

Affirm Life Daily Podcast Let What We Consume Be Our Medicine Parts 1 & 2
Supplemental Notes Created by Sara Cross of Timestrider Radio

"Let what we consume be our medicine"

Before we get really into it I want to quote maybe my favorite quotes from Ernest Holmes:

"We ... receive only that which we are ready to understand. ... some draw one type of knowledge and some another, and all from the same source - The Source of all knowledge. The scientist discovers the principles of his science, he artist embodies the spirit of his art, the saint draws Christ into his being. ... Each state of consciousness taps the same source but has a different receptivity."

This is the real power of diversity and is how it SHOULD be defined. Not by nationality, skin, wealth or IQ, but by the individual's receptivity to their unique connection with God and God's Law.

1.What are the origins of medicine?

A: The origins of medicine trace back to prehistoric times. To understand and heal the body people used a combination of natural materials such as plants and minerals, ritual and first-hand observation. Which you could say is not actually that much different from today generally. The practice of healing was closely associated with spirituality and sometimes magic. Often people thought of illness as being caused by supernatural forces outside the control of man. There is some archaeological evidence that does suggest that early societies practiced basic surgery, such as trepanation and used herbal remedies based on trial and error with whatever local flora and fauna was available.

(Trepanation, also known as trepanning, trephination, or making a burr hole, is one of the oldest known surgical procedures, with evidence dating back to the Mesolithic era and the Neolithic period, over 5,000 years ago. It involves the deliberate drilling, scraping or cutting of a hole into the human skull, typically to treat head trauma, relieve intracranial pressure from blood buildup, manage conditions like epilepsy or headaches or as a ritual practice to release supposed evil spirits believed to cause mental illness or abnormal behavior. Archaeological findings, including over 1,500 trephined skulls from the Neolithic period across Europe, Siberia, China and the Americas, show that the procedure was widespread with evidence of bone regeneration indicating many patients survived the operation. In modern medicine, the term is used in contexts such as corneal transplant surgery, the treatment of subungual hematomas by drilling a hole in a fingernail or toenail, and in abdominal surgery for stoma creation, where the term refers to the round shape of the excised tissue rather than bone.)

More formalized medicine did not emerge until about 3000 BCE in ancient Egypt. Or so we are currently aware of. Keep in mind that we are only talking about what we currently have as evidence that suggests this and that we are only referring to Earth as it is in its current state.

The physician Imhotep, who lived during Egypt's 3rd dynasty (around 2600 BCE), is considered to be the first known doctor and was later deified as a god of healing. Texts like the Edwin Smith Papyrus and the Ebers Papyrus show that Egyptians practiced empirical medicine, diagnosing injuries and prescribing treatments alongside ritual practices.

In Mesopotamia (modern Iraq), Sumerian and Babylonian healers also combined practical remedies with incantations, recording treatments on cuneiform tablets like those found in Nippur. Perhaps where we get the habit of keeping detailed records of diseases and prescriptions.

In India, medicine evolved through Ayurveda, meaning "knowledge of life." Texts such as the Vedas described herbal treatments, surgery and the balance of bodily humors ...

(The term "humors" originates from ancient Greek and Roman physiological theory, where it referred to four bodily fluids—blood, phlegm, yellow bile, and black bile—that were believed to determine a person's temperament and health. This doctrine, developed by Hippocrates and later formalized by Galen, held that a proper balance of these humors constituted good health, while an imbalance led to disease and specific personality traits. The four temperaments associated with the humors are sanguine (blood), phlegmatic (phlegm), choleric (yellow bile), and melancholic (black bile), each linked to distinct physical and mental characteristics. Although this theory dominated Western medicine from antiquity through the 19th century, it has since been replaced by modern scientific medicine, though its influence persists in folk practices and cultural references.)

Ancient China developed its own medical system around the same time, recorded in the Huangdi Neijing (The Yellow Emperor's Inner Canon). This text introduced the principles of yin and yang, meridians and holistic health.

Greek medicine - especially through Hippocrates of Kos (c. 460–370 BCE) - shifted medicine from superstition to observation. Hippocrates emphasized clinical observation and the idea that illness stemmed from natural causes. His teachings formed the basis of the Hippocratic Corpus and laid the foundation for medical ethics through the Hippocratic Oath.

(As a side note, my next episode for Timestrider Radio will be on the subject of Hippocrates.)

The Romans, such as Galen, expanded on Greek knowledge, emphasizing anatomy, surgery and public health. They built aqueducts and sanitation systems that advanced preventive medicine.

During the Middle Ages, monastic scholars in Europe and Islamic physicians like Avicenna preserved and expanded classical knowledge. Avicenna's Canon of Medicine became a central text for centuries. The Renaissance revived empirical study of anatomy and disease, eventually leading to the germ theory and modern scientific medicine by the 19th century.

2. How does our current culture promote medicine and healing?

A: My first response would be that is doesn't. Today we have a medical infrastructure that is so broken that we don't even know how to manage it or what to do about it. It's corrupt, it's infiltrated by parasites and functions as a financially focused operation rather than a service. The element of "the calling" has been almost entirely removed from the equation. If the last 5 years have taught us anything it is that the current establishment is not to be fully trusted.

That being said we have to be fair and realize that there are people who are in the field who do genuinely mean well and are not trying to kill anyone. They are just as much dependent of the system as anyone else is. They are just as much a victim, in regards to polarity ... that is, they sit at the opposite side from us. The issue with it is that they are being trained to practice in such a way that operates almost against the entire practice of what true healing is. They don't actually know any better, which leads into the illiteracy/comprehension issue we can go into later. The only difference is that one side of the pole is aware of the problem and the other side of it is not.

I will also make the statement that, whether people like it or not, we have to learn how to balance man's intervention (modern-day technology and the sciences), natural avenues of healing practices and our abilities that allow us to connect to Source/God. Somewhere along the way we lost this. There are all inherent and it doesn't stop being an ability but it has been "shut off". We have to ask why?

The current powers-that-be what to keep the most important parts about us, mainly our capabilities, out of sight and out of mind. They have successfully made us deaf and dumb to all that is part of this natural world. We have been handicapped.

I would stop here to suggest, as we could not go into it too much here, for people to look up Ernest Holmes. He wrote the book "The Science of Mind". His method was to term it as "applying treatment"

The Ernest Holmes "Treatment" Method Summed Up:

"Spirit expresses THROUGH us. It is the MOST self aware while operating through us because it is utilizing both the physical and spiritual body. Passive treatment will NOT produce an active result. The MIND must conceive before the "creative energy" can produce and effect. It must flow through us in order to manifest for us. By conscious thinking, we give conscious direction to Spirit, and Spirit consciously or not, responds to our advance along the line of our conscious,

or subjective, direction. A practitioner uses thought definitively and for specific purposes and the more definitely one uses the Law, the more directly Spirit will respond in kind. Change the consciousness of the whatever you are "applying treatment" to and the false condition will disappear."

Ernest Holmes says, "There is too much theory and not enough practice". I would have to agree with this. This method is a universal treatment method and can be applied to ANYTHING.

Where the Law is objective the operations of it being utilized by the individual is a subjective one. We get what we ask for, essentially. This is all about learning how to use your thoughts, emotions and actions correctly.

3. How do the things we consume affect our health?

A: Pertaining to the things people consume physically - food, beverages, supplements, etc. - have a direct effect on physical, mental and emotional health. What we eat and drink regulates every part of the body's functioning, from metabolism and immunity to mood and cognition.

People who eat "too healthy" can become obsessive and overly paranoid about their health. They judge others based on diet which can often lead to a further fracturing of a community. The brain can become weak and stop functioning normally where the cognitive abilities can slow. Other organs can be effected because they may not be getting the nutrients they need. They can damage themselves physically or even die because of what they eat or don't eat under perceptions that THIS THING is healthier than THAT THING, without any research on the topic. Their bodies stop having the biological knowledge on how to function with anything that has impurities in it but the truth is we need some of those impurities in our system so that the body knows how to deal with it when it presents itself. That is how the body is so intelligent. It's not magic. It's science.

People who eat "too unhealthy" can have the same kind of issues only with this problem usually can see the problem manifest a lot earlier because your physical body responds before your spiritual body does. This problem sits on the opposite side of the pole, in regards to physical diet. If a person eats very poorly or eats only food from a location that has a lot of impurities in the food and that is the condition your body is used to, if that person then starts "cold-turkey" to eat food that is on the exact opposite of this polarity it can actually make them very sick. The body, in this state, is not used to the pure condition. It doesn't know how to handle the situation.

Neither is a healthy way to live.

So when it comes to what we physically consume we have to learn how to strike a balance that our bodies can function optimally as. This means understanding how our biology's work and knowing what our Body Mass Index (BMI) is. Our health depends on what and how we

consume and physically should be in line with what our height and weight are, ideally. And diet shouldn't be thought of as this specific thing or that, diet has to be designed for each individual that fills their specific requirements.

Spiritually speaking is another matter. On the metaphysical side (the spiritual body) we are limitless in what we can do. The physical body is meant to work hand-in-hand with the spiritual body with keeping us healthy. Even if we had no modern medicine or trained doctors and depending on how well we connect to Source and what we really are we would still be able to heal ourselves to an extent. The human body itself is very resilient. It can take a lot of abuse. And personally I think it was designed that way.

Spiritual journeys are brutal and we trample through rough terrain and this will effect the physical shell that the Spirit is housed in. So I would say that is just as important to consume the metaphysical data that can be provided. That includes understanding our connection to Source and allowing this to function as a guiding system. Every experience we have is more fuel for our personal growths that leaps from physical life to physical life through the act of reincarnation. Our experiences (which are a spiritual matter) are just as important to consume for our health as finding that balance with physical consumables that the physical body requires.

Food acts as a form of information for the body while experiences act as a form of information for the mind.

5. How do we heal our bodies with "real" medicine?

A: Now, this is something that works in the more subjective realm. The objective aspect to healing is the end result but the experience and how it takes place is entirely subjective. These bodies all have the same basic blueprints on how they are built biologically so that they can function enough to be alive but it the internal operations within the biology that is unique. So one form of "treatment" may not work for another ... people wonder why? ... because we all have "quirks" in our genetic makeups that will react in all manner of ways. That is why in the medical field it is referred to as "practicing medicine". All treatment is based off theory and experimentation and historical findings. But those are never set in stone fully because we are all unique in various genetic ways. That's why we have side-effects from pharmaceuticals, why some people can use psychedelics in order to spiritually open up and some can not, why some "break-through" treatments work on some but kill another or why direct connection to God will seemingly work on some and others will get zero response ... seemingly.

We have to understand that our physical bodies and our spiritual bodies are meant to operate together in this reality in order to function correctly with it and in accordance with the mechanics of it. And by mechanics I mean the seven hermetic principles and the trinity of thought, emotion and action. There is no "real" treatment for only the physical body or the spiritual body. You have to "apply treatment" to both simultaneously.

This means taking the time it takes to go on the exploration to figure out what your own personal metaphysical anatomy requires on both the physical and the spiritual level in order to "apply treatment" in whatever way that shakes out for the individual. It is entirely personal. What works for me will not work for you. There may be similarities but there will be very distinct differences.

So, let's back up and start with a baseline. If you consider that these bodies are not fully natural to this planet then it would make sense that we have this dysfunction. I consider that the natural inhabitant of this planet were the Neanderthals and probably the Sasquatch species. Then, I consider the hiccup that took place in this planet's natural evolution was that we have off-worlders that could probably even be classified as human beings who were just more technologically advanced (which would explain all the weird stuff in our ancient past) found this planet, saw the abundance of resources this planet has (including gold), took the Neanderthal species and modified them just enough to make them a slave race that could take command without question and produce slaves quickly. This theory works side-by-side if you understand that human women are the only animals on this planet (outside one or two other random creatures) that go into heat every single month. That is not normal in nature, observably.

So, keeping this mind as a baseline of possibility, it would make sense that an over-reaching off-worlder ruling class would not care if their slaves were bio-engineered to function optimally (only caring about the minimal capabilities that are necessary to their own needs) it then makes logical sense as to why these bodies don't work as they should (why they are inhibited and why we have to find a work-around!) and why there is so much physical dysfunction in them from the get-go.

You can even look at our most recent medical science within the last couple hundred years. We KNOW that genetic modification is possible. There are countless medical/scientific studies that prove it. My own main treatment is due to genetic modification. Because I was born with a genetic mutation (not a disease) it is man's intervention using genetic modification science that "corrects" the mutations that I carry. There is no cure for this problem, I can only "treat" the symptoms that take place due to it.

A disease or a disorder that is developed outside of your genetic makeup will be the only things that can actually be cured fully though whatever "treatment" that the individual develops from themselves.

6. Why is our health so important when it comes to freedom?

A: I think to understand that question we have to understand this question. What are the two things we come into this world with that we also leave with regardless of any other factor or aspect involved in the physical realm?

We come into this world with our physical body and our spiritual body. These two things, no matter what happens or why, belong to us in full and there is nothing that anyone else can do about it. No matter the external force that may exist. Those two things can never be removed from our ownership. We are born with them and we take them with us when we give up the ghost. And in every cycle that we introduce ourselves back into this physical world through the stream of consciousness it is the same ownership. Ultimately, there is no force anywhere out in reality that removes this ownership. The only thing that can be attempted is ... say ... a mentally ill parasite class who's goal is to trick us into forgetting or be unaware that this is the case. They want to keep God out of sight and out of mind. When we forgot about God or we forget that we have a direct connection to this Source we forget that we are boss here in this beautiful reality.

This reality was designed for us to experience in ... in full technicolor.

I encourage people to make a study of The Vitruvian Man.

So, to answer the question ... our health is so important to our freedom simply because we are owners, arbiters, stewards, etc, to the physical body and spiritual body that we enter into this world with. It's not a matter of claiming it. We don't have to claim it to anyone and no one outside of your body is entitled to your proclamation of it. It just IS that way. We own it all. And because we own it all we are responsible for it all. When we have our "health" in order (mind, soul and body) then this automatically gives us freedom. No force anywhere in this universe can take it away. If you want real freedom you have to maintain it, manage it like it's your house. Navigate your requirements appropriately. Dismiss all that is disorderly. Throw out all intruders.

Now, yes, we have this physical parasite class force that goes after the body and tries to harm or kill it but really at the end of the day that is all they got. And they want us to believe that the physical body is all we got when really it is only half the picture.

Think of it this way ... our physical body and spiritual body are the most valuable resources that we have. The parasite class are greedy, beast conscious level gremlins that focus only on the physicality. In the physical world you can correlate the physical body and the spiritual body equal to silver and gold. Our body is the silver and the spirit is the gold. They want us believing that the silver has the most value and that is all that matters. Training us to fight tooth and nail for a little silver. But the real treasure is the gold that is housed inside the silver. They don't want us to understand just how rare, how powerful, how unique and special we are. Gold universally rare. It's special for a reason.

They can only take the body. It's a recyclable, throwaway object anyways. They will NEVER be able to take our spiritual body, regardless of current life perspective. Our High Self/Big Self/Guardian Angel knows better. Every time we cycle back into this physical realm through the stream of consciousness we just get a brand new physical body to own.

So, I don't think anyone should be making claims or build an argument that we deserve health and freedom. We should be making a definitive statement that we own our health and freedom to any force that would dare to over step to us.

It's not a claim or request. It's an objective fact.