

# The *creative* Self

This message is for those enjoying good lives who want to help others enjoy good lives. If more folks understood these two pages millions of babies and adults could enjoy better lives. It's all about awakening *the creative (Christ) Self*. In the beginning God, Father and Son, *created* heaven and earth" Gen 1:1-John 1:3. *Creative* describes our Creator, so why not also us as children of God *like Parent like child*? How far can an apple fall from a tree? Sometimes it falls too far – but then there is more room to grow! Read on with joy.

## ***The Joy of Life working at its best***

Think about what you enjoy most in life. It could be something simple like digging your fingers in garden dirt, or climbing a mountain. It is most likely something you are good at: writing a book, song, poem; teaching; painting; fixing; conducting, building; playing music or sports; cooking a new dish; running a business etc. It could be quiet time to pray, meditate on the stars or a flower, worship, communion. Whatever you do with a whole heart says *life is working*. You are "lost in time" as a *creative* being, not a robot or zombie. You are "in the moment" not buried in past tears or future fears. Think "***Unless you change and become as a child***" open, honest, trusting, unassuming etc. Matt 19:3. Also - "***In Him was life***" abiding in you if you "***abide in Me***" John 1:4 - 15:4. Also - "***I have come that they may have life, and have it more abundantly***" John 10:10. It's a beautiful picture – and some get it.

But some miss it. Many of us are indeed "in the moment" expressive, warm, connecting etc. Others find their feelings suppressed, repressed, depressed – a light hidden under a basket. How do you *express* your "self"? Is it "***Let your light so shine before men that they may see your good works and glorify your Father in heaven***"? Matt 5:16? - OR - is your light on the dim side - maybe too dim for your good health? *We all can shine more if we learn how!*

## **Enguarde, there are enemies of light and life!**

This is a warning. There are enemies to the creative Self - *to light, life, wholeness*. The Spirit has enemies that would ignore, deny, depress, suppress, cover up, crucify it. Leading the way is ignorance followed by indifference, disbelief, death – enemies of the creative Self, *of life, of Christ*. For some the "creative Self" is half dead as Jesus noted in Luke 9:60 "***Let the dead bury the dead***". What are you to do if you find yourself *not* creative – only half alive?

**GOOD NEWS** - the biggest enemy is ignorance. *This is fixable!* You can shine more. You can do something about it. First the gospel of course, then comes body chemistry and systems. Are they in *out of balance* due to processed junk foods, sweet drinks, addictions, GMO and pesticides, chemical toxicity etc. When body chemistry is off *brains and minds follow*, a law

of biology and a missing link to the **Wholeness of Christ**. *This is fixable*. Churches must step up to teach “temple care”. Ignorance is not bliss. It opens a Pandora box of hellishness.

**A Pandora box of hellishness** - if blood sugar is too low emotions easily get out of control. Brain cells need their “sugar” or it’s the “sugar blues”. We don’t call our loved ones “honey” and “sweetie” for nothing. Blood sugar imbalances may cause seizures and panic attacks but these are the least of problems. According to James Balch M.D. sugar issues relate to “short temper, irritability, extreme aggression” - *think violence*. Blood sugar is only one aspect of body chemistry that affects thought and behavior. Throw oxygen/CO2 issues into the mix related to pH (acidity) - or body temperature HYPER or HYPO with 1000+ enzyme systems and hormones misfiring – now digestion breaks down too. Who rejoices at constipation and bellyaches? Later come things like heart attacks, cancer, Alzheimers etc. Body systems in or out of balance set the stage for *“life and death, blessing and cursing”* Deuteronomy30:19.

### **Pastors, priests, churches, seminary students - please take notice**

“Temple” care, body chemistry, lifestyle, self-control, fasting, nutrition, respect for the organic integrity of life as God made it - all set the stage for life to work on the SON or **dark side**. The spark weakens from day one if baby is fed by a bottle, not by a breast. There goes wholeness of bone, brain, teeth, and thought - some hurts lasting a lifetime. After infancy the dimming and damning may continue with too much rote training and too little freestyle playing and running. Throw in junk foods and HYPER behavior problems are bound to arise.

Some HYPER and HYPO hellishness carries into adulthood with mental disorders, mass killings, homicides, suicides, jail, surprise funerals. This only hints at the “fruits” *when wrong SEED is planted*. As John Diamond M.D. and others point out, when life energy weakens so do smiles - posture slumps; immunity crashes; self-destruct takes over. *Life has lost its salt-zip-flavor!* Now it’s time for truth and mercy. It’s time to teach **“God’s Plan for Making a Healthy Baby”** and for big folks **“100 and still dancing!”** (free downloads - see below) .

**Amazing grace** - we are told to trust God with the details (Matt6: 25-31) but some are busy messing things up for others while few are teaching the **Wholeness of Christ**. The result is pain and suffering that hurts the very young and very old the most. Truth is the saving grace for babies, bodies, souls, America, *but someone has to teach it*. Why not you? Your church? Blessed are they who enjoy good lives who pass this message on with a word, letter, email click, so more can enjoy good lives. Resources at [www.phpower.org](http://www.phpower.org). *Bless and be blessed*.

### **Resources - references**

**Free downloads - body and soul repair** [www.phpower.org](http://www.phpower.org) **Nutrition and Physical Degeneration** Weston Price D.D.S; **The Body Doesn’t Lie** John Diamond M.D; **The Biology of Belief** Bruce Lipton Ph.D. - books available at local bookstores or amazon.com **Matthew, Mark, Luke, and John – focus on letters in red.**

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