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How Your Metaphysical Abilities are Being Suppressed

By Stephanie Relfe B.Sc.

Many writers and people have said that we as a human species are far, far, far more powerful than we know.

Yah'Shua (the real name for Jesus Christ) said "Verily, verily, I say unto you, he that believeth on me, the works that I do shall he do also, and greater works than these shall he do, because I go unto my Father." John 14:12. Well, we are obviously a LONG way from doing what Jesus did, let alone outperforming him.

I believe that metaphysical abilities, such as telepathy, are gifts that were given to us by God Yahweh, that have been largely taken away from us by evil ones. I am talking here about true spiritual abilities such as telepathy, as distinct from magick which is done by occult means and is actually done by the power of demons (see

www.exvampire.com

for confirmation of this).

For example, animals and young children often display telepathic powers. (One example: See the report by the U.S. Air Force of a group of chinese children who can teleport at

http://www.metatech.org/A06/metaphysical_psychic_ability.html

). Yet the abilities of children are

generally lost or greatly reduced by the time they 'grow up'.

I believe this is because there is a concerted plan by species that do not own the metaphysical abilities that Yahweh gave to us, to enslave the human species and make sure we never access the powers that we have. We are like an eagle in a cage that has never been taught or shown how we can fly and

How Your Metaphysical Abilities are Being Suppressed

soar over the skies.

Below I have listed just a few of the ways that this has been done, and give some suggestions as to ways to overcome these.

FLUORIDE

Fluoride is a rat poison that is rated 4 out of 5 on the list of world poisons. It was also used by the Nazis and Russians. They fluoridated any water because it calms people down and makes them easier to control.

I have also read reports that it calcifies the pineal gland, the third eye, which is partly where our metaphysical abilities come from.

1) Of course the best thing is to not use toothpaste that contains fluoride (available only from health food stores) and to drink only reverse osmosis water or springwater. For reverse osmosis filters, check out Sam's Club (USA) and ebay.

2) To get rid of fluoride that you already have, or get through your skin when showering, there are reports that turmeric can help get rid of the calcification of the pineal gland. Eat more lentil curries with turmeric!

VACCINATIONS

Vaccines contain mercury and formaldehyde for starters. There is NO safe level for either of these two substances.

Vaccines are meant to work by stimulating the immune system – so why do they vaccinate babies many months before they have any immune system?

Read this article at

http://www.metatech.org/vaccinations_harm_psychic_abilities.html

by myself and you will see I found out through muscle testing that there is something in vaccinations, possibly some sort of microchip or crystal, that suppresses metaphysical abilities.

Credo Mutwa, a Shaman in Africa, reported that the only children that can see UFOs flying around are the ones that have never been vaccinated.

Most of us have been vaccinated and we will never know what abilities we have lost.

If you have children that are not vaccinated, start learning about the huge dangers of this and how you can avoid it. I do not want to repeat the experience I had of speaking with a woman crying on the

How Your Metaphysical Abilities are Being Suppressed

phone because her baby died within a few weeks of being vaccinated.

Breast milk contains much that will protect your children. Read *The Breastfeeding Book* and learn why you should breast feed to AT LEAST 3 years old. Children do not get their full immune system till six years old.

As for the rest of us who have been vaccinated, pray to remove the effects.

And balance out the effects of vaccines with kinesiology. I show how to balance out substances on my DVD kinesiology training series.

JUNK FOOD

Your body is the instrument through which your metaphysical abilities will go. Your body is like an automobile and if you are driving a beat up old VW then you need a makeover.

The more healthy and finely tuned your body is, the more metaphysical abilities you will have.

Metaphysical abilities require energy. Junk food and other toxins deplete you of energy.

Cut out all junk food and unhealthy food.

Get muscle tested with kinesiology to find out which foods are positive, neutral and negative for you. See

www.kinesiologist.us

EATING MEAT

Uri Geller, perhaps the most famous psychic in the world, is a vegetarian.

The higher frequency your body resonates at, the more metaphysical abilities you will have.

Dead flesh is a very low frequency. Plants are much higher. Think about this, if you increase your metaphysical abilities, you will probably increase your empathic abilities – the ability to feel the emotions of others. Eventually you may feel the pain that the cow felt when it had it's throat cut, as well as the terror it experienced before that event.

Plants don't like dying either but they don't have the highly evolved nervous system and intelligence of animals.

Eat more whole grains, fruit and vegetables, especially raw fruit and vegetables.

Eat foods with more protein but don't get hung up on the need for tons of protein. Gorillas are 100%

How Your Metaphysical Abilities are Being Suppressed

vegetarian and they obviously don't have any problem growing large muscles!!!

To become vegetarian, don't eat a lot of soy which is toxic unless it is fermented and non-GMO (eg miso is good for you).

Instead, learn from Indians. In India, the highest cast is the Brahmins and they are all 100% vegetarian. Eat a lot of lentils (for protein) as well as brown rice.

PREVENTING MEDITATIVE STATES

Some people, in particular some Christians, believe that meditation is bad, because they think once that they empty their mind it will be filled with bad things. This is not correct.

Meditation is not emptying your mind. It is impossible to empty your mind.

Meditation is stilling your mind.

It has been said that prayer is talking to God, while meditation is listening to God. If your mind is full of thoughts, how can you hear God speak to you?

"..to be carnally minded is death; but to be spiritually minded is life and peace." Romans 8:6 (Note: Carnally means relating to physical things, especially the body)

Once you have stilled your mind you can more easily access your metaphysical abilities. While your mind is filled with rubbish thoughts that go round and round and round, you cannot access your metaphysical abilities.

However, not all forms of meditation are recommended. Meditation techniques where one chants a mantra may be bad because the mantra could be the name of a demon.

Stick with forms of meditation that still your mind rather than chant a mantra.

You could just sit still and close your eyes and focus on your breath and/or on God.

Also focus on feeling God and love in your heart:

"God is a Spirit" John 4:24.

"Behold, the kingdom of God is within you." Luke 17:21

WESTERN BIRTH

Although they don't remember it, most people were put into incredible trauma through the process of their birth. After a traumatic birth, possibly with drugs that made it worse, many babies were slapped, put into bright lights, put into noisy areas, and worst of all, taken away from their mother and not given

How Your Metaphysical Abilities are Being Suppressed

breast milk.

This put those people into shock, which is one reason why we don't remember much of those early years. Shock and trauma inhibit all types of growth, especially metaphysical abilities.

Even worse, some people don't get to keep their own baby if they have a hospital birth, in particular, a military hospital. There are reports of babies being swapped or the mother being told that it was a still birth but not shown the baby.

In addition, many men had an additional shock of being sexually mutilated – circumcized – often even without pain killers. Is that why little boys cry more than girls? If you have a boy, let him decide when he is old enough whether or not he wants to be circumcized.

For more information on how different birthing and child raising methods can increase normal and metaphysical abilities, read the amazing book *Magical Child* (Just ignore what he says about reading age – teaching reading early does not decrease metaphysical abilities).

Return to natural home birthing, preferably a water birth (see

www.waterbirth.org

), which enables the

woman to squat which makes more room for the baby.

Add soft lights and as few people who are loving and caring present as possible.

ABDUCTION

It is the belief of myself and my husband Michael, from our own experience, that almost anyone who has advanced metaphysical abilities will have been abducted at least once and probably a number of times throughout their lives.

This may have been done by non-humans such as greys, reptilians, insectoids or other aliens, or by humans who are in black operations in the military. (If you think this is not for real, then you haven't done enough research on this matter. There is literally tons of information on this. Start with our weblinks section).

During this abduction the person was given programming and possibly other things including operations to stop them from harnessing the full power of their metapsychic abilities for themselves.

1) Stop abductions now by changing the quantum matrix inside yourself and your family at least twice a week. See

http://www.metatech.org/preventing_alien_abductions.html

How Your Metaphysical Abilities are Being Suppressed

This is crucial to do if you have children.

2) Remove the effects of previous abductions with kinesiology, including removing wernicke's commands. See

www.kinesiologist.us

WARNING: Check first for implanted death thoughts. See

http://www.metatech.org/death_thought_mind_control_victim.html

DRUGS – EITHER PHARMACEUTICAL OR RECREATIONAL

What goes up due to chemical means, must come down – PLUS side effects.

White powder gold actually DESTROYS your native metaphysical abilities.

If you have drug addictions, Ibogaine, which has been reported to heal people of all drug addictions within 24 hours with no side effects with a 70% success rate.

I understand that this drug is currently not legal in Belgium or America. There are clinics in other countries.

TELEVISION

It has been shown that when watching television you are in an hypnotic state within one minute. Once you are in a hypnotic state you cannot access your metaphysical abilities.

In addition you will be resonating at the same frequency as a lot of zombies watching television.

Plus there is all kinds of technological and spiritual encryption added to some TV and movies these days.

Watch the movie "The Matrix" at least two or three times until you understand the message of this movie.

Put your television in the garage for three months and see what difference it makes to your life.

Cancel your cable bill.

NO / INSUFFICIENT BREAST MILK

Breast milk contains substances which are essential for optimal brain growth. That's 1/2s for normal

How Your Metaphysical Abilities are Being Suppressed

intelligence.

Muscle testing has indicated to me that there are one or more substances in human breast milk which help metaphysical abilities. Muscle testing also indicated to me that production of this substance peaks at 18 months and ends at three years.

Research of large primates show us that humans, who are also large primates, should breast feed their babies until four to seven years old. Note that this is not talking about public nursing. By three years of age, babies probably only want one nurse a day, and that will be to put them to sleep (without crying).

The powers that be that are controlled by the alien/reptilian species have seen that breast milk gets replaced by formula which has many toxic substances in it, including soy. Formula definitely doesn't have the range of substances which are needed.

In addition I believe that while the baby is breast feeding the baby is soaking up the mother's energy from her heart chakra, which also helps to develop metaphysical abilities.

Do whatever it takes to breast feed your children for 4 to 7 years old. If it's too late for you, spread the word so the next generation knows this.

ASPARTAME, MONOSODIUM GLUTAMATE AND OTHER EXCITOTOXINS

These toxins scramble your brain, just like drugs. Anything that scrambles your brain will suppress your metaphysical abilities.

When you want to sweeten anything, use raw honey. That is, something that is as close as possible to what nature produced, without processing.

CELLULAR PHONES

Cell phones shrink brain cells.

Two cell phones can hardboil an egg within one hour.

Whatever hurts your brain, hurts your metaphysical abilities.

Use only a landline and get an answering machine. It's really not that difficult!!!! NEVER let children use a cellphone.

Be aware that some people have suggested that there may be something addictive about cellphones if you feel it's hard to give up.

ROCK AND RAP 'MUSIC'

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Rock and rap 'music' change brain wave patterns. They stop you from accessing your higher powers.

If you can find music that vibrates at a high frequency, that is performed by people who operate at high frequency, listen to that instead.

Silence is golden to listen to.

SCHOOLING SYSTEM

Our schooling system is very much logical and rational. It develops mainly the left brain without developing the right brain.½

This teaches us to think which has its usefulness. However, it does not teach us to know, to access our intuition.

Knowing is much more powerful and faster than thinking. Knowing comes from our right brain and our intuition.½

In addition, the time that children attend school and the way they have to sit still for many hours at a time is mind control.½A German discovered that children who are taught to go to school five days a week are later trained to be good 9–5, Monday to Friday workers.

Wouldn't you rather your children were taught to be healthy, happy, spiritual millionaires whose purpose in life is to improve the life of others rather than have a job to make a living?

Do whatever it takes to do homeschooling. Virtually anyone can do it, so long as you buy a curriculum.

There are many, many advantages over normal schooling, both academic and social (eg We may consider it 'normal' to go to school but nowhere in the real world do you get to hang out with 30 other people who are all your own age).

NEGATIVE PEOPLE

We become like the people we spend time with. We pick up their vibrations unconsciously. For example, see how people pick up accents when they visit a different area.

If you really want to grow, you will probably have to let go of some of the people you spend time with now. It is better to be on your own than with people who pull you down or who anchor you to the material universe.

I personally find that my metaphysical abilities take a quantum leap whenever I am with other people who also have and ACKNOWLEDGE THE EXISTENCE of metaphysical abilities.

LACK OF PRACTICE

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Use it or lose it.

Find a way to practice the particular abilities you are interested in, even if for only a few minutes a day.

eg Try this telepathy course at

http://www.metatech.org/learn_telepathy.html

ANGER

The reptilians in particular will focus on increasing your rage and anger, because your metaphysical abilities definitely go down with rage and anger.

Would you rather be right or would you rather have peace?

Focus on forgiveness.

Focus on feeling love radiate in your heart.

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'Bridging the Gap' – A Novel Review

By C. Bailey–Lloyd/Lady Camelot

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When Intuitive Consultant, Scott Christiansen presented me with "Bridging the Gap," I had no perception how profoundly liberating this spiritually enlightening passage would be.

I say, "passage," as Bridging the Gap is more than just another metaphysical book, it is a journey into the self – and positive exploration thereof. Additionally, Mr. Christiansen's book demonstrates how to achieve conscious coexistence between human belief systems and metaphysical planes.

If one can manage to put this compelling novel aside long enough to investigate Chapter Eight's invitation, he will discover how to reinvent his entire essence of life and living.

Poignant: Bridging the Gap is an evolutionary doorway revealing limits we place upon ourselves through preconceptual idealism and teachings; And explains how to constructively merge faith, intellect and the world of metaphysics into one, awakened spiritual being.

From his masterfully crafted words, Scott asks, "...Is the new you ready for your new life? Are you ready to create and manifest your own reality? Are you prepared to make the necessary changes in your lifestyle and choices to accomplish this? Are you ready to focus on the positive, eliminate the negative and give the best of your new knowledge to yourself and those you love? If the answer is yes, then I welcome you to your new life!"

In conclusion – persons who are actively seeking solutions to personal growth, life fulfillment and understanding to metaphysical realms and their interrelation to the Divine; Bridging the Gap is a must-have book.

To learn more about Scott Christiansen or his book, Bridging the Gap go to www.ConnectwithScott.com/ Bridging the Gap is also available at local bookstores.

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