

Grow Young TM

“A process”

Involving
A Vortex TOOL



(from the shores of the Sea of Cortez (Puerto Penasco))



To be used :

- 1) Preparation for experiencing an Energy Vortex
- 2) Preparation for any e-learning process – this is the first preparatory process intended to enhance e-learning and is currently being tested as to its efficacy
- 3) Preparation for personal self – centering

Composed by:

Mitchell L Gold Peacemaker
mgold@homeplanet.org
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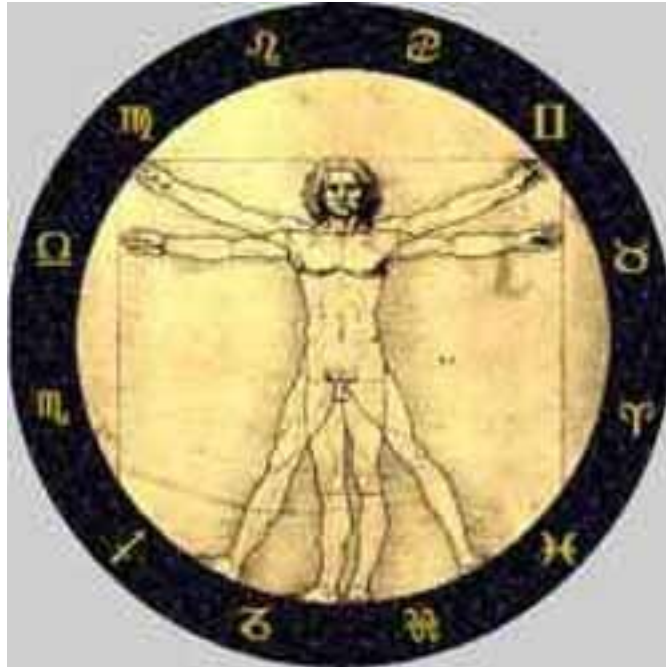
Equipment Required: Vortex Tool - sea shell from the shores of the Sea of Cortez, ,(fingers work too!)

To Grow Young(TM) is an oxymoron for certain. But it is possible. And that is its strength. It forces you to re-think what it is you think you know.

To Grow Young (TM) is a trans-formative process.

All transformations satisfy four basic constructs.

- 1) From what - to what
- 2) Getting ones attention (on fifteen aspects of your human potentials (senses))
- 3) Power of Intention (focus on the middle eye)
- 4) The Creative Process (always accompanied with a breathing technique)



This image forms a doorway to access light.

Imagine, after you have warmed up, you stand as described and bring light into your being through your middle eye –
Imagine it coming in the form or shape as represented by the Sea Shell,

What follows are aspects of a creative process to Grow Young(TM):

Consider you may have fifteen senses - in an order based upon a theory of vibration:
Touch, Sound, Sight, Smell, Taste, (the first five) Temperature, Balance, Time Space, (the next four) Memory, Knowing, Intuition, (the next three) then all your emotions –(imagine and scale), your spiritual knowing or soul experience, (fourteen) and g-d which we identify as the fifteenth sense –
truth plus love form light, forms g-d. This definition does not replace any belief, rather it intends to enhance all. The thought does not replace an individuals perception of god or path to spiritual enlightenment.

FURTHER DETAIL:

Left out of this expansive idea are two important constructs which might be thought on and integrated when one is ready - ones "urges" (being outer directed) and ones "yearnings" (being inner directed) - trusting they might be separately experienced and may be considered to be a subset of your emotional well being.

The process to Grow Young(TM) involves many different disciplines, and incorporates a variety of programs and processes that is more up to individual tastes than something to be offered as a full teaching. Keeping in mind the four aspects is helpful – physical, mental, emotional, and spiritual.

Develop a breathing process you are comfortable with. 1:4:2 or 3:3:3 are easily learned.

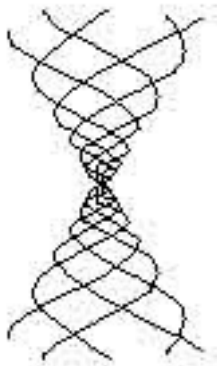
Develop wake up exercises: exercising the lymphatic system in a number of ways as an energizer - first with shaking, twisting your hands – then same with your feet. Movement of the whole body is desirable. A low level trampoline or rebounder is helpful - preferred but not fully necessary.

Using the hands as self healing tools in a manner that Reiki energy workers might use or try using the fingers instead of the Vortex Tool for Tapping.

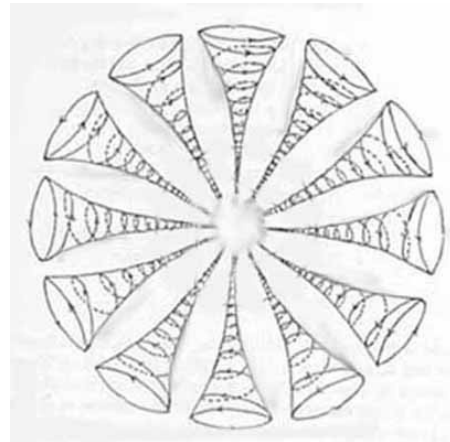
Tapping - which is a whole course in itself - is a great way to "awaken" aspects of your ability to Grow Young. The EFT program is an exploration of this recommendation and can be learned for only \$37 – over the net. Use the Vortex Tool to accelerate the tapping experience. And the visuals below as to where on the body to tap. Simple tapping acknowledging the opening of energy centers consciously.

The images below connects to the energy of the Sea Shell from Puerto Penasco. The actual shell is used both as a poor man's acupuncture tool creating an experience and as a metaphoric representation of energy and how we might focus our personal intentions.

NLP techniques are also helpful if some emotional stuff arises. Our program touches on this process too. In particular the use of breath as a tool to emotional balance ones self.



A visual reminder of how energy moves



Breathing:

Breathing Techniques - 30 that we know of - but practical use of what is called the tantric breath is a useful process. Alternate breathing, as well as a variety of yogic breaths are also good to learn. Then there is the re-birthing technique that Leonard Orr teaches. Or Drunvalo Melchizedek breathing, a visualizing meditative technique.

We do know that each breathing technique has a different effect on the physical, mental, emotional, spiritual self. We use a variation of Drunvalo's technique using the PP Sea Shell and the spiral rather than the pyramid (below).



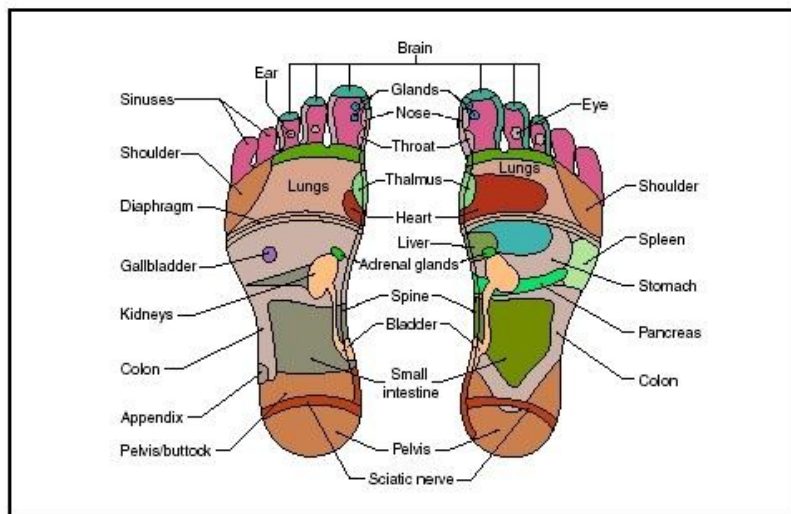
This is the imagery that might arise in Drunvalo Melchizedek technique. Spinning pyramids in opposite directions in your mind's eye.

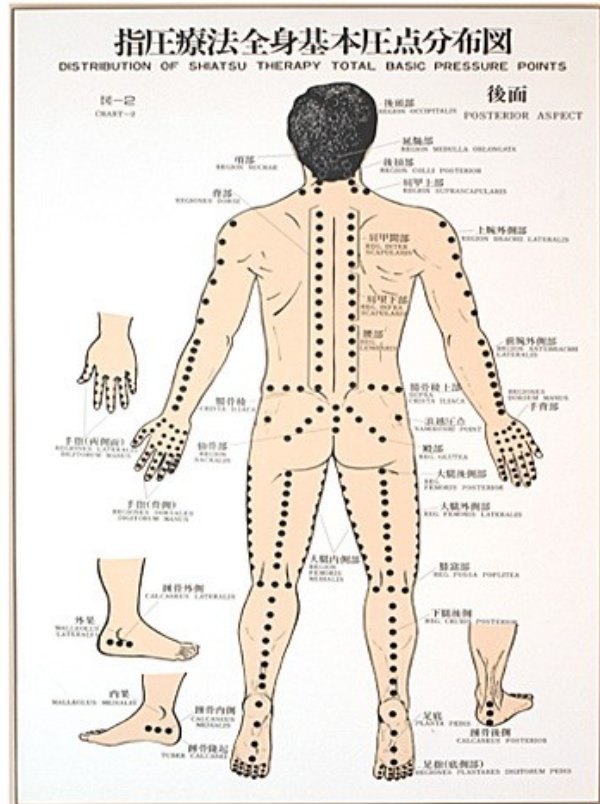
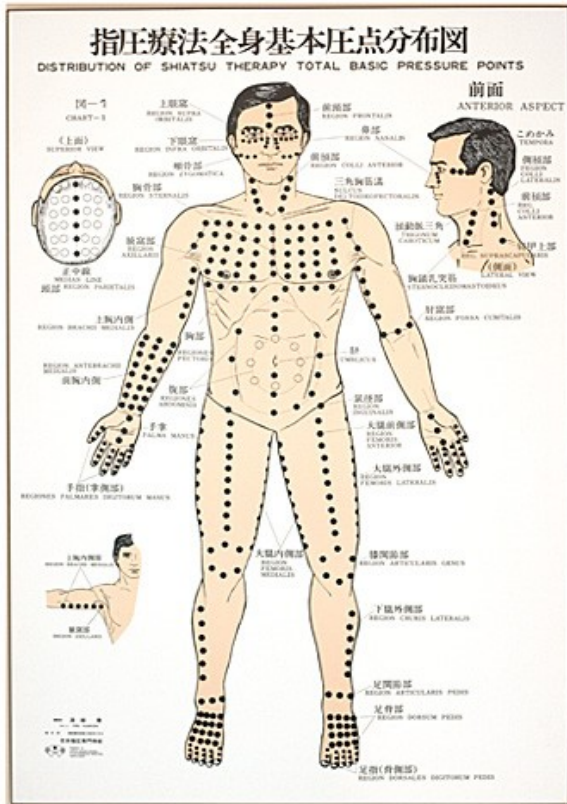
A unique effect occurs when replacing the pyramid with the PP Sea Shell shape and similar spinning imagery.

It is not recommended to attempt without further direction.

In all breathing processes focus on your belly button and how it moves – this is your connection to your mother and the spirit that brought you to this world.

Energy points connecting to other parts of the body, mind, systems.





TAPPING POINTS: These represent energy points to focus your attention (TAP ON) on from time to time during your exercises using the Vortex Tool gently touching the points. This may be considered a naive approach to reflexology, reiki, shiatsu, acupuncture and other disciplines. A clearing OM or other guttural mantras are good to use from time to time. Combining sounds is also effective and calming. Om mane padme hum. or Nam yo rengo kyo are powerful chants. And of course some form of incense or smell enhancer.

Saying the names of g-d (the ones you know) while at the same time imagining the people who use that name for G-d - is an opening experience - assisting in the development of respect for all people.. The most challenging obstacles of our time - to rid the human of a preconceived negative attitude towards the god of others - the same god but called by another name.

Some particular experiences are also opening - the Sweat lodge, spinning, dancing, drumming, laughing, camping out, swimming, all yogic disciplines, and meditation,

At some point we need to touch on diet – or what we put into our bodies – and while there are a plethora of supplements – the water we take in is the most common and important. We recommend alkaline water – rather than regular water. Developing a balanced diet – of personal choice.

To deeply (fully) understand all of the above may require an investment in many workshops in many disciplines and may take several years and many thousands of dollars. This is not a short cut, rather it is a “briefing” in what is available to enable yourself to heal the body – rather than grow old watching the systems break down over time.

The Process: A mixture of the above processes in any order that enables personal comfort. Growing Young is a personal experience as to order, time, or quality of experience. It should feel good.

ENMITY: The scourge of our time, can be eliminated using this process. Imagine the feeling of enmity (directed because of a person, place it in a bubble. The bubble may be thick or thin depending upon time, depth of feeling etc. Generally experienced near the heart chakra. Envision the tapping energy bursting the bubble. Repeat until dissolved.

REFERENCES:

Our program touches on the following processes: (we are not recommending any of these particular sites as we refer to them for general information:)

Acupuncture: <http://acupuncture.com/>

Aroma Therapy (<http://www.the4thr.co.uk/smell-therapy.html>),

Bikram Yoga -<http://www.bikramyoga.com/>

Our recommendation – **Bay Area** San Carlos <http://www.yogahealthcenter.com/>

Buddhism, <http://www.buddhanet.net/audio-chant.htm>

Breathing Techniques, <http://www.drweil.com/drw/u/ART00521/three-breathing-exercises.html>

**EFT (<http://www.emofree.com/>), (consider tapping a key component)

Drunvalo Melchizedek <http://www.drunvalo.net/index.html>

Kaballah, <http://www.kabbalah.com/>

Laughter (<http://www.laughteryoga.org/>)

Light Therapy, <http://www.fullspectrumolutions.com>

Massage, <http://www.massagetherapy.com/home/index.php>

Mantra (Chanting), <http://www.buddhanet.net/audio-chant.htm>

Meditation, <http://www.learningmeditation.com/>

New Decision Therapy (NDT), <http://www.newdecisiontherapy.com/>

Neuro Linguistic Program (NLP) <http://www.nlpschedule.com/society.html> ,

Reflexology, (<http://www.reflexology-news.com/>)

Reiki (<http://www.reikienergy.com.au/index.html>),

Shiatsu ; <http://www.geocities.com/CapeCanaveral/8538/shiatsuing.html>

Sound therapy, <http://www.harmonyera.com/>

Yoga (numerous styles)

(Kundalini, (<http://www.growingyoung.org.uk/>))

Tantric (http://www.sanatansociety.org/yoga_and_meditation/tantra_yoga.htm)

Stress release: www.elibay.com/osic

Consider educational materials at www.homeplanet.org to re tune your thinking models:

Ten Transformers, Medicine Wheel, Four E's, Global Framework for Thinking.

In particular – the Great Mind Program, the Vision Changer Project, How to Become a Global Citizen, Accelerated Learning techniques etc.



The Heart of Africa Campaign October 24 at City Halls around the World. World Drumming.
Launching of the ISO 26000 Standard. The newest guidance principles in CSR.

www.homeplanet.org/wpp