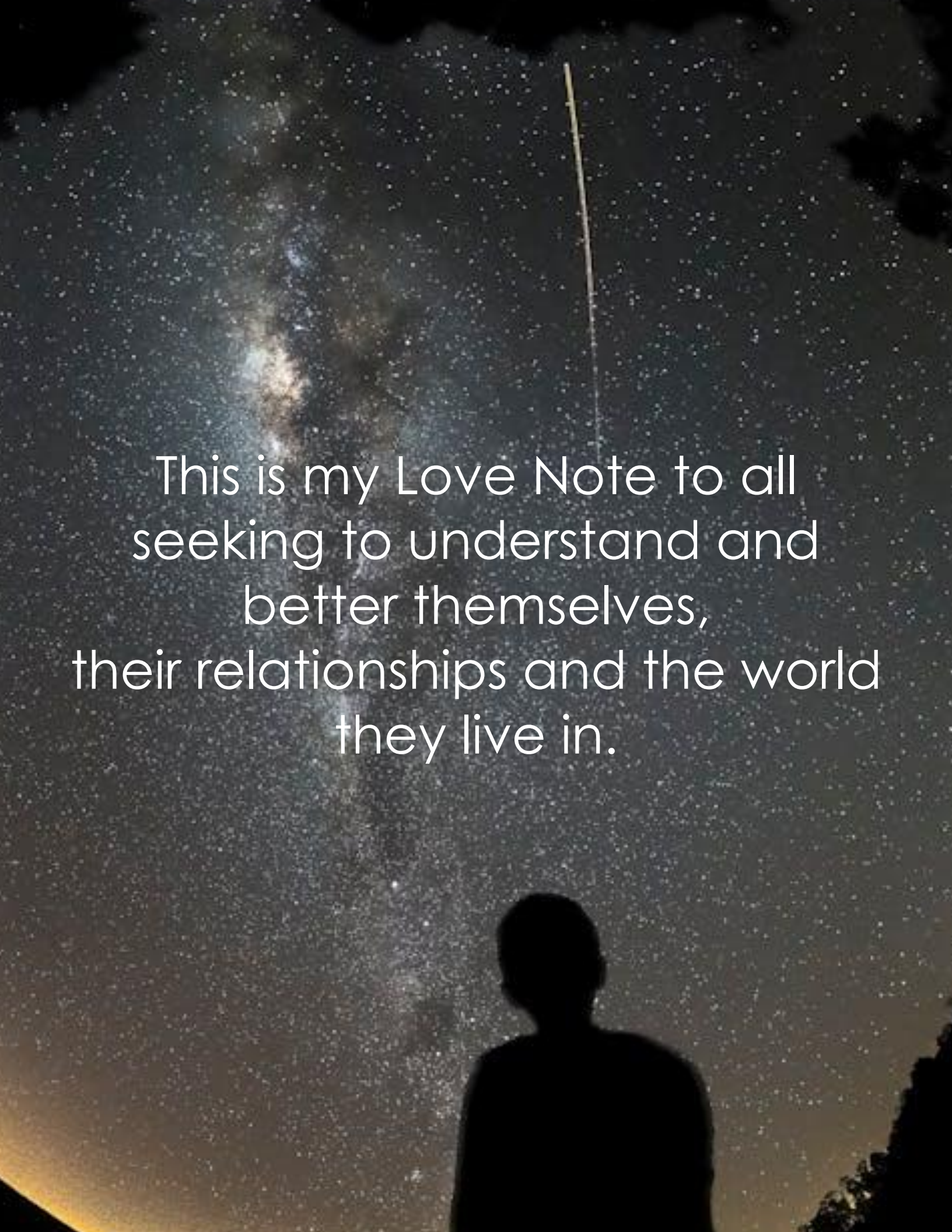


Sacred You



Jon Tomas Whatley

A silhouette of a person stands in the foreground, looking up at a vast night sky filled with stars and the Milky Way galaxy. The galaxy's bright, dusty band stretches across the upper left portion of the frame. A thin, vertical line of light, possibly a meteor or a satellite, streaks down from the top center. The overall scene is dark and atmospheric, with a warm glow at the bottom edge.

This is my Love Note to all
seeking to understand and
better themselves,
their relationships and the world
they live in.

You are a Love Note that God wrote to the planet aka Garden of Eden and its people.

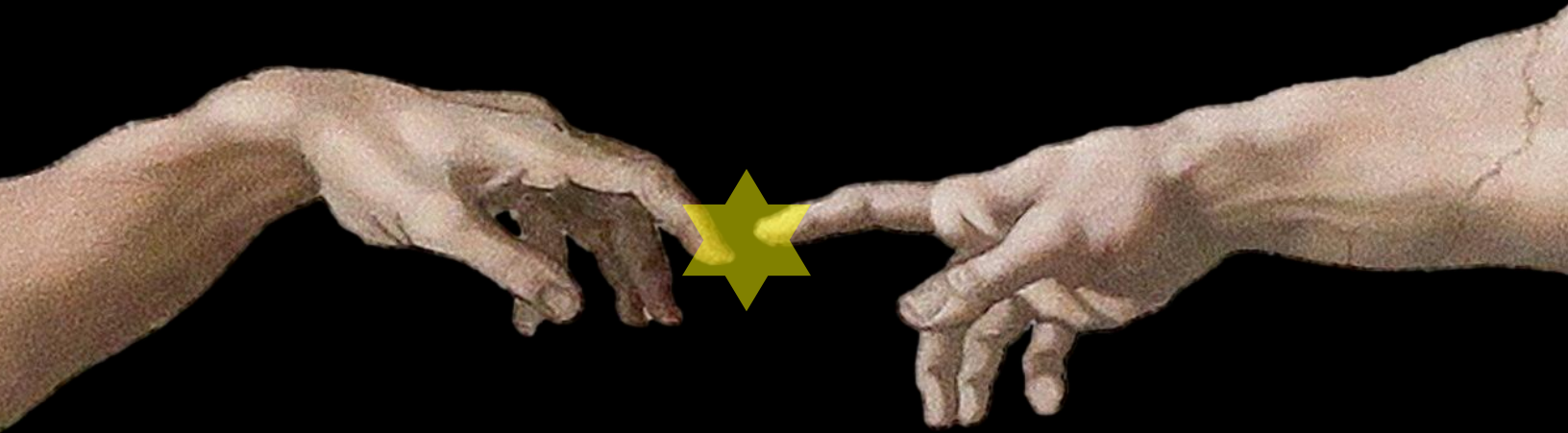
Your purpose for being and connection to Creator is as uniquely beautiful as you are.

It is not dependent on anyone or anything else outside of you...not your gender, color, sexual preference, religious or spiritual views.

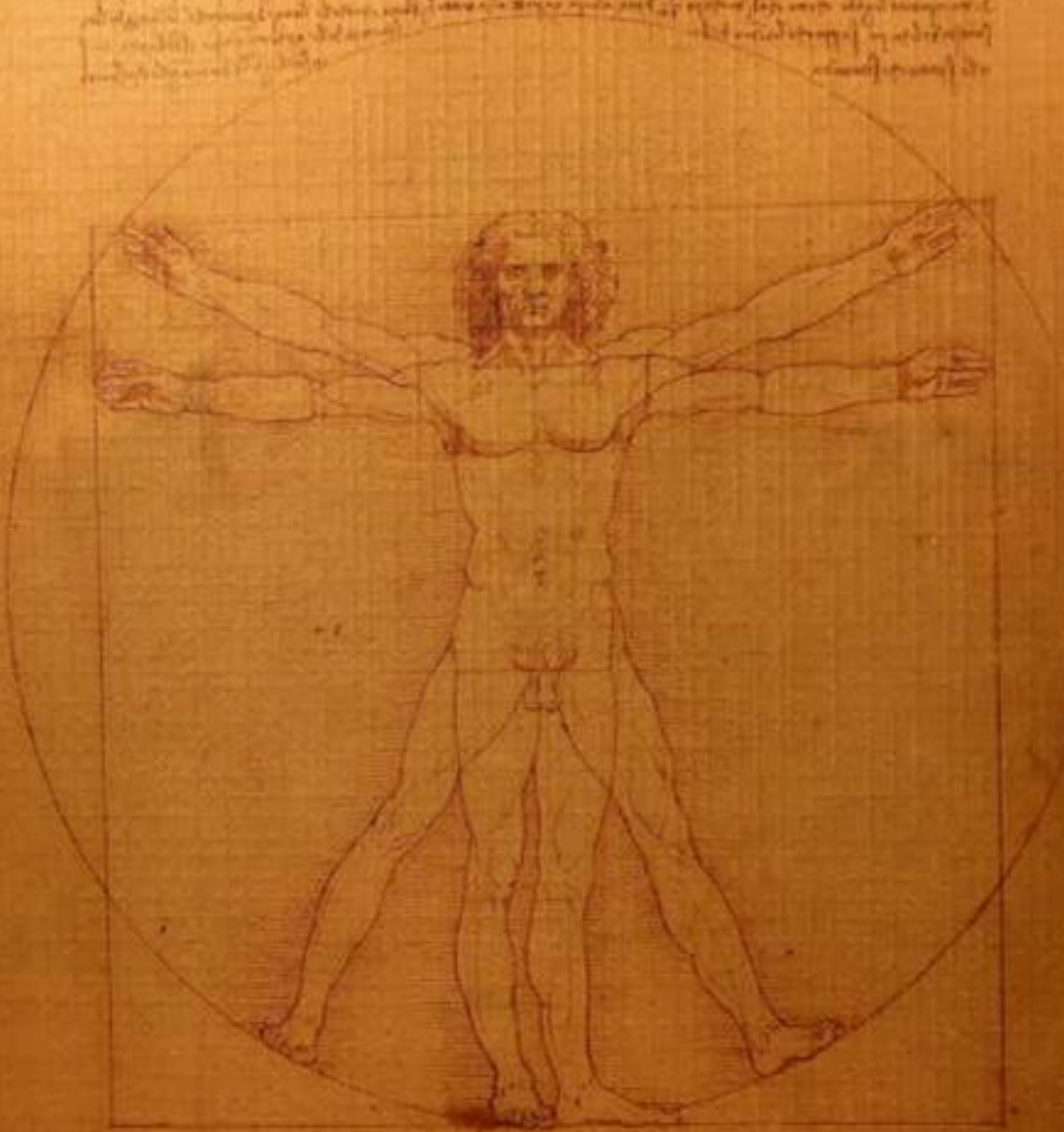
It is simply designed into your body, heart and mind. We are all created equal in this way. It has always been there. It can not be owned or governed by anyone else. That is unless you allow it.

You are a divine being meant for so much more, and I'm going to prove it to you!

Divine Design



Part I



Before you were spoke into creation, you were divinely designed by the master architect God.



Every aspect of you was thought out, given special attention and planned. Much like how architects designed cathedrals. This means each part of you is important and special!



Your body and a cathedral have something in common. They were both designed while focusing on your connection with Creator.



They are both temples. When used properly, they are instruments designed to connect and align you with the Master Architect and Creator.



If you reach up and touch your temples you are touching the sphenoid bone. This bone has some interesting landmarks that have quite a bit in common with a sacred object in the Bible.

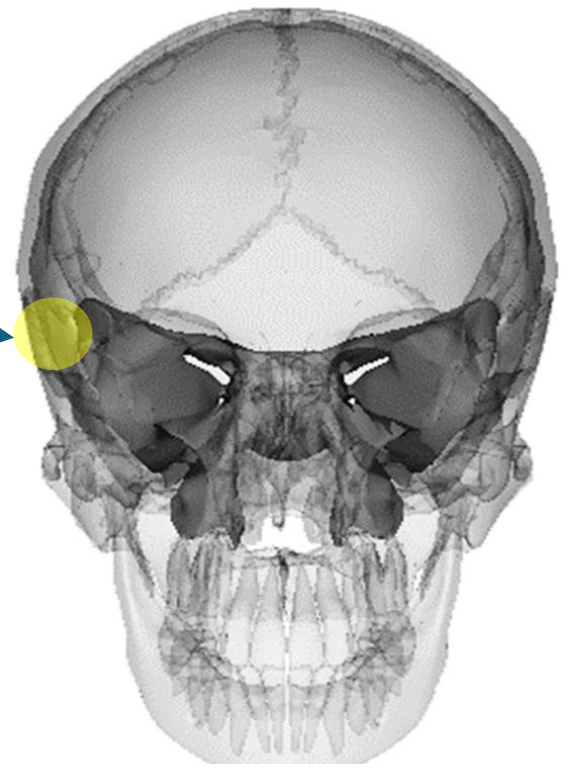


He placed the cherubim inside the innermost room of the temple, with their wings spread out. The wing of one cherub touched one wall, while the wing of the other touched the other wall, and their wings touched each other in the middle of the room. -1 Kings 6:27

The ark of the covenant! There are two cherubim on top of the Ark containing the two tablets bearing the 10 Commandments, Aaron's rod and a pot of Manna. The two cherub's wings are stretched out touching the temple walls and the other two wings are touching in the center.

The skull is the Temple wall.

Temple



Greater Wings

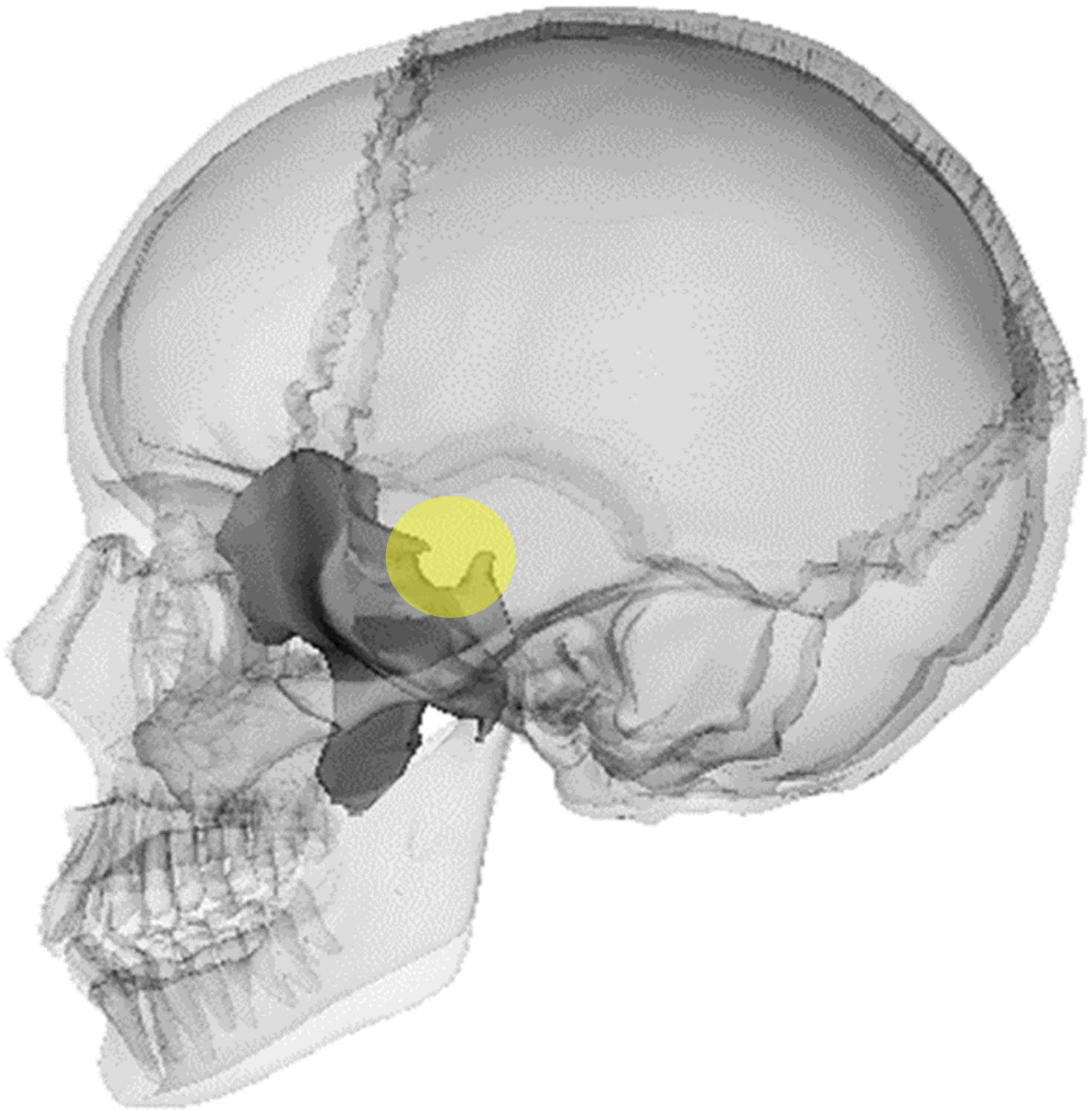
Touching each outside wall of the skull.

Lesser Wings

Touching each other in the middle of the skull.

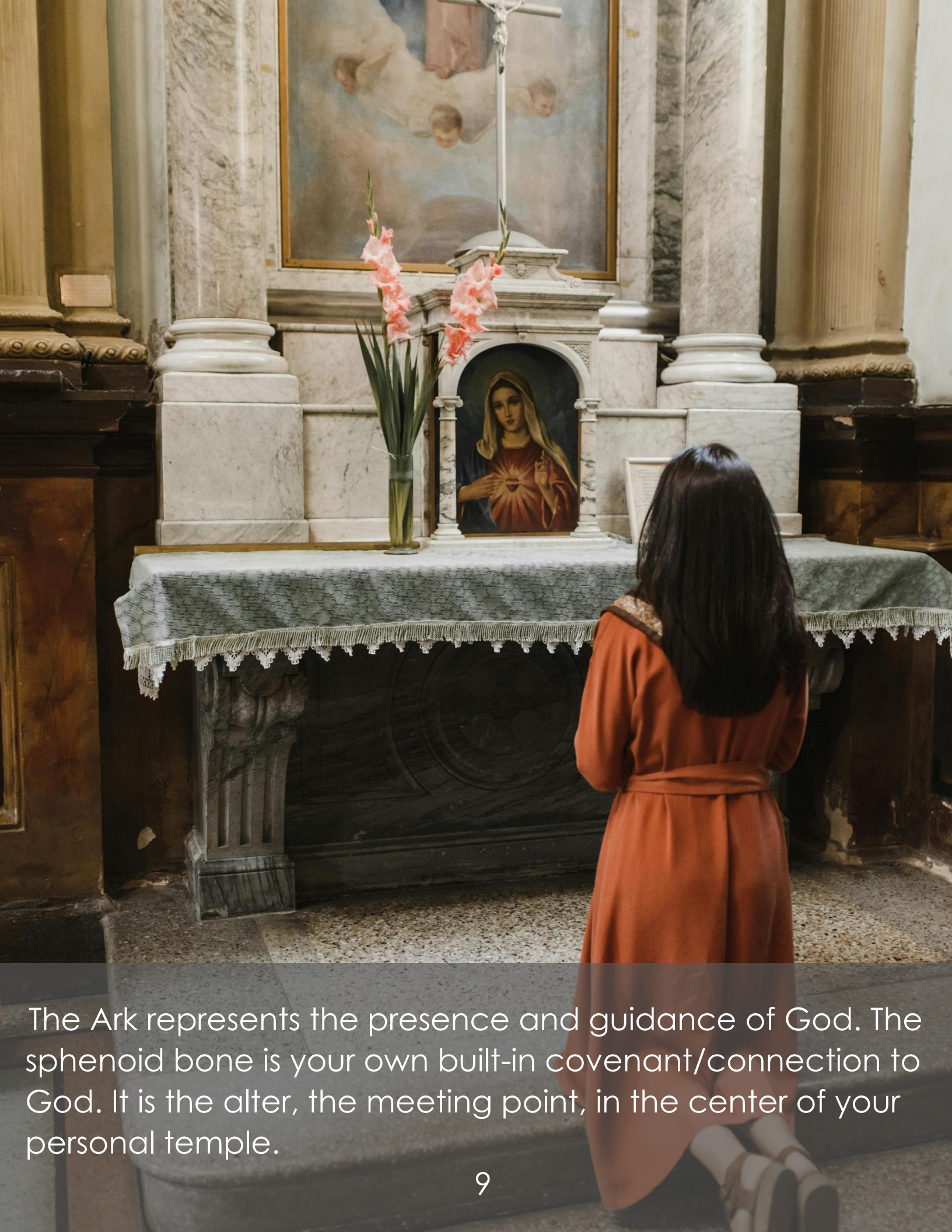
Your Sphenoid bone has two greater wings reaching out and touching the walls of the skull and two smaller wings touching each other in the center.

Coincidence? I think not!



The sphenoid has an interesting indentation called the Sella Turcica (Turkish saddle). The two lobed pituitary gland rides in the saddle. The two lobes of the pituitary are the two tablets that contain the commandments which are hormones.

[Ark Video](#)



The Ark represents the presence and guidance of God. The sphenoid bone is your own built-in covenant/connection to God. It is the altar, the meeting point, in the center of your personal temple.

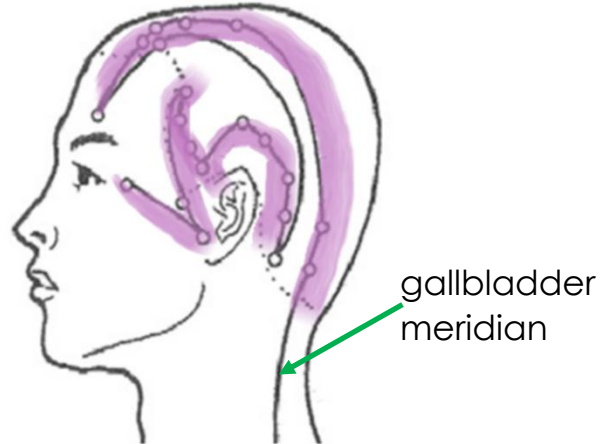


Thoughts elicit emotions that stimulate neuropeptide and hormone expression. Your thoughts and feelings can either enhance or interfere with your connection to Master Creator.

EXERCISE

Clearing Your Temple

Whether you meditate or pray, this exercise will help enhance your practice.



1. Get yourself an essential oil that speaks to you. Sandalwood and frankincense are used traditionally, but it is perfectly okay to use something like orange.
2. Put a few drops in your hand, rub them together and hold your hands in front of your face.
3. Close your eyes and deeply inhale the fragrance. Take a few deep breaths focusing on being present and relaxed with each breath.
4. Now reach up and rub each temple with one or two fingers of each hand. The focus here is to clear your mind and get to a neutral emotional state.
5. Variation 1, skip to step 6.

Variation 2, slowly trace the Reiki symbol Sei He Ki over the gall bladder Meridian with the intent of sweeping out your temple. Most people don't know this secret ability of the Sei He Ki. This [video](#) will guide you through the drawing the Sei He Ki.

6. Now that the temple is clear. Place your palms over the temples and push your middle fingers gently into the center and top of your head. Your focus here is to open your clear mind to Creator. Do this for a few moments.

7. Now enter your quiet time to pray, meditate or contemplate.

Angels and Demons



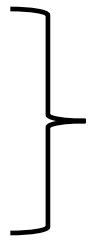
Part II

The struggle is real! However, it is all more of an inside job though.





God's fingerprints are all over creation. Everything that exists was touched and molded by God. In other words, you are created from and in the Great Creator's image. A repeated design that I call Divine Source-Code. These fingerprints (DSC) are embedded in everything even your body! His means, the answer to most of your questions can be found in the design and make up of your body. The answers to the universe are as close as the veins in your body.



The seven cervical vertebrae at the top of the spine are the seven arc angels



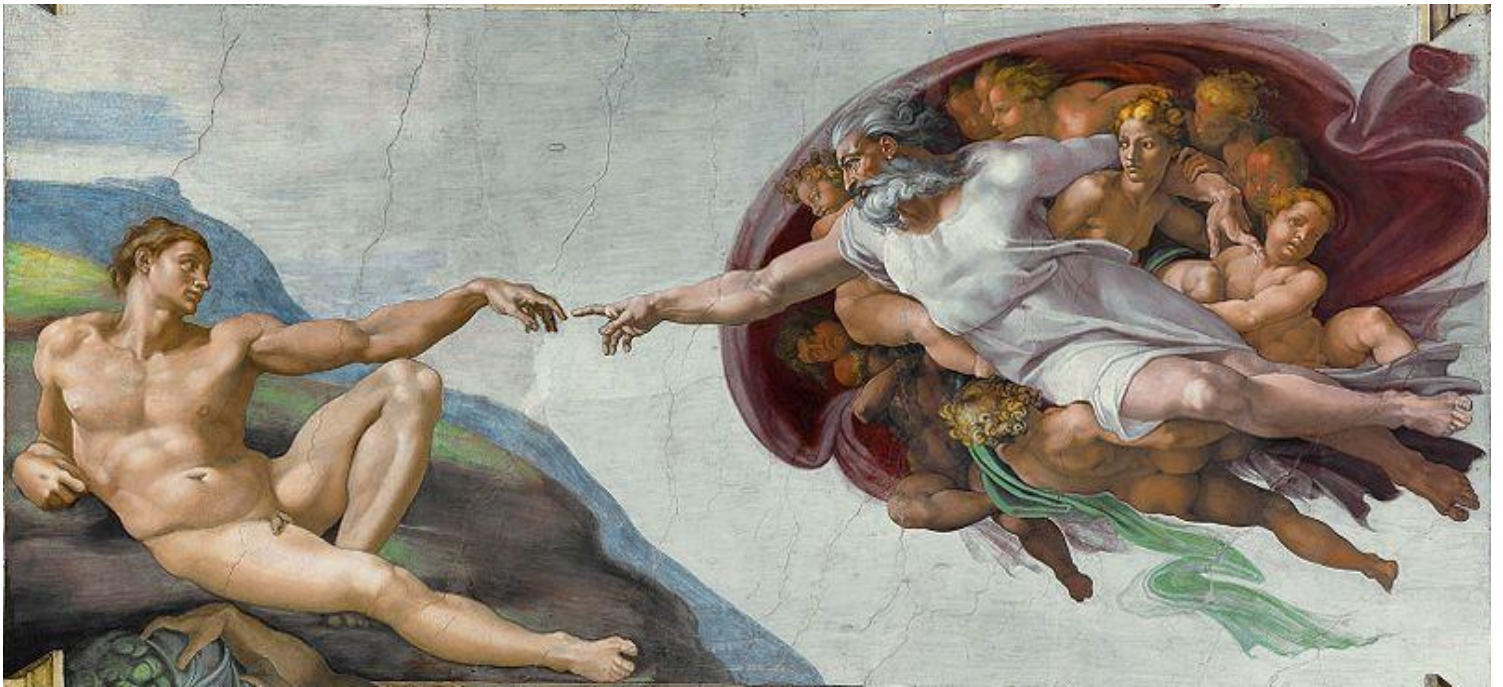
Cross-sections



You get different wing formations when you cut between the bony vertebrae into the spinal cord.

He had a dream in which he saw a stairway resting on the earth, with its top reaching to heaven, and the angels of God were ascending and descending on it. Genesis 28:12

The spine is the Jacob's Ladder; the stairway to heaven that Jacob saw in his dream. The angels going up and down the stairway are nerve impulses (messengers).



The Creation of Adam c. 1508–1512

The great mind and creativity of Michael Angelo left us a clue in plain sight. There is a way to connect to God built into your brain!

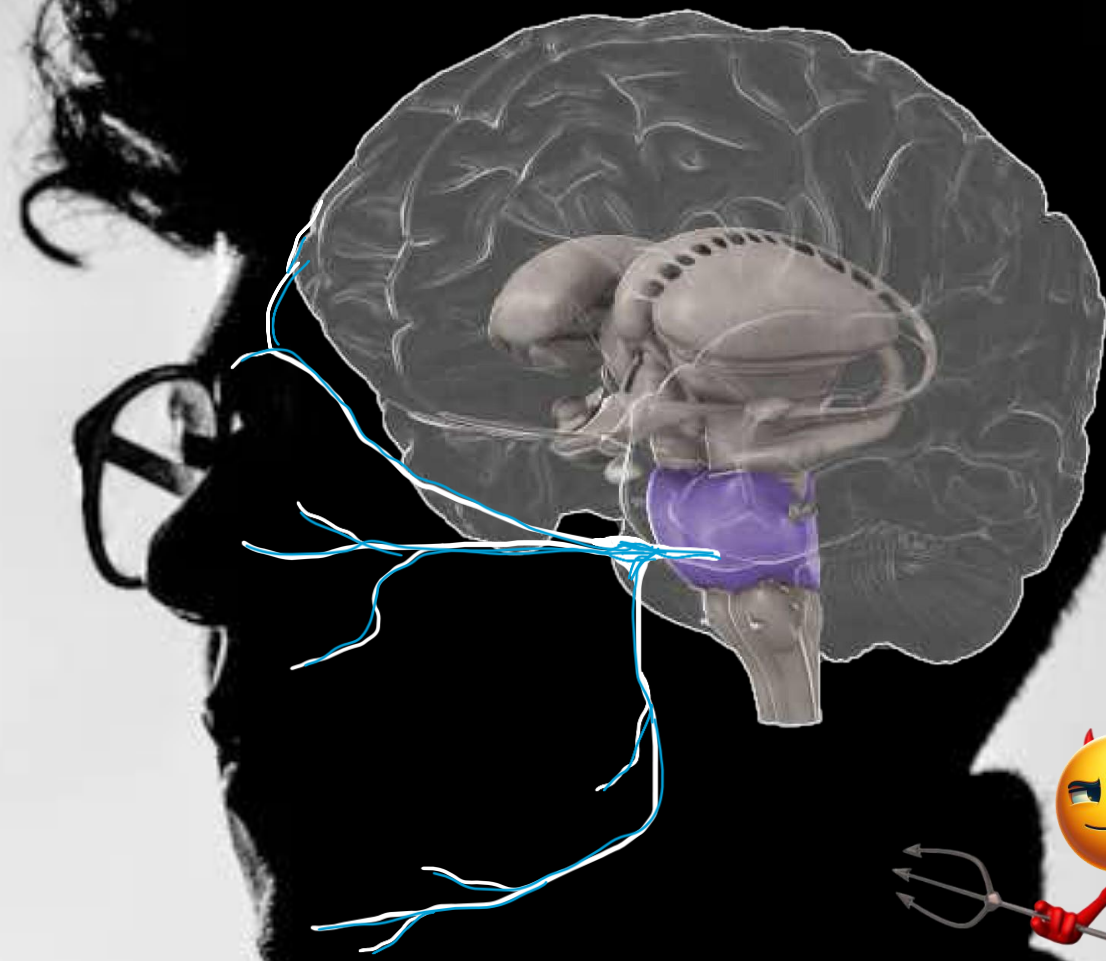
Take a closer look!



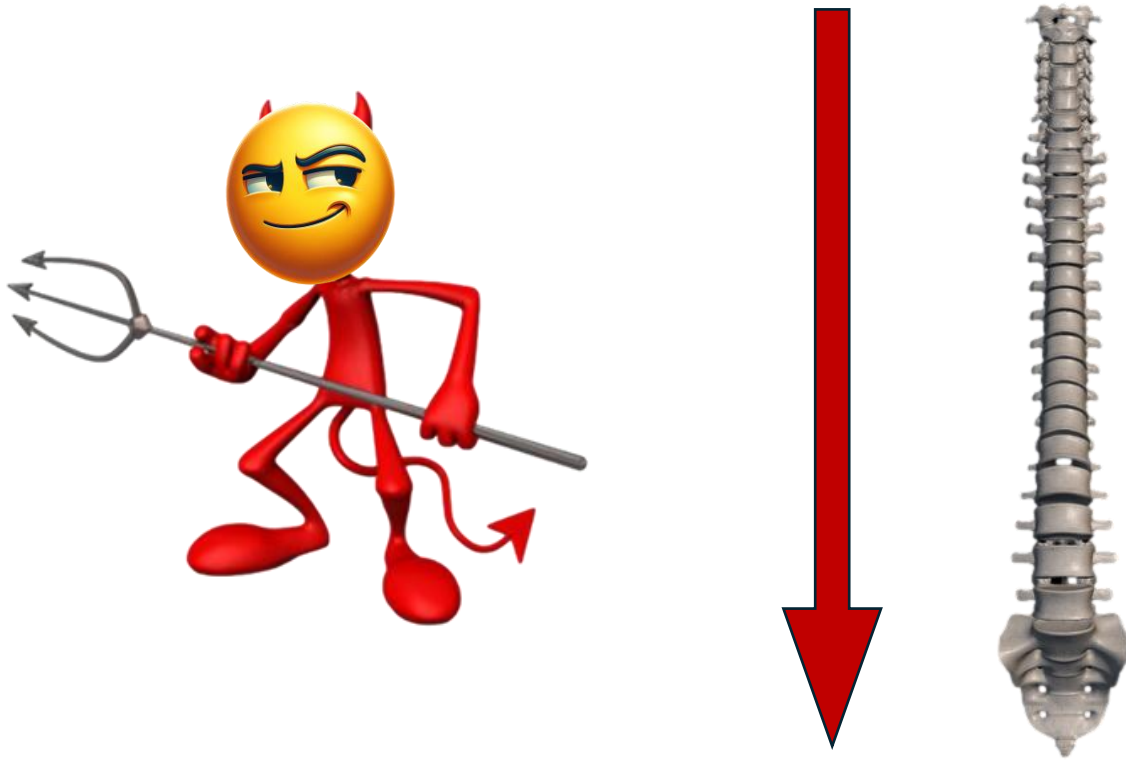
Your nervous system conveys sensory messages from the body to the brain and motor signals from the brain to the body. Your brain is amazing on so many levels! Just imagine the level of wisdom and consciousness it took to design it!



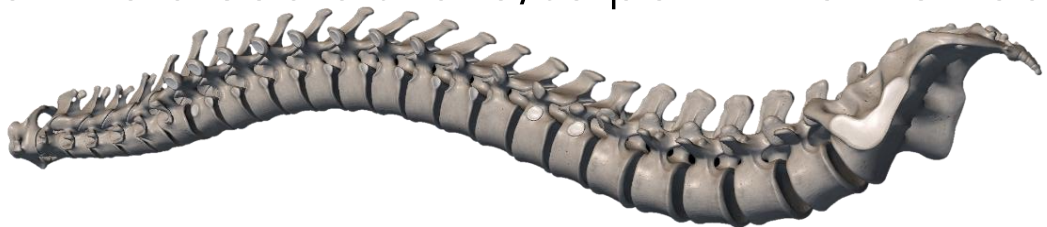
God is in the details and so is the devil. God in the details means that understanding and solution can be found in the details. The devil in the details indicates there are unknown elements present that could cause a problem. We tend to look outside ourselves for the source of our problems and their solution. However, both can be found inside our bodies, hearts and minds.



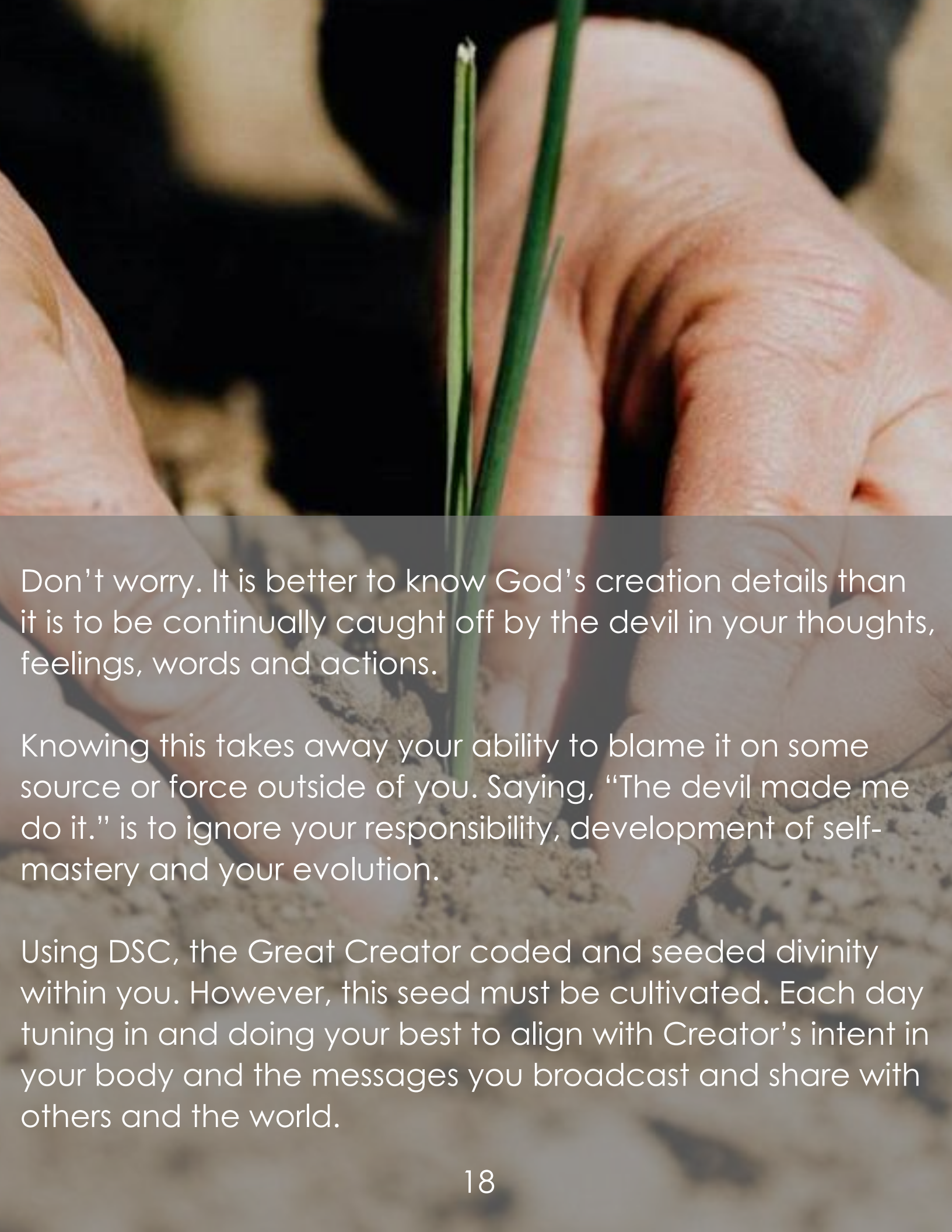
You will more than likely recognize the little character on the shoulder as the devil. Divine Source-Code is everywhere, and there are clues hidden within this image. The pitchfork aka trident the devil holds is the trigeminal nerve. A nerve originating from the pons (meaning bridge) in your brainstem which handles unconscious processes and jobs. It is connected to the five senses of the physical world.



Another interesting detail in the devil caricature is the long tail with a triangle on the end. This is your Spinal cord, vertebrae and sacrum. All three of these body landmarks look like a cobra snake/serpent when turned horizontal.



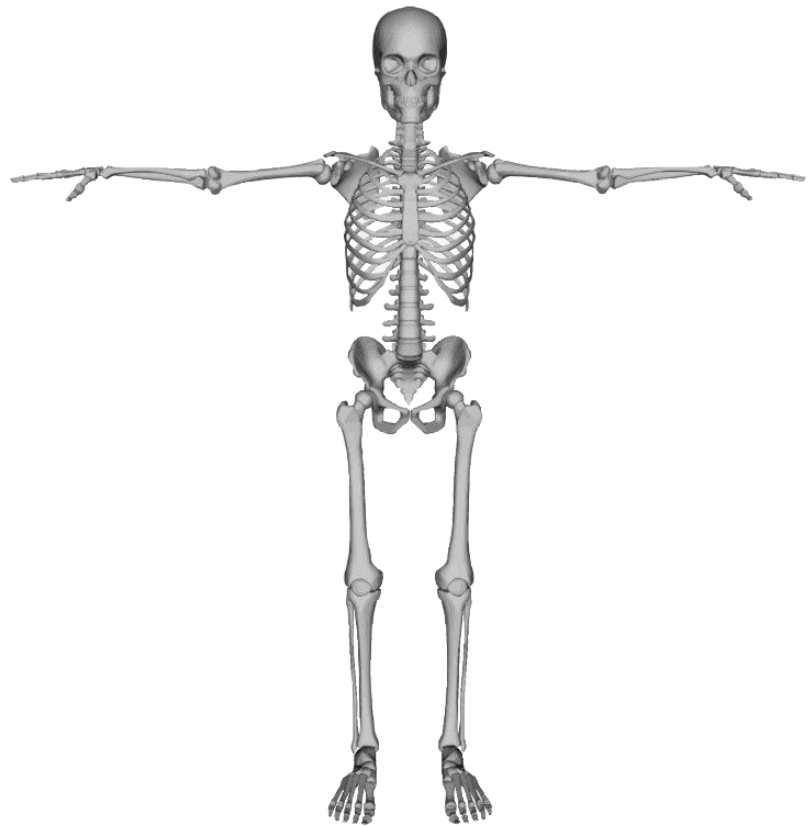
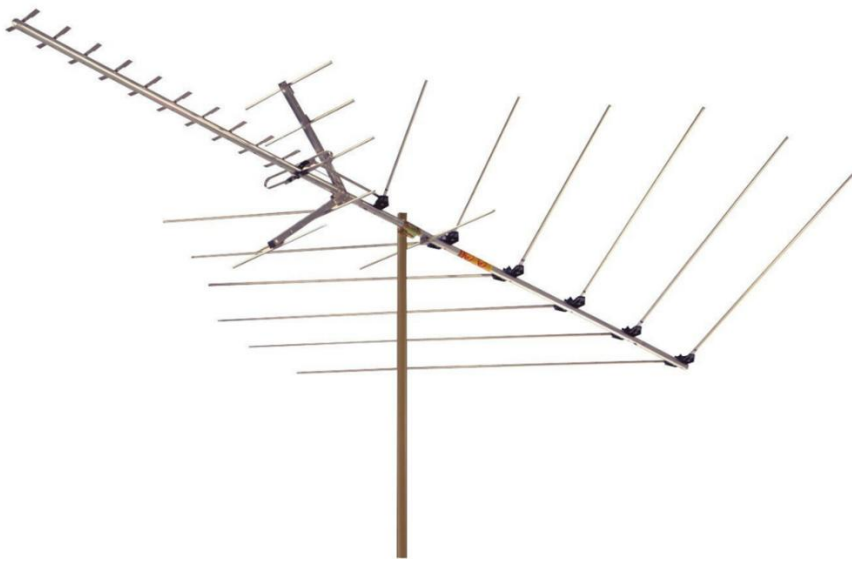
Your lower mind, known as Reptilian, controls your survival instincts. When it is in charge, you react to the world around you as if everyone is out to get you. In other words, emotions like fear and anger govern the impulses you are sending to your body and your resulting actions. To the degree we are in survival mode is to the degree your actions can be beastly.



Don't worry. It is better to know God's creation details than it is to be continually caught off by the devil in your thoughts, feelings, words and actions.

Knowing this takes away your ability to blame it on some source or force outside of you. Saying, "The devil made me do it." is to ignore your responsibility, development of self-mastery and your evolution.

Using DSC, the Great Creator coded and seeded divinity within you. However, this seed must be cultivated. Each day tuning in and doing your best to align with Creator's intent in your body and the messages you broadcast and share with others and the world.



Your skeletal system, composed of dense minerals/metals, not only protects your nervous aka communication system, is also an antenna. You broadcast your thoughts and feelings to others. They then pick up those thoughts and feelings much like messages in their own nervous system.

EXERCISE

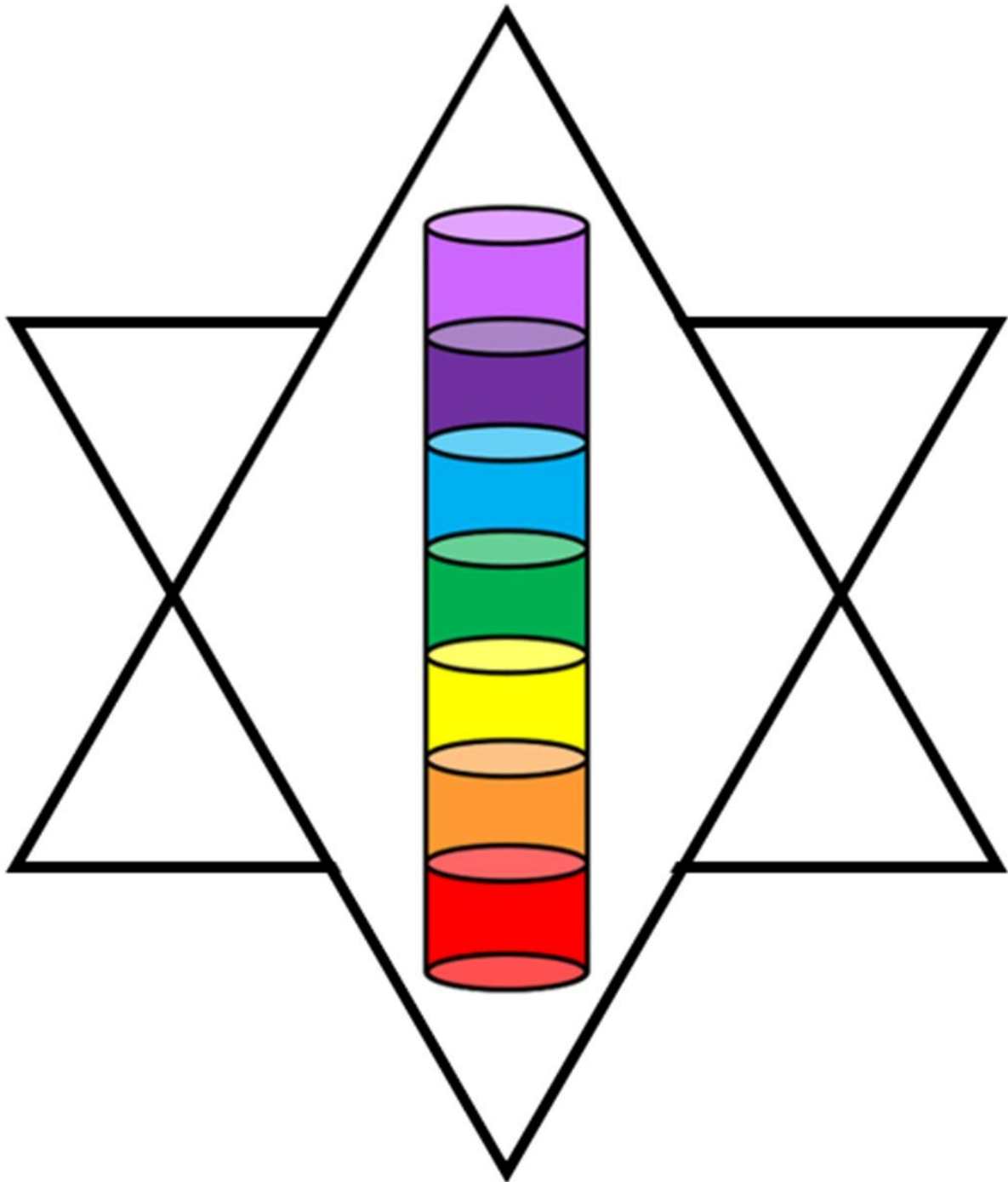
Choosing Love

1. Clear the Temple. This exercise is found on page 11.
2. Gentle tap the center of your forehead and the center of your chest.
3. As you gently tap these points, repeat the phrase below. Tap slowly and purposefully. Say the phrase or something similar that resonates with you aloud. Say it with intention and conviction. In other words, say it like you mean it! Say it at least three times.

“Let the Creator of all that is Light, Love and Life giving and sustaining govern my thoughts, feelings, will, words and actions!”



Torah Spiritual Science



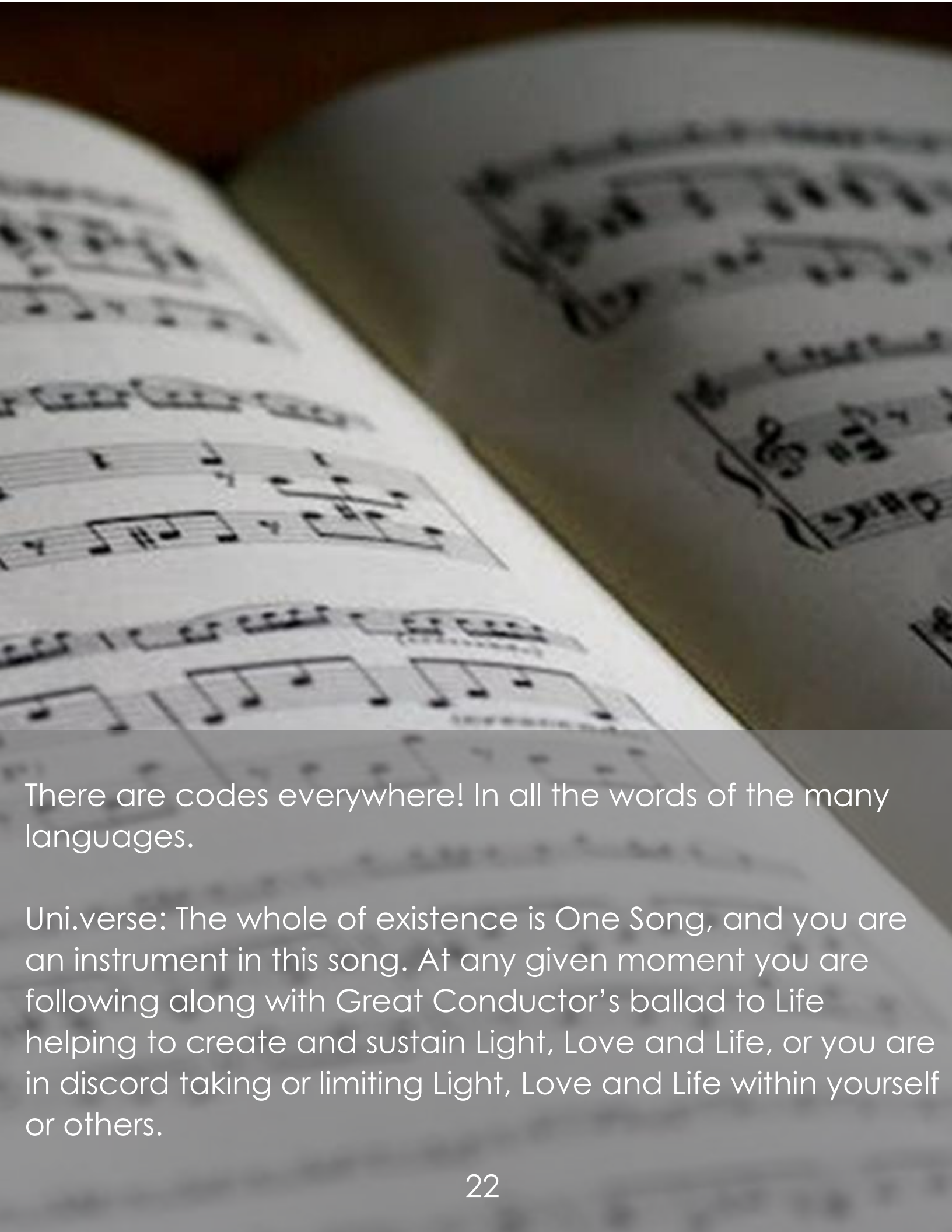
Part III

You are the Creator's words made flesh.

In the beginning was the Word, and the Word was with God, and the Word was God. John 1:1

A B R A C A D A B R A
B R A C A D A B R A
R A C A D A B R A
A C A D A B R A
C A D A B R A
A D A B R A
D A B R A
A B R A
B R A
R A
A

The word abracadabra is Hebrew or Aramaic in origin. Derived from the Hebrew words Ab/Father, Ben/Son and Ruach/Holy Spirit, or from the Aramaic Avra Kadavra meaning "It will be created in my words!"

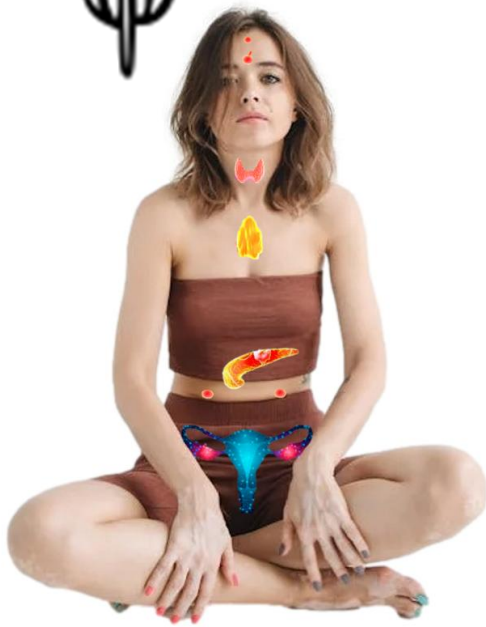


There are codes everywhere! In all the words of the many languages.

Uni.verse: The whole of existence is One Song, and you are an instrument in this song. At any given moment you are following along with Great Conductor's ballad to Life helping to create and sustain Light, Love and Life, or you are in discord taking or limiting Light, Love and Life within yourself or others.



God's Divine Source-Code may seem complex but there's also a simplicity within. It is a repeating pattern. In most cases the code is layered on top of itself many times much like a hologram. You just need to know how to look, and you will start to see it everywhere.



One such overlapping is that of the endocrine system, caduceus aka medical staff, chakra system and the Torah and its seven seals.



Your endocrine (pronounced: EN-duh-krin) system oversees creating and releasing hormones to maintain countless bodily functions. The endocrine system is made up of glands that make hormones. Hormones are the body's chemical messengers. They carry information and instructions from one set of cells to another.

The endocrine system influences almost every cell, organ, and function of our bodies.



Your chakra system is a symbolism that represents consciousness (mental and emotional function) and spiritual perspective. For example, the root chakra is associated with survival. This is the area our thoughts and feelings affect the most when it comes to staying alive.



Let's look at the endocrine and chakra systems side by side.

The Pineal deals with circadian and seasonal rhythms and cycles. The Crown Chakra is associated with our connect to the Creator's nature in ourselves in our world. How God's plan works In, Through and Around US.

The Pituitary is known as the Master Gland. It oversees the function and flow of the other endocrines. The 3rd eye chakra is associated with insight and understanding. The 3rd Eye, high above the rest on the mountain top, keeps a bird's eye on all happenings.

The Thyroid (thy rod) governs the metabolism of what you take in. The Throat chakra governs your expressed or suppressed words. It is the gateway of what you let in and keep out. Not speaking up for yourself and accepting bullying behavior can result in hypothyroidism.

The Thymus oversees your personal defense system aka immune system. The Heart chakra is associated with love. How loving and open you are to others and YOURSELF affects your immune system! It is the home of your I am! **I'm.mune**

The Pancreas releases hormones that help us digest food. The Solar plexus is associated with healthy boundaries in our relationships. Where we swallow/accepting bad behavior from others and being able to say, "No."

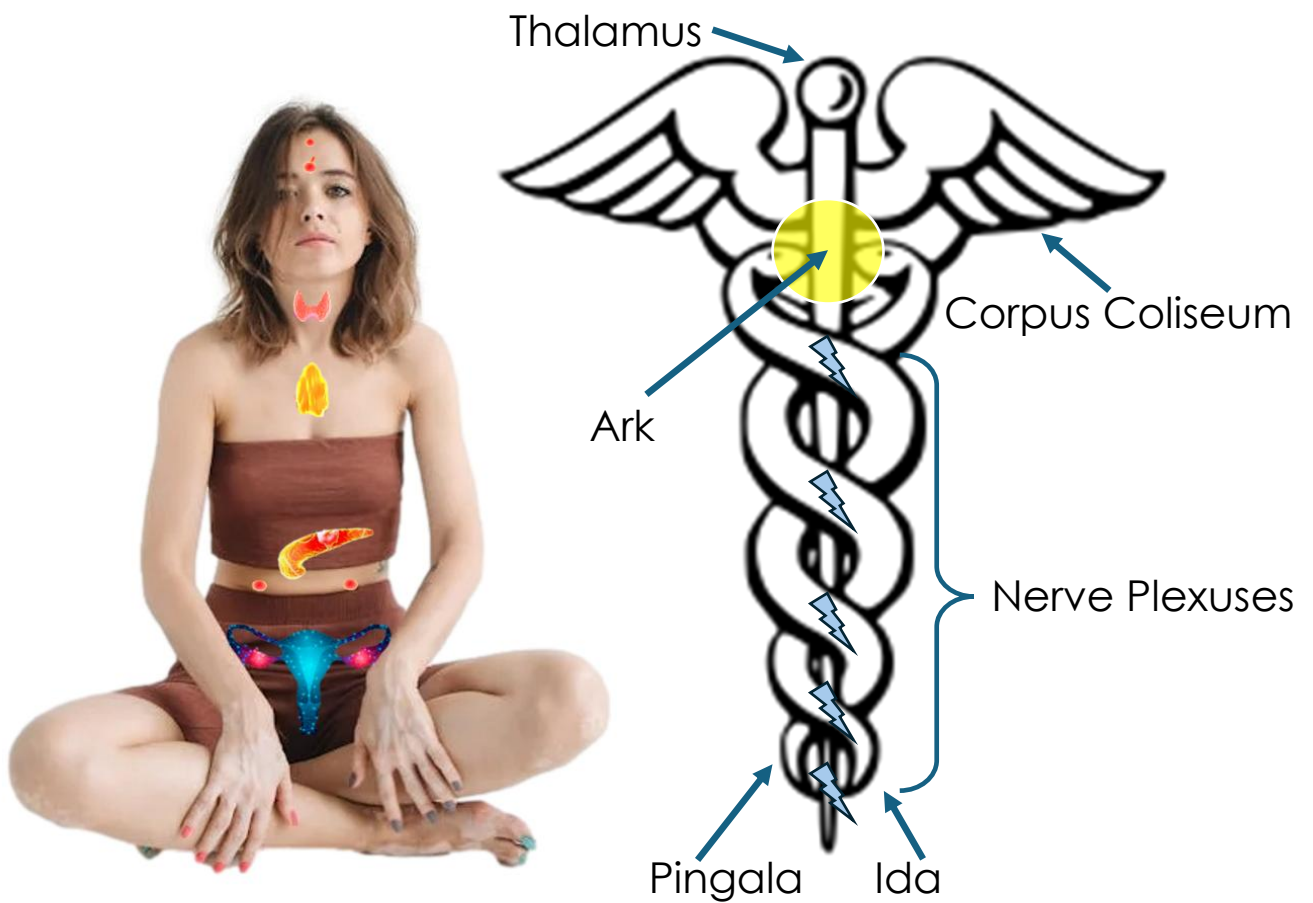
The Testes and Ovaries and their hormone release are related to our thoughts and feelings of sexuality and our ability to create in the world. The Sacral chakra is associated with our creativity.

The Adrenals respond to survival issues. They express hormones that deal with fight, flight or freeze. The Root Chakra is associated with survival and family lineage.



Pain, discomfort and disease are not a punishment from God. Pain manifests where in the body we are out of sync with Creator's Nature. Our thoughts and feeling dictate what hormones are released. These hormones command the body to respond to life in a certain way.

Someone who lives in worry may be a people pleaser. With a very open Solar Plexus they will take on or absorb things from others. Eventually, they will develop physical problems like malabsorption, pancreas, liver, gall bladder or stomach issues.



Speaking of illness, let's look at another layer of the endocrine and chakra system. It is the caduceus aka the medical staff or Hermes' staff.

Every place along the staff where the snakes cross represents a chakra and its endocrine partner. The ball on top is the thalamus (relaying sensory and motor signals) and the wings are the corpus coliseum (a bundle of nerves connecting left and right brain hemispheres).



While the caduceus is a symbol for the physiological side of the endocrine system, the Torah and Seven Seals is a symbol for the Spiritual connection of the endocrine system.

Each seal represents an endocrine's higher/divine power which is sealed purposely until we grow/evolve to be able to handle the inherit power within.

The closer we align with and live by Creator's Divine Plan the more these areas awaken, develop and open. We cultivate the seed of Divinity within us when we express love and wisdom in all areas of our being.

To be fully aligned with great creator is to live as closely as possible to God's Divine Plan.

Every **thought I entertain** is love and life affirming and supporting.

Everything I **visualize and perceive** is love and life affirming and supporting.

Every word I **speak to myself and aloud** is love and life affirming and supporting.

Everything I **put my heart into** is love and life affirming and supporting.

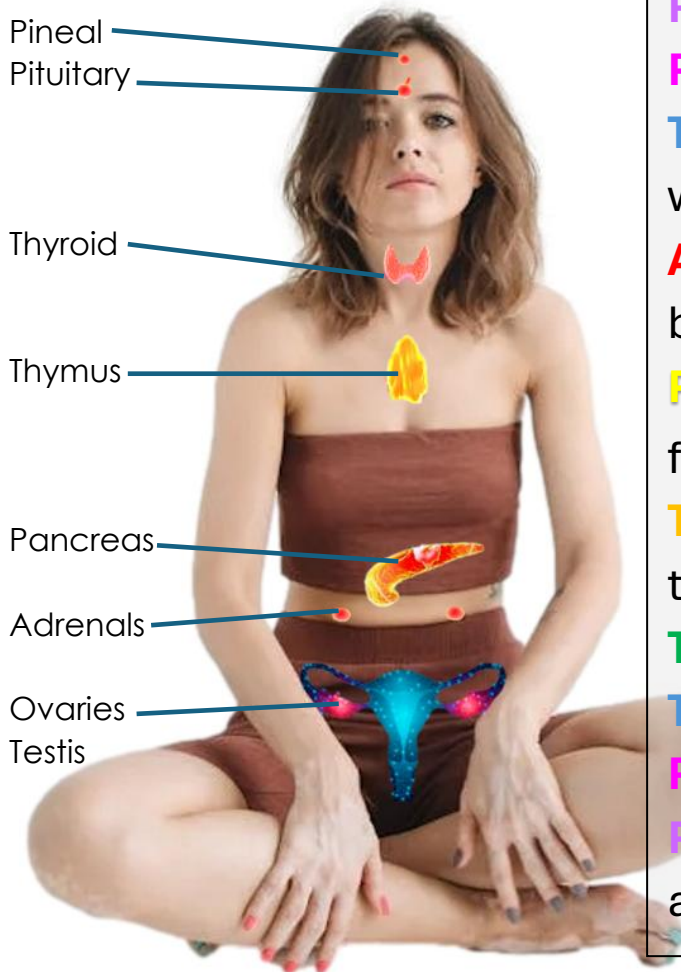
Everything I **focus on and intend** is love and life affirming and supporting.

Every **feeling I express** are love and life affirming and supporting.

Every **action I take** is love and life affirming and supporting.

EXERCISE

Align with a Prayerful and SoulFULL Life



Pineal: Our Father in heaven

Pituitary: Hallowed be your name

Thyroid: Your kingdom come, your will be done, on earth as in heaven

Adrenals: Give us today our daily bread

Pancreas: Forgive us our sins as we forgive those who sin against us

Testis/Ovaries: Lead us not into temptation

Thymus: But deliver us from evil

Thyroid: For thine is the kingdom

Pituitary: And the power

Pineal: And the glory are yours now and forever. Amen

1. Clear the Temple page 11.
2. In a reverent attitude, repeat the Lord's Prayer as you touch or focus on the associated endocrine/chakra.
3. Declare: "Let the Creator of all that is Light, Love and Life giving and sustaining govern my thoughts, my perceptions, my words, my heart, my will, my words and my actions!"

About Me

I was in my early twenties and despite being raised Baptist I had gotten to a point that I prayed just in case. There were questions in my heart and mind that nobody really could answer in a way that satisfied my need to understand.

I had gotten out of the military in 1992 right at the end of Desert Storm. Desert Storm was a good description of my spiritual life. I felt even more lost and confused. I was just going through the daily motions when a friend said they were going to take a class on massage. In that instant I felt guided to take the class myself.

I started an in-depth inquiry into life and meaning while I was in massage school in 1995. I quickly learned there was a lot more to the body than meets the eyes and hands. It was a small school, so teachers came in from out of town. One weekend we were learning about Polarity Work. It is a subtle work that deals with the energy channels of the body. The teacher was David Goyette. I credit him with watering the seed of knowing within me.

This was it! What David was teaching was like living water to my heart and soul. I met him a few more times when he would come in town to teach other classes. One time, he brought the book *Hands of Light* by Barbara Brennan. I was hooked. I devoured that book and many more.

When I was younger, I was interested in psychology. I almost went down that path, but I decided not to knowing my sensitive and empath nature. I somehow knew I would soak up other people's problems. However, something really amazing happened as I studied the body! I began to see psychology and physiology were interwoven. I can now read someone's psychological state by their physiology.

I created Mental and Emotional Mapping and Tapping; my own form of Energy Psychology. I began doing YouTubes of my continued learning and understanding. I then developed Divine Source Code which is a way of understanding how God moves and works in us and the world. I then developed a six-month program I call BioTheosis...God in the Body or Body of God.

I'm a writer, teacher, lecturer and facilitator of individuals and groups focusing on helping people awaken to the Divinity seeded with themselves. God's Love Note to and through me is Liberation through Understanding and Applied Wisdom. Enlightenment is the first step not the last!

I will leave with a few pearls of wisdom I found along my spiritual path in hopes it spurs your curiosity and helps you in some way.

A Few Pearls of Wisdom

- Enlightenment is the first step; not the last. Then the real work starts!
- The whole planet is the Garden of Eden. God didn't kick us out. We kicked ourselves out with judgment and fear.
- Physiology and psychology are two sides of the same coin.
- Pain, illness and suffering do not come from God. They are not punishment or test! They are born from our own misunderstanding.
- Your body is the manifestation of your consciousness...your thoughts, feelings and words.
- Pain is simply a lack of Light/awareness, Love/accepting or Life/allowing moving through your heart or mind.
- Your body is a map that tells you where either Light, Love or Life has stopped flowing.
- You have a seed of divinity planted within your heart. However, you must cultivate it yourself.

- Christ isn't on the outside, knocking to come into your heart. Christ is on the inside, knocking to come out.
- You are not a lowlife sinner who needs to grovel and plead to a higher power, but you are also not entitled.
- Ego is interested in comfort and Spirit growth.
- No one is going to come and save you, and there are no shortcuts. You must do the work you came to do.
- You are in a spiritual nursery. A classroom where we are learning to manifest and participate in heaven or hell.
- Dissatisfaction is an invitation to level up yourself and your life.
- A lasting shift in one's life and world are precipitated by a perceptual shift that leads to a change of one's heart!
- You can not change the world by pushing on the outside. Change comes from the inside.
- It is by working on ourselves that we become an instrument for the relief of others suffering.

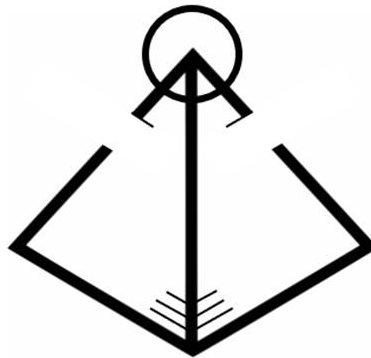
- You are not trapped in a matrix, by aliens or anything else. You are exactly where you are meant to be! Wherever you go in meditation or medicine (sacred or otherwise) at the end of the journey you will find yourself right back where you started.
- You and the special Love-Note inside your heart are needed here and now!
- Your complete presence in each moment of your Sacred Life is a present you bring to this planet, her people and where you will find your own gift!

Peace within first and then out into the world,
BROdhi Jon

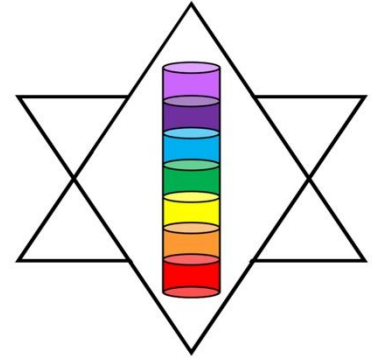
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Divine Source-Code



BioTheosis



Torah Spiritual Science

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