

## CONTENTS

Prologue - Develop your awareness	11
Introduction - Why didn't they teach us this in school?	21
<b>Part 1 What do you believe?</b>	<b>31</b>
1 Just because you believe it, doesn't mean it's true	33
2 You make your reality	39
3 What impact would changing a negative belief have on your life?	47
4 Reliefs become your reality	55
5 Creating great beliefs together	69
6 If you create your life with thought, how can you change your thinking?	79
7 Amoeba versus man	95
8 Insights into Part 1	99
<b>Part 2 Humanity's next step in evolution</b>	<b>105</b>
9 A brief look at vibration	107
10 You are on Earth because you are amazingly special	111
11 Let there be light and abundance for you	115
12 What is Homo Luminous?	129
13 Insights into Part 2	143
<b>Part 3 The real you</b>	<b>147</b>
14 Your eternal spirit	149
15 How does your soul create your physical?	159
16 How your Divine Center holds Heaven and Earth together	169
17 More of your invisible self	181
18 The interface of your Light Bodies and your Physical Body	195
19 Your Sound Bodies	217
20 Let's get physical	239
21 The quantum of you	261
22 Insights into Part 3	293

---

<b>Part 4 Life Force Energy - energy that gives life</b>	<b>299</b>
23 The elephant in the room that science is reticent to talk about	301
24 Life Force Energy - the history of the quest	309
25 Life Force Energy - infinite energy of the infinite	317
26 Waves are energy carrying information	321
27 The battle for control of Life Force Energy	325
28 The threshold of Life Force Energy required for life	329
29 The value food has for you is a function of its level of Life Force Energy	335
30 What about Life Force Energy and disease?	343
31 How much Life Force Energy can you have?	347
32 Increasing your Life Force Energy	351
33 Your intentions and Life Force Energy	355
34 The wild card - negative ions	359
35 You're living your life by using Life Force Energy	363
36 Your aura is the window into your Life Force Energy	369
37 Raising your awareness and vibration and the multi-dimensional nature of your consciousness	373
38 Insights into Part 4	385
<b>Part 5 You're under sail now</b>	<b>389</b>
39 So I guess you are an enormous sugar cube	391