -- Zap, and I was back in my body and sat straight up... I couldn't believe the looks on people's faces. One person had timed the whole incident and said it had been 10.5 minutes -- then the ambulance finally arrived and I was told that it wasn't possible that I was alive and well after that much time had expired.

But I knew differently!

Over the next few months I explored many new avenues of Spiritual thought -- I didn't know what I was looking for but I knew that searching was the assigned task. With the thought that my heart had failed, I was constantly looking at Spiritual and Natural Healing methods and for practitioners that I felt confidence in... then I met a man named Dr. Frederick Houston and the next part of my journey began.

At a local church I learned that Dr. Houston, and an acclaimed Philippine psychic healer named Feliciano, would be holding what they called a Healing Service there. I went and saw some amazing things happen... the "patient" would lie on a table, and each of them would stand on either end, with Dr. Houston at the head... as they each placed their hands on the opposite ends of each person's body, you could see the physical reaction... for weeks afterwards many people continued to claim that some problem or illness had been healed... my wife at the time, who had been told by doctors that she would never bear children, got pregnant within 30 days.

So what happened to me -- I just knew you wanted to ask that question...

All this time, I could think of nothing but my poor, sick body, that was probably going to fall apart tomorrow if I didn't find a way to get it healed... so I took my place on the table... each practitioner took a hold of my body and I waited... and waited... I could see both of their faces as I shifted my eyes back and forth... nothing happened... and then I saw them look at each other and laugh! Dr. Houston came around to the side of the table and got me to sit up... they both laughed again and Dr. Houston said: "There's nothing wrong with you -- you aren't supposed to be on the table, you're supposed to be up here helping us".

So here I am now, assembling this book, and passing what I've learned on to others who care about such things. From teaching people the practical techniques of Contact Healing, to counseling those who are about to die and their families, I feel Blessed to have had these experiences and to know that God's Divine Will is really for people to be well and happy -- then nobody will need to be healed anymore.

Peace, Love and Blessings,

*Douglas McAruter*

2002 Edition





## Introduction

Any good book on physics will tell you that "energy can neither be created or destroyed" -- so where does our energy go when we are sick? It is invisible, so we cannot see where it leaves the body -- but it does leave, and as it leaves us we get weaker and weaker. The heart is the generator for the electricity in our body (the Church calls it "Spirit"), and if you ever talk with anyone who has had a heart attack, he or she will tell you that all the energy just seemed to drain away. Now, with Contact Healing, we can do something about these things.

Contact Healing is a method of "contacting" the energy centers of the brain and body. Even the emotional centers of the brain can be reached, giving the patient a wonderful feeling of relaxation. During my years of research into this work, I have located one hundred and seven "exit points" of energy and improved the results obtained by treating on these exit centers.

Since science has discovered the atom bomb, we now realize that atoms are energy -- and since everything man can see or touch is composed of atoms, then all is energy and mind, and that is all we can be aware of in this world. (The exception to this is a "sensitive", one who can "feel" the vibrations emanating from food, minerals, liquids, etc., without physically touching the object being tested.)

Acupuncture, as used by the Chinese, is the closest to Contact Healing there is, only in Contact Healing the tip of the finger is used instead of needles which are used in Acupuncture. The benefit of Contact Healing over Acupuncture is that it is easier and generally works faster -- this is because Acupuncture works on "the end of the wires" while Contact Healing works on the "mail junction boxes" of the body's nerve and energy circuitry.

Since its inception 1956, Contact Healing has spread to many lands. Letters from this and other countries testify to the fact that it is "a most wonderful therapy" and most anyone can use it with benefit. Although contact healing is not considered massage in any form, it is being used with great benefit all over the United States and Canada, mostly by massage groups. A masseur in Abingdon, Virginia, told me that if he couldn't use Contact Healing work with his massage, he'd give up massage first.

I've always felt that each family should have some knowledge regarding health matters. Understand, however, that this method does not "cure" anything -- and neither does any

other so-called method of healing. The truth is, no matter what method of healing is employed, we can only assist, or work with, Nature Itself -- it's the body's natural connection to, and it's ability to use, it's own Creative Force which is the only true "Healer".

Likewise, anyone who is sincerely interested in Truth can use this method with benefit to themselves and their family. The heart treatment alone could be worth many times more than the time invested in learning these methods. This work, used with sincerity, will reward all who use it far beyond their expectations.

## How Does It Work?

Sickness is a negative or positive imbalance in the body. It can never be both at the same time, no more than you can be at the North Pole and the South Pole simultaneously. Given time and lack of attention, however it can gradually take over the entire body and cause chronic, and even fatal conditions.

The human body is a very powerful battery containing a complex wiring system -- the nerves. The electrical potential of this battery can only be raised as we mentally become more and more conscious of this wonderful power that is ours to use so freely. As your level of awareness is raised, so will more Knowledge and Truth be given to you -- and up goes your electrical potential.

The Mind is, however, the original builder and destroyer of us all. The neutral pendulum of thought -- and its countless emotions -- can swing negative or positive with equal ease, and its influence is either constructive or destructive. I've discovered that if I take my mind and attention completely away from a patient I am treating, it's not long before they will complain -- "I don't feel that warmth in my body anymore!"

So please remember this...

THE MIND IS THE BUILDER, AND  
TRUTH IS A TWO-EDGED SWORD.

POWER USED WISELY IS PRODUCTIVE,  
ABUSE OF POWER IS DESTRUCTIVE.

WHAT YOU HAVE CHARGE OF YOU  
ARE ALSO HELD RESPONSIBLE FOR.





## The Map Game - Part 1

Most people who first hear about these techniques will think that you must have some special gift to do this work -- nothing could be farther from the truth. To think that our Creator would place us in this world without a way to care for ourselves is ridiculous -- even more ridiculous is the thought that only those who can afford to pay a doctor are worthy of good health. The truth is simply that good health is your Divine Birthright and the Creator has already given you what you need to maintain it.

When I first started learning these principles, I was shown a simple test which I now call The Map Game. Its purpose was to prove that everyone has what it takes to "feel" their interaction with the world around them and consequently direct their energy in a constructive way. Since learning this process, and showing it to others, I have never found anyone who didn't find that it worked -- some find it right away, others need a little practice, but it's a game that eventually everyone wins!

In order to try this, all that's needed is a map that represents a geographical area within which the subject has lived and had experiences in their life. A person who has lived in one city all their lives, let's say Los Angeles, would use a map of Los Angeles county and the surrounding areas-- someone who, like me, was raised as a "military brat" and has lived all over the country, would use a map of the entire United States... then do the following:

Place a blindfold on the subject and do not to let them know what is about to happen -- this will help insure that no prejudices will affect the results. Ask them to hold out their left hand, with the palm down, and to become aware of how the center of the palm of their hand feels -- they should say it feels normal or nothing which is what it should be. Slowly move the map around about six inches below their hand and ask them to tell you when the center of their palm changes to feel either a warm or cold sensation -- each time they feel a change, mark that spot on the map.

Once you have several spots marked, ask them to remove their blindfold and take a look at the map -- then ask them what happened to them at each of those locations. If the spot was a warm or hot one, they should recall a positive or happy experience that happened there -- if it's a cold one then they will recall some negative or traumatic incident. The average person should readily recognize about 3-4 out of every 5 spots they find. Remember, we've all had past lives, and events from them are still buried in our memory --

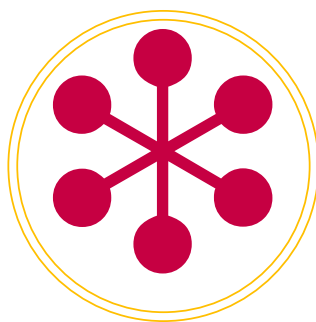
these can be recognized by the subconscious mind and therefore, may also show up during this exercise.

The next part can be done without the blindfold... have the same person as above take another person's left hand in their right hand and repeat the same exercise, this time using a map that fits to the second person's life pattern. The person with their hand over the map will now get a different set of spots and these will now match the life of the person who's left hand they're holding instead of their own...

So what's goin' on here?

As we've said, all life is Energy, part of the same Creative Force, connected at its core to all else that exists. You and the paper the map is printed on are connected at the atomic and subatomic levels, so it should be no surprise that you can "communicate" with the map at those levels. As the center of your left hand is your Spiritual "input" spot, you can feel this as the reaction you have switches from warm to cold.

Once you see how well this works you'll understand that we all have the ability to use the techniques in this book. The Creator, in his infinite Wisdom and Love, really did give us these gifts to share and to use in our daily lives... it's just that nobody ever showed you how to prove it until now.



## Getting Started

**W**e must realize that at this very moment in life we are the end result of every past thought and deed and also of everything we have ever put in our bodies. Each of us, as we go through life, sets up our own individual habit patterns that in most cases will bring on our demise much sooner than necessary. Because it is of our own creation, most of us would rather die than change it. Mental tension and man made poisons are the ruination of our world. Each organ or tissue, as it succumbs to the above evil forces, becomes out of balance and then loses its life energy through one or several outlets on the surface of the body.

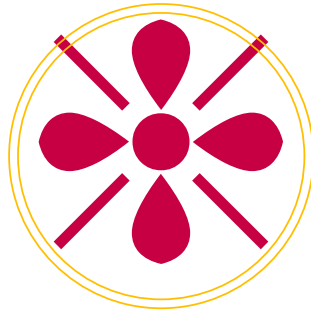
In Contact Healing you are given the diagrams and descriptions of each outlet -- as you press against one of these outlets, the more painful one is the more energy there is escaping from the organ, bone or tissue it leads back to. Hold the contact fairly firm (but not so hard as to be uncomfortable) and as soon as you block off this escaping life energy it will reverse its polarity to that part of the body from whence it came. At least 75% of people being treated this way will then feel a warmth in the organ being treated, which may mean regeneration or repair is taking place. The more you treat, and the longer you treat, the sooner the job will be done, helping you (or the patient) feel fit once again.

These trouble spots on our body also may denote a lack of something in the nutrition pattern, such as vitamins, minerals, certain herbs or clays -- or there could easily be a low grade infection, in which case check point #IIB on the charts. More frequently however, we are unconsciously ingesting poisons of some kind from our food, water, or the air we breathe. Also, if a patient is taking drugs, he or she seems to lose all feeling in these contact centers -- however, the feeling will return once the drugs are discontinued.

The index in this book will generally be all you will need to go by; but if it isn't, tell yourself there has to be a contact to relieve or remove this symptom -- find it yourself. Contact Healing has a Spiritual connotation also, for the energy that escapes from our body is electrical or Spiritual in nature. The more we work with this Spiritual energy, the more we can raise ourselves spiritually. This has been attested to by many people through the years.

Everything in nature continually strives for three things:

BALANCE - MOTION - REST



## Preparations

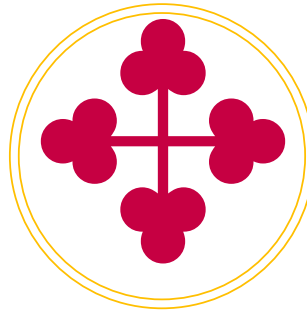
**A**s a Caregiving Practitioner you have a choice concerning how effective your treatments can be. The processes described in this book will work without doing anything more than using the prescribed methods -- you can, however, improve the results greatly by learning how to "amplify" the energy that is being transmitted to the patient's contact points.

By achieving a mental and emotional balance yourself, and focusing on your "Higher Source", you can literally increase the amount of positive energy you transmit and consequently shorten the amount of time needed for treatments. Simply focus your mind on the abundance of the Creator's Love that flows through the Universe and is available to all who ask -- see it flowing through your body and into the patient's body, going directly to where it is needed.

As you work, learn how to surrender to this "Higher Source" and let it do the work for you. Before long, you'll find that your hands will simply find the right points to treat without any effort on your part. This is the same process that most legitimate Spiritual Healers follow and it has worked miracles for those willing to try it. And remember, you are only the medium in this process and not the ultimate Source of the Healing Power you use.

In preparing your patient, be sure to place them in a comfortable surrounding before beginning treatment -- the environment should aid their receptiveness to the treatment. Ask them to relax and focus on whatever their vision is of Universal Love -- this can be anything from how they envision "God" to the beauty of a spring flower. The use of etheric music or environmental sounds can also aid this process but be sure that it's something that the patient is comfortable with.

And finally a warning about "diagnosis" of a patient's problems -- "don't openly diagnose anything"! Unless a patient comes to you for a specific illness that has already been diagnosed elsewhere, don't ever mention what you think might be the cause of their condition -- the more a person thinks that something is wrong, the more wrong it will become. You are engaging in a process of rebalancing this person's energy field, not treating a specific medical problem -- get your patient to also look at it this way and you'll reach your results much faster.



## What To Treat & Why

Most conditions can be at least helped by Contact Healing. Unless you already know where to treat, then always begin treatment on the #59's (see charts) to remove the potential results of an accident. Many people are ill all their lives as a result of accidents that happened earlier in life, even at birth. If either or both #59's are painful, then you know there is tension still at the site of the accident and treating #59's will remove it. Next check #11B, then the liver - #30, the enzymes - #15M, and finally inflammation - #40. The results of this method will generally start you in the right direction.

Let's look at an example of how this works with something we know is wrong -- a heart case. First check the #12M's, which are the brain contacts to the heart muscles and valves, and also to the veins of the heart and chest. If needed, treat both contacts at once. Next, check the left #S1 which contacts the aorta which is the large artery emanating from the heart. Then #'s 38 and 39 -- both of these contacts have to do with heart valves, phrenic and vagus nerves. The #31 contact to the emotional stomach must be checked in case of pressure under the heart. If the heart is racing out of control, treat #88 to the intestines which should restore the heartbeat to normal. Sometimes the small nerve plexus to the heart, commonly called "the bundle of His" is out of balance -- to correct this, treat #1B.

By contacting any center on the head, face or body which is painful, you immediately begin helping that organ or tissue. For instance, if your knee hurts and there has been no accident or strain of any kind and #43 (which treats the knee) is not painful, then the knee trouble may be a symptom only, perhaps of kidney trouble -- you can then verify this by checking the #37 and finding it painful and in need of treatment.

By remembering what you've learned from The Map Game, you can also use this knowledge to find the proper contact points by simply using your hands to "scan" a patient's body and "feel" where the energy is being lost. This method is much simpler as it doesn't require you to know anything about the patient, or their medical history, and doesn't require you to "probe" their body for the correct contact points.



## Methods, Pressure & Time

If the contact is tender or painful, treat it. When tenderness is gone, this means the congested condition that was responsible for its tenderness has been relieved. Treat as often as you like, and as long as you feel you should, using your fingertips to activate each contact point. The end results are most rewarding -- but everyone should prove it to themselves so they can treat family and loved ones with some degree of confidence when the need arises.

Do not be afraid to use some pressure in finding these energy centers. Naturally you do not deliberately torture your patient by digging in against a painful energy center once you have found it. The patient will let you know fast enough when you press on a painful contact. Remember, the more painful the contact, the more the organs or tissues from which the life energy emanates needs help.

Always use treating pressure according to the patient's tolerance and remember that you cannot overtreat any of these centers. The longer you treat and the more often you treat, the better it is for the patient. The more trouble the patient has, the more often the treatment. In severe, acute or chronic conditions, you do the patient a favor by having them come in for treatment every day for the first week, then two or three times a week, then once weekly -- always, of course, depending on the patient's progress. Very often you will get an apparently severe case which will respond so fast as to be unbelievable. Always show the patient one or two of the more painful centers and instruct them to start learning how to help themselves.

Always after treating someone, put your wrists under a cold water tap and let the cold water run down over the wrists and hands. This is to remove all harmful vibrations ("energy") you may have picked up from your patient. Sometimes, in spite of your being as careful as you can, you will treat someone who literally seems to drain away your life energy. This can be a terrible feeling and I know of only one way to overcome this condition:

Bless Yourself, sit in a comfortable chair, hold your left palm upward in a comfortable position to receive energy, and hold your right palm down over the #1B or crown of your head... do not touch your head. Hold in this position for several minutes. The more you need this the stronger you will feel it working in your brain. Don't stop treating until you feel it is no longer working.



**INDEX  
OF  
CONTACT POINTS  
ON  
THE BODY**



## LEGEND

JB = Jawbone  
S = Breast Contacts  
E = Ears / X = Blood

## SYSTEMIC CONTACTS

1B, 2B, 5M's, 13B, 21, 49, 62,  
78, 101's, Right & Left X's

"A" Glands - 73's  
Abdominal Cramp - 1B, 71  
Abdominal Lymph - 73, 45  
Abdominal Swellings - 49(1&2), 52, 73, 26,  
27, 9M  
Accidents - 59's  
Achilles Tendon - 73, 45  
Acid Indigestion - 14B, 80 62, 25, Left-S3  
Addisons - 46's, 10MB, 11Mb  
Adenoids - 11M, 48  
Adhesions - 49, Left-32, 2B  
Adrenals - 46's, 10MB, 43, 66  
Alkalosis - 14B  
Amnesia - 63's  
Anemia - 49, 24, 80, Right-S1  
Aneurism Aortic - Left S1, 49(3&4)  
Animal Bites - Left 32, 59's  
Ankles - 41, 61, 73  
Antibiotics - 48, Left-32, 2B  
Anus - 68, 85, 62, Left-S3  
Aorta Abdominal - 49(3&4)  
Aphonia - 24, 2B, 80  
Apoplexy - 26, 49, 91, 50  
Appendicitis - Right-5B or Right-77, 65  
Appetite, Poor - 1B, 19  
Arms - 20, 36, 12B, 82, 81, 50  
Arterial Blood - Left X, Left 32  
Arteries - Left S1, Left-32  
Arteriosclerosis - 12M's  
Asthma - 8, Left-2B (on coronary contact)  
Ataxis 1M, 89, 56+90, 43, 3M, 79  
Atlas Bone 71, 21  
  
Back - 66, 37, 46, 49, 94  
Belching - 20, 8, 20M, Left-S3  
Bible on Health - 41  
Bile Ducts - 54, 52  
Bilious - 10M, 38, 54  
Bladder 28, 37  
  
Bleeding - 2B, POS-IONS  
Bloat, Abdominal 52, Left-S3, 73, 62  
Bloat, Fluid - Left-S3, 7, 9M, 37, 106  
Blood, Arteria - Left-X  
Blood, Venous - Right-X  
Blood Pressure, High - E, 30, 37, 2B  
Blood Pressure, Low - 78, Left-S1  
Blood In Urine - POIS-IONS, 2B  
Body, Too Cold - Left-X, 1B  
Body, Too Hot - Right-X  
Bones - 21, 7, 8, 90, 98  
Bones, Broken - 21  
Bone Marrow - 41, Right S2, 90  
Brain - 1OMB, 4, 2M, 5M, 19S, 35, 2B, 9M,  
52  
Breasts - Right-S(1-2-3)Left-S(1-2-3), 56  
Bronchi - 11M, 66, 96  
Breathing - 66, 11M, 96, 75, 22, 58, 75,  
49(1-2) 36+36  
Bruises - 2B  
Burns - 10M  
Bursitis - 36, 81, 47, 50, 12B, 40, Left-15M  
  
CaIcium - 97, 49,  
Capillaries - 2B  
Chills - Left X, 1B  
Circulation - Left-X, Right-X, 2B, 32, 61,  
36+36  
Coccyx - 68  
Cold in Head - 16B  
Colitis - 11B, 72, 91, 9B, 40  
Colon - 72, 91, 9B, 53, 65, 93  
Constipation - 88, 54, 60, 38, 30, 55, 91,  
93, 61  
Coronary Arteries - 2B  
Cough - 11M, 8, 15B  
Cramps, Abdominal - 1B  
Cranial Fluid - 2M  
Cranial N's - 1M

Cyctitis - 37, 49(1+2), 28, 11B, 40

Deafness - 12M, 89, 1M, 53, 73, 63, Right  
& Left-S3

Diabetes - 14B, 73, 65, 68, 50's, 23, 25, 97

Diaphragm - 107

Diarrhea - 72, 40

Diet - Page 53

Digestion, Emotonial - 31

Digestion, Fats & Oils - 49, 38, 54, 10M,  
15M

Digestion, Protein - 20, 30, 7, 24, Right-S1

Digestion, Sugar - 73, 14B, 23, 49, 65

Diphtheria - 8, 11B, NEG-IONS

Diverticulitis - 11B, 40

Dizzy - 3M, 49(1+2), 91, 89, 43, 49, 62

Dropped Organs 15B

Dropsy - 7, 37, 28, 61, Left-S3

Drug Abuse - 89's

Drunk - 50, JB-10

Duodenal Ulcer - 49, 13M, 14M

Duodenum - 49, 13M, 14M

Durameter - 35

Dispepsia - 14B, 20, 10M, 49, 62, Left-S3

Ears - 12M, 63, ST3, 47, 15M

Elbows - 103

Electric Shock - 59's, 12M's

Emotional Stomach - 31, 89

Emotions - 5M's, 89, 4, 50, 12M

Energy - 79, 24, 1B, 78, Left-X, 26, 15M,  
90

Enzymes - 15M

Epilepsy - 49, 89, 50, 91, 88

Esophagus - 15B, 20

Eyes:

Arteriosclerosis - 12M's

Bifocals - JB-10

Blurred - IOB

Cataracts - 35, JB-10, 17, 63, 19, 92, 2B,  
E, 12M

Crossed - 42

Degeneration - 80's, JB-10, 10B

Diplopia - 1M

Glaucomia - JB-10

Infection - 11B

Lacrimals - 42, 10B

Mental - 92, IOB

Mineral Balance - 14B

Muscles - 42

Nerves - 1M, 92

Pain - JB-10, 35, 17, 10B, 108

Pink Eye - 2B

Protruding -13B, 73, JB-10

Sleepy - 34, 92

Strained - 17

Fainting - 3M, 49(1+2)

Fallopian Tubes - 26, 56

Fascia - 52

Feet - 61, 14B, 41, 23, 73, 89

Fever - 51, 11M's, 6, 11B

Fingers - 20, 82

Fibula Bone 71, 21

Fluoride Poison - 3B, 6, 11M

Flu, Chest - 22, 58, 66

Flu, Head - 16B

Food Poison - 34's, 49

Fractures - 21

Gall Bladder - 38, 15M, 54, Right-77

Gallstones - 38, 15M, Right-77, 11B

Gas - 14B, 20, 38, 54, 91, 49, 23, 30, Left-  
S1, 1B

Glaucoma - JB-10

Gonads 26, 56, 83

Gout - 14B, 83, 26, 27, 16M

Grief - 5M, 78, 12M, 89

Hands 20, 12B, 82

Hay Fever - 11M

Hiatus Hernia - 107

HCL (Acid) - 20, 3M, 14B

Hands - 20, 12B, 82

Hay Fever - 11M

Head:

Ache - 5M, 2M, 17, 50, 6, 4, 21+18

Cold - 16B

Injury 59, 2B, 50, 21

Pressure in - 2M

Heart Burn - 78  
Heart:  
Angina - Left-12B  
Aorta - Left-S1, 49(3+4)  
Circulation - Left-2B, Left-32, Left-S1,  
Left-X, 12M, 102  
Congestive - 31, Left-32, 25 Left-S2, 7, 8  
Coronary - Left-2B  
Digestive Causes - 31, 78, 49, 30, 88, 14B  
Emotional - 31, 13B, 35, 73, 5M, 49A  
Enlarged - 12M's, Left-32  
Fast - 88, 13B  
Lymph - 48, 64, 71, 98, 106  
Muscles - 12M's, Left-32  
Nerves - 1B, 38, 39  
Pressure - 3, Left-S2  
Right Side - 25  
Valves - 12M's, 38, 39  
Veins - 12M's  
Hemorrhage 2B, POS-IONS  
Hemorrhoids - 84, 15B, 49, 68, 62  
Hernia - 15B, 49, 11B  
Hiatus Hernia - 107  
Hiccoughs - 8, 11M  
High Blood Pressure - E, 37, 30, 61, 12M  
Hip Pain - 86, 26, 27, 44, 46, 102, 10M  
Hip Sockets - 102  
Hoarseness - 15B  
Hormones - 59+90, 95, Left-S1  
Hot Flashes - Right-X  
Ileocecal Valve - 65  
Impotence - 26, 27, 16B, 90+56  
Indigestion - 20, 14B, 38, 31, IOM, 78, 54,  
1B, Left-S3  
Infection - 11B's, Left-26, Left-94  
Inflammation - 40  
Insanity 5M's, 89, 4, 9M, 92  
Insulin - 73, 65, 14B, 23, 68, 25, 97, 50  
Insomnia - 10B, Right-S1  
Intervertebral Discs - 11M, 4's  
Intestines - 55, 88, 49, 13M, 14M, 78, 87,  
44, 52, 7  
Intestines, To Feed - 44, 87  
Intestines, To Release - 88  
Iodine - 13B, 73  
Jaundice - 38, 15M, 30, Left-X, Left-10M  
Kidneys - 9B, 37's, 33, 7  
Kidney Pain - 33  
Knees - 43, 37, 83, 98, 71  
Lacrimal - 11MB, JB-10, 51, 42  
Larynx - 15MB, 2B  
Leg Circulation - 61, 9M  
Leg Pains - 26, 27, 46, 77, 61, 71  
Leg Ulcers - 61, 69  
Legs, Enlarged - 7, 61, 9M, 37, 61A, Right-  
37  
Liver - 10M, Right-S1, 2, 3, 30  
Lungs - 10M, 13M, 66, 11M, 22, 49A, 101,  
Left 2B, 39, 58, 81, 96  
Lymph - 48, 73, 45, 64, E, 98, 104  
Memory - 5M, 89, 4, 92  
Menses - 26, 27, 83, 56  
Menstrual Pain - 56, 26, 27, 57  
Mental - 5M, 89, 1M, 92, 41, 35  
Migraine - 21+18, 17, 2M, 6, 5M, 50  
Minerals - 14B  
Mouth - 46, 51  
Mucous - 39, 8, 6, 11M  
Multiplesclerosis - 12M, 91, 72, 88, 54, 49  
Mumps - 51  
Mumps, In Reproductive Organs - 51  
Muscles, Legs - 99, 101, 12M  
Muscles, Arms - 99  
Nausea - Left-S3, 38  
Neck - 20, 26, 27, 49, 50, 56, 83  
Nerves, Cranial - 1M, 4, 71  
Nerves, Spinal - 4, 11B  
Nervous - 5M, 4, 89, 26, 92, 88, 91, 27  
Nose - 11M, 51, 3M, 20  
Nosebleed - 80, 2B  
Obesity - 87, 44  
Operations, Pneumonia - 13M  
Operations, Shock - 12M's

Optic Nerves - 1M  
 Organs, Fallen - 15B  
 Ovaries - 26, 56, 83  
 Oxygen - 12M's

**Pain:**  
 Back - 77, 46, 37, 76, 33, 49  
 Bones - 21, 49(1&2), 7, 8  
 Elbow - 91, 12M, 103  
 Eyes - 17, JB-10, 35, 2B, E, 12M  
 Face - 51, 11M, 3B, 11B, JB-8, 2B  
 Head - 5M, 6, 11M, 17, 2M, 2B 11B, JB-10, 50  
 Hips - 49(1+2), 87, 44, 86, 26, 46, 102  
 Jawbone JB-10, 51  
 Kidney - 33, 37, 9B  
 Knees 43, 37, 71  
 Legs - 61, 26, 27, 46, 71, 68, 61A  
 Pancreas - 23, 14B, Right-75, Right-43  
 Pituitary - 21+18, 18, 21  
 Rectum - 84, 68  
 Ribs - 21  
 Sinus - 6, 11M  
 Spleen - 24, Left-75, 80  
 Teeth - JB-8, 2B, 12M, 11M

Palsy - 35  
 Pancreas - 14B, 23, Right-75  
 Parathyroid Glands - 97  
 Patella (Kneecap) - 98, 43  
 Penis - 29  
 Pepsin - 38, 78, 15M  
 Peritoneum - 52, 10M  
 Peritonitis - 11B, 52, 40  
 Phlebitis - 11B, 52, 40  
 Phrenic Nerve - 11M, 38, 39  
 Pineal - 14M, 9M  
 Pituitary - 18+21, 89, 58, 16MB, 21, 9M  
 Pleura - 10M  
 Pleurisy - 10M  
 Pneumonia - 13M  
 Poison, Food - 34  
 Pons - 3M  
 Portal Circulation - Right-S1, Right-32  
 Prostrate - 27, 56, 83, 106  
 Psychic Center - 78

Ptosis - 15B  
 Pulse, To Lower - 88, 13B  
 Pulse, To Raise - 79, 24  
 Pylorus - 1B, 20

Rabies - Left-32, 10MB  
 Raynauds Disease - 61, Left X, 46, 24, 80  
 Rectum - 49, 68, 85, 62, Left-S3  
 Reproductive - 26, 27, 56, 83, 90+56, 49(1+2), 84, 86, Left-S1  
 Ribs - 21, 7, 8  
 Rupture - 49, 15B

Salt - 68, 106  
 Sciatica - 26, 10M, 77, 46, 74, 76, 71, 27  
 Scrotum - 52, 84, 16B, 68  
 Sea, Air, Car Sickness - 78, 62  
 Sexual - 26, 27, 56, 83, 90+56  
 Shock - 12M, 59  
 Shoulder Bones - 47, 36, 21, 79, 50, 81  
 Sigmoid Flexure - 93  
 Sinuses, Brain - 10M, 6  
 Sinuses, Frontal - 11M, 10M  
 Solar Plexus - 62, 78  
 Spinal Cord - 9M, 68, 86  
 Spinal Nerves - 4, 86  
 Spleen - 80, 24, Left-43, Left-75  
 Sprains - 69  
 Stomach - 1B, 8, 20, 31, 68, Left-77, 3M, Left-S3  
 Stomach, Emotional - 31, 52  
 Stomach, Mucus - 8  
 Strains - 69+44  
 Stroke - 14B, 12M's  
 Sugar - 14B, 23, 73, 65, 97, 25  
 Sunstroke - 94  
 Surgery - 69  
 Syncope - 3M, 49(1+2), 43, 62, 101

Testicles - 26, 56  
 Tetanus - 64  
 Thalamus - 14B  
 Thoracic Duct - 48  
 Thymus - 7  
 Tyroid - 21, 13B, 56, 73

Tic Delereux - 25  
Tinitis - 40, 50, 12M, 47, Right & Left-S3  
Toothache - JB-8, 2B, 12M, 11M  
Toothache, Infection - 11B  
Trachea - 3M

Ulcer, Duodenal - 13M, 49  
Ulcer, Pyloric - 1B  
Ulcer, Stomach - 20  
Urethra - 28  
Urine, Bloody 28, 2B, 37  
Urine, Incontinence - 62  
Urine, Painful - 28, 57  
Urine, Retention - 57, 37, 28, 7, 62

Vagina - 29  
Vagus Nerve - 38, 39  
Veins - 12M, 61A, Right-S1, Right-32  
Vitamins - To Stimulate  
Vitamin A - 7  
Vitamin B1 - Left-26  
Vitamin B6 - 94  
Vitamin B12 - Right 15M  
Vitamin C - Right 26  
Vitamin D - 8  
Vitamin D Poisoning - 80  
Vitamin E - 94  
Vitamin F - 94  
Vitamin Calcium - 97's, 49  
Minerals - 14B  
Enzymes - 15M, 23, 30, Right-52  
Hormones - 26, 27, 30, 90, 74  
Vocal Cords - 2B  
Voice - 2B, 24, 15B, 80  
Vomiting - Left-S3  
Vomiting, to cause - 15B

Water Retention - Left-S3, 7, 28, 37, 106  
Womb - 27, 56





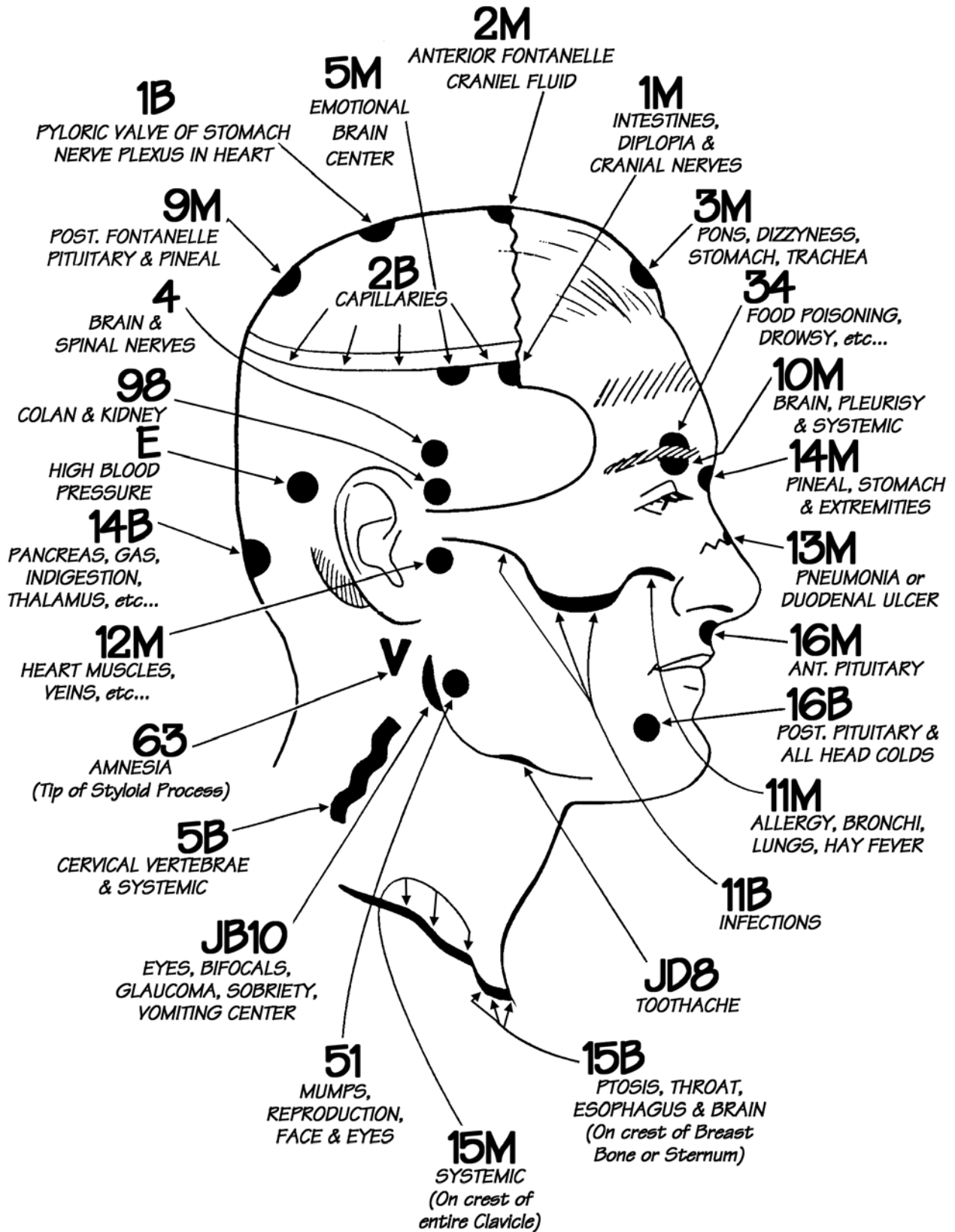
# BODY MAPS OF CONTACTPOINTS

Each contact is numbered and quite accurately drawn on the charts so as to be easily located. The description of each contact location should be studied while observing the chart showing its location. Much care has gone into the compilation of these charts and I believe most anyone can benefit by using them properly.

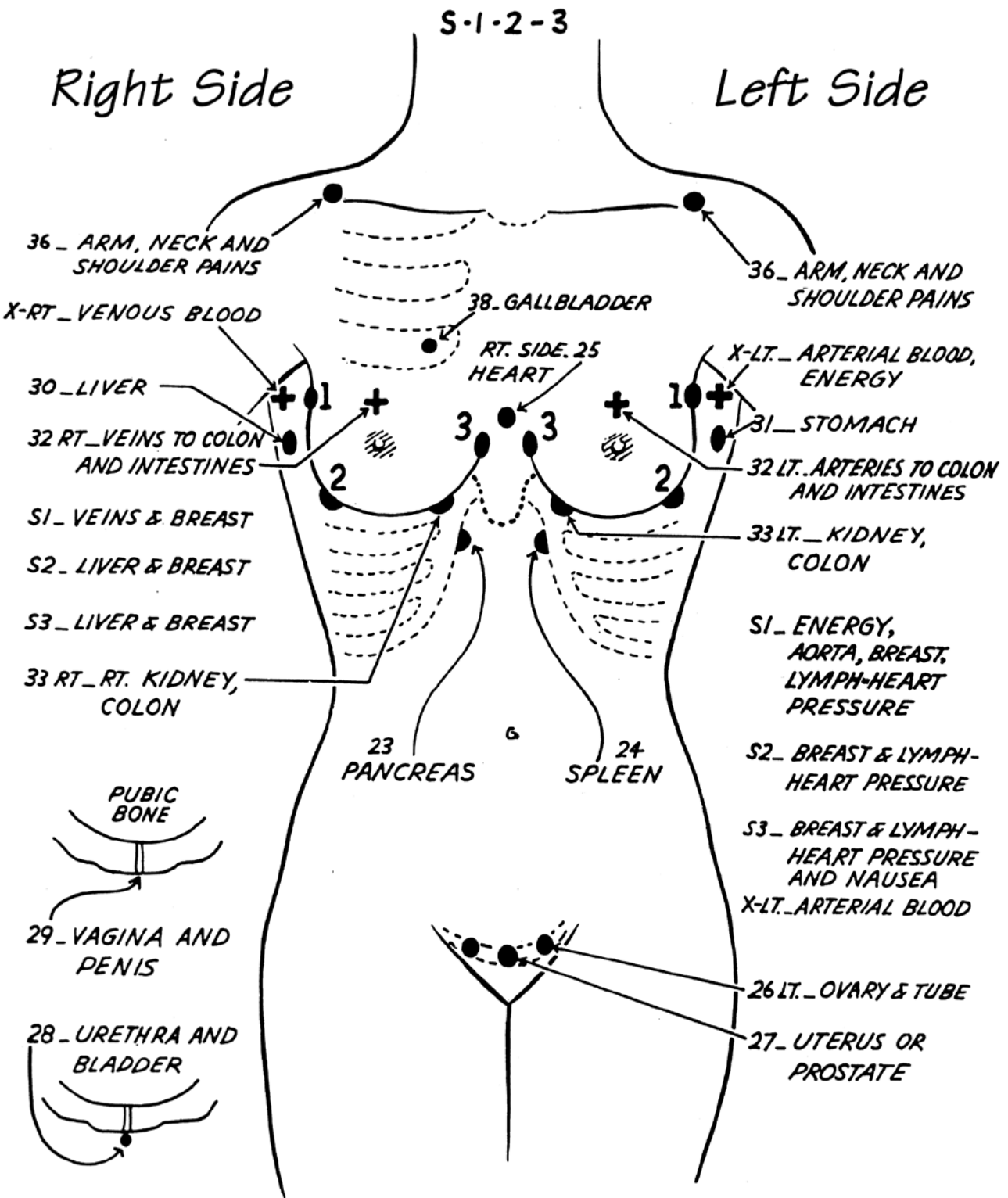
This work is in its infancy and I wish no one to accept me as knowing anywhere near all there is to know about this process. If you simply have the desire to learn, the will to practice what has already been given, then a good many of you will be amazed at what comes through your mind.

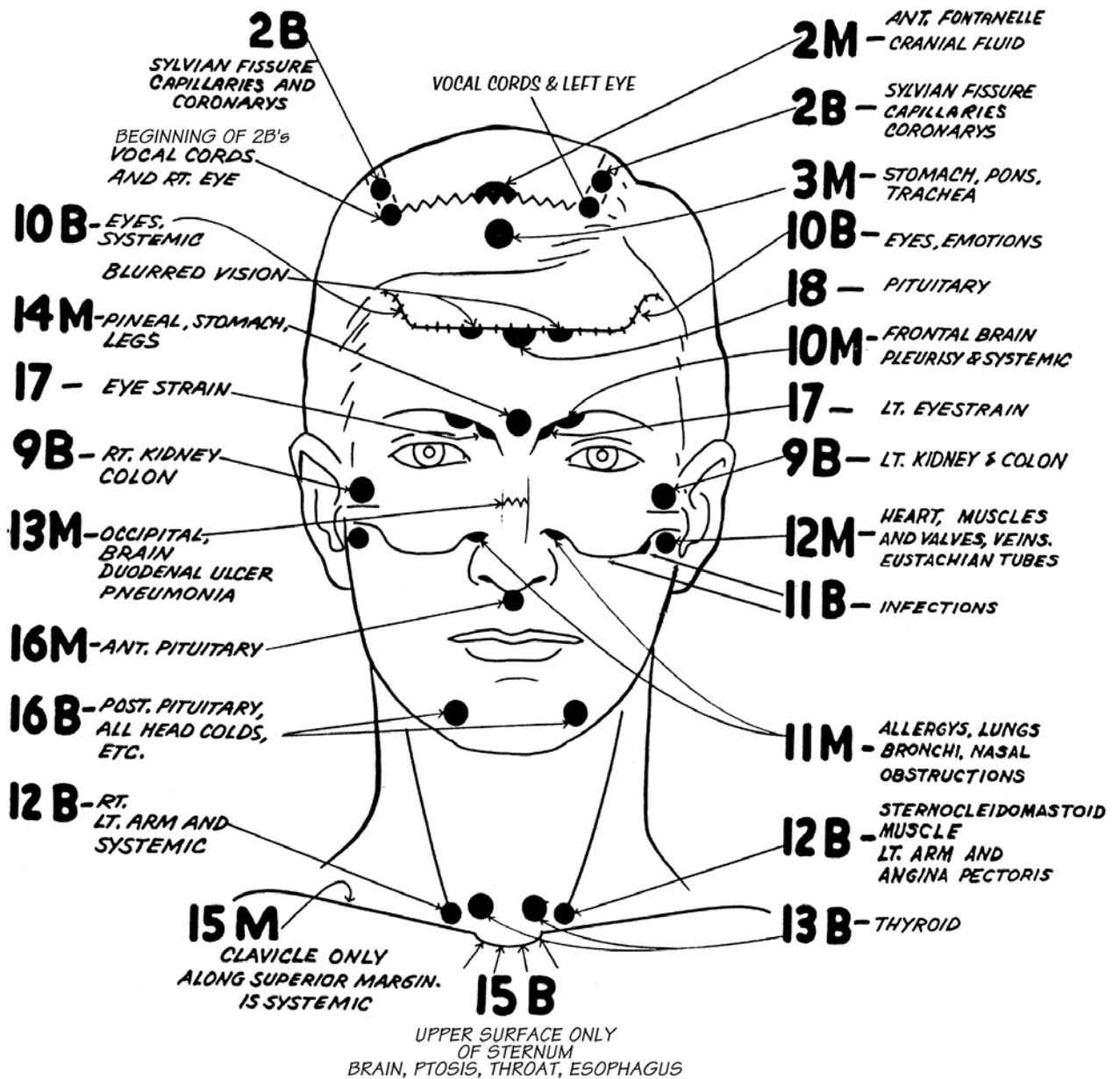
LET YOUR LIGHT SHINE FORTH AND SEEK ONLY TRUTH IN ALL THINGS,  
FOR THERE ALSO WILL YOU FIND LIFE, FREEDOM, AND LOVE --  
AND A POWER GREATER THAN ANY MAN'S.  
MAN CAN ONLY GLORIFY GOD BY HELPING HIS FELLOW MAN.

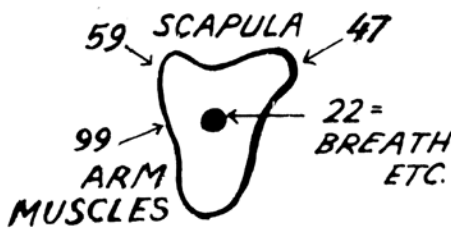




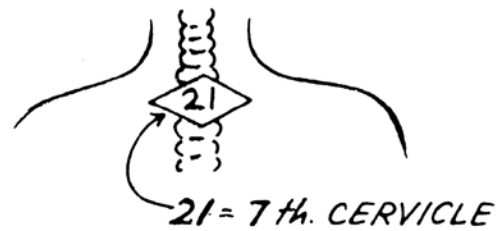
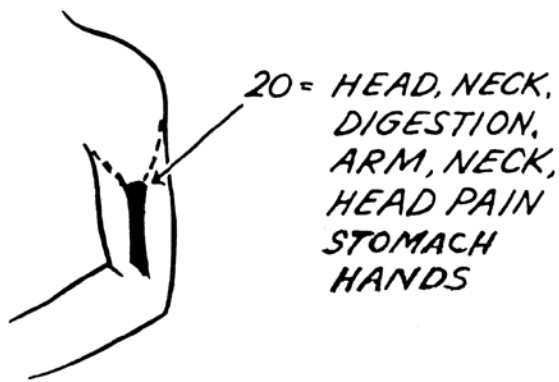
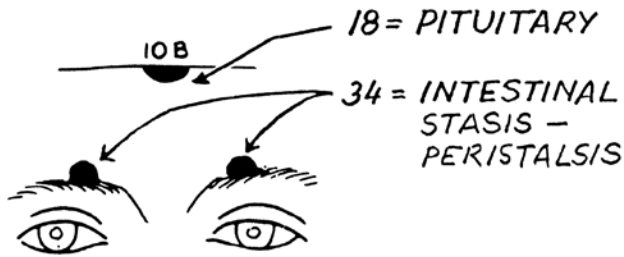
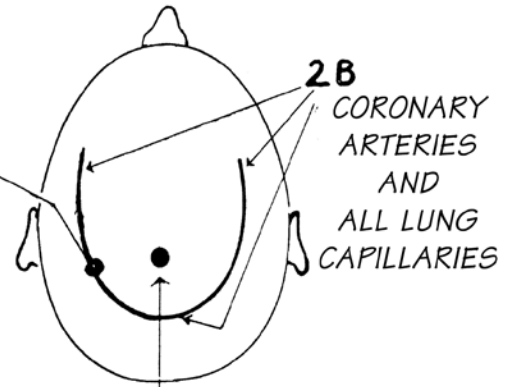




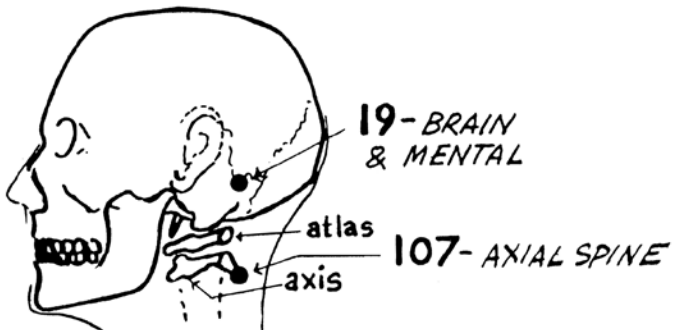


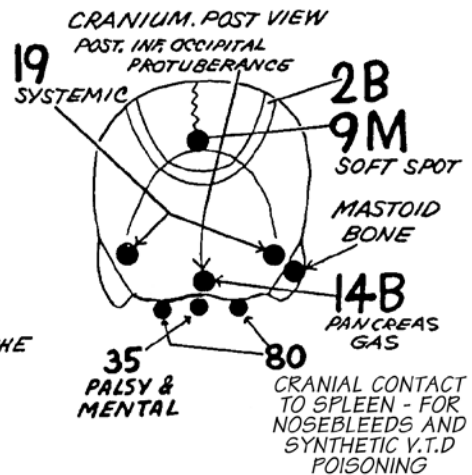
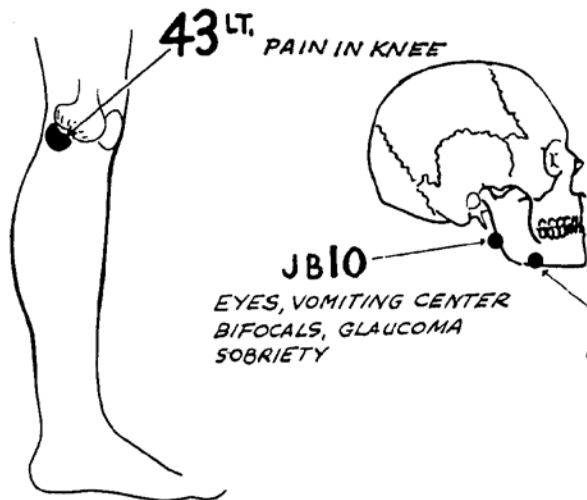
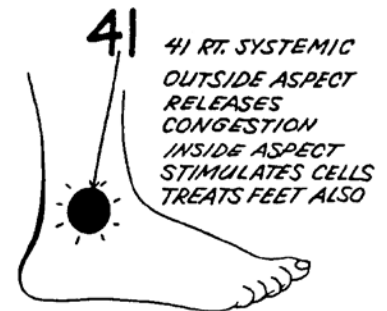
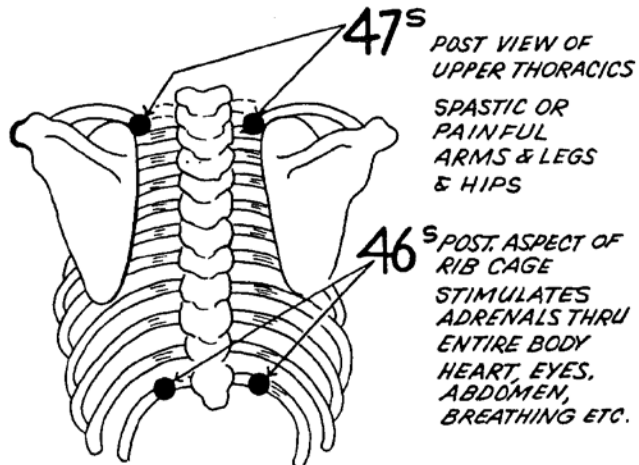
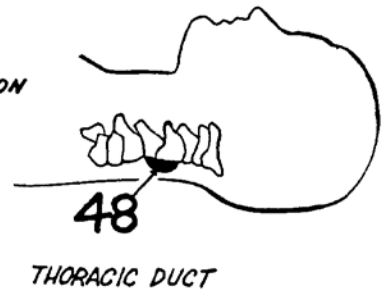
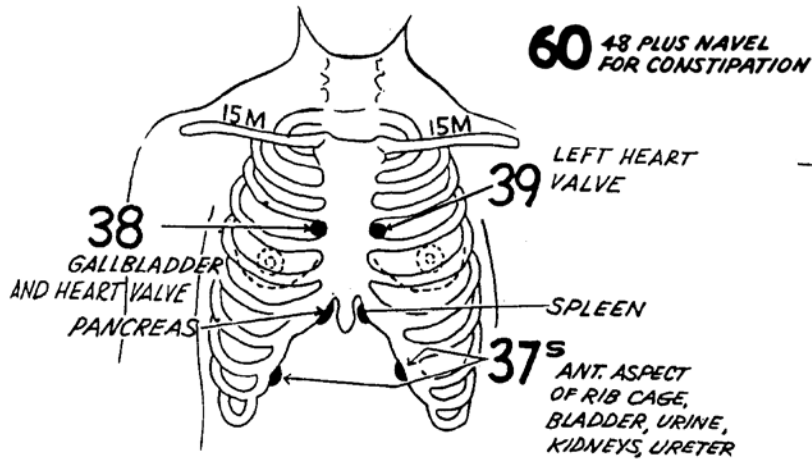


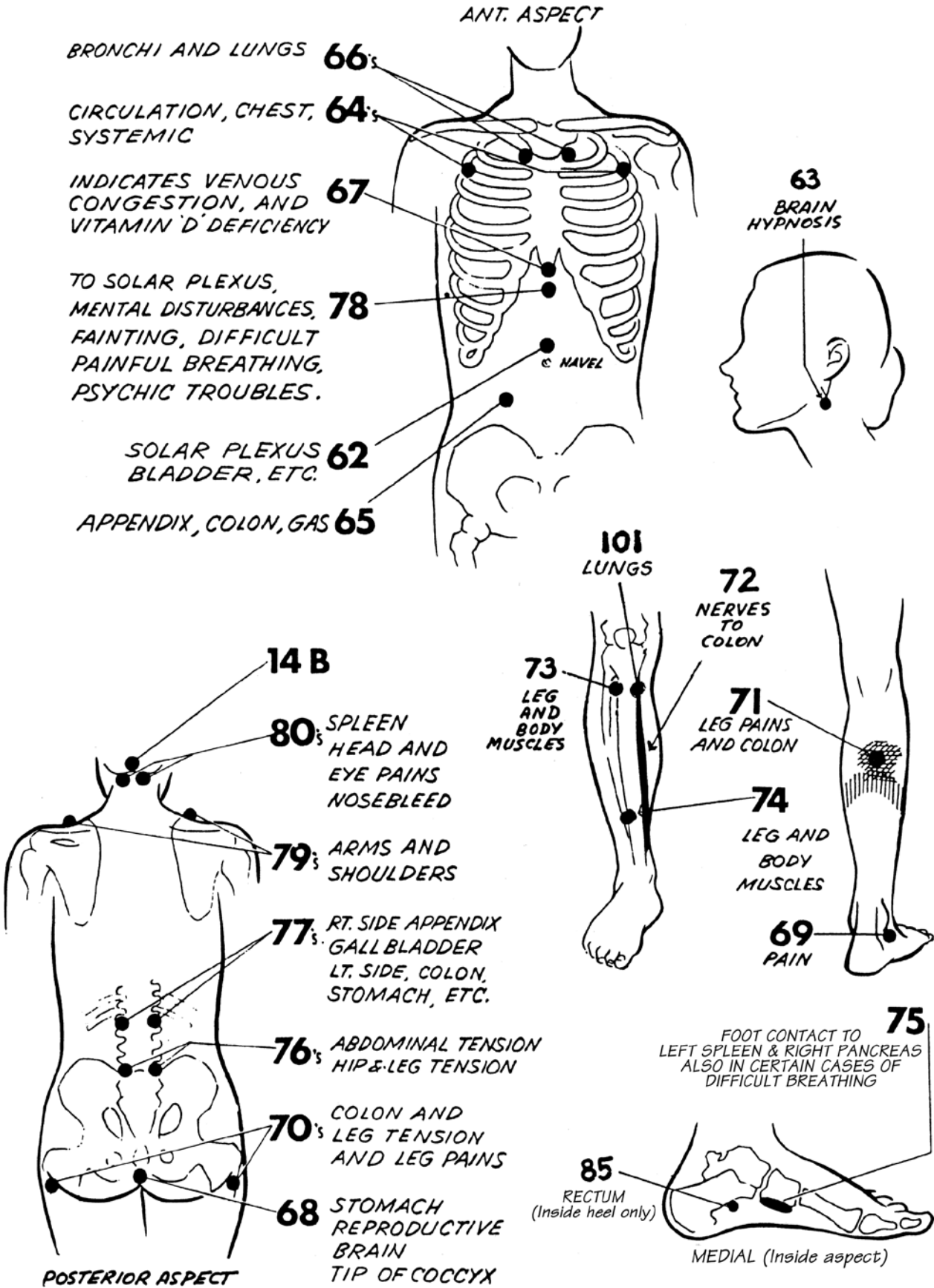
22 = BREATHING, ETC.  
LEFT (only) - PINPOINT - CORONARY & LUNGS



SPINAL CORD, SPINAL NERVES, PHYSICAL BODY, HEART, BONES









UMBILICUS  
OR NAVEL

**49**



49A

DIGESTION  
GAS  
INDIGESTION  
HEART PRESSURE  
BACK PAINS  
ABDOMINAL AORTA 3&4  
OIL & FAT DIGESTION  
STARCH & SUGAR DIGESTION

BONE MARROW OF HIP BONES  
LUNGS (ENERGY TO)  
ABDOMINAL SWELLINGS  
OR GROWTHS

NOTE  
ALL BELOW CONTACTS ARE  
ON THE PUBIC BONE

**61**

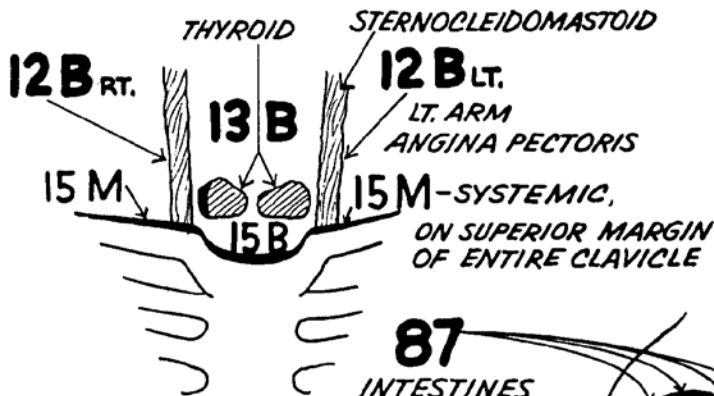
RELEASES LEG  
CIRCULATION  
BACK UP INTO  
BODY

**26**

SPERMATIC  
CORD OR  
TUBES AND  
OVARYS  
RT. 26 = B1  
LT. 26 = C

**27**

UTERUS OR  
PROSTATE



**87**

INTESTINES  
DIGESTION  
OBESITY  
AMINO ACIDS

**44**

TROCHANTER  
TO HIP BONES  
PAINS &  
STRAINS

**91** COLON

**23**  
PANCREAS

**24**  
SPLEEN

**54**  
BILE DUCT  
TO  
DUODENUM

**37**  
LT. KIDNEY  
URETA  
BLADDER  
FAST HEART

**90**

HIP & LEG  
PAINS &  
REPRODUCTION  
HORMONES

**65**  
APPENDIX  
AND  
INSULIN

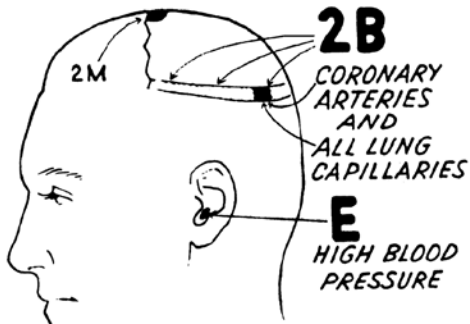
NAVEL

**88** NERVE RELEASE  
FOR INTESTINES  
& CONSTIPATION

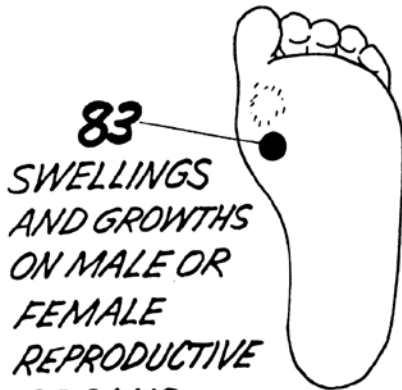
**89**  
MENTAL  
CONFUSION

**72**  
COLON

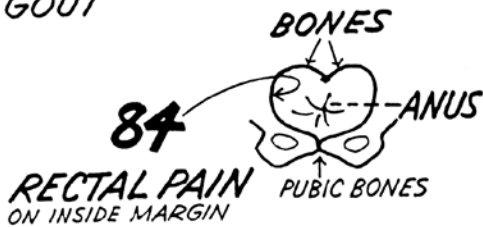
**93**  
SIGMOID OF COLON



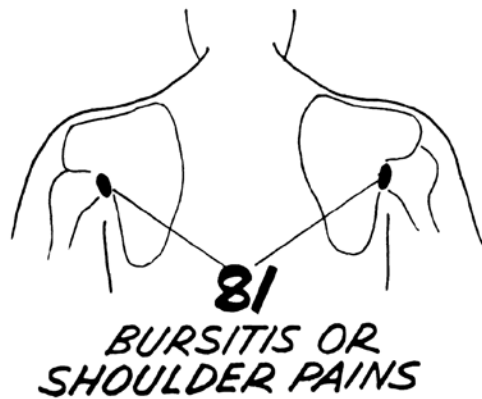
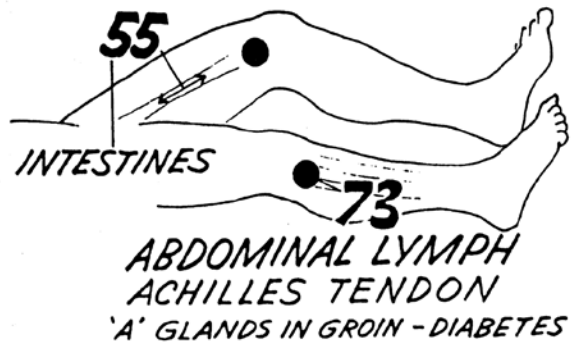
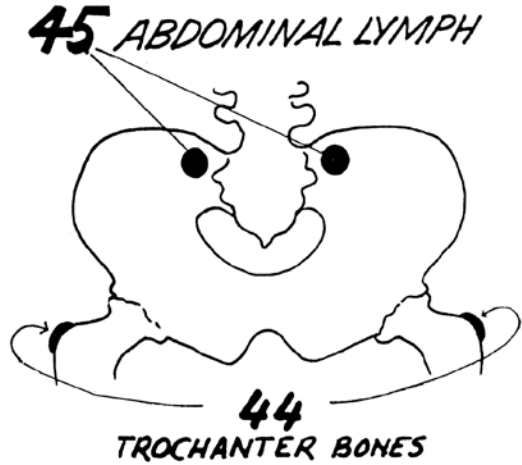
**82** HANDS AND FOREARMS



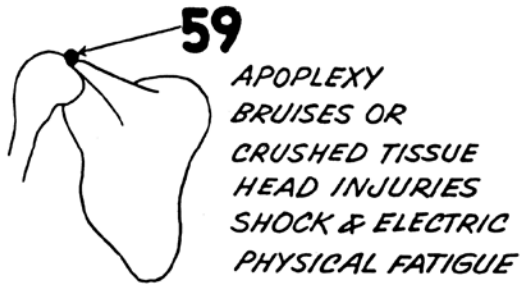
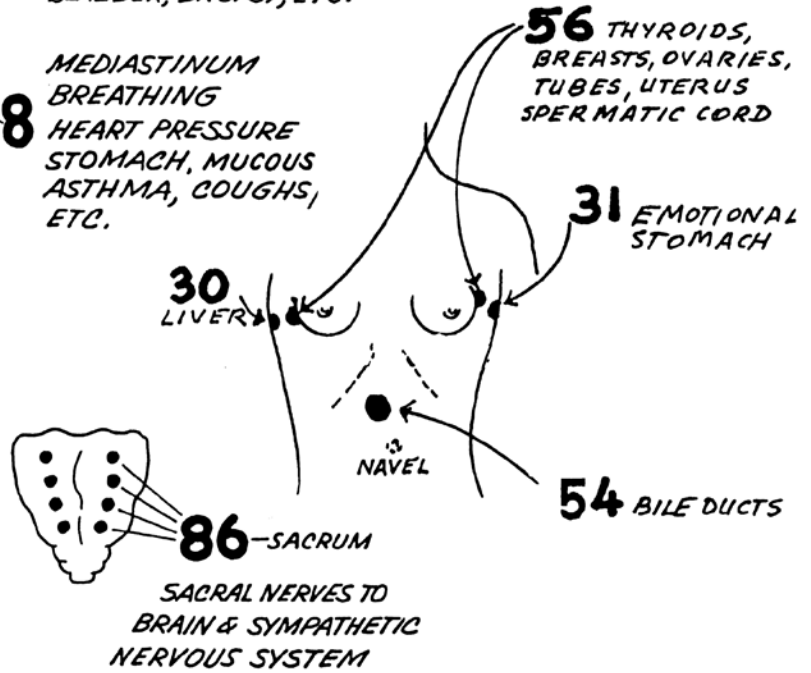
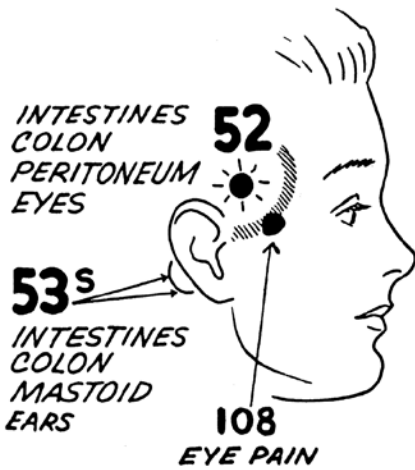
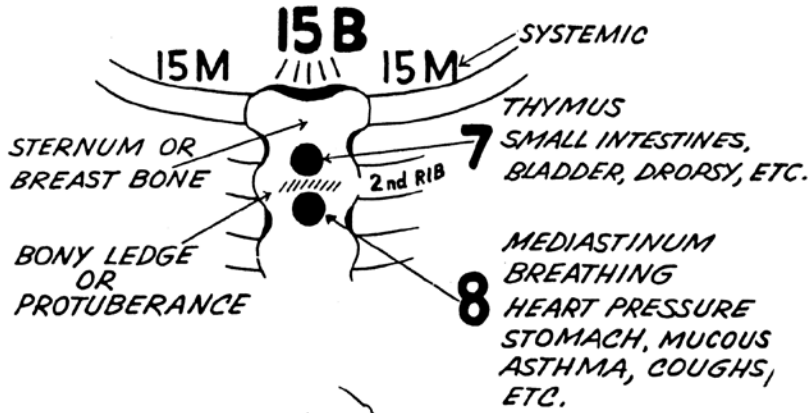
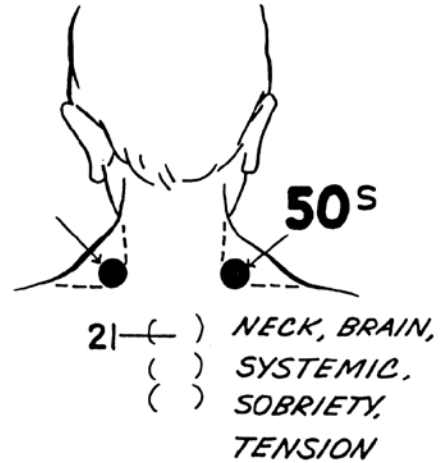
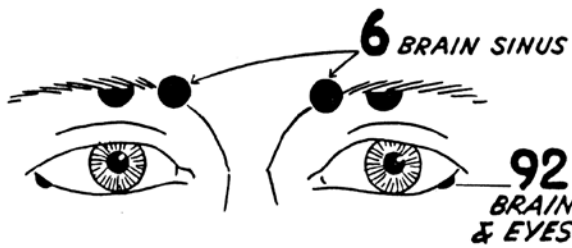
SWELLINGS AND GROWTHS ON MALE OR FEMALE REPRODUCTIVE ORGANS  
GOUT

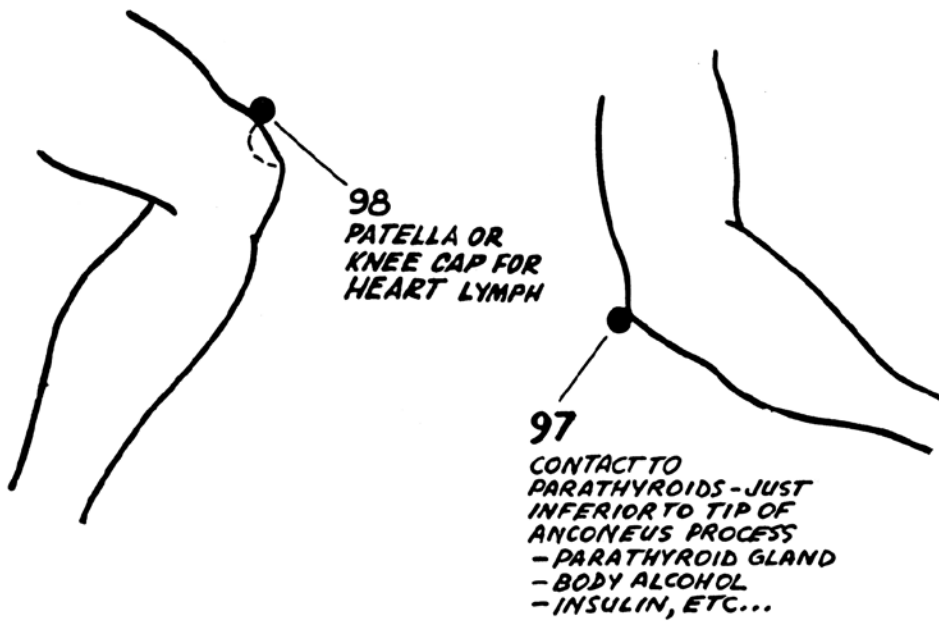
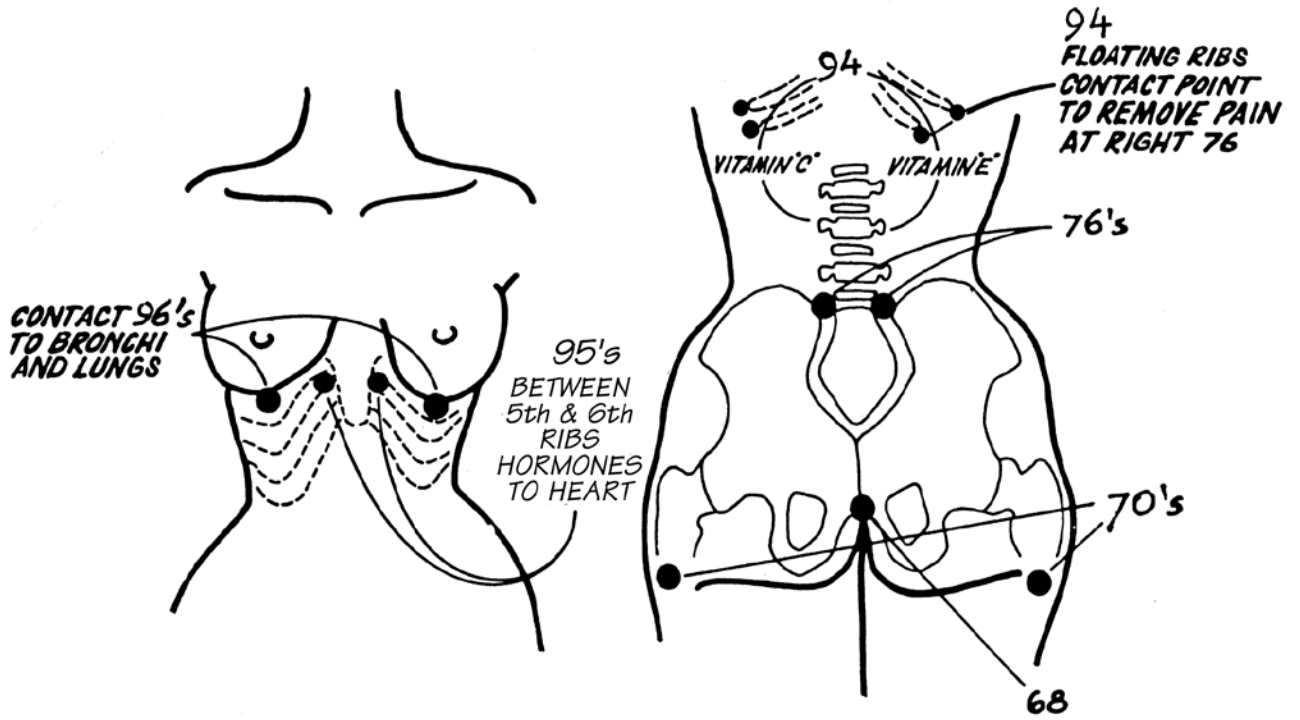


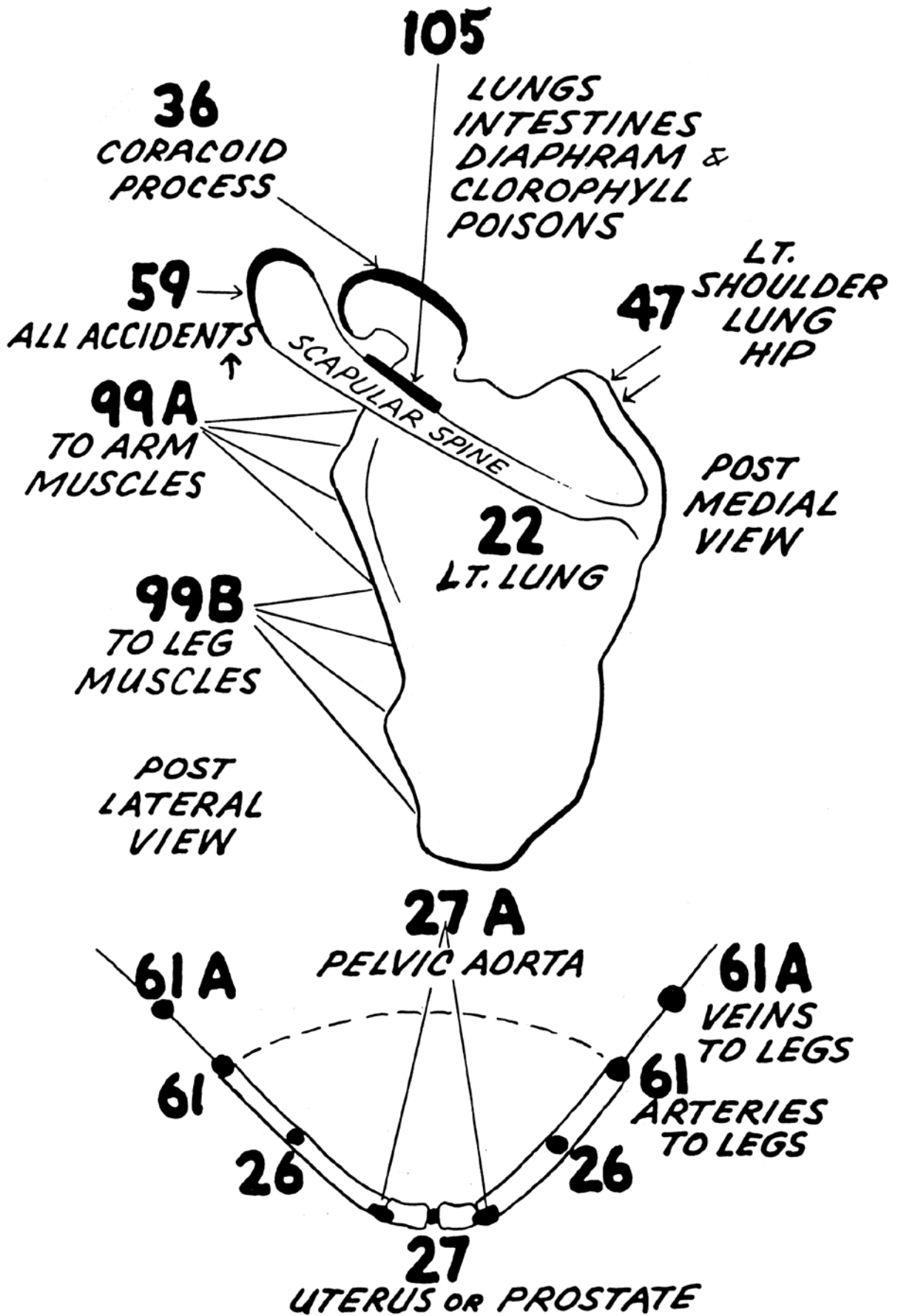
RECTAL PAIN ON INSIDE MARGIN

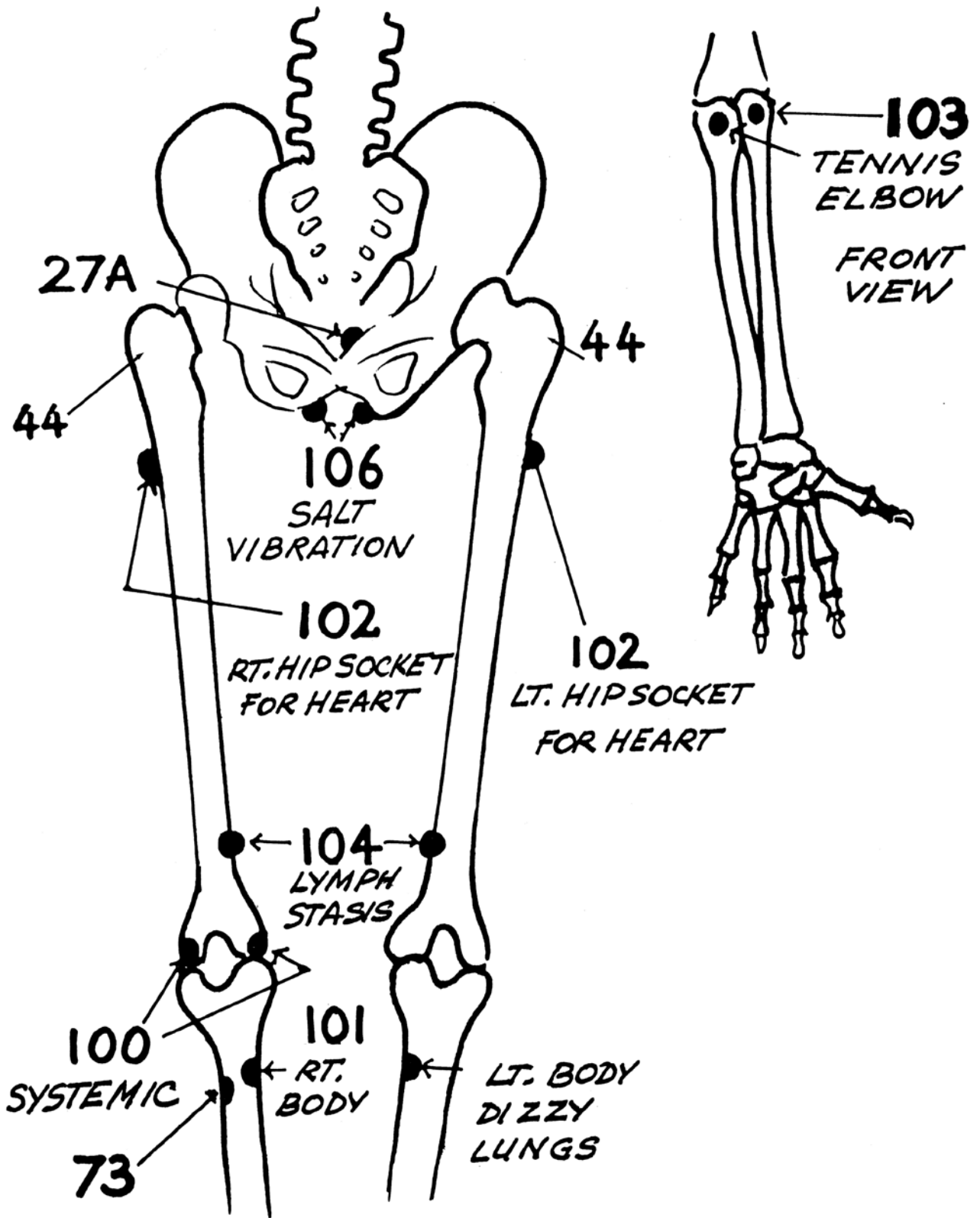














## Diet & Health

### BASIC CLEANSING DIET

Usually done for seven days.

Breakfast - All the cooked or canned whole tomatoes you wish.

Mid-morning - 1/2 Grapefruit

Noon - Same as breakfast

Mid-afternoon - 1/2 Grapefruit

Dinner - Same as breakfast

Eat nothing but the above for seven days to eliminate toxic waste from the liver. Pure water may be taken of course.

In some cases this diet will bring on a fever as the body starts to throw off the poisons. This is very good and should not disturb the patient.

### APPLE CLEANSING DIET

This diet is helpful in certain gall bladder conditions.

Three days on nothing but apples (whenever hungry). At bedtime of the third day, take 1/2 cup of pure imported olive oil, followed by one or two bites of a slice of raw, ripe lemon -- expect "housecleaning" the next morning. Pure water may be taken with apples when desired.

### NATURAL vs. SYNTHETIC

Always consider the wearing of shoes, clothes, underwear, etc. that are a direct result of the creative power of nature -- this includes such things as linens, cottons, wool, leather, etc. This will facilitate the absorption of spiritual life energy from the earth we walk on and from the ethers of the air we breathe.

We as human beings are not of any material or substance that is in any way "synthetic". Man, as the highest expression of Nature should always live from, with and for, all that is Natural or of Nature.

## THE ELECTRO-CHEMICAL DIET

The way we think can make us sick just as fast, or faster, than what we put into our bodies, such as hate, greed, jealousy, worry and many other mental states all cause nervous tensions that obstruct the electrical forces in the body, and results in some DIS-EASE. Right thinking, exercise, sunshine and the proper, pure food elements, along with clean air and clean water make for a healthy mind and body.

Drink 6 to 8 glasses of water every day (not containing fluoride). True life-building virility is obtained from protein and minerals -- fish and fowl, with beef only once a week, and lots of green leafy vegetables. Sweet fruits, sugar or starch foods, eaten with protein, results in fermentation, slow or impaired digestion, malnutrition, mucous, poison and disease.

Foods that interfere with digestion in order of their noxiousness are grease, denatured and pasteurized foods and those foods containing some or all of the so-called preservatives.

This diet may take a month or may take a year, but it works! Credit for this wonderful diet goes to Dr. Klaunch, ND, E. E. Rogers, MD, and the Essene Metaphysical School.

### Food Combinations

Proper food combinations must be eaten in order to facilitate complete digestion and absorption of life.

In the following tables, it is recommended to combine only the foods listed in Group 1 with some of Group 2 -- or Group 2 with Group 3 -- but never Group 1 with Group 3. The Asterisks in front of a food means "Not Recommended for Human Consumption".

### Notes

Sweet fruit is a desirable food, but must be eaten alone as a complete meal, in between meals, or with food from the group 2, never with foods from the group 1.

Fish and poultry are the most desirable protein, except in the case of arthritis.

Our body's need for sea salt is equal to its need in natural sugar -- natural sea salt (sun-dried) or kosher are the safest.

Use olive oil in all cooking, in salads, etc. It is a pure food for the whole digestive tract.

Urine should always be acid -- should it be alkaline (if it turns litmus paper blue) combine food from Groups 1 and 2 and treat contact point I4B.

**GROUP 1**  
**POSITIVE PROTEIN**

All Poultry  
Buttermilk  
Beef  
Brains  
Coffee, Black  
Eggs (whole, fertile)  
Fish  
Grapefruit  
Lamb  
Lemon, Limes  
Cooked prunes, Cranberries,  
Rhubarb (no sugar)  
Oranges  
Pork  
Tomatoes (cooked or  
canned only)  
Veal  
Wheat germ  
Yogurt

**GROUP 2**  
**NEUTRAL CARBOHYDRATES**

Almonds  
Artichokes  
Asparagus  
Avocados  
Beet  
Beet tops  
Broccoli  
Brussels Sprouts  
Butter  
Cabbage  
Carrot  
Cauliflower  
Celery  
Cress  
Chard  
Cheese, natural  
Chives  
Collards  
Cottage Cheese  
Cucumbers

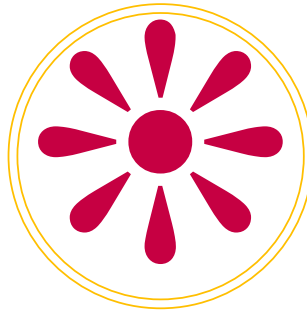
Dandelions  
Eggplants  
Endive  
Escarole  
Filberts  
Gelatin  
Goat's Milk, Raw  
Green Corn  
Green Peas  
Green Peppers  
Kale  
Kohlrabi  
Kraut  
Leek  
Lettuce  
Mushrooms  
Nasturtiums  
Oysterplants  
Okra  
Onions  
Parsnips  
Peppermint  
Radishes  
Root celery  
Romaine  
Rutabagas  
Salsify  
Sorrel  
Spinach  
Tea, No sugar  
Turnips  
Watercress

**GROUP 3**  
**NEGATIVE STARCH OR CARBON**

Apples  
All Berries  
Bananas  
Bread, Whole grain  
Beans, dried  
Brown Sugar  
Canned Corn  
Corn Meal, Bolted  
Cakes  
Candy

Cherries  
Cream  
Currants  
Dates  
Figs  
Flour, bleached\*  
Grapes  
Honey  
Ice Cream  
Jams  
Jellies  
Jello  
Lentils  
Macaroni  
Maple Syrup  
Margarine  
Meat Fat  
Melons  
Molasses  
Oily Nuts  
Pastries  
Peaches  
Pears  
Peas, dried  
Persimmons  
Pies  
Pineapples  
Plums  
Pomegranates  
Popcorn  
Potatoes, white, baked  
Potatoes, sweet, baked  
Preserves, honey  
Processed Cereals  
Sphaghetts  
Pumpkins  
Raisins  
Rice, Brown  
Squash  
Steel Cut Oats  
Tomatoes, fresh  
White Sugar





# The Map Game - Part II

## USING HERBS IN TREATMENT

Once you're familiar with people's ability to "feel" things we can't see, there is another application of this knowledge which can be very practical...

Herbs are part of Nature's Medicine Chest -- in instances where a patient needs long term care and treatment, herbs can be a valuable resource. But how do you know what herbs to prescribe? The study of Herbology is a specialized field and giving someone the wrong herb can have negative results. If you simply use the information you've learned in the Map Game, you don't have to be an herbalist to aid the patient in getting the proper herbs.

Take the patient to any good herb shop and have them use the same technique you used in the original Map Game. The subject holds their left palm about six inches from each jar of herbs and notes the resulting feeling in the palm of their left hand. The warmer the feeling, the more their body is telling them it's a positive herb, while a cool or cold feeling is a sign they should not use it. And yes, you can hold their left hand in your right hand and, just like in the Map Game, you'll get the same feelings as if they were doing it themselves.

Once you've developed your list, it's best to consult an herb book to make your final choices. I wholeheartedly recommend "Back To Eden" by Jethro Kloss as one of the best books for the average person to use in understanding how herbal treatments work. Following his instructions and recommendations for using herbs will give you the best possible results.

A footnote...

In the Native American culture, it has been common knowledge for centuries that herbs each give off a unique frequency of energy -- it's this energy that is truly the aspect of herbs that most affects the human body. A "medicine man" wouldn't generally ask the patient to eat the herb or boil it for tea -- instead, they would place a mixture of herbs in a pouch and tell the patient to hang it around their neck, so it hangs directly over the heart chakra. In this way, the body could absorb the energy from the herbs and it was felt that this was the preferred way to use herbs for physical and psychological support. I was told once by a homeopathic doctor that this phenomena is called "radiometry" and that the measurement of these frequencies was done in the "radionics" range or octaves.





## Final Thoughts & Helping Hands

As I've said before, the methods contained in this book do not take any special talents -- they are part of a Spiritual Gift, given to us all at birth by The Creator, to help us care for our temporary bodies on the Journey back to our original Spiritual Truth -- that's Heaven in its purest form.

When you practice any type of Spiritual Healing you, as an aspect of Divine Love, are simply focusing your "positive" energy towards another aspect of Divine Love, in order to bring balance to a given situation. This concept can be viewed every day between parents and children, couples in supporting relationships, or just between friends -- anytime one person needs some "supporting" energy from another.

As mentioned before, it's possible to "amplify" the energy exchanged in this process by recognizing that you can focus your mind and heart on Divine Love during treatment and greatly enhance the results. Jesus was the greatest healer that ever lived because he knew how to directly contact his Divine Self and transmit pure Love -- that's how Miracles work.

There is also another level of help available if you're willing to "make the leap of faith" -- I have discovered that Angels of The Holy Spirit are not only willing, but eager to help us in this work. As our Guardians, they watch over us constantly, but always respect our God-given right to exercise our "free will" -- therefore, they can only help us if we ask them to and this is much easier than you might imagine... you just need to have enough faith to try!

By focusing on these Angelic Hosts, and requesting their assistance, you are affirming that Divine Love is all that matters while, at the same time, providing a willing channel for them to do their work. You will discover that they are both serious and playful in these endeavors for what is a Miracle to us is just plain normal for them. And, once Angels start hanging around in your everyday life, you'll find they are kind and compassionate companions who will help you in ways that you never imagined possible.

This does not mean you must have a particular religion or mode of spiritual thought to invoke these principals. When you practice any form of Spiritual Healing, always rid your mind of everything but the highest source of Divine Love you know. Recognize that it's your Divine Right -- even your Divine Duty -- to call upon the Gifts of Love to bring Balance and Harmony into any situation -- and the results are well worth the efforts!

# HEALING PHENOMENA IN THE BIBLE

## GIFTS OF HEALING

I Corinthians 12: 9–28

## HEALING BY MAGNETIZED ARTICLES

II Kings 4: 29

Acts 19: 11–12

## HEALING - OLD TESTAMENT

Numbers 21: 8–9

I Kings 16: 17–24

II Kings 4: 18–37

II Kings 5: 1–14

## HEALING - NEW TESTAMENT

### Jesus The Healer

Matthew 6: 5–13

Matthew 7: 10–13

Luke 5: 47–54

Luke 9: 11

Luke 14: 2–4

Mark 3: 2–5

John 4:47–54

## DISCIPLES CHARGE TO HEAL THE SICK

Matthew 10:8

Luke 9:2

Luke 10:9

## DISCIPLES HEAL THE SICK

Acts 3:1–8

Acts 16: 8–10



AND GOD SAID,  
“BEHOLD, I HAVE GIVEN YOU EVERY HERB  
BEARING SEED, WHICH IS UPON THE FACE  
OF ALL THE EARTH, AND  
EVERY TREE, IN WHICH IS THE FRUIT OF A  
TREE YIELDING SEED;  
TO YOU IT SHALL BE FOR MEAT.”

(Genesis 1:29)

“WHILE YE HAVE LIGHT, BELIEVE IN THE  
LIGHT, THAT YE MAY BE THE  
CHILDREN OF LIGHT.”

(John 12:36)

“I AM THE LIGHT & THE WAY  
AND ALL THINGS ARE POSSIBLE  
THROUGH ME.”

(Jesus)