

scale reserves on top of the homeless voter

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- *From:* Mitch.Pink@xxxxxxxxxxxxx
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Reingestion might give the body valuable vibrational information. Healthy vibrations will strengthen the already existing, healthy body resonance. Diseased or stress-vibrations will counteract any unhealthy resonance in the body. It is known that disturbing sounds of any sort can be counteracted best by confronting it with the same sounds. The vibratory patterns of the body, both in the bones (solid crystals) and in the tissues and fluids (liquid crystals), play an important role in the process of transmutation. The resonance field of a crystal can make a protein, for example, change its form into one that is more useful for the body, or easier adaptable by it.

Applying your own bodily substances in an attempt to heal can lead to a considerably broadened outlook on the intelligence and power of the body, and can increase your appreciation and love for yourself as a physical and spiritual being. Instead of regarding excretions (really just a part of yourself) as enemies, you regard them as your helpers. This healthier way of seeing yourself might well have a powerful healing effect on your body. Urine therapy confronts us with a very concrete 'healer within' which works both on a mechanistic and on an energetic level. The latter implies that urine, as a holographic substance, can affect all levels of being, from the physical, through the electro-magnetic fields of the emotions and the mind, up to the subtler genetic vibrational information of the soul.

Urine Therapy

1. Collect Midstream Urine in a Clean Cup or Container

A clean glass or clear plastic container is best for collecting the urine. In the research studies, urine is usually collected by means of a "clean catch" in which the genital area is cleansed before collecting the urine. This is important for women in particular when using urine therapy internally and can be done by simply washing with a little soap and water. Collect the midstream urine only. You can take along pre-packaged clean catch kits.