

Benefits of Spiritual Awakening

By Dr. Gerald H. Smith

The key to restoring health and well-being is through the use of frequencies. “If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.” This famous quotation was made by Nikola Tesla. By activating your pineal gland, one can unleash incredible health benefits. Interestingly, spirituality was taught thousands of years ago by all religions, however, the practice was stopped because the religious leaders discovered that once their followers became spiritual they became independent and could not be controlled.

According to a study led by researchers at Harvard T.H. Chan School of Public Health and Brigham and Women’s Hospital, the benefits of incorporating spirituality can have a positive effect on your health.

Reinforcing Your Belief System:

It has been said that if you want to fly like an eagle stop hanging around with turkeys. A good support system is essential to reinforcing your spirituality. Surrounding yourself with positive like minded people is one of the best ways to insure obtaining your spiritual objectives.

Stress Reduction:

Spirituality can promote stronger bonds with family and friends and help people cope with physical or emotional pain and other life stressors. Research has shown that helping others can divert

your attention away from your own problems and be good for your own mental health. It reduces stress, improves your emotional well-being and even benefits your physical health. I strongly recommend you review the book, *Random Acts of Kindness*. You can also review 50 random acts of kindness on the following website: <https://www.mentalhealth.org.uk/explore-mental-health/kindness-and-mental-health/random-acts-kindness>. Getting proactive in this arena is a great first step in your journey to restoring your sense of well-being.

Increasing Your Longevity:

According to a study conducted by the Mayo Clinic, people who are spiritual often live longer than others. From a physiological perspective, being spiritual reduces one's stress level and cortisol levels also. Cortisol is a catabolic hormone that literally tears the body down. The side effects are less stress on your cardiovascular, nervous, and other systems of the body. The end result is less inflammation and a longer life.

Improve your Immune System:

Being spiritual helps to quiet your adrenal glands. The less production of cortisol the less your immune system will be suppressed. The less distress the less your body will experience inflammation, which is the common denominator of all degenerative diseases.

A well Controlled Scientific Study Conducted in Israel by Dr. Leonard Leibovici showed that people who were prayed for:

- **Were healthier**
- **Had fewer complications**
- **Left the hospital quicker than the control group**
- **Were better off in every regard**

The patients in the study were in the hospital between 1992 - 1994. The praying was done in the year 2000; 6 to 8 years later. Interestingly, the prayer was performed randomly over the patient's hospital records. In my humble opinion, this documents the existence of quantum entanglement and proves that you can go back and affect past events. This study was published in the Lancet.

If you can influence the past, you can influence the present and the future.

An investigative journalist, Lynn McTaggart, used groups of people to determine if it would magnify the effects of the intentions. She ran 33 intention experiments; seven were designed to lower violence, and bring about peace in areas of violence or unrest. The statistics proved out her theory. She discovered that the size of the group didn't matter. She discovered that a group of eight was the optimal size to make the change. Lynn McTaggart also ran intention experiments with seeds. The seeds that the group intensioned to grow faster did in fact out perform the control seeds.

The take-away message is that it is all about intention.

More Fulfilling Relationships:

Embracing mindfulness and acceptance opens your life for more love and generosity. Spiritual people tend to be more compassionate, grateful, and altruistic. These traits are associated with having more meaningful relationships.

Sense of Purpose:

Being spiritual, puts you in tune with your inner self. This helps restore your moral compass, your sense of true values, and gives you direction in life. Having a purpose in life automatically helps improve your lifestyle and embrace gratitude for all the good things in your life.

Bruce Lipton states that “consciousness is creating our life experience. “Our consciousness is shaping our reality in front of us.” The consciousness of the brain is translated into the chemistry that goes through the body and makes the changes inside the cells. “The chemistry of the brain is a complement to the picture in the mind.” If you have a positive picture you have positive chemistry; if you have a negative picture, you have negative chemistry. The chemistry adjusts the genetics and behavior of the cells. “The picture in the mind ultimately is the information translated by cells into genetics and behavior.” The consciousness, which is generating those pictures, is the primary element responsible for the character of our lives.” “The Placebo Effect” can be responsible for anywhere from one third to two thirds of all medical healings.” The placebo pill did not heal you; it was the positive belief about the pill. The placebo effect is the result of positive thinking. Can you imagine the effect of negative

thinking? “Negative thinking can cause any disease in the body to manifest.” These are the people who die when the oncologist tells them they only three months to live! It’s **ALL ABOUT** the **BELIEF**. **It is your consciousness that shapes the character of your life. Your thoughts are manifesting your life experience.**

Before the age of seven, your brain is being shaped by your subconscious and what you hear from your environment. You have been preprogrammed from those around you and you reflexly react. After the age of seven you get to operate the computer, your brain.

“Your subconscious is your autopilot. When your consciousness is thinking, your subconscious will run on the programming it received. Only 5% of the day is conscious creativity controlling our wishes, our desires and what we want from life.” 95% of the day consciousness is spent thinking. Which means that 95% of the day our life isn’t run by our wishes and desires, it runs by our programs. The majority of the programs are disempowering and self limiting. That’s too hard. I can’t do that. I’ll never get rich. I’ll never get well. in reality, 95% of the day you are playing the program and not observing wha’s going on.

I strongly recommend that you listen to the free audio book, *The Power of the Subconscious*, by Dr. Joseph Murrphy. It’s on YouTube.

Gregg Braden has spent 40 years researching the wisdom of the ancients that includes the indigenous tribes and monks. He has uncovered the language of the matrix or universe that makes the affirmations work.

1. It's not the actual words of the prayer; it is the feeling of the prayer that makes it work.
2. You **MUST** feel as if our prayers have already been answered.

The Lost Gospel of Thomas states three different times (Verse 106 and 48) that when you make the two, the **Thought** and the **Emotion, one within your heart you will get what your are praying for! When you combine the two, you create the power to make things happen.**

This is the secret of prayer.

In summary, spirituality allows you to live a more meaningful and satisfying life. It can pave the way for a more beautiful, intentional path towards self-acceptance, freedom, and purpose.

To enhance your spirituality, Tesla Energy, LLC. has developed an innovative special edition Tesla Energy Card® called Spiritual Awakening, that will activate your pineal gland using a proprietary formula of frequencies. The special frequencies are also designed to help reduce calcifications (from fluoride), help restore your DNA and help heal your body overall through activation of your body's own stem cells.

Developed by: Dr. Gerald H. Smith has over 50 years of clinical experience in natural healing.