

The Elements of Ageing and its Reversal – from Jeshua

Question from Carolyn Evers to Jeshua – *“Is it fair to say or assume that the body ages as negative thought patterns accumulate in the emotional body and the subtle body?”*

Yes, but that is only a part of it.

As you know, genetics play a role because you inherit not only emotional aspects from your ancestors but you also inherit some of their patterns. It is that aspect that's contained in what science calls your “junk” DNA and they don't understand that yet, but there's more to genetics than the physical properties, so to speak - the colour of the hair, the eyes, the stature, the emotional makeup, longevity. That's understood by science. What is not understood by science are the things that a child inherits that have to do with the emotional aspects of past life history. So that plays a role in ageing. Those negative thoughts that you currently use, which of course, can be influenced genetically and the negative attitudes, belief systems, the mores from the years that your ancestors lived. You carry that also. Those aspects don't always show up in the younger years. They show up later.

Then nutrition plays a role. Exercise.

Very important - the attitudes of self-worth.

Love yourself - it's that simple. If you don't love yourself you will age faster.

The heart must sing. The soul must laugh. There must be joy.

If the heart is shut off to others, you age quicker. If you don't understand love and you feel unloved, you age quicker. If you feel you are cursed in some manner by another human being, you age faster and you wither.

And so, there are many aspects of ageing. And also, if you have a belief system that humanity is destined to age according to the number of years that you have lived, it is a self-fulfilling prophecy. These are all aspects of ageing. And there is also the time that you carry these attitudes with you where it starts to involve other systems.

Reversing the ageing process

So to reverse ageing, you can go through all of this clearing that you are talking about (karmic patterns from this life and past lives, belief systems, patterns within the DNA, etc), but the first step is to heal organs and you don't see those. All of the organs must be healed first so that the systems can perform at peak performance. The Peak. They can't be compromised in any way. Digestion, elimination, assimilation. These are all affecting organs that must be healed first.

So, even though you are clearing attitudes, past life trauma, if you start on this, say, in your '50's, you haven't started doing this until they have been in place for a very long time. You spoke about Atlantis. They did this every 5 years (at the Temple Beauty) and so their clearing took place before it affected the organs. And once the organs are affected, it takes much longer in clearing.

“How long will it take for the organs to heal and in what timeframe would we expect to see visible change?”

All of those prerequisites that I've discussed take a lot of work. A person has to be very diligent in completing these things. If you are taking the proper nutrition, clear water, elimination, mental attitude and we're not talking about a disease here, but simply the outer results of ageing. It depends on how intensive a program is that one follows. If these systems are worked upon - and this is without a healer, because intervention by a healer would quicken the process, of course - it might take several years for a person to heal the organs. With the intervention of a healer, it could take a month or two. Healers will show that kind of results in a body because they are bringing down energies that the individual who is not working with a healer has a very difficult time to accomplish for themselves. So when two people work together in the healing process, the organs can be healed faster. Now if you have worked closely with a healer and the organs are healed at optimum, 2-3 months - that is optimum.

That means all the things that we've talked about have to be of the highest priority and besides water, the air quality is important also.

So another factor sits here and that is the toxins that have been accumulating in the body and that would be the toxins and also the amount of plaque that is in the veins. So we would add to that to clear the veins of the plaque, to clear the body of the toxins, to clear the colon - all of those things must be cleared before the youth and vitality return. And so you see, this really is an 'if' answer. Because it is based upon so many components and if all these are dealt with as a high priority of clearing and you worked with a healer, it might only take 3-4 months.

But to work to the point where the reversal of ageing process is noticed - but that's working at the optimum - you can see how intertwined the system is when it has been allowed to go on for many years. If you are only working with a 5 year period like in Atlantis, it would be much easier to clear this.

You see what ageing is as far as organs are concerned is a loss of cells. They're not replicating like they should. And that means the entire organ now has to carry procedures that were meant for many other cells. So there has to be a rejuvenation of cells. And this takes time.

You're looking at least 9-12 months before you can start to demonstrate any kind of change in the outward appearance because that is one of the last places that reversal of ageing actually is demonstrated. But it can be done.

But you have to apply yourself in all these other areas. Greens are extremely important and if you are not eating enough quality greens, then drink your greens in a powdered form. Greens will heal in ways that you cannot understand because, even though there is a lot of talk of proteins, the human body was designed to exist on greens and fruits, with some nuts. So even though humanity is, as you've been talking about, 200,000 years old, the digestive system and the assimilation system really hasn't changed that much. But what

humanity is eating has changed dramatically. In essence, the physical was designed to eat raw food. Raw fruits. Raw greens. Raw nuts. Berries.

And what is being consumed is animal fats, which clogs up a lot of the systems, so it would be important to look at the amount of fats that are consumed – except for vegetable fats. An avocado has fat in it but that is a vegetable fat. And it is alkaline. And if you ate the ideal diet, the body would be alkaline. And it is the acetic body that is causing the toxins.

If the body isn't alkaline, even if you're working on clearing the toxins, the toxins still increase.

Jeshua

Brought forth by Carolyn Evers