The Books "Chain of Missing Links"

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At this extraordinary time in history where consciousness is exploding and developing take the room that you need to rotate and love

To be in this world

To be a fleshy temple

Allow the deep energy to flow through

From below

Realize that your eyes are made up of atoms that are microscopic

And are mostly space

They're in fact filled with the substance of your life You're very essence fills these space And even if through accident or through surgery Those powerful structures have been removed Out of your body

Relax

Let go

Expand

There's more space there
Than there is matter
More space
To relax

You do so much work
There's so much going on
You're old
And used up at the atomic level
Give yourself a rest
Allow yourself to release
Through the nose
Through the mouth

And into the spaces located just about

An inch or an inch and a half below your metaphorical

And about two inches behind who you were meant to be Allow greater clarity and finer atunement The ability to hear essence speak To allow your brain to expand This muscle that pumps
The magic of your hands
Your deep, brilliant golden teeth
Beaming through the transverse column
You too were carved
Giving yourself the Buddha belly(?)
With love
And with the passage of food over many years
Realize for a moment that the average human being
only uses about 5 percent of they're brain
the other 95 percent is available for
food

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