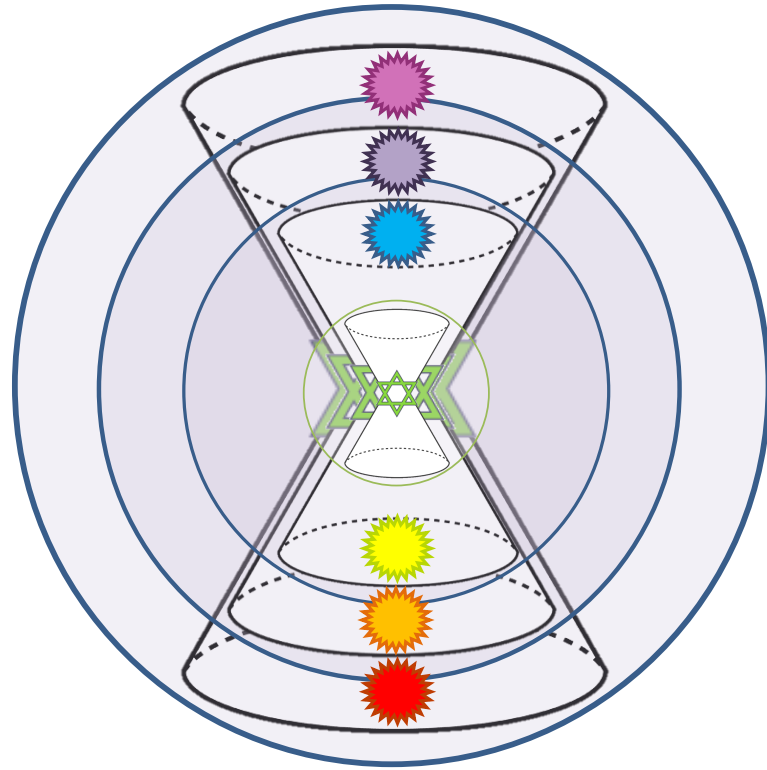


Black **WHOLE** le **HEART**

The Never Ending Cup



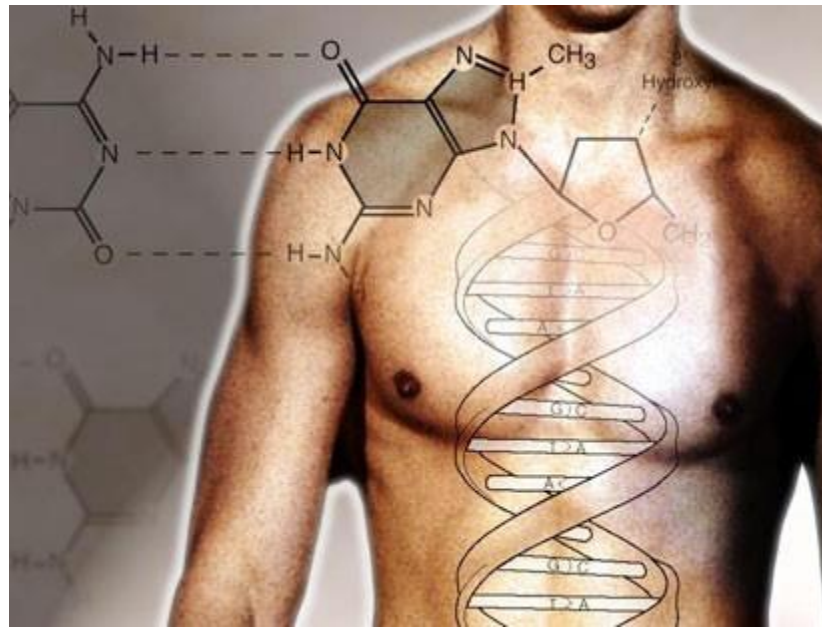
Wheels within Wheels

GMOing Humans

Writing SPIRIT out of your genetic script!



While a large part of what I will be discussing is related to food, the point I want to get across is that your genetic code is being played with!



You are being manipulated and modified in ways that you do not know, and in ways you may not like.

A year ago I could not have given this presentation, because I myself was caught in the grips of the dispiriting machine.

Mahatma Gandhi was approached one day by a woman and her young son.

She asked, "Mahatma, can you please tell my son to stop eating sugar. It's not good for him, and he won't listen to me. He respects you, and I know he will listen to you."

Mahatma said, "Fine. Come back in a week."

A week later, the woman and her son came back.

Mahatma said, "I'm not quite ready. Please come back in another week."

Another week went by, and the woman came back with her son.

Mahatma was ready, and he said, "Son, you should stop eating sugar.

It is not good for you."

The woman was pleased, but also a bit confused.

She said, "Why did it take you so long to say such a simple thing."

Mahatma replied, "When you first came to me, I had not stopped eating sugar myself."



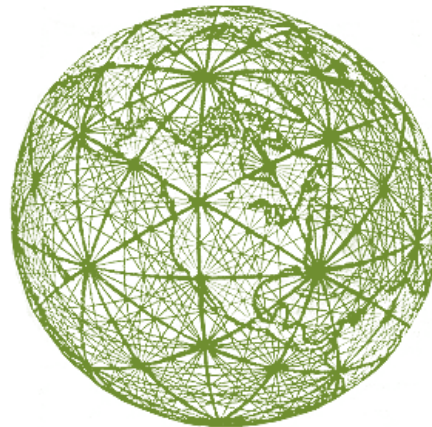
I know what I will be sharing will be hard to swallow, and in some cases even harder to enact. However, if you do nothing with the information I share with you in this video your spiritual development will suffer, and I don't say that lightly.

I believe we are on the edge of a consciousness upgrade, and our ability to align with this upgrade depends on the combined vibrations of our minds and bodies. This is individually and collectively.

First, let me set the framework for what I will be sharing in this video. You don't have to agree with what I share here. You can use your own interpretation if you like.

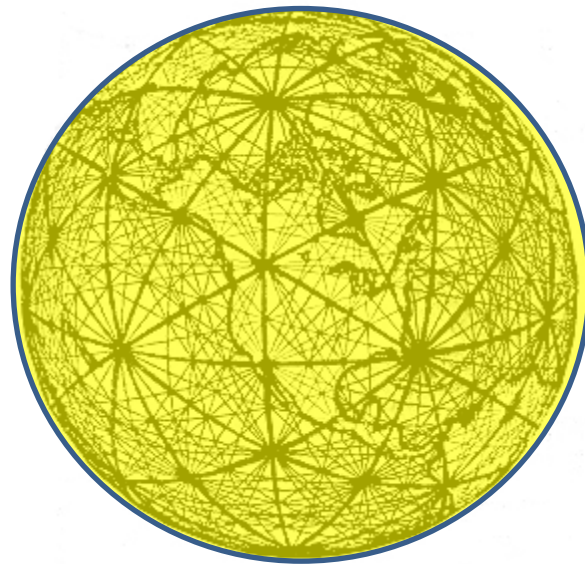
There is a grid that surrounds the planet and connects all living things. There are millions of different frequencies within this grid-work, matrix or web. As humanity grows in awareness the grid changes and expands. You can call these expansions "Upgrades." Like graduating from one school grade to the next.

When an UPgrade happens not everyone makes the leap at the same time. However, the Upgrade does mean that we ALL have access to a new way of being...a new potential. For example, a school building can house many different grades. The grade you are in depends on your level of understanding/knowledge.



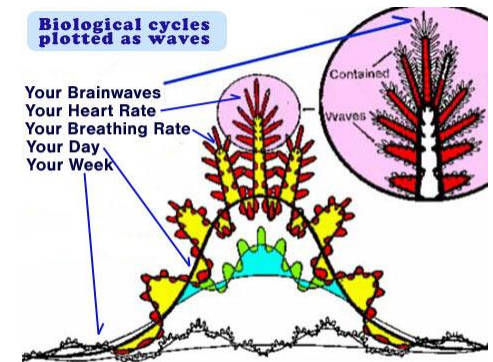
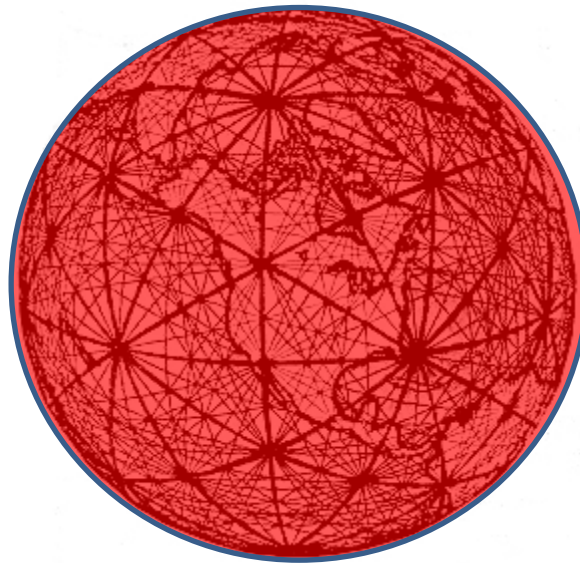
I believe we are on the verge of getting a new consciousness grid UPgrade on this planet. This is what 2012 is all about...an UPgrade.

There have been many upgrades over thousands of years. I will be focusing on just two. The first upgrade, I call **Buddha Consciousness**. The Buddha Consciousness upgrade has to do with being **Mentally Self-Aware**. It is only through being self aware that we can reach for more growth/expansion. In order to stay tuned to the next UPgrade you have to be **Self-Aware**.



Mentally Self-Aware

The second UPgrade was **Christ** Consciousness. This UPgrade has to do with the **Heart** and **Body**. The heartbeat carries multiple frequencies throughout the body, which *INSTRUCTS* the body in what shape/*STRUCTURE* (illness or health) it should be in. Chinese Medicine's Pulse Reading is concerned with reading some of these different pulses that ride on a single heartbeat.

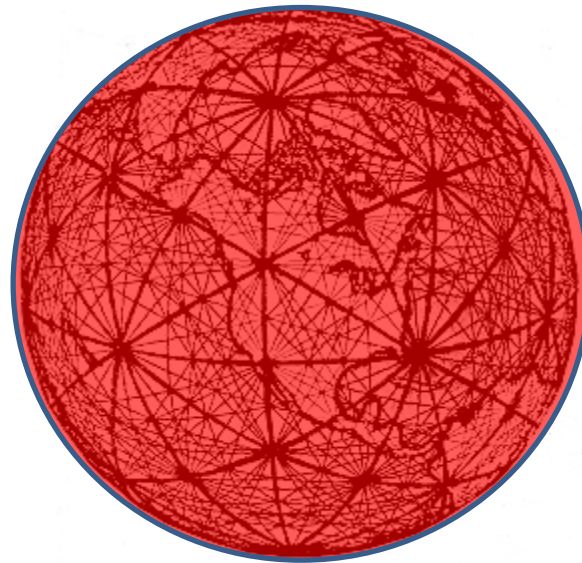


Physically Sound Heart

At the center of a black hole is what is called a **Singularity**. A **Singularity** is the point where the finite meets the infinite.

"I and my Father are one." –Jesus (John 10:30)

We too have a **Sing-You-larity**, since we are modeled after a Black Hole. Our **Sing-You-larity** is located at the **Heart** chakra area.

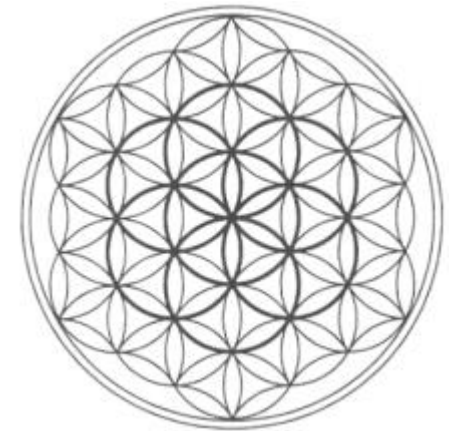
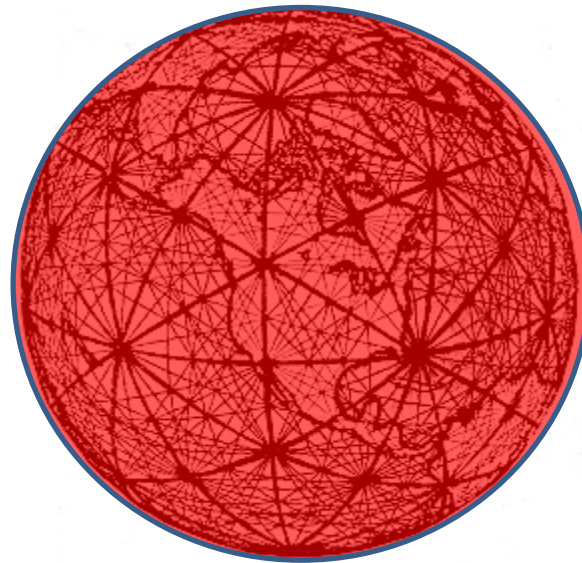


Physically Sound Heart

Apple of my I

An apple is a great example of the **Sing-You-larity**. The apple's is even shaped like a Toroidal Field. The seeds of the apple are located in the center...the **Sing-You-larity** space. The seed carries **ALL** the **INSTRUCTIONS** to make a new tree that will eventually bear the same fruit as it is. Beginning and End...Alpha and Omega are in one place!! Which came first?

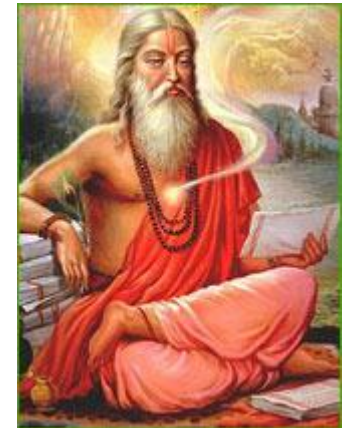
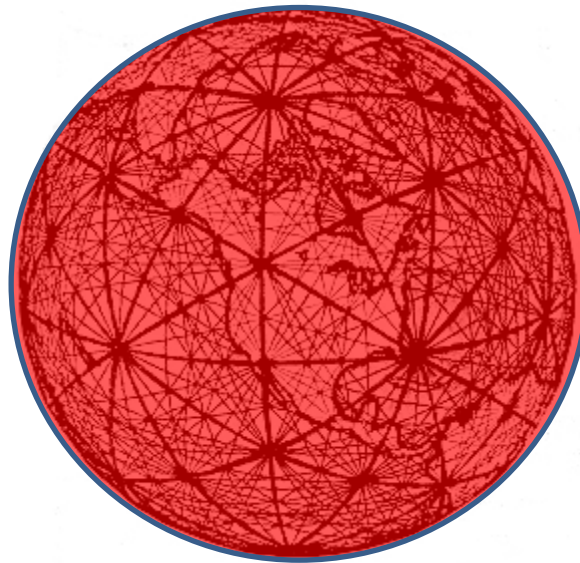
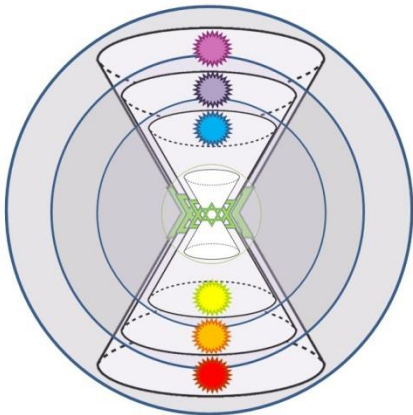
The **Sing-You-larity** is where cause and effect meet! Where God and Son (yang) & Daughter (yin) are one!! Where they can not be separated from one another!!! This is the space where you are meant, from my perception, to live life!!!!



Physically Sound Heart

The toroidal/Black Hole (Toro-DIAL) field that surrounds each of us creates a torsion field that looks like a cup or grail. It is through the **Unconditional Loving Heart** that we access this **Sing-You-larity** within ourselves. Opening us up to channeling healing for ourselves, others and the plan-it. When we are in sync with **Christ** consciousness our cup/grail fills with the **Christ's Wholly** blood which correctly instructs are body, which leads to healing and whole/whollyness.

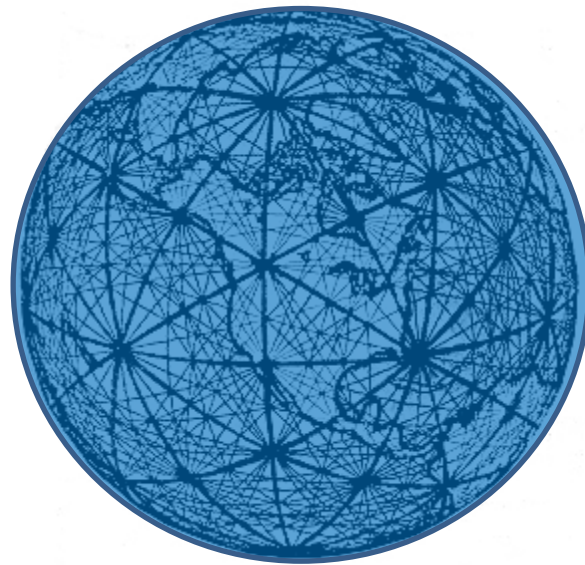
The frequency of **Unconditional Love** syncs you with your inner **Sing-You-larity**, which connects you to the one song (outer **Sing-You-larity**) of the **You-niVERSE!**



Physically Sound Heart

The UPgrade in 2012 is the **Holy Spirit** consciousness. This **Wholly Spirit** UPgrade has already started to take root. People all over the world coming together with and for their fellow humans and the plan-it.

In order to sync with this UPgrade completely one has to first be **Self-Aware**. How else can you stay in an **Unconditionally Loving** space. This is simplified to some degree, but at least you now know where I am coming from.

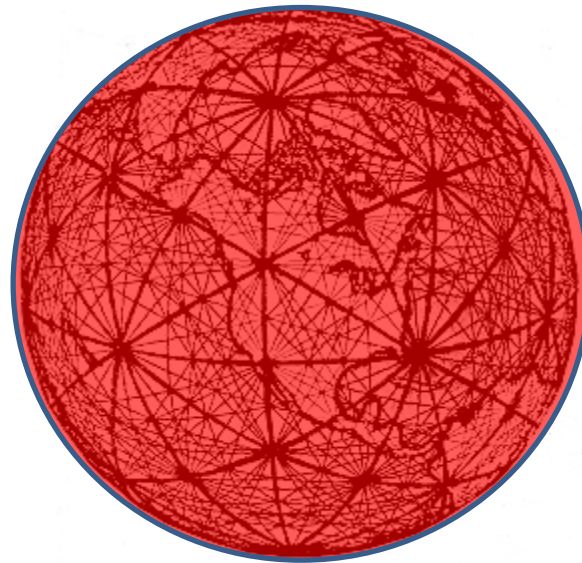


Holy -Wholly- Spirit

The UPgrade my talk will be centering around the most is **Christ** consciousness... **Physically Sound Heart**, because this is where the majority of us are lacking the most.

"Cleanliness is next to Godliness." We have all heard this, but it is so much more important than you might think. Remember Christ fasted for 40 days and resisted temptation of the flesh...the world.

I am not saying that you cannot be spiritual if you don't eat right. If you want to reach your full potential eating right is an issue, and if you don't think so your kidding yourself.



Physically Sound Heart

Whether you believe conspiracy theorist who say the elite are trying to prevent the shift by poisoning our minds and bodies with soul discordant chemicals and frequencies or you blame human ignorance for the poisoning, in the end it doesn't matter.

What does matter is that you limit your exposure and intake of certain substances, because they restrict complete alignment and embodiment of the **Buddha** and **Christ** consciousness level which are a prerequisite for **Wholly Consciousness**.

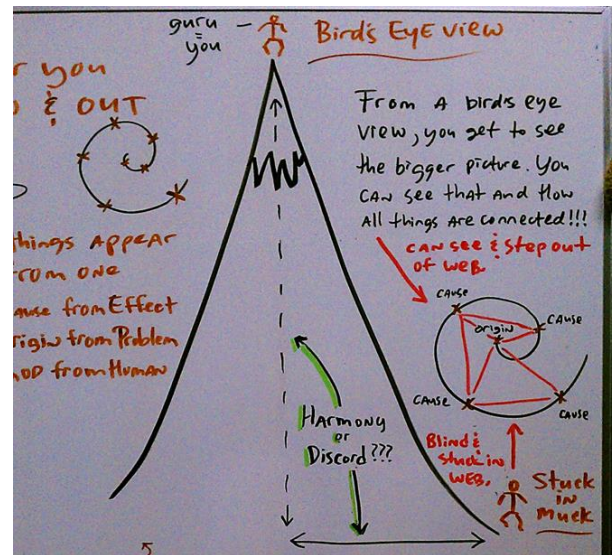
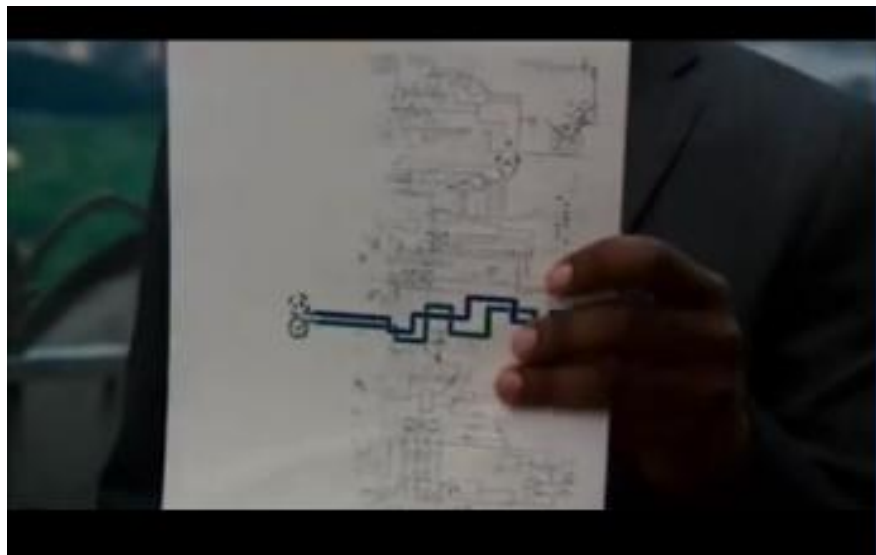
I get a lot of my guidance in movies. Since all of life is connected, we are always getting signals from the Collective Consciousness. Whether intentional or not, codes from the Collective cannot help but find their way into books...movies...EVERYTHING! I call these codes from the Collective, "Collective Reflectives." You know I am a code-reader If you've seen any of my other videos.

When I saw the movie Adjustment Bureau it really spoke to me. For me, it covers what we are discussing here...Awareness, Embodiment and the Determination one needs to fully embody Spirit.

I had a huge flip in my perspective recently, which has had me focusing on getting my body purified. The old view was from my small ego that said things like, "I really don't want to give **that** up." "**That**" can be a food, a drink, emotional grudges, habits and anything else that keeps your energy weighed down. Recently, I started hearing things in my head as if spirit was calling to me, "**How bad do you want it?**" ..."**What are you willing to do to get it?**" ..."**Show me that you are serious!**"

There is no judgment for being where you are. You are where you are, but if you want to get higher and more connected you eventually will have to do the deeper work, which is all about purging your inner demons (limiting consciousness).

You could say we are in a giant SIMS program that is based on very specific fractal mathematics, which is why codes (11:11 and such) can be found everywhere. Like any video game, there is a map that we get to play within that has certain rules. You can call it the Matrix and you can perceive it as it is portrayed in the Tron and 13th Floor movies. I am not saying that is how IT all is, but what if???

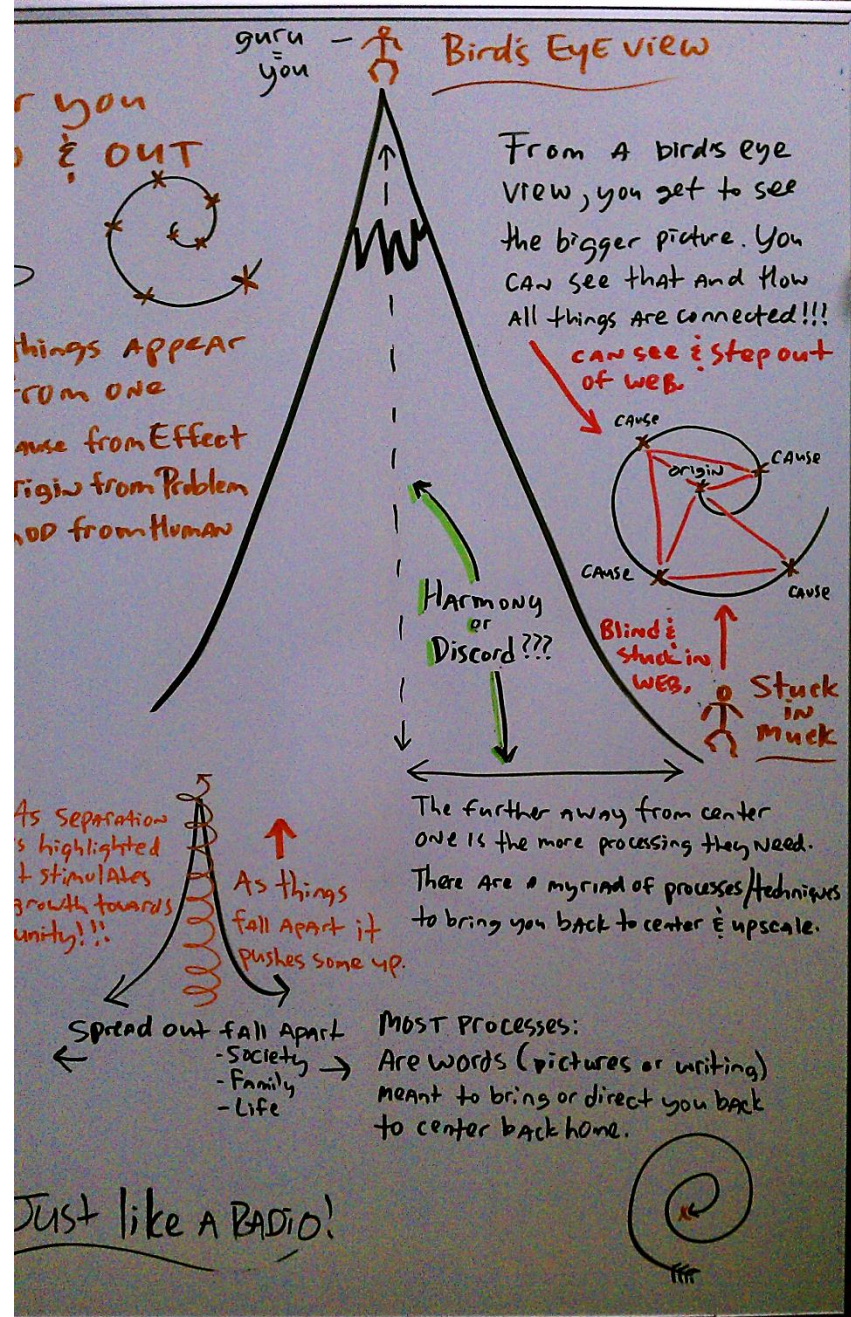


This reality uses restriction and limitation (the map aka gameboard) that places us in situations that push us to develop our character...our ability to move and control energy. In Adjustment Bureau if you settle in life aka give into the restrictions, for what ever reason, you are stuck. This usually means a part of you is unfulfilled.

You will play this limiting game (like Karma) until you are finally done with it aka **READY TO GET OFF THE WHEEL!!!**

For me, all of existence is meant to push us into growth, so it doesn't matter if there are "bad guys" out there trying to get us or if it's our own limited and blind consciousness. The goal and the outcome are the same, and freewill allows the trip to be different for everyone. At least up to a point.

The Yin and Yang (balancers) nature of life is always at play. The further we get separated from our true selves and Spirit we more we experience increasing negativity that stimulates us to reunite with Spirit. In this light you can see that the most negative thing can be used to bring about a positive change in one person or many people.



Like in the Matrix, rules can be bent and even broken. In gaming language these rule benders or breakers are called "Cheat Codes." However, it takes a certain amount of energy and focus to use the codes. Things like: eating certain foods, staying in life zapping situations, listening to negative people or information...basically not treating your mind and body with respect robs you of needed energy.

So think of what I am saying as giving up your powdered chai latte mix, full of life and spirit suppressing substances, for the ability to take control of your life create joy and expansion. A trade...if you will. A trade off that will start moving you more towards MASTER and further away from Slave (slave to your desires, the machine...the map).



I know a lot of you will be unable to hear what I will be sharing next, because of the unnatural chemicals in your mind and body. **I know that because I was there too.** What I will be sharing, you need to start acting on today...not tomorrow or next week.

Food is no longer what it used to be. The foods most people eat are laced with so many different kinds of harmful chemicals that they like crack. I don't mean that figuratively. **It is literal!** Eating MSG is like taking a small hit of crack. It is an excitotoxin, which means it excites cells to the degree they die. The result being a myriad of mental issues like ADD.

Our Spiritual nature is woven into our DNA, and when we ingest unnatural food and drink our Spiritual nature suffers, or better said we suffer for being disconnected from our Spiritual nature.

Epigenetics

If you haven't heard of it, you soon will. It is the new big thing. Basically, epigenetics is the rewriting of our genetic code.

For example, there may have never been high cholesterol in either one of your family's genetic history, but if you go crazy eating fatty foods...especially hydrogenated fats for an extended amount of time you can change your genes and pass on the characteristic. This is actually taking you further from Source not closer.

In essence, you can rewrite your genes with a habit, be it physical, mental or emotional. It means that your thoughts and the actions based on your thought and feelings can and do rewrite your very makeup. **The good news is that you can purposely rewrite your genes for the better too!**



The rest of this video will be rather short and to the point. The reason I have taken so long up front to explain WHY you need to do what I am about to share is because I know it can be met with resistance. Even from logical thinking people.

So let's get to it!

Really to the Point

This is what I will covering in the next few minutes.

Food Additives (addictives)

MSG

Aspartame

High Fructose Syrup

Hydrogenated Fat

Radiation

Cell Phones

Smart Meters

WiFi

The Golden Rule of Food

The further a food gets
from the way God
(source, nature) made
and intended the worse
it is for you!

MSG

MSG is one of, if not, the bad guys out there. For starters, it is an excitotoxin. That means that it excites your cells so much that they die!

The thing I want to stress here is that brain cells are being killed. It causes the mind to be irritated and lethargic at the same time. A bad combination that leads to a cranky and irritable child or adult.

The younger you start the worse off in the long run. When I was younger MSG and most other toxins weren't in as many foods. Now a days, if you eat out 95% chance you are getting MSG.

Somebody born just 20 years ago who ate out a lot from a very young age could have easily rewritten their DNA, and now the children born to them will have more than a food issue they will have a genetic ADD or ADHD problem.

Whether it is simply an eating right issue or genetic mutation, the answer is the same: clean up yours and your children's diet!

MSG = Excitotoxin = ADD & ADHD

MSG is the DEVIL!

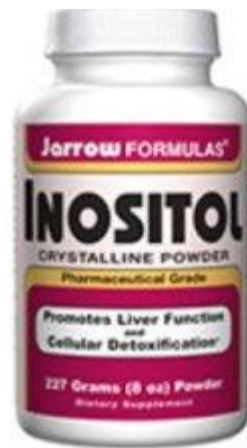
MSG is the #1 reason we have such an epidemic of ADD and ADHD in children and adults!

- It first came on the scene in the 70's as Accent, and ever since American's have been getting fatter and fatter!
- It is now hidden in most foods. It's no longer just in Chinese food. **If you eat out you are getting MSG!** It can be called spices and even natural flavors...to name just a few. In the back of your packet is a list of other MSG names.
- MSG is literally, NOT HYPOTHETICALLY, a small dose of METH. It has the same affect on the brain as METH!!! That is why meth use is on the rise. Someone with ADD or ADHD is more likely to get ADDicted to Meth.

There are lots of "Health Foods" out there that have MSG and other questionable ingredients in them. **You have to read labels!!!**

MSG

If you or someone you know is hooked on the junk (food) I recommend one supplement. It helped me get clean. It is actually a B vitamin that helps decrease moodiness, depression, anxiety and being "too on." Inositol does seem to help lessen the effects of brain poisons like MSG (pure glutamate), and Aspartame (artificial sweeteners). Many times what is considered a "behavioral problem" is actually nothing more than a biochemical problem brought on by the imbalance of inhibitory and excitatory neurochemicals in the brain brought on by these additives in our food. It is called **Inositol**. Inositol usually comes with Choline, but I recommend just getting straight Inositol.



I-NO-SIT-at-all

Hidden Names of MSG

Here are a few of the names companies can use to hide the fact that MSG is in their food.

Natural Flavors

Spices

Textured protein

Yeast extract

Yeast food

Glutamate

Hydrolyzed protein

Hydrolyzed vegetable protein(HVP)

Hydrolyzed plant protein (HPP)

Soy protein extract

99% of all sauces have MSG in them!

Other Spirit Killers

Aspartame

Aspartame turns into formaldehyde in your liver. So this substance is actually slowly embalming most of America ushering in the Zombie Culture. **It is the leading cause of Fibromyalgia (fibrous muscles)!! ALL artificial sweeteners are toxic!!!**

High Fructose Syrup

This yummy substance is in most beverages on the market. It is linked to the growing diabetes epidemic (epigenetic epidemic) in America.

Hydrogenated Fat

This substance is made by adding hydrogen to vegetable oil through a process called *hydrogenation*, which makes the oil less likely to spoil. They interfere with your metabolism and lead to high cholesterol.

This is by no means a complete list, BUT if you can stay away from the substances I mentioned you will be doing you and your family's physical, mental, emotional and spiritual health a grand favor!!!

Fast Food = Devils Food



6 and an the evil eye. Check out my "Devil Inside" video series for further explanation on this if you need it.



If a restaurant has a drive thru **STAY AWAY** from it!!!

Even at a "nice" sit-down restaurant you have a chance of getting MSG, especially in sauces. Just be aware of that and limit the yummy poisoned sauces.

Grocery Store

Your still not completely safe at a grocery store.

The **Golden Rule** here is only buy and eat from the perimeter of the store. That is veggies, meat and dairy (try to take it easy on this stuff). Most everything in the center of the store, related to food, is full of empty calories or toxins and poisons.

Read the labels and stay away from the things we covered so far!

If you can't pronounce it then DON'T eat it!!!

Radiation

It is difficult to escape radiation in the form of Smart Meters and WiFi. If you don't have either, your neighbors have enough to blanket your house. If you are lucky, at least the signal is weak.

In your house, I recommend going back to the cord. We did it in our house, and I can feel the difference.

As an empathy, I am very sensitive to the energies around me. During healing sessions, WiFi can mess with my ability to direct energy and pick up information. I know if that happens for me it is happening to others as well, and sense a large part of life is picking up and sending out the right kinds of energy it is **VERY** important to protect yourself in this area!

Cell Phone

First off, I LOVE TECHNOLOGY! I couldn't do a lot of things, like this video, without it. However, I choose to use it...not let it control me.

1. Limit usage.
2. Try not to carry them on your body all the time.
3. Never hold one to your head for very long, and for God's sake don't walk around with a Bluetooth ear piece. Hello!
4. Never use one as an alarm clock. You NEVER want it by your head for very long.

Your Spiritual Nature is woven into the genetics of your body. It gives spirit access to your body, and it gives you access to spiritual realms.



Jacob's Ladder

Your body is the TEMPLE that connects the Spirit world with the Physical world, and since the purpose of a highly spiritual life is to marry **Soul to Soil** then it is VERY important that you take care of your Temple. Especially, if want to be ready and able to accept the energetic shifts that are on their way!

Awakening Mind-Body-Spirit Alignment



Jon Whatley, RMT, CBP. BARA

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