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# 3 PILLAR OF HEALING WITH I FOUNDATION

THERE IS THE GIFT OF HEALING.

THERE IS NATURE AND NURTURE HEALING.

AND THEN THERE IS HEALING THAT AWAKENS THROUGH REST.

\*IF WE CAN BEGIN TO SEE THAT HEALING IS MORE FOCUSED UPON THE EXPANDING IN LIFE RATHER THAN THE ELIMINATING OF PAIN AND THAT WHICH CAUSED IT, WE'LL BEGIN TO SEE THE BIGGER PICTURE AND LIVE IN IT FOR OURSELF.\*



## THE GIFT OF HEALING

EVERY HUMAN WHOM HAS EVER BEEN BORN IN THE EARTH HAS BEEN GIVEN (BIRTHED WITH) A GIFT OR ABILITY... MORE THAN ONE. SOME HAVE SPOKEN TO THESE AS NATURAL ABILITIES OR SKILLS. USUALLY, DEPENDING ON THE GIFT OR ABILITY, OTHERS WOULD SAY THEY ARE SUPERNATURAL GIFTS OR SUPERPOWERS. THESE USUALLY MOVE A PERSON TO FIND THEIR PLACE WITH A CERTAIN GROUP OF PEOPLE OR ATMOSPHERE NO MATTER WHAT THEIR FAMILY OF ORIGIN LOOKS OR SOUNDS LIKE. THERE IS ALSO GREAT PURPOSE AND DESIGN IN THESE GIFTS AND ABILITIES. BUT PUTTING THIS LINE OF DISCUSSION ASIDE FOR NOW, LET US LOOK AT A HANDFUL OF GIFTS, ABILITIES, SKILLS AND/OR SUPERPOWERS.

HERE'S A RUNNING LIST AND THIS IS BY NO MEANS THE ENTIRETY OF IT; HOSPITALITY, MERCY, VISUAL DESIGN, FORESIGHT, DEXTERITIES, MATHEMATICAL, EMPATHETIC, REMOTE SEEING, TELEPATHY, PSYCHOSCOPY, MOTIVATIONAL, FAITH, FINANCIAL AND SO MUCH MORE.



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A GIFT OR ABILITY IS NATURAL, AND CAN BE CATEGORIZED ACCORDING TO USAGE AND INTENT. FOR OUR PURPOSES WE'LL KEEP THEM ALL TOGETHER AND SPEAK TO THE BIGGER PICTURE.

AN ABILITY OR GIFT REQUIRES LITTLE MATURITY OF CHARACTER, THOUGH A PERSON CAN GROW IN THEIR ABILITY, EXPANDING IN THE POTENCY OF THEIR GIFT. AND AT TIMES THIS CAN LEAD A PERSON TO GROW WITHIN AS A PERSON.

ONE OF MY GIFTS IS HEALING. NOT ONLY PHYSICAL BUT THE DEEPER PARTS OF A PERSON. WHEN I WAS A CHILD I WAS UNAWARE THAT I HAD THIS GIFT (YOU'LL ALSO NOTICE CERTAIN GIFTS KINDA GO TOGETHER, I WAS EXTREMELY EMPATHETIC AND TELEPATHIC, WHICH PARTNERED WITH HEALING). MY FAMILY DYNAMIC LEANED MORE TOWARD PSYCHOLOGY, RECOVERY AND RELIGION. BECAUSE OF THIS ATMOSPHERE MY GIFTS WERE NOT CULTIVATED. BEING IN MY FAMILY WAS ALSO A GREAT GIFT ❤️

AS A TEENAGER AND CONTINUING FROM HERE, I FOUND THAT MY PRESENCE DREW PEOPLE IN. MY TOUCH BROUGHT COMFORT. MY LEANED-IN-EAR CULTIVATED SAFETY.

WHEN PREGNANT WITH MY DAUGHTER, QUITE YOUNG, I WAS IN A PRETTY SEVER CAR ACCIDENT. AT THAT TIME I LIVED IN EASTERN WASHINGTON AND MOVED BACK NOT LONG AFTER. AS MY BELLY GREW, SO DID MY PAIN.

BACK IN WESTERN WASHINGTON, 20 MINUTES NORTH OF SEATTLE, I FOUND COMFORT WITH MY PARENTS. MY DAD WORKED AS A YARDMASTER FOR BURLINGTON NORTHERN RAILROAD AND KNEW A MAN WHO HAD DIED IN VIETNAM AND CAME BACK TO PHYSICAL LIFE. THIS MAN TOO WORKED AT THE RAILROAD WHILE PASTORING IN SUCH A WAY THAT SPOKE TO THE RELEVANCY AND TRUTH OF HEALING FROM THE PERSPECTIVE OF CHRISTIAN SCRIPTURES.

MY FATHER BROUGHT MYSELF AND OTHERS TO ONE OF HIS WORKSHOPS, I GUESS YOU COULD CALL IT. IT WAS AN 8 WEEK CLASS. THE FIRST NIGHT I HAD QUITE THE ENCOUNTER AND IT CONTINUED ON FOR THE NEXT 8 WEEKS. ON THE FINAL EVENING OF THE WORKSHOP I WALKED IN COMPLETELY HEALED. SOMETHING WOKE INSIDE OF ME THAT LAID DORMANT ALL MY LIFE.



OVER THE YEARS I GREW IN WAYS I COULD NEVER FULLY EXPLAIN...  
I FOUND MYSELF AWAKENING HEALING IN THESE WAYS:

THE DISSIPATION OF METAL IN BODIES FOR THERE WAS NEW TENDONS, THE RAISING OF THE DEAD, HEADACHES GONE, DEAF EARS OPENED, SICKNESSES CLEARED UP, EMOTIONAL PAIN CALMED, ANXIETY QUIETED, BROKEN BONES HEALED, CUTS CLOSED UP, BACK PAIN-JOINT PAIN-MUSCLE PAIN GONE, MENTAL BLOCKS CLEARED, VISIONS CULTIVATED, STIRRING FORESIGHT IN ANOTHER AND SO ON.

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OVER TIME AS I GREW WITHIN, THESE OCCURRENCES WERE QUITE NATURAL AND CONSISTENT IN MY DAILY AND NIGHTLY LIFE.

BUT SOMETHING OF DISCOMFORT BEGAN TO STIR IN ME. THOUGH PEOPLE WERE EXPERIENCING HEALING IN SO MANY WAYS, MOST WOULD REMAIN AT THEIR LEVEL OF MATURITY AND QUITE OFTEN SICKNESS WOULD COME BACK, OR ANOTHER MALADY AND PAIN WOULD ARISE, VISIONS WOULD DISSIPATE OR STEPS TAKEN FORWARD WOULD FADE. THIS GOT ME POINTED IN A DIRECTION I DIDN'T QUITE UNDERSTAND.

MY PURE MOTIVATION WAS FOR THE WHOLE PERSON TO LIVE IN LIFE THAT ONLY PROGRESSED, AND I KNEW IT WAS BEYOND ANYTHING I PRESENTLY UNDERSTOOD, OR WAS TAUGHT BY RECOVERY, RELIGION OR PSYCHOLOGY. I ALSO KNEW I WOULD HAVE TO WALK THIS ROAD BEFORE I COULD STIR THE SAME IN ANOTHER.

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## NATURE AND NURTURE HEALING

TO NOTE BEFORE JUMPING INTO THIS PILLAR, ALL THAT I SPEAK TO COMES FULL CIRCLE. THERE IS DISTINCTION, WHILE FREE FROM SEPARATION. YOU'LL SEE THIS IN MY LANGUAGE.

WHILE THOSE OF US WHO HAVE BEEN BORN IN THE EARTH HAVE SPECIFIC GIFTS AND ABILITIES, THOSE OF US WHO WERE NOT BORN WITH THESE CERTAIN GIFTS AND ABILITIES SEEK SOLACE IN COMING TO THOSE WHO DO. AND VICE VERSA, FOLKS WILL COME TO US.

WE CAN SLOW AND SEE HOW THE WHOLE WORLD IS SEEKING.

AS WE DESIRE LIFE TO EXPAND FOR US, IN US, WE MAKE MOVEMENTS FOR THIS TO HAPPEN. IF IT IS SOCIAL BELONGING WE SEEK, WE'LL FIND A WAY TO BE WITH OUR PEOPLE WHOM THEN BIRTH IN US A TYPE OF LIFE WE WERE LONGING FOR. IF IT IS HEALTH IN ANY CONTEXT WE WILL GO AND SEE A PERSON, ORGANIZATION, GYM, PSYCHOLOGIST AND SO ON TO SEE THAT THIS HAPPENS FOR US AT THE LEVEL WE ARE PRESENTLY ABLE TO TRANSFORM. IF WE ARE LOOKING TO EXPAND IN OUR CAREER, BUSINESS OR EDUCATION WE'LL TAKE THE STEPS TO DO SO, FINDING PEOPLE AND/OR PLACES WHERE THIS CAN HAPPEN.

\*IF WE CAN BEGIN TO SEE THAT HEALING IS MORE FOCUSED UPON THE EXPANDING IN LIFE RATHER THAN THE ELIMINATING OF PAIN AND THAT WHICH CAUSED IT, WE'LL BEGIN TO SEE THE BIGGER PICTURE AND LIVE IN IT FOR OURSELF.\*

SO, LET'S KEEP GOING.

### NURTURE

WHEN GOING TO A PERSON FOR THE GIFT OR ABILITY THEY CARRY, BEING A PART OF WHO THEY ARE, IN ORDER TO FIND HEALING -ANYTHING EXPANDING OUR LIFE- IS HEALING THROUGH NURTURE.

### NATURE

WHEN GOING TO A SOURCE THAT IS NATURAL IN NATURE -DEFINE NATURAL ANYWAY YOU LIKE, BUT THIS IS ANYTHING BUT HUMAN BEING(YES, WE ARE SIGNIFICANT AND DISTINCT FROM EVERY CREATURE AND CREATION)- IN ORDER TO FIND HEALING -ANYTHING EXPANDING OUR LIFE- IS HEALING THROUGH NATURE.

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***Nurture** - Person (any age, culture, gender with gift or ability)*

***Nature** - Source that is natural in nature (water, animal, food, technology, trees, medicine, etc.)*



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## REST HEALING

NOW, IF YOU'VE COME THIS FAR, HERE IS WHERE THE GOLD IS FOUND.

A COUPLE REMINDERS TO STIR US:

1. LET US FOREVER VIEW HEALING AS THE EXPANSION OF LIFE THAT ONLY CONTINUES ON INTO GREATER LIFE... IN EVERY SINGLE WAY.
2. ALL COMES FULL CIRCLE, AND AS A RIPPLING IN A POND, THIS CIRCLE CONTINUES TO EXPAND. THIS IS US. ALL IS VALUABLE, ALL IS OPPORTUNITY.

NOW, LET US LOOK AT WHY EVERYTHING IS VALUABLE AND AN OPPORTUNITY, WHAT REST IS, AND WHY THIS IS THE PLACE WHERE EVERY HUMAN CAN ENTER INTO AND FIND LIFE... NO MATTER IF YOU HAVE GIFT, ABILITY, NURTURE OR NATURE (THOUGH ALL COMES FULL CIRCLE).

- THE ONLY REASON THAT NATURE, NURTURE, GIFT OR ABILITY HELPS IN OUR ASCENT IN LIFE IS BECAUSE AT ITS VERY CORE IS REST. THESE THINGS MENTIONED HAD THEIR BEGINNING IN I AM (IN JESUS), COMING FORTH AS PURE SEED OF LIFE. THE ESSENCE AND FREQUENCY OF LIFE ECHOS IN NATURE, NURTURE, ABILITY AND GIFT.

BUT, IF REST IS NOT KNOWN DISTINCT FROM ALL OF THE ABOVE (BEING PERSONAL AND SACRED) THESE AROMAS WILL ONLY TAKE A PERSON SO FAR IN THIS EARTH-LIVED LIFE.

SPOILER ALERT - OUR BODIES, OUR ENTIRE BEING IS MEANT TO LIVE IN EVERLASTING DAYS. RATHER THAN DECAY OR GROW OLD, WE FLOURISH AS LIFE.

QUANTITY OF LIFE EXPANDS AS QUALITY OF LIFE GROWS IN US.

- WHAT IS REST? REST IS THE PLACE WE TURN INTO TO SEE LIFE FACE TO FACE. FACE CAN APPEAR AS ANYTHING PURE AND ENTIRELY JESUS. REST IS PURE ENERGY. THIS IS I AM, JESUS AS THE ENTIRETY OF ALL CREATED AND THAT HAS EVER BEEN, THE FORCE HOLDING ALL REALITY TOGETHER. REST IS LIFE EXPRESSED, IS LOVE IN CALCULATION, IS BEYOND WORD, THOUGHT, FEELING OR IMAGINATIVE MOMENT, AND YET IS FOUND AS THEIR VERY BEGINNING.
- IF YOU CANNOT READ, YOU CAN REST. IF YOU CANNOT DRIVE, YOU CAN REST. IF YOU HAVE NO MONEY, YOU CAN REST. IF YOU HAVE NO FAMILY, OR FRIEND, NO PLACE TO LAY YOUR HEAD, YOU CAN REST. IF YOU HAVE A PAST, A LONGING, A NEED... YOU CAN REST.

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- IF YOU HAVE EVERYTHING, YOU CAN REST. IF YOU ARE GIFTED BEYOND MOST, YOU CAN REST. IF YOU ARE BEYOND SMART, CUNNING, ARTICULATE, WISE, KIND, BUSY... YOU CAN REST. IF YOU HAVE A MILLION DREAMS, YOU CAN REST.

WE ARE A TWO SIDED COIN, BEING KNOWN AND KNOWING OURSELF AS ONE WHOLE PIECE OF GOLD AND OVER TIME THESE TWO SIDES BECOME ONE. ON ONE SIDE WE HAVE ALL THAT WE DO, ALL WE LOVE, ALL WORK FOR TO ACHIEVE AND GROW IN. ON THE OTHER SIDE WE HAVE OUR BEING, THE PLACE OF SPIRIT. THIS IS THE PLACE WHERE WE BEGIN SEEING REST FACE TO FACE. WE ARE FREE FROM HAVING TO STOP LIVING, DOING, ETC. BUT AS WE CONTINUE IN REST FROM WITHIN, OUR OTHER SIDE BECOMES AFFECTED IN EVERY IMAGINABLE AND UNIMAGINABLE WAY. AND LIFE TAKES ON A FRESH MEANING.

WHILE WE WORK, PLAY, DO, CREATE, WE FIND OUR POCKETS OF PHYSICALLY SLOWING DOWN. CLOSING EYES OR KEEPING THEM OPEN, AND SIMPLY OBSERVE WHAT IS LITERALLY WITHIN US. JESUS, THIS REST, COMES TO US IN MORE WAYS THAN COULD BE DESCRIBED. SENSE, IMAGE, AROMA, QUIET, SOUND... BUT THERE IS REST. AS A LIVING, BREATHING RIVER, IT RUNS SMOOTHLY THROUGH OUR BODIES, OUR SOULS.

THESE POCKETS BEGIN TO GROW IN OUR DAILY AND NIGHTLY LIVES. AT TIMES IT MAY LOOK AS THOUGH WE RETREAT TO PLACES OF ISOLATION WITHIN -AND WITHOUT- FROM ANOTHER'S PERSPECTIVE, BUT THIS COULDN'T BE FURTHER FROM THE TRUTH OF WHERE WE ARE GOING. IN ORDER TO BE ANYTHING WE KNOW OURSELVES TO BE IN THE MOST IMPACTFUL AND FRUITFUL WAY, WE MUST REST.

AND AS THESE POCKETS OF STILLNESS INCREASE, AND OUR WHOLE BEING SEES REST FACE TO FACE, OUR PHYSICAL BODIES RESPOND. MEMORY OF WHAT WAS TRANSFIGURES AS WE TAKE ON NEW MEMORY FROM A NEW HOME, A TRUE AND LITERAL PLACE OF LIFE. SPIRIT IS THE THICKNESS OF ALL THAT IS REAL.

OUR TWO SIDED COIN, BEING US, CONTINUES TO BECOME ONE, WHILE DISTINCTION OF ALL THINGS INCREASES. AWARENESS OF WHO AND WHAT WE ARE INCREASES AS WE PEER INTO THE MIRROR THAT IS REST. THIS IS JESUS. WHEN WE SEE THIS ONE, WE SEE OURSELVES. NOT AS JESUS, FOR THERE IS ONLY ONE JESUS. BUT AS ONE WHO HAS COME FROM ULTIMATE REALITY. MAN... LOL IT'S RIDICULOUSLY INCREDIBLE!

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SO, IN THE WORKING OF ALL GIFTS, ABILITIES, NATURE AND NURTURE, THERE IS REST.

ANYONE CAN ENTER INTO REST FOR IT IS WITHIN. ANYONE CAN EXPERIENCE HEALING FROM WITHIN REST. ANY HEALING OF ANY KIND, MOVING EACH OF US DEEPER IN LIFE.

OUR ONE FOUNDATION? JESUS...

THIS IS A PROMISE TO BE REALIZED, NOW...