

“TOTAL LIFE ENRICHMENT”

MIRACULOUS YOU

DIVINE WHOLENESS MEDITATION



ANTONIO NEWTON MSc.D.

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DEDICATION

This book is dedicated to YOU.

“You are the miracle!

The miracles you have created in the past,

The miracles you are now creating and

The miracles you will create in the future.”

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FOREWORD

I am in the trenches daily in an on-going quest for truth in the divine sense for us all. I am constantly doing extensive research and experimentation to find what is universal truth and what is not? My life of music has led me down many paths, which are innately relative, however may have nothing to do with music, but are ultimately connected, with the cosmic flow of life and love.

Even the laws of universal physics relate to “Everything and all in the universe is vibrating energy.” This fact alone led me to the wonderful discovery of the “Divine Wholeness” resonant energy vibration itself. The historical, mystical and metaphysical statement that “all is one and connected” is ultimately a very profound, far-reaching and cosmically truthful theorem; however, it requires a great deal of understanding, experience, knowledge and awareness to fully grasp the meaning, application and existence of this miraculous phenomenon. My many years of questions and exploration for truth have rewarded me most beneficially for all our good, as no person is an island, and we all learn from each other if we are open to it. My openness and sharing continues to blossom and bloom through mine and yours, and it is our sharing of universal knowledge, wisdom, truth and love that will ultimately lead us to our Divine glory and personal, authentic truths, which serve our greatest good and beyond.

TM

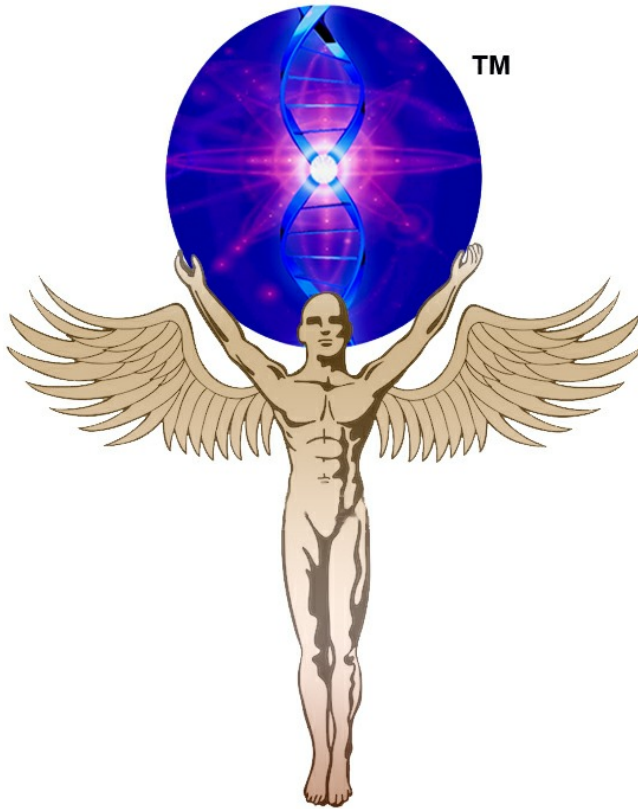


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“Through meditation you awaken to your true nature and highest potentials.” The Dalai Lama



CHAPTER 1

DIVINE WHOLENESS

What is “Divine Wholeness?” Divine Wholeness is at its very core, a state of innate Divine perfection and wholeness in its most complete creative expression and form. It is the core code of complete Harmony, Balance, Expression, and Life. It is the pure essence of the Creation of God, I Am, Infinite Mind, Buddha, Allah, Krishna or whatever name you choose to call it. It is the master code of perfected creation within you from the creative Divine essence that created you and all else in this Divine Creation of Life.

Let us take these two words alone to gain an even clearer perception. “Divine,” meaning form, essence of “God”

or Divinity! Divine comprehensively means the expression of Universal Creation in its highest, best, and purest. "Wholeness" is the manifest expression of the Divine in its most complete, perfect, harmonious, creative form.

All levels of creation; living, human, animal or inanimate contain an internal seed code deep within the cellular makeup and structure which is the motivating basis for creative life expression. All life expresses more life, more energy, more creativity, more unique "being" from this core of Divine Wholeness. To put it in simpler terms, Just as the son comes from the father, the daughter from the mother, so too the being comes from the Divine Whole. This is the perfect seed of infinite creation.

Divine Wholeness is more than just a humanly perceived concept or construct. It is a real, living, expressing "vibrating resonant energy," an intelligent consciousness which lives within you to serve your highest and best good. Divine Wholeness will manifest the highest for purposes of thought, creative expression and intelligence, physical and material manifestation and spiritual growth. Divine Wholeness is the greatest expression of *you* in every way and manner possible. Divine Wholeness within you is both the true, unique, authentic inner you, as well as the external expressive action, outer individual connected to all creation "total you." Divine Wholeness is that place inside of you that is whole, complete, perfect, limitless, and creative. Divine Wholeness is that deep core vibration of the most intelligent power and energy of transformation, transmutation, and transcendence that is used minute by minute in everyday life within each one of us to manifest and live our dreams, desires, and thoughts, and the expression of talents, gifts and experiences. It is the divine "I" within. The "I," that has no limitation or boundaries. It is the individualized "I" which is innately connected to the whole.

The Divine "I" is pure life, expressing, and creating universal power and energy.

When we as humans connect, attune, harmonize and use the Divine Wholeness vibratory resonant energy within us, our inner and outer world becomes a world of unlimited possibilities, experience, expressions and events of wondrous interactions and joyous living. Each and every action has powerful meaning to create a life-flow of Divine Wholeness in its most complete and total form of personal living and expression. Divine Wholeness when attuned to, activates our inner highest potential to express itself on each personal level of spiritual, mental, emotional, physical, health, material and financial dimensions and realities. Through simple yet all-powerful meditations, attunement and activation of Divine Wholeness, you can live a life of total enrichment and expression beyond your wildest thoughts.

Divine Wholeness firstly balances and corrects your thinking and thought process to ultimately and optimally serve your best good. It leads to the most effective actions and creative expressions for living the life you always knew was there but couldn't reach. Divine Wholeness opens new vistas and dimensions of life that were always within reach but could not be actualized. In this time of the new millennium, Divine Wholeness is the new paradigm of "Enriched Living". It is the wellspring of unconditional love, personal power, unlimited abundance and personal creative expression in its highest and best usage.

"The greatest glory in living lies not in never falling, but in rising every time we fall." - Nelson Mandela

CHAPTER 2

DIVINE WHOLENESS MEDITATION

The unique and innovative quality of the Divine Wholeness meditation is its ability to bring balance, attunement, harmony and wholeness to seven (7) levels of Human existence and expression: Spiritual, Mental, Emotional, Physical, Health, Material and Financial. When each of these human dimensions are attuned, connected, and activated through Divine Wholeness meditation, life becomes a wondrous journey of adventure, love prosperity, abundance, self-expression and joyous living.

Divine Wholeness meditation techniques connect you to the Divinity and Wholeness within your being at the deepest and most profound levels. Divine Wholeness can remove all manner of imbalance, blockages, beliefs, perceptions, traumas,

negative events and experiences which have kept your life from moving forward into its manifest destiny.

All of us have come into this world born with and impeded by unwanted, inherited stigma, environmental impositions and biased perceptions which color our active living and expressing to a negative end, unless we can remove these unhealthy influences by some manner of religious, psychological, or spiritual path. Divine Wholeness removes the negative imprints and influences through activating the harmonizing energies of Divinity and Wholeness at the deepest core of your DNA and cellular realities.

Divine Wholeness operates in a state of pure unconditional love which makes it omnipotent in each of these seven human dimensions of living. Let us just say that Divine Wholeness is the true power of God/Divinity, by whatever name you call it, working within you, assisting to achieve your highest good and personal self-expression. Whether you read the Bible, Koran, Bhagavad Gita or any other holy book, Divine Wholeness is at the core of Divine Creation and Expression. Even if you do not believe in an external personal power, Divine Wholeness is at the core of all creation, human and inanimate. Divine Wholeness is the lubricating oil which keeps the universe and all within it operating and evolving towards its most powerful and creative expression of itself.

Each human being has at their command the full power of the Universe and Divine Creation. Within each of us, this power surges through each of our sixty trillion cells, inspiring us toward more life expression. The problem is that there is also a paradoxical element that we all have been beaten down through negative experiences, memories and traumas which have left us fearful, blocked and in a weakened state of being unable to fully express our divine nature and wholeness. Now

we have the tool of Divine Wholeness attunement meditation to correct the impediments and naturally allow the harmonious flow of completion, evolution, and richness, to manifest in our lives and actions.

One of the most absolute beauties of Divine Wholeness and there are many, is that we don't have to bring up and/or relive all the past negative trauma, beliefs, experiences for them to dissolve and leave us wherever they may be in the mind, emotional, nervous system, body or energy fields. Divine Wholeness meditation naturally harmonizes and dissolves these situations through its innate omniscient and omnipotent power of Divinity and Wholeness to bring about a balanced and optimized *state of being*.

"I believe life is constantly testing us for our level of commitment, and life's greatest rewards are reserved for those who demonstrate a never-ending commitment to act until they achieve. This level of resolve can move mountains, but it must be constant and consistent. As simplistic as this may sound, it is still the common denominator separating those who live their dreams from those who live in regret. " - Anthony Robbins

"Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all." - Dale Carnegie

CHAPTER 3

DIVINE WHOLENESS MISSION IDEALS

1. To give the individual tools for the evolution and empowerment of the personal self through Divine Wholeness.
2. To empower the individual with meditation techniques to access, attune and harmonize to the innate Divine Wholeness core resonant energy vibration.

3. To support the individual in reaching their full personal potential, creative expression and Spiritual Growth.
4. To share with the world innovative mind meditation techniques for personal enrichment, joyous and dynamic life experience.
5. To share all techniques of transformation, fulfillment and dynamic creative expression.
6. To empower the individual with techniques and information to live in a “Dynamic State of Being” through Divine Wholeness.
7. To connect the individual to the Divine Spark and Code within themselves.
8. To awaken and reveal to individuals their true Divinity and sense of connectivity with the whole of Divinity.
9. To attune the individual to their true wellspring of unbounded joy and unconditional love.

10. To awaken within the individual their true path of destiny.

11. To imbue each individual with a sense of wholeness, completeness and power of the Universe for fulfilled living and expression.

"That some achieve great success is proof to all that others can achieve it as well." - Abraham Lincoln

CHAPTER 4

MEDITATION

Throughout the history of humankind, meditation in its many and varied forms has been used for human evolution and enlightenment, achieving altered and expanded states of awareness, personal energy control, personal empowerment, increased creative intelligence and expression and general mental development and life enhancement. The motivation and inspiration of this quest is as a path of inner communication, union, and attunement to and with divine intelligence within.

Various traditional, historical and popular meditation methods and techniques use meditation on the breath and breathing, inner light, candle flame meditation, white light illumination, sound, OM, mantra, mindfulness, active-passive as well as transcendental meditation(TM) and the all-powerful,

“I AM” meditations, are just a few to mention. Divine Wholeness techniques are somewhere in between the, I AM and TM techniques; however DWM is much broader in scope and effectiveness, due to its multi-level approach.

Meditation historically is as old as prayer and concentration. Meditation, like the others is a mind focusing technique. Meditation itself is an advanced mental state of “focused awareness”. The first concept to understand and know is that awareness is a functioning state of mind which is controlled by consciousness. Consciousness is a sublime, infinite state of internal cosmic and divine intelligence. It is the intellect of awareness. Consciousness tells awareness what, when, where, and how to focus its light of observation, and consciousness is the intelligence which perceives, comprehends, and compares. Actually intelligence is just one aspect of consciousness. Let us say consciousness is a state of cosmic perception, which is alive, aware and adaptable to any event or experience in life. The functioning of consciousness is to be: alert, awake, and aware. Consciousness is a state of being “which is aware that it is aware.” Expanded consciousness is to expand your awareness and intellect toward new, broader levels and horizons of real truth, fact, wisdom, knowledge, experience, intuition and insight. The more one expands their consciousness, the deeper, broader, and more powerful all the above-mentioned attributes become.

Throughout the history of humankind, expression of consciousness and its benefits have been explored by many from all corners of the planet and beyond. Meditation is one of the many and unfailing tools of success in achieving expanded and deeper states of consciousness. Meditation scientifically and intuitively has been used to slow the mind down and shift through various levels and states of consciousness without falling asleep, and sustaining an acutely

alert and aware state of being. Meditation can be used in many ways to achieve varied results. As an example, when one is involved in expressing, performing, or creating music, they are in an active expanded state of awareness and consciousness. This allows them to be totally in the fullness of the present moment, being in absolute oneness with the music, allowing it to flow freely from their heart, mind, and soul to yours. However, you do not need to be a music artist to achieve expanded states. All humans have and use this ability on a daily basis, if only for short moments of time.

You are in an expanded state when you are “in love” or in a conversation with someone with whom you are intimately connected on a mental level. Each of you are in empathy with the other, “vibing” at the same time, as some would call it. When two things are in total harmony with each other, this is a state of sympathy or empathy. Both events vibrate together at the same harmonious vibrational frequency. This is actually what we do when we attune to Divine Wholeness within us. We form a harmonious, sympathetic resonance between our inner being and the inner state of Divine Wholeness at the core of our being and DNA cellular level. This in turn creates a third resonance, activation, and harmonious state of natural inner Divine Wholeness. This DW state produces balance, well-being and functioning of a Divine Wholeness expanded state of consciousness which seeks to serve your greatest good, evolution, progress, solutions and benefits to itself within you.

The distinct innovation and blessing of meditating using Divine Wholeness attunement techniques is that Divine Wholeness is the absolute true source and wellspring of life and truth within us. We cannot falter or go wrong with even the slightest intention to connect with Divine Wholeness within us. It is our natural internal point of growth, evolution, joy, creative expression, self-love and universal love, as well

as, mental, emotional, material growth, abundance, and fulfillment. Meditating on Divine Wholeness at the core of our being is the most powerful tool for total well-being and enriched living one can use.

Meditating with Divine Wholeness is an ongoing, ever-evolving process opening new and wondrous dimensions and vistas in each of us daily. Just as life, love and the pursuit of happiness, joy, abundance and prosperity changes each life-giving-expressing day, so goes Divine Wholeness on its own evolutionary quest toward perfection, harmony, life, balance, optimum living, creating and expressing. Daily there are new experiences, events, relationships, interactions, challenges and goals that manifest themselves to us moment to moment for our internal growth. Thus living in attunement with Divine Wholeness can greatly aid each and every one of us along with the collective consciousness of "The Big Us" to reach our highest aspirations, dreams, and goals. Just using easy and simple Divine Wholeness meditation techniques can open and give to us ultimate personal power beyond our wildest and most intimate dreams and desires. Through Divine Wholeness meditation, you may now blossom into that beautiful, magnificent and miraculous being that you were meant to be, receiving the total abundance and rich living that you were meant to have.

"In the confrontation between the stream and the rock, the stream always wins - not through strength, but through persistence." - Buddha

CHAPTER 5

MEDITATION TIPS

Relaxation: Conscious relaxation is a powerful key to experience profound and expansive dimensions of consciousness and being. This one little point seems to block many from this all-enriching experience. Isn't this the whole point of meditation: to reach a point of relaxed and focused awareness so that our minds can reach a deep level of rest, along with gathering its energy resources, exploration and communication with multiple subtle levels of divine and expanded states of being.

Meditation achieves a deeper level of rest than normal sleep. It slows the mind down to very slow wave vibrational patterns. However, at this slower wave pattern the mind is more alert.

Achieving relaxation is a simple matter of closing your eyes, taking a few slow and deep breaths, allowing your breathing to continually slow down. You then become aware of any tension in your body or in your face or clenched teeth, so that you may relax further.

Mantra Focus: We then give ourselves something to gently focus and place our awareness upon like the Divine Wholeness mantra, a repeating phrase to help organize the mind and brain. Mentally repeating this mantra gives the mind focus to dive into deeper dimensions of consciousness. Of course you will be thinking of a million other thing like your “to do list” of what has to be done throughout the day; however, it is the quest of meditation to focus on a single point of mind-thought to the exclusion of all else. The more one meditates, the easier this skill becomes. Ultimately and immediately the benefits far over shadow non-practice!

Mind Chatter: Mind chatter is the bane and pain of meditation. Mind chatter will always impose itself until you access expanded and deeper states of awareness wherein the level of mind chatter cannot access. When mind chatter happens during meditation, observe and recognize it, then gently return your awareness to the DW mantra. Even if you must do this several times, continue to return to the mantra and you will soon easily achieve a deep state of focused awareness.

Connecting to the divinity within your DNA: actually this process is quite simple to achieve! This is because the divine code within your DNA vibrates at its own resonant frequency. Through your true, pure intention and mentally sounding the words, “Divine Wholeness” repeatedly, while feeling the vibrating sound throughout your being, you will resonate in empathy with the Divine Wholeness source code vibrating

resonance. This thereby is activating and resonating in harmony with this innate divine source vibration. If you can additionally and simultaneously add an emotional feeling of unconditional love, your experience and results will be magnified considerably.

Awareness and Consciousness: I am aware that I am aware. The “I Am” is the conscious intelligence of the awareness. Said another way, awareness is focused energy of the “I Am”.

Meditation is mind training at its deepest level, at its highest and best level of functioning and to serve our greatest good. We want to train the mind to filter out the negative and feed us the positive. We know through recent discoveries that DNA controls the mind at the highest level of intelligence, and that if we can activate our DNA and the mind’s capacity to expand, that we are on the right path to serving our highest good.

Times of Meditation: Meditate in the morning immediately upon rising, or last thing at night before going to sleep. If you can manage a daytime break for additional meditation, you will be greatly rewarded.

Divinity and Wholeness: Meditate on the intelligence, feeling and energy of Divinity and Wholeness within, through and around you.

Divine Wholeness: Deeply contemplate the meaning and paradigm of “Divine Wholeness”, continue to access and allow the pure essence of Divine Wholeness to fill your life, mind, spirit, soul, body and being. Divine Wholeness is a living *state of being* which is always present when we allow it to function at any given moment in our lives. Divine Wholeness is

actualizing and living in a consciousness of *unconditional love*,
for oneself and others.

*"Do not go where the path may lead, go instead
where there is no path and leave a trail."* - Ralph
Waldo Emerson

CHAPTER 6

BENEFITS OF REGULAR PRACTICE

The greater is the resonance and attunement to the Divine Wholeness vibratory field, the faster personal evolution occurs. This is precisely the reason for strong encouragement of *regular* practice of Divine Wholeness attunement meditations. Two times per day will bring multiple and rich results in a matter of a few weeks and promote a miraculous and wonder-filled life experience that will continue to unfold and evolve at a daily rate.

For most people finding time for meditations seems like one of life's largest obstacles. However, once you have experienced the blessings, benefits and treasures of Divine Wholeness meditation, you do not return to the previous way of living. The easiest and most effective times for one to implement meditation into their life is first thing upon waking

in the morning, and last thing at night before going to sleep. If you want even more results and you have the discipline, you could find 15 – 30 minutes during the daytime.

The acceleration of spiritual growth, personal evolution and expansion of consciousness is in direct proportion to the amount or length of actual meditation. As an evolutionary being, this ultimately means that you have the information and tools, which you use daily to live a more enhanced life than the average uninformed being. It means that your true intention and passion is to be the best that you can be in love, truth, light and wisdom. This also means that now is a time for your unique creative gifts and talents to shine forth in the world. Now is the time for you to reach your point of mastery and creative expression, and for you to share your special skills for the world at large.

Your personal evolution also includes the process of reuniting both left and right hemisphere of the brain, allowing access to multiple dimensions of wisdom, creativity, and new realms of expression and understanding, thereby exponentially expanding and increasing your potential, actualization and manifestation abilities.

As this personal evolutionary process continues through your daily meditation practice, you will be able to move through negative and challenging events, experiences, trapped emotions, beliefs and other dysfunctional attitudes, actions and behaviors much more quickly. Things that would normally take several months or even years now only take one month, one week, one day or even one hour or instantaneous to move through and advance to the next level of evolutionary personal experience.

Thinking about life is a full time job, and this is why monks and others go to mountains or deserts and shut themselves off from everyday concerns, so that they can meditate and focus only upon life's deeper aspects instead of being bogged down by seemingly superficial events.

The paradox of this is that even if one is reclusive and enlightened; one has to still deal with life itself, to reach a true state of experiential enlightenment. These seemingly superficial events which happen to us moment-to-moment, hour-by-hour, day-by-day, month-by-month, and year-by-year are all innately interconnected to the personal, spiritual, mental, emotional, physical, health, material and financial levels of evolution.

Our growth and understanding of, "What's Happening" to, for, against and around us will determine the speed of this personal growth through regular meditation and the depth and profoundness with which it occurs.

During these times in the new millennium, it is even more important for us humans to understand our personal environment and global situation so that we become individual sources and lights of illumination. This in turn forms a collective, larger, brighter light of our collective selves which then move our personal and global evolution in quantum leaps of wisdom, love, joy and abundance.

Only the regular and consistent practice of Divine Wholeness meditation can bring us into these evolved states of consciousness. It is like sleep, except that we go beyond into deeper and wider realms and dimensions of experience and expression. Just as we need regular sleep to rejuvenate our basic functions, we need meditation to rejuvenate our higher and more subtle functions, which are always operating in

multidimensional ways on internal and external levels to advance and accelerate personal growth potential and actualization.

Meditation allows our mind and personal self to experience pure being, awareness, energy, consciousness, selfhood and connection to the stuff of “all there is” in the presence of the *now* moment. It allows us to tap into, and reap real life enhancing rewards and treasures in the form of love, joy, wisdom, creativity and expression.

Ultimately, meditation should become a priority in your life, not only for the benefits of which there are many, but also to enjoy greater life enhancement, growth and experience.

REGULAR MEDITATION TIP:

If you are doing regular meditation, manifesting your goals will be a lot faster because every ounce of your Divine Being is focusing, harmonizing, attracting and serving your highest good.

"A person of genius makes no mistakes. Their errors are volitional and are the portals of discovery." – James Joyce

CHAPTER 7

MEDITATION OVERVIEW BENEFITS

PHYSIOLOGICAL

1. Harmonize endocrine system
2. Relax nervous system
3. Improve physical performance
4. Slow aging process
5. Improve strength, energy, vigor
6. Reduce emotional, physical and mental stress
7. Deeper level of relaxation
8. Increase blood flow – slow heart rate
9. Enhance immune system

PSYCHOLOGICAL

1. Build self confidence
2. Develop stable emotions
3. Higher intelligence growth rate
4. Improve learning and memory ability
5. Enhance and improved creativity
6. Enhance relationships
7. Improve intuition
8. Increase productivity
9. Increase will power
10. Improve perception abilities

SPIRITUAL

1. Improve relationships with inner self and Divinity
2. Deeper understanding of self, others, environment
3. Increase sense of self purpose
4. Increase awareness and acting in the present moment
5. Expanded states of higher awareness
6. Greater experience of unconditional love of self and others
7. Creative sense of inner and outer joy
8. Harmonious integration of mind, body, spirit
9. Ability to attain and experience enlightenment
10. Greater ability to attain spiritual, mental, and material goals.

METAPHYSICAL

1. Improve ability to perceive and understand stressful situations before they happen
2. Ability to clear the mind of negative thought patterns
3. Greater sense of self-awareness
4. Improve mood, mental focus, concentration
5. Accelerate spiritual growing, and expansion of consciousness
6. Expand and increase sense of oneness and connectedness with others.
7. Increase spiritual, mental, physical energy levels
8. Increase positive life transforming events and experiences
9. Enhance and accelerate personal development
10. Ability to change the world for good, one person at a time

EMOTIONAL

1. The ability to embrace forgiveness and mercy
2. The ability to embrace compassion and empathy for others
3. The ability to release blame and emotional pain
4. The ability to go beyond personal limitations
5. Increase expression of intimacy in personal relationship
6. The ability to let down emotional walls
7. Increase kindness
8. Deeper emotional relationship with others
9. Identifying and releasing trapped and blocked emotions
10. Ability to transform negative emotions into positive expressions of creative intelligence.

"Genius is the ability to hold one's vision steady until it becomes a reality." - Benjamin Franklin

CHAPTER 8

POWER OF DIVINE WHOLENESS

The key point and utmost importance of Divine Wholeness within your DNA is to contemplate, meditate upon, realize and actualize that this tremendous divine power and essence is within every cell of your being. Realize additionally that this power of Divine Wholeness is expressing itself on multiple internal and external levels and that you, yourself have the creative divine source spark and power of the Universe within you.

You have that divine spark and essence which created every aspect of your being, body, mind and soul. The more you can contemplate and meditate on this *truth*, the greater your understanding and use of this tremendous source of inner power and personal expression will become. Your level of understanding and personal creative expression will be in

proportion to one another. This gift is fair in that you are not given more power than you can truly handle at any one point in your life, of creative energy expression and interaction.

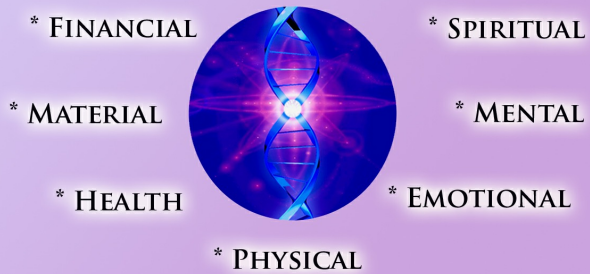
Attuning to this awesome inner power of resonant energy is your most potent and effective tool towards life transforming experiences and moments which give us meaning, inspiration, and self-empowerment.

To be *self-empowered* is to experience life as a true participant, creator and expresser. Self-empowerment is your catalyst to self-fulfillment and Divine Wholeness in every area and dimension of your life.

*“In the realm of ideas everything depends on enthusiasm.
In the real world all rests on perseverance”* – Johann
Wolfgang von Goethe

DIVINE WHOLENESS

DNA MEDITATION LEVELS



"TOTAL LIFE ENRICHMENT"

CHAPTER 9

DIVINE WHOLENESS SPIRITUAL

Let us now explore Divine Wholeness on its multiple levels of activity and expression!

On the spiritual level, Divine Wholeness will attune you to your absolute highest divine being. Experiences and events will have more meaning. You will experience things at a deeper level allowing you to have a much more broader and profound perception and perspective. You will feel more connected to everything and everyone giving you a deeper sense of oneness, purpose, and unity. Most of all, a deeper sense of inner spiritual harmony and growth will result from your daily contact with Divine Wholeness within you.

The spiritual realm is beyond religious concepts and constructs, all of which contain dogma. The DW spiritual dimension embraces a higher state of awareness, wisdom, knowledge and action based on universal and divine

principles, which are beyond man-made preconceived perceptions. It is a realm of infinite growth and nourishment to the soul and spirit. Spirituality allows one to grow into their *own*. This means that we each have a unique path of spiritual learning, growth, and truth to follow, which in turn leads you into the highest aspects of your true being for living on this planet. Spiritual well-being is a powerful vehicle for an enriched inner life, which can meet and transcend the challenges of daily life.

Spirituality means different things to different people. At the end of the day spirituality means to get in touch with your highest divine self, to live, act and be from a spiritual state of mind or mindset. Making the connection with your divine, spiritual self is one of the most important treasures one can find in life. To connect with your spiritual self within can aid one in moving through life's daily challenges. It also can center you deeply in what's best for you and serving your greater good. Connecting with your spiritual core is to connect with the divinity within you. Life blossoms into a sense of deeper purpose and meaning.

Operating and living from your core of divinity offers many benefits for human and personal growth such as; being present in the moment, compassion, devotion, listening, kindness, nurturing, love and vision to name only a few. When we nourish our spiritual dimension through daily DW meditation, our life and personal experience expands exponentially on many levels of enrichment. Life's confusing moments now turn into moments of deep understanding, self-love, and enlightened reflection.

Fearlessness and courage magnify themselves to unlimited dimensions through regular contact with the inner divine you. One is able to act and go beyond the *small self* and grow into

the realm of the *large self* which can and does overcome self-limitation and move into limitless potential and manifestation in life. More subtle but powerful aspects such as beauty, nurturing, unconditional love, joy, re-discovery and transformation become valuable focal points to you.

Also, when you are in touch with your divine self, your natural talents and creative gifts expand and grow in quantum leaps. One can tap into an unlimited fountain and source of inspiration and expression. Some view spirituality as a journey of self-discovery into ourselves as well as into the people and world around us. At the heart of the matter, spirituality is a quest for self-empowerment, purpose, passion and understanding of personal and universal truths.

"I can accept failure, everyone fails at something. But I can't accept not trying" – Michael Jordan

"The way to get started is to quit talking and begin doing." -
Walt Disney

CHAPTER 10

DIVINE WHOLENESS MENTAL

Each and every one of us has come into this world with an enormous amount of negative mental baggage. This baggage is full of negative beliefs and thoughts which we have inherited from our family lineage. As an example, let us say that you are an alcoholic or prone to depression and cannot understand this predicament. However, when you look back across your family lineage, you discover that your grandfather or great uncle had these exact problems. Additionally our negative environmental influences, which we are unaware of as we are growing into adult-hood, have great impact and influence upon us. Lastly, there are our own misperceptions that are formed during our developmental years which skew our thinking and beliefs, which ultimately become less than self-serving.

Whether we are speaking about the sub-conscious, unconscious, conscious or super-conscious mind levels, DWM in its intrinsic power to balance, heal, remove and optimize our patterns of belief and thinking does a wonderful job at naturally bringing these mental components to harmonized functioning and serving you for your best good. Dealing with daily life experiences and challenges is a full-time job, and all of us need as much help as we can muster to keep a healthy, effective mental state.

The manner by which you mentally interpret and respond to situations, experiences, inner thoughts and beliefs is truly at the heart of your life experience. Your ability to interpret the *personal meaning* in your life experiences will determine your success, joy and general mental well-being. A healthy, enlightened, self-empowered mind-set is absolutely necessary for the abundant and rich life.

Heightened insight, intuition and enlightenment are higher, expanded tenets of a mind attuned to Divine Wholeness within. A DWM attuned mind can transform a very debilitating, stressful and challenging situation into one that will provide you a new level of wisdom, joy and understanding to take full advantage of the *present moment* which is where all life happens.

Your talents and gifts are also expressed through mental realms of thought. Living your true life destiny, using your unique gifts and talents is essential for a meaningful, rich and purposeful life. To not use or block out your natural gifts is asking for unhappiness and boredom. DWM will allow your unique gifts and talents to continue to flourish and develop to unheralded dimensions of creative expression. Using your creative intelligence to its fullest will benefit you on many

levels, including spiritual, mental, emotional, health, physical, material and financial.

Everything in creation starts with a single mental thought. Look around you! Everything you see came from a single, creative thought in someone's mind. Mind is the field of the wondrous and mighty. Just think of what you have already achieved in your life up to the present. Now let us contemplate how much further you will go with Divine Wholeness as your source of inspiration. You will go far and achieve much, all within the realm of joy and abundance. This is because you are in tune with the most powerful source in the Universe. It even created your own personal "You niverse."

Freedom from fear and worry must start with the mind, because this is where they appeared in the first place through misconceived perceptions, thoughts and beliefs. Divine Wholeness meditation will neutralize and transmute these negative, unhealthy thought patterns into self-supporting thoughts of courage and hope, vision and clarity, insight and expression. Your continued inner relationship through meditation on Divine Wholeness will give your mental state lucid and fluid clarity, reasoning and divine illumination to light a bright path for living a life of wholeness and richness.

“Remember, if you ever need a helping hand, you’ll find one at the end of your arm ... As you grow older you will discover that you have two hands. One for helping yourself, the other for helping others.” – Audrey Hepburn

CHAPTER 11

DIVINE WHOLENESS EMOTIONAL

Emotions are an internal function in daily living. Our mood, temperament, disposition and personality are all a direct result of our emotional state of operation. Emotions also affect our body and mind's state of health and well-being. It is vital to our overall well-being to operate from a balanced state of emotions. Daily stress, relationships, career and job, diet, fitness, self-esteem, negative thoughts and other things affect our emotional balance and operation. Today in this world and on this planet, there is an epidemic that is continuing to suck the life out of many otherwise healthy individuals. This disease is one of the most debilitating scourges on earth. This disease is named "Depression".

Depression brings with it the emotions of despair, hopelessness, helplessness and even deep pain for some. Even

anger, fear, resentment and other deeply negative emotions come to play when depression is present. Each of us has fleeting moments of doubt and uncertainty; however, most do not remain in this state for long periods of time. However, with the fluctuating world economic state of affairs, rapidly changing technology, fast food diets and other contributors, emotions run extremely high these days. Through Divine Wholeness meditation techniques emotions and emotional responses are transformed into a balanced sense of emotional wellness, without the constant extreme highs and lows which can overcome us in this fast life. Divine Wholeness integrates our range of emotions, cognition and behavior into a well-balanced, flexible system of operation and function, which truly will serve our ability to manage our lives in the most effective and fulfilling ways. Divine Wholeness provides a fertile ground for emotional growth, stability and expression, which continues daily to align and harmonize your emotions into your personal self of wholeness and fulfillment.

“A human being is part of the whole called by us ‘universe.’ We experience ourselves, our thoughts and feelings as something separate from the rest...a kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from the prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. The true value of a human being is determined by the measure and the sense in which they have obtained liberation from the self. We shall require a substantially new manner of thinking if humanity is to survive.” - Albert Einstein

CHAPTER 12

DIVINE WHOLENESS PHYSICAL

The physical world is made up of actions, behaviors, events and experiences. The physical world is a strange and mysterious phenomenon. Yet, physicality is an attribute and actuality of living in a world of physical substance. Physicality also expresses itself in several dimensions not just this 3-D Divine Wholeness world. However, physicality can express itself in the smallest yet most powerful manifestations. Let's take the atom or photon or even a sound wave. Each of these physicalities operates on and in its own dimension of expression and laws.

You are probably saying to yourself, "Why is he talking about all this *"bizarre"* stuff?" The point is that whatever you do or don't do, e.g. eat healthy, you will feel and see physical results which will impact your life greatly. Conversely, if you

choose “not to do” something, i.e. learn how to use a computer or not participation in voting for your desired candidate, Once again you will feel and see physical results from these inactions.

The physical world is made up of action, subtlety and form. All physical form is born from thought. Look around you. Everything, object want and experience came from a physical thought eventually expressing itself in the physical world of form.

Behavior and physical relationships both contain subtle and gross components, which have profound impact in our lives. Our awareness of the workings of physical energies is a necessary component of daily thinking and living.

Divine Wholeness meditation sensitizes our physical awareness to finer and more subtle levels of activity so that we can make the most of our physical actions, events and experiences. Divine Wholeness sets us into an objective field of awareness, which allows our consciousness and intelligence to respond in an appropriate manner for any specific situation. We become more aware of our actions and the thoughts behind the actions, so that we may gain maximum learning, growth and personal experience in the least painful way and shortest amount of time.

Let’s view it from even another perspective. Did you know that emotions can get trapped in our physical nervous system, staying stuck there for years and causing us to behave and act in ways which do not serve our highest good! It takes a sensitized and aware individual to recognize these traumatic stuck or trapped emotions within our physical body, nervous system and physical energy fields. Divine Wholeness meditation acts to balance, heal, and allow you to recognize

quickest solution and progress to your next stage of personal evolution.

“You are one thing only. You are a Divine Being. An all-powerful Creator. You are a Deity in jeans and a t-shirt, and within you dwells the infinite wisdom of the ages and the sacred creative force of all that is, will be and ever was.” - Anthon St. Maarten, Divine Living

CHAPTER 13

DIVINE WHOLENESS PHYSICAL

Disclaimer: The techniques, suggestions and products referred to in this document are not intended to diagnose, treat, cure or prevent diseases. Those seeking treatment for a specific disease or health condition should consult a qualified physician.

Divine Wholeness meditation techniques are for the assistance, acceleration and balance of spiritual, mental, emotional and physical wellness. This includes biochemical, allopathic, homeopathic and other healing techniques known to human wisdom and knowledge.

During Divine Wholeness meditation, there are a number of health levels, functions, and benefits, which come from regular use. These benefits include psychological, physiological and emotional, as well as an everyday increase in personal energy and well-being. We meditate on this level to keep things operating in balance and harmony, maintaining a robust and vital health routine, and knowledge and awareness of uppermost importance in your life on earth. Even healthy relationships are key to an overall sense of personal health. A good sense and awareness of health includes nutrition and exercise but reaches to multiple other dimensions of living. Everything in and around us affect our health. At an overall level, this means our thoughts, feelings and actions, and how we actually use them to maintain and benefit our ultimate state of healthy being.

Divine Wholeness meditation also expands health awareness and consciousness through a greater sensitivity to greater subtleties of empowerment of health through organic and advanced natural formulations such as drinking Oxygenated PH-balanced water, which brings numerous benefits over the oxygen-dead purified, or mountain stream water in balancing our thoughts and emotions.

Meditation on the health level, particularly on inner levels of cell structure and DNA, reaps great benefits for directing the inner force of Divine Wholeness energy throughout the human system of homeostasis. Think of your daily Divine

Think of your daily Divine Wholeness meditations as smart health maintenance, which will keep you in tune and attuned to inner and outer dimensions of health that will serve you well.

“We are all like Buddha’s of different sizes. If you are ignorant of your true nature and the full dimensions of your being, and you are totally identified with the whirlwind of instinctual drives, chaotic thoughts, neurotic tendencies, toxic emotions, and locked in a self-made prison of reified beliefs that are incongruent with reality, then you are like a tiny nano-Buddha. Though you have the potential for awakening, you haven’t a clue of that potential. If through meditation, prayer, or grace, you have glimpsed your true nature and highest potentials and are on the path of dedicated practice to refine and mature this realization, then you are a larger Buddha. And when you have fully realized, integrated, and stabilized your innermost identity within the wisdom of this selfless, awakened, compassionate, universal identity, then you are a fully realized Buddha of vast proportions.” - The Dalai Lama

CHAPTER 14

DIVINE WHOLENESS MATERIAL

Material manifestation is one of the things we humans do. Manifesting on the material level is next to financial is probably the most important to humans. If we are not manifesting on the material dimension then we are not happy. Rightfully so, because the power to create material goods and experiences is an inborn and fundamental skill for us. However, some of us have internal issues, which prevent us from fully materializing our desires and needs. Manifestation sounds like a big word, but it just means the ability to materialize from thought to physical: the coming into being from intention.

The energy field and phase of the material level is our active playing ground of expression and creative intelligence.

There is a lot of focus and hype around “The Law of Attraction,” when in reality it is our natural, divine birthright and innate blessed talent and expression of material manifestation. Making our dreams come true is as natural as thinking itself, if infused and backed by true intent and focused action. Divine Wholeness meditation aids you in material gain and manifestation by placing your mind into proper resonance and flow with your unique material plane and field of manifestation. Divine Wholeness, through its intuitive knowing, focuses and sharpens your level and intensity of intent so that materializations manifest and show up quicker and with fuller expression. This means that when you do manifest on the material planes it materializes in form greater than your imagination.

It is very necessary to have absolute goals in consciously creating reality. For this, we need the power and wisdom of our Divine higher self to inspire and guide our thoughts, intentions, and actions so that they serve our highest good. We are all co-creators in this grand plan called life. During these current times in the history of the planet and human evolution, we are at the most powerful evolutionary stage, making quantum leaps into evolutionary realms of material manifestation. Now more than ever self-empowerment is at peak performance. With the addition of Divine Wholeness meditation programs we can allow our spirits to soar in materializing and co-creating on the material plane of love, abundance, prosperity, harmonious relationships and so much more for our highest good.

Divine Wholeness multiplies your creative power for manifesting multi-fold. Through daily contact on this important level and field of energy, you can develop your material manifesting skills. You will understand and transcend

your personal challenges and move into a state of dynamic manifestation and personal power, combining free will choice and creative mind.

“Wholeness is the ultimate idea we can have of the meaning of being. To be is to be a whole unfolding its inherent potentialities through cycles of changes (time) and in a state of unceasing relatedness to other wholes (space). Wholeness is the being-ness of all wholes. Nothing more can be said of it, except that it is and that it is all-inclusive.” - Dane Rudhyar, from Rhythm of Wholeness

CHAPTER 15

DIVINE WHOLENESS FINANCIAL

What Divine Wholeness imparts on the financial level is financial opportunities, prosperity and abundance. It opens the financial flow to come forth into your life more abundantly. It ultimately, if you are meditating daily, helps to remove and show you internal blocks which prevent you from your true financial potential. It also sensitizes and opens your creative intelligence with ideas and other creative ways to expand your financial holdings. Divine Wholeness will bring and attract others into your life who are able to assist you in your financial quests and visions. One of our documented clients won the lottery in his state not once but twice. So far, this is the only lottery winner. However, it does show what is possible. In other cases unexpected checks have arrived in the mail, and better job opportunities, new jobs, and creative ventures have surfaced.

Career achievement and expansion seems to be the norm among Divine Wholeness meditators. Intrinsically a lot of us have childhood, inherited, subconscious and unconscious blocks which keep us from our full financial potential and abundance. Even though financial reward is not the end goal of Divine Wholeness, it is a necessary component of living in an economic world.

Ultimately, the true inner goal is not to judge yourself or your joy through financial means. Remember that there are plenty of unhappy millionaires and billionaires and many happy people who enjoy life to the fullest without the benefit of amassing huge fortunes. This is because they find love and joy in a plethora of other ways such as family, creativity, relationships, personal expressing learning, and unconditional love just to name a few.

In using Divine Wholeness meditation the aim is to balance, heal and release internal blocks, sensitize your awareness to the new opportunities which present themselves daily and make the most of them without causing stress and strain on your living situation.

Financial prosperity and abundance is a quest which most seek, and this is as it should be, because the Divinity within and around us wants this abundance for us, because there is more than enough to go around. However, those who are propelled by greed paint another picture and this picture is truly a classic one. That being said, there are also many historical cases of humans who come from very meager beginnings go on to reach untold new heights of financial abundance. What Divine Wholeness brings to the picture is a “bridge” to the *source* for everyone. One of my favorite sayings is; Divine Wholeness wants you to have a “whole lot of

One of my favorite sayings is; Divine Wholeness/God wants you to have a “whole lot of everything” that you need abundantly. Wholeness is completeness, which is a normal state of being if we stay connected and utilize the “source” energy and intelligence within our DNA of Divine Wholeness.

"There is nothing for me to fear, for I am an inseparable part of God. I live in Him; He lives in me; and I draw upon His perfect peace." - Dr. Ernest Holmes

CHAPTER 16

DW PERSONAL BENEFITS & QUALITIES

1. Universal and infinite personal power
2. Unbounded inner joy
3. Passion and inspiration
4. Self-expression and creativity
5. Unconditional love toward self and others
6. Sense of purpose and true destiny
7. Actualization and manifestation of success
8. Faith – hope – vision
9. Intimacy
10. Integrity and respect
11. Desire for truth
12. Unbridled courage
13. Forgiveness, mercy, compassion, unconditional love, acceptance
14. Self-confidence and self-esteem
15. Support of others and the environment
16. Personal, material, emotional and financial growth

“Acknowledging the good that you already have in your life is the foundation for all abundance.” - Eckhart Tolle

CHAPTER 17

POWER OF THOUGHT

Ask yourself “What is the most powerful gift that one can possess?” Think long and hard and you will come up with all kind of answers i.e. money, health, riches, success, love, happiness, joy, and personal power! However, all these answers have one thing in common which will get you there. That one thing is *correct thinking*. At the root of all life creation, manifestation and experience is the *power of thought*. Look around you, and you will see that any and everything in universal and Divine Creation comes from a single seed thought. It can be a goal, desire, emotion, event, experience or physical object such as a car, tool, TV, radio, technology, etc. All have at their source creative thought. Even our everyday moment-to-moment actions and behaviors have thought as a basis for motivation, inspiration, desire and passion. Additionally, happiness, success, joy and personal

power, to name a few, cannot be had without true effective thought and thinking. Money and success will do you no good without *correct thinking* to keep it, make the best use of it and enjoy happiness.

Divine Wholeness on its deepest and most powerful levels of activation has an ability to actualize and provide you with the beaming light of enlightened and corrective thought. Divine Wholeness gives you true power to discern in the present moment the correct thought which will serve you for your best good. This process is actually instantaneous upon Divine Wholeness attunement and activation, as it gives you one of, if not the most powerful personal tools in your life of corrective thinking.

Your negative inherited, environmental, sub-conscious, unconscious and skewed perceptions are immediately transcended and actualized as enlightened, self-empowering thought patterns, which serve you in the highest aspects of your *Self-Being*.

This precious and treasured gift and blessing of Divine Wholeness directs, inspires, heals and guides your inner thought to new vistas of light, life, love, joy, creativity and personal success. I have witnessed this phenomenon in many Divine Wholeness meditations in many dimensions of the personality.

I have witnessed people with gripping internal personal and social fears turn into courageous and dynamic actions of living and self-fulfillment. I have seen timid, blocked emotions and creativity turn into an ever-flowing fountain of self-esteem, confidence, creativity and success. I have witnessed negative, self-defeating thinking and actions turn into forward-moving, self-fulfilling inspired thinking, behavior and actions

of success. This activity occurs most dynamically in all Divine Wholeness meditators as a springboard and foundation for even greater creative self-expression and personal manifestation.

The power of thought, next to love, is probably one of the most written about topics throughout the span of human existence. Yet it is easier said than done, to change age-old inherited perceptions, beliefs, unconscious and other powerful negative influences upon thought. Divine Wholeness gives you a divine, whole and reliable tool for powerful moment-to-moment success-result thinking. Divine Wholeness at an even deeper level provides quick and instructive thought, insight and inspiration to reach your highest goals, dreams and desires in the context of inner unconditional love, guidance and insight at the very deepest level of your magnificent Being.

The internal Divine Wholeness core-resonant vibration within you, when activated and attuned to allows acute powers of perception, limitless conception, actualization, guidance, and most importantly self-healing of your true spiritual self at its most powerful core *state of being*. We are not talking about “trying” but “BE”ing. Being is living in its fullest sense.

Being is self-expressing in its most creative form. Being is living in unbounded and limitless joy. Being is living your true destiny. Being is life fulfilled and expressed. Divine Wholeness allows you to go from the small self to the large, whole self, fully formed. Divine Wholeness is living, acting and being in a state of “*Amazing Grace*” at all times!

- Attaining Goals!

1. Imagine and form an image in your mind of your goal and what you would be doing when you achieve it and as if you are living it.
2. Tune into and harmonize your emotions and feelings experienced in the goal achievement.

*“Meditation is the quickest way and path for the soul to evolve and achieve union with God” - Patanjali
Yoga Sutras*

CHAPTER 18

THE DIVINE WITHIN

There seems to be an ever-expanding definition throughout history as to the meaning of “Divinity”. One common theme that pervades all of these perceptions is that Divinity relates to spiritual and/or religious concepts of a supernatural power. Wikipedia describes divinity as the state of things that come from a supernatural power or deity such as God, and therefore are regarded as sacred and holy. Such things are regarded as “divine” due to their transcendental origins and/or because their attributes or qualities are superior, relative to things of the earth. Divine things are regarded as eternal, based in truth, while material things are regarded as mortal, and based in illusion. Divine force or power is universal and transcends human capacities. Humans who have access to the Divine always have enhanced powers. Divinity always denotes goodness, beauty,

beneficence, justice and other positive, pro-social attributes. Using the big, capital, "D" Divinity refers to the presence or manifestation of the Divine Presence.

In contemporary, Western mysticism, the term "Divine" is a principle or act that gives rise to the world and acts as the source or wellspring of life.

In the Bible "Divinity" always has its source ultimately from God himself. It is the state of, or quality of being divine. The term itself denotes Godlike nature or character. (Source: www.wikipedia.com)

In the realm of philosophy, both Socrates and Plato give credence to the notion of divinity and a divine essence to life.

To be attuned and at one with Divinity and Divine Wholeness within you is one of the greatest gifts and blessings you can receive in this life. Regardless of your personal belief system, religious or philosophy, attuning to and activating Divine Wholeness on a daily basis can bring you tremendous benefits, rewards, blessings, and gifts on the multiple levels of spiritual, mental, emotional, physical, health, material and financial. Divine Wholeness can unlock many internal secrets to the highest aspects of your life and creative expression. It can bring the highest and purest light of intellect and intuition.

In my own use of the term divinity we are not speaking to a religious or moral use but a transcendent, omniscient, omnipotent source of universal creative life. In simple terms, it means that God or Divine essence and presence, by virtue of its creative nature, form and essence is deeply rooted within us at the deepest core of our DNA, cells and Spiritual Being. Just as your mortal mother, father, and family lineage are part of you, so the master creator Divine code, presence and essence

is also manifest within you. Divine essence is at the core of all reality; it is the “totality of reality,” personal and impersonal at its greatest creative expression. Just as Descartes states: “Cogito Ergo Sum,” God/Divinity is “being”. Being is living, Being is creating, Being is manifesting, and Being is thought becoming reality. The human being is the “incarnate Divine Self,” the center of your personal and universal reality. We cannot deny that each of us live within our own universe surrounded by a *Godgillion* other universes and worlds of some sort of reality; spiritual, material and transcendental.

It is my mission to assist all to attune themselves to their highest frequency resonant vibration of Divine Wholeness and being within them. As Paul Shockley states in his *“Revelation of Awareness”*: life is filled with distractions that keep us from “oneness with the Divine and highest aspects of our being.”

Regarding the highest aspects of human “being”, Divine Being flows through all life and all higher thought. From Islam, Christianity, mysticism, new age, and others and in all holy books such as the Holy Bible, Quran, Bhagavad Gita, Talmud, Tao-Te-Ching, Upanishads, and Vedas. The divine aspects of creativity, courage, passion, achievement, personal power improve a life that is otherwise stifled and dimmed without ever expressing the true unbounded joy that Life has to offer. Divine Wholeness will multiply your talents and skills tenfold beyond what you thought you could ever achieve. This is because Divine Wholeness activates, supports and inspires your natural abilities to levels of optimal expression and efficiency, for the reason that it is the true *source* of Divine and universal creation across all time, space and dimensions of personal and creative realities. It is the absolute source of “ultimate reality”. The Divine aspects of your personal being need only gentle and consistent nurturing and loving relationship to integrate an overflowing fullness of expression.

You can reach limitless levels, internally and externally, beyond your wildest dreams and desires. Divine Wholeness can unfold in your life a world of unconditional loving, mental peace, unbounded joy and even material prosperity never achieved previously.

The key and point of utmost importance is to contemplate, meditate on, realize and actualize that this tremendous Divine Power and essence is within every cell of your total being, expressing itself on multiple internal and external levels. You, yourself have the power of the universe within you. You have that Divine essence which created every aspect of your being, body, mind and soul. The more you can contemplate, comprehend, and meditate on this *truth* the greater understanding and use of this tremendous source of inner power and personal expression you will have. Your level of understanding and personal creative expression will be in direct proportion to each other. This in and of itself is only fair in that you are not given more power than you can handle at any one point in your life of creative energy expression and interaction.

Attuning to this awesome inner power of resonant energy is your most potent and effective tool toward life-transforming moments of experience which give us meaning, inspiration, and self-empowerment. To be self-empowered is to experience life as a true participant, creator and expresser. Self-empowerment enables the individual to transcend and even create new solutions and benefits while overcoming challenges and obstacles in life. Self-empowerment gives one the ability to discern truth from falsity, and right from wrong in decision-making. Most importantly, self-empowerment gives the individual the ability to stay in the present moment and be able to flow and change with the moment and the

circumstances. Self-empowerment is the ability to creatively adapt, express, and create which leads to advantageous results.

Empower literally means to “get power” or “infuse power”. Power for what? Power for action, power for creating, power for manifesting, power for living, power for expressing, power for joy, power for life, power for passion, power for will, power for gratitude and power for much more!

Let us now look at the term, meaning and application of the word “wholeness”. Wholeness in its root meaning relates to “completeness” “full amount”, “undivided”, “optimally harmonized and balanced”, “ultimate benefit” and a myriad of other definitions.

Yogi Shaktivirya in his *“Science of Wholeness”* describes wholeness as a permanent state of fulfillment, wisdom, spiritual freedom and happiness. Additionally wholeness is the state of being in perfect alignment with one’s true intent and with one’s true self or kingdom of God within.

Wholeness can mean many things to many people! However, all of us understand intrinsically the meaning of “completeness” in our lives. It is something which must constantly be strived for and maintained, as it is a sensitive balance of several components all working together in oneness and harmony to achieve this most highly desired state of being. That is not to say that a consistent and permanent state cannot be achieved; it is that we are daily and moment-to-moment given new experiences and challenges for our ultimate growth which require constant awareness, sensitivity and conscious action to maintain a beneficial state of wholeness in day-to-day living.

"Divine Wholeness" is an innate, natural state of equilibrium born within us. Its total mission and purpose is to maintain the state of spiritual homeostasis. However because of generations of inherited, social, and misperceived thoughts and beliefs we have covered up access to its functioning with many layers of un-wholeness which do not serve our greater good.

Through an intimate understanding, attunement, and activation of "Divine Wholeness" we can now access and utilize this tremendous power to maintain and use an ever growing, evolving, moment to moment and daily state of personal fulfillment.

Try this simple test and exercise! Just relax and center yourself, then mentally state and repeat the words, "Divine Wholeness." You will immediately feel a change in consciousness and feeling of well-being. This is just a glimmer in a world of light which can be achieved if nurtured regularly. "God is wholeness" and you have God within you. It is your intelligent, conscious, life-giving, all-creative force within you which carries you from moment to moment in this experience we call life.

Divine Wholeness is the highest aspect of your being. It operates naturally and innately at the core of your being throughout your 60 trillion cells, DNA, mind, body, soul and spirit. It is always imbuing optimum life-force and unlimited energy to live, create, act, and manifest on this plane of life's existence.

I truly believe that DW attunement and meditation techniques are among the greatest discoveries to mankind in this millennium in aiding true human evolution towards its highest aspects of living and expressing. Look around the

world today! Do you not see a race which through greed, uncaring, detachment, and un-wholeness is in a state of impeded evolution?

Humans at this stage in history should be an example of a much more evolved state of existence. The planet is filled with so much violence, uncaring, separation, greed and other negative energies, it is a wonder that we can evolve at all. Nevertheless Divine Wholeness is ultimately at the core, buried though it may be; it is still operating and manages to shine through the quagmire of negative impeding forces to still push us forward in some small but powerful way toward achieving its and our true goal of ultimate fulfillment.

In and through the absolute life giving and all creative energy of Divine Wholeness, we as humans can reach positive, life-enhancing, transformational, evolutionary experiences, events and relationships. Divine Wholeness is the new frontier of awakening to the highest aspects of our nature. It is a pure force driving us away from the primal and animalistic nature that we now mostly display.

Divine Wholeness has at its own core one of the most mysterious and powerful life-giving components ever known, and yet most fully misunderstood in its workings and usage. This all-powerful, potent, and ultimate component is named: "Unconditional love" pure illuminating, life-giving, and inspiring, "love without boundaries." Who can explain such a powerful and mysterious force intellectually, except but to say that we all desire and need it! Actually, we need an abundance of it in order to be, feel, and live fulfilled. Even if we are not fulfilled, unconditional love still operates in our lives on very subtle levels to glue our human existence and reality together as a "Whole and Complete" entity.

Divine Wholeness in its own innate makeup and energy has many wonderful and mysterious divine elements which are totally beyond our understanding. However, we don't need to know every aspect of this all-powerful source to use it for good, just as we do not personally need to know the inner workings of electricity to use it for good in our life. We need only know that it is there for our ultimate good and use it as much as possible to fulfill our lives.

"Anything is possible" – Tina Turner

CHAPTER 19

DIVINE WHOLENESS REVELATIONS

Divine Wholeness is not just a stress-reduction meditation technique as some others are, but a life-giving, sustaining technique for achieving and reaching your highest goals. Divine Wholeness is for bringing out the very best of you and your life existence. DW works on multiple levels of your spiritual, mental, emotional, material, health, physical and financial dimensions to bring you ultimate fulfillment, joy, love, abundance and achievement in your life of creative expression and being.

Divine Wholeness develops within you a keen sense of self-evolution and achievement. DW brings forth a true understanding and application of unconditional love. DW wants to give you a “whole lot” of everything for your highest and greatest good. Divine Wholeness is there to serve you so

as to achieve and become the most effective and loving being that you can be. DW can change dull, ineffective thinking into potent, powerful, life-changing, effective thoughts, actions and behaviors to catapult you into a world of love, joy, prosperity, abundance, health and true human glory, now!

“DNA goes far beyond the chemistry, and it actually represents pieces and parts of the God-self and the Higher-self.” – Kryon

CHAPTER 20

LOVE

To this point in the history of humans, it seems as though Jesus Christ is the best example of the human capacity, and the best expression of unconditional love. Even as he hangs on the cross about to be crucified, he states “Forgive them Father for they know not what they do”. Although there are still no recorded facts that prove he actually existed, we will proceed on the assumption that he did.

Each one of us has experiences with others that do not love or feel anything regarding us, and in fact, will act negatively toward us. Do you react also in a negative way? This seems to be the easiest and most common response. Or do you react in a more positive and self-serving manner to allow their uncaring statements to bounce off or flow past you and not let it degrade your life experiences?

I, myself am still in infancy and still learning about and fully embracing the concept of unconditional love, both of self and others. Through Divine Wholeness attunement my capacity, understanding and actualization of love has increased immensely and is growing daily.

Even small words of consideration and respect such as “please”, and “thank you” can go a long way in enhancing your experience of love. Showing others your appreciation, through using these words of consideration, establishes a connection, a common bond of “we are in this together”, or “I am glad to exchange and share energy with you”.

Kindness, compassion, empathy and listening are some of the human’s highest traits of inspiration and love. These attributes always bring out the most and best in us. Actually, we all need this nurturing energy exchange to feel human and to fully express ourselves. This is why it is so vitally important to live in an environment of nurturing and unconditional love.

With Divine Wholeness attunement and meditation, you are able to experience deeply this dynamic field of Divine Being and love. The more we experience it in meditation, the more we can express and actualize it in our inner and outer life experience. Through our daily meditations we gradually understand and embrace the energies and actions of unconditional love, self-love, self-esteem, self-confidence and all other attributes which strengthen our connection to the Source of Divinity within, through and around us each moment of the day.

We actually need this energy flow of love just as life itself. Love nurtures our soul to unheralded heights of self-expression and creativity. It is this power which propels life

forward. Love is both multi-dimensional and inter-dimensional. It permeates all forms of life. It is truly omnipotent, omnipresent and omniscient. Out of love comes life itself. There is not one human expression that can state that love has not enriched their life. We can all afford to have more love in our lives. It truly is life's greatest treasure.

At the very core and quintessence of Divine Wholeness is pure unconditional divine love. It is the love which propels your authentic and unique self toward the most and best you can be, even when you are ignoring it. It is behind the scenes gluing things together to form a confluent life. At the center of your being is the Divine Wholeness of love, master source and vibratory field of resonance, which orchestrates all living and life components into one glorious harmony called life, both personal and universal. To connect with this quintessence is to bathe in the illumined light of human glory and expression. To experience a glimmer of this human wonder is to know that within your personal universe, there are unlimited possibilities and experiences.

It is said by some that unconditional love is the greatest power known to humans. To express and experience love without limitation opens a magical world of wonder and joy to us which creates profound transformation in our lives. In fact, the planet earth's blue print is known throughout the galaxies as the planet of love. It is a great treasure bestowed upon us to freely learn from, give, express and accept. Love is a pure, natural healing and inspiring source of nurturing energy.

Living acts of love come in many forms, from the self-love of caring for ourselves, to expressing forgiveness, mercy and kindness to others around us, and let us not forget caring for our planet and environment. Love can and should be

manifested in all of its many multi-dimensional forms. Intrinsically love is the unifying and true transformational factor that you can use in your life to bring about greater depth of experience and joy. The pure heart energy of love goes far beyond the mental energies of logic and reason. It is the very fabric and true magic of life and living. Through meditating on Divine Wholeness at our core being, love shines forth with great brightness in our lives. It gives us renewal and transformational energy to reach and experience our own and life's potential. Using and expressing love in our daily lives, relationships and creative expressions is a magnificent way to magnify our lives with unlimited power and force toward the attainment of glorious evolution and abundance, pure intent, passion and pure-hearted love. You have no limitations, but possibilities unlimited to freely express your true and unique destiny.

"Nothing from nothing leaves nothing! Something from nothing leaves everything." – Antonio Newton



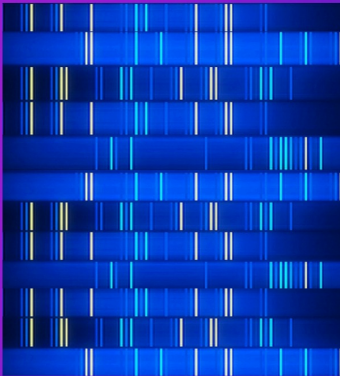
CHAPTER 21

DIVINE WHOLENESS FAQs

1. DW is a meditation technique to attune and connect you to the Divinity within you through your DNA.
2. DW is a State of Being and Living.
3. Using Divine Wholeness meditation techniques is "Total Life Enrichment."
4. What are the 7 levels of energy Divine Wholeness interacts with? (1) Spiritual (2) Mental (3) Emotional (4) Physical (5) Health (6) Material (7) Financial
5. Divine Wholeness activates DNA through empathic awareness and vibration.
6. How long does Divine Wholeness take? 15 to 30 minutes, once, twice, or 3 times daily.
7. What is Personal Evolution? Continuous growth and expansion in all areas of your life!

8. Divine Wholeness at the core is a resonant vibration/frequency within DNA, which is the original source and divine essence.
9. Divine Wholeness is also a resonant vibration/frequency in the immediate environmental energy and throughout this universe and all known and unknown universes.
10. You are a "You-niverse" unto yourself with all the implications and possibilities which it entails.
11. Divine Wholeness is not a form of NLP or self-hypnosis.
12. Divine Wholeness is not a philosophy or religion

12 LAYERS OF DNA - METAPHYSICAL PERSPECTIVE



LAYER 01: - Physical Body/Biological

LAYER 02: - Interaction/Life Lessons/Self Worth

LAYER 03: - Ascension/Completion

LAYER 04: - Human Divinity

LAYER 05: - Human Divinity

LAYER 06: - Communication/Meditation/Higher Self

LAYER 07: - Revealed Divinity

LAYER 08: - Wisdom/Responsibility

LAYER 09: - Healing/Cell Activation

LAYER 10: - Source of Existence/Divine Self Identity

LAYER 11: - Feminine Wisdom/Compassion/Balance

LAYER 12: - The God Within/Divine Source

CHAPTER 22

PERSONAL DW ACTIVATION & CLEARING SESSION

A personal DNA activation and clearing with the DW creator, Antonio Newton, Msc.D. is a powerful experience. Each of us comes into this world with inherited environmental, unconscious and subconscious baggage, which does not serve our highest good. This 25-30 minute session is well worth this meager time amount to rid ourselves of those energies. The goal of the work is to clear your energies 10 generations back from birth to the present moment.

This is a three-stage process to take your Divine Wholeness meditations to the next level of personal evolution.

Stage one: The initial clearing and healing on all seven levels of (1) Spiritual (2) Mental (3) Emotional (4) Physical (5) Health (6) Material and (7) Financial. Energies are cleared so that one can start with a clean slate of the true, authentic self. This of course is the ultimate goal. Life challenges continue, however, after the completion of the next two stages and with the completion of all three, and regular meditative practice, you will move through daily challenges much quicker with less drama.

Stage two: This second stage activation attunes and imprints the Divine Wholeness, DNA vibration within your mind–body–brain functions and energies. All seven levels are again contacted and connected through powerful imprinting commands and statements which seek to focus upon intrinsic life enhancing energies. These energies harmonize at the DNA level, thereby stimulating evolutionary growth and expression, which translates into life enriching and enhancing experience on a broader and more profound level and dimension of expression.

To experience this personal activation is to experience a quantum leap in your spiritual growth. To have a direct and personal Divine Wholeness attunement with Dr. Newton is a powerful personal energizing and enlightening and unforgettable experience. This second attunement stage places you directly in touch with that multidimensional Divine Wholeness energy vibration throughout your entire being. You most certainly will experience an energy up-shift and balancing.

Stage two is vital in this three-tiered attunement as stage one is focused upon “total clearing” and “balancing” whereas stage two focuses on attuning, healing, imprinting and activating your DNA Divine Wholeness spark and

source of divine energy vibration to its optimum level of expression. Stage two is complete and thorough in activating each of the seven levels: Spiritual, Mental, Emotional, Physical, Health, Material and Financial. Additionally, within each individual level its internal dimensions and interlinking energies are also deeply balanced and harmonized.

Stage three: This final process solidifies your relationship you Divine Wholeness connection through a sequence of spoken personal, affirmative declarations. This is a very important step in this journey because you are declaring and re-claiming your divine birthright for serving your highest, best good and beyond.

Over forty years of experience in Spirituality, Metaphysics, Psychic, and Energy Healing, Divination, Meditation and vibrational studies puts Newton in a very unique and powerful position to share and imbue Divine Wholeness in a personal setting. This procedure is sure to advance your life toward enrichment, abundance, love, joy, prosperity, spiritual and personal evolutionary growth.

"Forget about the fast lane. If you really want to fly, harness your power to your passion. Honor your calling. Everybody has one. Trust your heart, and success will come to you." – Oprah Winfrey



CHAPTER 23

ANTONIO NEWTON, MSc.D.

Invite Antonio Newton Msc.D. to your city. Form a home group and get a SKYPE video call from Dr. Newton on your computer or smart TV. Alternatively both private and group telephone calls are also encouraged.

One simple jolt of simple deductive reasoning, along with a little inspiration from some friends led him into an immersion in the world of Divine Wholeness. Newton states: "All great concepts and inventions come from one simple and pure thought or idea. This case is no different. From the father/mother comes the offspring; thus from all life comes the Divine Creative innate source spark and code within. The job then is "How do we access this great and all-powerful source?" For me, because of life-long spiritual and music studies, it became obvious that the answer was an innate and specific resonant vibration. It then was a matter of testing this theoretical notion to see if universal truth could be found and easily expressed. Thus came forth the Divine Wholeness Meditation technique, DNA activation and Harmonic Sound stimulating partnership with the Novaphonic Q Sound harmonies. A new evolutions relationship was born. These days most of Newton's time is spent in development and research into this exciting, revolutionary and dynamic field of human development and personal evolution.

Divine Wholeness like other mystical music masters, Beethoven, Wagner, Liszt, Chopin, as well as contemporary artists, embraces a dynamic life of music, spirituality, creativity, science, mysticism and metaphysics. This rich pellet of life experience provides feasible ground for profound personal and creative growth and expression. Because Mr. Newton is a generous, sharing and caring humanitarian, all of us get to benefit from this enrichment. Newton refers to himself as a creative visionary humanitarian and music artist who live a spiritual and metaphysical life.

Being raised in Detroit, Michigan Music City as a Baptist, his spiritual path since a youth has taken him on many journeys of being and exploring from Baptist to Jehovah's

Witness to Transcendental meditation, Buddhist meditation, yoga and other meditation types. He has had studies with Gurus Maharishi Mahesh Yogi (Transcendental Meditation), Swami Nada Bramanada (Master of Sound), Yogi Bajan (Kundalini Yoga Master), and a short time in The Melchizedek Priesthood. Additional studies include time with Swami Vivekananda contemporary Paul Leon Masters at The University of Metaphysics earning both Practitioners and Doctorate degrees, with his thesis focused on; "The Healing Effects of Music." Further illumination was also gleaned from Dr. Ernest Holmes, "Science of Mind" and Manly P. Hall's mystical philosophical society.

Newton's personal studies in the Personal Energy Dynamics of the chakras, pranayama (Yogic) and Mazdanian (Egyptian) breathing, and general physics as well as the physics of sound ultimately led to the innovative discovery of the Novaphonic Q Harmony Sound and its massive and beautiful chorded harmony library of over twelve thousand chords. This also garnered him a music scholarship at the esteemed Mt. St. Mary's College where he could further his spiritual and musical studies. Upon Summa Cum Laude graduation he continued to expand in both, music and spiritual areas, developing personal energy dynamics workshops, breathing pulse techniques, in addition to several personal divination tools and card decks; "The Universal Arcana of Destiny", "Deck of The Gods", "Angel", "Crystal" and several other spiritual advancement tools. He also participated in psychic healing and reading while continuing to develop and compose with Novaphonics in an over twenty year exploration of this transcendental, harmonic sound. Let us not forget his psychological, philosophical, humanitarian and religious in-depth studies and experiences.

An author of over fifteen books on Spirituality, Self, and Music, Newton continues his prolific path of creative expression, with his books “Articles of Light, “and “Shine Forth Your Light”. Most of Newton’s time is spent in spiritual and creative thought on the subjects of the human condition and its improvement, development and usage of creative intelligence and musical expression in its many forms. A voracious reader and researcher, he is continually honing his comprehensive gifts through various forms of meditation and concentration, ultimately leading into the profound realms of DNA activation and study.

"It's like we have two legs that we stand on. One leg is the "I," or personal self. The other is the "self," our universal, non-dual, divine nature. Spiritual practice helps us to discover and shift more of the "weight of our identity" to the true universal self, which is a selfless non-dual state of being. This shift of identity gives us more freedom to play with the "I" leg as a vehicle for our universal nature to creatively express itself through the uniqueness of our unique personality and embodied being. While there are many individual "I"s, there is just one "self." - Brother David Steindl Rast, Elder Monk of the Benedictine order



CHAPTER 24

NOVAPHONICS

An additional treasured discovery from the universe is the Novaphonic Q Harmony Sound. Novaphonics is an evolved alternate dimension of harmonic sound, which has roots in historic, scientific and mystical paths of study and expression. Novaphonics is a vital dimension of sound color, resonance, richness, vocabulary and experiential reality.

The vibrational realm of the Novaphonic world of Q-Harmony takes its place in the cosmic universal spectrum of musical sound, color, expression and experience through its own paradigm language and algorithm structures of extended mathematical equations which span the spectrum of mystic, transcendental, and material sound.

Initially Novaphonics is in and of itself, an expanded state of inter-dimensional expanded consciousness, which at its center contains the pure essence and beingness of expanded enlightenment and evolutionary sound. This is achieved through its intrinsic propensity for an abundance of multitudinal and synchronized harmonic overtones which it naturally creates and produces. The MSH (multi synchronized harmonies) profoundly affect our state of consciousness, nervous system, and spirit through unique resonance energy vibrations, which give our mind, ears and soul a unique and highly beneficial realm of sound to experience and express.

Novaphonics is the Holy Grail and Golden Mean of the Q-Dimension of Quintal/Quartal Harmony. Its paradigm is to found in the numbers 1, 2, 4, 5, 8; in chordal harmony structures ranging from 3 – 12 layers of sound, totaling over thirteen thousand chord structures, dwarfing the historic 3rd/Tertian Harmony System.

Novaphonics' path of evolution in relation to historic time has been mystical and slow to emerge into mainstream experiences and expressions. This is due to its advanced system of understanding and navigation, which requires total knowledge of Historic Harmony structures before ever accessing and using its treasures. That is its prerequisite and initiation, for you to understand its vastness, beauty and power. Novaphonic Q-Harmonies are truly an advanced state of harmonic sound and dimension.

Based in the Pythagorean mystic and Gregorian theories, Novaphonics forges forward into deep uncharted territories of sound which transcend normal boundaries of contemporary and cosmic thinking into a magical, profound and transcendent dimension of sound. This alternate musical sound dimension propels both the composer and listener into

new expanded vistas and states of consciousness, and experiential sound.

At present, I have explored, experienced and created this dimension for over twenty years and it amazes me still at every experience and expression of its power, beauty, enlightenment, and ability to expand life experience and personal awareness. I have witnessed as well as experienced its mystic qualities of breaking through outmoded thought patterns to open personal experience to a new world of sound and realms of possibility and actualized experience.

There are many Q/Qr Harmonic structures. Additionally, if you have some musical skill and can find a piano or know numerology, play and explore these internal combinations. Experience the wonder of Novaphonics: Numbers indicate musical harmonic intervals, I.E: 5 = the interval of a 5th.

- (1) 1-5-5 (2) 1-5-5-5-5-5-5-5 (3) 1-5-5-4-4
(4) 1-2-4-4-2-5-5-5 (5) 1-5-5-5-5-4-4-4

Novaphonics, in its power, beauty and ability to expand human consciousness and life achievement, makes the perfect harmonious and powerful partnership with Divine Wholeness meditation. Novaphonic Q sound harmonies are the perfect musical sound vehicle as a true catalyst for human evolution and natural sound gate to higher dimensions of consciousness and experience. Novaphonics provide a transcendental vibratory sound carrier wave to propel the human mind into expanded states of being, awareness and expression. Either alone or in harmonious relationship with Divine Wholeness Meditation, Novaphonics provides a vehicle of sound and resonance for the human consciousness to tap into planes of Divine resonance and energy, leading us into our evolutionary selves with expanded creative intelligence, and potential for greater self-hood.

Through Novaphonics plethora of internally generated, synchronized harmonics, and new awareness levels, possibilities of personal and collective growth are accessed and absorbed for life-enhancing expression and actualization at its core algorithm. Life in the power realm of number 5 numerologically denotes change, evolution and growth. The intrinsic power of this harmonic interval contains immense power and life as evidenced in the spiritual experience of *Gregorian Chant*, which rely on this profound musical sound to create a state of love, reverence, truth and enlightenment.

Throughout the history of humankind, this mystical and profound dimension of sound vibration has catapulted humankind forward in quantum leaps at each stage of its use. Even within general commercial, as well as classical, contemporary and meditation music, the interval of the 5th permeates all musical sound. However, Novaphonics uses this power-packed sound in, multiple layers to multiply its innate power, beauty and expression to new and enhanced realms of musical and personal experience. Novaphonics Q-Harmony Sound Structures create sound resonance vibratory fields, which are unmatched in power, beauty and expansion of consciousness.

When attuning to Divine Wholeness within us at the DNA level or even activating and re-coding the 12 DNA strands, Novaphonics offers direct and profound access to affect measurable growth and expansion on these multi-dimensional levels. Novaphonics and Divine Wholeness working together are the pure and perfect expression of harmonious duality working as one, toward the greater good of human life and expression. Experience for yourself the immense beauty, power and light of the Q-harmony sound, and allow it to take

you to new vistas of the inner and outer self as well as an abundance of joy, truth, and life enrichment.

NEW MUSICAL FRONTIERS OF THE 21st CENTURY.

THE NOVAPHONIC SOUND

Resonant, sonically rich, sonorous, colorful, mind expanding sounds are what one should expect from the 21st Century Novaphonic sound of Quintal, Quartal harmony developed to its greatest extent by composer/keyboardist/electric bassist, Antonio Newton.-Novaphonic Music

These harmonies are Innately colorful, resonant, and pleasing to the human ear, mind, and nervous system, because they are built of musical Intervals (steps) of a fifth and fourth, which are the first two active harmonic tones in Nature's natural harmonic overtone series (the chord of nature). Innately, the human ear hears all the sound In relation to the overtone series. Also, the overtone series, and the natural evolution of Western musical harmony, represent, parallel, and are a musical representation of socio—cultural trends in harmo-musical sounds. The easiest way to grasp the concept of the overtone series is to understand them as contributing Internal sound frequencies that are generated from the fundamental sound, which have specific mathematical relations, and contribute to color and resonance.

Newton states that these harmonies and their evolution can be traced throughout History in Individual chords, from ancient times of the Gregorian chant of the Middle Ages, to an Influx of these harmonies in the 19th and 20th century music of Claude Debussy, Paul Hindemith, and Arnold Schoenberg. There are also emerging's in contemporary jazz and pop idioms. Traditionally, for the past six thousand years, chords have been built of thirds (tertian), which appear farther up in

the overtone series. Also, tertian structures account for a partial view of the harmonic sound color energy spectrum. With the addition of Quintal-Quartal harmonies, we have a more expanded, and complete harmonic sound color energy spectrum to composers to work with and listeners to enjoy.

Within Newton's Novaphonic harmonic system, there are 971 Quintal (5th's), 177 Quartal (4th's), 115 Hybrid (mixed), choral harmonies for a total of 1263 new chords with an astounding 15,156 total chords in all twelve key-tones. The development of this revolutionary system is an ongoing process with Newton. The basic core information took over three years to develop through delving into musical and acoustical physics, deriving and observing certain mathematical formulae, and applying traditional musical compositional techniques, all of which can be found in the seven volumes of textbooks Newton has written. Newton feels his thrust as a music artist in this creative effort was of organizing a mass of data that was, up to now, unobserved. Being a composer of both classical and popular music, additionally Newton feels his diverse musical, philosophical, and scientific influences, led him to these discoveries.

Newton states this new breakthrough in harmony will catapult the music artist and listener towards new dimensions in sound and awareness. *"The collective consciousness of the early 21st century mind is in a state of readiness for new harmonic vistas. Due to the mind's natural evolution and adjustment to sound, the time of harmonic color expansion has arrived, even though there are those who think "harmony is dead." As the 21st century heralds its time of great technological and spiritual awakening in quintessential human consciousness, the Novaphonic Quintal/Quartal harmony sound is playing its role in awakening and catapulting humans toward our greater potential, harmonically, artistically, spiritually, and scientifically."*

At present, Newton has created a sizable catalogue of over 50 compositions and recordings of contemporary classical, pop, and jazz idioms, of both acoustic and digital. There is also a seven volume set of instructional, historical, compositional, performance, and autobiographical books that deal with the Novaphonic sound exclusively.

NOVAPHONIC MUSIC – HOLLYWOOD, CA
– ARTIST BIOGRAPHY

Music is the key to universal harmony” ...Antonio Newton

“Antonio L. Newton stands as one of the most progressive, prolific and creatively influential music artists of the contemporary scene, and will go down in history as one of the most vital musical path forgers of our era.” --Randali

Antonio Newton, International pianist, composer and multi-instrumentalist of original romantic and evocative piano compositions.

If music was a “box of colored crayons”, Newton has expanded the color palette four-fold. His rich, expanded sounds extended chordal developments and harmonics, along with his historic rhythmic vocabulary delivers the listener into a mind opening experience. His concerts feature the “Novaphonic Sound”- Newton’s acclaimed richly resonant system of Quartal and Quintal harmonics, never previously explored to this depth, both artistically and scientifically recognized body of work as a true evolution in music harmony.

The Michelangelo of piano and keyboards, he leaves you awestruck with his dense and broad spectrum of sounds.

Antonio Newton is also a talented, highly creative music director and composer, conductor and multi-instrumentalist who has written and played on movie soundtracks and scores, as well as a multitude of recordings dating back over 40 years as a prolific, but behind the scenes musician's musician and versatile music industry veteran. Within a year of taking up the electric bass, he was playing sax and guitar with blues great John Lee Hooker and T-Bone Walker at age 14. Newton's career includes participation with various artists on recordings with over 25 million in sales and several Gold records, as music director, bassist and keyboardist for Smokey Robinson and Thelma Huston. Having recorded and toured with other celebrated artists such as Michael Jackson, Stevie Wonder and British rock guitar legend Gary Moore and G-Force. After his contribution to the Motown family and playing on some the label's biggest hits, including "Baby Love", "Where Did Our Love Go", and "Stop In The Name of Love" with Diana Ross and the Supremes, and "More than Happy" with Stevie Wonder, he moved on from musical director to become a producer, composer, staff musician and artist for Invictus/Hot Wax Records continuing to play on even more hit recordings. This label was guided by former Motown songwriter-producer legends Holland-Dozier-Holland. It was with this label, as bandleader-producer, that he received his first Gold Record for his first group The 8th Day's hit, "She's Not Just Another Woman".

His career took another upward turn during his years with jazz fusion drummer Tony Williams group, The Tony Williams Lifetime, both as bassist and composer on some of jazz fusion's most timeless classics such as "Red Alert", "Snake Oil", and "Inspirations of Love" and others.

In addition, Newton's bass work is featured on Academy Award winning movie soundtracks that include "An Officer

and a Gentleman”, and his keyboard and compositions are on various other film and video productions, such as the Martin Luther King Awards and NASA flight to view Halley’s Comet.

A forever evolving performer, his works encompass rhythm & blues, jazz and rock fusion, symphonic compositions, funk, rock, jazz, new age and contemporary classical. Adding to his music education, he studied privately with keyboard scholar Dr. Howard Barr and Olga Leitmekov, who have direct links to historical master classical composer-keyboardists, Donanyi and Chopin. From pop to fusion, from soundtracks to a seven movement Summit Symphony, chances are you’ve heard Antonio (Tony) Newton.

No stranger to the performance arena, Antonio takes his audience into areas where he hopes they will “feel deeper, think broader and discover an awareness of their human potential”. *What I’m trying to do is push aside old thinking patterns and thoughts about music and really put some new thinking and awareness about sound, composition, and presentation!*

“Wholeness is the state of being in perfect alignment with one’s true intent and with one’s true self or kingdom of God within. It is of key importance to realize that on the long run, it is one’s state of being in wholeness that matters the most, rather than outward circumstances which often only mislead and confuse one away from wholeness.” - Yogi Shaktivirya

"By forgiveness the universe is held together." -
Mahatma Gandhi

CHAPTER 25

ABOUT CSLI & DIVINE WHOLENESS

The Center for Spiritual Living in Inglewood, California is the Global Center of light and host to Divine Wholeness. Based upon the worldwide historical teaching of metaphysical and spiritual luminary, Ernest Holmes and “Science of Mind”, Divine Wholeness manifested itself in the embodiment of a personal, evolutionary request at a prosperity group meeting in 2012. At the time, Music Director of over eight years Dr. Antonio Newton (Msc.D.) and Science of Mind Practitioner Darnell Lee and other Church members thought it would be healthy for the Center and its members to embrace a “prosperity meditation” group. Dr. Newton as leader of the group would have each member-participator in the group state out loud their single most desired need or goal at that present time in their lives. Individually each request is considered, and then

meditated upon by the entire group. However, as all things grow and evolve, so did this group by a gentle nudge from Divine, Spiritual Scholar/Mystic and former Rosicrucian Mervyn Richardson when he asked for “Divine Wholeness”! This seemingly mystical quest piqued Dr. Newton’s interest to the core, not even understanding the depth and meaning at first impression. However, having a spiritually, scientific inquisitive mind, Dr. Newton meditated and investigated further until the true light of the Divine shone bright and strong and filled the spirit and heart fully with unconditional love, joy, knowledge and abundance. Today at the Center fast approaching its first year, Divine Wholeness meditation techniques, programs, events and support products are helping many in their personal spiritual evolution toward their full potential and life enhancement.

The CSL Inglewood, California is the main hub for research and development, global communications and center of instruction for Certified Divine Wholeness meditation teachers. The Divine Wholeness International Institute for Human Development is inspired and honored to work and grow within the loving walls of ICSL and Dr. Elizabeth Marshall, Senior Pastor.

It is the vision and quest of the Divine Wholeness Institute to bring Divine Wholeness teaching throughout the world to attune and empower individuals through their natural, innate divinity and creative intelligence toward personal and global evolution of human kind.

Flourishing in the loving environment and teachings of Dr. Elizabeth Marshall, Divine Wholeness has sprung forth and is still growing toward full bloom at CSLI. Here is the Divine Wholeness true inspirational source and vehicle of light and love. Additionally, the goal and vision of Divine Wholeness

"Everything you can imagine is real." – Pablo Picasso



CHAPTER 26

DW STANDARD DAILY MEDITATION

Divine Wholeness Standard Daily Meditation: 15-20 mins, 1-3 times a day. Most meditators use DWM 2 times daily.

[A] Sit or lay down so that you are completely comfortable. You do not need to sit in a cross-legged position. If you are using a chair, make sure that you sit upright, and are comfortable and relaxed. Close your eyes, and take a few deep breaths to calm the mind and body. Quicker results in relaxation will be had if you make your exhalations twice as long as your inhalations for these few breaths.

[B] Attune to, get in touch with and feel the Divine Wholeness resonant vibration throughout your entire being within, from head to toe! Try to feel in resonance with this internal frequency vibration. Concentrate on your cells and DNA.

Internally focus mentally, say and slowly repeat continuously the words "Divine Wholeness," as a mantra, or spiritually chanted repeating word-phrase.

[C] Focus and place your awareness and consciousness on each of these internal levels individually. Spend 2-5 minutes on each level. Mentally use the DW mantra phrase on each of the 7 levels.

[C1] Divine Wholeness Spiritual

[C2] Divine Wholeness Mental

[C3] Divine Wholeness Emotional

[C4] Divine Wholeness Physical

[C5] Divine Wholeness Health

[C6] Divine Wholeness Material

[C7] Divine Wholeness Financial

[D] Meditate on the feeling and resonant vibration of divine wholeness, in through and around you.

[E] End with "Thank You, Thank You, Thank You, And So It Is!" Take a few deep breaths and open your eyes.

Copyright 2012 – Antonio Newton

You will feel great and notice things improving around you, as well as your own reacting and doing things in a more positive manner for yourself such as exercising more, doing things you have put off, doing things which are good for you and staying in the personal energy flow that's right for you.

You will also notice your thinking and consciousness evolving into a greater awareness, sensitivity and expression of thought. I call it "Corrective Thinking". You will naturally think in a more beneficial way by making better decisions, seeing and correcting your mistakes, being more creative,

MIRACULOUS YOU - DIVINE WHOLENESS MEDITATION

thinking in more positive ways, and in general keeping a better state of mind, among a multitude of other benefits.

All the Best to you! - Unconditional Divine Love - Dr.
Antonio Newton Msc.D.

*** Please email your testimonies, experiences, comments
to:

DivineWholenessInternational@Gmail.com

* Place the words "Divine Wholeness" in the subject field.
I'd love to hear from you!

For more advanced Divine Wholeness Meditation
techniques visit:

www.DivineWholenessInternational.com

“He who is not courageous enough to take risks will accomplish nothing in life,” – Muhammad Ali

THE STAGES OF DIVINE WHOLENESS		
[1]	[2]	[3]
		
DIAMOND	ONION	ROSE
THE MANY FACETS AND DIMENSIONS OF THE DIVINE PERSONAL SELF	THE MANY LAYERS OF NEGATIVE MEMORIES BELIEFS, ETC. TO GET TO THE DIVINE CORE	THE MANY LEVELS OF UNFOLDMENT INTO DIVINE WHOLENESS AND ENRICHED LIVING

CHAPTER 27

THE EFFECTS OF CONSCIOUSNESS UPON DNA

The utmost question that comes to most people's minds is: "Can you actually change or influence DNA, how and why?" There is much scientific research on this topic, and the answer is a resounding "Yes you can!" Besides the scientific information, there is also a sizable body of spiritual and metaphysical research and actual practice and results. In all cases this process is called "DNA Activation." DNA is known as the "blueprint of life" which is located in every cell of the body. This blueprint allows for human growth, evolution, creativity, intuition, accomplishment, balanced health, aging, and every other life function. There are many descriptions regarding DNA activation; however, the one which is the most simple and powerful seems to be the "Intention of Doing So." (1) This intention, along with the

state of mind and emotion of “love”, are the most powerful and positive aspects of facilitating the activation. When you activate your DNA, you are activating your source divine nature. One source views the term DNA as “Divine Nature Activated.” (2)

Now let us explore more of these perspectives! The laws of Quantum Physics state that everything in the universe is vibration or vibrating energy if you will! Pythagoras the great Greek philosopher and scientist, believed that the entire universe is one huge symphony of vibrating sound and frequency. This means that every aspect of life vibrates in its own frequency/vibration range. This includes our cells and our thoughts. In this law of vibration, one vibration can affect another vibration through the law of unifying harmony or empathy. Even words have specific vibrations and energies. Thus one path to DNA activation is thought containing specific activating words, e.g. Divine Wholeness, which operates at a harmonious vibration to the DNA divine source vibration.

DNA (Deoxyribonucleic Acid) studies regarding spirituality have been conducted since the early 50’s. Two important biochemists in this regard are Francis Crick and James Watson whose work states that DNA is made up of extremely complex nucleic acid molecules of information that create physical existence. There are over 60 trillion cells filled with DNA intelligence, memory, information, and the ability to communicate with each other, named “cellular intelligence.” These studies found that when you are stressed out, angry, fearful, negative, etc., DNA will adjust itself to that reality. Conversely if your thoughts are of love, harmony, well-being, etc. it will adjust itself to *that* reality.

Academic science historically has stated that we only use 3% of our DNA and that 97% is junk or unused. Most recently in June of 2012 that view was adjusted to employ the perspective

that the 97% is *not* unused and is actually the driving force behind the 3%.

At the HeartMath Institute in an article titled: Modulation of DNA Conformation by Heart-Focused Intention by McCraty, Atkinson, Tomasino, in 2003 describe experiments and results as:

"For example, an individual holding three DNA samples was directed to generate heart coherence – a beneficial state of mental, emotional and physical balance and harmony – with the aid of a HeartMath technique that utilizes heart breathing and intentional positive emotions. The individual succeeded, as instructed, to intentionally and simultaneously unwind two of the DNA samples to different extents and leave the third unchanged."

"The results provide experimental evidence to support the hypothesis that aspects of the DNA molecule can be altered through intentionality," the article states. "The data indicate that when individuals are in a heart-focused, loving state and in a more coherent mode of physiological functioning, they have a greater ability to alter the conformation of DNA."

"Individuals capable of generating high ratios of heart coherence were able to alter DNA conformation according to their intention. ... Control group participants showed low ratios of heart coherence and were unable to intentionally alter the conformation of DNA."
(3)

I believe the important thing to understand about DNA is that there are aspects which are not visible to the human eye within DNA. These aspects which are spiritual, metaphysical and mystical are ultimately "Multidimensional." This means that they operate on and in multi-dimensions of various realities, not just the three-dimensional reality in which we live, but realities which go far beyond the physical senses which

make up the entire realm of infinite possibility in all levels of life and living to the fullest degree. You can connect and communicate with these realms through your thought, intention and focus. Think of it in this manner: All possibility exists all the time, however we cannot access “all” of these possibilities all at once. However, you can glean, gain insight, and manifest these possibilities through correct intention, vision and action. As you grow in capacity, you grow in actuality. As you attune to higher and broader levels of harmonious vibration, your powers of manifestation and creative intelligence grow stronger and greater.

The cutting-edge work of Russian biophysicist and molecular biologist Pjotr Garjajev studying the more esoteric nature of DNA, explains that DNA can operate and transmit informational energy through the mind’s influence outside of time and space and transmit it to our consciousness. (4)

In other words “thought-intention” and spoken language can be and is a “carrier wave” to communicate, influence, and reprogram DNA. (5)

The highly informative and interesting book from Margaret Ruby, author of “The DNA of Healing,” describes that re-setting of your DNA code.

Ruby does provide research to support her claim, including the work of Nobel Prize winning geneticist Barbara McClintock, whose work in the 1940’s revealed that our genetic code is not static, but is affected by stresses in the environment. Neuroscientist Candice Pert’s landmark work Molecules of Emotion reveals that the mind does not simply dominate the body—it in fact becomes the body and communicates through our emotions. Intuitive healer Caroline Myss states in Anatomy of the Spirit that “our biography becomes our biology.”

Similar related subjects in the “The Biology of Belief” by Bruce Lipton and “The God Code” by Gregg Braden show that the cells of your body are affected by your thoughts. Ruby takes these concepts to the next level by not only showing how your thoughts affect the DNA, but also how your ancestors’ thoughts and feelings from past generations can affect your DNA, for better or for worse.

So far it seems that Russian scientists have the edge on communicating with DNA, for which they use the term “Hypercommunication”, achieving incredible results using vibration and language. This term is also used for the explanation of intuition and self-healing whereby a person can access information outside of their realm and experience of knowledge.

So we can see from this short overview of recent research that communication with our DNA is indeed possible and a reality. Divine Wholeness Meditation forges ahead with its multidimensional DNA communication along with the consciousness expanding harmonic powers of the Novaphonic Q Sound to aid us in reaching and achieving personal evolution and empowerment towards our greatest good.

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DWM 12 FACETS OF DNA ACTIVATION & INTEGRATION

1. Merging and integration with Divine source essence
2. Letting go of outdated and non-useful belief patterns and behaviors
3. Embracing Metaphysical and Mystical aspects
4. Living in the present now moment
5. Using Creativity and creative intelligence
6. Balanced emotions and feelings
7. Life Enrichment
8. Earth Grounding
9. Unconditional Self-love
10. Joy
11. Giving/Receiving
12. Self-Empowerment

“Success is liking yourself, liking what you do, and liking how you do it.” – Maya Angelou

CHAPTER 28

DW MEDITATION & ALKALINE WATER

Disclaimer:

The information in this book is for educational purposes only and is not intended to diagnose or cure any illness. As with any written material that advocates personal changes to one's diet, alternative ways of thinking, and alternative therapies, and even though I do all I can to safeguard the reader from anything that could be hazardous or dangerous, I cannot be responsible for any loss or damages resulting from any accidents related to and/or deliberate misuse of this most valuable and extraordinary material. By accessing this material, you agree to use this information responsibly, carefully and at your own discretion. Please consult with your physician before trying any health product or making changes to your diet or lifestyle. Thanks and be safe!

When one is meditating and working to empower themselves there are harmonious and powerful tools which will aid and quicken your overall progress in your quest. Breathing correctly, receiving the optimum amount of oxygen into your system and hydrating your body and mind with PH Alkaline Ionized water are two of those important tools for greater overall health.

Our bodies are made up of approximately 70% water. Water is the most important essential component for the absolute function, balance and overall general health. This water, which runs through our bodily systems, must maintain a level of fluid volume as well as a fine inner balance between acid and alkaline. This is called the blood PH balance and urine alkalinity. Most of the foods we eat are contributors to offset the balance toward the acid based side. Too much acid in our system over time causes an imbalance and non-optimum environment for your cells to operate at an optimum level of health and efficiency. Actually it creates a disruptive, acidic and toxic environment creating all manner of havoc manifesting as sickness of every degree. When we are on the alkaline based side, we have an environment which promotes self-healing, vital energy, stable emotions and clear thinking.

The single best thing we can do for ourselves and our well-being, other than correct breathing (which I will talk about next) is to drink a healthy diet of "Alkaline-Ionized Water." Alkaline water has many benefits which you will quickly notice upon drinking it within the first few hours. Alkaline water contains two life-giving components necessary for optimum health. Alkaline water contains several essential minerals of the 74 mineral and trace elements needed; as well as a healthy infusing of oxygen to our cells which other waters do not contain. Also, because we are bio-electro-magnetic

beings who conduct electricity, we need alkaline water to boost bio-electrical signals within our minds and bodies. (1)

Acid from processed foods, drinks and other sources such as stress, air pollution and negative thinking stores itself in the fat cells. Alkaline water keeps our cells PH-balanced and protected from damaging acids. Alkaline water is also an “antioxidant” which reduces cell and DNA damage as well. The breakdown of cellular structure also causes aging, wrinkles, arthritis, diabetes and other health hazards. Therefore drinking alkaline water along with meditation slows the aging process. 6-8 daily glasses of alkaline water can do wonders for a life, body and mind full of well-being. Hydration is the process of keeping the body at a proper water and electrolyte level. When we are de-hydrated from stress, negative thinking, and physical abuse, we can lose as much as one pint or eight ounces of water from our system. Coffee, energy drinks, soda and sugar cause massive acid build-ups, depleting your system of vital minerals and actual real energy.

The famous discoverer of the “germ theory” Dr. Louis Pasteur, a leading biochemist, recognized the importance of maintain proper alkalinity and PH balance. Without it we have a condition for bacteria growth and other unwanted organisms. This acidic imbalance is called “Acidosis” which means a body environment lacking in oxygen from too much acid. If we drink only dead water without minerals and oxygen, bio-chemical electrical messages between cells lose information and energy, thereby causing accelerated aging, weakened immune system and loss of energy. (3)

PH has a scale from 1 to 14 with 7 as the neutral point between acidic and alkaline. You can and should regularly check your PH balance with litmus test urine or saliva PH strips. If you are 7 or higher you are alkaline. If you are 6 or

lower, you are acidic. There are many affordable and inexpensive PH self-tests at your local drug store, or on the Internet, which you can use to monitor your PH. Try to view as much information as possible about the benefits of alkaline water and PH balance. Some people control their PH through diet. Others own their own home alkaline-water systems. However, the prices for the systems are a little high. Using both diet and alkaline water gives the best results. There is much information to be viewed on the Internet about PH and Alkaline water and alkalinity. Meditation and alkaline water are harmonious and powerful partners for personal self-empowerment, well-being, vital health, joyful and youthful living.

Edgar Cayce has a sizable health database at the A.R.E. website on acid forming and alkaline forming foods good to use as a starting point. (4) There are also many video links on this topic at: www.DivineWholenessInternational.com

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"We will either find a way, or make one!" – Hannibal

CHAPTER 29

THE POWER OF BREATH

With meditation and overall mental, emotional, and physical health comes the source of human life, breath. Breathing correctly can by itself empower you with vital energy, electro-magnetic force, and inspirational life source essence, all through oxygen and the power of breath! This force is the power behind the thoughts, desires and goals we choose to place our focus upon to manifest on the physical realm. Within the breath there is contained the life-force essence which nourishes and gives life. One of the oldest and most effective, powerful first forms of altering consciousness and meditation is to place your awareness on your breathing cycle. Meditation and breathing are intimately connected. For instance you cannot be excited

and simultaneously breathe slowly. As is the reverse, you cannot be calm and simultaneously breathe fast. Breath is the vehicle on which to traverse other dimensions of consciousness through meditation. On this topic many books have been written, beginning with Hindu Yoga breathing techniques.

It is vital to a meditator to understand the relationship of breath, breathing, and consciousness to get the most from life, health, success and self-empowerment. With Divine Wholeness meditation techniques there are several meditations which rely totally upon breathing patterns to center and focus your energies, while at the same time going into a state of relaxed but focused awareness.

What I am going to present here is a capsule overview about breath, breathing, and their effects upon spiritual, mental, emotional, and physical health and healing. This is to increase your understanding as a meditator so as to glean and get the most benefit and use of this information for use and implementation into your life for greater health and success on all levels.

(Source: Personal Energy Dynamics – Antonio Newton - published 1984, PED Publishing, Los Angeles, CA.)

Breath is the source of physical and mental existence. It is our source of refined universal cosmic energy that purifies our blood and keeps our brain cells energized for action. Within the elements of the universal energy that we breathe there is an element of electro-magnetic force. This electro-magnetic force is the vital energy force within universal energy. The Hindus call it “prana.” This force is stored in all of our cells and organs of the body, especially the brain. We also get this force from food, water, and the Sun. This refined energy is stored and controlled through the process of breathing.

Control of the breath is the first step in controlling energies within the mind, body and universe. Retention or holding the breath stores this energy within the human system and contributes to increase vitality, vigor, health and strength. Breath retention produces heat within the human energy system like a combustion chamber. This heat travels upward from the base of the spine up to our brain, giving vital life energy to all components.

Oxygen of the air comes in contact with the blood in the walls of the lungs, the blood releases carbonic acid gas generated from the waste products and poisonous matter stagnated in the blood in all parts of the human energy system. Fresh air is necessary to purify and nourish the personal energy system. Poor breath causes a dulling in the red arteries of the blood, thus leading to poor complexion and imperfect health. Oxygen from the air also unites with the hemoglobin of the blood which replaces worn-out cells and tissues. Both oriental and occidental teachings show that physical and mental health depends to a great degree upon correct breathing.

The nose is the filter for this incoming vital energy. The two channels with numerous hairs and warm mucus membranes serve to filter and warm incoming air so that it has the optimum effect upon the energy system. Breathing fluctuates with each changing degree of stress, tension and experiential level. Breath is directly related and linked to states of consciousness. When one is angry, the breathing is short and shallow; upset, rapid and irregular. When calm, the breathing pattern is deep and rhythmic.

Have you ever wondered why you like to go to the beach or mountains? Most would say to breathe and feel clean air. They would be totally right. Actually, air is charged with a high quality of energy that energizes us with new vitality. In

cities, there is a breakdown of the flow of this high quality energy because of the concrete and automobile emissions. However, where there are plenty of trees, plants and natural bodies of water, there will be this high quality negative ionization present.

The healthy, normal rate of breathing is about 15 breaths of air per minute, which equals one pint of air/energy with each breath. Through inhaling even more deeply, we can gain approximately 3 more pints of energy. With continuous and conscious practice of deeper breathing, expanding lung capacity, we can actually increase our energy level by 10 times. All of this energy vitalizes the total human energy system plexus network, which in turn energizes all mind-body functions. Most people do not inhale sufficiently to vitalize their energy system, nor exhale enough to sufficiently empty the lungs of waste substances. Therefore it is to our advantage to understand the various modes of breathing.

MOUTH BREATHING: Breathing through the mouth constantly is one of the unhealthiest forms of breathing. This practice allows poisonous substances from the atmosphere to come directly into the personal energy system without the benefit of filters within the nostrils. Breathing through the mouth makes one susceptible to disease and unhealthy conditions.

CHEST BREATHING: This is the way most people breathe. In chest breathing, one only allows the breath to fill the chest cavity, without the benefit of using the lower abdomen. This prevents a minimum amount of air to enter the lungs. In this instance, one is not getting the full benefits of the energy coming in through the breath. In fact this type of breathing promotes shallow and rapid breathing instead of deep natural breathing.

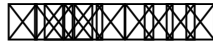
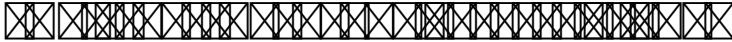
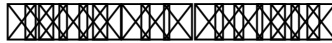
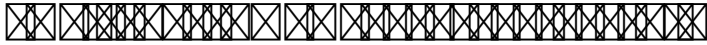
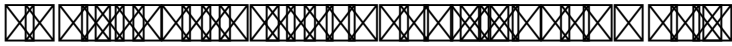
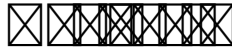
ABDOMINAL BREATHING: This is the most healthful and beneficial mode of breathing. In this way of breathing, the breath fills the entire lower and upper lung cavities, giving the human energy system the total benefits of all the energy that is coming in. When beginning to meditate or even walking around during the day, it is a good idea to monitor your breathing habits by making sure that you are breathing deeply from your stomach all of the time. If you regularly check yourself, your autonomic breathing system will adjust itself to the new, deeper, more healthy and energetic breathing. Google “breathing techniques” and there will be a wealth of information and exercises to explore. You can also find plenty of the same in either of my previously published works: “Breath for Life” and “Personal Energy Dynamics.”

I also urge you to view the formative work of Carl Stough on this topic at his website:

<http://www.breathingcoordination.com/>

There is also another great resource at:

<http://www.breathing.com/>



☒ *Antonio Newton*



DNA ACTIVATION BENEFITS

- Strengthen Immune System
- Greater Personal Creativity
- Increased Energy Levels
- Enhanced Intuition
- Expansion of Higher Consciousness
- Enriched Capacity for Expression of Love
- Personal Potential Activated & Increased
- Dysfunctional Behavioral Traits Cleared

8 SHIFTS IN CONSCIOUSNESS

1. Curiosity!
2. Decision that it is real.
3. Revaluation – understanding.
4. Participation in your spiritual path.
5. Realignment of self-power.
6. Understanding of inter-connectedness and inter-dimensional creation of reality.
7. Personal Ability to Heal Self.
8. The shift of ascension; realization; evolution into the new “evolutionary” self.

DON'T BE

BLOCKED, BLIND
& BAMBOOZLED

BE

BLESSED, BEAUTIFUL
& BOUNTIFUL

DW MEDITATE!

APPENDIX A

DW TALKS JULY 2012

“WHAT DIVINE WHOLENESS MEANS TO ME!”

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International Institute

** The following text is a transcribed representation from a digital recording of various meditator conversations spoken around a table at a weekly meeting of the DW prosperity group, held at the Center for Spiritual Living, in Inglewood, California.*

MR:

It came to me when Dr. Newton and Darnell started the Prosperity group, the idea of “Divine Wholeness” flashed across my mind as something I would like to acquire in my life. I figured if I asked for something such as a new apartment or a new automobile, that is not Divine Wholeness, my concept of Divine Wholeness is to practice the presence of God in my daily living.

I believe divine wholeness empowers me to access the limitless substance of god, to acquire greatness in my life, and in the life of others; to expand on that, we live in a physical world we can suffer and feel pain, Divine Wholeness has many

attributes, forces, many things in your life; first perfect health of body, sound mind, enlightened soul, another attributes, look at unconditional love, Divine Wholeness, if you cannot love unconditionally, you are not loving. A person has beautiful hair, eyes, that can change, but when you love unconditionally, you are not putting a condition to that love; there are not conditions, as the master said, love ye one another as I have loved you; he did not put any condition to it; most of us don't like to do this, don't ask forgiveness, must ask for self- forgiveness, then we can forgive others, as it says in the Lord's Prayer, forgive our trespassers as we forgive those who trespass against us.

Finally, if I'm in Divine Wholeness, then must immerse our self in the limitless substance of god. Look at financial abundance, prosperity means money, prosperity is a part of Divine Wholeness; put your consciousness on the limitless substance of god. Seek ye first the kingdom, you need something before you can have all these things added unto you; you are seeking the kingdom, seeking the infinite presence of god. In layman's terms, Divine Wholeness, in an electrical circuit, for an electrical current to flow, must have a complete circuit, same as we do, we move the energy out to the universe, then you expand and contract the energy back to you. In an electrical system, if you do not have a complete pass, you won't get a flow, so we get a complete pass and we can manifest light. With Divine Wholeness, we must have a complete pass, to manifest what we want, if we have a break in it, we will not be able to have divine wholeness; Divine Wholeness is the source. You can turn a switch on and get lights, can heat your home, cook a meal, it's from the same one source, we are taking different things from the one source, we say, I need a home, you go to the source and say this is what I want, visualize and make the manifestation come through make it manifest; Divine Wholeness is a totality in your life,

beautiful thing, is not exclusive; we start expanding, it is available to everyone of us, we need to plug into the wholeness, can cook a meal, have light; we must be tapped into, make the connection, Divine Wholeness.

Health is important, having pain, will put your focus onto pain instead of divine wholeness; pain is an interruption of divine wholeness; we need perfect health, sound mind and enlightened soul; everything in life is not about you, it's about the I am within you; its Divine Wholeness; reading Science of Mind, everyone talks about wholeness but not the Divine Wholeness, that is the key; we want to spread it around the world; divine wholeness is the key; let there be peace on earth, was written in 1955; love is my decision, when someone drives in front of you, we don't have it; it has to be a part of us; it's not easy, yes it is easy; we have to overcome the tribulations, when we live in Divine Wholeness, we become it; Jesus was man becoming God. Practice the presence of God every day.

JR: Divine Wholeness has helped me release negative thoughts and having negative conversations with myself. Every time a negative thought comes up, I say, delete, delete, Divine Wholeness, Divine Wholeness. This week I started using the words Divine Wholeness as a mantra with everything. I am feeling, much more peaceful with myself, not allowing little things to bother me. If they start to bother me, I say Divine wholeness, so it just flows on past me. I feel more peaceful keeping Divine Wholeness as my mantra.

Dr. Newton; I agree, there are two instances that I want to share with everybody; there is one time, I was complaining in my head, and every time it comes up, I just say, I give thanks for divine wholeness, and show gratitude for what I do have, and I turn that all around; there was a time I was in an Indian restaurant, they had an Indian singer in a video, he was giving

bread to children who were thinking; I like eating meat with every bite, I ran out of meat; I started to complain; then I thought, there are people who would be thankful for the bread, while I'm complaining of no meat; I saw that, it made me think that and I started to appreciate what I do have instead of complaining about what I don't have. Lots of people don't have what I have, so I have a lot to be thankful for; so, it's one thing that I noticed with Divine Wholeness, since starting the Divine Wholeness meditation;

I call it corrective thinking, it's gentle, you start to think thoughts that serve you for your higher good, it is gentle, unconditional love, through divine wholeness you learn what unconditional love is, naturally, you don't have to figure it out, logically, it brings it up within you naturally, and other people bring it out in you naturally, and to understand what unconditional love is; because all of us can say those two words, just like we can say divine wholeness, but we don't know what it means, until we actually, experience it, and Divine Wholeness, comes in so many ways, and that's how it basically works, through the subtlety of our relationships, and our thoughts and our actions, and each action, thought, and behavior, once we have tapped into divine wholeness, has much more meaning and brings a greater fullness to our total lives.

JR: when using the term Divine Wholeness all the time, people from outside are attracted to you. One Saturday night, I met a woman whom I first met about 12 years ago. She hugged me and said, Oh, my god, I'm always thinking about you. Later that night, she came over to and just hugged me again. In my mind I said, God is in charge here and she was probably feeling something..

Dr. Newton; it's a feel, of consciousness that we've started, it's a collective field that people are plugging into it, because it feels so good, a lot of them don't know or understand, but they understand the feeling, and what it brings, and we've started in our little group, the feeling to happen, it's definitely spreading throughout the world, and we're just getting started here,

JR: it takes one,

Dr. Newton: it's tremendous work,

KG: one of my early experiences years ago was to be taught this idea of divine wholeness, or oneness which is another word for the same thing, a thing is one, whole, perfect, I had several reactions at first, I did not believe it, even when I mentally accepted it, then I found that one of the reactions I would have was guilt, when I clearly fell short of the mark on occasion, and I picked out a word of wisdom, from our collection over there, picked up this thing at random, and it illustrates something very good, Mahatma Gandhi said this, freedom is not worth having if it does not include the freedom to make mistakes. I have found that I do believe in the oneness, affirm it, that it is the solution, or part of the solution to every problem, you can't neglect it, can't pretend that it's not that important, it's integral, and so, as I, went through my experiences and eventually evolved into a concept that it is a matter of evolution, I just admire Ernest Holmes, brilliance for pointing out, that yes, the kingdom of god exists now!

Divine wholeness exists now!! Perfection exists now, but we can only experience it to the degree that we become aware of it, so for me, it's been a gradual process, inner growth, spiritual growth, spiritual evolution in realizing, how important it is and in utilizing it, and for me, I would like to

mention one more thing, I found it instrumental in processing my feelings, sometimes we focus too much on the thinking, the mental and the logical, but, your gut feeling, that is your barometer, it tells you where your consciousness is, so, the idea of divine wholeness just extremely beneficial in everything I do.

EM: no one can say it like Mervyn Richardson, the best way to say it is divine wholeness allows me to receive the unlimited substance of god, that whatever I need, for me, lots of physical pain, I have chronic pain person, I wake up and it's this and that, I'm fighting to get out of bed, we talked about depression once, I have that too, so it's that depressive spirit that's there, don't want to get up, don't want to go to functions, but, I'm determined, it gives you strength, that's divine wholeness; strength and courage and I can do this, and in my music, it makes me feel that I have something to look forward to, when I'm singing I'm in pain, but I feel that spirit, power of god upon me, I feel that I'm whole, I'm complete and I don't feel nothing, when I come back, the pains still there, but it's okay, I'm trusting and believing in god, knowing that through god, I can do all things.

MR: just to reiterate, when you have pain, you focus on the pain, and it's a distraction, you see, you have the pain, but, you have to leave it up to the divine within you, it permeates every fiber of my being, that the pain does not belong here, but, you have to remember we live in a physical world, that does not mean you eat everything and divine wholeness takes care of you, no, you have to know what to eat, and when, and your body will tell you that, and your body talks to you all the time, you see, we have two meals a day, and when I cook, the kitchen closes at 3:30, it means that's it, nothing else to eat, for the rest of the day, and I am full because my body already

knows that all the meals that I am having is already taken care of; and it's all in the mind, really,

Dr. Newton, all your nurturments are there, right, you don't need anymore, right.

NF: I want to say, I'm so thankful for this opportunity, to share with the prosperity group, what god has expressed through me, as Divine Wholeness and I did some little notes as we were talking, the word divine, it to me is of God, to be aware of, and wholeness is that it is complete, when something is complete and when it's whole it is complete; it's very important for us to know that; so that is the consciousness that you have to have, when you think of divine wholeness, because the name itself does not change to which it is attached, but, it's the awareness and the consciousness, that empowers you, it's the awareness and consciousness, the consciousness, we know that, right where we are, God is, and is whole and complete, so everything that we want is right here, we're living, moving, we're having our being, when we have our consciousness on Divine Wholeness, we don't split our attention on anything else, we don't look to anything else; because everything is right here, right where we are. We just embrace now, we are empowered, because now we can focus and accept the truth, right where we are, is health, wealth, prosperity, well-being, social position, anything that you want, relationships, because you are empowered, the other thing that I want to stress on, is when we say divine wholeness, what it does because of our consciousness that everything is right here where we are, it clears the way, so that you can, because what you want is already here, but it'll clear the way so that you can accept it.

For me, that is what, the spirit when it is speaking through me, is when I hear the words Divine Wholeness I know that right where I am God is and everything that I could every want or

imagine is right here, I don't have to look to the right or the left, but just right here, and it's allowed to take place.

YJ: well for me, Divine Wholeness is everything included, God, all in my life every day, I get up I say divine wholeness and thank you god for this day, so I just go with the flow of that, and everything in my life is just falling into place, in my health and my abundance and prosperity, in my relationships with work and different people, everywhere I go; I had a lady come up to me and say, you got that glow; yesterday, I met a lady that is 94 years old, in San Diego, she was Divine Wholeness to me, we talked.

MO: I haven't been succeeding, I haven't been, I have to remember like with the pain, and say, I've had pain in different areas, have had to focus and buckle up that day and get things done, it gets stronger and then I do say, divine wholeness when it hurts, at least in the last few months I have been able to get up in the morning and say good morning God, instead of good God morning,

Dr. Newton: well, we've all seen changes in you, you may be focused on the pain, but, we've seen a lot more changes in you; you've come out of your shell, your consciousness has changed totally, for the positive, and you are a different person now than you were a few months ago, you are much more aware and enlightened, you may not be noticing the other subtle things, they are definitely happening and showing through you.

MO: I have a lot to look forward to, choices for school, choices for the intern program, if I want to, which is fabulous, I'd like to be twins, one is the dog program,

Dr. Newton: now you're getting a lot more choices, now, all the opportunities, are manifesting, and plenty abundance happening.

MO: I like the singing and have put on a couple of records a little bit more, enjoy trying to remember the harmony of songs that I learned at camp,

Dr. Newton: so, you're enjoying life,

MO: yeah,

Dr. Newton: that's a key factor, and you don't want to dismiss that, that's a key thing, one of the gifts that divine wholeness gives us, that we have a place of joy, now we can enjoy and appreciate life and we can tap into that, regardless of what are challenges are, we are still in a place of joy, and we enjoy life and whatever it has to bring us, we're at that place, and I think that's one of the most beautiful gifts that divine wholeness has to offer.

MO: there was a situation that I got something saying that I owed, and they said that it was being applied to the 140 deductible, she saw my age and asked me, how come you're not retired, and I said I don't feel like retiring, go out to pasture, she said my husband is looking forward to retiring.

MR: I'll tell you what to tell people, when people ask me if I'm retired, I say, I cannot afford to retire, but I'm not actively employed.

DL: Divine wholeness whenever situations come up, divine wholeness means being that essence of when we were born everything is open to us, we don't have all the negativity that we've tied into situations, just doing the divine wholeness is

huge for me, I realize that situations that happen to me now, I look at it differently, I don't react, and I'm being very diplomatic, even if it's a very bad situation, divine wholeness, saying it, when it's happening, and I'm thankful for the event because it's showing me what I need to learn, and dealing with the person, there's a lot of personalities I deal with, being very specific and not taking it personally, that's huge, like you were saying, emotions are your barometer, I take it as, okay, that's a gift for me to learn and dealing with the people, I'm a totally different person, from when we started, because before, I would have been in the emotional, saying I'm not doing this right and I would have been hard on myself, but now, I say, this is the universes gift helping me learn, if I can channel that, instead of taking it personally, and I stop, if I can go further and learn what is the gift in this situation, both of us win, and learning to communicate to the other person, I even said, maybe you're ready to be on these appointments on yourself, and I said it in a very loving way, because I meant it, I took the leadership role, and nudged that person, and meaning it, in a good place, instead of being in the negative place, this journey has been wonderful for me, it's opened up doors, because it's a centering of god, always, and knowing when a situation comes up, I can handle it, it's of god, not the bad spirits coming, it's a god situation no matter how you look at it.

MR: let me say, because I am a practical mode for people, things happen, people say, well, I get emotional, and all that, now think about it this way, we have in the atmosphere, various frequencies, so I look at divine wholeness as a resonant frequency, when you don't have a resonant frequency, you have a dissonant of sound, different noises, you fine tune, and your frequency is divine wholeness, that is your band width, so everything other than that is filtered out, that is how I live

my life, I filter everything out, and I only use divine wholeness as where I want to be, if you want to listen to a radio station, you tune it, and you get a radio station, if you're not directly on that frequency, what happens, you get a dissonance of sound, so you have to be able to fine tune, this is Divine Wholeness and that's it, now, this is not a new concept, we're using divine wholeness now, but it's been used so many years ago;

When I came to this country, I came to a Rosicrucian convention, and they give you time to stay, when my time was up, I went back to immigration to get my time extended, and the guy put a red mark on my paperwork, and told me show how I was going to support myself, because I could not work here legally, because I did not have a permit to work; and the lady I went with was also a Rosicrucian, she asked me what are you going to do, I didn't even answer her, and that voice said, just put that paperwork back into the box, and see that he doesn't touch it again, and I put it back into the box and I sat down and I waited, and he called me and he asked me how much time do you want, I said, 6 months, and she looked at me like this, he put a red pen mark and it said show, which meant I had to bring an affidavit of support, I walked out the door with my time, that goes to show you that if you can filter out the noise, you're in good shape.

We went to buy a home, the home we're in now, and the girl said, Mervyn you cannot get upgraded carpet, central air, vacuum, the unit sits in the garage and you plug it in, I asked do you go to church, do you believe in god, Jesus said, I came so you can have life more abundant, I said, put the paper in, she put the paper in and she called and said Mervyn you got everything, I said, I know it. You have to use it every day, sometimes you have to listen, listen with the third ear, listen and sometimes you can't blame anyone else but yourself, you

have to listen that's what the concept of divine wholeness is. It's going to go a long way; what they told about the secret, the secret was a joke, most people don't know what the secret of the secret was, there is so much more.

Dr. Newton: well, Divine Wholeness is no secret, it's the real thing, diligently work with prayer and meditation, or you won't get there, that's it. Just like, Divine Wholeness is not new, the only thing that is new is the presentation and the use of it which is what we are bringing. I'm grateful and thankful that we are doing this, in every one of you the truth is coming through and you are all doing it, God wants you to have a whole lot of life, joy, financial wealth, wholeness and a whole lot more, we have to activate it, we have to use the tools and it's spreading through everyone else, thank you for being evolved, you become an enlightened and evolved being, and we are examples, and people see it in our lives, we can tell them, but they see it evolve in our lives, which is even better because they inquire about what you are doing, they'll want to know how they can get it, that's how we spread it even that much more. Thank you again.

MR: If you immerse yourself in the flow of Divine Wholeness, then, you don't need the cup anymore; you're in that flow; immerse yourself in that and you form a bond;

DL: I was at a memorial service and there were a lot of Science of Mind people, from Guidance and Agape churches, and they had us in a circle, we did the chanting, OM, the energy that I felt in the room, felt that I was levitating, we're all individuals but when we come together as one, the energy, we are powerful; one mind and one goal, it is powerful; you can feel that, and I think that's what we have here, we have to know that what we are doing is healing, we're healing the

community, it has to start within you and what we're doing is huge!

KG: you said something this morning that applies here, when we tune in to Divine Wholeness, we can't help but demonstrate a more better and wonderful life, so I go back to the basic position of the Science of Mind, we're not trying to force things to happen, rather let's tune into Divine Wholeness, eliminated the fear, and be receptive, because as we get into that consciousness, I believe more and more, not just the people around this table, we can't help but attract people, who also want the same things, people want exactly what we want, we're cultivating and demonstrating.

Dr. Newton: we all want it!

EM: I believe you said it the best, it effects all areas of your life, your life is whole, everyone in here has got it, and it's manifesting through each of us, in our own, unique way, which it should, because each of us has our own authentic flow, as our own individual spirits, it effects your whole life in each area, I feel the same, too, in area of my life, and I try to stay sensitive, just like you, Darnell, when you get these challenges, because these challenges are not going to go away, they are there for a purpose of growth, and we all need and want to grow, to the highest and best that we can be, and this is how it happens, it's like riding a bike, we have to go further, and maybe fall off a couple of times, compared to the journey we have on the bike, and the bike is going to lead you to driving a car, and more, because that's your first step of independence, then you really know how to be independent, and drive anywhere that you want to drive.

MR: many years ago, when we were allowed to drive; I had Reola and Gerard on one side in the back seat, I said, I want

you to note for me, how many liquor stores and churches that were on Western avenue, guess what, there are more liquor stores than churches, in the most prime areas of the city, they have the guy preaching every Sunday, but they don't preach this, they don't use the mystical part of the bible, if you want to be a welder, you don't go and weld right away, you go through an apprenticeship, but in the church people don't want to go through an apprenticeship, they want it now, instant gratification, we call you a neophyte, it means you are in training, you have to go through that stage, you through grade school, university all the way up, just like a baby, it's all relative, only in religious institutions, everyone wants it quick; instant gratification, and when they don't get it, they say, these guys don't know what they are saying, or it doesn't work.

KG: let's just see that changing, we know the truth, that this center is a spiritual center of community that is evolving, who knows really the details of what it is going to look like in a year from now, or how many people will be here, let's focus on the highest and best for the center, for the whole community for everyone who is here now and everyone who will be here, we want the highest and best, we want Divine Wholeness.

Dr. Antonio Newton: We want an aura of attraction and to dissipate anything that is not a total state of Divine Wholeness.

CH: what does Divine Wholeness mean to me and how it's influenced my life? It means oneness, knowing that you are a part of it all, I am a part of you, and you are a part of me, the connectedness, we're all in this together, like Science of Mind teaches us, we're individualized, for each individual to find his way, if you don't seek, you won't find.

KG: my sister says, if you don't ask, the answer is no.

MR: In the practical sense of it, you go to Home Depot and you buy a brick, it's not a house or home, you take two bricks and you stack them, that's collective, then, that builds a home, we are each a brick individualized, but we have to build upon those bricks otherwise we won't have it.

CH: You have to use the right stuff to make the bricks stay together.

MR: that's what Divine Wholeness is, it's the bond, the source, the glue.

Dr. Newton: We're not religious, we're spiritual, that's the difference, one has dogma, and the other has wisdom and knowledge.

Dr. Newton: We're teaching you how to decide, and the way to tap into Divine Wholeness so that you will make the right decision for yourself.

"Kites rise highest against the wind – not with it." -
Winston Churchill

APPENDIX B

DIVINE WHOLENESS MEDITATOR JOURNAL

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Quantum Media Arts Publications
Los Angeles, California

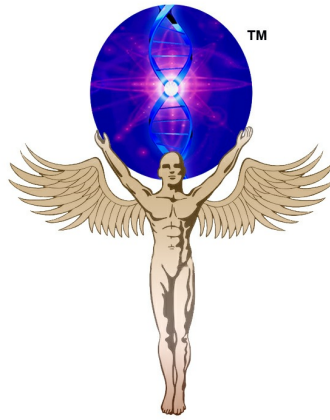
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“To glean the most benefits from meditation in any form is to be had by combining meditation, lifestyle, and conscious thinking”.

DW JOURNAL INSTRUCTIONS

We encourage all DW meditators to keep a personal journal. Journaling on a daily or weekly basis is a powerful tool for self-transformation. Now you can review your personal growth through the clear mirror of your own mind, writings and experiences. Just the act of focus and sensitivity will allow you to view events and experiences from a more objective perspective. Journaling helps to keep track of your internal progress in a simple, yet profound mirror to inspire us to higher levels of self-expression.

Constantly review and re-read your entries while using your awareness to observe, transform and transcend repeating negative thought, memory and belief patterns and reward yourself every time for being aware and changing the situation for good:

Use a positive affirmation, i.e.: I overcame and worked out that challenge for my greatest good and it feels so good and *is* good as I continue in joyous living.

It is best to print out this document using your own printer or save the file on a CD or flash/jump drive and have a service such as Kinko's or Staples print out and bind the document for easy handwritten entry and use. We suggest that when you have your DW Journal printed at a local printer to have them "spiral bind" the pages for easy usage. The cover and back page should be printed on "heavy card stock" in the color of your choice.

You may get a "FREE" PDF download of the DW Journal in large 8 X 10 format to print at this URL:

www.DivineWholenessInternational.com/download/dw-journal.pdf

DW JOURNAL TOPIC REFERENCES

J1. Gratitude's: write 5 each day.

If we look close enough, we can always find something which we can be grateful for. Look back on your day and simply write down 5 things which you are thankful for that happened. Gratitude is a great life experience booster when you self-acknowledge the good things that are happening around and from you. You can always take it to the next level by *sharing* your gratitude with others through *giving* in small and large ways.

J2. Success: write 5 each day:

When we say success, this doesn't have to be a huge, booming successful event, but even a small success like, making it to work, finishing your daily chores, doing your daily meditation or two. Of course your larger successes

are also important to acknowledge, so don't forget to enter these as well.

J3. Miraculous experiences:

Miracles are happening around us each second, moment, hour, day, week, month and year. We need but to become more aware of them to upgrade our level of life experience. You achieving a small goal such as going to a store to purchase an item has many small miracles within it. There was first, the miracle of the thought which you had and the manifestation or actualization of that thought on the material plane of existence to create the money, act, and actual purchase from nothing but pure energy in the beginning.

J4. Self-truths awaken to:

A self-truth is something that you realize about yourself, actions, thoughts, or behaviors which you had not previously recognized. It also means, giving yourself love and nurturing. When we ignore our inner truth, we are not experiencing our greater good. This is truth in the age old quote: "To thine own self be true". We humans are good at self-deception, putting on blinders and rationalizing experiences within our mind. Lying to ourselves is the absolute non-productive act we can perform. Sure it puts us into our own so-called "comfort zone," however it does nothing to actually move us forward toward more self-serving possibilities. Even some small act of realizing that you "are" or "are not" acting or doing something in harmony with your true self such as eating too much junk food, or realizing a latent or unused talent, can go a long way in moving one toward personal growth and inner joy. Take your time in consideration of these self-truths as they are sometimes hidden in the dark corners of our minds.

Sometimes they may become very obvious, which means that you have crossed a new threshold and dimension into a broader world of self-understanding. Write down both subtle and obvious self-truths which you become aware of. It may even be helpful to carry a small note pad to jot down fleeting thoughts which come to you during your daily experiences.

J5. Personal Progress:

When you are meditating daily you will experience progress on each of the seven levels of Divine Wholeness. It is vital to become aware of and to note these positive changes happening to you. When you are able to write these progressive changes down on paper, it solidifies both the change and your awareness of it. Personal progress means both goals and actions which you are aiming for, as well as experiences which come to you miraculously through others.

J6. Spiritual Progress:

Spiritual progress is self-development, awareness, and understanding on the spiritual level. Spiritual progress is in direct proportion to the amount of energy and zeal that you have for your quest for personal and universal truth. Are you growing spiritually? In what manner, actions, and ways: Are you studying or reading more spiritual books and topics. Write about how your spiritual understanding about yourself, others and the planet has increased. You won't grow spiritually unless you want to. You must become aware of the realm of spirituality in order to reap the most benefit. One way to view your progress is to compare where you were and where you are presently.

J7. Personal Goals:

These are goals which you have set for yourself and are now or soon to be actively working toward. Don't be shy in writing down your list of goals, in that some will have a greater priority than others. However you should explore the entire playing field of possibilities of short, mid-range and long term goals.

J8. Personal actions towards goals:

This step is acutely important in attaining your goals. List as many actions that you: "can" take, "will" take, "do" take and "did" take toward your goals. Even a small action like making a phone call to the right person, or exploring some networking possibilities, will greatly enhance your ability in goal achievement.

J9. Affirmations to strengthen and activate Divine Wholeness:

Writing affirmations is a powerful tool for focusing and re-programming the mind for growth and expansion. Affirmations are at the core Positive, self-affirming statements that help you move from one dimension of mind to an expanded dimension which will give you greater freedom and enhance life experience. The most famous affirmation ever written is: "Every day in every way, I am getting better and better." Written by, Emile Coue a French psychologist. You can write your own affirmations which relate to your personal situation at the time. Affirmation can be a simple sentence, or as long as a paragraph. Just be sure that it is a *positive* statement regarding your goal, experience or situation. I have found it even more helpful to additionally use the words, "Divine Wholeness" in your affirmative statements. "Divine Wholeness within me serves for my greater good and more, and I am attuned to it in, through and around me, others

and the planet," would be an example. Don't worry about grammar or correct English, just get the thought down. I have also found it helpful to breathe deeply while reading or reciting affirmations. You can also hold your breath while mentally thinking the affirmative statement. Both the methods using the breath reinforce and amplify the effective power of the statement within you.

J10. Events of self-change:

Self-change events are ones whereby there is an actual change in your behavior or thinking. There have been many documented events of self-change from DW meditators. Anxiety and fear have been prominent. One meditator had an intense social fear around being in social circumstances where there were many people. Now this meditator wants to go out and socialize. A lessening of anxiety around courage or speaking up for yourself would be another example of self-change. Most of these changes are negative personality traits which transform themselves through daily meditation into a more positive and useful trait.

J11. Thoughts/thinking of self-change:

Thoughts of self-change are situations when you notice that your thinking has adjusted to your benefit. It could be that you had negative thoughts about a specific person or relationship, however now your thinking around the same situation has altered so that now you think in a more self-serving and positive way, not creating any tension around the situation.

J12. Write a list and description of the kind of life you intend for your greatest joy and good:

Imagine and think about the kind of life you would be most joyful living. Don't hold back your dreams. Write down anything that comes to mind, regardless of how impossible it seems. Divine Wholeness will find and make a way for you.

J13. Make a list and description of things, events, thoughts, and plan, actions you can and will do to achieve your intentions:

This list is just as vital as the above description. This is a list of actions you are willing to take to meet, manifest, and actualize your dreams and goals.

J14. What life challenges have you experienced within the last 30 days?

Daily we have new challenges which manifest themselves in our lives, both small, large, and everything in-between. These challenges are important to our personal and material growth. Think of them as life-school. Keep a record of these events so that you can look back later at what you have accomplished.

J15. How did you react and respond to these events?

Your reaction and response to challenges will mark your individual spiritual and personal progress. Did you get highly angry and pissed off? Did you allow it to flow right on past you without emotional or mental consternation?

J16. How did you use Divine Wholeness to transform the experience as a result of your actions?

This step is vital to successful personal evolution. Some people use "Divine Wholeness" as an internal mantra when they are going through intense challenges. Other meditators step up their meditations through longer and/or

additional meditation sessions. Did you write an affirmation regarding a situation? All of these approaches and more can be used. You can be very creative in how you use DW to transform an experience.

J17. What spiritual, emotional, mental and natural benefits and rewards were experienced as a result of your actions?

In order for you to progress personally, you must first have the ability to recognize your benefits and rewards that come as a result of your daily meditations. In other words, when something good and positive happens to you, do not just dismiss it as an everyday occurrence. Recognize the positive event as a benefit and result of your meditation practice. Recognizing these beneficial events is an important step in your overall progress.

J18. What self-blocks can you acknowledge and become aware of to remove?

Self-sabotage is one of the most debilitating energies that humans should remove from their spiritual, mental, and emotional dimensions. Several of these energies are sub-conscious and require deep contemplation for realization of the problem. Let us take the example of always attracting the wrong mate or friend relationships which do not support your life goals. This is a real experience, just as there are women who sub-consciously attract men who abuse them verbally and physically. These women must make a conscious effort to remove themselves from those situations and be very cognizant of new relationships entered into, that they are supportive and do not contain any elements of the former negative relationships, and are totally supportive and nurturing. You must do the same in whatever self-blocking actions, thinking and behavior

which you recognize. They are there. We all have them in one way or another. It is your job to figure out what it could be. Experiment or even ask your loving friends questions about you. You will gain great insight and wisdom regarding issues which may be blocking you from your true success.

J19. What are your inner tools for recognizing and allowing Divine Wholeness to assist you in moving through, transforming, and transcending negative and challenging events and experiences?

You already have within you at the Divine essence level the natural ability to constantly grow, develop and experience greater dimensions of being. However you must take the responsibility for your own degree, motivation, and inspiration in the manner in which this will happen. You have already taken the utmost important step in this process through devoting yourself to regular DW meditation attunement. Your next step would be to use the tools of inner awareness; unconditional love, compassion, empathy, humanity, and even pain can be a tool for self-transformation.

J20. What challenging situations occur in your dream/sleep state which you can interpret and act on?

The focus of this step is to reflect and remember challenging situations which occur during your dream or sleep state. The dream state is a powerful mirror of the sub-conscious mind. Even though this reality is mostly symbolic, making it more often than not difficult to interpret, you can still understand dream "meanings" through deep self-reflection, and sometimes through the help of a close and knowledgeable friend!

J21. What self-serving, empowering, evolutionary mental “intentions” can you create, act and manifest?

An “intention” is a mental act, the determination of a specific purpose toward an intended goal. An intention is a necessary act in converting imaginative-creative thought energy and possibility into realistic, physical reality. Intentions are the foundation of dreams coming true! You can get really clear by writing down and reading back your intentions. Intentions have more meaning and power than ordinary, fleeting thought. Contemplate on the best intentions you could provide for yourself and write these down. Remember, your intentions are your inner commitments.

J22. What new understandings about yourself have you cleared lately?

Describe new discoveries have you learned about yourself since starting DW meditation. This could be a small as new foods or clothes of a specific design, or as important as you discovering that you should say “no” more often. Explore your recent daily experiences and you will find yourself adjusting your needs, wants, desires, and goals.

J23. How have you allowed your instruction and Divine Wholeness to work for you in your life?

Think about how DW has transformed and changed your life, even in the smallest to grandest manner. Reflect on your general improvement on each of the 7 levels and dimensions of your meditation.

J24. How have your perceptions and inner dialogue transformed since starting Divine Wholeness meditation?

As you regularly meditate, subtle change happen within your perceptions and inner dialogue to self-adjust more

positive functioning! You may begin to view things differently. Also your inner dialogue changes to a more positive bent, as opposed to negative mind chatter.

J25. How have you improved personal creativity, productivity and self-empowerment with Divine Wholeness?

This is a huge one. Are you being more creative and productive? Do you feel able to accomplish more? Notice and document these personal energy improvements here. This will verify and give these areas more energy for expansion.

J26. Describe situations when you used and accepted unconditional love.

Learning to live with unconditional love is not an easy task normally; however, when you use DW, it comes to you more naturally. Documenting your expansion and use of unconditional love will deepen your connection with this amazing energy within you. You are given opportunities many times daily to use this divine power toward your good. Even random acts of kindness show that you are expanding toward your highest good when you use unconditional love more in your life. Noting when you are able to *receive* love and support fully is also necessary. Even when someone gives you a compliment, do you say thank you and mean it, or just routinely ignore it.

J27. Describe facets and details of the state of your “personal flow” activity.

Personal flow means when things are flowing naturally. This could be as small as finding the open and right parking place when you need it, or people assisting you at the time which you need it. Carl Yung named this

phenomenon “synchronicity.” When you are able to recognize these synchronicities, and they will be obvious, they are sure signs that you are doing the right thing and are in the natural flow of life for you specifically.

J28. In what ways and manner has Divine Wholeness meditation expanded your sense of awareness, consciousness and the various dimensions of experience?

Describe various experiences in which you have noticed that you now are aware of things which you were not aware of before starting to meditate. This may require some contemplative thought; nevertheless you will be well rewarded with the gift of expanded consciousness.

J29. How is Divine Wholeness bringing out your true, unique and authentic self and destiny?

Describe ways of acting and thinking which you understand are more in line with being your true inner self. This could mean that, you now say no, when you normally would give in to another’s wishes. It could also mean that you are spending more time developing your creative talents, whereas before DW, you would not place any importance on this activity. Take some time with this answer and new self-discoveries will emerge.

J30. What negative and/or traumatic experiences or thoughts have you released, transformed, and transcended through Divine Wholeness?

Negative and traumatic experiences have a way of stretching us if we allow it to happen. All of us know the adage: “What doesn’t kill you will make you stronger.” We don’t have to go that far to understand that we learn and grow through seeming and real unpleasant experience.

Take for example when you are learning to ride a bike or roller skate. You must fall a few times before getting the hang of it, gaining balance. However once you have learned what's needed to keep your balance and get the speed that you need, you can then soar into a world of freedom. The key here is the ability to learn from a negative experience! DWM heightens the awareness and capability of this ability, so that you can gain the most personal growth and evolution in the moment that you are going through the experience.

J31. Describe how Divine Wholeness has increased your overall spiritual sense and awareness.

Spirituality is vital to your personal success and growth. Your spiritual sense is what keeps you moving forward. It is your inner compass and guide to successful action and manifestation. Through meditation, you are constantly expanding your heightened sense of spirituality. Becoming aware of your spiritual compass, and noting how and where it is taking you can be a great source of inspiration and joy. Be sure to jot down: where you have come from! As well as, where you are now!

J32. Describe how Divine Wholeness has helped you on all levels, mental, emotional, physical, health, material, and financial.

Go over each of the seven levels of DW meditation and note how they have changed and expanded. Look for both small and large changes which have taken place. Each of the 7 dimensional levels has their own manner and way of expression in your life. Try to understand the differences of functioning.

J33. Describe how your empathy, compassion, respect

❖ **Gratitudes: Write 5 each day!**

A writing template for gratitude journaling. It features a vertical line on the left side and 20 horizontal lines extending to the right, providing a grid for writing.

❖ **Success': Write 5 each day!**

A grid of 20 horizontal lines for writing, with a vertical line on the left side. The lines are evenly spaced and extend across the width of the page.

❖ **Miraculous Experiences:**

A large rectangular area with a vertical line on the left and horizontal lines, resembling a notebook page for writing. The area is empty and intended for recording experiences.

❖ **Self-Truths Awakened to:**

A vertical line on the left side of the page, with 20 horizontal lines extending from it across the page, creating a ruled area for writing.

❖ **Personal Progress:**

A grid of 20 horizontal lines for writing, with a vertical line on the left side. The lines are evenly spaced and extend across the width of the page.

❖ **Spiritual Progress:**

A grid for tracking spiritual progress. It consists of a single vertical line on the left side and 20 horizontal lines extending to the right, creating 20 rows for notes.

❖ **Personal Actions Toward Goals**

A large, empty rectangular area with a vertical line on the left and horizontal lines across the rest, resembling a notebook page for writing.

❖ Affirmations to strengthen and activate Divine Wholeness;

A large rectangular area with horizontal ruling lines and a vertical margin line on the left side, intended for writing affirmations.

❖ **Events of self-change:**

A vertical line on the left side of the page, with 20 horizontal lines extending from it across the page, creating a grid for writing.

❖ **Thoughts/Thinking of self-change:**

A large rectangular area with a light blue background, containing a vertical line on the left and 20 horizontal lines, serving as a writing space for thoughts.

❖ **Write a list and description of things, events, thoughts, plans and actions you can and will do to achieve your intentions:**

A vertical line on the left side of the page, followed by 20 horizontal lines, creating a ruled area for writing.

❖ What life challenges have you experienced within the last 30 days?

A large rectangular area with horizontal ruling lines and a vertical margin line on the left side, intended for writing answers.

❖ **How did you react and respond to these events?**

A large rectangular area with horizontal ruling lines for writing, starting below the question and ending above the page number.

❖ How did you use Divine Wholeness to transform the experience as a result of your actions?

A series of horizontal lines for writing, starting from a vertical line on the left. The lines are evenly spaced and extend across the width of the page, providing a guide for the user's response.

❖ What spiritual, emotional, mental, and natural benefits and rewards were experienced as a result of your actions?

A large rectangular area with horizontal ruling lines for writing, starting below the question and ending above the page number.

❖ What self-blocks can you acknowledge and become aware of to remove?

A series of horizontal lines for writing, starting from a vertical line on the left. The lines are evenly spaced and extend across the width of the page, providing a guide for handwriting or text entry.

❖ What are your inner tools for recognizing and allowing Divine Wholeness to assist you in moving through, transforming, and transcending challenging experiences?

A vertical line on the left side of the page and horizontal lines forming a writing area.

❖ What challenging situations occur in your dream/sleep state which you can interpret and act on?

A series of horizontal lines for writing, starting from a vertical line on the left. The lines are evenly spaced and extend across the width of the page, providing a template for handwritten responses to the question above.

❖ What self-serving, empowering, evolutionary mental “intentions” can you create, act on and manifest?

A large rectangular area with horizontal ruling lines and a vertical margin line on the left side, intended for writing answers to the question above.

❖ **What new understandings about yourself have you understood and cleared lately?**

A grid of horizontal lines for writing, with a vertical line on the left side. The grid consists of 20 horizontal lines and one vertical line on the left side, creating a series of empty rows for text entry.

❖ How have you allowed your instruction and Divine Wholeness to work for you in your life?

A vertical line on the left side of the page, followed by 20 horizontal lines, creating a ruled area for writing.

❖ How have your perceptions and inner dialogue transformed since starting DW meditation?

A series of horizontal lines for writing, starting from a vertical line on the left. The lines are evenly spaced and extend across the width of the page, providing a guide for the user's response to the question above.

**❖ Describe situations when you used
and accepted unconditional love!**

A large rectangular area with a vertical line on the left and horizontal lines, serving as a writing space. The vertical line is on the left side, and there are 20 horizontal lines extending from it across the page, creating a series of rows for writing.

❖ **Describe facets and details of the state of your “personal flow” activity!**

A large rectangular area with horizontal ruling lines and a vertical margin line on the left side, intended for writing.

❖ What self-blocks can you acknowledge and become aware of to remove?

A series of horizontal lines for writing, starting from a vertical line on the left. The lines are evenly spaced and extend across the width of the page, providing a guide for text entry.

❖ What are your inner tools for recognizing and allowing Divine Wholeness to assist you in moving through, transforming, and transcending negative and challenging events and experiences?

A vertical line on the left side of the page, with horizontal lines extending from it across the page, creating a series of empty rows for writing.

❖ What self-serving, empowering, evolutionary mental “intentions” can you create, act on and manifest?

A vertical line on the left side of the page, starting from the top of the question and extending to the bottom of the page. To the right of this vertical line, there are 20 horizontal lines spaced evenly down the page, creating a grid for writing.

❖ What new understandings about yourself have you understood and cleared lately?

A series of horizontal lines for writing, starting from a vertical line on the left. The lines are evenly spaced and extend across the width of the page, providing a guide for text entry.

❖ How have you allowed your instruction and Divine Wholeness to work for you in your life?

A large rectangular area with a vertical line on the left and horizontal lines, serving as a writing space. The area is empty and intended for the user to write their response to the question above.

❖ How have your perceptions and inner dialogue transformed since starting DW meditation?

A large rectangular area with horizontal ruling lines and a vertical margin line on the left side, intended for writing a response to the question above.

**❖ Describe situations when you used
and accepted unconditional love!**

A large rectangular area with horizontal ruling lines for writing, starting below the section header and ending above the page number.

❖ **Describe facets and details of the state of your “personal flow” activity!**

A large rectangular area with a vertical line on the left and horizontal lines, providing space for writing.

❖ In what ways and manner has Divine Wholeness expanded your sense of awareness and the various dimensions of life experience?

A vertical line on the left side of the page, starting from the top of the question and extending down to the bottom of the page. To the right of this vertical line, there are 20 horizontal lines, evenly spaced, creating a large rectangular area for writing.

❖ How is Divine Wholeness bringing out your true, unique and authentic self and destiny?

A large rectangular area with a vertical line on the left and horizontal lines, resembling a writing template or a page from a notebook. The vertical line is on the left side, and the horizontal lines are spaced evenly across the page, providing a guide for writing.

❖ What negative and/or traumatic experience or thoughts have you released, transformed, and transcended through using DW?

A series of horizontal lines for writing, starting from a vertical line on the left. The lines are evenly spaced and extend across the width of the page, providing a guide for text entry.

❖ **Describe how DW has increased your overall spiritual sense and awareness!**

A large rectangular area with horizontal ruling lines for writing. The area is bounded by a vertical line on the left and a horizontal line at the top. There are 20 horizontal lines in total, creating 19 rows of writing space. The lines are evenly spaced and extend across the width of the page.

❖ Describe how DW has helped you on all levels; mental, emotional, physical, health, material, and financial!

A vertical line is positioned on the left side of the page. From this line, 20 horizontal lines extend across the page, creating a series of rows for writing. The lines are evenly spaced and cover most of the page's height.

❖ Describe how your empathy, compassion, respect and love for others have increased!

A large rectangular area with a vertical line on the left and horizontal lines, serving as a writing space. The vertical line is on the left side, and the horizontal lines are spaced evenly across the page, providing a guide for writing.

**❖ Detail how you feel when you know
you are experiencing the present
now moment!**

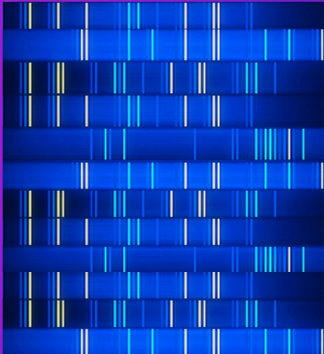
A series of horizontal lines for writing, starting from a vertical line on the left. The lines are evenly spaced and extend across the width of the page, providing a guide for handwriting or journaling.

APPENDIX C

12 LAYER DNA

METAPHYSICAL OVERVIEW

12 LAYERS OF DNA - METAPHYSICAL PERSPECTIVE



- LAYER 01: - Physical Body/Biological
- LAYER 02: - Interaction/Life Lessons/Self Worth
- LAYER 03: - Ascension/Completion
- LAYER 04: - Human Divinity
- LAYER 05: - Human Divinity
- LAYER 06: - Communication/Meditation/Higher Self
- LAYER 07: - Revealed Divinity
- LAYER 08: - Wisdom/Responsibility
- LAYER 09: - Healing/Cell Activation
- LAYER 10: - Source of Existence/Divine Self Identity
- LAYER 11: - Feminine Wisdom/Compassion/Balance
- LAYER: 12: - The God Within/Divine Source

APPENDIX D

VARIOUS DW AFFIRMATIONS

- Divine Wholeness is my Birthright and innate imprint in my cells and DNA. Divine Wholeness creates abundance of financial circulation and wealth in my life, in, through and around me right now, this moment in my eternal presence of "NOW"!
- Divine Wholeness brings me into perfect harmony with financial prosperity and limitless abundance.
- Divine Wholeness and my inner willingness to attune to this power within, open me to unknown and known possibilities and opportunities for prosperity, abundance and wealth in all forms including financial.
- Divine Wholeness within me allows unlimited amounts of cash flow into my life now!

- Divine Wholeness lifts me and shifts my personal energy from survival and lack to prosperity and abundance.
- Divine Wholeness propels me toward my financial, creative and personal goals.
- Divine Wholeness keeps my health radiant, robust and vibrant to live an abundant and loving life.
- Divine Wholeness fills me with internal glorious joy that flows in, through and around me each moment of my life.
- Divine Wholeness allows me to unconditionally and passionately, deeply love myself, others, and allow true acceptance of all that is good in my life and I am deeply grateful for this complete richness.

DIVINE WHOLENESS – CORRECTIVE THINKING

“Now when I start to mentally complain in my head, instead of escalating the internal complaining, I start to acknowledge and give gratitude for what I “do” have and achieved. Even if experiences are small, they all add up to a transformational mind, which can discern the difference between truth or untruth and actually act on it through inspiration and passion. – A. Newton

- I release and relinquish struggle and lack, to allow my true divine birthright of abundance, joy, love, prosperity, and financial wealth!
- Divine Wholeness within me keeps me attuned to love, peace, joy, prosperity, and abundance so that I attract exactly what I need in my life now!
- God and Divine Wholeness attunes and synchronizes me at this moment with spiritual and financial abundance now!
- Dear DNA: Divine Wholeness within, examine the life I have and give me those things which will enhance it! Thank You!

APPENDIX E DW INSTITUTE GOALS

DIVINE WHOLENESS INTERNATIONAL HUMAN DEVELOPMENT INSTITUTE

- Innovative meditation and personal development techniques, tools, classes, workshops, events and media products for personal success, life enhancement and creative expression toward our total creative good and evolution.

- To help the evolution of humankind and personal life enhancement.

- Go into community centers, libraries and hotels across the US and Worldwide to teach Divine Wholeness meditation techniques.

- Provide a scholarship fund to provide this service to low and no income individuals who otherwise could not afford the commercial fee.

- Create programs for certified teachers and partners.

APPENDIX F BECOME A MEDITATION SUPPORT PARTNER

Life is very challenging in these times. Each of us at some time or another need personal support and encouragement, as well as a true listening ear! We also need a gentle push in keeping our meditation regular and a priority in our life. Divine Wholeness provides this in the form of a Meditation Support Partner. Your meditation partner calls you regularly to check in on your progress and how your meditation activities are affecting you as well as the benefits and challenges, you are experiencing.

A meditation support partner is a powerful tool in times of emotional mental or daily challenges for reflections and best solutions to these situations. Your partner is there to assist in your personal evolution toward personal material and spiritual goals. Your partner is very helpful in assisting you on your path to life enrichment and improvement.

Each of us, if we are aware and intuitive, realizes that we all learn from each other. A support partner can be a great mirror and reflective source of growth and joy. Even as a sounding board, a partner is quite effective in keeping your level of continuing progress at a high level of life flow energy. We want you to gain the most benefit which you possibly can have and attain through the practice of Divine

Wholeness meditation techniques. Sometimes, we need another perspective to bring things into the bright light of truth and clear focus, as well as to truly perceive our full potential. Meditation partners bring the power of experience, joy, unconditional love and nurturing to your realm of enriched thinking and living. Each of us has individual and unique challenges and lessons to overcome, learn and experience. With the invigorating support of your meditation partner, you can and will achieve your highest good and remove from your life the things which do not serve you for your greater good!

Treat your Meditation Support Partner well.

APPENDIX G

DIVINE WHOLENESS SELF-AGREEMENT

1. I agree to practice and exercise awareness of Divine Wholeness and higher consciousness in regards to my life, thought patterns and care of my mind through daily meditation and care of my body through proper nutrition and exercise.
2. I agree to put forth my best energy and effort in all my activities and behavior.
3. I agree to love myself and all others unconditionally and wholly.
4. I agree to be my unique, authentic, creative self, and live to fully express who I am and my purpose in life.
5. I agree to take reasonable risks towards the road to happiness, realizing that safe will not always get me success.
6. I agree to trust my decisions and feelings of self-expression.
7. I agree, enjoy and maintain an open mind towards all experiences in my life and experience, and meet all experience with courage, joy and enthusiasm.
8. I agree to keep an open mind towards all experiences and personal relationships, in order to create harmonious relations and quicken personal growth.
9. I agree to take full responsibility for all experiences in my life of personal cause and effect.
10. I agree to create the kind of life for myself in which I find great satisfaction.

Signed

Witnessed

Date

GLOSSARY

Abundance: relates to an overflowing and plentiful quantity. A wealth of quantity!

Affirmation: a positive statement and declaration of personal truth.

Attune, Attunement: to consciously come into harmony with another object.

Acidosis: a state of increased acidity within the human body fluid system.

Alkaline: a bodily fluid state of PH with a low concentration of hydrogen.

Awareness: the state of mind or ability to become conscious or perceptive of a thought, object, or person.

Being: a state of living or existence!

Beingness: existing in a state of being.

Belief: the acceptance of a concept as personal truth.

Coherence: a state of harmonious order.

Consciousness: a mental state of perception and conscious intelligence.

Creative Intelligence: a part of intelligence which expresses new ideas and concepts through creativity.

Denial: the cognitive-mental act of refusing an act or statement as truth.

Dehydration: a state of abnormal low water fluid level within a living body.

DNA: Deoxyribonucleic acid, a life blueprint energetic molecule of genetic and evolutionary coding within the human cell energy system.

DNA Activation: a metaphysical process through meditation to stimulate and consciously evolve DNA function.

Divine Birthright: a personal inborn inherited right and access to God given privileges.

Divinity: a state, quality and nature of God.

Divine Wholeness: a state of God based completeness.

Electrolysis: the process of electro-chemical change.

Emotional Baggage: a build-up of negative emotional experiences and memories within the human energy system.

Energy: vital and usable power for expression.

Enrichment: the process or act of improvement and reward.

Evolution: a state of progression, growth and forward movement.

Golden Mean: divine proportion, a perfect mathematical ratio.

Gratitude: the realization of value and gratefulness.

Harmonize: to come into harmony or agreement between two objects or people.

Harmonics: an internal set of musical tones which are in harmonious relationship to the main generating sound tone.

Harmony: to come into full agreement.

Hydration: the act of returning the water fluid level to its normal and optimum state of healthy operation.

Hypercommunication: "Hypercommunication" is the term used to describe situations when someone suddenly accesses information outside his or her personal knowledge base.

Integrity: a state of steadfast adherence to a beneficial moral standard

Intention: a mental thought committing to a course of action.

Ionization: a process of water purification using an electrical charge.

Manifest, Manifestation: the materialization of a thought on the material-physical plane of existence.

Meditation: the ability to focus and slow the mind into slower rates of vibration to attain a greater sense of well-being, rest, while simultaneously building natural energy.

Metaphysical, Metaphysics: the study of the unseen nature of things.

Muscle Test: a process of getting yes-no answers from the sub-conscious through using muscle resistance.

Multidimensional: a state of several dimensions or levels of reality.

Novaphonics: a musical harmony system based upon musical intervals of 5th's and 4th's.

Overtones: secondary harmonic vibrations of unheard musical sound which contribute to the primary sound.

PH Balance: a state and measured representation of the water fluid balance between acidity and alkalinity.

Personal Evolution: the process of self-growth.

Rationalize, Rationalization: to self-deceive by creating self-serving reason.

Resonance: the resulting vibration or sound which occurs when two bodies of sound vibrate in harmony with each other.

Self-Empowerment: the ability to embrace and use spiritual, mental, and emotional energy toward a goal. The ability to gain inner power for personal self-use and expression.

Self-Serving: to serve one's highest and best overall good.

Self-Worth: a state and quality of personal value.

Sub-Conscious: a part of the mind which holds memory and performs autonomic functions.

Sympathetic Resonance: when one body of vibration is able to affect another body of vibration in harmony.

Transformation: a manner or state of change from one reality to another.

Transcend: to move beyond the present state or situation.

Transmutation: the act of changing a state of being.

Tune: the act and state of becoming in harmony.

Unconsciousness: the mental state and condition of non-awareness, non-perceptive.

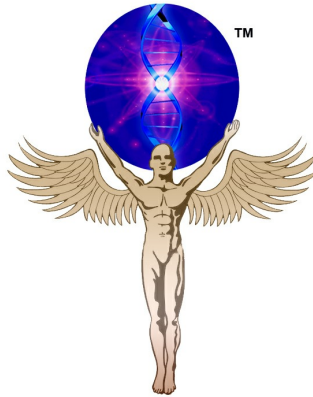
Vibration: energetic oscillations in time which move in a positive or negative manner from a neutral point.

Waves: a physical representation of vibrating energy

Whole Brain: to use both left and right sides of the brain simultaneously.

Wholeness: a state of completeness and fulfillment

DWI WEBSITE



LEARN DW MEDITATION ADVANCED TECHNIQUES

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- AUDIO
- GIFTS

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[WWW.](http://WWW.DIVINEWHOLENESSINTERNATIONAL.COM)

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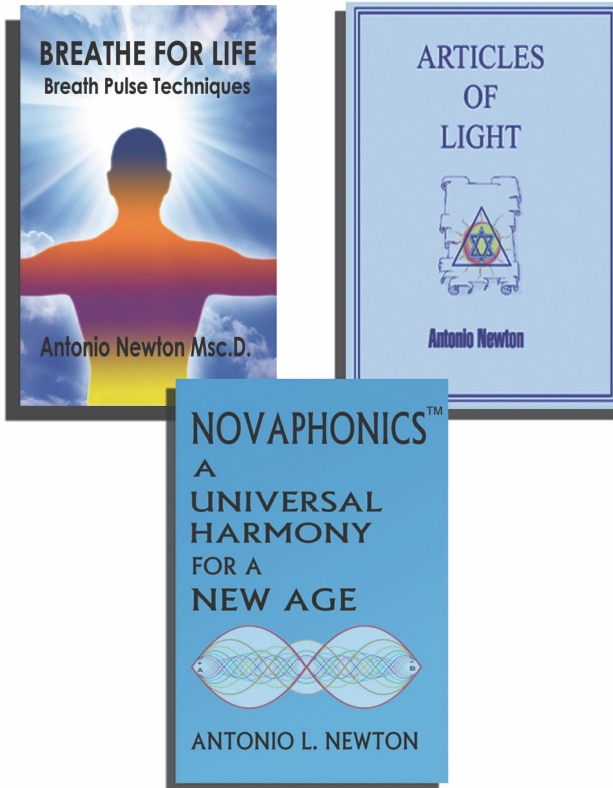
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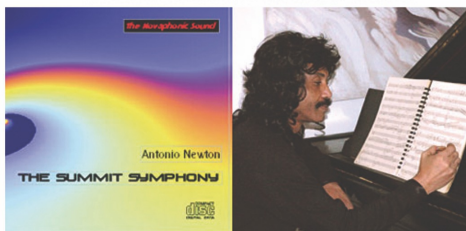
www.QuantumMediaArts.com



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"A Quantum Leap for Personal Development"

MIRACULOUS YOU

DIVINE WHOLENESS MEDITATION

ANTONIO NEWTON MSc.D.

"Through meditation you awaken to your true nature and highest potentials." The Dalai Lama

"MIRACULOUS YOU " is a dynamic presentation of the revolutionary Divine Wholeness DNA meditation techniques. Based upon the simple principle that each of us has within our DNA a Divine source code and seed of Divinity from the universal creator/God, just as we have our father-mother-family code. Divine Wholeness gives us specific meditation techniques to access, attune, and develop a relationship with our Divine essence to enhance and enrich our lives. DWM is a simple, yet potent and powerful seven-phase, multi-level innovative meditation technique which carries you naturally through: spiritual, mental, emotional, physical, health, material, and financial dimensions to achieve and sustain harmony, balance, love, success, abundance and joy in one's personal life. "MIRACULOUS YOU " is both an introduction and guide into the multi-dimensional world of DWM and the unbounded richness, creativity and freedom that one can receive. Personal self-empowerment is the quest of this historical and powerful meditation technique discovery.

"DW is total life enrichment and self-empowerment"



Divine Wholeness meditation techniques were developed by creative visionary-music legend -humanitarian, Antonio Newton Msc.D, as an evolutionary path from his over 40 years of using various historical meditation techniques i.e. transcendental meditation (TM), yogic, buddhist, psychological, spiritual and meta -physical studies and experiences comes a true quantum leap in personal development..

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