

## Heavenly Elements for Divine Health

*English Transcript – Emerson Ferrell*

Father, as you're releasing Your peace that passes all understanding upon your people, remind each person of all those times that You've come and gently spoken to them. And there was some confusion about what voice they were listening to because they judged it against theology or doctrine. Confirm right now, Lord, that You have always been with them and never have forsaken them. Holy Spirit, You're magnificent in this place.

The Spirit quickened a verse that I should read and explain a little bit.

Jesus is about to go to the cross and He speaks to His disciples, and we've been talking about the difference between the spirit, the soul, and the body.

And in this verse, Jesus says:

### **John 12:27**

*Now My soul is troubled, and what shall I say? "Father, save Me from this hour"? But for this purpose, I came to this hour.*

It's not unusual for your soul to be troubled. If you understand your purpose, the troubling of your soul is part of completing that purpose. Many times, *how we respond* to the troubling of the soul is through satisfying the body instead of the spirit. But because Jesus understood His purpose, He could say what He said in the next verse.

### **John 12:28**

*Father, glorify Your name.*

How you respond to the anxiety that is surely going to arise in this world's system must be a response from your spirit and not your body. Most times, our bodies, as we've understood, are the response to the mind. People will feed their body to run from anxiety, take pharmaceuticals to run from anxiety, because they misinterpret the signals from the spirit and the soul. If you understand your purpose as God's son, then you'll understand that anxiety or whatever troubles your soul has already been resolved spiritually.

And the way we recognize that comes from our lips, not *into the mouth*, but *out of the mouth*.

### **John 12:28**

*Father, glorify Your name.*

## Heavenly Elements for Divine Health

English Transcript – Emerson Ferrell

And immediately, something happened.

### John 12:28

*Then came a voice from heaven saying, "I have both glorified it and will glorify it again." Therefore the people who stood by and heard it said that it had thundered. Others said, "An angel has spoken to Him."*

And the Holy spirit told me when I was studying these verses some time ago. *"If you recognize where these anxieties come from in your soul, enough to glorify your Heavenly Father, something supernatural will happen in your life."*

Not necessarily for confirmation, although we like confirmation, right? We like confirmation. But notice Jesus said, *"This voice didn't come for My sake, but for your sake."*

He was so convinced and so connected to the Spirit of God that He knew the purpose of the anxiety that He was experiencing. You have to understand before Jesus was crucified and resurrected, satan had total access to the mentality of every human being that walked this planet. We can't imagine the "voices" that were coming against Jesus. All hell was breaking loose. That's not the case today. Look at the next verse.

### John 12:31

*Now is the judgment of this world; now the ruler of this world will be cast out.*

Notice He uses the term "world". The *consciousness* that satan was ruling over.

### John 12:32

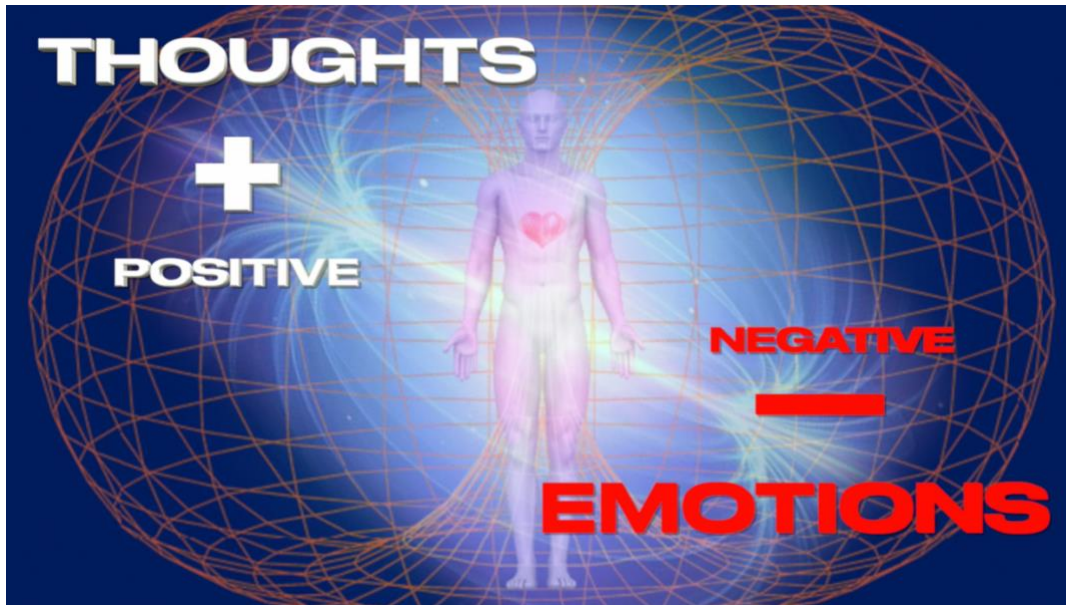
*And if I am lifted up from the earth, I will draw all peoples to myself.*

I don't know if you get this. But you see, religion has Jesus on a cross in the earth. And most religions, that's where they stop *at the cross*. But if He's not **lifted up** from the *consciousness of this world's system*, you're never going to understand your spiritual origin or authority.

Okay, study that. So, let's pick up with the **Chemical Adam**. The origin of our thoughts is the subject of many books and discussions. But what we have to understand is that we are spiritual beings, and as such, we either repel energy or we attract energy in the form of ideas, thoughts, imaginations. So as an *electromagnetic being*, now when I say "that", I'm talking about you're comprised of this *energy*.

## Heavenly Elements for Divine Health

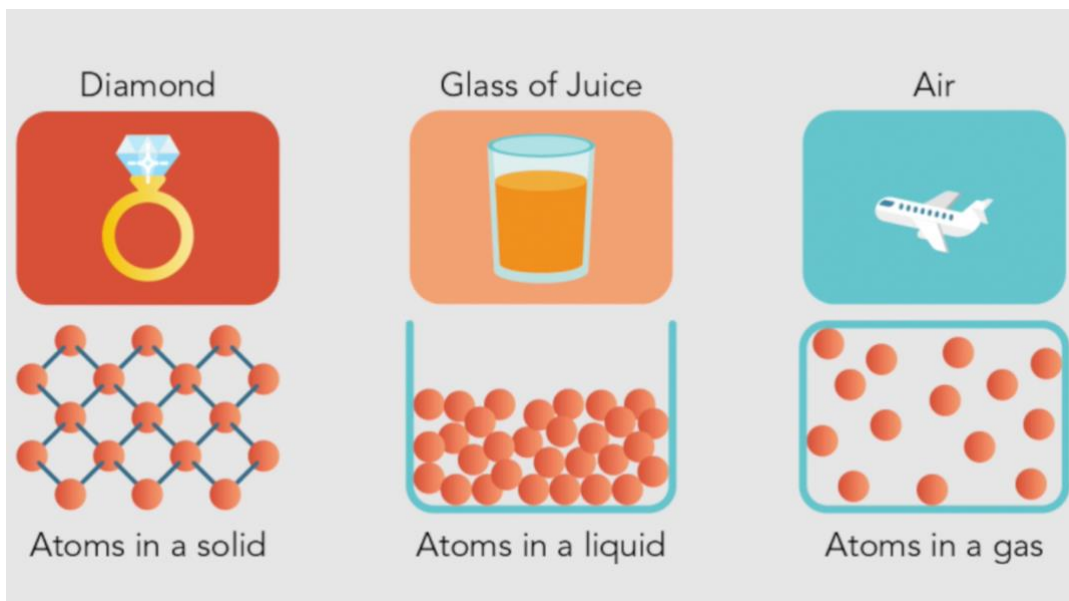
English Transcript – Emerson Ferrell



This *physical matter* that we've all been created from, has basically been created from the *mind of God*.

God is Spirit. So, when He created man in His own image, He created him with the ability to control what he thinks and what he believes. We know that *thoughts are an electrical energy*. We know that our physical body, although it is visible in this material world, comes from the invisible.

Do you see the attachments? The connection? So, science breaks down all matter into atoms. The reason I'm bringing this up is so that I can talk to you a little bit about the chemical reaction that happens inside of us. Every atom has a certain density and a certain speed according to the material that it comprises.



## Heavenly Elements for Divine Health

English Transcript – Emerson Ferrell

For example, the wood has a denser molecular force than glass. So, sound and water and energy pass through certain materials easier than they do others.

Medium (20 °C)	Speed of Sound Waves (m/s)
Dry Air	343
Water	1437
Wood	3850
Glass	4540
Aluminum	6320

Our physical body is comprised of these *electromagnetic cells* that are like atoms or like batteries, that require a certain amount of energy to function properly, that require a certain amount of energy to function properly.

Organ	Frequency (MHz)
Brain	70 - 78
Thyroid	62 - 68
Lungs	58 - 65
Thymus	65 - 68
Heart	67 - 70
Spleen	60 - 80
Liver	55 - 60
Stomach	58 - 65
Colon	70 - 78

If you could see an *electromagnetic microscope*, it's a very huge instrument that looks at the movement of atoms, because you can't see them with a naked eye, obviously. You would see this spinning, moving *energy* just moving back and forth across the lens. Now, they move so fast that it looks solid in your natural eyes. Atoms are 99% empty space. So, the physical world that we move through, are comprised of these billions and billions of atoms that are basically *empty space*.

## Heavenly Elements for Divine Health

*English Transcript – Emerson Ferrell*

And what keeps you from falling through your chair or falling through the floor, is the electromagnetic field that you produce because of the way God created us. So, the speed of your body is what we measure in *frequencies and vibrations*. So, the antenna that we are as spiritual beings attracts certain frequencies according to the frequency that we vibrate at. Is this making sense? Okay, good.

So, if we understand ourselves as this *electromagnetic being* that's just on this planet for a short period of time, whose real image is a *spirit*, then we start to be able to connect better with that *invisible realm*. We don't take this physical realm as seriously as we have in the past. One reason most people don't see angels is because they move at such a speed, that to them, this is totally open space. And that's the reality of the spiritual realm, the invisible realm. Now, we coexist physically in this physical realm, according to *the world* that we have created from our *beliefs and thoughts*.

The way that you can interact with the spiritual realm is to start to recognize your spiritual origin. And the more familiar you become with that *invisible realm* through the *words of Christ*, with the relationship with the Holy Spirit, the less attached you are to the *cause and effect* in the physical planet. So, the conditions that we find ourselves in today have been the result of:

1. Believing that what we have interacted with has a reality outside of the Spirit. **The only reality is the realm of the Spirit.** So, your relationship with the physical planet and physical beings has to be constructed from the understanding of that spiritual nature inside of each being.

So back to the condition that we find ourselves in today.

2. Until your antenna starts to receive that frequency of heaven from the Holy Spirit of love and acceptance and what Christ has done, your condition and your experiences will not change.

Remember, the psychologist was talking about how the body and the mind, and the mind and the body were connected by these habitual emotions. The body was conditioned through the drugs of depression, anxiety, frustration, unforgiveness. All of those produce a chemical in your body. And each one of those have a frequency, each one of those chemicals. And over time, it starts to form your bodies.

So, the way that you start living in Divine Health, is *changing the frequency* that you are receiving. You start hearing the sounds of Heaven. You start responding to the love the Holy spirit continues to pour out on you. And the way you respond is *whatever you receive, you give*. You see, that's the part of "*receiving and giving*" that starts to transform your condition. The less you're focused on *your imagined condition*, and the more you start focusing on how you can change other people, your frequency starts to change. Your vibration is at a different level. Your appetites begin to change. Everything around you *start to look different*. It's always been there, but you couldn't see it. Follow me? Okay.

## Heavenly Elements for Divine Health

English Transcript – Emerson Ferrell

**Thoughts are the source of sin, and our blood is a medium for destruction.**

You remember the woman took thought of what the serpent said. And it was that *thought* that produced the *virus called sin inside of her blood*.

So, we are basically a *chemical reaction to our thoughts*. Your body responds to those thoughts. We saw some indication of that in the last video.

### THE CHEMICAL ADAM

- Thoughts are the source of sin and our blood is the medium for destruction.
- Physiologically our brains are made of tiny nerve cells called neurons. These neurons have tiny, “hair-like” fibers, which connect with other neurons to form a network. Thoughts and memories are produced in each place the nerve endings attach. These connections form a “mental library” of experiences and relationships, which becomes the mind's resource center.

Excerpts from the book, "Immersed in Him" by L. Emerson Ferrell.

Most everything that I'm putting up here, if you really want to see more in-depth, you can see this in the book, *Immersed in Him*.

Desire is the most addictive emotion in our bodies, and it's most often displayed with pictures and images. Desire comes from a wrong understanding of your appetite. If your desire is to fulfill yourself, your frequency hasn't changed. *You can always tell when your frequency and vibration have shifted is when you're more concerned about someone else's needs than you are yours*. And if the body of Christ live like that, there would be no lack in the body.

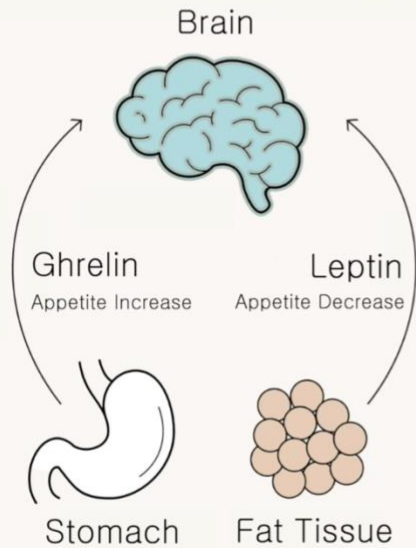
#### ADDICTIONS

There is an amino acid called Ghrelin, which is very active in telling you that you're hungry. And when you hear the voice that you're hungry, this is the amino acid that's produced from the hypothalamus. So, as you see, once this becomes flush in your body, it creates an abuse or deforms your cells. You will not feel satisfied. And over time, you can eat until you blow up and never satisfy your hunger. That in combination with the wrong foods, produces that abnormality.

# Heavenly Elements for Divine Health

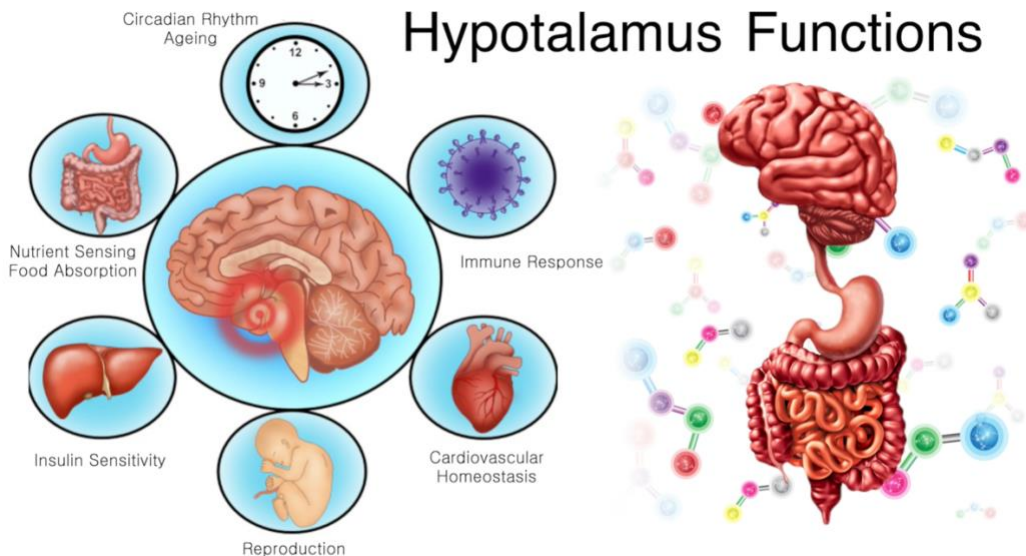
English Transcript – Emerson Ferrell

## ADDICTIONS



One of the most common amino acids scientists have identified is Ghrelin, which tells the brain its time to eat. When the “voices” of addiction tells the brain it is hungry, the hypothalamus will manufacture Ghrelin in an effort to satisfy the hunger and silence the voices.

So, this just gives you some ideas of the chemistry that our body is designed to produce to help us understand when we're full. But if we're out of balance, then we are not going to satisfy or satiate our hunger. So, understanding your chemical connection starts to give you more tools to generate knowledge on when to change your “desire” or “appetite”. The “*physician solution*” is to give you another drug, but you have been designed to eat properly to produce the right chemistry in your stomach that will naturally give you that *full signal*, and also it will tell you what's necessary to eat to satiate that desire. One of the reasons our hypothalamus has produced overloads of chemistry inside of our body is because we haven't had the *right chemistry in our stomachs to digest food properly*.



## Heavenly Elements for Divine Health

*English Transcript – Emerson Ferrell*

You need right fats in your body. The right fats, along with B-complex, vitamin C, selenium, and zinc, produces a chemistry in your intestines that naturally fights any kind of *what they call* autoimmune disease, what people have considered to be, “I can't eat that, I'm allergic to that,” there's no such thing.

The right chemistry in your stomach will produce the right enzymes to digest properly everything you put in your stomach. And it also tells you what you need to eat because we're a chemical being “physically”, and our bodies respond to the right chemistry.

How many know what “organic” is? We're an *organic being*. If you keep taking synthetic drugs, you'll start losing that connection with the organic being that you are. Until you get the proper nutrition and chemistry in your stomach to “return back” to that organic position, you will follow a diet instead of being led by the Spirit to eat what you need to eat.

That's why *water* is the most important element that you can put in your body. We are 60% to 70% sea water. And all the minerals that are in the sea are in your body, and they're necessary for that chemistry. If you don't keep that chemistry correct, you'll start producing an *acidic problem* instead of an *alkaline environment* in your body. If you have an *alkaline condition* in your organs, that starts to stimulate a different frequency in your whole being.

So, breaking addiction is connecting to Christ. We've already understood that our senses are not to be used to determine reality. We've already seen that how our emotions can create the chemistry inside of us that makes us slaves. The body is designed to produce healthy cells. And those cells are what I like to call little batteries. And those cells are God's way of making us conscious of our condition.

So, if you are conscious of the presence of God in your life, on a daily basis, you will start to affect the chemistry in your body. How many of you have fasted before? Very good. I recommend that you fast very often, because if you start fasting, you start to recognize that those voices that you've been yielding to are not as loud.

### Heavenly Elements: Blood and Water

#### **BLOOD**

Blood is defined as that fluid that circulates in the heart, arteries, capillaries, and veins of a vertebrate animal carrying nutrition and oxygen to and bringing away waste products from all parts of the body.

And we understand why Jesus needed to shed His blood on the cross, because that is the life that is the sacrifice for our bodies, soul, and spirit. And we understand also the “*blood*” and “*water*” are *Heavenly elements*. Man cannot create blood and water. When they used to have the space shuttle, the only way that the astronauts could create water is when they left the atmosphere of the earth. Hydrogen is too light to be put in a laboratory and create water on this atmospheric level. And the blood that they create in the laboratory is only good for a few hours.



## Heavenly Elements for Divine Health

English Transcript – Emerson Ferrell

So, we have to see the connection between the blood and the water, and their spiritual connection inside of our physical being, and understand that those elements are absolutely key to providing health and well-being to our physical being. Our responsibility is to create healthy cells through the proper nutrition, and drink water and not sodas, and stay absolutely hydrated, because then you're starting to change the frequency that your body has been addicted to. And I'm going to talk to you a little bit later about how the essential oils plays a part in that.

Let's see the video on the blood.

### 10 Facts about Human Blood:

1. Blood primarily consists of four parts: red blood cells, white blood cells, platelets and plasma.
2. There are 150 billion red blood cells in one ounce of blood and distribute oxygen in the body.
3. White blood cells make up about 1% of blood and are part of the body's immune system.
4. There are 100,000 miles of blood vessels in an adult human body.
5. The heart will pump nearly 1.5 million barrels of blood during one's lifetime, enough to fill 200 train tank cars.
6. Red blood cells can make a complete circuit within the human body in 30 seconds.
7. The human body contains about 0.2 milligrams of gold, most of it inside the blood.
8. Blood makes up about 8% of the human body's weight.
9. About 55% of blood is blood plasma, a fluid that is the blood's liquid medium, which by itself is straw-yellow.
10. Blood contains antibodies, nutrients, oxygen and much more to help the body work.

How about that? "Blood" has gold in it. Would it surprise you to know that when God put gold in the rivers in Eden, that it wasn't for money, but it was absolutely for people to consume?

### WATER

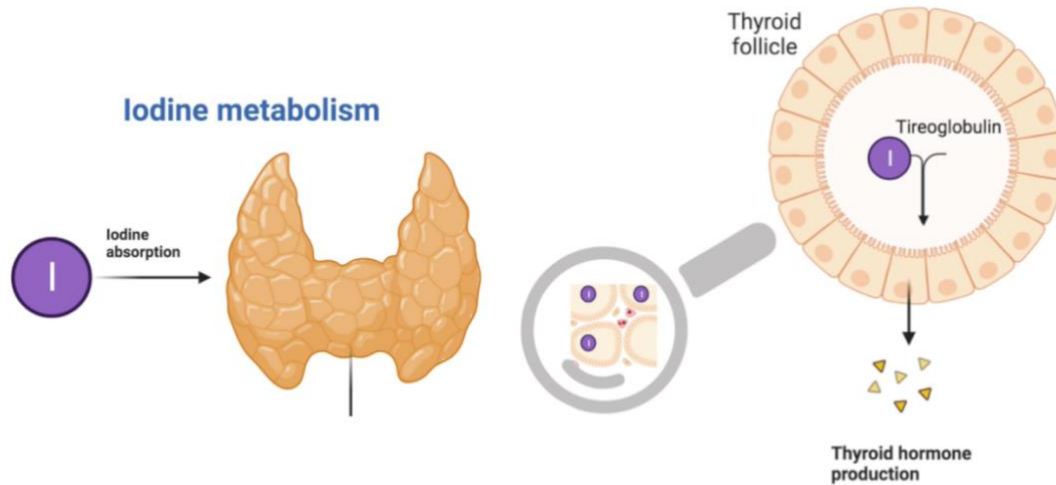
The most important thing to understand about water is the hydrogen content, and how that hydrogen and oxygen and blood all work together to really form the healthy being. And each of us can be very responsible about that. If people aren't drinking at least a gallon of pure water every day, you're going to miss out on some of the greatest benefits of your physical being. We talked about colon cancer and water plays a significant role in reducing that. Of course, one of the things that you have to be conscious of is not to have anything with "fluoride" in it. Because one of the greatest properties or chemicals that destroys your being is fluoride.

We were over in Germany some time ago, and we noticed that the bottles of water that we were picking up, they actually put fluoride in it. **If you see anything with fluoride in it, you throw it out.** I'll tell you why. It attacks and destroys *iodine*.

***Iodine* is the number one chemistry in your thyroid that produces a healthy thyroid.** If you don't have iodine, your thyroid will not work properly.

# Heavenly Elements for Divine Health

English Transcript – Emerson Ferrell



A bad thyroid, obviously, is the number one cause for diabetes. Those properties in your body are absolutely imperative.

## Water and Iodine

Iodine has been linked to the difference between someone who is intelligent and the lack of it is someone who is less than intelligent, to be nice. And many problems in third-world countries are the result of not having proper iodine.

Your muscles and your brain are about 75% water. Your blood is about 90% saline water. Your bones are about 25% water. Drinking caffeine beverages will dehydrate you. I'm not telling you not to drink coffee, but every time you drink coffee, drink four more cups of water. I'm not taking your coffee away. I'm adding water to your diet. And over time, you'll be surprised how that *water affects not only your appetite, but the construction of the world that you operate in*. Do you understand what I mean by that?

Every time the Heavenly elements of *water and blood* are activated inside of us, through proper nutrition and through the Holy Spirit, your environment sustains a change, it's *a shift in the way that you perceive*. Things that you have been searching for actually "*in plain sight*" in your life. But your consciousness has prevented you from actually seeing it.

Listen, ***we are spiritual beings, and we are living "eternity right now"***.

Everything was completed for you before the foundation of the world. Everything you could possibly need was already done. Your inability to see it is because of the deformity that you've created from wrong choices. God's not hiding anything from us. We have done that from our choices. The reason you can't see what has already been done is because the place you're in is comfortable for you.

# Heavenly Elements for Divine Health

English Transcript – Emerson Ferrell

**Challenge what you believe and why you believe it.** When you start doing that, the Holy Spirit can start really shifting your consciousness. You won't look for something that you already have, will you?

Now we're going to talk about frequency and water.

## Frequency & Water

Remember how much of us are made of water, what our being consists of and the *spiritual antennae* that we are as human beings and the *frequency* that we have is connected to the *medium of water and blood*.

(VIDEO: FREQUENCY AND WATER)

*We're going to go from low frequencies to higher frequencies. And what you'll find is this: You'll see that in the lower frequencies, the patterns are less complex. And in the higher frequency, the patterns are more complex. And we'll begin with simply the concentric patterns in the water. As the frequency begins, every once in a while, will reach a key threshold resonance, such as that moment right there. And in that key threshold resonance, the entire pattern morphed into a more complex expression of itself, simply because the frequency changed. Now watch what happens. The frequency is still increasing. Now watch what happens. As we reach another key threshold resonance, this entire pattern will morph into a beautifully and more complex pattern of itself. Again, and again. And look at this pattern right here. Look what you're seeing right here. Look at the beautiful geometry. Here is a perfect cube. There's a perfect tetrahedron, a star tetrahedron. In two dimensions, we've got the octahedron. Very powerful image is held in place simply because we've achieved the vibratory pattern that allows that in this water droplet.*

*And as the vibration increases, these patterns will become more and more complex.*

*You can see the pulse from where you are. Can you see the pulse actually in the water? As we go into the last set of the frequencies, what you'll see is that the entire (and you'll watch along the outer perimeter) the entire pattern reaches its greatest level of complexity, and then it goes back. As the frequencies drop, it goes back to what it was, the concentric circles, as it was originally. It almost looks alive. You know, we've been offered many times, the concept that thought is vibration. Have you ever considered that emotion is vibration? Feeling is vibration. We are always feeling something. We are always emoting something. We may not always be aware of what that is. We carry those patterns with us. As we hold a feeling in an emotion, what we're doing is we are holding a vibratory pattern in the liquid crystal of our bodies.*

-END OF VIDEO-

So, you understand now how *your feelings and your thoughts affect the chemistry that is in us*. And the more hydrated you are and the more access you have to spiritual frequencies, the greater your physical

## Heavenly Elements for Divine Health

*English Transcript – Emerson Ferrell*

being changes. So that's bad news for plastic surgeons, because you can physically alter not only your chemistry, but your physical being. It's pretty astounding. Let's look at this one.

(VIDEO: WATER AND THOUGHTS)

Water is more than simply a physical substance. It's a certain concept and that concept is connected in a special way, with the idea of life. Mazar Emoto's research demonstrates that human vibrational energy, thoughts, words, ideas and music affect the molecular structure of water. The very same water that comprises over 80% of a mature human body and covers that same amount of our planet.

This next series of photographs of the work of Japanese researcher Mr. Masuru Emoto from his book, *The Message from Water*. Mr. Emoto's work provides factual evidence that human vibrational energy, thoughts, words, ideas, and music affect the molecular structure of water. Please remember that water comprises over 70% of a mature human body and covers the same amount on our planet. Water is the very source of all life. This photo shows the beautifully formed geometric design of the Yuji Spring water.



This next photo is from the Shimanto River, the last clean spring in Japan. Notice the extraordinary geometric forms. The fact that the molecular structure of water can be affected by our consciousness, our intent, and our sounds is extremely important.

## Heavenly Elements for Divine Health

*English Transcript – Emerson Ferrell*



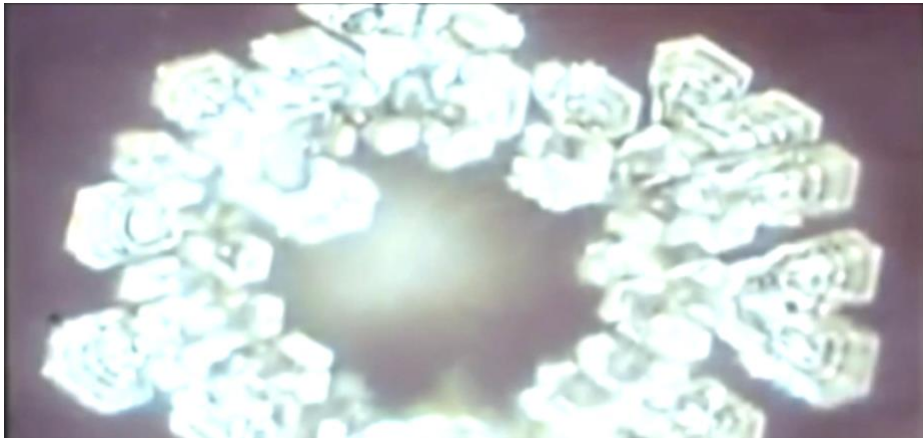
This photo is from the Mount Cook Glacier in New Zealand. Mr. Omoto has been visually documenting these molecular changes in water by means of his photographic techniques. He freezes droplets of water, then examines them under a dark field microscope that has photographic capabilities. His work clearly demonstrates the diversity of the molecular structure of water and the effects of the environment upon the structure of the water.



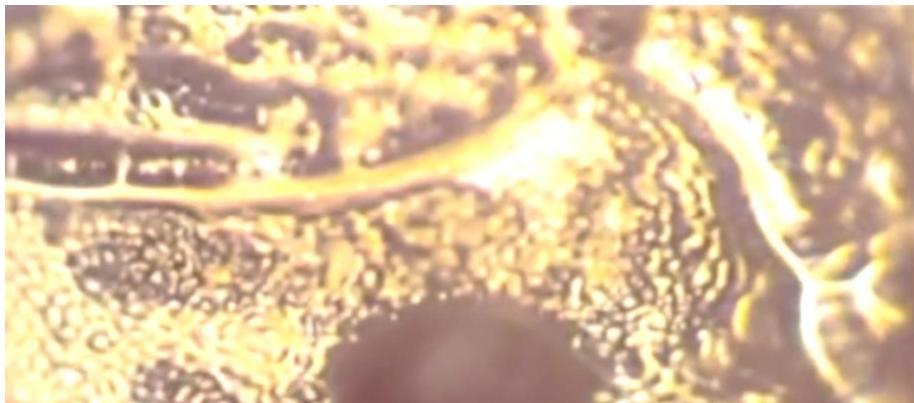
## Heavenly Elements for Divine Health

*English Transcript – Emerson Ferrell*

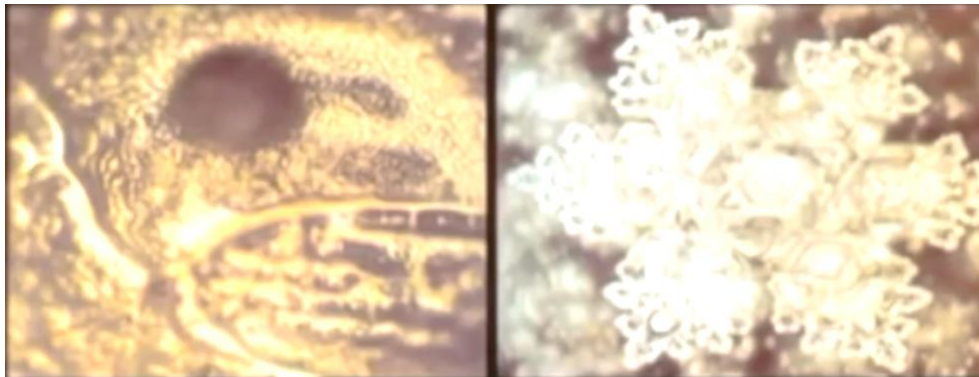
This photo is from the fountain in Lourdes, France.



This photo is from contaminated water from the Yoto River in Japan.



In this photo, we can compare the contaminated water with clean stream water. Look at the difference.

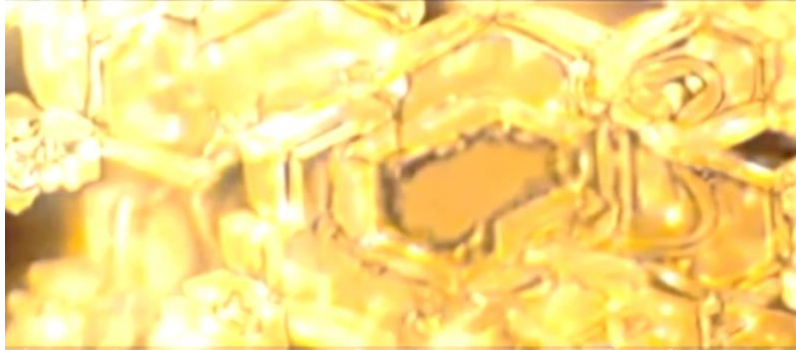


## Heavenly Elements for Divine Health

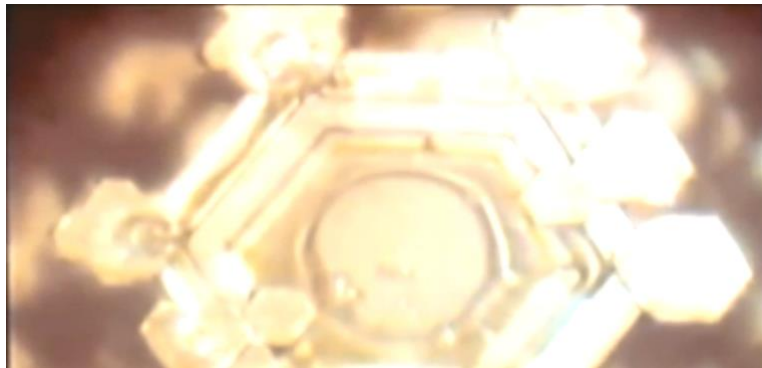
*English Transcript – Emerson Ferrell*

Mr. Emoto decided to see what effects music would have upon the structure of water. He placed distilled water between two speakers for several hours while playing different music and then photographing the crystals that formed after the water was frozen.

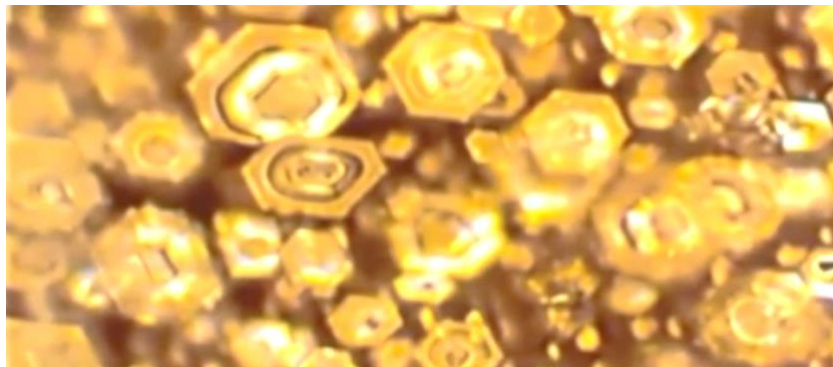
This photo is of water being exposed to Beethoven's "*Pastorale*".



This photo is the effect of Bach's "*Air*" on the "G" string on the water.



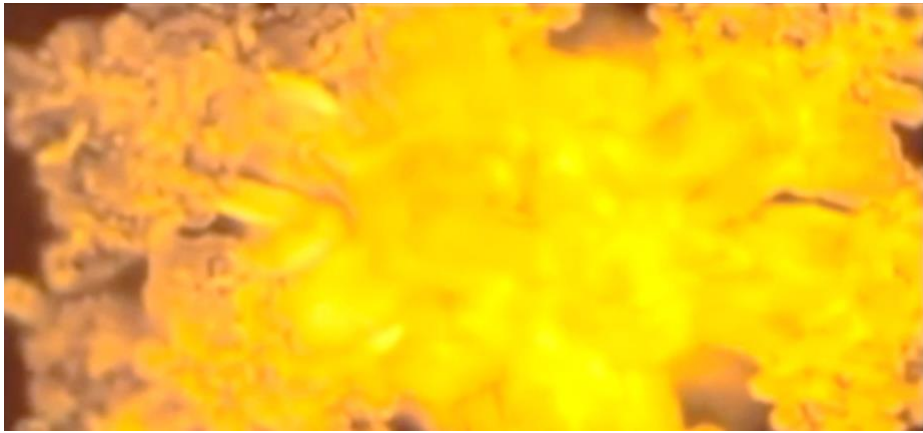
This photo is water exposed to Chopin's "*Farewell*" waltz song.



## Heavenly Elements for Divine Health

*English Transcript – Emerson Ferrell*

This next photo is water being exposed and affected to music that was designed for healing.



This photo is of water being exposed to the Kawachi folk dance.



This photo shows the effect of heavy metal music upon the water.

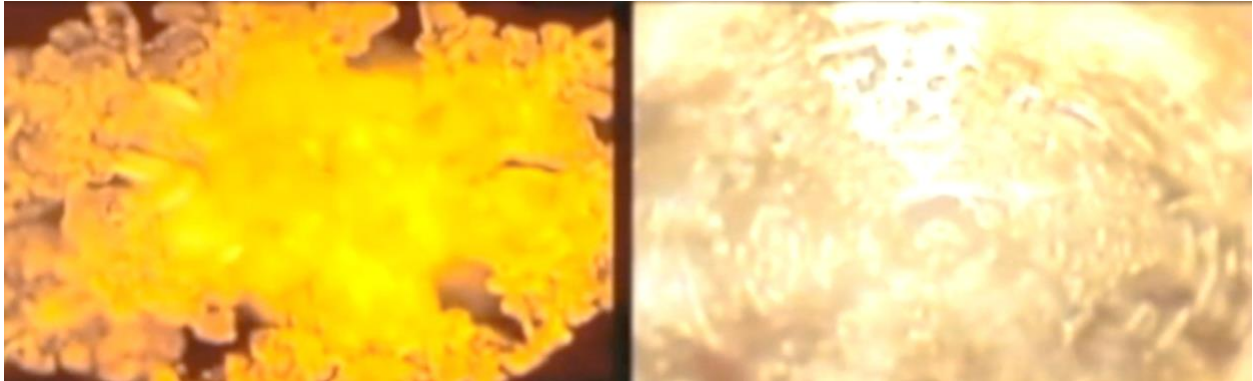




## Heavenly Elements for Divine Health

*English Transcript – Emerson Ferrell*

Here now, we can compare the effects of *healing versus heavy metal* music and what happens to the water molecules.



Mr. Emoto decided to see how thoughts and words affected the formation of untreated distilled water crystals by typing words onto paper and then taping this paper onto glass bottles overnight. This photo shows the effects of the words, *“Thank you.”*



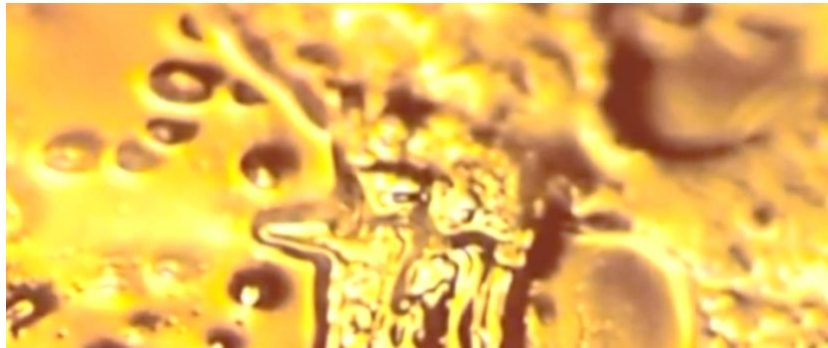
This next photo shows the effects of the words, *“Love and Appreciation”*.



## Heavenly Elements for Divine Health

*English Transcript – Emerson Ferrell*

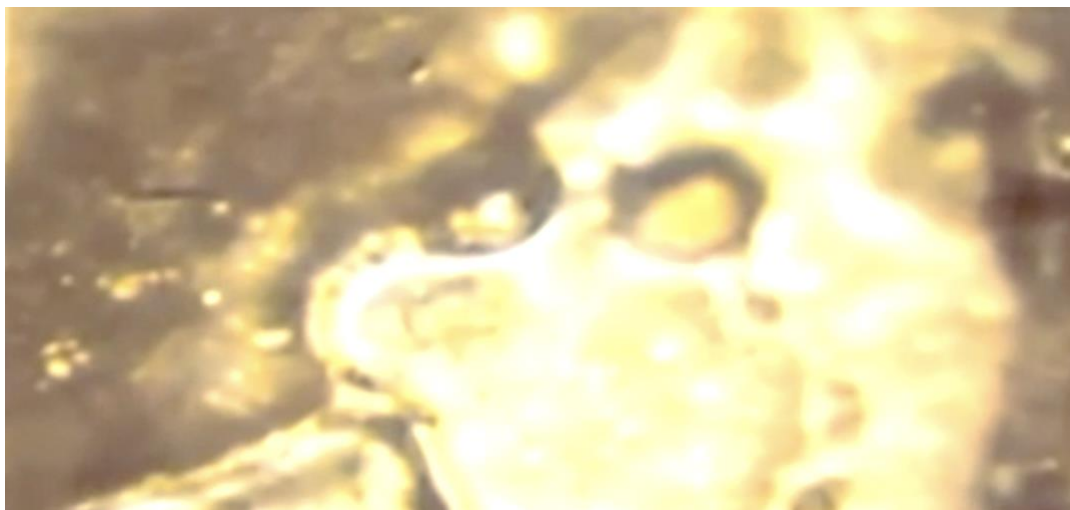
This photo shows the effects of the words, “*You make me sick; I will kill you.*”



Here we can compare the effects of “*Thank You*” and “*You make me sick; I will kill you.*” Very, very different geometric forms being incurred through the intention.



Now, this photo is of a very polluted and toxic water from the Fujiwara Dam.



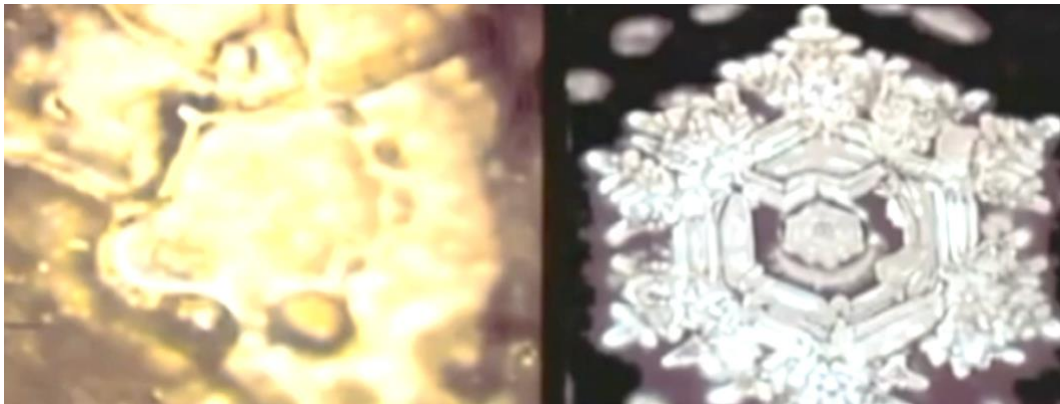
## Heavenly Elements for Divine Health

*English Transcript – Emerson Ferrell*

Here now is the same water from the Fujiwara Dam had offered a prayer over it. Prayer, that sound coupled with intention, it seems to have an extraordinary ability of restoring water to its natural, harmonious, geometric symmetry.



And in this photo, we can compare the toxic water and then the effects of praying over the water. It's really quite impressive.



These photographs that we have just seen show proof that not only does sound have the ability of affecting and changing physical structure, but that with regard to the molecular structure of water, that our intent with our sound is extremely important. This may have great implications for the future of both personal and planetary healing.

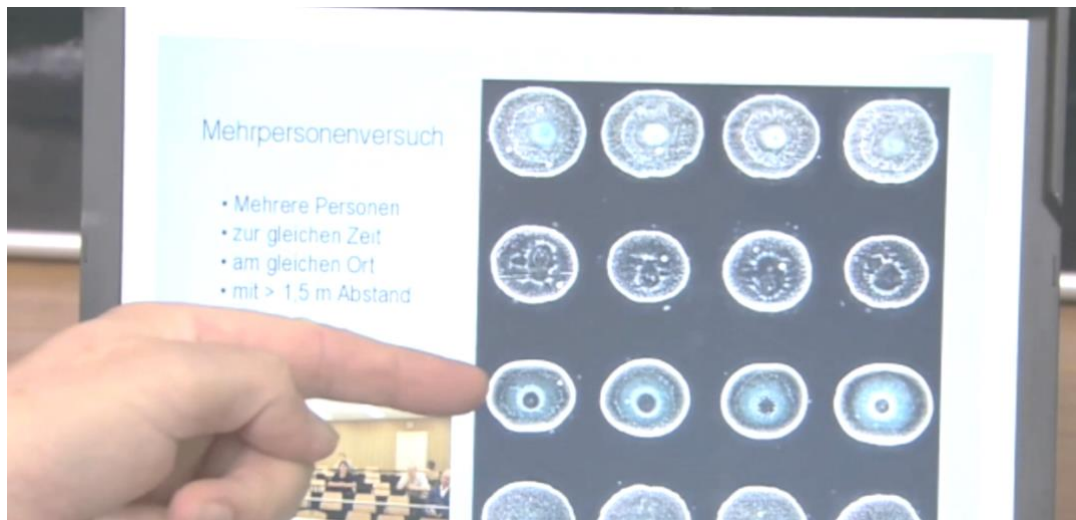
Water is more than simply a physical substance. It's a certain concept and that concept is connected in a special way, with the idea of life.

## Heavenly Elements for Divine Health

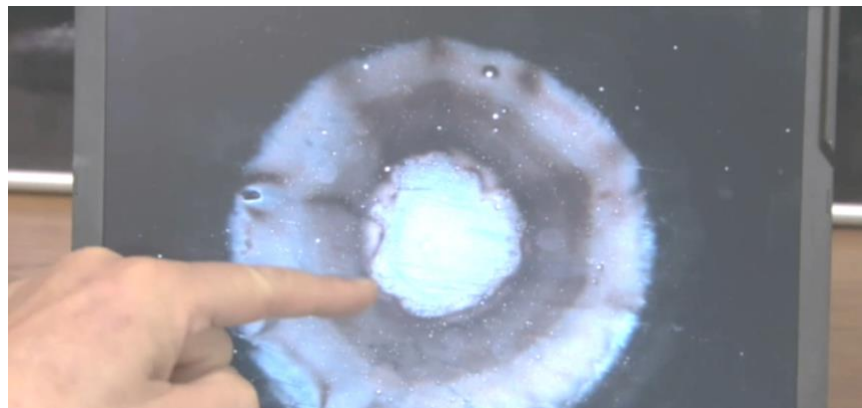
*English Transcript – Emerson Ferrell*

Water has the goal of picking up information. What does it perceive? And how does it remember it over time?

The Aerospace Institute in Stuttgart, Germany has discovered a relatively simple way of making the structure of a drop of water visible. The researchers have had their efforts rewarded by insights into a very beautiful world. Each drop has a face of its own, unmistakable and unique. Why are the individual drops so different from one another? We got a lot of people to come to a lecture hall here at the institute, gave them all the same water, had them make drops at exactly the same time, collected all the drops, and then discovered that each individual produced different images from the same water. Here you can see the results.



Here on the right, you can see that the images of the individual students are different, but those made by a given student are all quite similar. Then we undertook experiments to find out whether things changed when we put something into the water. A real flower was placed in the water. A while later, we took a drop of water, and here you can see one of the pictures. You can see it in this picture. It's the typical image you get when you put a flower into water.



## Heavenly Elements for Divine Health

*English Transcript – Emerson Ferrell*

You could recognize the flower in every single drop in this glass, of course. That can be reproduced and has significance. If you were to put a different flower in here, for example, a sweet William flower, then all the drops of this water would look like sweet William.



The statement that *water has a memory* practically changes our whole way of looking at the world, of course.

Let's travel down the Rhine in the figurative sense. The water is flowing down the Rhine, picking up information everywhere it goes. So, the water has more information at the mouth of the Rhine than it had at the source. And the Dutch, living at the mouth, when they drink that water, they're also drinking all that information. Thus, the world's oceans would no longer be something that separates us, but instead a giant storehouse of information, where the rain would perhaps be a data medium carrying information to the world.

Mr. Emoto speaks of the *thought or intent* being the driving force in all of this. The science of how that actually affects the molecules is unknown, except to the water molecules, of course. And it's really fascinating when you keep in mind that 90% of our bodies are water.

Makes you wonder, doesn't it? If thoughts can do that to water, imagine what our thoughts can do to us.

**-END OF VIDEO-**

So, when you start to understand the medium that we have in this physical body with water, how we can affect our physical being just from what we think, what we feel, it should make you very conscious of everything that you put in your body and every time you start to think.

The *conscious awareness* of what you're doing every minute of the day, over time makes you an absolute antenna for touching Heavenly things. Because what you emit dictates what you receive.

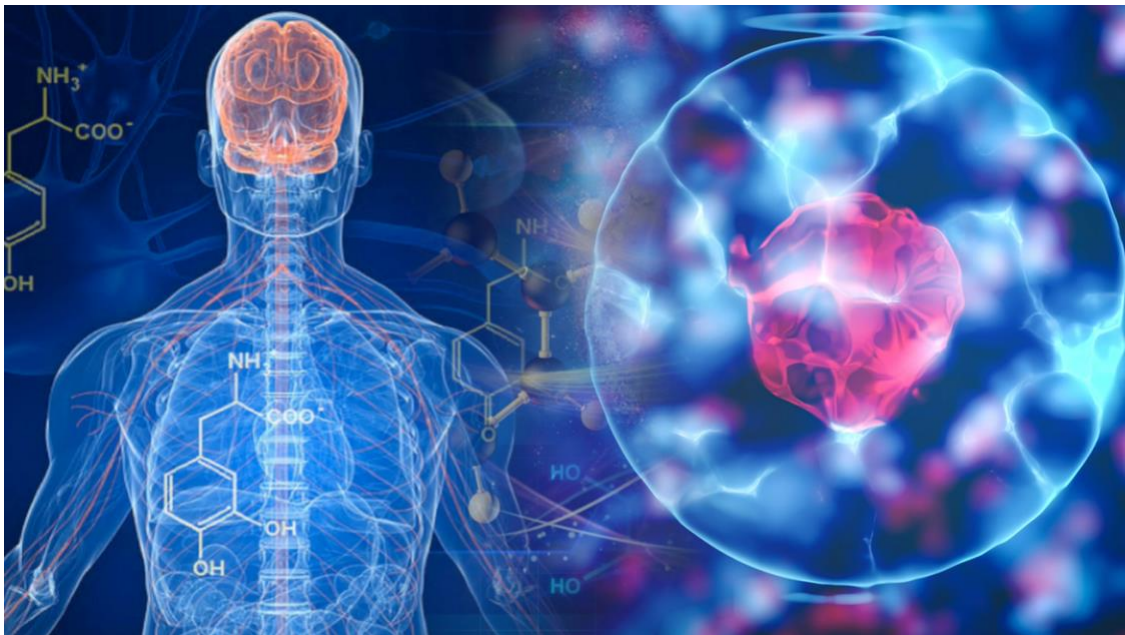
## Heavenly Elements for Divine Health

English Transcript – Emerson Ferrell

So, the greater your signal, frequency level, vibrational level, “opens up” your whole being to receive Heavenly information. We began today talking about being *led by the Spirit*. Until we can make our antenna so visible in the spiritual realm, it's very difficult to be led by the Spirit.

Our responsibility is to make sure that the proper nutrition is received. Then we can begin that very basically with the water that we ingest, and consciously paying attention to the thoughts that we perceive.

We talked about cells as being that little battery inside of our bodies that are designed to chemically work correctly if the proper nutrition is in your body.



I have a video on that, but I'd like to show how the cells are connected to the voltage. Plants understand their purpose on this planet. And the blood that runs through the plants are akin to the blood that runs through our bodies. They provide life to corruption that are in our physical being. That's why science uses plants to create their pharmaceuticals. You see, a long time ago, when man lived in gardens and farms, they produced the food naturally and ate the healthy food from the soils. They lived a long time and they lived healthy because they ingested the food that they grew.

But when man started moving to cities, he created a massive problem for hygiene conditions. Bacteria and disease started to grow in these populated areas where they could not deal with all of the waste. So, pharmacies were creating these drugs to combat those diseases through the plant kingdom. But they had to do it *synthetically*, which is not an organic process that passes through your body effectively. So, the synthetic drug attacked the nerve area or the cellular area where the disease was and changed the condition *physically* of the person's pain in that area. But because it could not be passed through the blood properly, it would store in other areas of the body, other organs.

## Heavenly Elements for Divine Health

*English Transcript – Emerson Ferrell*

And what was meant to be a *cure* became a *poison* inside your body. Now, these scientists weren't mean or evil people, they were just trying to solve a problem. And the more sophisticated they became in their pharmaceutical creations; they could put to sleep the pain centers where you were creating the discomfort. But no drug ever heals a physical body. God is your healer. And the tools He has given man are in *the garden*. It's in the *pure water*. It's in the *right thought life*. He makes it very fundamental and very easy to access Divine Health.

But because man populates all of these areas, man needs a *fast fix* for his hunger. So, the scientists had to come up with what's called *hydrogenated oil* or *trans-fat oils*, which produce the processed foods. Those fats are like wrapping your cells in plastic. So, your cells will try to reproduce in that deformed condition. And over time, if you keep consuming processed foods your body starts to become deformed because your cells cannot receive the voltage necessary to produce *health and healing* in your body. Your cells are those little batteries that receive electrical voltage from electrons in your physical being.

Remember the chemistry of our bodies?

But if your body's cells have been deformed because of the trans fats that you consume through processed foods and refined sugars, the cells don't get the right information to reproduce properly. Therefore, the DNA inside each cell becomes deformed and it reproduces deformed cells. Let me show you this video to give you a little overview.

[\(VIDEO: CELLS AND VOLTAGE\)](#)

*Dr. Jerry Tennant*

*MD, MD (M), ND (H)*

*Tennant Institute for Integrative Medicine*

Now, there are several bad things that happen when voltage drops below 20. One of the things that happens is that things begin to hurt. So, when your voltage is low, you simply hurt all the time. And so, pain is simply a symptom of low voltage. So, if you have pain, you automatically know that the thing has low voltage. You don't need to do any fancy test. You just know it because that's the way it works. If you have pain, you have the low voltage. Another thing that's bad about having low voltage is that it controls the level of oxygen that's available. If I take a glass of water and I put a tube in it and I start bubbling oxygen into that water, the amount of oxygen that will dissolve in the water is dictated by the voltage of the water. If the voltage is higher, more oxygen goes into solution. But if the voltage drops, oxygen comes out of the solution and leaves the water. Well, our cells are 70% water. When the voltage in a cell begins to drop, the oxygen comes out of the cell, and now the cell has to get by with an inadequate amount of oxygen.

Well, that creates a couple of other problems. One of them has to do with *metabolism*. We have a system inside the cells that generates the energy for the cells to do their work. So, insert fat into one side of what's called the Krebs cycle. And what comes out the other side is a rechargeable battery called ATP.

## Heavenly Elements for Divine Health

*English Transcript – Emerson Ferrell*

And ATP provides the electrons necessary for all the enzymes for your cell to do whatever it needs to do. And then ATP discharges into a discharged rechargeable battery called ADP. Well, the point that I'm making is that when you put fat into the Krebs cycle and you have oxygen available, you get 38 molecules of ATP out the other side, lots of energy. However, if oxygen is not available for every unit of fat you put in, you only get two molecules of ATP. So, when oxygen levels drop, you go from 38 miles to the gallon to 2 miles to the gallon, so to speak. Well, when you're running at 2 miles to the gallon, it's hard for the cell to have enough energy to do its job, isn't it? Another problem that happens is that each of us contain perhaps as many as a trillion bugs, and those bugs are asleep as long as oxygen is available.

However, if oxygen becomes unavailable, the oxygen levels drop, those bugs wake up. And when they wake up, they want to have lunch, and they want to have you for lunch. And so, since they don't have teeth to bite into your cells, they put out digestive enzymes so they can dissolve your cells and get the nutrients out of them. So one of the problems is that those bugs having lunch not only are damaging the tissue right around them, but those enzymes get in our bloodstream and go to distant places and damage cells there as well. So, for example, if I have strep throat, I've got a *strep bacteria* having lunch on my tonsil. Now, to me, when he's having lunch, I'm annoyed about it because it hurts like crazy, right? We got a strep throat. Well, we all know that the enzymes that the *strep* puts out while it's having a picnic on my tonsil can get in my bloodstream and go down and scar my heart valves. They call that rheumatic heart disease. It comes from strep bugs having lunch on your tonsil. Those same things can go down and damage my knees as well, rheumatic arthritis.

Well, the same process goes on throughout the body. So, I may have low voltage in my gall bladder and the bugs that are in there are having lunch on the *gall bladder* and put out toxins that commonly damage the brain. So, the reason my brain isn't working very well could be because I got low voltage in my *gall bladder*. You see how that works? So, whenever you hear somebody say, "You have an autoimmune disease," well, I don't believe there is such a thing as an *autoimmune disease*. I think it's just bugs having lunch and these enzymes going someplace, causing damage. And when we go biopsy that area, we see damage. We see inflammatory cells, but we can't culture anything there. So, we say, "Oh, the body is attacking itself." No, the body is not attacking itself. These enzymes that the bugs are putting out are attacking it. And one of the reasons I can say that with some confidence is I've taken a fair number of people that have a lupus with a high blood test called ANA, which diagnosis lupus. You go in and raise the voltage, kill the bugs, and the ANA goes back to normal, and the people get well.

So, it's my belief then that these things we call *autoimmune diseases* are simply *low voltage, low oxygen*, bugs having lunch, enzymes going places and causing grief. Then, of course, if voltage gets low enough, then one of the bugs that begins to grow are *fungus* bugs, which you can actually see in the blood with a phase contrast or dark field microscope. Then those fungal forms begin to take over the cell, and now you have a tumor. And that occurs at plus 30 millivolts. So basically, the point is then that chronic disease is always defined by low voltage. If you got chronic disease, you got low voltage.

-END OF VIDEO-



# Heavenly Elements for Divine Health

*English Transcript – Emerson Ferrell*

## QUESTIONS & ANSWERS

Okay, so the question has been asked, how do you increase your voltage?

And we kind of alluded to that in the last few minutes when I talked about the right chemistry for your stomach: Vitamin C (ascorbic acid), B-complex, Selenium, Zinc, and oxygenation through exercise.

Your body needs four things in this order: oxygen, water, sleep, and then food.

Food is at the bottom of that priority. So, if you have the right chemistry in your stomach, and you're hydrating yourself with enough water, and you're exercising, your voltage will stay maximized.

The minute your voltage starts to drop, you notice it according to the way you feel, and you notice it according to the way you react to thoughts. The trillions of bugs he's talking about is inside of every human being, that's what decomposes your body after death. That's why you go back to dust.

So, in order to keep those bugs asleep, you have to be physically alive. And generally, what happens when people are taking pharmaceutical drugs, synthetic stuff, the voltage never reaches the right number, (amperage) so you are in a chronic condition. That's how they keep coming up with all these fancy names like an autoimmune deficiency and all these other things.

So, you really are in charge of your physical condition, according to the way you hydrate yourself and the thoughts you have. Very fundamental, easy things to do. That way, all of us have an optimal chance to change the condition that we are in.

Now, obviously, if you've had surgery that's removed organs in your body, there's adjustments that you have to make according to what those organs are and how much they influence your life. But don't allow anything to be cut out of your body. Everything is necessary.

Okay. We ready?

[\(VIDEO: HEALTHY CELLS = YOU HEALED\)](#)

Your body is made up entirely of cells. You are a pile of cells, brain cells, bone cells, muscle cells, blood cells, and skin cells. Your cells all work together to create your thoughts, actions, and sense of well-being. How many cells do you think there are in your body?

There are about 100 trillion. Let's say you had \$100 trillion. If you spent \$1 million a day, it would take you 2,739 years to go broke. Your body replaces 3 to 4 trillion cells per day. If these cells were pennies, they could fill a football stadium to the top row of bleachers.

## Heavenly Elements for Divine Health

English Transcript – Emerson Ferrell

The health of your cells is your health. It's very simple. If you understand how your cells work and what makes them healthy or unhealthy, you will unlock the secret of "*health and wellness*". Imagine trying to build a house with low-quality raw materials. The same can be said with the human body. If you don't feed the cells the *right* raw materials, how can you produce a healthy outcome within the body? Listen close.

***The health of the cell is determined by how easily nutrients can enter the cell and how fast the cell metabolizes those nutrients.***

Okay. Let's first talk about how cells get fed. In order for your cells to be fed, you need nutrients to easily pass through the membrane. When you eat, your body produces insulin to travel along with the nutrients in your bloodstream. Insulin is like a key that opens the lock on the cell to be fed. When the cell membrane is soft and the lock opens easily, insulin easily opens the door and lets the nutrients in to feed the cells. When the membrane is hard and the lock is jammed, insulin cannot open the door and the cell starves. In this case, nutrients pass from your body or get stored as fat.

What makes the outer shell hard and jams the lock?

The main culprits are trans-fats, also known as partially *hydrogenated oil*.

Why?

Because trans-fats are terribly unhealthy. We'll learn more about them later, but basically, they harden the outer shell and make it *resist* opening to be fed. They cause your cells to starve. Even though you are feeding your stomach, your body, which is made entirely of cells, is starving because insulin can't do its job properly. When this condition worsens, it can become *type 2 diabetes*, which is simply put *insulin resistance*. No wonder Americans can't stop eating and we have an obesity epidemic. The food we eat is causing us to starve. This is one of the first areas that we'll mention, it's not all about will-power. You didn't have the right information. Let's learn more.

Now we'll discuss your *metabolism* or how cells turn food into energy. Imagine each cell was a nightclub. The dancers on the dance floor would be the *mitochondria*. The more active the mitochondria and the faster they're dancing, the more calories your body will burn. In other words, the faster they dance, the higher your metabolism. You want your nightclub to be busy with lots of action and plenty of dancers, right?

How do I attract more dancers to the club?

There are three things you can do to get your mitochondria dancing. First, fire the bouncer. Trans-fats have been nailing the door of your nightclub shut. Second, get better music. The nucleus is the DJ of the nightclub. The nucleus controls everything and has to have the right equipment to get the place hopping. And third, feed the dancers the right types of food to make them want to dance. You can accomplish all

## Heavenly Elements for Divine Health

*English Transcript – Emerson Ferrell*

three of these things by exercising regularly, drinking more water, eating more fruits and vegetables, and most important, feed the mitochondria healthy fats.

-END OF VIDEO-

There you go. It doesn't get any simpler than that, right? But because we live in such a fast society, we sacrifice our health for speed. That's generally the situation that we find ourselves in over a period of time. Now, I've already talked to you a little bit about the essential oils.

My book, "***The Breath of God Over Essential Oils***" explains the benefits of them a lot better than I can do in a short period of time. And most of the quotes that I took in my slides came from a couple of my books: "***Quantum Fasting***" and "***Immersed in Him.***"

So, I recommend that if you haven't read these, to get them and read them. It may take more than one reading. But it will be very, very beneficial to your spirit.

That's all I have for you.