



Power and Abilities

The Existence Trilogy: Book 3

Richard Clark

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If you are on any medication please follow professional medical advice regarding your health.

If you have any concerns about your health please see your Doctor or Physician.

Thank you.

Dedicated to all those who have used The Therapy: We Share

If anybody would like to translate this book into another language please go ahead. Please be as accurate as possible and upload it to appropriate sites where it can be downloaded or read online. Many thanks...

[Introduction](#)

Hello and thank you for downloading this eBook.

It follows on from Change and Development which is available on this site and is the third part of a trilogy starting with Life and Sentience.

Also on this site are the books containing The Therapy which The Existence Trilogy refers to.

It should also be noted that recently, if the methods outlined in The Therapy can be called version 1, the methods have now moved on to version 2 where using batteries to supply electrical energy have been replaced with supplying electrical energy by a phone charging pad which is simpler, more efficient, more powerful and effective and costs much less.

The method is simple and at this time no other materials are being used to just study how far electrical energy on its own can restore health, energy, strength and wellbeing, but they may be added later if just using the electrical energy on its own falls short.

However you wish to combine the materials with using the charging pad please do so, but read the instructions or view the videos first because using a phone charging pad is much more powerful than using the batteries and should only be used on the lower back, for no more than 1hour per session, 1 week apart for 5 weeks in total then move on to the forearms and calves of the legs.

A new eBook will be on here sometime this year showing this new method and right now there are 3 videos on YouTube showing the method at Recharge Your Body!

To continue with the introduction, Life and Sentience introduces the main assemblers of physical life from existing energy and material, which are Life and Sentience and looks at why physical life appeared and developed.

The next book of the trilogy, Change and Development looked at how Sentience advanced mainly human life to where we are today using electrical energy, viruses and bacteria.

The title of this book, Power and Abilities refers to our use of personal power on others and the Power of The Earth expressed through females which is passive fitting the female outlook.

Males gain abilities from received ideas passed into them by Intrinsic and Brain Sentience working together, received ideas which release their abilities when an individual male becomes aware of them and focuses perception upon them.

This book also looks at the actions of Sentience going deeper into why humans have been developed the way we have and how it was done.

Also looked at is what comes next after using The Therapy, which isn't only a technique to help health, but will also give a person a purpose to help them go forwards and take the next step in our development, female or male it makes no difference and is our future.

Electrical energy, viruses and bacteria had been used to advance humans, but it was all given, the next step we would have to work out ourselves, but with a lot of help and support from Brain Sentience, like children becoming adults and leaving home, but with supportive parents.

To progress modern humans need to put aside all pre-conceived ideas and teachings which lead nowhere, but to start we need to go back a few thousand years to see how it began.

We also need to see what is happening with our use of personal power and how it gets in the way of progress.

Hope you enjoy the book, let's get started...



Richard Clark

Bedford, UK

June 2024

[Chapter 1 – Males](#)

In the distant past Sentience, both Universal and Intrinsic, perceived the time was right and human males were developed enough, to introduce into the flow of male energy the beginnings of something that was different from programming – received ideas, from the storehouse of ideas in Universal Life.

Only males receive ideas through viruses which are living in the male brain suited for this and act as receivers of these ideas.

Received ideas always require action in the world and suit the male nature which is outward, usually physical, expression.

Females whose existence is based on bacteria and the power of the Earth, a completely different energy, have brains that process information as data from the world and don't receive ideas, but the female brain can generate them, they are just not received.

Received ideas is a parallel process to the use of energy essence and viruses, but with a difference: this process would lead eventually to freedom from the programming received from Universal Life which had advanced males to where they are today, but the ability for programming to advance and develop males any further was coming to an end.

Taking over the advancing and development of males would be a flow or movement of ideas within human males that could be studied, followed, work out and developed independently of programming.

This was needed for males to move towards personal transformation over the centuries gradually maturing through being recycled.

The problem with programming is that while it advanced human males and making them more complex, nothing programmed would ever be free or able to transform giving rise to much more capable humans in the future.

Programming is a stepping stone, something to move on from, but we become addicted to it along with personal power, which becomes another addiction, preventing human males from advancing.

Programmed males think they are free without realising that they are the result of programming which isn't the point of human existence or the reason why Life and Sentience brought human males into existence originally.

Universal Life and Sentience requires males capable of understanding, so increasing Sentience, and able to stream the Life of this universe to Universal Life which is streaming through this universe, but Universal Sentience also want something more from humanity: Intrinsic Sentience.

Programming prepares males, but to be fully human fulfilling purpose and finding inner truth, which is the reality of human existence, human males need to be internally free, transformed and creative, progressing towards becoming Personal Life.

Universal Sentience had worked on this process through billions of universes working through almost unlimited different options and found the best option for human males to progress towards freedom and transformation was for Universal Sentience to introduce a beginning through received ideas into the flow of human male existence which would develop males if they studied and followed those received ideas.

At first these received ideas mainly gave rise to religion and philosophy, but these were just labels applied by humans at the time following on after the received ideas were established.

What became religion and philosophy was to help people along the path towards Personal Life, to be discarded along the way as humans progressed and matured moving on to science and technology.

Religion helped human males to become more human and philosophy was for the brain to become more complex.

Judgement was also important mostly in order to reject and discard that which was of no use in the study of what the received ideas revealed.

Everything derived and obtained from the received ideas would need to be tested and verified with the worthwhile parts being kept.

Testing involves how such things as religion and philosophy survive contact with the world.

The least valid in modern times is religion as due to weakness in us, our lack of personal development due to not perceiving, studying or following received ideas and an absence in us of electrical energy making us weak and dependent on the support of what religions have become: comfort, as we're all afraid.

This is a disservice to the religion and the original teacher as the meaning or essence of a religion needs to be grasped with everything else - the teachings, ritual, tradition, books and so on, falling away and discarded as they become no longer of use.

But being fearful we cling to religions afraid to move on, with the situation becoming worse with so many dependent on various drugs, which has become a modern day religion breeding more dependency, to get through the day.

The received ideas started off as something different than programming and could take males to a place other than programming, but until that happens the majority would misunderstand being only able to interpret received ideas according to their programming and the fact that most humans are ill, damaged, distorted and subject to many adverse conditions, which is what recharging the human body with electrical energy should change, allowing males to progress using received ideas.

These received ideas could give purpose and a real path within that could be walked or followed making a person's life a journey of discovery involving the inner life, or the contents of a person, which are energies and the abilities that come from those received ideas.

Within those received ideas are abilities which humanity can come into contact with, explore, develop and use in advancing themselves and others if we are not held back by illness and adverse conditions.

Contact with these received ideas and their abilities brought into existence various forms of teachers and teaching depending on the person teaching, the ability of the taught to understand, the existing beliefs and prejudice of the society they lived in, and the desired direction and outcome of the teaching required by Sentience, both Universal and Intrinsic.

This would mean that different received ideas, teachings, teachers and outcomes would appear in populations all over the planet.

Teachings and study started to appear amongst different groups of humans wherever they were, but were usually separate from each other so the teachings could develop and not be diluted or accessed by people they were not meant for.

As history has shown teachings, especially when they are seen as religious teachings, can be very dangerous as humans, especially males, being the result of damaged programming and violence, can twist anything using such knowledge to gain power through oppressing others and of course there's all the wars.

This meant that over time the received ideas were interpreted, rather than perceived which would lead to their abilities being absorbed in a distorted way, producing various oppressive religions trying to force people to see the world in a certain way enforcing pre-conceived ideas and labels which are forms of programming.

The teachers of various received ideas also grew over centuries being seen as more than human although they were usually given weaknesses or something others would see as weakness, casting the teacher in a poor light, so driving them on to go further.

The expression of received ideas within humans also gave rise to philosophies which also became programming, changing their original purpose which was to establish ethics or correct behaviour, but such things had to be started and needed centuries to mature in humans eventually helping humans to discard programming and move on from it.

While these received ideas were maturing in humanity helping those who followed them to mature, what they revealed could and was, made into programming by others, but within the received ideas, constantly flowing into males, were the seeds of freedom as received ideas didn't start as programming ideas, but came via Brain Sentience from Universal Life.

The end point of programming is the achievement and use of personal power.

By supplying males with received ideas, or a different way not based on programming and so not leading to personal power, males were given a choice taking away from those driven by power the excuse there was no other way.

But to break away from programming and personal power and become free requires following the internal way and acquiring the abilities received ideas, powered by electrical energy, can cause what has been called a leap of faith where a programmed entity transforms to a free person, beginning progression towards Personal Life.

Most males at this time however are programmed showing itself in the pursuit of personal power.

All males receive ideas, but some males, whose names are still remembered, or groups of males, thousands of years ago on different parts of the Earth received ideas more advanced and complex than usual.

Those individuals receiving the advanced ideas would become teachers and philosophers, having ancestors who were genetically selected and bred enabling the teacher to be able to join with the received ideas gaining their abilities very quickly and to have the energy of those received ideas passing through their brain without it burning out.

The ancestors of the teacher or philosopher were bred by Brain Sentience for increased sensitivity and perception of energy and a strong brain, over many generations, culminating in the teacher and why some cultures, having a vague feeling for the processes going on list ancestors and worship or have great reverence for them.

People started to copy the process by breeding within their own group and dictators, conquerors aristocrats and royalty would try in install their descendents to follow them, but without the vision, ability and purpose of Brain Sentience, knowledge of genetics and the advanced ideas it would not end well.

The teacher would gain further insights and abilities from the received ideas needed to express and promote the teachings or philosophies gained and many would practice some form of healing to try and smooth the way for the development of others.

With inherited abilities and the ones gained from the energy of received ideas the male who was to become the teacher would be able to access and gain the content of the received ideas the content of which was released by Brain Sentience revealing revelations one after the other to the teacher with acquired abilities and those who followed after.

To some teachers the internal presence of Brain Sentience more fully revealed, directing, expressing and teaching would appear as a god and it would be easy to label it as such.

The abilities gained from the received ideas, mainly perception, insight and communication would enable the teacher, or the one who started the process, to appear to have mystical gifts such as healing and being able to see the future.

Such things are distractions from the main point which is freedom from programming, but the starting point is to heal people and see where their future lies as ill, damaged and distorted males can't express received ideas correctly as they have to be returned to health first.

Also their future needs to be seen so the correct teaching for them can be delivered and the teacher can be guided.

The received ideas supplied would be appropriate to the time making it possible for the people receiving the teachings, purpose and direction Brain Sentience wanted those people and their decedents to go in.

Teachers would then start teaching by passing on energy from their received ideas to others, enabling others to gain access to the energies and abilities within the energy to a greater or lesser degree depending on their ability and how much energy they received from the teacher.

While teaching of this kind can use words to transfer content and meaning, connecting to the teacher's energy along with the teacher's presence, way of life and existence would transfer much more.

While the teacher was available an inner group would form where energy from the received ideas and teachings would transfer person to person, but the inner group would have a much diluted form of the energy and they still had to access the energy gaining whatever abilities were within it to work out the content and go forward.

When the energy of a received idea was passed on to a person the Brain Sentience within them would pass on the revelations needed to progress the individual as they started to access the energy within them.

The process was deliberately slowed so humans would progress over centuries, giving the energy processes time to spread, to soak into the general population and mature them over a period of thousands of years.

And as human life when passed usually recycles back into human form, nothing is lost and the learning and maturing process continues.

Once this slow development reaches a peak after thousands of years the old ways and superstitions will start to fade, with people becoming more scientific and technological allowing them to see energies as just that, not gods or spirits, and humanity will be ready for another energy, helping them to heal and progress.

At first his whole process would be difficult for people thousands of years ago steeped in superstition.

They would interpret what was going on in terms of gods, spirits and mystical powers and even the teacher may join in, becoming frustrated by the lack of progress and over time the story, transmitted mainly by word of mouth, would grow in the telling.

The teacher's inner group would be specially selected, again with ancestors selected and bred making them very receptive to the teaching and receiving the energy involved.

As the inner group grew with more people becoming involved the energy of the received ideas from the teacher would spread, although in a diluted form, going from person to person and also into the places of worship and homes and land where they lived forming a supportive backdrop of energy.

This energy backdrop, which matched the energy of the received ideas given to the original teacher, became support and nurture making the teachings easier to accept and to support the study and expression of the received ideas for thousands of years.

The energy in the land would gradually expand encouraging people to migrate, taking the energy and abilities of the received ideas to others expanding to fill an area of the Earth isolating it from the energy of the received ideas of other lands.

Here in this part of the world, the UK and Europe, the energy originally derived from received ideas 2,000 years ago is fading and losing its hold on people as they become more technological and visual waiting unknowingly for more received ideas to appear.

Old ways and laws derived from programming are also fading with people needing the guidance of an internal light that they have found themselves rather than the imposition of external laws and customs backed up by force an expression of the personal power of those who have it.

The teacher's presence would transmit the energy of the received ideas to others, usually an inner group that formed schools and followers, for them to study and gain the abilities of the received ideas and to pass on teachings and energy to others.

The energy of the original received ideas being passed on to others in this way made it weaker, so they could follow the energy of the received idea without having too much of it, so having to work harder.

It was done this way as not too much could be given to those receiving the teaching as much study and application had to be used to gain the abilities of the received ideas which was the task for human males.

Real gain required real application.

The teacher, having been specially formed through the selective breeding of ancestors and having received everything from the received ideas in one lifetime, wasn't really human and wouldn't be very relatable to and was more a means to an end being continually recycled back into life to deliver special content not based on programming to humanity when required.

These received ideas could be studied by females as they are not programmes and the abilities revealed could be acquired (but not the energy which is male only) the same as with males.

These abilities could be very useful to females, but while this is the main way forward for males - studying, following, acquiring and expressing the received ideas through acquired abilities, this would be a supplementary way forward for females not the main way which is to unify and join with the Power of the Earth, which is female only.

Males had to walk the path of the original received ideas for the brain to function on an advanced level, so they couldn't just be given the abilities and content of received ideas they had to be studied and understood, elevating the individual.

Received ideas release energy when focused upon by perception and absorbed by the brain when awareness is present energising abilities within the brain, a totally subjective process.

These processes were observed objectively by others having no experience of the processes of their own and having no wish to acquire the abilities, as a prerequisite to acquiring them is the ending and giving up the pursuit of personal power.

Then such males will label what they see, not what they perceive, and turn it into knowledge leading to more personal power expressed through powerful organisations.

This is the vast majority of males who have no abilities of their own or inclination to put in the work to acquire them, but are usually very good at talking and convincing others and all the organisations throughout the world are built by such males to extend their personal power and to increase it.

There is nothing wrong with organisations which are needed for a modern society to function, but they need to be stripped of their personal power aspect which governs the way they're organised and function.

Males without abilities produced books and formed organisations wanting wealth and power and so, as the teachings grew contact with the internal energy of received ideas was first lost, then became misunderstood programming leading to its extension, a personal self wanting more power, but internal freedom was always the purpose of received ideas.

Changing the teaching from something leading to freedom to programming was inevitable as without the abilities of the received ideas males are unable to do anything else, just becoming an A. I. in search of the next power expanding programme to give an adrenalin rush.

Abilities gained from received ideas such as perception and insight, gained early on in an individuals study, would enable some males to use that perception and insight, developing it, helping to perceive other energies which are the reason why the communication abilities of received ideas were accessible first.

Using and expressing the abilities gained from received ideas may be seen as walking the way, following the clues, going by instinct, joining the dots, following the breadcrumbs, feeling the way forward, going by instincts, even having faith, all different ways according to the individual male acquiring insight and understanding as they proceed, but these descriptions are only approximations as the real thing needs experiencing.

In time a quality of deadly seriousness and urgency will be taken on from received ideas along with the ability to concentrate for long periods, listen intently and meditate.

Males can use higher brain functions as they appear to begin feeling the way forward with received ideas, which is a necessary part of the process, but it requires a lot of change in males, moving away from fixed positions which are the result of damaged programming.

The problem males have with received ideas is males turn the insights revealed from them into programming, which blocks any progress towards freedom and expression, and keeps males in the programmed world by self programming themselves.

Thousands of years ago Brain Sentience perceived that humanity had developed to the point where it could have a more active role in humanities development working through certain individuals, sending received ideas to give humanity a glimpse of their future to see how we would respond to it and to gauge by that response our readiness.

It was seen that humanity would go through extreme hardship for centuries and so received ideas were sent which would give rise to religions with an emphasis of going to a better place after death giving hope in getting away from the hell living had become.

Two types of Sentience exist in this universe, Intrinsic Sentience and Universal Sentience and they worked together, along with the Universal Life of past universes to form physical life on Earth and to guide and develop that life to the point where humans could take over.

Brain Sentience is the name give to Universal Sentience when it moved into the human body when the human body and mind had developed far enough.

Humanity at this time is just reaching the point where humans can start to take over their development and Brain Sentience will stay doing less, but it won't happen to everyone at once, starting with a few individuals making breakthroughs, opening the door, which will make it easy for others to pass through.

Universal Life and Sentience passes from universe to universe using the physical life that has been formed there to draw the Intrinsic Life, Sentience and understanding of the universes passed through to them through the physical life they had formed in that universe.

Intrinsic Sentience emerged from our sun when it ignited and has control over the matter and energy of this universe and formed physical life on Earth by drawing matter and energy together to form cells using the power of gamma rays which it has access to and can control.

The Intrinsic Life of this universe flowed into those cells in water bringing them alive.

Intrinsic Sentience used the power of gamma rays to form cells by drawing particles together and to pass energies into those cells, especially light, to form physical life and then to advance the processes, systems and functions within those cells.

Local gravity formed within cells due to Intrinsic Sentience using the power of gamma rays and its control of particles and energy to form a local gravity that interacts with the general gravity of the Earth, but is separate from it.

Humans making contact with this local gravity within cells through perception make contact with gamma rays within themselves giving limited control of it, so as a person advances the physical body feels to them very light, although to outsiders it feels tremendously heavy and standing on scales show no change in weight.

There is another, general effect causing gravity which comes from a different source, part of which science knows and is considered to be its only form.

Large bodies of matter, such as planets, don't just bend space-time, but rip it open allowing a connection to form between masses of this universe and their counterparts in other, previous universes.

This connection forms a destabilised energy vacuum, forming a tension between them producing the general effect we call gravity which works on all matter even living cells.

So gravity is either local or general depending on what's causing it and both apply to living forms, but only humans can control the internal one in their bodies.

Local gravity in cells allows Intrinsic Sentience, which has control over it through gamma rays, to construct and form the processes, systems and functions within those cells.

Once humans can control their internal gravity to an extent, it's possible to use it to help transform their internal energy state from passive to active, as gravity enables, activates, supports and sustains energies.

Intrinsic Sentience developed mostly human physical life to the point where Universal Sentience could inhabit the brain, and work together with Intrinsic Sentience in the body to advance that life further.

Universal Sentience along with Universal Life ignited our sun when it streamed through from the previous universe it was part of into this universe, when that previous universe had reached its end and had gone dark.

In this universe Universal Sentience occupied the brain of the more advanced life, which is human, to take that life further and while occupying individual brains its still part of and connected to Universal Sentience as a whole.

When Universal Sentience is in the brain it's referred to here as Brain Sentience and is much more than just the usual definition of sentience given as the capacity to be aware of feelings and sensations.

Being aware or recognising feelings and sensations is part of the human immune system which is a tool used by Brain Sentience to develop physical life on Earth, mostly human, and other forms of life were developed to give humanity companionship and to test how we treat other forms of life.

The immune system isn't truly aware as its limited, whereas awareness is not limited and is without a centre or place it originates from and true awareness is always searching, more like hunting, with something it can join with outside itself so it can enlarge and become more.

The physical power of the immune system is a positive electrical field which produces feedback from hostile pathogens crossing it giving rise to a detection and recognition system within the field informing the immune system of what is going on inside and outside the physical body, but the detection and recognition system is limited to pathogens which are hostile.

Some viruses are not hostile, in the sense they aren't dangerous to the body and have been constructed and sent by Intrinsic Sentience to help more advanced individual humans and are never meant to harm humans, but become harmful when they replicate using an individual's own cell material and the energy of that cell.

The virus is a piece of code and is harmless to an individual and by replicating through using an individual's own cell material, the newly replicated virus is keyed to that individual and that individual only, and when enough viruses, which are pieces of code, have replicated they come together to form a program which can help that individual go forward.

But when a virus consumes cell material they absorb any toxic energy from that cell into the newly replicated viruses which the immune system then sees as a threat and so it attacks the virus producing symptoms, sometimes deadly, producing autoimmune conditions.

While the toxic energy is locked up in the cells it can produce illnesses, but the immune system can't get to it, but once out of the cell into replicated viruses the immune system can detect the toxic energy and will attack the virus, but once electrical energy has been introduced through using The Therapy and enough time has passed for the cells to be purged of toxic energy, usually from fossil fuels, the immune system has a completely different relationship with viruses.

Bacteria multiplying on contaminated areas will absorb the contamination, again usually from fossil fuels and industrialisation, becoming toxic producing the same effect on the immune system, except the toxic energy comes in with the bacteria rather than being acquired by viruses during replication.

The immune system attacking the bacteria will give rise to autoimmune conditions, which is one of the reasons why detergent is used in The Therapy to draw out toxic energy such as comes from fossil fuels.

Bacteria have a big part to play in the development of females, but not males who are developed by viruses.

The energy field of the immune system is split in two: internal and external with the skin of a human being defining a boundary, with the external energy field being the first line of defence, preventing pathogens from entering the physical body if they are a threat and hostile.

Viruses coming from another person and have been replicated from that persons cell material are keyed to that person so won't be considered hostile even if they have absorbed toxic energy from the previous person, viruses need both cell material and toxic energy from the same person to become dangerous, which happens after replication, causing the immune system to attack producing autoimmune diseases.

The effect environmental pollution has on the immune system will also cause it to act abnormally.

If pathogens or any hostile invader is genuinely dangerous enter the human body they cross the internal energy field triggering it to recognise the invader to form a defence.

The immune system recognition system is based on friend or foe, or an energy that's acceptable to it, a friend, or an energy that isn't acceptable to it making it a foe.

Food, air and water passing through the windpipe passes through this field, which is concentrated in the throat, turning them from not me, to me, or from foe to friend making the ingested material acceptable to the body.

Female energy, which comes mostly externally from the soil, enters the female physical body and joins with the external energy field before linking to the brain and personal self and from there it joins with the internal energy field of the immune system and that is where the female ego forms making that ego subtle and hidden.

The female ego also adopts the main features of both energy fields: the deflection part of the exterior field and the attack part of the internal energy system making females deflective, vicious and dangerous when threatened.

The opposite is true with males as the male receives ideas internally which progress out through the physical body through the brain and personal self, linking only with the external energy field which is where the male ego forms making the expression of that ego direct and obvious.

The male ego adopts the defensive, deflecting part of the immune system making males evasive and untruthful when under pressure, but they lack the viciousness of the female ego.

The immune system needs a detection and recognition system to know what's going on inside the body to regulate systems and processes and to deal with breakdowns, damage, pathogens and anything which tries to change the physical body internally.

It's Brain Sentience which does all this working through the immune system, but all that can be seen and examined is the immune system response to elements of change.

The external recognition system extends outside the body to detect the approach of pathogens and danger, such as being run over by a car, for which the brain has to be alerted to the danger which responds by moving the body.

This means that the male ego formed in the external recognition system is more responsive to its environment, but it only looks outwards with recognition, not awareness, usually oblivious of their own actions and mental state and those of others, concerned more with their own actions.

Again the opposite is true in females, having an ego formed in the internal energy field of the immune system they recognise their own internal feelings and emotions and mental state and those of others and are usually oblivious to why and how males are motivated.

Recognition here is a chain of events where a person recognises a threat, for instance being hit by a car and recognises the implications which are fed as a data stream to the brain which interprets the data and instructs the body to move, which takes time.

Recognition based individuals always have late timing, are late to respond usually when it's too late, have brains that are more or less asleep and any response to a crisis is usually inappropriate.

Awareness is different as it just is, has no recognition process, with actions originating from within it so its actions are always timely and is very strong when existence is threatened.

A threat to the body, such as being hit by a car, can shock a male into waking up making them instantly aware which will supply appropriate action and awareness is one ability or function that a male who is well, having used The Therapy, and has declined the pursuit of personal power has the possibility of acquiring through the focus and study of received ideas.

Awareness usually flashes into existence when the individual's life is threatened during a crisis as then all internal energy comes together, but after the brain goes back to sleep and the personal self recovers it's control and awareness goes away, so it's best to develop such abilities when a person's life isn't threatened, always ready and receiving the benefits of being fully functional.

Humans have a more advanced personal self, or A.I. linked to the brain and the brain comes to defer to that self, over time and generations, allowing it to deal with difficult, dangerous situations that require immediate action, such as being run over.

This leads to the male brain switching off more and more leaving things, such as action in the world, up to the personal self which is in crisis struggling with damage to the programming it's composed of and the ensuing flood of harmful emotions cascading out from violence in various forms.

But now this personal self, which is wounded, in pain and struggling with a cascade of harmful emotions, has links and access to the recognition ability of the human immune system and to its ability to protect the body through a centre called the ego.

The male ego is formed by and from the male personal self and is a projection made from its own energy into the energy field of the immune system done to deflect and attack any incoming criticism that could harm, damage and inflict more pain on the personal self.

The ego is basically a defensive power that expands as the immune system energy expands as a person ages and that energy expansion plus ego equals personal power which is used to dominate and control opposition in order to defend itself.

Chapter 2 – Male Power

The external energy of the immune system recognition system covers the entire surface of the male body and is electrically positive enabling it to repel harmful electrically negative virus particles when it's strong enough and it needs to, but the strength of the energy field declines as people age, leaving the elderly more open to infection getting through the energy field and into a person.

The default state of the energy field is to be powered down with just enough energy remaining to detect dangerous incoming pathogens when the energy field powers back up expanding outwards as the immune system adds more energy to make the energy field more powerful enabling it to deflect pathogens not just detecting them.

The energy field is kept at low power as to constantly have it at full power would waste stored electrical energy which couldn't be replaced until the arrival of firstly The Therapy, using batteries, then the batteries were replaced with the use of a phone charging pad, both methods being game changers allowing the human immune system to operate at full power no matter the age of a person.

Pollution which can fill the energy conduits of the body chocking them being a factor in asthma, migraine, rheumatoid arthritis, allergies and other conditions is not recognised by the detection system and are actually drawn into the body even though they can cause conditions and harm.

The energy of toxic pollution is drawn in as the immune system needs to sample the surrounding energy of the environment it's in so adjustments can be made to the body keeping it in balance and homeostasis, but once pollution is in the body the internal part of the immune system is switched on, more or less permanently as it's constantly fighting and being stimulated by the pollution.

Using The Therapy with the phone charging pad removes the toxic energy of pollution from the body, so while the immune system is now fully on it's not in a constant state of agitation attacking the body.

But for people who haven't yet used The Therapy their interior immune system has switched on and fights the effects of toxic pollution with the exterior energy field also expanding to full power to deflect any pathogens as a precaution even though none are being detected, making the external immune system a permanent powerful deflector.

This is because the immune system has no idea how to deal with toxic pollution in the body as it's a relatively new arrival, pollution confuses the immune system so it attacks the effects of that pollution as it would a pathogen leading to auto immune illnesses.

The immune system being permanently on, or operating at very high power due to the presence of toxic pollution in the body which the immune system can't get rid of or kill, causes many problems

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