

Neutronic Healing



A1 Case

QUALITY PRESS

For information regarding this book go to:

MonsterMartialArts.com

Copyright © 2012 by Alton H. Case

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without the written permission of the author.

TABLE OF CONTENTS

| | | |
|--------------|--|----|
| introduction | universe and awareness | 4 |
| 1 | the major guiding principle of neutronic healing | 5 |
| 2 | avoiding collisions and the growth of awareness | 9 |
| 3 | the light at the end of the universe | 13 |
| 4 | the battery that runs the light | 16 |
| 5 | the first neutronic healing | 18 |
| 6 | shining the light of awareness | 20 |
| 7 | what doctor when | 24 |
| 8 | a sad tale | 27 |
| 9 | the universe is a motor | 30 |
| 10 | the neutronic summation | 34 |
| 11 | the third neutronic healing | 36 |
| 12 | odds and ends of the third neutronic healing | 38 |
| 13 | where it all came from | 42 |
| 14 | an extreme neutronic healing | 47 |
| 15 | Jimmy Keller | 49 |
| 16 | the Burzynski method | 53 |
| 17 | diabetes | 55 |
| 18 | healing by frequencies | 56 |
| 19 | predisposing people to disease | 58 |
| 20 | flowing the body | 60 |
| 21 | awareness through motion | 63 |
| 22 | awareness through motion | 65 |
| 23 | don't hang around idiots | 67 |
| 24 | eat well | 68 |
| 25 | rest well | 70 |
| 26 | exercise | 71 |
| 27 | apply yourself to life | 72 |
| 28 | change | 73 |
| 29 | make mistakes | 74 |
| 30 | where sickness all comes from | 75 |
| 31 | a neutronic summation | 77 |
| | conclusion | 79 |

introduction
the universe and awareness

It was Albert Schweitzer who stated, “Every patient carries her or his own doctor inside.”

This is true.

Of course, the question now becomes: how can we unleash our inner doctor?

We live in a world, you see, that doesn't believe in inner doctors. We live in a world that is FDA regulated, AMA controlled, HMO profited, government mandated, don't get well because it is easier to enslave people if they are sick, poor, and stupid.



So you have to take a different path. You have to learn the truth about this universe, and the truth about you. Oddly, you'll find that it is easier, and makes more sense than anything you have ever done.

Oh, there will be a couple of mind twists before we're done, but that's okay.

So let's talk about Neutronics, and figure out better ways of looking at the world, and of making sure that we attain and stay in tip top health.

chapter one
the major guiding principle of neutronic healing

This is an interesting universe we live in. Most people believe it is a solid, knock on wood kind of thing.

The fact is that it is nebulous at best, liquid at worst, and usually somewhere in between.

Take for instance, the fact of the whole universe: this place is nothing more than a bunch of objects flying around.

That makes life nothing more than a bunch of decisions.

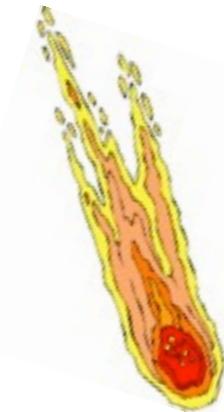
Here comes an object...should I get out of the way?

Here comes another object...should I get out of the way?

And we wend our way between the bits of flying debris that the universe is.

Thus is posed our only real problem: should I get out of the way.

Or, to be exact, here comes a collision with an object (a germ, a bus, a ?) that will result in poor health...feets, do your



thing!

So you try to get out of the way, and you fail, and the germ (or rock or bus or debris from a falling weather satellite hits you, and then you are in a situation where you have a range of rather limited options.

Should I take medicine? Should I get my bones put back together? Should I give a couple of rabbits to the Witch Doctor and see what happens?



From the above positioning of the universe we can glean two factors.

First, the universe is based upon two things: force and direction (flow).

That is to say: the impetus of life is to make decisions concerning things that threaten to collide with us.

If the thing that is threatening to collide is beneficial (a warm puppy, a kiss, a hot meal) we stay in the way, let the collision happen, and enjoy.

If the thing that is threatening to collide is harmful (a dog with rabies, an STD < sexually transmitted disease >, no food) we get out of the way, avoid the collision, and search elsewhere for enjoyment.

The second thing to be gleaned from all this is the Major Guiding Principle (MGP) of Neutronic Healing:

to the degree that you are aware,
to that degree you will be able to heal yourself.

And

to the degree that you are unaware,
to that degree you will be unable to heal yourself.

To be dire: If a collision with something is threatening, and you don't perceive it, you are unaware, and that collision will happen.

This brings us to an unfortunate truth, one which will bug you, irritate you, and even cause you to curse that wonderful writer of these words.

Neutronic healing depends upon the awareness of the individual.

A person with low awareness must resort to Medical personnel and other witch doctors, pray to nebulous Gods, and wallow his way back to good health...if he can.

A person with high awareness will tend not to get ill, or encounter accident or misadventure, and, in the odd chance that he does contract illness or accident, will be able to use the items in this book to ward off encroaching bad fortune, and retain amazingly high spirits, good body, and cheerful outlook on life.

Let me explain a little more about the Awareness Factor.

You can have a person brilliant, smarter than anybody, can figure anything out, and he can be sicker than Stephen Hawking.

And, you can have a fellow who is sort of dumb luck, grins doltishly, and is never sick a day in his life.

The smart fellow, for all his brilliance, could not perceive impending collision, and if he did, he made bad decisions, and so on.

The cloutish lump, on the other hand, was aware enough to perceive impending collision, and able to do a dance step out of the way.

On the surface it looks like luck, blind luck, and nothing else.

In the depths, however, where normal people can't perceive, it was awareness.

Awareness. That is what it is all about.

And we will get into awareness more and more as we go along, that's what this book is really all about, you see, but for now, let us shift into another arena, and move towards our first Neutronic healing.

chapter two

avoiding collisions and the growth of awareness

Let's talk about collisions and how to avoid them.

The universe is based on that jolly, little fellow, the atom.

The word atom comes from the Greek: atomos 'indivisible,' based on a- 'not' + temnein 'to cut.'

On inspecting the atom we get our clues as to how to live a collision beneficial life.

The atom is built of three little things: a proton, an electron, and a neutron.

The proton--bully little fellow--is a positive force. That means it goes towards.

The electron--a bit of an coward--is a negative force. That means it goes away.

The neutron, that's the fellow who, uh...well, he goes and does, uh...I mean...he doesn't do anything! He just sits there! He does nothing!



Now, in your life, if something is coming towards you, we say that it is protonic.

And, if something is going away from you, we say it is electronic.

This includes more than just objects. This includes everything!

Emotions, ideas, abstracts...even if something has no physical body, if it is coming towards or going away, it can be labeled protonic or electronic.

Now, we could talk books about the potential here, but we shan't, for I have already written books about the potentials here. You could easily avail yourself of the little tome entitled 'Neutronics,' and learn everything there is to know, change your life, and rule the universe.

But, I will mention one thing, and this concerns that dainty, little ne'er do nothing fellow called the Neutron.

The Neutron, in the model of the atom, just sits there, does nothing, and the play happens about him.

As we expand this model and apply it to ourselves, you are the Neutron. You are the 'thing' things are coming towards, or going away from.

So, a fair question, just what, exactly, is the Neutron, or, in our expanded model, the Neutronic Being that is you?

Now this is a rather interesting question that has befuddled philosophers and common folk from the beginning of time.

I mean, just who the heck are you? What are you?

And, if I might pose something, if you can figure out what you are...then you might actually figure out the whole universe. Maybe?

So, let's answer that question.

You are an 'I am.' You are an awareness.

Awareness is an interesting subject, for, as mentioned earlier, a person can be brilliant, and unaware, or stupid, and aware, and there is a vast range of incredible complex combinations of smarts and awareness in between.

But we've said all that, so let's consider something else. Let's consider what, exactly, awareness is, and specifically in conjunction with the Neutronic Being.

Awareness, according to one dictionary, is the knowledge of a situation or fact.

This differs from the word perception, which according to that same dictionary means the ability to see, hear, or become aware of something through the senses.

The point is that one perceives through the physical sense apparatuses of the body, and one becomes aware by 'watching' the physical sense apparatuses of the body, or can understand something without utilizing the physical sense apparatuses of the body.

This point is actually rather important, as you will shortly find out, so let me offer an illustration.

One could 'sense' somebody walking behind them without physically seeing them.

Or, one could have a 'sixth sense' of something about to happen, though there are no cues in the universe to tell us that something is going to happen.

Or, and this is important, close your eyes and look at your big toe. You can ‘see’ your toe, you can ‘feel’ it, though your eyes are closed and nothing has ‘touched’ it.

Oh, I know, some brainiac scientist is going to explain about tactile sensations existing within the human body, but...that really doesn’t cover it, for here’s something to think about.

When I was young I could feel my toe with closed eyes.

Now, after much discipline (which I will get into later), when I close my eyes and look into my toe...it is like being in a big room.

I am becoming more aware, you see.

And here is something interesting: people always talk about people getting stupider as if there was no cure, but one can always take a course in something and become more intelligent. So stupidity is not terminal, and can actually be reversed.

And, Awareness is definitely not terminal.

Awareness, you see, is like a bright light which you can turn the wattage up and up and...UP!

Let’s talk about this equation of ‘light’ to awareness.

chapter three
the light at the end of the universe

The big lie of this universe is that it happens to us.

The universe doesn't happen to us...we make it happen.

I am reminded of that genius piece of poetry.

A rock through the sky has only to die
but the hand that flung has held thoughts unsung

You see, when we are dodging all those meteorites and meter maids that hurtle towards us all day long, we are neglecting one fact: something had to have put that rock, that meteor, that meter maid, in motion.

Somebody had to do something to start this universe up.

This is something that I realized during a class at Kang Duk Won Karate back about 1974.

At that moment I stopped being the universe's bee-yotch, and I started to rule the universe.



At that moment I stopped lying to myself, and took the universe by the reins.

Of course, someone who has not experienced such a discipline and resulting enlightenment, and had the proper experiences in ‘preparation’ is still running around thinking that the universe is doing things to them.

They think the universe is a play that is happening, and there is nothing they can do about it, and they are just cogs in the big machine, whims of some mad god, pebbles being flung through the cosmos.

But, once you have the proper experiences, once you have benefited from a working discipline, the opposite is true.

You are not a screen upon which the universe plays, you are the projector, and the universe is the screen upon which you play.

Awareness, to take this badly abused analogy to the end, is a form of light.

Not the battery operated, hand cranked, petroleum driven light of the sun and the stars and your handy, dandy flashlight, but rather a finer wave form upon which all other waveforms are built.

This becomes obvious once you have partaken of sufficient discipline to launch yourself as a Neutronic Being; this becomes obvious when you attain sufficient awareness to be aware of...Awareness.

You see, you can’t see awareness with the naked eye...the physical sense apparatuses cannot perceive the ‘light of Awareness.’

But Awareness can perceive, without the physical sense apparatus, other Awareness.

And, educated far enough, in the Neutronic sense, one can perceive that the universe is light and airy, filled with warmth, and a generally fine place to be in.

I know, it doesn't seem like it sometimes, but that's because you are paying attention to war and disease and all manner of tragic things that seem to be happening to you, seemingly without your permission.

Become Neutronically Aware, however, and put your priorities in the proper scale, and you will see that life doesn't happen to you, you happen to life, and that is the truth.

chapter four

The Battery that Runs the Light

Before we get into our first Neutronic Healing, I want to talk about one more thing. I want to talk about the energy necessary, beyond discipline, and yet requiring a discipline all it's own, for increasing the magnitude of the Light of Awareness.

Virtue.

I hope that word impacted upon you, for this is the simple truth of us.

Virtue is from Latin...virtus 'valor, merit, moral perfection,' from vir 'man.'

Look at that again, for it is telling us that perfection comes from man. Or, to restate, virtue comes from man. Virtue is the natural character or attribute of man.

Why?



Well, consider that perfection comes from Latin perfectio(n-), from perficere ‘to complete.’

To complete...which is oddly similar to the definition of the atom which says...‘indivisible.’

I am not playing word games here. This is a similarity of plan, a collusion to help us out of our mess, a path to help us gain the ‘Light of Awareness,’ to help us realize our Neutronic Nature and to have a universe to play with.

So virtue will help us be complete, and be indivisible, and to help us realize the truth of ourselves as Awareness.

Virtue as in: patience and charity and truthfulness and honesty and doing good deeds and...and you should look up the word virtue, make a list of the virtues, and see how many of them you are actually doing in your every day life.

And, from this point on, magnify them in your activities.

For as you are virtuous, so will your Neutronic abilities return to you, aided by the proper discipline and preparation.

Now, I can see that you are trying to stifle your impatience as the non-virtuous quality you don’t desire, but when the heck is AI going to get on with this Neutronic Healing?

Right now.

Chapter Five

the first neutronic healing

When I have something go wrong with my body, I learn all about that something, then I can better direct awareness to that area. This sometimes includes reading medical terms, and even researching the latin roots to those terms.

My elbow hurts? I get out medical illustrations that show me exactly how that elbow works. I study the bone structure, I move my elbow and study how the bone is following the illustration.

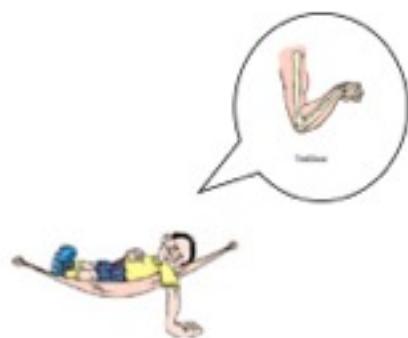
Next I make note of how the muscles work. I study how they are attached to the areas around the elbow, and I bend my elbow and study which muscle is moving from which motion.

In particular, I try to become Aware of where in the elbow area there is pain.

Once I locate that area I close my eyes and put my Awareness into the pain.

I can do this in conjunction with light motion to help locate the pain.

Mind you, I don't try to cause that pain, I don't love pain, I just want to nudge up against it, feel it very slightly, and increase my



awareness of it

I just want to become aware of the point of injury in my body.

Interestingly enough, that is usually when pain disappears.

One of the things that led me to this was watching what a dog does when it is injured.

A dog takes a knock, cries and whimpers, then gets up and walks funny. It walks in a way that goes close to the action that causes the pain, then shades gently into it.

A dog intuitively knows how to use Awareness to cure itself.

Man knows this, and he acts the same way when he has an injury. He moves gingerly and carefully and works his way through any pain.

Of course, what I am describing in this chapter has to do with applying increased Awareness to the situation, not necessarily accompanied by any real motion, to fix an injury.

This is very handy when one is in a hospital bed and can't get up and 'shade the injury.'

Or when the injury is more severe and 'Shading' actually is too painful to do.

Just use your imagination, flex your muscles, put Awareness into the area afflicted, and that might be enough to do the trick.

chapter six
shining the light of awareness
the second neutronic healing

Remember when I asked you to look at your toe without your physical senses? That is the basis for the healing I just described.

If I have an injury or illness I do this one. I also do this one every night before I go to bed. I usually pull a pillow over my eyes, and try not to let my eyeballs shift from side to side as I go back and forth within my body. I want to do it with my imagination, free from my physical self.

I start by directing my awareness, my Light of Awareness, into my toes, then the parts of my foot, then the ankle, and the calf and so on up through my body.

I do the other leg, I do my arms; I direct my Light of Awareness into the parts of my body all the way up to the top of my head.



How I came up with this is rather interesting.

The initial plan began when I was in sixth grade. I loved to run, and I started looking at the foot. I would get medical charts and examine how the

bones were structured, try to figure out how the arch could best be used, and tried to figure out the fastest ‘launch,’ the best way of setting the foot in stride, and so on.

Fast forward some fifteen years.

I was engaged in the study of Karate, and I was analyzing how the body worked in the martial arts. I would be in a stance of some sort, and I would have to take a step, shift, or whatever, into another stance, and I would have to figure out how to get arms into the next position.

It was cold in the Kang Duk Won in San Jose. Middle of winter, freezing outside, we just didn’t turn on the heater; we were supposed to warm everything up by turning on our bodies.

Now, the mat being cold, my feet being cold, there was no traction. I would slip this way and that whenever I tried to make a quick move.

So I started examining the angle of the foot, how to increase the weight of the foot, anything I could do to create more traction...just like I had back in the sixth grade.

And I began to get the idea that I should sink the weight, push, and feel the weight go up the leg.

I would go through my stances slowly, analyzing the weight and angle of foot, then push through the ankle, then into the calf, the knee, up the upper leg, into the hips, turning the hips and up the back, through the shoulder, down the arm and into the punch.

Do you see what I was doing? I was trying to figure out how energy moved through my body so I could move more efficiently...and I was turning on awareness without realizing it.

And I continued with this type of thought through all the forms and styles of Karate, through Kung Fu styles, and into the eternal styles such as Tai Chi Chuan and Pa Kua Chang.

As time went on I found that I was healthier, less prone to injury, rarely if ever suffered a pulled muscle or anything like that.

So what you are doing, when you do the healing from the last chapter, is becoming aware, top to bottom, of your physical self. You are shining the Light of Awareness--as generated by Awareness, or the Neutronic Being--upon the electrons and protons of our body.

You are shining spiritual light upon a gross vehicle having existence within the universe.

And, if you feel the order isn't quite right for you, adapt as you see fit. There can be no ill effects from doing this healing, for it is never wrong to shine the Light of Awareness on anything. Ever.

I do this at night, and in my case it helps me sleep, and it helps my body rejuvenate on a physical level, but you can do it at any time.

And, you may find that your mind wanders off, or you even go to sleep. That is okay. If you need to not wander off in your attention, then you need more discipline, and besides, sleep may be the natural recourse once you have effected some healing to yourself.

The only thing to remember is that this healing will have more effect as you grow in awareness, and it may have limited and even seemingly negligible effect if you are just beginning awareness.

Neutronic Healing

Patience, and practice (virtues both), and your success will grow and grow, and you will experience profoundly good health.

chapter seven
what doctor when

I should mention something at this point. That something has to do with doctors, when you see them, what kind, and why.

Let's say you don't agree with what I have thus far told you concerning healing by looking at yourself. All that really means is that you aren't up to that point; you need to delve into a discipline or four and learn something about yourself as an 'I am,' how to look with awareness, and that sort of thing. Let me state it baldly.

If you can't cure yourself you need to increase awareness.

So, if you don't have the awareness, go see a doctor.

There are many types of doctors.

If you break a bone see a medical doctor.

If you are suffering from some sort of condition (depression, diabetes, etc.) make sure you see a nutritionist.

If your bones are out of alignment (sore back, sacroiliac slip, etc.) go see a chiropractor.



If your energy is lacking, suffering from some kind of condition, go see an acupuncturist.

And so on.

To make analogy, a house has many different systems. You call a plumber for the plumbing, an electrician for the wiring, and so on. Your body is the same way.

The problem, in today's society, is that every medical professional takes the viewpoint that they've got all the cures. That's like an electrician thinking that because he knows about houses he can do the plumbing.

So you have to do your research, and make sure you choose the doctor that deals with the system you are trying to fix.

And you have to be aware that Doctors' have what I call 'The God Complex.'

The God Complex occurs because so many people go to a fellow and ask him to cure them, and the fellow starts to believe he can actually cure.

But a doctor can't cure anybody, only the person who is afflicted can cure himself.

A doctor can only put the bones in place so the body can knit them.

A chiropractor can only align the structure and hope it stays in place.

An acupuncturist can only stimulate the flow of energy, and hope that the flow continues.

A good doctor/chiropractor/acupuncturist/whatever can help the body to predispose itself to good health. But they can't cure the body, they can only put the body in a position to cure itself.

chapter eight a sad tale

I knew a person who had pain in their leg. The pain was a knee, looked like it effected the hip directly, but the whole body was going out of whack.

So this person went to a chiropractor and the chiropractor adjusted this person.

Adjusted the hip and the knee, adjusted the foot, and relief came, but only lasted a few days at most.

This went on for a couple of years, and the slide downhill was slow but inexorable.

I thought that perhaps this person should see a medical doctor, but I didn't say anything. You see, this person believed in chiropractic, and whenever I started to say something I encountered a hard face and disapproval.

Finally, it became obvious that this person could not walk without pain, that the chiropractic adjustments were going nowhere, and something had to be done. So this person went to a medical doctor.



X rays were taken, and it didn't look good. MRI was done to confirm, and it was proven: the knee was absolutely shattered.

And every time that chiropractor did an adjustment, in spite of momentary relief, there was real possibility of aggravating the injury to that knee.

This person ended up having a total knee replacement, and there is a chance that, had this person done a little self education, and perhaps availed herself of other medical professionals, the knee could have been saved, or at least made to last longer.

Now, before you shake your head, and maybe even assume an attitude on this, I want you to think on something.

The American Medical Journal, which is the voice of the American Medical Association, has stated that there are up to 80% misdiagnosis by doctors.

These are our most trained medical professionals, and they know themselves that they don't know everything. But they don't send people to other types of medical professionals, they just cut and give pills and take the attitude (The God Attitude) that they know everything.

Vested interest, authority junkies, call it what you will, every medical professional thinks they know everything, that you don't, and you shouldn't question what they say.

While I have dinged chiropractic here, there are times when you should go to a chiropractic professional, and not a medical doctor.

You just have to find the right doctor for the right ailment, and you must do this through dedicated research.

And, the real fault here is not the doctors. It is yours. It is up to you to heal yourself. If you have to use somebody else, fine...but it is up to you that you select the right somebody else, that you don't become a true believer in one medical system or another, that you educate yourself properly.

chapter nine
the universe is a motor

Before we get into the next healing we need to discuss some Neutronic Theory. We are going to be hooking bodies together, connecting them for healing, and we need to understand what they really are before we do this. And, before we understand what bodies are, we need to understand what the universe is. So, this might be a bit hefty, but take your time, make sure you understand my words and meanings, and lets talk about some stuff they never told you in school...let's talk about what a motor really is.

A motor is defined as two terminals between which there is tension (push or pull).

On the atomic level the two terminals are the proton and the electron. They push and pull each other, and the universe exists.

The Neutron, as we previously discussed, just sits back and watches.



On the molecular level of the body potassium and sodium create the basic motor which is the basic cell of the body.

On the body level we have a whole bunch of motors hooked together to make a bigger motor (or machine).

And, we can hook two bodies together to effect healing.

Hooking two bodies together enables them to flow energy back and forth, and this energy can be directed to body parts in a variety of ways.

Hooking bodies together merely means stimulating with massage, pressure points, various kinds of adjustments, and so on.

Interestingly, Neutronic healing, while it can benefit from such knowledges, doesn't require specialized knowledge to be effective.

To give one example, through my practice of the martial arts I have gotten to the point where I can put out a candle from a foot away with a simple strike.

This is not mystical, it is just understanding how the body works on a neutronic level, and gaining a certain discipline through martial arts.

The significance of this is this: when I massage a body part I have more 'chi' energy, and my massages tend to be more therapeutic, and to create a faster healing effect.

I am feeding beneficial energy directly into the body, and in such a way that the other body loves it, and the person who owns that body feels this, and is then prone to faster self-healing.

Now, the only things I have are the the discipline of the martial arts (as perfected through Matrixing Theory) and Neutronic Theory.

Because of these two practices I am aware that I am a source of the ‘Light of Awareness,’ and I am able to use this knowledge in small fashion.

To be honest, very small fashion, for my interest has not been to healing, but in exploring the martial arts.

Actually, it would be very interesting to see what a real medical professional could do with Matrixing and Neutronics.

To return to the discourse on motors: A planet has two poles, and the mass between the poles has attraction by virtue of individual motor, and gravity, and compression, results, and the motor turns.

The same for any moon or planet or sun...or for any system of suns or entire galaxy.

And, somewhere ‘above and below’ are a north and a south pole for our galaxy.

The universe, however, has two different terminals. It doesn’t have a north and a south pole. The universe is a motor of an entirely different breed.

To understand how the motor of the universe works, let me return to the notion that you project the universe by emitting the ‘Light of Awareness.’ That being true, we have two things: you...and the universe.

So which is real?

Doesn't matter. Go ahead and argue and cogitate. Doesn't matter. All that matters is that they are the opposites between which is the tension that makes the motor of the universe.

Now, the reason I tell you this is because I want you to understand the significance of motors. I want you to understand that your body is a motor, and that the next fellow's body is a motor, and that by hooking two motors together we can effect a healing.

I also want you to understand the two terminals of the universe, so that you can be more neutronic in your handling of the 'universal motor,' and the energies thereof.

chapter ten
the neutronic summation

The body is a motor.

The body/motor can be disciplined until it creates energy.

Matrixing will help you analyze the discipline of your choice, so you can speed up your progress, become more efficient, and so on.

Body energy comes from the tan tien, and this is addressed in Matrixing Theory.

Matrixing a discipline enables one to use that discipline to become more Neutronic.

The universe is a motor.

An understanding of the universe/motor can be reached by a study of Neutronics.

Once one has achieved a Neutronic Viewpoint, one can operate the motor.

The exact energy of the universe is Awareness.

Each human being gives off this 'Light of Awareness.'

By directing this Light of Awareness one can effect a Neutronic Healing.



All healing is dependent upon one principle:

to the degree that you are aware,
to that degree you will be able to heal yourself.

And

to the degree that you are unaware,
to that degree you will be unable to heal yourself.

chapter eleven

the third neutronic healing

This is the simplest type of healing, but there are two problems with it.

One, it has been made complex.

Two most people don't have the discipline to effect it.

The healing is a simple stroking of the injured body part.

A broken leg will heal faster if you sit down next to the patient and simple pet the entire leg, from high thigh to toes.

In the event of an injured (afflicted) body organ, such as is encased within the torso, go to the area of an injured organ, or an area which gives access to energy which feeds that organ, and pet the body over that organ with small circles.

The patient will often experience euphoria, and specifically in the body part being petted.

Simply, the energy is being encouraged to run through the leg, and to 'sweep away' all blockages.

The key is to move slowly, to feel the injury, for the patient to feel it, and to shine your awareness, and direct your patient's awareness, to it and into it and through it.



This healing has been made complex by people who want to make it more complex by manipulating, massaging parts of, sticking needles into, and so on.

These things may all be true and good, but they are all secondary to the simple petting of the injured body part.

Now, the big problem is this: people are undisciplined and don't know how to make their bodies give off energy appropriate to such petting, and they lack sufficient awareness to be effective.

This is a simple problem of not knowing how to operate the motor, and lacking sufficient awareness of self.

In doing the martial arts, in matrixing the body and learning how it really operates, I disciplined myself, and was able to reach a Neutronic Viewpoint.

I know that I am an 'I am.' This is the Neutronic Viewpoint that is at the heart being able to shine my 'Light of Awareness.'

In the next chapter I am going to discuss some of the things you will encounter in effecting this healing.

chapter twelve
odds and ends of the third neutronic healing

I was teaching a karate class once, and this guy came up to me with a large bump on his forearm.

“I just did a block, and look what happened?”

It was maybe an inch in diameter, a perfect, little half sphere midway up his forearm.

“Does it hurt?” I touched it gently.

“No.”

We stood there, looking at the offending bump, and then I did something without thinking about it.

I put my fingers on his forearm above the bump and pulled it out of his arm. It actually moved down, slid under his flesh, grew smaller, and then disappeared by the time it reached his hand.

He looked at me with wide eyes. “I didn’t know you could do that!”

“I didn’t either,” I responded.

That was probably the first time I appreciated the body as an energy unit.

Mind you, I had used it as energy, had experienced it as energy, but to take and manipulate the rather solid energy of something that should have been considered a great



wound...I hadn't done that before.

I remember my instructor telling me that everything was in the forms of Karate. I thought he had been talking about all the techniques, but he had really been talking about an evolution of body through Energy and into Light (Awareness).

Of course, you could do those karate forms all your life and, if you are not doing them right (if they are not Matrixed), you will never experience this. You might experience muscle, good health, calmness, but not the reality of energy as a liquid something that can be used and manipulated.

Of course, I would recommend that one not use the method I have mentioned here until they have done corrected (matrixed) martial arts for a time, and experienced themselves as a Neutronic Being, and pretty well mastered the techniques I am sharing in this book.

In other words, don't try this at home kids, until you have disciplined yourself to the point that you know who you are, or the doctor will be out!

Now, the above example being given as something to look for, but to be careful of, let me offer a couple of advices.

Breathe as if to and from the Tan Tien ('The One Point,' it is located about two inches below the navel, and it is the energy center for the body. It is the 'acorn' from which grows the body tree, and it is a source of energy, it is the energy generator.

If you do not have good martial arts training, simply remember that your body is a motor, and it should be fastened down to be effective. So stand firmly on your feet (or sit squarely and firmly in a chair), avoid bad posture (you want energy to flow freely through your own body).

Pet VERY slowly. Feel the inside of your patients body. Remember: the slower you go the more you can look, the more you can look, the more you can know, and to know what is inside a person body by feeling it is to shine the Light of Awareness inside that body.

I was petting the knee of a person who had had a knee replacement, and when my palm passed over the replacement I could feel the insides of my hand tense up like there were a thousand knots struggling inside. So I went slower and slower and just kept feeling those knots until they resolved. Mind you, it was sort of scary, and you might think that your hand might take some of that 'bad' energy and be somehow injured. It won't. Just keep directing your awareness through your pal and into the injured body part and you will give beneficial energy, and not receive bad energy.

TRACING ENERGY LINES

If you trace the energy lines on a persons body with a finger the light of their own awareness will follow the lines and heal the injury.

Remember, you are the one causing the universe to happen; it doesn't happen to you. So direct your awareness and let the healing happen.

And, of course, don't touch open wounds, be gentle, and use whatever common sense you need to make sure the patient is happy trusting and can therefore receive the most benefit from your energy, and from your Light of Awareness.

Mind you, you have to be careful, we are talking about injured body parts here, after all. If there is a bruise, the energy blockage is tied in with actual tissue damage, and you aren't going to get that out of anybody unless you are very aware.

What we are trying to do is get the flow of energy moving, which will 'wash away' injuries that tend to rely on energy blockages.

chapter thirteen
where it all came from

I came up with the Motor Theory because of an experience I had back in 1974.

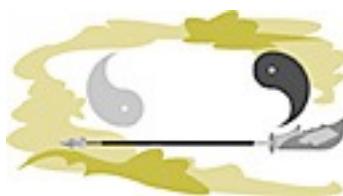
I had been studying the martial arts for some seven years. It was a good system, very powerful, very spiritual. It was called the Kang Duk Won (House for Espousing Virtue).

What made this particular branch of the Kang Duk Won so powerful was the fellow teaching it.

Mind you, this was a time in which the martial arts were being introduced, and nobody really knew about them.

And, the whole thrust of the martial arts teaching method is monkey see monkey do.

This is not an efficient method, especially when compromised by introduction to another culture. People began writing books and doing videos, and trying to explain that which they knew nothing about.



My instructor, a fellow name of Bob Babich, didn't say much. He just taught in the old manner, and it really worked in me.

While everybody else was trying to define everything in the physics of the universe, I was immersed in a method that went to another set of physics, a physics beyond physics, if you wish.

Anyway, at the end of this time I had earned my black belt, and I was sitting on a cinder block on my patio. I wasn't drunk or drugged or anything, I was just sitting there, enjoying the sun, listening to the music (America), and tapping a piece of rebar on the pavement.

Tap, tap, tap.

Ting, ting, ting.

Ting, ting, ting.

Ting, ting, ti-o-o-O-O-O-O-N-G!

I looked around in startlement.

I couldn't tell what direction the music was coming from, because it was everywhere.

I could see the universe as it was, a glowing, vibrant gift, and I had this thought:

For something to be true
the opposite must also be true.

This was the origin of the thought process that resulted in the motor theory.

I immediately put this concept to work in the martial arts: there are only two things, force and flow.

There are only two directions, to or from.

Everything is constructed, held in existence, by the tension of two terminals.

If the force is greater flow it, if the flow is greater force it.

And so on.

So, that all said, let's get back to that question of...what the heck is the Neutron really doing?

I mean, it just sits there, neither coming nor going, and the universe is a play for it, and we are the Neutron, watchers of the universe play, projecting a universe as we whim, but...what is the Neutron really doing?

To understand this, let me explain something. If something is going in the same direction and at the same speed, they are neutronic.

This is a balance, a harmony, and, interestingly, a place where there is push or pull is balanced.

Equilibrium.

A stasis.

Everything is right.

In the martial arts, if something is coming towards you, and you agree with it, then a balance is achieved. This is well stated by arts such as Aikido, Tai Chi Chuan, and so on.

In the world, in life, you can create for yourself a very harmonious existence, one in which the universe is in tune with your very thoughts.

Somebody yells at you, and you agree with them. Emotion is harmonized, and suddenly you both chuckle and start enjoying the moment.

Somebody is telling you what to do, being very obnoxious and demanding, and you suddenly agree with them. Zingo bingo, end of contention, start of harmony, and you both grin and get along.

This concept, of agreeing with somebody, can help you create a beautiful life, a life in which ailment and disease seems to skirt you.

Simply, if you are Neutronic, the protons and electrons stop pulling on you.

If you make friends, fall out of disagreement, then harmony can be yours, and life will work for you.

In harmony it is ten times easier to learn about and extend your awareness.

Believe me, this is the key to life and the whole universe. This is the Neutronic Healing, and it all depends on one, very simple thing.

You must analyze the motions of the universe, figure out the directions involved, and agree with them. That is the way to harmony,

Before I end off this chapter, I'd like to tell you something.

I mentioned Kang Duk Won, and the physics beyond physics (Neutronics).

Unfortunately, most martial arts disciplines will not, at present time work in this manner. They have been corrupted by explanations in physics, and they have diluted by immersion in a culture lacking awareness, and they have been changed by tournament and glory and all manner of vested interests.

If they do work, they will work exceedingly slowly.

This is where the value of matrixing comes in.

Matrixing arranges and aligns the martial arts in a logic fashion. It is far beyond the monkey see monkey do methods of yore, and it works incredibly fast, and it works to get a person to the point where they can understand and make entry into the physics beyond physics.

The only thing that would stop matrixing from working is the fellow who wants to explain everything, instead of doing matrixing exactly as I have prescribed it.

In the following pages I am going to go over some odds and ends you should probably be aware of.

chapter fourteen
an extreme neutronic healing

I was driving a mail truck in northern California back in the eighties. One night, I had to drive all night, and I had the most massive migraine you could imagine.

I tried to sleep, but couldn't, and I sat in my truck, waiting for the other truck to arrive, and had no idea how I was going to get through the night.

Suddenly, for whatever reason, I started thinking about the motor theory. The pain was a motor, and it had to have two terminals. Two things, on either side of my head, had to be holding the migraine in place.

So I imagined one terminal leaving--I tried to isolate the spot on one side of my head where a terminal was (based upon where the pain was in my head and how it was situated), then I just imagined that terminal floating away.

The headache left so fast I almost fainted from the relief.

It was just gone.

I worked the night through, and had fun.

And here is something veddy, veddy interesting...I have not had a headache since then.

I've experienced pain in the head from not



eating, or being dehydrated, or a specific cause, but that particular migraine went away never to be seen again.

Now, to be honest, I don't know if this is going to work for you. Heck, I don't even know if I should be describing it before you have sufficient Matrixing and Martial Arts (or other discipline) to make it work.

But, if it doesn't work, you just need more awareness, right?

chapter fifteen

Jimmy Keller

In an upcoming chapter I am going to talk about the seven rules for good health. But let me get ahead of the game right here and mention a few instances of people who don't want you healed; these are people you should avoid, or figure out how to go around.

I had a friend, name of Kathy, who contracted cancer. Kathy didn't want to go the traditional route, get all the radiation and all that, so she started looking for alternatives. One alternative was Jimmy Keller.

Jimmy ran a clinic in Mexico. He treated people from around the world, and I think his treatment, as I recall, was based on some sort of chemical extracted from animals, and it was developed in Europe.

It was developed in Europe, and not the US, because the US discourages alternate treatments.

It was dispensed in Mexico because it was legal in Mexico.

I think this was the clinic that Steve McQueen went to when he contracted cancer.



So my friend went to this clinic and started undergoing treatment. Part of the treatment was that she had to give herself her own injections--she had to stick the needle in her leg and press the plunger and administer the medicine to herself. The reason for this was that people have to take responsibility for their condition.

So every morning she would go to the front desk and pick up a bag--they had a couple of weeks of her medicine there--and go to her room and inject herself.

One morning she stepped into the lobby, and armed men burst through the front door. These men were wearing full military gear. They had helmets, body armor, fully automatic weapons, and they had, I believe 'FBI' printed on the backs of their jackets.

They burst through the lobby, pushing and shoving, and rushed into the rear of the building.

Kathy was in shock. She went to the desk and asked who the men were.

"You saw," responded the nurse, "FBI."

"What are they doing here?"

"Arresting Jimmy. We had a feeling this would happen. They'll shut down the building, confiscate all the medicine. You'd better leave."

Kathy stared at the nurse, her eyes shifted to the shelves behind the nurse. She saw the bags with her name on them.

The nurse saw where she was looking.

"Give me my medicine," whispered Kathy.

"The nurse grabbed a shopping bag and swept all of my friends medicine into it. She handed the bag over the counter.

My friend walked out just as the Federal agents locked down the building. She was the last one out.

Now, this is an absolutely true story of which I have first hand knowledge of. Kathy went home and finished her treatment, and lived for another decade before the cancer returned and took her life.

So why would United States agents be shutting down a clinic in Mexico?

Because there is money in medicine, and the same people who own the United States own the medical establishment in the United States, and they don't want anything, and especially an alternative treatment that works, interfering with their profit.

And, a couple of other things here.

The shutting of his clinic was purportedly done by Mexican officials, but Kathy was there and saw FBI on the backs of the jackets.

Later reports were that Jimmy was a fraud, but I want you to consider a couple of things. There is direct evidence of Jimmy Keller being healed of cancer himself.

And, consider the types of patients that he treated. They were already in later stages of cancer, and had often undergone traditional treatments

which failed. (Jimmy claimed that his cure rate was much higher if the patient had not undergone the debilitating effects of traditional cancer treatments).

Finally, I don't recommend any alternative treatment, but every person who treats himself should be aware of all options.

Steve Jobs underwent alternative treatments, and in the end he was sorry he had delayed his traditional therapies.

This all comes back to knowing which doctor to go to when.

chapter sixteen

the Burzynski method

I trained a fellow in the martial arts for years. Never met him, it was through video instruction, and I was surprised to find out that he worked for the Burzynski Institute.

Stanislaw Burzynski has a Cancer Clinic in Houston, Texas.

My friend, Charles, worked for him for years, and he saw many cures of cancer, some of even extreme forms of cancer in the last stages.

Mind you, the Burzynski method doesn't work all the time, but, as in the last example, he is not allowed to treat people, no matter how badly they want it, until they have gone through all the methods traditional medicine has to offer. This means he only treats people after they have been radiated, drugged, and modern medicine has totally given up on them. They are already half dead, and presumed to be all the way dead in a short period of time.

Yet, even with these patients in such dire conditions, Burzynski is often curing them!



So why isn't the Burzynski model of medicine explored further?

Because it works, and because the people who own the HMOs and the hospitals don't want a cure interfering with their profit.

Mind you, again, I am not telling you not to do traditional medicine, merely to explore all options, see if there is a method that is more appropriate for you.

And, BTW, you might want to write your congressman. Modern medicine, you see, as admitted by the American Medical Journal, misdiagnosis ailments up to 80% of the time.

And, I know you might be wondering why I am obsessing on the state of medicine in a book on Neutronic Healing...because it is all part of your education, and education breeds awareness, and Neutronic Healing works better when one is aware.

chapter seventeen diabetes

Diabetes effects the blood. It unbalances the body, it works on such things as sugar levels and insulin and the pancreas.

Catch diabetes and you are doomed to a life of injections, limbs that have to be amputated, and so on.

A very close friend contracted Diabetes. She went on veggie and protein diets, took supplements, and totally kicked it. No trace of it. It's gone.

Advertisements that I have seen lately, indicate that there is a simple mineral that will cure people.

I could go on for hours, and hundreds of pages, concerning people who have been cured by alternative methods, but I only choose to mention methods and people I have had fairly direct contact with.

There's enough rumor, and I don't want to give false hope...I just want to encourage people to look, to avail themselves of all opportunities.



chapter eighteen healing by frequencies

I have a friend, name of Robert, who works in Pasadena. One day, feeling out of sorts, he went to a fellow who worked with frequencies. The fellow was Asian, and he had a big machine, and he hooked people up to the machine and applied various frequencies to their blood.

I am sure you are aware of the value of soothing music; it makes one feel good.

So why couldn't a frequency make you feel bad?

And, to be specific, why couldn't a frequency be found that made specific ailments of the blood feel bad...and go into 'hibernation?'

And, why couldn't a frequency be found that 'cured' specific ailments of the blood?

This fellow claimed he could treat virtually any disease.

The problem wasn't the disease, it was finding the exact right frequency (or collection of frequencies) that would address the problem.

He claimed, for instance, that cancer comes in 16 stages, and that modern medicine only detects it at stage 13 or 14, when it is virtually too



late. He said that if you caught cancer at any stage before stage 13 it could be cured quickly and easily.

The following week Robert went back, and the store was empty and the sign was gone and there was no hint that anybody had ever been there.

So what happened? Did somebody come across something that worked? Did the government decide to shut him down?

Lord, it's almost like a Jesse Ventura moment, you know?

But it is plain that the medical establishment has a lock on things, and that the government protects them.

So will we ever find the truth here? Is there a machine that cures people by using frequencies?

Steve Jobs

I have come across a lot of different people who have tried alternative methods of healing, and then died.

Steve Jobs is probably the most famous, and he stated that he wished he had gone to conventional medicine earlier.

chapter nineteen
predisposing people to disease

I went to a dental clinic and filled out a history on myself and my whole family. Among the questions asked was whether anybody in my family had ever died of cancer.

Yes. My mother had.

Every week, every time I went back, they pulled out my chart, and every single time, and sometimes more than once, they pointed out that my family had had cancer and that I was at risk.

If you believe in the power of suggestion I am a dead dog.

Every week I had these people, people converted to science as the only truth, tell me--or at least suggest in the strongest and most authoritative terms--that I was going to die of cancer.

I finally got tired of the bushwah. Some dental assistant made the suggestion and I snapped. "My mother died because of the atomic bomb. It was an event, not a family DNA thing!"

It's true. My mother visited Japan some twenty years after the bomb was dropped. She stood where it exploded, saw the shadows on the rocks, and was unaware that she was standing in the exact point of



time during which radiation is coming out of the rocks and walls and ground and all.

The assistant blinked, understood, and said, "I'll make a note of it."

The next week a new assistant said, "I see your family is predisposed to cancer."

ARGH!

But the point is this: who caught the first cancer? If we had been dying of cancer through the ages we would have a history, but cancer is actually a relatively new invention.

Which leads us to this point: if somebody contacts the disease because of toxic chemicals or radiation or some other such thing...isn't that an event, and not a predisposition?

But the medical society makes money by being true believers in their methods, and we who frequent these people are subjected to their endless evaluations concerning our health.

These unhealthy thoughts should be controlled. If the establishment can't be convinced to stop advertising, then at least the patient should be educated so as to null the effects of such advertising.

chapter twenty
flowing the body

One principle that is so obvious it might as well be a stick in the eye is that the body likes Flow.

The body is a lake of water suspended upon sticks called bones. It is capable of movement, and in this capability is one of the great preventative devices of all time.

Motion.

As do you have motion, so will the insides of your body have motion.

Perspire and you don't expire.

This is especially true on the human end of evolution.

You walk and blood circulates, and the blood goes into all the crevices of the body and washes out the impurities.

You run and the body washes out faster.

This can get quite specific in effect.

There are key points in the foot, you see, that cause the heart to function regularly. And there are key points all over the body.

Do something with the body, cause the key point to be activated, and flows travel through your body, washing individual organs, cleaning out whole systems.



Do yoga and there is massive attention to key points, and the inner organs are exercised beyond all expectation, and even belief.

I mention yoga, and I recommend any kind of body calisthenic. However, I should mention the one outpoint that such disciplines possess.

In yoga one is handling collisions within the body, but they are not handling collisions of the universe.

In handling a fist directed at the face, as is offered in a good study of Karate or taekwondo or kenpo or whatever, one is practicing handling the flow of objects in the universe, and this makes one better at handling the universe.

Yoga (and similar disciplines, including such exercises as ballet, ice skating, whatever) is great for handling the internal universe of the body, maybe even superior, but it falls short on handling the external universe.

Thus, if you are too crippled to exercise, begin with Yoga, but as soon as able, expand your discipline to include those which handle the force and flow of objects in the universe.

At any rate, to the degree that you increase flow in the body, to that degree will your body be healthy and happy.

The specific Yoga I recommend is called Yogata. It was designed by me, a martial artist, and it encompasses a more wholistic viewpoint of the body, and it feeds into the martial arts much better.

There is complete theory on yoga as (awareness through non-motion) moving into martial arts (awareness through motion), in my Yogata course.

The course is available at Monster Martial Arts as an instant download.

chapter twenty-one
awareness through motion

One of the most efficient ways to defend oneself against the encroachment of illness, injury, and even old age, is exercise.

While I advocate any exercise, the most efficient method I know is to walk in a circle, eight steps exactly, and twine a pair of teacups and saucers as you walk.

Time the cycle of teacup to the rate of walk.

This builds strong legs, and the constant twining of the teacups runs energy through the body. It twists the muscles, activating them as motors.

Traditional types of exercise, specifically those which rely on weightlifting or that type of thing lock energy in the muscle.



Neutronic Healing

This method causes the energy to flow, and this cleanses the body.
This is the method I teach on my Butterfly Pa Kua Chang course. It is available at Monster Martial Arts.

chapter twenty-two
the seven rules of good health

These are the seven rules of good health. They will help you have fantastic health and avoid all collisions. I state them simply here, and in the following seven chapters I will go into them in depth.

First, don't hang around idiots. If a guy is a downer, and he refuses to get happy, it is a motor that should be neglected.

Second, eat well. Avoid synthetic foods, cook for yourself, avoid chemicals, find beneficial herbs, and so on.

Third, rest well. Don't run your body until it is ready to collapse. Sleep as much as needed, learn the art of the catnap if you need to, and make sure your body has time to replenish and fix itself.

Fourth, exercise well. Do martial arts. Cross train in a variety of things that are fun to do. Enjoy life.

Fifth, apply yourself to life. Find what you want to do, and do it. I always counsel people who are unhappy that they should figure out what they like to do that doesn't make them money, that they just do because they like it, and then figure out how to do it



and make money. That is the secret to a happy and content life.

Sixth, be willing to change. When your company has run its course, when the demand for buggy whips has died down, get ahead of the curve. Educate yourself and be willing to jump out of that stream and into another one.

Seven, and this is the Neutronic one, enjoy your mistakes. Don't just be willing to make mistakes, learn how to look for them and enjoy them.

Man, you see, learns one ounce from getting a pat on the back. He learns ten tons worth by making a mistake.

This is an absolute, and one should learn to cultivate an appreciation for this absolute.

chapter twenty-three
don't hang around idiots

First, don't hang around idiots. If a guy is a downer, and he refuses to get happy, it is a motor that should be neglected.

In Neutronics there are only three possible motions. Protonic, electronic, and neutronic. Or, towards, away from, or in balance (harmony).

So if a guy (or girl) is coming towards you with bad thoughts, saying things that aren't nice, and that sort of thing, then that person is attempting to collapse the motor, and take you with it.

The solution, if somebody is coming towards you in such a manner, is to avoid them by either going electronic (going away from), or by going Neutronic (matching velocity and trajectory).

If you are just beginning in Neutronics, it would be best to just disengage, go away, go electronic to his protonic, and abandon the motor.

Once you are accomplished, however, there is a sheer joy in going Neutronic, in matching his attacks and achieving a balance.



chapter twenty-four
eat well

Second, eat well. Avoid synthetic foods, cook for yourself, avoid chemicals, find beneficial herbs, and so on.

Look, the body is a motor. It is also a machine made up of motors. You need to balance as many motors within the machine as possible.

What matches your body chemistry are things like bran and oatmeal and vegetables and fruits and that sort of thing.

What doesn't match your body chemistry are things like pesticides, food coloring, preservatives, and anything on the box that is a chemical.

Organic foods are neutronic to an organic machine, synthetics are anethematic to organic machines. Even if you don't believe in Neutronics, that is an undeniable scientific truth.

Heck, don't believe me. Try an experiment. Eat veggies and protein (fish or chicken or whatever) for a week. That's all. Do that, and examine the fact that you will lose weight, feel better, be stronger, sleep better, and about a thousand other things.

Your body will like you.



Now, here comes the other shoe.

Medicines are chemicals.

Yes, we sometimes need medicines. We need antibiotics and other things, but if you can make them temporary measures your body will be a lot happier.

Remember, medicine doesn't heal your body, it just alleviates symptoms long enough for your body to heal itself.

If you can find herbs, a doctor that can address some particular ailment, and avoid medicine, you will be in better shape.

Mind you, I am not telling you not to take drugs if they are appropriate and needed; I am just telling you to educate yourself and become aware of other options.

I am also not telling you to not to enjoy an occasional milkshake.

chapter twenty-four
rest well

Third, rest well. Don't run your body until it is ready to collapse. Sleep as much as needed, learn the art of the catnap if you need to, and make sure your body has time to replenish and fix itself.



To run a motor until parts fatigue and it fails...that is silly.

The universe is a wave. Uptime must be accompanied by the right amount of appropriate downtime.



Hey, everybody knows they feel crappy if they don't get enough rest. This one is a no brainer!



chapter twenty-five
exercise

Fourth, exercise well. Do martial arts. Cross train in a variety of things that are fun to do. Enjoy life.

Not just exercise, actually, but use exercise to create awareness.

I would begin with Yogata, because that is motion through no motion. You put your awareness into the various nooks and crannies of your body, you relax into good health, and so on.

Then slip into the martial arts. And make sure you practice a matrixed martial art.

If the guy teaching you is not matrixed, you can get a course and matrix it yourself.

This is nothing more than looking at all the potentials of motion. Looking at the potentials of motion your body is capable of; looking at the potentials of motion that could come towards you and offer collision.

That said, do all sorts of exercise. You're here, you're now, so do something! Don't waste your life sitting on a sofa watching the tube stuffing potato chips down your throat!

Unless, of course, it is a really good program. Grin.



chapter twenty-six
apply yourself to life

Fifth, apply yourself to life. Find what you want to do, and do it. I always counsel people who are unhappy that they should figure out what they like to do that doesn't make them money, that they just do because they like it, and then figure out how to do it and make money. That is the secret to a happy and content life.

Look, you should do whatever you have to do so that you can spend more time doing what you want to do.

And then you should make what you want to do into a paying proposition.

Yes, sometimes you have to work for somebody else, and sometimes you have to put in an apprenticeship. But what you want to do deals directly with the direction of the 'I am' that is basically you.



Isn't it a waste of you if you aren't doing what you want?

chapter twenty-seven change

Sixth, be willing to change. When your company has run its course, when the demand for buggy whips has died down, get ahead of the curve. Educate yourself and be willing to jump out of that stream and into another one.

Nothing is worse than somebody who has fallen into a rut.

Life is a wave...so get prepared for when the wave moves one way or the other, and always be on top of the wave.

Economy is booming? Figure out what to sell that people will buy and go for it!

Economy is crashing and your product is no longer of value? Be prepared beforehand, and shift your energy into new fields.

The real message here is to educate yourself so that you are always of value...to yourself and to mankind.



chapter twenty-eight
make mistakes

Seven, and this is the Neutronic one, enjoy your mistakes. Don't just be willing to make mistakes, learn how to look for them and enjoy them.

Man, you see, learns one ounce from getting a pat on the back. He learns ten tons worth by making a mistake.

This is an absolute, and one should learn to cultivate an appreciation for this absolute.

A fellow who isn't willing to make a mistake is a fellow who will never get the best out of life.

A fellow who doesn't do something that has the potential of failing is just in a rut, same old same old, never learning, dying one inch at a time with no hope.

I can't even begin to express how true this.



chapter twenty-nine
where sickness all comes from

All diseases, all sickness, illness, cancers, headaches, warts, heart attacks... everything of malignant nature, results from non-beneficial collisions of objects.

This is an absolute.



A fellow eats junk food until his veins explode. His body has collided with chemicals.

A fellow gets his foot blown off by a mine. His foot collided with an exploding device.

A gal catches cancer. Her body has collided with something that has resulted in the condition.

A child has bad eyesight. They have collided with emotional tension which has resulted in strain of the eyes.

Examine every single disease, every single ailment in the history of mankind, and you will find that this is true.

Even in the event of so called DNA malfunction, there is going to be a collision somewhere along the line.

Now, the best way to handle this is to become Aware,



and to control your collisions so you don't pick the wrong one.



You must analyze the (potential) collision and the effects of the collision, and to address the collision from a Neutronic Viewpoint.

To analyze the potential collision you must become aware of things that are on a trajectory towards you before they arrive, and take action before they arrive.

Awareness is how much you see, and this includes into the future.

Becoming aware, you can begin to heal all sickness.

You can adjust terminals, increase or decrease push/pull.



You can massage/manipulate/palpitate/whatever any body or body part. You do this to yourself or others.



And, you can bring awareness to yourself and others.

It is a universe just waiting to be divined.

chapter thirty
a neutronic summation

My journey began with birth, but my purpose began with enlightenment.

For something to be true
the opposite must also be true.

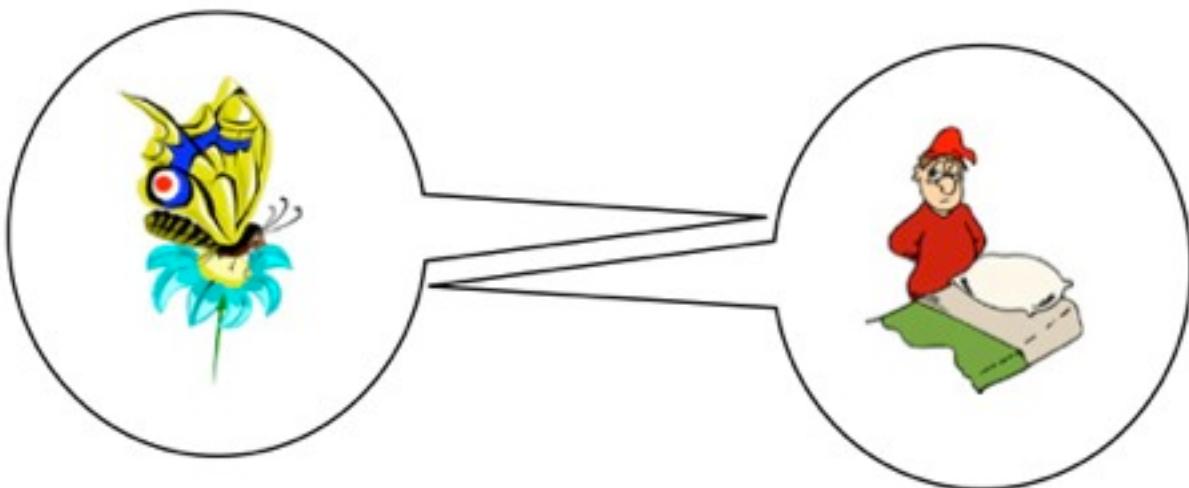
This is the yin yang made real.
This is the dichotomy of the universe resolved.
This is the golden rule (Do unto others as you would have them do unto you).

It is strategies and methods unbounded.
It is all motors explained, and able to be dealt with.
Handle one terminal in a motor, or the other. Increase or decrease the push or pull.

All illness can be handled.
But what is the real illness?
It is not the malfunctioning body; it is the lack of awareness of the human being towards himself, and towards his fellow man. Let me elucidate.

When I was young I came across a bit of oriental parable.

'Once upon a time, I dreamt I was a butterfly, fluttering hither and thither, to all intents and purposes a butterfly. I was conscious only of my happiness as a butterfly, unaware that I was a man. Soon I awaked, and there I was, veritably myself again. **Now I do not know whether I was then a man dreaming I was a butterfly, or whether I am now a butterfly, dreaming I am a man.'**



I was fair enraptured by this bit of prose. It said so much, yet...what was the truth?

Later in life I came across the works of Gurdjieff (Beelzebub's Tales to His Grandson), and in his works I found the epiphany that man is asleep, dreaming that he is awake. This was the truth.

It is this sleepwalking that man must be healed from. It is this towards which all Neutronic Healing progresses.

conclusion
the truth of the universe

Why can't we heal ourselves?

Why can't we awake?

What is it that sleeps us,
and pretends our soul to take?

What sleeps us is ourselves
the decisions that we make
when we see our decisions
then shall we awake.

The preceding poetry describes it, but leaves out the method. The method is in neutronics, especially when launched by the matrixed discipline of the martial arts. The act of perceiving the universe, becoming aware of the universe, as it really is, will enlighten us, will awake us.

Unfortunately, there is one, little roadblock.

As stated earlier, you create the universe, and the universe is therefore a mirror. This is fine, but until one realizes something of their

Neutronic Nature, they tend to give commands to the universe, not realizing that the universe is a mirror, and therefore their commands are backwards.

For something to be true the opposite must also be true, you see.

This little realization burst upon me when I achieved black belt.

I had been pushing the universe, trying to make things happen, instead of just sitting back (Neutron like) and letting the universe happen for me.

Understanding this, one can begin to manipulate the universe, and the neutronic healing can begin.

Understanding this, one can divine that...

For something to be true
the opposite must also be true.

...is the truth.

