



Jean-Jacques Fournel

My Heart Healed,
My Soul Revealed



Thula Publishing

"No one can ask another to be healed. But he can let himself be healed, and thus offer the other what he has received. Who can bestow upon another what he does not have? And who can share what he denies himself?"

- A Course in Miracles

"The moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. . . unforeseen incidents, meetings, and material assistance, which no man could have dreamed would have come his way. "

- Johann Wolfgang von Goethe

**MY HEART HEALED,
MY SOUL REVEALED**

Jean-Jacques Fournel

Thula Publishing

My Heart Healed, My Soul Revealed – Jean-Jacques Fournel

Cover page design by Benoit Fournel - www.urbain-studio-design.com

Photo : Jean-Jacques Fournel
Lac Arthur, Notre-Dame-de-la-Merci (Québec) Canada

Thula Publishing
391 du Roussillon
Sainte Julie (Quebec) J3E 1B4
Canada

E-mail : info@thulapublications.com

Web site : www.thulapublications.com

All rights reserved
Thula Publishing © 2011

No part of this book may be reproduced by any mechanical, photographic, or electronic process, or in the form of a phonographic recording; nor may it be stored in a retrieval system, transmitted, or otherwise be copied for public or private use – other than for “fair use” as brief quotations embodied in articles or reviews – without prior written permission of the publisher.

The author of this book does not dispense medical advice or prescribe the use of any technique as a form of treatment for physical, emotional, or medical problems without the advice of a physician, either directly or indirectly. The intent of the author is only to offer information of a general nature to help you in your quest for physical, emotional and spiritual well-being. In the event you use any of the information in this book for yourself, which is your constitutional right, the author and the publisher assume no responsibility for your actions.

Legal deposit: July 2011
Library and Archives Canada
Bibliothèque nationale du Québec

ISBN 978-2-9811502-1-9
Printed in Canada

Acknowledgements

Acknowledgements

First and foremost, I am eternally grateful to my spirit guides for their continuous inspiration, guidance and protection since the very beginning of this earthly journey. Their remarkable assistance and timely manifestation constitute the blessed keystone of the totally unexpected and medically inexplicable healing of my heart ailments as testified in the pages of this book.

To my mom Rose and my dad Constant, my deepest love and appreciation. Even though you have left this world many years ago, I have regularly felt your presence and support during the writing of this work.

To my dear wife and soul mate Lucy, my eternal love and gratitude for fulfilling our Sacred Contract from beyond. After more than 40 years, you are still lovingly by my side in spite of all those years of stressfully worrying about my health. A new day has dawned in this autumn of our lives. We have finally reached our long awaited oasis to fully enjoy and share with others before returning Home.

To my beloved children Patrick and Benoit, thank you for having chosen me as your father knowing quite well that the

road ahead would be a very uncertain and sometimes difficult one. You have always been and will forever be my very pride and joy.

To my brother Frank, my sister Anne and all my other family members, thank you for sharing this earthly journey with me. Many of us are of the same soul group; old friends eternally bound together and mutually participating in our spiritual evolution.

To my dear friend Bertrand Lemieux, my deepest thanks for introducing me to Total Biology as my first teacher. But most of all, my eternal gratitude for reminding me of the true nature of my Being. This revelation radically changed my life path. It was the seed that has grown into a magnificent and most unexpected blossom: the complete healing of my heart diseases.

To Doctor Claude Sabbah, my second teacher and the initiator of Total Biology, I am greatly honored of having had the opportunity of being one of your students. Thank you for your revolutionary new insight about what may be at the root of our ailments and illnesses.

Acknowledgements

To Doctor Gerard Athias, my third teacher and dear friend, thank you for having instilled in me the practical application of Doctor Sabbah's teachings and my deepest appreciation for your assistance in discovering some of the key pieces of my life puzzle. But most of all, my eternal gratitude for your timely intervention at your seminar in August 2007 when you and Edith rescued me from a dire situation in front of some one hundred bewildered attendees. I truly believe that my healings would have been impossible if not of this mystic event. What a wonderful moment of grace!

Special thanks to Doctors Elisabeth Kübler-Ross, Raymond Moody, Michael Newton, Deepak Chopra, Caroline Myss, Wayne W. Dyer and Brian L. Weiss for their many works which made me aware of my spiritual nature and of the lessons that we must learn on a day-to-day basis through our life experiences.

Final thanks to my long-time friend Dave Jackson and to Nicole Grace Valenti for their revision of this work. Your wise comments and suggestions are greatly appreciated.

My Heart Healed, My Soul Revealed

Table of Contents

Table of Contents

Acknowledgements	7
Table of Contents	11
Foreword	15
CHAPTER 1 Healings - The Moment of Truth	23
CHAPTER 2 Psychobiology and Total Biology	33
<i>The Concept</i>	35
Illness: the brain's best solution	36
Biological decoding and deprogramming	37
Our thoughts and the automatic brain	37
<i>Basic notions of Total Biology</i>	39
Project and Purpose	39
Conflictual reaction to an event	41
Transgenerational Cellular Memories	44
Diagnosis/Prognosis Conflict	50
The power and weight of words	53
CHAPTER 3 Project-Purpose and Biological Decoding	59
<i>My career</i>	60
<i>My personality and general disposition</i>	66
<i>Cardiac illnesses</i>	68
Heart murmur	68
Wolff-Parkinson-White (WPW) syndrome	69

Mitral valve prolapse_____	73
Mitral valve - excessive tendons_____	73
Aortic valve stenosis_____	74
Cardiomegaly (enlarged heart)_____	75

CHAPTER 4 Obstacles to Better Health and Well-being 79

<i>The ego</i> _____	81
<i>Our resentments</i> _____	87
<i>Our judgments</i> _____	93
<i>Our values</i> _____	98
<i>Our beliefs</i> _____	102
<i>Our fears</i> _____	104
A) The fear of change _____	111
B) The fear of illness _____	112
C) The fear of death _____	115

CHAPTER 5 My Three Near Death Experiences _____ 121

<i>First NDE - 7 years of age</i> _____	124
<i>Second NDE - 37 years of age</i> _____	131
<i>Third NDE - two days before my 39th birthday</i> _____	138
<i>Follow-up notes</i> _____	144

CHAPTER 6 Death, the Hereafter and Reincarnation __ 149

<i>Death</i> _____	153
<i>The Hereafter</i> _____	160
Life assessment _____	161
Homecoming _____	161

Table of Contents

Life selection _____	163
<i>Reincarnation</i> _____	171
Personal anecdote _____	173
CHAPTER 7 Spirituality _____	177
<i>Love and compassion</i> _____	183
<i>Happiness</i> _____	186
<i>Change and the notion of time</i> _____	190
<i>Anger</i> _____	196
<i>Guilt</i> _____	198
<i>Letting go</i> _____	200
<i>Negativity</i> _____	205
<i>Forgiveness</i> _____	207
<i>Patience</i> _____	211
<i>Fear</i> _____	213
<i>Power</i> _____	215
<i>Relationships</i> _____	219
CHAPTER 8 The Power of Intention _____	225
<i>Quantum Physics</i> _____	227
Intention _____	231
Coincidences _____	235
Synchronicities _____	240
<i>Main obstacles to our power of intention</i> _____	243
Our doubts _____	244
Our limiting thoughts and beliefs _____	246
Our feelings of lack _____	248

<i>Our healing power</i> _____	249
<i>Our spirit guides</i> _____	254
CHAPTER 9 Healing Journal _____	257
<i>1988 to 1990 - Critical heart condition</i> _____	258
<i>October 1990 – Open-heart surgery (WPW)</i> _____	259
<i>1992 - Genealogy</i> _____	262
<i>1990 to 2000 - Decline in health</i> _____	263
<i>2002 to 2008 - Total Biology apprenticeship</i> _____	266
<i>2003 - Doctor Michael Newton's books</i> _____	268
<i>2005 – Quantum Physics seminar</i> _____	269
<i>2005 - Albi the ring-necked dove</i> _____	271
<i>Spring 2006 - Caged joy</i> _____	273
<i>Summer 2006 - Revelation</i> _____	275
<i>The falcon</i> _____	277
<i>Change of course</i> _____	278
<i>June 2007 - Testimony</i> _____	279
<i>Summer 2007 - The entity within</i> _____	280
<i>December 2007 - Emergency room visit</i> _____	286
<i>January 2008 - Insight about my aortic stenosis</i> _____	286
<i>February 2008 - Thorough cardiac exams</i> _____	286
<i>March 2008 – Heart healings confirmed</i> _____	286
Epilogue _____	287
Bibliography and Recommended Reading _____	291

Foreword

Foreword

For the past 20 years, people have regularly suggested that I write a book about some of the more unusual events of my life including my three Near Death Experiences (NDEs). Doubting both its usefulness and potential interest, I had never seriously considered embarking on such a project as numerous books had already been written about these various phenomena including many by renowned authors, researchers and lecturers.

Having discovered the workings of coincidences and synchronicities, I figured that the Universe would surely give me an unequivocal sign if and when the time had come to write and publish a personal work. Such a window of opportunity was clearly revealed to me in March 2008 when my life trajectory arrived at a most blessed and totally unexpected crossroads.

Totally bewildered with mouths agape, both my long-time cardiologist and family physician confirmed the inexplicable healing of my heart illnesses after reading the results of thorough medical examinations carried out a few days earlier. The symptoms of these diseases, as well as their pessimistic long-term prognostics, had plagued me ever since my young

childhood. As a result, I purposefully started writing this book in spring 2008 convinced that each reader would gain at least one beneficial, if not life altering, insight within its pages.

At the beginning of 2009, I felt my vital energy steadily depleting as a strange uneasiness was settling in. These feelings became so overwhelming that I even considered scrapping the book project altogether even though it had sustained me for the past eight months. What was causing this sudden about-face? I decided to put my project on hold and devote my time to the completion of a third technical work to be published in September of the same year. Once again, the Universe would surely give me a nudge if ever I needed to reconsider my choice.

I believe that each of us can benefit from the guidance of spiritual entities (usually called spirit guides or guardian angels) on a day-to-day basis. Most of the problems I have submitted to my spirit guide have been responded to appropriately in one way or another. Though at times the path suggested may not have been my preferred option, the outcome always proved to be to my best advantage.

At bedtime one evening in April 2009, I asked my spirit guide for a sign that would tell me if I should resume work on my

Foreword

book project or not. The answer came to me that same night in a dream offering a clue for the reason why I had suddenly felt so uneasy about my project. Waking-up from that dream at exactly two o'clock in the total darkness of my bedroom, I felt the urge to reach for a book. Without opening the light, I randomly picked one among some one hundred placed in two bookcases near my bed. I switched on the lamp and noticed that it was a book in French titled "Les familles d'âmes" (Soul Groups/Families) written by Marie Lise Labonté. Eagerly, I started reading it.

An hour later, I was totally amazed that the content of some ten pages was eerily similar to my own life experience of the past 10 years. It also reminded me of the soul group/family I most probably belonged to and of its intrinsic abilities which I had never seriously dared to explore. I highlighted several sentences for Lucy to read the following day. Having read them, she turned to me with a surprised look and said "This is also YOUR story!"

The answer from my spirit guide was very clear. I had to resume the writing of the book and publish it. And to think that just the previous day, I had considered deleting the computer file containing the first one hundred pages, but why?

The main reason had been revealed to me in the dream I had that night. I realized that the ego was greatly outraged by the indifference, skepticism and even mockery of some people about my sudden and inexplicable healings.

Though we should never take offence at judgmental reactions, favoring such an attitude is particularly difficult when the people expressing these rebuffs are family members or close friends who have always known my medical condition and witnessed its harmful impacts on my state of health. Sadly, in spite of documented medical proof and instead of rejoicing at the return to good health of a loved-one, through their eyes I am but a dreamer at best or, at worst, a liar or a lunatic.

Intriguingly, out of the many doctors and specialists who had first-hand knowledge about my long-time battle with heart disease, only one asked me what I believed may have contributed to these medically enigmatic healings. It was my endodontist (tooth pulp specialist) who listened attentively to my reasoning. The others never dared to discuss such an unexpected outcome or show the least open-mindedness in explaining an event that totally defies what they have rigorously believed in ever since medical school.

Foreword

Even though more and more people within the scientific and medical fields believe that there could indeed be a link between illnesses and our emotions as well as the way we generally cope with the vagaries of life, this psychobiological concept still remains an extremely taboo topic. Very few dare to venture on such a risky path for fear of being ridiculed, attacked and ostracized by their peers or reprimanded by their professional orders. And let's not forget the potential backlash from the very powerful and lucrative pharmaceutical industry.

A vast amount of information has been available since the 1950's showing the major influence our thoughts have on our physical and mental conditions. In other words, our attitudes, behaviors and beliefs constitute a catalyst in the creation or the destruction of our health and well-being. We now know that depression or excessive stress negatively affects our health by weakening our immune system. Harmful negative emotions such as fear, anger, resentment and bitterness can also seriously compromise the healing process or even interrupt it.

Our will to be free of illness and especially our commitment to fully participate in this healing process represent a formidable and unlimited inner power. Without it, an illness can more easily overcome our physical body which is truly miraculous as

our brain analyzes millions of data bits each second coming from every part of our organism and immediately informs us of a problem. This warning can be manifested in many ways including physical symptoms (pain, fever, shiver, dizziness, sweating, trembling, cough, etc.), dysfunctional organs or glands, diseases and mental disorders.

I like comparing this process with what happens when our car computer is informed of an abnormality. For example, let's say that the motor oil level is low. The computer immediately sends a signal to light-up the "check oil" warning lamp of the dashboard. Having noticed this warning light, we have the following options: 1) Stop at the nearest garage to get a diagnostic check and fix the problem; 2) Have the problem checked later on; or 3) Forget about it. The last two options are quite risky. If we choose not to have the car checked promptly, the motor may well be damaged. The same holds true when we neglect to appropriately respond to warning signals (symptoms, ailments, illnesses, disorders, etc.) from our "dashboard" (our physical body) which is controlled by our own "computer" (our brain).

Let's go a step further with this example. Instead of searching for the source of the problem and fixing it, an unscrupulous car mechanic only removes the tiny light bulb of the warning

Foreword

indicator thus interrupting the problem's visual signal. Sooner or later, this neglect can easily result in important mechanical damage requiring costly repairs. At worst, the damage could be so extensive that the motor would be beyond repair. Comparative outcomes are possible in the case of medical treatments where prescriptions (pills, injections, ointments, etc.) are often used to ease or interrupt the symptoms (just like the removal of the "check oil" warning light bulb) without searching for their underlying cause.

One of the main objectives of this book is to empower its reader to go well beyond strictly "removing the warning light bulb" by actively participating in his return to good health and a state of well-being. Miracles truly exist! They occur daily but we are too busy or preoccupied to notice them. Under the ego's constant influence, we mostly focus our thoughts on our displeasure and what is lacking in our existence instead of having gratitude for the people and things in our lives.

The total healing of my heart is a wondrous blessing for which I will always be grateful for. This surprising outcome was the culmination of a decade of self-analysis and deep introspection which allowed many beneficial discoveries and insights about our true nature and purpose as well as the relevance of life's major crossroads. The major pieces of my

life puzzle were revealed in many ways but mostly: 1) In the subtle messages or hidden meanings of life's unusual events or encounters; 2) In several psychobiology lectures, seminars and workshops as well as teachings in other related fields; 3) Through the reading of numerous relevant books; and 4) Thanks to timely and amazing phenomena including intuitions, dreams, coincidences and synchronicities.

However, the hidden power of such precious knowledge can be manifested only if we dare to bring the required changes to our daily existence. To achieve this goal, we need to subdue the ego's stronghold, confront our fears and reassess our values, beliefs and priorities. Only then will we be able to fully access the healing power within us and set out on our journey to a better health and a greater well-being.

This book's main goal is to help you reach your own journey's destination by humbly sharing with you my interpretation of the events that I believe have led to my healings and a change of course in my life trajectory. May its content bring you precious insights and discoveries thus insuring a most enjoyable and maybe even a quite memorable trip.

J.J. Fournel - June 2011

CHAPTER 1

Healings - The Moment of Truth

I shall never forget that fateful day of March 27, 2008. It would have been my father's 86th birthday had he not died from a massive heart attack in 1987. I had an appointment with the cardiologist to find out the results of the latest thorough exams. Having been his patient for some 20 years, he was well acquainted with my medical history and especially the evolution of each of my cardiac illnesses including the Wolff-Parkinson-White syndrome which required urgent open-heart surgery back in October 1990. Sitting in the waiting room, my thoughts of my father were interrupted upon hearing my cardiologist call out my name. I followed him into his office after greeting each other with a firm handshake. Once seated, he immediately enquired about my health.

I recounted what happened on the night of December 21, 2007 when I arrived at the emergency room suffering from chest pains that had started twelve hours before. Scolding me for not having come to the hospital earlier, a male nurse performed an electrocardiogram (EKG) while asking me about my symptoms. He then told me to take a seat in the waiting room until the resident cardiologist called out my name.

Rapidly flipping through my medical file, the doctor asked me why I had decided to come to the hospital. I told her about my symptoms mentioning that my family doctor had given me a written referral several months ago for an urgent consultation with my cardiologist. Curiously, that appointment was later that same morning. I explained that the reason for the referral was that my family doctor was worried that I may be having early symptoms of heart failure. She abruptly replied: "But he doesn't know a thing about it!" I remained calm in spite of my pain and fatigue.

I told her that the last cardiac ultrasound was performed about four years ago. She rudely replied, "Impossible, there are no such test results in your file". She then asked me if there were family members who ever had heart problems. I replied that my father had died from a massive heart attack at 65 years of age. I was completely stunned by her eureka answer considering that the words were spoken by a cardiologist. "You have chest pains because your father had cardiac problems". I was totally blown away by such a lame explanation which insulted my intelligence. I felt as though she was trying to get rid of me. Nevertheless, she scheduled routine examinations for later that morning.

Healings - The Moment of Truth

Still in pain and not having slept for over 24 hours, I suggested to my wife Lucy that she return home because the wait would likely be very long. At that point, we both recalled a tragic event that happened to a work colleague who also had heart disease. She was only 40 years old.

While her husband was away on a business trip, she came to the same emergency room one evening complaining of unusual chest pains. After a summary examination, the cardiologist told her that she could return home because her pains were muscular and therefore not cardiac-related. Once home, she immediately called her husband to tell him the good news. The following morning, he called her at work but there was no answer. None of her colleagues had seen her that morning. Worried, he phoned home but there was also no answer. Panic-stricken, he called one of his neighbors who had a key to their home. Sadly, when the neighbor entered the house, he found the wife's lifeless body.

I was discharged from the hospital at 11:00 am that day after undergoing an X-ray and a second EKG. More complete examinations would be scheduled in the following weeks. As for my long-time scheduled 10:30 am appointment with my cardiologist, it had already been cancelled.

The first examination consisted of an ultrasound cardiography. On that day, I was quite serene and ready to hear the results whatever they may be. The technician increased the volume to better hear my damaged heart valves. I immediately noticed that the sounds being emitted were quite different from those of any previous echocardiography. They were sharp in contrast to the usual prolonged gurgling sounds. It was as though the valves were now closing tightly whereas before blood reflux was clearly audible. Was it possible or was it only my imagination? I heard the technician quickly skim through the pages of my medical file. Once again she asked my name, age and address as well as my mother's maiden name and my father's first name. She then told me to remain still until she returned with the head specialist.

I heard the door open a short time later followed by some whispering. The specialist was asking the technician if she was sure she had the right medical file. After introduction, she began her own examination. This was followed by additional questions about my identity. After privately consulting with her technician, she returned and said "Mister Fournel, I don't know how to tell you this", pausing for a moment she continued "your heart is completely normal for a man of your age". After another pause she declared, "I will send a detailed report of

Healings - The Moment of Truth

the results to your cardiologist". They both seemed quite puzzled as I got up and thanked them before leaving.

Two other examinations were performed a few days later at the nuclear medicine department to determine if there were any arterial obstructions.

Now let's go back to that fateful March morning when my cardiologist was about to discover the results of those three exams. After reading the nuclear medicine's report, he informed me that I had no cardiovascular obstruction. After a brief silence, I eagerly asked him about the ultrasound cardiograph results seeing that it was the most relevant one in view of my cardiac illnesses. After flipping through the file and not finding the report, he explained that it was surely because his secretary had not found the time to print it yet. He asked me to accompany him to her office so we could view the results on her computer screen.

Entering her office, he asked her to retrieve the electronic file of my ultrasound cardiograph report so he could view it on her monitor. As we waited, I informed him of my wish to have a copy of my medical file specifying that for the past six years, I had been actively trying a holistic approach – mainly Total Biology - to improve my health and well-being but strictly in

addition to conventional medicine. He immediately asked his secretary to be sure to give me the needed form for this purpose.

He then leaned over to read the report appearing on the monitor. Looking very surprised, he asked his secretary to scroll up to the top of the report (most probably to confirm the patient's identity). Mouth agape in total disbelief, his face took on a sudden pallor as he slowly left the room without uttering a single word or even saying goodbye. He seemed to be in shock. Our appointment was abruptly over. Unsure about what had caused his unusual behavior and attitude, his secretary asked me if the doctor wished to schedule a follow-up visit. "I don't think so" was my reply.

I felt truly blessed by those wondrous results and such an unexpected turn of events. Undeniably, a great moment of grace had been visited upon me and I was deeply humbled by it. To the great bewilderment of my cardiologist and my family doctor, my heart was now free of illness and completely normal. According to medical authorities, such an outcome is totally inconceivable and inexplicable. It is unfortunate that in 1990 I had not yet discovered the concepts and notions that are so familiar to me today. Perhaps I could have avoided or at

Healings - The Moment of Truth

least alleviated the physiological and psychological traumas of my invasive open-heart surgery.

What exactly were my heart illnesses and their cause according to conventional scientific medicine? I was born with a heart murmur, a relatively common anomaly in newborns. As for the Wolff-Parkinson-White syndrome - which will be explained later and for which I underwent a seven-hour long open-heart surgery in 1990 bringing about my third Near Death Experience (NDE) as detailed in Chapter 5 - it was already present at birth. The various concepts and notions studied in psychobiology seminars helped me discover key information about possible links between this specific heart disease and personal conflictual feelings and life experiences. These insights will also be explained later.

At the age of five, I had a bout of strep throat accompanied by a dangerously high fever. Though I have very few recollections about my early childhood, I remember this event all too well. As directed by a doctor she had finally reached by phone, my mother immersed me in the bathtub filled with cold water and ice. I remember that the physiological shock of this ice-cold bath was utterly brutal.

According to medical authorities, this untreated virulent illness caused chronic rheumatic heart disease which is the most serious complication of rheumatic fever. Consequently, I was soon diagnosed with an aortic stenosis, a mitral valve insufficiency and excessive valve tendons. I was later diagnosed with dilated cardiomyopathy (an enlarged heart) caused by a constant greater demand on the heart muscle. The following is a brief description of each heart illness.

Wolff-Parkinson-White (WPW) Syndrome is a congenital abnormality of the heart's electrical conduction due to the presence of an extra electrical pathway between the atria and the ventricles, known as an accessory pathway. The two pathways increase the risk of developing a "short circuit" of the normal electrical pathway, which can result in an abnormally fast heart rate (tachycardia).

Aortic Valve Stenosis is an abnormal narrowing of the aortic valve. This narrowing prevents the valve from opening fully, which obstructs blood flow from the heart into the aorta and onward to the rest of the body. The diagnosis can evolve later into heart failure. The risk of sudden death is high in the most severe cases.

Healings - The Moment of Truth

Mitral Valve Insufficiency (or mitral valve prolapse) is when the mitral valve does not close properly. This causes what is called "mitral regurgitation" when the mitral valve allows reversal of blood flow from the left ventricle to the left atrium.

Excessive Mitral Valve Tendons is a disorder caused by the presence of an abnormally high number of tendons which attach the mitral heart valve cusps, or leaflets, to their muscles to prevent the cusps from prolapsing into the left atrium.

Dilated Cardiomyopathy (enlarged heart) is a disorder in which the ventricles enlarge eventually to a point when they are not able to pump enough blood for the body's needs, thus resulting in heart failure.

Since my childhood, the prognoses from doctors and cardiologists regarding my heart ailments and life expectancy were rather pessimistic. I even overheard family members saying that my life hung by a thread. My in-laws even tried to discourage Lucy from marrying me fearing that she would become a young widow.

Personally, I never harbored excessive fears in spite of such a negative outlook. Had I done so, I truly believe that my life could have ended long ago. Had I believed all the family

gossip about my impending doom, I might well have become chronically depressed with suicidal tendencies. I have no doubt that our deep conflictual feelings and emotions as well as our intense or continuous negative reactions to day-to-day life experiences have an incidence on our ailments, illnesses and diseases as well as on their aggravating factors.

CHAPTER 2

Psychobiology and Total Biology

Psychobiology, also known as biopsychology, can be defined as being the study of existing links between the physical and psychological domains and of their effects on human behavior including illnesses. In other words, the body, mind and spirit are considered as one.

While western conventional scientific medicine is basically a symptomatic and emergency type medicine, traditional oriental medicine aims at determining the root of an illness by considering the individual as a whole according to a body-spirit approach. For example, Chinese medicine, which started some five thousand years ago, explains the cause of illnesses as well as their biological and psychological consequences.

Since 2002, my wife and I had the opportunity of attending several psychobiology seminars and workshops as well as many other related lectures. I have the firm conviction that the concepts and notions learnt during these teachings, especially in Total Biology, constitute the main contributing factor in the total healing of my heart illnesses to the astounding surprise of medical authorities.

These teachings gave me wonderful insights about ailments and diseases and their possible causes. This most revealing information allowed me to explore new avenues in:

1. Easing the symptoms of my illnesses and their negative effects;
2. Slowing down and even stopping their pathological development;
3. Allowing the diseased organ cells to regenerate in an effective way;
4. Recovering the healthy function of each organ.

As clearly stated in Total Biology, this is a participative healing process in addition to (and not as a replacement of) conventional scientific medicine for which we must always strictly follow all prescribed medical treatments.

In order that you better understand the key elements of the healing process detailed in this book, it is important to briefly explain the Concept and some main notions of Total Biology. This is only the “tip of the iceberg”, an expression often used by Doctor Sabbah.

THE CONCEPT

Inspired by the works of Doctor Ryke Geerd Hamer, the German cancer specialist and researcher to whom we owe the discovery of the five biological laws as the basis of what he called the "Germanic New Medicine", the research made since 1967 by Doctor Claude Sabbah - the initiator of "Total Biology" - reveals that ailments, dysfunctions, illnesses and diseases appear as a result of specific biological programs.

As all living creatures are mortal, their essential goal is to stay alive from this moment to the next. Thus, this is the VITAL PRIORITY of the automatic or unconscious brain of each living thing. In humans, each event we experience triggers a specific feeling, emotion or reaction and often a combination of these. Our brain analyzes this response and may perceive a mortal danger if:

1. This conflictual situation is intense or lingers;
2. This condition is lived in isolation;
3. There seems to be no solution; and
4. We keep thinking about it non-stop, consciously or not.

If we cannot find an answer, the brain will automatically and unconsciously determine THE optimal solution which guarantees our best chance of survival. It does this by

searching through all its numerous programs and selecting the one that it considers to be the most efficient. There are several types of programs including:

1. Ancient survival programs transmitted from generation to generation since prehistory;
2. Memorized programs recorded within the automatic brain since our conception; and
3. Memorized genealogical programs which allowed our ancestors to survive an extreme situation or have been used in a repetitive way by clan members.

ILLNESS: THE BRAIN'S BEST SOLUTION

Our vital energy is continuously being depleted when experiencing a conflictual situation that causes us great distress. Such a strenuous condition can make us ill and even lead to death. Unless it is soon resolved, our brain (in an automatic and unconscious way) will register this conflict at the psychic level (the mind) and then transpose it to the biological level (the body) to insure our survival. In other words, it will "biologize" the psychological conflict to give us an important reprieve for our survival. By shifting the distressing impact from the psyche to the body, this frees our mind enabling us to think more clearly to find a solution to our conflictual situation. In other words, by producing a feeling of ill-being, a

dysfunction, an ailment or an illness, the subconscious brain gives us more time in finding an efficient solution to resolve our problem.

BIOLOGICAL DECODING AND DEPROGRAMMING

What has been programmed can also be deprogrammed. Biological decoding allows us to discover the possible source of our ill-being, ailment, dysfunction, illness or disease by releasing it from our subconscious to our conscious mind. Biological deprogramming then becomes possible thanks to this revealing insight into the automatic brain's survival response (the program) in managing our overwhelming distress at that time. Finally, by choosing and implementing our own appropriate solution in full consciousness, the unconscious automatic program becomes useless. The brain will automatically set in motion the necessary repair programs allowing us to regain our normal physical/mental state and even complete healing once that the conflict has been fully resolved.

OUR THOUGHTS AND THE AUTOMATIC BRAIN

The human mind is quite extraordinary. For example, it can react to any mode be it real, imaginary, virtual or symbolic. Under intense stress, the automatic brain cannot differentiate between these four modes, therefore:

REAL = IMAGINARY = VIRTUAL = SYMBOLIC

Therefore, under intense stress or in a strong conflictual situation, our automatic brain can program a survival response by “biologizing” the psychological conflict whatever the mode may be: real, imaginary, virtual or symbolic.

For example, if both your mother and grandmother had breast cancer in their fifties then you may fear of having the same disease at a similar age. If so, these stressful thoughts may steadily increase as you get closer to that age and still thinking that breast cancer is probably inevitable. Though this is only a belief on your part, thus imaginary, your brain cannot tell the difference and may program a survival response accordingly in order to decrease your mental distress.

Although genetics can influence the probability of having breast cancer, this is but one element among several others to be considered. Unfortunately, some might falsely believe that it is the main factor, if not the only one, in determining the potential risks of developing breast cancer.

BASIC NOTIONS OF TOTAL BIOLOGY

Before going further, it is important that I briefly explain relevant basic notions of Total Biology and, for each, give an example of its application where the crucial insights allowed significant breakthroughs in finding the most revealing pieces of the puzzle in our quest for better health and well-being.

PROJECT AND PURPOSE

This notion is based on the Universal Law of Things that stipulates that for any thing there is: 1) An immaterial phase preceding the material phase; and 2) A project in the immaterial phase and a purpose in the material phase. This notion applies to absolutely all things be it a vehicle, a satellite, a refrigerator, a light bulb, a television or a camera.

For example, let's take this book you are presently reading. It represents the material phase of my work. It is visible and tangible because you can see it and hold it in your hands. Previously, this work was in its immaterial phase when I entertained the project to write it.

Now that it has been written and published, my work is now in its material phase and has a purpose. More specifically, that

purpose is to share useful empowering tools and avenues with its readers towards improving their health and well-being.

In Total Biology, this Law also applies to illness and healing as well to our entire life but especially a crucial period prior to our conception. In short, we each express the purpose(s) of our parents' unconscious project(s).

Before we ever existed, we were in our immaterial phase as but a project in our parents' minds. Then, at the instant we were conceived, we began our material phase imprinted with at least one purpose. Throughout all our existence, we will manifest the purpose(s) of our parents' unconscious project(s) that was(were) imprinted at the time of our conception.

In a totally unconscious way, our parents' life experiences within an eighteen month period before our birth can greatly affect our own lives. These could have an impact on the choices we make including those regarding our careers. They can also influence our values, beliefs, temperaments and personalities. Finally, they may even determine our proneness to specific disorders, ailments, illnesses or diseases. In other words, our parents' conflictual situations and distresses during this time period can be "biologized" in us. Therefore, would our free-will be much more limited than we thought?

Determining what could possibly be our own “projects and purposes” is therefore a crucial task in the process of biological decoding and deprogramming. In Chapter 3, I will explain some of my own projects and purposes so that you may better understand this notion and appreciate its great relevance.

CONFLICTUAL REACTION TO AN EVENT

This notion concerns our deep personal interpretation of day-to-day life experiences. In other words, it is not the event or situation in itself that can be harmful to us but rather our feelings and emotional reactions about it.

As an example, let's say that your spouse has just told you that he/she is leaving. You can emotionally react to this news in several ways. You may consider it as being a betrayal, an abandonment, a loss, an injustice, a devastation, a humiliation, and/or any other feeling maybe even a great relief.

The intensity of your emotional feelings can also have an impact both physically and psychologically. For example, on a scale from 0 to 10, what is the intensity of any hurtful feeling? The risk of harmful consequences is more likely at a stress level of 9 out of 10 (distress) compared with one of 4 out of 10.

Finally, in addition to your emotional feelings and their stress intensity levels, there is another important element that can negatively impact your health and well-being. It is the duration of your conflictual feelings. For a same stress intensity level, a long-lasting and especially a permanent stress is much more threatening than a brief one.

MY EARLY RETIREMENT

As another example of this important notion in Total Biology, let's take a look at my decision to retire at the age of 55. I could have reacted to this major life event in various ways, each capable of producing specific emotional feelings and stress intensity levels. In each case, I will briefly mention the possible ailments that are associated to these conflictual responses according to the teachings of Total Biology.

Having worked for the same company for 35 years, I could have experienced it as a "territorial loss". Depending on the intensity of this specific conflictual feeling and its duration, the outcome could have been a major depression or, at worst, a heart attack.

Having founded this department in 1978, it was my "creation" and thus in a sense my "baby". We have already seen that the

Psychobiology and Total Biology

automatic brain does not differentiate between what is real, imaginary, virtual or symbolic. Therefore, the intensity of my reaction to the loss of "my baby" could have caused a testicular disease.

Obviously, such an early retirement has important financial consequences as my annual income would be greatly reduced. Therefore, I could have been very fearful of "not having enough" or "to be without". According to the intensity of this conflictual feeling, I could have developed a liver disease.

I could have also experienced this event with a sense of "worthlessness" with a deep feeling of not being useful or of value anymore. Such intense conflictual feelings could have produced a bone disease such as osteoporosis.

But in reality, I considered this major life altering decision as a beneficial necessity in view that my body and especially my heart were giving me alarming distress signs since several years. The time had come to bring about important changes in my life before it was too late. My outlook on retirement was therefore very positive and I had no hesitations whatsoever.

TRANSGENERATIONAL CELLULAR MEMORIES

Doctor Sabbah's following words summarize this important notion of Transgenerational Cellular Memories: "The parents' acquired experience becomes the child's innate intelligence".

This is repeated from generation to generation. Therefore, it allows the following generation to automatically and unconsciously benefit from accumulated strategic information insuring a biological survival advantage. This principle is not only applicable to us humans but also to the animal and plant kingdoms.

For example, let's examine the case of germs which are super-resistant to antibiotics and are presently causing serious medical problems, some even leading to death. This continues to be an enormous challenge due to the ongoing overconsumption of antibiotics creating still more as well as greater super-resistances to some of these antibiotics and even sometimes multi-resistances (such as the staphylococcus aureus). As a result, some diseases having previously been effectively treated using these antibiotics are once again partially or totally incurable. Medical research confirms that this phenomenon is caused by natural mutations from one generation of germs to the following generation.

Therefore, this new generation will be more resistant to selected antibiotics and have an increased survival advantage.

This scientific finding clearly demonstrates that, in an innate manner, every new generation of antibiotic resistant germs is more successful than the previous one thus insuring an added biological survival benefit. If this phenomenon is possible for simple unicellular micro-organisms, such as germs, then why wouldn't it also apply to more complex multi-cellular beings such as plants, insects, animals and, most of all, humans?

WATER = DANGER

I have never been keen on drinking water even though it has numerous health benefits. It is not that I disliked the taste of it. Even when working all day long outdoors under a hot sun or in humid weather, I never yearned for a glass of water in spite of my wife's pleas. Obviously, come evening, I would go to bed totally exhausted and dehydrated. I could never explain this aversion to drinking water until a few years ago when, in one of Doctor Athias' seminar, I finally discovered the reason why as we were discussing the notion of Transgenerational Cellular Memories.

My paternal great-grandfather was a wood counter in the western region of Quebec. At that period, it was considered an

important craft that consisted of measuring the volume of wood harvested at the logging site. A common practice in those days was to accumulate rainwater in wood barrels mainly for drinking purposes.

I suddenly remembered the circumstances leading to my great-grandfather's demise as I had discovered some twenty years ago when doing genealogical research. He suddenly became very ill at the logging site and died within a couple of days. The doctor determined that his sudden illness and untimely death was due to his drinking polluted water. From deep within me, this unconscious and innate traumatic Transgenerational Cellular Memory was the equivalent to the following equation: DRINKING WATER = DANGER OF DYING! This association was already registered in my cells at the moment of my birth.

I now regularly drink water to the utter surprise of all those who have known me for a long time. Amazingly, the unconscious fear was automatically erased the instant I became aware of this ancestral program. Furthermore, none of my descendants will "inherit" this program and be subjected to its effects. Quite remarkable!

I discovered yet another Transgenerational Cellular Memory program about water during that same seminar. I never learnt how to swim and have always been very fearful in a pool or any other body of water, but especially so in a river or lake. I would be ill-at-ease as soon as I was up to my waist in water. I became very alarmed when the water reached my neck and was totally terrified when it entered my ears. My revealing discovery involved a tragic event experienced by my maternal grandmother when, as a teenager, she helplessly witnessed the drowning of her eight year old cousin. As long as her cousin's head was above the water, he stayed alive. But when it was submerged and he didn't resurface, he was dead.

The memory of this ancestral traumatic event has been etched in my cells ever since I was born. Unconsciously, my general uneasiness of being in water and especially my great fear when water entered my ears gave me a survival advantage. In a totally innate way, this strategic program was automatically handed down to my grandmother's following generation (my mother) and then onto the next one (me).

FEAR OF BLEEDING

My oldest son would immediately be in a state of utter fear upon noticing that he was bleeding. Just a few drops of blood

from a paper cut were enough to bring on this unusual panic attack.

A few years ago in a seminar, I had an insight into what could be the root cause of my son's dreadful reaction to the sight of his own blood. This revelation concerned a tragic event that happened when I was thirteen years old. Stopping for a visit a few days later accompanied by his spouse, I informed him that I probably had an important clue about his inexplicable fear and that we could discuss it, but only if and when he wanted. He immediately replied that he already knew the probable cause of his panic attacks. It was an event that happened when he was only five years old.

While installing a wooden fence in our back yard, I had accidentally cut my wrist on a metal stirrup. The deep wound bled abundantly and I almost lost consciousness due to a drop in blood pressure. Some 30 years later, my son was confessing for the first time that he was so terrified that I would die that day. I told him that I clearly remembered the incident and that, although it may have been traumatic for him, my discovery involved another event. It was a very tragic accident that deeply traumatized his father (me), his paternal grandfather (my father) and especially his paternal great-

grandfather (my grandfather). His curiosity quite aroused, he insisted that I tell him the whole story.

It happened on a warm and sunny summer morning in 1965. My paternal grandfather stepped out onto his second floor balcony with one of his two sons who lived with him. Leaning against the banister, his sight was immediately drawn to the bottom of the spiral staircase where, to his total horror, he noticed the lifeless body of his youngest son soaking in a pool of blood. He was only 33 years old.

My son's eyes suddenly filled with tears. This was quite unusual for him as he never openly expressed such emotions before. His reaction confirmed the probable validity of my hypothesis. I then explained the cause of my uncle's tragic death. In short, he accidentally cut his forearm while breaking a door window-pane with his fist. Alcohol impaired, he did not realize the gravity of his wound as he walked back home through the alley in the middle of the night. Sadly, he collapsed at the foot of the exterior spiral staircase and bled to death. Remarkably, my son is no longer fearful at the sight of his own blood ever since this tragic event of our ancestral family history has been revealed to him.

Here is another interesting fact. My son and I both have blood that coagulates rapidly and is more viscous than normal. Could this not be a survival advantage for us in the event of an incident similar to what happened to my uncle? By having blood that is viscous and coagulates rapidly, we and our descendants could possibly avoid such a tragic fate.

In my son's case, his frantic reaction to the sight of his own blood was the manifestation of a Transgenerational Cellular Memory program. In my personal case, I experienced this tragic event and its consequences as a thirteen year old boy. Therefore, my blood's higher viscosity and rapid coagulation could be a survival solution resulting from my distressful reaction to this traumatic event, a notion we have discussed earlier in this chapter.

DIAGNOSIS/PROGNOSIS CONFLICT

Most patients have such a complete faith in their doctors and other medical specialists that they put them on a pedestal. Fully trusting their diagnosis and prognosis, they seldom seek a second medical opinion. The psychobiological notion of "Diagnosis/Prognosis Conflict" has to do with the potentially harmful effects of stressful feelings we may experience in reaction to an unsettling medical diagnosis or prognosis. In

Psychobiology and Total Biology

other words, how we react to such news may directly impact the course of things and events to come in our life.

Believing that we are in very good health, how would we react upon receiving the diagnosis of a liver cancer from a renowned oncologist followed by his grim prognosis of "six months to live but the disease could evolve more rapidly"? This unexpected news would be quite disturbing at the very least, wouldn't it?

Conflictual stressful feelings can also be caused or worsened by other means such as through various media (television, radio, newspapers, magazines, Internet, etc.) or during conversations when we interpret an information in a negative way (nocebo effect).

For example, let's take a man who has just been diagnosed with prostate cancer by his doctor. In spite of this diagnosis, he nevertheless feels quite optimistic after being told by the oncologist that the cancer was in its early stage and that the proposed treatment (surgery and medication) should completely eradicate it. But soon after, he hears disturbing news about the possible outcomes and side effects of prostate cancer surgery including impotence, incontinence, metastasis and even death. His stress intensity level will most probably increase if this information causes him to be more fearful

about the coming surgery. This situation could have a harmful impact on the evolution of his cancer and on any proposed treatment unless the distressing emotions are soon dealt with.

MY REACTIONS TO MY HEART ILLNESSES

From a very early age, I regularly experienced unpleasant symptoms caused by the Wolff-Parkinson-White (WPW) syndrome. They mainly consisted of tachyarrhythmia episodes each lasting from several minutes to a few hours. Obviously, the longer the episode and the more tired I would be.

As for my other heart diseases, described in the previous chapter, they were diagnosed at six years old. The heart valves were damaged by acute rheumatic fever, an inflammatory disease that developed as a complication of an untreated bout of strep throat.

The medical prognosis was soon clearly stated to my parents; my general health and longevity would be seriously compromised. This "Sword of Damocles" continuously hung over my head for some fifty years up to that most wondrous day in March 2008 when I was blessed with the incredible news that my heart was now completely normal with no more disease.

After announcing our decision to get married in 1972, some of Lucy's family members and friends tried to convince her otherwise as she would surely become a young widow. Having now been married for nearly forty years, I am quite happy she didn't allow herself to be swayed.

What were my own reactions and feelings throughout all those years of uncertainty? I generally remained neutral about my illnesses and their evolving symptoms and prognosis, in spite of unfavorable comments from family members, friends and acquaintances. It wasn't an "I don't care" behavior but more of a "let's wait and see" attitude. Unknowingly, by not being overly concerned about my heart diseases or any probable outcome, I was spared the potential harmful impacts resulting from a "diagnosis/prognosis" conflict.

THE POWER AND WEIGHT OF WORDS

The power and weight of words can affect our deepest emotions either in a positive and empowering way or in a negative and hurtful manner. In the first case, these are "healing words" while in the second they are "wounding words".

When a parent says the following words to his child "You're an idiot and you'll never achieve much in your life", then these are clearly "wounding words".

The child can easily feel worthless, undeserving, rejected and unloved upon hearing such a demeaning phrase. These deep hurtful emotions are usually heartbreaking as the "weight" of the words, spoken by his mother or father, has a far greater negative impact compared to the same words coming from the mouth of a sibling, a friend, a neighbor or a stranger. Such painful feelings and emotions could eventually cause physical or mental ailments.

A PERSONAL EXAMPLE

Lucy and I benefited from several insights during our very first seminar with Doctor Athias at Bishop University's Lennoxville campus located in Quebec's Eastern Townships region.

One night was particularly eventful when Lucy woke up in tears with her whole body trembling. She had just recalled traumatic childhood events which were buried deep within her subconscious mind and accessed specific Transgenerational Cellular Memories. Once the crisis was over, we both went back to sleep.

Psychobiology and Total Biology

About an hour later, I too awoke sobbing and trembling from a vivid dream. All my senses were at their peak having just recalled long forgotten details and odors from the past. It was as though I had travelled back in time to a period some half a century ago. These memories had never been previously accessible to me in a state of consciousness. I had just remembered but a single "wounding word" spoken by my mother some fifty years ago.

I am the second son and sibling of the family and I had just turned ten years old when my mother gave birth to her third child, a girl she had always wanted and prayed for. Some weeks later, on the first stormy night of the season, I quietly made my way to my parents' bedroom as I always did during thunderstorms. It was one of the few occasions when I could snuggle up to my mother.

As usual, I quietly entered and stood near the window. I then softly cleared my throat in order to awaken her as she slept lovingly embracing my new baby sister. As she turned around and looked at me, I told her that I was afraid and eagerly awaited her usual invitation. But instead, she somberly said "No, there is no more room". The word "MORE" is the single "wounding word" in this case as I felt that it implied a radical and definitive change. If she had said "No, there is no room", I

would have surely thought that her refusal was exceptionally for this occasion only.

In fact, never again did my mother allowed me to share her bed. As a 10 year old boy, I worried that things would be quite different now that my mother finally had her daughter. Even more so than before, I felt that I would be tolerated at best and should therefore behave very discreetly. My life experience thereafter tended to validate my concerns about my relationship with my mother in particular but also with the rest of my immediate family.

Two additional revelations were offered to me through this insightful dream. The first one concerned a tic I have since before my teenage years. It's an unconscious nervous habit that becomes more frequent in stressful situations. I softly clear my throat in the same way I did when I was a young boy and wanted to wake-up my mother during a thunderstorm. This tic's frequency has greatly subsided since I discovered this possible association and now mainly happens just before a speaking engagement.

The second one related to the fact that I enjoy thunderstorms. If I'm lying in bed, I'll get up and open the blinds so I can watch nature's fireworks. You may have already guessed that each

Psychobiology and Total Biology

thunderstorm reminds me of my childhood moments when my mother would occasionally allow me to share her bed prior to my sister's birth.

CHAPTER 3

Project-Purpose and Biological Decoding

In the previous chapter, I mentioned that the psychobiological notion of "Project and Purpose" specifies that our parents' life experiences during an eighteen month period prior to our birth can unconsciously program our own life trajectory in many ways. This also applies to our very first year of life. In other words, the dramatic events, painful conflicts and distressing feelings of our parents during this whole period can be "biologized" within us.

This critical notion and its applications constituted the most revealing breakthrough in discovering the major pieces of my life puzzle. Having realized in full consciousness the relevance of my discoveries and their beneficial possibilities, the next step was entirely up to me.

I already mentioned that our own free will may be more limited than we ever thought. This suggestion is not only based on the possible repercussions of the notion of Project-Purpose but also according to basic spiritual principles that will be explored later on. Whatever the true extent of my own free will, I had now full consciousness that only two choices were available to me. I could either keep the status quo therefore choosing the

easiest and least complicated path, or transcend my fears and provoke important and demanding changes in my life. As you might already suspect, I chose the latter.

Before sharing my own surprising Projects and Purposes, I would like to make an important clarification in regards to the feeling of "guilt". GUILT is a psychological emotion and is not a biological conflict. In other words, the notions of "victim" and "offender" strictly exist within the thoughts of the human mind and not in the laws of nature. In biology, we are neither offenders nor victims. This also applies to spirituality as will be explained in a later chapter. Therefore, it is with the greatest love and respect for my parents, my relatives and my ancestors that I offer you my findings.

MY CAREER

We may well believe that we have freely chosen our career or profession and that our choice was a result of fortunate coincidences or fortuitous circumstances. Furthermore, some of us may constantly aim at higher levels of performance or fame thinking that we are blessed by some special skills or talents. But in reality, this is often only an illusion as you will clearly notice in my first personal example of Project-Purpose.

Project-Purpose and Biological Decoding

I demonstrated this important notion to many individuals in counseling sessions or after a friendly challenge. To their great bewilderment, even the most skeptics could not deny the great influence of their own Project-Purpose or other subconscious program in regards to the important life "choices" they had made.

My 35 year career in property insurance was dedicated to the loss prevention domain but more particularly in the fire prevention field. In 2007, at fifty five years old, I knew I had to take an early retirement to fully devote my time in improving my state of health. I was employed by one of the world's largest insurers as manager of the loss prevention department that I had originally founded some 30 years earlier.

Furthermore, from 1984 to 2000, I was a continuing education lecturer teaching the basic mandatory course in property insurance. From 1990 to 2000, I was also a lecturer at the University of Montreal's Ecole Polytechnique teaching in an advanced fire prevention certificate program. I am the author of three voluminous loss prevention books. This trilogy has been named "The fire and loss prevention Bible" not only by its users but also by my students, peers and other people involved in these fields. Finally, I am now a professional fire and loss prevention consultant, coach, lecturer and speaker in

my own firm. In short, I am considered a leading expert in the fire and loss prevention domains.

But this is only an illusion because someone else is solely responsible for this success and such a high level of expertise. Ever since I have discovered the real truth, this is my reply when someone praises my achievements: "I am only the apprentice as the true inspiring genius at the core of my technical expertise is my mother" and here is why.

I am the second sibling of the family with my only brother born five years before me. He studied engineering while I started an aeronautics curriculum. In short, my brother seemed destined to be a civil engineer and I an aeronautical technician or maybe even an engineer, eventually.

A "fortuitous" event happened in 1967 when my brother was offered a job as a fire prevention inspector by a firm that provided full training. He "decided" to interrupt his engineering studies and accepted the offer.

Four years later, in the final year of my aeronautics studies, I was privileged to be invited to the inaugural flight of a new type of aircraft, the Boeing 747. With a unit price of some 40 million US dollars at the time, the airline companies would surely not

Project-Purpose and Biological Decoding

be replacing their fleets of aircrafts for quite some years. This meant that this new generation of big carrier airplanes would greatly impact the overall aircraft industry in Canada but especially so here in the province of Quebec.

There I was just a few weeks short of obtaining my diploma but at a time when the aeronautical industry was experiencing great difficulties with almost a quarter of its work force looking for employment. By "chance", I heard that my brother's employer had an opening for a trainee fire prevention inspector. I "decided" to apply for the job which I got a few days later. Another "fortuitous" event had just happened.

In the dead of winter of 1949, my parents and brother were sound asleep at night unaware that their apartment was being engulfed in flames. Noticing smoke, a passerby immediately called the fire department. A few minutes later, the firemen smashed in the entrance door and saved them in the nick of time. My parents and brother had just experienced the most traumatic event of their lives.

My mother was especially traumatized by this near fatal fire and so, in a totally unconscious way, she programmed the Project-Purpose of the career I would "choose" in 22 years.

The Project was "materialized" some months later at the moment of my conception.

Now what was the Purpose of this Project? It can be summarized by the following sentence: "I must protect my clan against fire to insure its survival". As for my brother, he also received an unconscious program having personally experienced this almost fatal event at a very young age. In his case however, the program was not of a Project-Purpose type. Instead, it was established through the notion of "conflictual reaction to an event" which was explained in the previous chapter. Consequently, my brother also had a successful career in the fire prevention field working mainly for some of the world's largest insurance brokerage firms.

You may think that this is the end of the story, but not quite! As a teenager, my elder son "chose" to become a registered student in a college level fire prevention certificate program. After graduating, he "decided" to further his studies to obtain an "advanced fire prevention certificate" as he considered that only one certificate wasn't quite enough.

You've guessed it! My son was one of my students at the Ecole Polytechnique. He was remarkably at ease with the course content and easily achieved top grades in spite of

Project-Purpose and Biological Decoding

spending so little time studying. It was as though fire prevention was in his blood (or rather in his cells) ever since birth, if not his conception. Indeed, this is yet another important notion known as "Transgenerational Cellular Memories" which was detailed in Chapter 2.

At the time of his birth, and even from the moment of his conception, his cells held the traumatic memories of the near deadly fire experienced by his paternal grandparents and his godfather 25 years earlier. For all the clan members of his generation, he is the one specifically called to faithfully and readily follow the unconscious "order" of his paternal grandmother in a most loyal, automatic and unconscious way.

After finishing his studies, my son eagerly wanted to apply for a job as a fire prevention specialist where I worked. Unfortunately, this was impossible as I would have been his boss. Therefore, he accepted a job in a totally different field which allowed him to travel all around the world for several years.

Have we now arrived at the end of this story? Not exactly as there is yet another interesting development. In the days following the start of my retirement, my son "decided" to apply for an opening as a fire and loss prevention consultant where I

had worked for 35 years. After interviewing my son, the new department manager offered him the job considering that he was by far the most knowledgeable of all applicants. Faithfully respecting his grandmother's unconscious program to her descendants, he was taking over the relay for a second family generation.

Will this same program be handed over to the third family generation, my grand-children, as well as to the following generations? The most likely answer is no because having discovered this unconscious program and then sharing the details with my children, they and their descendants are now free to "choose" their own careers unless they are influenced by other unconscious and automatic programs. This reasoning was confirmed recently when my son told me that he had lost interest in fire prevention and was seeking another profession. Amazingly revealing, is it not?

And now, what are your own thoughts about the true extent of our free will?

MY PERSONALITY AND GENERAL DISPOSITION

What other important events were happening in my parents' lives in the eighteen months before my birth? Could some of

Project-Purpose and Biological Decoding

their experiences have unconsciously programmed what would become my personality and general disposition?

My parents already had a child, my brother. Early on in his marriage, my father openly admitted that he should have remained a bachelor just like his three younger brothers. Consequently, he never truly wanted children. As for my mother, she always dreamed of having a baby girl. Therefore, a second infant (me) would be welcomed by my mother only if it were a girl. In Total Biology, this notion is known as a "Condition to life".

The psychobiological notion of "Condition to life" is quite important as I can attest to from numerous personal and emotional accounts in seminars and workshops I attended as well as during counseling sessions. In essence, children that are wanted or accepted have a "life project" while those who are not have a "death project". In either case this Project-Purpose is entirely UNCONSCIOUS. The first ones would benefit from a good immune system and be rarely sick while the second ones would be frequently ill as it is their "purpose".

My conception was accidental as my father didn't want another child. As for my mother, she accepted this second pregnancy while praying each day that she give birth to a baby girl. It was

only recently that I was finally able to associate the notion of "Condition to life" with the essential notion of Project-Purpose. I have always felt as a sort of living dead or zombie. In other words, I existed but it was as though I was refrained from truly living. It is now totally clear to me that my life threatening heart diseases, and even more so my three Near Death Experiences (NDEs), are a result of this "Condition to life" which was unconsciously programmed by my mother once her second pregnancy was confirmed.

CARDIAC ILLNESSES

According to the premise of Total Biology, a child can have an illness by proxy. In other words, his parents' unresolved psychological conflicts can be expressed within his own biology. I was born with two heart problems: 1) a heart murmur; and 2) a Wolff-Parkinson-White (WPW) syndrome. Here are my findings that were revealed through biological decoding.

HEART MURMUR

Normally, there is an unbroken separation between the right and left sides of the heart. The right side pumps the oxygen depleted blood towards the lungs while the left side pumps the oxygen rich blood towards the organs. In my case at birth,

Project-Purpose and Biological Decoding

there was an abnormal opening in this separation which caused a heart murmur.

The biological decoding of this illness indicates a lack of communication in a powerless or helpless relational attachment. In other words, there should have been a greater loving relationship between my father and my mother. Effectively, long before my birth, my parents were experiencing constant marital difficulties exacerbated by a serious lack of communication.

WOLFF-PARKINSON-WHITE (WPW) SYNDROME

Wolff-Parkinson-White (WPW) syndrome is an abnormality of the heart's electrical conduction which consists of an extra conduction pathway or shortcut between the atria and the ventricles. This supplementary pathway may cause the electrical signal to arrive too soon at the ventricles thus provoking episodes of tachycardia or tachyarrhythmia. In my case, the tachyarrhythmia symptoms would eventually stop without medication or any other intervention. But this condition radically changed in my late thirties and climaxed on my 39th birthday as I regained consciousness in the hospital's intensive care unit (ICU) after an invasive open-heart surgery performed two days earlier.

My biological decoding of this WPW syndrome is twofold. The first decoding relates to a betrayal of marital vows where the husband's love was shared with another woman. The second concerns a son's inaccessibility to his father's love and attention.

In the first decoding, affection and caring attention are not exclusively devoted to the spouse but are also oriented towards another person. Therefore, the flow of loving energy often splits into two separate paths: one leading to the spouse and the other to the lover. Incredibly, we find this same process repeated in my heart's abnormal electrical conduction system where the electric impulse could also sometimes take a secondary pathway resulting in rapid and irregular heartbeats. The WPW syndrome represents a "disease by proxy", an illness unconsciously programmed by my mother due to her constant emotional stress since long before my birth. Her psychological distress was "biologized" within me at the moment of my conception.

Not long after their wedding, my mother greatly suspected my father of being unfaithful. Her suspicions were confirmed when her sister saw my father tenderly kissing another woman. When my mother confronted him with what she'd learnt, he

Project-Purpose and Biological Decoding

promised to end the affair and never cheat on her again. Nevertheless, her doubts reappeared a short time later.

On the day of my birth, my mother noticed that I had an outgrowth in the fold of my left thigh. She asked her doctor what it was. He crudely answered that it was caused by a sexually transmitted disease (STD). Not a very professional and ethical approach, was it? For my mother, this was the irrefutable proof that my father had not kept his solemn promise as she always suspected. From that moment on, through her eyes, I would be the constant reminder of my father's unforgivable betrayal.

This insightful decoding allowed me to finally understand the core reason for my mother's attitude, behavior and mixed feelings towards me which seemed quite different than those she manifested towards her two other children. I always felt that, at best, she tolerated me and that I could be abandoned just like a weak animal that is left to its predators without any protection from its clan. A minor mishap would set-off my mother's full fury against me while a similar incident would have brought but a scolding for my brother and even less for my sister whom she adored. These deep-seated personal feelings and emotions can be the very source of ailments or disorders through psychobiological programming.

As for the second decoding, we must take into account that the heart's electrical system is associated with the father figure according to basic psychobiological notions. As mentioned previously, the WPW syndrome consists of a problematic electrical conduction. For as long as I can remember, I have always felt that my mother prevented my father from showing me undue signs of affection, attention or consideration. She would immediately rebuke him when he made favorable comments about me especially when comparing his three children. Weekdays, my father would get home late at night and leave for work very early in the morning. On weekends and during holidays, he often had to go elsewhere alone. In short, he was seldom at home and when he was, his time and attention were mainly dedicated to watching sporting events on TV.

As the extra conduction pathway of my WPW syndrome acts as an electrical shortcut between the atria and the ventricles, its activity would emphasize my quest to find an easier way or shortcut to my father's love, affection and consideration for which I was so longing for. This second biological decoding is further supported by the fact that the first serious symptoms of this disease started only a few months after my father's sudden death from a heart attack.

MITRAL VALVE PROLAPSE

One particular biological decoding for this disease— also called mitral insufficiency, mitral regurgitation or mitral incompetence - totally applies to my personal history. It involves the lack of a bonding and loving relationship between a mother and her son. Although it was a very painful awareness to process and accept, I have no doubt that this major insight and the letting go of my long-time hurtful feelings towards my mother contributed to the complete healing of my mitral valve that now fully closes when the heart pumps out blood, as was medically confirmed by an ultrasound cardiograph in February 2008.

MITRAL VALVE - EXCESSIVE TENDONS

The mitral valve is formed by two cusps, or leaflets, which are attached to their muscles by tendons. The set of cusps and tendons contracts to allow the opening of the valve while preventing the cusps' prolapse into the left atrium. I was diagnosed several years ago with having an excessive number of tendons which caused even more strain on the heart. However, these additional tendons never compensated for the mitral insufficiency and the symptomatic blood regurgitation.

By analogy, let's compare these mitral valve tendons with ropes tied to a moored boat. If there are an insufficient number

of ropes, some if not all the ropes may break in bad weather and cause the boat to drift away or be damaged. By adding more ropes than are usually needed, the boat should be more secured and the risk of drifting or damage greatly reduced.

By having more mitral valve tendons, this should insure the valve's integrity and efficiency therefore preventing its prolapse. The biological decoding of this particular anomaly was quite evident to me considering my feelings of lack of love and affection from my mother. The totally unconscious psychobiological purpose of these supplemental "ropes" was to achieve and secure a strong affectionate bond between us.

AORTIC VALVE STENOSIS

The main psychobiological decoding of this pathology can be summarized in this simple sentence: "I want more love and affection from my father". As discussed earlier, this has been a continuous and painful longing for me all through my life and even more so after my father's death. An additional decoding would be revealed to me by Doctor Athias at the beginning of 2008 while I was attending his seminar.

I asked him if there could be other conflictual events that could have either programmed my aortic valve stenosis or worsened its symptoms. After a few seconds, he asked me if someone

Project-Purpose and Biological Decoding

had ever seriously hindered my career. I immediately answered no upon which he gave me a very suspicious look. I then remembered a major conflictual event and its long-term negative effects. Recalling the circumstances, I suddenly felt soothing warmth that emanated from my heart area before radiating through my entire body. This conflictual situation had to do with the psychobiological notion of "restricted territory". In biology, survival mostly depends on the availability of a relatively constant and sufficient food supply. To insure this dire need, the domination over an adequate land area or territory is imperative.

Given that the aorta is our main artery carrying blood out of the heart, a narrowing of the aortic valve (stenosis) will restrict blood flow throughout the body. By analogy, for more than a decade, my career path and my efforts in establishing the department I had founded were greatly impeded by a senior company manager (instead of a decreased blood flow, a decreased livelihood). This story will be detailed in Chapter 4 when discussing about the ego.

CARDIOMEGALY (ENLARGED HEART)

The biological decoding for this disease, also known as cardiac hypertrophy, has to do with the essential notion of "restricted territory" which was just explained. In short, it can

be summed up in the following words "My heart is filled with pain and sorrow for having been expelled from the territory". Without any doubt, this phrase especially applies to two extended periods of my life when I deeply felt rejected. As already seen, the first situation concerns my feelings towards my immediate family as I was growing up. As to the second situation, it has to do with my lifelong career.

More specifically, the matter at issue is the long-time continual scheming by the same senior company manager mentioned earlier and the resulting consequences. After five years, the company decided to decentralize the department I had created and change my title from manager to technical consultant. I had lost my territory. Bull's eye!

In 1987, at the age of only 65, my father suddenly died from a heart attack before we ever had the opportunity to make amends, heal old wounds and become closer in many ways. On the other hand, I am very grateful that he was able to readily show his love and affection to my two sons.

In Chapter 5, I will recount each of my three Near Death Experiences (NDEs) with the last two episodes occurring in 1988 and 1990, not long after my father's death. As soon as I finished writing the previous sentence, my whole body started

Project-Purpose and Biological Decoding

trembling as this fact sank in and gave rise to a most revealing insight. If I was never allowed or able to have my father's love and attention while he was alive, how could I seek them now that he was deceased? Unconsciously, the answer was quite obvious: I too had to die..."Our Father, who art in Heaven..." By doing so, I could finally have and enjoy an unrestricted affectionate relationship with him in the afterlife while my mother was still living. Carefully remember this reasoning later on as you read the surprising details about my third NDE.

CHAPTER 4

Obstacles to Better Health and Well-being

Each one of us has an incredible power to become the main actor in improving our health and state of well-being. Although we should first and foremost consult with various specialists in the field of conventional medicine and follow their treatments, we must keep in mind that this symptomatically based scientific approach also has its limits. Therefore, it is not the panacea that most health care practitioners as well as leaders in other related domains, especially the very rich and formidable pharmaceutical industry, often want to persuade us of.

Since always, but especially so today in our era of ever increasing forms of media, modern scientific medicine has generally denied, ridiculed and attacked complementary or alternative methods often qualifying their adherents as mere quacks. Therefore, it isn't surprising that most people set modern scientific medicine on a pedestal in spite of various and too frequently recurring damaging results including medical errors and medication side effects.

But there is light at the end of the tunnel as, for the past fifty years, a growing number of medical practitioners and health

professionals are taking a closer look at the value and effectiveness of these traditional and holistic approaches which take into account the mind-body connection. Furthermore, this tendency has greatly increased since the start of the 21st century as considerable evidence is being gathered to support an association between psychological states and the body's immune system with inflammation being one possible action or mechanism.

It is therefore essential that we fully participate in our healing process. By adopting a preventive and proactive strategy, we can avoid the appearance of ailments, disorders and diseases or, at least, limit their negative physiological and psychological effects.

These complementary or alternative methods to conventional scientific medicine will not be identified or discussed in this chapter. If need be, it is up to each one of us to conduct our own research and arrive at our own conclusions about these approaches. What I propose instead is to take an in-depth look at some key elements which may well constitute major obstacles to our healing as well as in our quest for a better health, an improved well-being and a fulfilling life.

THE EGO

The ego constitutes THE main obstacle to our happiness, health and well-being. The ego is the "Me/I", this impression of being an independently separate individual with his own values, beliefs, passions, aptitudes, desires, ambitions, attitudes, behaviors, opinions, fears and indifferences.

It is OUR image that we have been continuously and carefully modeling since the day we were born. These are the masks behind which we hide. This "Me/I" is but a deceitful illusion masterfully playacted in order to not be unmasked and reveal our authentic self. This objective is better achieved by regularly using great performance tactics in the form of defensive and conditioned reflexes such as judgment, criticism, anger, scheming, coercion and control.

This sense of individual separateness is created, nurtured and revitalized mainly through our education, social context, relationships, life experiences, possessions, successes and failures, as well as our strengths and weaknesses. In reality, this feeling of being separate is only an illusion and, most importantly, it is the main source of our own suffering. Should we therefore deny or strictly control the ego? No, we should rather recognize its imaginary nature and remain vigilant for

and forego its harmful defense reflexes notably our needs to be right or be acknowledged.

To better understand the nature of the ego, we must look at its development. When we are born, the pages of our "Life Journal" are totally blank. Therefore, we have infinite potentialities at our disposal. We have neither conscious knowledge nor self-awareness. The first thing we are conscious of is not ourself but others, and most importantly our mother.

As we develop, our first self-awareness will be a reflection of our mother's attitude, behavior and reactions towards us. This crucial imprint represents THE first image we will have of ourselves and gives birth to the ego's "Me/I". If our mother openly demonstrates her love by affectionately embracing and kissing us or through her endearing manners; then this first image will be a positive one and we will feel cherished. On the other hand, if she neglects us, seems indifferent or rarely demonstrates her love and affection; then this first image will be a negative one. We will feel inferior, rejected and unloved and tend to have a low self-esteem.

Then, with time, the ego will evolve according to our many life experiences but always under the great influence of our initial

Obstacles to Better Health and Well-being

imprint. This self-image will always be only an illusion preventing us from accessing our authentic self, our true nature.

When we act from the ego, it is society that controls our needs, behaviors and attitudes. We are appreciated and valued when we fully conform to social requirements. The ego's needs are insatiable most notably in regards to our self-esteem and material possessions.

Our needs for respect and self-esteem essentially fuel our ego. The ego is a form of slavery as we constantly seek the attention of others. If someone pays little or no attention to me, I will feel unimportant. Under the ego's influence, I may even confront that person so that, once annoyed or angered, she will finally pay attention to me. Consciously or not, we use many ways to draw others' attention. We dress in fashionable or expensive clothing, wear make-up, have an eccentric look, flirt or show off, speak or laugh loudly, or are overly pleasing.

As for our possessions, they give us value in the eyes of some people and stimulate the envy of others. However, no matter how many things we acquire, we never feel fulfilled. Once we have the coveted item, we immediately turn our attention to something else to bring us happiness once and for all "I'll

finally be happy, content and fulfilled when..." but in reality we are only chasing rainbows.

It is so easy to recognize the workings of the ego in others but we never dare to contemplate our own shortcomings and why would we? We truly believe that we are right and they are wrong. Never do we question our "Me/I", if rarely so! I therefore propose this easy exercise.

Each time you feel sad or unhappy, close your eyes and try to discover what is at the source of your emotion. Generally, it will be caused by a confrontation with one or more individuals when you were expecting a certain result or outcome (yours) but that wasn't the case. Having not successfully achieved your goal, your ego was shaken. Your "Me/ I" was annoyed and your self-esteem was hurt.

The source of your dissatisfaction or unhappiness is not "out there"; it comes from within you. It isn't the outcome as such that annoys you. Rather, it is the feeling that your image was somehow weakened in others' eyes in light of it. It's useless to keep asking yourself what makes you miserable and causes your anger.

Obstacles to Better Health and Well-being

What should we do then? It is pointless to try to get rid of the ego because it is such an essential part of what we are as human beings. Among other things, the ego is also structured by our values and beliefs. Therefore, a first step would be to question ourselves about these subjective convictions by examining their origin and validity as well as their positive and negative impacts. We'll take a closer look at this approach later on in this chapter.

Also, it is no use to try remodeling the ego by favoring modesty, humility and simplicity because we cannot really create these attributes. Otherwise, this would only constitute another form of illusion for which the ego would pride itself. We may think that we are simple, modest and humble but in reality, it is just a clever ploy of the ego. We shall truly become these things only when we'll be able to manage our ego instead of the other way around.

What we must realize is that the ego is greatly responsible for our misery, sadness, fears, concerns, anxieties, doubts, distress, suffering, inactions, ill-being, dysfunctions, ailments and illnesses. It is not enough to wish it, think it, say it or repeat it. We must constantly be on the look-out and become very aware that it is effectively the truth.

This is achieved by developing a reflex to immediately stop and question ourselves when we are aware of any negative feelings such as unhappiness, sadness or distress. By honestly conducting this introspection, we will find that the ego is at the source of our ill-feelings and discover that the problem is not “out there” but within. Undeniably, our reactive emotions and feelings to contentious people, situations or events can greatly influence our overall state of health, both physically and psychologically.

How can we free ourselves from our dependence if not our addiction to the ego and its pernicious effects? Only by choosing to identify with our authentic "Self" (our true nature) instead of our "Me/I" (the illusory image we hold onto and project to others).

But how will we know that we are finally free of the ego's subjection? When we no longer use judgment as a means of feeling superior or righteous. When we choose to forgive and let go instead of holding on to harmful grievances and resentments. When our words are warm and affectionate rather than unfriendly and hurtful. When we refuse to impulsively react to our angers and fears. When we treat all others as equals, knowing that we are all connected and not separated. When we continually feel grateful for the people

Obstacles to Better Health and Well-being

and things in our life instead of considering ourselves as victims and never being satisfied. When we realize that the Universe is on our side instead of feeling abandoned, unlucky or even cursed. In short, when we are truly committed to expressing only love in our life.

Do not think that I have personally reached a high level of independence from the ego. It is not easy to reprogram ourselves in such a way. But on the other hand, “I” noticed a constant improvement to the benefit of my “Self”. As I become more and more aware of the ego’s great influence in causing my physical or psychological ailments, the better I am at avoiding this compulsive behavior and its harmful consequences.

Therefore, this approach requires a voluntary, conscious, constant and progressive commitment on our part in order to yield many benefits. I have no doubt that this process greatly contributed to a noticeable improvement of my health and well-being including the complete healing of my heart diseases.

OUR RESENTMENTS

I believe that the worst burden we can carry in life is the feeling of deep resentment towards somebody. To have a visceral grudge against someone whom we hold totally

responsible for what we believe is an offensive or unjust deed. As jury, we have found him guilty on all charges. As judge, we have condemned him to suffer the worst punishment possible relatively to our level of resentment.

The mere mention of his name fills our heart with deep disgust and hatred while a craving for vengeance permeates each of our cells. We believe that our attitude is totally justified thinking that it will eventually exorcise the loathsome incident as well as its perpetrator. But it is only a delusion as we can only act upon ourselves and not upon others. Furthermore, our resentment will constantly undermine our vital energy and eventually have harmful impacts on our health and our well-being. In other words, we will be worsening our own physical and psychological decline by chastising whom we believe to be the incident's instigator.

For more than twenty five years, I have held such a rancor towards a senior manager where I was employed. At the age of 27, I was named manager in order to set up a loss prevention department. This appointment was not welcomed by some top managers in view of my mandate and my very young age.

Obstacles to Better Health and Well-being

A few days later, I was invited for lunch at a famous private business club by the senior manager who was soon to be my nemesis. After only five minutes, he sternly warned me that he was totally displeased by my appointment and the new department. He boldly told me that his strategy was to "Divide and conquer" and that he would soon have my head on a platter. He considered me as an enemy that must be quickly eliminated as my mandate would greatly impede the progress of his own department. You can well imagine the hostile mood at our table throughout the meal.

A few years later, I met a former colleague and manager who had suddenly left the company not long after this trying encounter. I was very shocked to see him in a wheelchair seeing that he was only in his early forties and had always been a very happy, active and energetic fellow. He had been diagnosed with multiple sclerosis (MS) some months earlier. He told me that he had to leave the company because this same top manager was increasingly making his life miserable after having had a similar conversation with him at the very same club. Regrettably, he died only a few months after our meeting.

At that period, I was dumbfounded about his disease and the rapid deterioration of his health causing his demise within a

very short time. Some twenty years later, the reasons seem quite obvious now that I understand the crucial mind-body connection and am well acquainted with the possible psychobiological programs pertaining to multiple sclerosis (MS). Our thoughts, words and actions aiming mainly at satisfying the ego can indeed have dire consequences.

In my case, I decided to stay at my post and weather the storm. My nemesis was unsuccessful in his quest to quickly put an end to the new department and my managerial position. However, to wreak revenge, he routinely subjected me to various hardships because of my refusal to abdicate. With the complicity of his subordinates, he developed and implemented several schemes aiming at interfering with my mandates and limiting my influence within the company. Some of his employees told me that, although they did not agree with such tactics, they had no other choice than to follow orders. Otherwise, they would have to bear the full wrath of their boss. These challenging and stressful years were causing havoc on my health and well-being. I was diagnosed with a stomach ulcer at the age of 28. Worst still, the symptoms of my heart illnesses were steadily worsening.

During a seminar given by Doctor Athias in January 2008, I asked him what type of conflictual situation could have caused

Obstacles to Better Health and Well-being

the worsening of my aortic stenosis symptoms. After a brief moment, he asked me if someone had ever seriously impeded my career. I immediately said “no”. He doubtfully smiled at me before taking another question. Immediately after, I stood up and told the attendees that the answer was a resounding “yes” and that it had taken me some twenty five years to forgive that individual. Here is the story of this most liberating experience.

In October 2006, I attended an annual banquet honoring the employees who had worked for the company for twenty five years or more. That same morning, I deeply felt that I needed to finally let go of my visceral grudge against this person. As you'll clearly see in a moment, it seems that the Universe had already orchestrated each and every detail so this would be a most eventful and unforgettable moment.

As usual, a short meeting preceded the dinner so that members could elect their representatives for the following year. This took place in a very large room with about twice the number of chairs as there were attendees. Normally, people working or having worked for the same department sat together. In view of the promise I had solemnly made to myself that morning, I decided to sit alone well away from the others in order to facilitate any needed introspection.

I noticed him entering the room and greeting his former colleagues next to whom he always sat. As the meeting began, he glanced in my direction instead of sitting down. Quite unexpectedly, he walked right up to me and asked if he could sit next to me. Standing up so he could take his seat by my side, I was in awe at the wondrous inner meaning of the moment. Once seated, inner-feelings of joy, serenity and gratitude overwhelmed me.

At the end of the meeting, the organizers honored him for the many years he had worked for the company and invited him up front to receive a special gift. As he came back to his seat next to me, I stood up to shake his hand and offer my sincere congratulations. Thanking me, his eyes filled with tears.

I immediately felt a tremendous relief as if a great weight had just been lifted from my shoulders. Then a very warm sensation emanated within my chest and quickly spread through my body. Without pronouncing a single word, a declaration of peace was finally upon us after more than a quarter of a century of hostilities.

Some of us could believe that we have experienced things so painful or traumatic that we can never "forgive" those we hold responsible. But we must be well aware that these deep-

Obstacles to Better Health and Well-being

seated feelings of resentment and anger are continuously draining our life force energy. Although such grudges fully satisfy the ego, they hinder our peace of mind, our joy, our happiness, our health, our well-being, and our achievements. In other words, they are always emotionally and physically harmful.

We can never really forget the very hurtful or traumatic events of our life, nor the people we hold responsible for these incidents. On the other hand, we can choose to live in the present moment rather than to regularly relive the torments of our past. We must believe that it is in our very best interest to listen to our inner "Self" rather than to continue satisfying the "Me/I" of the ego. Only by totally letting go of resentful feelings shall we finally be freed from such heavy and harmful burdens.

OUR JUDGMENTS

Why are we judgmental? This act constitutes one of the main and often unconscious reflexes we use to satisfy the ego. Be it negatively or positively, we usually use judgment to compartmentalize the behavior of others based on our own values and beliefs but also on our fears.

Judging others often helps us hide or deflect our feelings of low self-esteem or self-worth. It can also be a mirror effect

where the faults we find in others are a reflection of our own weaknesses. It isn't easy to rid ourselves of this defense mechanism which represents a major hurdle in our quest for a greater well-being, a better health or a genuine spirituality. It requires a great sense of awareness and demands a conscious and constant effort of our part.

For example, it often happens that judgments are passed regarding other individuals during a group discussion either at work or at any other social gathering. If we are privy to these judgmental remarks, the ego will drive us to agree with these statements even if we don't.

I learnt a very revealing notion during a psychobiological seminar. At times, a person's behavior can be an automatic and unconscious response programmed from a specific distressful event that may have happened long ago. For example, here is the story of my eldest son's behavior which my wife and I always considered as quite unacceptable.

I have always prided myself of strictly respecting the predetermined time for my appointments, be it for work, school or social activities. I regularly arrived well in advance of the agreed time and felt very uncomfortable and sometimes even ill when I noticed that I would be late due to bad weather, a

Obstacles to Better Health and Well-being

traffic jam or any other reason over which I had no control whatsoever. I expected the same consideration from others, assuming that they too would fully respect the time agreed upon. If not, I would react judgmentally towards them and would have ill-feelings for some time afterwards.

My son had a great tendency to be late for his appointments, no matter how important they were. For example, he always arrived one hour late at our house. His habit was so systematic that my wife and I always added one hour to the agreed time and would delay any meal preparation accordingly. I was very judgmental of my son as I considered this behavior as totally unacceptable. The reason was that he didn't respect one of MY essential values/beliefs: punctuality. My wife and I made a remarkable discovery about his recurring habit during a workshop. Our son had no choice but to strictly and systematically arrive one hour late at any appointment. His behavior was an unconscious and automatic response to a survival program strictly ordered by his own parents on the day of his birth.

He was born on a weekday during a full public transportation strike in Montreal. At about eight o'clock in the morning, he was finally ready to make his entrance into this world but there

was a serious problem. The obstetrician was stuck in exceptionally dense rush hour traffic due to the strike.

The nurses urged my wife to hold on and especially not to push because there was no other alternative. This was a very distressful moment for us as we feared for the life of our first child. Minutes appeared to be hours. We constantly watched the delivery room door hoping and praying that the doctor would finally appear in the next moment. My wife's contractions were getting painfully stronger and dangerously close in-between. Our child should have been born already. Nothing is more intense than the mother/child bond and especially while the baby is still physically connected through the umbilical cord. Still in the womb, our child was clearly aware of his mother's great distress and especially of her mandatory directive to postpone his arrival to avoid death.

Finally, a little after nine that morning, the door flew open as the doctor rushed into the delivery room. The nurses hurriedly tried to remove his coat so he could put on his surgeon's blouse. But my wife couldn't hold on any longer and our first child, a boy, made a late but spectacular entry into this world as the doctor, half dressed and half gloved, scrambled to catch him. We were overwhelmed with joy and gratitude as our first child came to this world alive and healthy after a one hour long

Obstacles to Better Health and Well-being

roller coaster ride which seemed like an eternity to us. Time is indeed quite relative!

Therefore, my son always arrived one hour late not because he had a bad attitude or displayed a lack of willpower. In an unconscious and automatic manner, he was strictly complying with his parents' imperative command he had received on the day of his birth in order to stay alive. Our traumatic distress on that eventful morning programmed this specific behavior for which he bared no responsibility whatsoever. The message he was constantly unconsciously receiving from his most inner being was as follow: "I could die if I arrive on time!"

We told our son that we had made an interesting discovery that could explain his habit of always arriving one hour late and that, if he wished, we could discuss it with him. Quite intrigued, he insisted that we tell him at once. Ever since that day when we told him the stressful circumstances of his birth, he has always been on time for his appointments. Having been made aware of all the details, he was finally freed from this unconscious program which no longer served a purpose. Instead of keeping on playing the same recorded program over and over again, its content was finally erased.

I became aware of another thing while writing about the dramatic circumstances of our son's birth. It concerns the fact that I am very impatient when somebody is late and more so if it is a family member. I become very anxious with an inexplicable feeling of dread. Often, a physical ill-feeling will accompany these emotions. Could these feelings and symptoms be related to what I experienced during my son's birth as my fears increased minute by minute until doctor's late arrival? It is quite possible, isn't it?

OUR VALUES

Our values can be classified according to four categories:

1. Personal values;
2. Cultural values;
3. Social values; and
4. Professional values.

Personal values define us as individuals. These are notably honesty, courage, confidence, creativity, honor, integrity, independence, compassion, friendship and spirituality.

Cultural values are inherent to our roots and are based mainly on our traditions, our morals, our customs and our religion.

Obstacles to Better Health and Well-being

Social values help us maintain suitable and satisfactory relationships with people such as family members, friends, neighbors and acquaintances. These values include morality, altruism, diversity, equality, equity, reliability, faithfulness and loyalty.

Finally, our professional values model our behavior in work related situations. They determine how we work as well as our relationships with colleagues, superiors and clients. These values include professionalism, work ethics, competitiveness, conscientiousness, punctuality autonomy, dedication, and loyalty.

Metaphorically speaking, values are the foundations that will support us throughout our lifetime. Our values determine what is most important to us and give us a sense of purpose in our life. In short, our personal values represent OUR ideal world as well as OUR reality. We readily and even enthusiastically exchange with people having the same values as ours. In their midst, we feel understood, confident, united and even empowered to try to influence "others" who do not share our convictions.

We constantly analyze and judge people according to our own value system. At best, we accept and appreciate different

values: Live and let live! At worst, we reject these differences and act according to an inclusion/exclusion mode. We are right and they are wrong. If they are not with us then they are against us! Obviously, this latter attitude is the most conflictual and stressful one as it could be at the source of various ailments and disorders.

Some particular topics can bring about heated arguments stemming from very conflicting views. The more sensitive include religion, race, culture, politics and social issues. In extreme cases, the outcome can even be war (religious, civil or between countries), genocide or famine.

Values such as spiritual openness, tolerance, understanding, empathy, altruism and compassion are extremely beneficial to us. In contrast, counter-values such as exclusion, intolerance, antipathy, egoism, indifference and incomprehension are harmful to us as these behavioral ill-feelings can greatly undermine our health and well-being under the constant weight of conflictual stresses.

We must become well aware that our values are mainly inherited from our parents and are modeled on our childhood environment and experience under the influence of family members, friends, and teachers as well as other persons we

Obstacles to Better Health and Well-being

looked up to or who were in a position of authority. Therefore, we must periodically reassess our values in full consciousness. A serious review of them and of their hierarchy will not be an easy task but the insightful outcome will be well worth it. We will be able to modify, replace or eliminate any outdated or problematic value once we have discovered that a specific feeling, emotion or reaction is but a conditioned reflex to an imprint initiated long ago when we were only children.

Always craving for their approval and consideration, we all have an unconscious need to strictly abide by our parents' core values. No matter if we are toddlers or centenarians or that our parents are deceased or not; this deep-seated urge is actively present throughout all our lifetime. Once again, such an insight invites us to consider the true extent of our own free will. The question we must ask ourselves is: "Have I abided by my parents' core values in a dutiful way?" My personal introspection into this matter at one of Doctor Sabbah's workshops resulted in a most startling revelation.

Formal education was the most cherished value for my parents. My father repeatedly told me that the longer I stayed in school, the more responsibilities would be eventually entrusted to me and the more money I would make, thus insuring an active and profitable career. Education has been

indeed THE major theme of my life and, therefore, I have fully complied with my parents' principal value.

This imprint was such a priority that I even pursued continuing education studies at the university level for twelve consecutive years during which time I was not only a student but also a lecturer. Unconsciously, this demanding and time-consuming pursuit solely aimed at pleasing my father in order to be worthy of his consideration, approval and affection. This drive was even more powerful after his sudden death in 1987. Unfortunately, my endeavor negatively affected our family life as well as my health and well-being.

OUR BELIEFS

What is a belief? In short, it is the conviction we have that our interpretation of a specific lesson or past experience is a general truth, a reality. Most of our beliefs stem from our upbringing including our education and experiences as well as the influence of significant people (friends, family, neighbors, etc.) during our childhood. We rarely question our beliefs because we are certain that they are real (belief = reality). They shape our reactions to everyday events and situations to such a point that a belief can be so strong that it can have a remarkable physiological impact. Such is the case of the "placebo effect" where ailments are relieved and even

Obstacles to Better Health and Well-being

illnesses healed when a person strongly believes in the curing potency of a treatment or medication when, in reality, it is only a sugar pill.

Beliefs can also either be limiting or empowering. Limiting beliefs create obstacles to our fulfillment and our well-being. They negatively affect our self-esteem and our sense of worthiness. They also prevent us from enjoying complete openness with the outside world. But more importantly, they can cause or exacerbate our ailments and illnesses. As for empowering beliefs, they encourage us to fully trust in ourselves, be a full participant in our life and realize our greatest potential with the support of the outside world. They positively impact our self-esteem and sense of worthiness. But most of all, they beneficially affect our happiness, health and well-being.

Our beliefs hold an enormous power over us. They determine who we are and who we will be. But how can we know which of our beliefs are empowering and which ones are limiting? Only by seriously analyzing and reassessing each of our beliefs can we discover their beneficial or harmful repercussions. We can list our beliefs categorically according to their nature. In other words, what is this particular belief about and does it concern us or others? Is it about happiness,

love, relationship, community, education, intellect, physical condition, health, wealth, success, well-being, self-esteem, imagination, intuition, personality, spirituality, etc.? The more we become aware of a belief's painful or paralyzing consequences, the more we will be motivated to replace it with an empowering belief.

Many books on the topics of values, beliefs and personal growth are available. The most popular of these have been written by Anthony Robbins (refer to the bibliography at the end of this book).

OUR FEARS

Fear can be defined as a feeling of great anxiety or alarm in the presence or thought of a perceived threat or danger. It is a subjective feeling of anticipation that informs our whole being of a potential risk, be it real or imaginary.

Fear is one of our major emotions. This survival instinct is imprinted within us since the dawn of mankind. It is our "fight or flight" response which allowed our most distant ancestors to survive when confronted with an immediate danger. This was achieved either by standing their ground and reacting aggressively and combatively or by running away from the

Obstacles to Better Health and Well-being

perceived threat. The emotion of fear is set in motion each time we imagine what could "go wrong" in a given situation.

Some fears are normal during our childhood when we feel uncertain and vulnerable. We all feared the dark, solitude, strangers, thunderstorms, monsters or other imaginary creatures. Often a child will even say that he is "afraid of being afraid". As we get older, such fears normally decrease or disappear completely. If not, it may indicate an abnormal exaggeration of worries, doubts or anxieties and can even be a sign of pathological disorder.

Doctor Hans Selye, of the University of Montreal, was one of the first scientists to clearly demonstrate the destructive effects of anxiety and fear on our body's immune system. According to his research, any fear or anxiety automatically and unconsciously triggers physiological mobilization effects within our body notably:

1. Increased production of adrenalin, a hormone secreted by our adrenal glands;
2. Increased heart rate;
3. Increased blood pressure;
4. Increased mental, visual, olfactory and auditory acuteness; and

5. Increased energy by the decomposition of body fats.

These physiological effects, commonly known as the "fight or flight response", will last as long as we perceive that there is a potential danger. This response is certainly beneficial to us when the threat is real and imminent. On the other hand, when the threat is ongoing, these same effects will become detrimental to us with harmful physical and psychological consequences.

Let's take the example of two ladies. The first one is returning home late at night. Suddenly, hearing accelerating footsteps behind her, she perceives a potentially imminent threat. Her "fight or flight response" is automatically triggered causing her to walk faster and faster. She turns around and notices that the steps were those of a love struck couple returning to their home. Somewhat shaken, but now well aware that her feeling of impending doom was but an illusion, her body has already started the transition towards a normal state of being.

As for the second lady, for the past five years she's been living with her alcoholic and quick-tempered husband who regularly beats her. Consequently, her "fight or flight response" has been almost continually active throughout this period. And what of our modern society that demands ever increasing

Obstacles to Better Health and Well-being

levels of performance and materialistic needs. For many of us, these constant and often excessive levels of stress produce the same debilitating effects.

But what is the most harmful to us, as confirmed by Doctor Selye's findings, is that our immune system's efficiency is greatest when it is fighting only one battle at a time. Be it an injury, say a fracture, or a disease such as cancer, our immune system will quickly organize the required activities to defend the body and carry out repairs. If additional stresses, such as those caused by anxiety or fear, are introduced during these activities, it can unfavorably affect the end result. A fracture may not heal well or an illness can become chronic because the healing process has been impeded.

Furthermore, if our immune system is generally mobilized by psychological stresses, our body's resistance to additional physical stresses caused by infectious diseases (pneumonia, flu, etc.) will be greatly weakened.

In addition to the distinct physiological effects, anxiety and fear can also impact us in several psychological ways. For example, they can paralyze us in our decision-making and prevent us from believing in our abilities to improve our life including our health and well-being. Anxiety and fear can also

cause us to hold stubbornly onto our self-destructive thoughts, attitudes and behaviors.

How can we reduce or, better yet, end the harmful repercussions of our fears? The first step is to consciously identify each of our fears and then sort them according to their intensity (#1 being our greatest fear). The second step is to determine the source of each fear, if possible, and its consequences. The third and final step is to honestly explore our degree of motivation in facing and resolving each fear.

Statistics would indicate that public speaking represents one of our biggest fears. This fear may be intimately associated with our feelings of low self-worth or self-esteem and our dread of being ridiculed. I truly believe that life occasionally offers us unique opportunities to face obstacles that limit or prevent our personal growth. Preferably, we must become aware of such moments and choose to fully embrace our fears. Here is a personal example of such a window of opportunity that came my way back in 1983. My positive response to this challenge proved to be a major turning point in my life, both personally and professionally.

I was attending evening classes towards receiving a property insurance associate's degree. My goal was to become

Obstacles to Better Health and Well-being

knowledgeable with all aspects of this domain instead of limiting myself to the loss prevention field.

The head lecturer invited me to lunch mentioning that he had a proposal for me. He made me an offer to be a regular lecturer for the academic program's mandatory basic course which was considered to be the most challenging course of all by the teaching staff. It dealt with all the essential notions of property insurance whereas each other courses limited themselves to only a single topic. I immediately replied that I lacked the needed knowledge or experience and that many others would surely be more suited for the challenge. Furthermore, my time was quite limited as I still was an evening student and my days were quite hectic managing a loss prevention department. As our meeting came to a close, he asked me to seriously consider his offer as he had no doubt that I would be a very good lecturer.

Some of you might have already guessed that my reactions and arguments were influenced by two of my biggest fears: the fear of not being equal to the task or not measuring up to expectations (doubt, low self-esteem and poor self-worth); and the fear of speaking in public (anxiety and fear of being ridiculed). Nevertheless, the opportunity of becoming an educator captivated me as I remembered the sense of useful

accomplishment I felt when, as a teenager, I was in charge of training all first year air force cadets over a three year period.

I accepted the proposal in spite of my deep-seated anxieties and fears. In hindsight, this decision proved to be a major turning point in my life. I had only two short weeks to become at ease with the course's content and determine the logistical approach and tools needed. Naturally, my doubts and concerns were ever increasing as the deadline approached. In short, I have given this course more than thirty times to a total of some one thousand students.

In 1989, yet another big challenge came my way as I accepted an offer to become a continuing education lecturer at the University of Montreal's Ecole Polytechnique. Unmistakably, such an endeavor would have been completely impossible without the teaching experience I had accumulated since 1983. As I had done before, I decided to confront my fears and anxieties and follow this new direction in my life's trajectory. I have no doubt that the three technical books I have since written and published, and more so this personal work, would have never seen the light of day if I had opted for the status quo and remained under the strong influence of my ego generated fears.

Obstacles to Better Health and Well-being

In order to better understand this topic, we must take a closer look at our three most frequent and limiting fears being the fear of change, the fear of illness and especially the fear of death. These specific fears can be the source of various feelings of discomfort and ill-being in our lives. At worst, they can even result in illnesses.

A) THE FEAR OF CHANGE

We constantly need to feel safe throughout our existence. Preferably, our world should be a manageable place without too many surprises. This longing is based on our belief that things are relatively constant and unchangeable. That is why it is so important for us to have daily routines. Therefore, it is quite normal to have a tendency to resist change and even be fearful of it. But in reality, nothing ever remains the same and we must welcome change in order to have a fulfilling life. Thus, it is quite harmful to have an exaggerated fear of change as this would be a great impediment to our growth and our well-being.

We are the sole masters of our destiny. Each one of us has the ability to change our life in a positive way. When we feel appreciated and have confidence in ourselves, we perceive change as an opportunity for personal accomplishment, growth and fulfillment. Then again, we can also hold onto our

limiting beliefs that greatly hinder us. The most harmful of these are certainly those causing our feelings of doubt, poor self-worth and low self-esteem.

Our uneasiness about change is closely linked to our fear of failure as many of us become overly anxious and worried when facing new challenges. We are unsure of ourselves and doubt our abilities to overcome obstacles that may arise. We dread of making errors and being judged or humiliated.

In contrast, some of us welcome new challenges and experiences in spite of our natural apprehension of the unknown. We confidently move forward with a good feeling of self-worth and will consider any failure as but a temporary setback or a learning opportunity.

The greater tragedy in life is not of regretting some of our endeavors but of having seldom dared to take a risk.

B) THE FEAR OF ILLNESS

This topic is not about hypochondriacs. Rather, it concerns possible harmful effects caused by some current social tendencies as well as sustained clever marketing ploys by special interest groups, industries and companies. Their primary goal is to constantly permeate us with a sense of

Obstacles to Better Health and Well-being

vulnerability to illness and disease. Using various statistical data and extrapolations, often based on their own research, they relentlessly give us somber even dire predictions such as "one man in two and one woman in three will have cancer in their lifetime". And what are we to think about the debate regarding influenza A (H1N1)!

In her editorial titled « Promotion of disease and corrosion of medicine », which appeared in the October 2005 issue of "Canadian Family Physician", Doctor Iona Heath dares to mention and criticize some of these strategies at the risk of being ostracized by her peers and targeted by the pharmaceutical industry. Doctor Heath is a general practitioner in London, England. She is a member of the Council of the Royal College of General Practitioners, a member of the Editorial Board of Medical Humanities, Chair of the British Medical Journal's Ethics Committee, and member of the Human Genetics Commission. Here are excerpts of her article:

"...Three intertwined and mutually reinforcing trends - the medicalization of life, the industrialization of health care, and the politicization of medicine - are actively promoting disease and fear of disease, while at the same time corroding the theory and practice of medicine..."

“...Global capitalistic hegemony is opening up the whole arena of human health for the pursuit of profit, trading on human fear in an explicit and calculated manner. People living in the wealthy countries of the world are now living healthier and longer lives than ever before. Only a minority are sick, and so the profit to be made by developing and selling treatments for the sick is limited. There is much more money to be made by convincing the healthy majority of the immediacy of threats to their health and the need to take action to avert or minimize these threats...”

“...An obsession with health is destructive of it. The more people are exposed to the machinations of contemporary health care, the more they perceive themselves to be sick or at risk and the higher the rates of self-reported illness...”

“...The economic imperatives of the pharmaceutical industry drive the rhetoric and orchestrate ever-increasing demands for health care technologies...”

Indeed, people are more and more obsessed with their health and many develop a disproportionate fear of disease. Such anxieties can produce a continuous and permanent distress in our daily lives. If so, our fears will usually increase over time as we get older and are constantly bombarded by dire

Obstacles to Better Health and Well-being

warnings from medical and other health related sources. This constant threat is maintained and amplified in various ways through the different media including a continuous stream of powerful advertisements on television and on the Internet as well as in newspapers and magazines. Some marketing tactics can even be quite subtle or implicit. As stated in Doctor Heath's article, the aim is to instill a sense of vulnerability to mind and body degeneration, disease and death within the general population.

Therefore, it is crucial that we be aware of such schemes and keep a critical attitude in regards to any claim. We must never abandon our power to any individual or specific approach. Though it is essential that we consult with medical practitioners and follow their prescribed treatments, we should never forget that each one of us has an incredible inner power to fully participate in our own healing and well-being.

C) THE FEAR OF DEATH

As humans, it is difficult for us to imagine our own death. Although we are relatively aware that we can be accidentally killed, we deceive ourselves by believing that such tragic and fatal incidents only happen to others. Furthermore, in a subconscious way, it is inconceivable for us to think that we can die from a natural cause such as disease or old age.

Consequently, we consider death as being a most dreadful event. This universal fear of dying has always existed. Only madmen are not afraid of death. Although we feel the need to avoid this painful topic, we will have to face it sooner or later.

Though our fear of dying is quite normal, for some people it can become obsessive and debilitating to a degree that they are no longer really "living". They constantly dread their future even to the point of neglecting medical consultation for fear of receiving a worrisome diagnosis or simply a heads-up for a potential health risk. For example, my mother hadn't been to a doctor for the last 37 years of her life.

Curiously, more and more people harbor an excessive fear of dying in spite of the numerous scientific and medical advances having contributed to an important increase in life expectancy. Statistics show that, between 1900 and 2000, life expectancy in developed countries such as ours has increased from 47 to 80 years, a remarkable jump of 70 % in just a century.

In some cases, an excessive fear of death can result in serious illness or unusual behavior. Obviously, deep-seated feelings of impending doom can increase exponentially with the passing of time as we become more and more aware of

Obstacles to Better Health and Well-being

our inevitable demise. Also, the serious illness or death of a loved one further reminds us of our own mortality.

Our ancestors generally considered death as a normal and inevitable event. They calmly died at home surrounded by loving family members and friends insuring that their last days on Earth were relatively peaceful and serene. Family members, friends and neighbors alternately came to say their last farewells. After the moment of death, the body of the deceased was washed by family members and exposed within the home.

Nowadays, we perceive the act of dying as a dreadful and morbid abomination. Thus, death is more solitary, impersonal, dehumanized and very technical as the dying person is suddenly removed from his familiar environment and quickly rushed to a hospital emergency room. In Chapter 6, I will recommend a few books that could help in appease such dreadful feelings about death. Personally, I have always been at ease with this final curtain call of life. Is it because I have suicidal tendencies? Definitely not!

I am not fearful of hospitals and have always felt quite at ease in funeral homes and cemeteries. Throughout my loss prevention career, I visited many occupancies associated with mortality including hospitals, funeral homes, cemeteries,

crematoriums, morgues, university medical faculties, and autopsy facilities. In Chapter 2, I mentioned a few personal examples about "transgenerational cellular memories". Here is yet another example of this notion which could explain why I have always felt relatively at ease with mortality.

My maternal great-grandfather was the owner and operator of a funeral home in London, England. He died in 1895 at the age of fifty one which was about the normal life expectancy for a man at that time period. I truly believe this is the basic reason why I have few apprehensions about death in general and my own demise in particular. The total acceptance of this natural birth-life-death cycle was already programmed in my cells when I was born.

In addition, my three Near Death Experiences (NDEs) solemnly gave me an empowering perspective regarding the concepts of life and death. Furthermore, as detailed later in this book, the knowledge I acquired about the hereafter corroborated that death is not the final act of our existence as so many people dread. It is quite the contrary as our Soul/Spirit is finally freed from the illusion of this terrestrial life to finally return to our real Home and the true reality of our spiritual dimension before eventually embarking on yet another earthly journey through the process of reincarnation.

Obstacles to Better Health and Well-being

With the exception of the tragic death of a dear niece, I never had any feelings of loss, anger or sorrow following the death of a loved-one including each of my parents. Instead of mourning their departure, I celebrated their life and felt very grateful for having been a part of it. In view of my profound beliefs that I openly and humbly share with you throughout this work, I rejoiced knowing that their Being has returned Home at last.

CHAPTER 5

My Three Near Death Experiences

In the previous chapter, we discovered that one of our greatest fears, if not THE greatest one, is the fear of death.

The fact of having personally gone through not one but three Near Death Experiences (NDEs) in my lifetime has given me a very particular and privileged view about death and the afterlife. I sincerely hope that my account will be helpful in easing this natural fear and peacefully accepting the departure of a loved one. But first, it is important to briefly mention the basic characteristics of this phenomenon.

Statistically, Near Death Experiences generally happen during cardiac arrests or comas and when clinical death has occurred according to certain criteria. By definition, clinical death is when there is no more sign of life and the electroencephalogram (EEG) is flat indicating that brain activity has ceased. In some cases, patients suddenly return to life without medical or scientific explanation and about 20% of these will recount the occurrence of a NDE while they were clinically dead and this, irrespectively of their cultures, faiths or previous beliefs.

According to Doctor Raymond Moody, the pioneer of NDE research, this phenomenon consists of nine stages namely:

The impression of having died: This "feeling" is often accompanied by an unpleasant noise mostly described as a humming or a ringing sound.

A feeling of great peace and the absence of suffering: This indescribable sensation of perfect tranquility and peace of mind is accompanied by the total disappearance of physical pain.

Exiting the body: A sense of floating in the air and witnessing our body below us. This is also known as an Out-of-Body Experience (OBE).

The tunnel: Having left our body, there is a sensation of being drawn or propelled through a dark tunnel at great speed towards a majestic white light of indescribable intensity and beauty.

Meeting others: Within the tunnel or shortly after reaching the end, we may encounter dead relatives or friends and/or luminous beings bathing us with pure love. These are usually spirit guides or guardian spirits.

My Three Near Death Experiences

The Divine Being of Light: We are in the presence of a Divine Being (sometimes perceived as God, Jesus, Buddha, etc.) who shines with an unearthly brilliance and conveys unconditional and unlimited Love and understanding.

Life's review: We see our past life on earth in full detail and in three dimensions as the most important events are examined carefully in a supportive and compassionate way.

Coming back: Telepathically, we are told that we must go back because it is not our time yet and/or that we have more things to learn or do. Sometimes, the choice of staying or going back is ours to make. At great speed, we return through the same tunnel and back into our body.

The sorrow of having returned: The emotional reality that we would have preferred to stay in the afterlife and not retaken corporeal form.

Individuals having experienced such a phenomenon will not necessarily have undergone all of these stages. Also, the perception of time and space is completely different as the notion of time and the limits of space, as we know them, no longer exist. We are instantly transported to the place where

we want to be. For more information about Near Death Experiences (NDEs), I invite the reader to consult the bibliography at the end of this book as well as Internet sites dealing with this most interesting phenomenon. In the next chapter, we will take a closer look at death, the hereafter and reincarnation.

FIRST NDE - 7 YEARS OF AGE

I was diagnosed with acute rheumatic fever at a very young age after an infection with *Streptococcus* bacteria. This inflammatory disease mostly affected my heart resulting in damaged valves and an enlarged heart. Doctors strongly recommended to my parents that I have my tonsils surgically removed as a preventative measure. This was back in 1959, well before the advent of universal health care systems in both Quebec and Canada.

Not having much money, my parents had to shop around to find the lowest price for this surgery. Having never had or driven a car, my parents and I used public transport to get to the “clinic” where my tonsils would be removed that fateful day.

Many other children were also sitting with their parents in the waiting room. As the awful smell of ether forebode an

My Three Near Death Experiences

imminent danger, our wailing cries were our ultimate desperate plea to immediately return home and forego such a frightening and insane scheme innocently thinking that we would be subjected to yet another inoculation. But what was to come would be far more traumatic than a mere vaccination.

A nurse entered the room and called a few names. I prayed that mine would never be pronounced, but in vain. I begged my parents to go back home immediately. Instead, they accompanied me (or rather dragged me) to a small room where they took off my clothes, dressed me in a sterile gown and placed me on a stretcher. The nurse came back in and gave me an injection to calm me down.

The smell of ether was more and more intense. This was a sure sign that the worst was yet to come. Another nurse entered the room and told my parents to return to the waiting room. The nurse walked over to the head of the stretcher, disengaged the brake and wheeled me to the operating room. I held back my tears because we all know that "boys don't cry". I was alone in the world to face the unknown. I felt helplessly abandoned to my fate like a small animal left to its predators in the wild.

After entering the room, I was immediately picked up and placed on a hard table. A rubber mask was abruptly placed over my face and I was forced to breathe the suffocating odor of chloroform gas. I tried to struggle but my body was unresponsive. My eyelids became heavier and then nothingness.

Suddenly, it seemed as though I was floating at the ceiling level as an unusual feeling of peace and well-being overwhelmed me. I noticed three masked individuals in surgical gowns standing below me. They seemed quite agitated and upset as they leaned over a long table. There was a humming noise in my ears so I couldn't quite figure out their conversation.

The door flew open and a fourth individual came running in. Wearing the same outfit, he appeared irritated and was shouting at the others. I still couldn't hear a thing as the humming noise was getting louder and louder. Was I dreaming? If so, never had I experienced such a marvelous dream filled with serenity, joy and love so intense that mere words cannot describe. These powerful emotions were new to me and yet, they felt also very familiar.

My Three Near Death Experiences

Without any concern or fear, I floated to the other side of the room. I noticed a child lying on the table. As I floated down to take a closer look, I realized that the child was me. I was in no way shocked or terrified by this awareness, quite the contrary. I felt very euphoric as it seemed to be a normal phenomenon and even a joyous and sublime omen.

The humming in my ears greatly intensified. It suddenly stopped when a long and upward dark tunnel appeared behind me. I saw a bright white light glowing at its furthest point. It was like standing at one end of a long train tunnel and staring at the beam of light from the locomotive entering at the other end.

I felt a pulling force as an unknown energy was beckoning me to enter the tunnel. Without any fear or hesitation, I slowly floated towards its entrance. I was overwhelmed with feelings of excitement, joy, peace and love. It was as though I was returning home after a long trip abroad, eagerly looking forward to reuniting with family and dear friends. I made my way through the tunnel with increasing speed in a spiral motion. I heard sublime music that no words can describe. It could be compared with the most beautiful classical music ever composed. Since that day, my eyes always fill with tears when I listen to particular musical pieces composed by

classical masters as I recognize resemblances and relive that mystic experience.

As I got closer to the dazzlingly beautiful light, it radiated such intensely overwhelming feelings of love and peace upon me. Incredibly, I could readily stare at it even though it appeared far brighter than the sun. I had no sorrow nor regret for having been "taken away" from my loving family as I now knew for sure that I was constantly with them. I suddenly stopped and was pushed away in the opposite direction at a dizzying speed before brutally reintegrating the childlike body stretched out on the operation table.

A terrible pain invaded my whole body and my throat seemed to be on fire as I opened my eyes in the recovery room. My mother was at my bedside with tears in her eyes. The white sheets were covered with blood. With unbearable pain, I repeatedly vomited blood.

How I wished I could instantly return to my wondrous "dream" where I was totally free of sorrow and pain. I implored my mother that we immediately return home. She answered that the doctor wanted to keep me under observation for a while longer. Later that evening, even though I was still quite feverish and vomiting blood, my parents were informed that we

My Three Near Death Experiences

could leave. My father called for a taxi. Noticing my condition, the taxi driver placed some newspapers on the car's floor to protect it.

Up until my teenage years, I thought that my out-of-body experience had only been a dream though it still remained quite fresh in my mind throughout all those years. Even now as I am writing these lines, my eyes fill with tears as these memories still have a powerful effect on me. It was only when I read Doctor Raymond Moody's book titled "Life After Life" that I discovered that millions of people throughout the world have had very similar experiences regardless of their age, nationality, race, culture or faith.

The dangers of using ether and chloroform for anesthesia had been well known to the medical community ever since its discovery. These risks were greater still in regards to children as was clearly stated in the medical work titled "Chloroform in the Surgery of Children" (*Le chloroforme dans la chirurgie des enfants*) by Dr. Albert Bergeron, published in 1875 (Adrien Delahaye, publisher). Obviously, the use of this anesthetic chemical by competent individuals in a reputable hospital environment greatly reduced the incidence of tragic results. Such was not the case back in 1959 when I had my tonsils removed in a makeshift clinic at the lowest price available.

These days, we easily criticize our universal health care system (packed emergency rooms, insufficient staff, long waiting periods for surgery, etc.). Instead, we should appreciate the many benefits of this system compared with what existed some fifty years ago when, due to a lack of money, many people couldn't afford to seek medical help or treatment or, at best, had to barter for their medical care including surgery.

I'd like to mention a curious regular occurrence since my tonsillectomy in 1959. I would have tachyarrhythmia episodes each time I would smell the vapors of volatile chemicals such as ether, chloroform, chlorine and alcohol. This happened each time my mother used bleach to clean the floors or sprayed Raid (an insecticide) on my mattress and box springs that were infested with bedbugs. These symptoms also occurred at school during laboratory classes.

Furthermore, throughout my 35 year career in property loss prevention, I visited hundreds of manufacturing and industrial establishments where such chemicals were used, transformed or stored. I would systematically have a tachyarrhythmia episode as soon as I inhaled the vapors. Doctors have never been able to give me an explanation for this peculiar effect.

My Three Near Death Experiences

This situation has greatly improved since my open-heart surgery in 1990 in regard to my WPW syndrome. Though I no longer have tachyarrhythmia episodes, I do at times experience some extrasystoles (abnormal contractions of the heart).

I believe that all those symptoms were a result of biological cellular memories. In short, my body cells and my brain fully registered the traumatic event I had at the age of seven. Afterwards, they automatically recalled the experience each time I smelled chemical vapors reminiscent to those I inhaled on that fateful day in 1959. But why did this recall specifically caused tachyarrhythmia symptoms? Because these were the last symptoms I felt before entering the tunnel. I could still sense my body even though I was under complete anesthesia. I was experiencing rapid and irregular heartbeats and then it totally stopped as I began floating above my body. Let's not forget that smell is our most powerful sense as it recalls moments imprinted in our memory ever since a very early age.

SECOND NDE - 37 YEARS OF AGE

As mentioned earlier, I was born with a heart disease known as Wolff-Parkinson-White (WPW) syndrome, a disease which is characterized by the existence of an additional conductive pathway between the auricle and ventricle. Since early

childhood, this illness was causing me tachyarrhythmia symptoms at irregular intervals. These episodes could last from a few minutes up to a couple of hours as the symptoms would eventually stop without the use of medication. A few years had passed since my last tachyarrhythmia episode but this was about to change quite radically.

On that day, I was at the office writing reports after many days on the road doing inspections. I chose this particular weekday to work from our downtown Montreal office as I would be teaching an evening class at a nearby college. Much to my surprise, I started experiencing increased and irregular heartbeats in mid-afternoon. At the end of the afternoon, the tachyarrhythmia episode continued as I was driving to the college to give my lecture.

At the scheduled break, feeling quite exhausted from my heart's ongoing marathon, I called my wife Lucy to inform her of my condition and ask her to meet me at the college so she could drive the car returning home. Even though she soon arrived at 8 PM, I stubbornly carried on with my lecture until the usual time of 9 PM when she entered the classroom with a furious look on her face. She couldn't believe that I had insisted on completing the class in spite of my condition.

My Three Near Death Experiences

Once in the car, I told her that it would be wise to stop at the hospital seeing that my condition hadn't improved. She dropped me off at the emergency entrance door before making her way to the parking lot. Dressed in a business suit, I entered the emergency room where some twenty patients were seated. After explaining my symptoms and condition to the receptionist, she told me to have a seat and that a triage nurse would soon come to see me.

I noticed a big fellow pacing up and down the aisle and holding a bloodied bandage on his right hand. He seemed furious and kept cursing out loud. A nurse entered the room and called my name. As I got up, she insisted that I remain seated. She tried taking my pulse but was unable due to the fast and irregular heartbeats. With a worried look, she asked me if I could follow her to an exam room. As I stood up, the big fellow yelled and swore at her complaining that he had been waiting three long hours to be seen by a doctor whereas I had just arrived and was being promptly looked after. With a strong and authoritarian voice she told him to shut-up and sit down.

Entering the exam room, the nurse insisted that I immediately lie down on the bed. A doctor arrived shortly after to question me. I told him about my WPW syndrome and that the tachyarrhythmia symptoms began in mid-afternoon. Seeming

a bit confused, he returned to his desk which I could readily see. After some talk with a few colleagues, they each grabbed a book and began flipping through the pages. I concluded that they were not familiar with this uncommon heart disease. Suddenly one of them shouted out "I found it! Wolff-Parkinson-White".

Lucy had just entered the emergency room and was looking for me. Upon hearing these words, she immediately knew where to find me. A few minutes later, the attending doctor told us that he had phoned the head cardiologist to discuss my case. I had to stay the night in the emergency ward to receive an intravenous (IV) drip of Pronestyl, a powerful antiarrhythmic medication. Lucy returned home to get some rest before coming back to the hospital the next morning.

I received a total of three IV bags of Pronestyl solution that night but to no avail. Sleep was impossible not only because of the emergency ward activity but also due to my heart's continuous marathon and the urge I had to urinate every five minutes or so. The heart rate monitor was in a constant frenzy: 195 beats per minute, 240, 315, 190, etc. My heartbeats were so fast and irregular that the monitor had trouble calculating the exact rates. This had never been seen before according to the hospital staff.

My Three Near Death Experiences

The head cardiologist arrived at 9 AM. Eighteen hours had passed since the start of my symptoms and I had not slept for some thirty hours. He informed me that the antiarrhythmic medication had no effect whatsoever in spite of its high dosage. He asked me if I was a smoker. I said no and inquired why. He told me that, had I been a smoker, my heart would have probably failed due to such an enormous strain. With a concerned look on his face, he added that it was crucial to put an end to this crisis without further delay. The only option was to perform an electrical cardioversion in order to restore my heart's normal rhythm.

He explained that this approach consisted of placing two electrodes on the skin over the rib cage and sending an electrical impulse through the body, towards the heart. This electrical discharge would interrupt the atrial fibrillation and restore the heart's normal rhythm. My immediate reply was: "In other words, it is a controlled electrocution". He smilingly nodded his head in agreement. I asked him if there were any other solution. "Not really" was his answer. I told him that I would discuss it with my wife as soon as she arrived. He insisted that there was no time to lose and that he had already ordered the set-up at the intensive care unit (ICU) where I would be transferred in the following minutes.

Lucy hurriedly entered the ICU shortly followed by the head cardiologist. I asked him if I could phone my personal cardiologist to get his opinion about the procedure. With an authoritarian tone of voice, he answered that it was HIS decision to make and that it would be very dangerous to delay it further. He then asked Lucy to leave the room and wait in the hallway. As she left, he informed me that I would soon be given an anesthetic.

A few seconds later, a dark curtain fell over my eyes. Suddenly, I felt myself floating over my body and rising up towards the ceiling. A familiar tunnel opened up behind me as I calmly watched the attempts of the medical team below. Without any hesitation, I surrendered to its pulling energy and was soon travelling at high speed through the darkened tunnel. It was exactly as I had first experienced it at seven years old. The majestic and soothing white light appeared far away. And then I abruptly stopped. I had to make a choice. Either I continue on and enter the light at the end of the tunnel or I immediately return to my body. I had no such option thirty years ago at the time of my first Near Death Experience.

I could not explain exactly how this information was conveyed to me or by whom. But now, some two decades later, I believe

My Three Near Death Experiences

that it was telepathically given to me by my spirit guide (see the next chapter). It's as though I was offered the possibility of prolonging my earthly stay in this lifetime in order to carry out other tasks or learn further lessons.

Strangely, I could hear Lucy's voice strongly urging me to take deep breaths. I was suddenly hurled back through the tunnel at lightning speed and painfully re-entered my body. As I slowly regained consciousness and opened my eyes, I could see her standing at my bedside accompanied by the head cardiologist, the anesthesiologist and a nurse. I felt excruciating chest pains along with a terrible burning sensation. I had endured more than a few sunstrokes in my life but they seemed trivial compared with this particular trauma. It was like I had been scorched by a welding torch from the inside out.

Later that morning, Lucy told me that a nurse had hurriedly rushed out of the ICU and insisted that she quickly follow her. Once at my bedside, the head cardiologist instructed Lucy to firmly and repeatedly tell me to take deep breaths as my breathing was very irregular and shallow due to my extreme exhaustion. Later on that day, he informed me that several electric shocks were needed to finally obtain a normal heart

rate and rhythm. This clearly explained the intense chest pain and burning sensation I was experiencing.

Just after dawn on the following morning, I was taken by ambulance to the cardiology unit of a specialized hospital for thorough examination. The objective was to find an effective medication capable of stopping any future tachyarrhythmia episode. Unfortunately, after a long and tiresome exam, it was determined that no available treatment could succeed in doing so in my personal case. In other words, electrical cardioversion would be the only way to interrupt any further tachyarrhythmia episode and regain my heart's normal rate and rhythm. Nonetheless, Pronestyl pills were prescribed to be taken "as necessary".

THIRD NDE - TWO DAYS BEFORE MY 39TH BIRTHDAY

It was September 1990. I had started my yearly five-day business trip to Abitibi (northwestern Quebec) and Timmins (northeastern Ontario). It was a demanding week with several inspections to conduct and many hours of travel time. At 7 PM that Wednesday, I finally checked-in at the hotel in Amos (Quebec) after a grueling 12-hour workday. Noticing a whirlpool tub as I entered my room, I immediately started filling it up so I could relax and soothe my sore muscles before

My Three Near Death Experiences

having dinner. Moments later, I stretched out in the hot water and activated the whirlpool jets.

After a while, I felt my heartbeat increasing and becoming very irregular. Another tachyarrhythmia episode had begun. I immediately got out of the tub and took a Pronestyl pill. I took a second pill two hours later as the episode continued. At midnight, four hours since the start of my symptoms, there was still no relief. I decided to pack up my suitcase and drive to the nearest hospital.

Entering the emergency room, I noticed that I was the only patient. I explained my condition to the attending doctor specifying that the medication had no effect and that only an electrical cardioversion could halt the symptoms. Perplexed, she answered that a high dosage solution of the same medication would surely work. If not, they would call the cardiologist at her home.

The Pronestyl drip began at 1 AM. The doctor finally called the cardiologist two hours later after noticing no improvement whatsoever. Thirty minutes later, the cardiologist informed me that she would have to do an electrical cardioversion. She asked me if I wanted to call my wife before proceeding. I told her that I did not want to wake her up in the middle of the night

and worry her as she was several hundred kilometers away from the hospital. She totally agreed with my decision.

Back home, I soon had an appointment with a cardiac surgeon who strongly recommended open-heart surgery fearing that, otherwise, the tachyarrhythmia episodes could become more frequent. Given that no antiarrhythmic medication proved to be effective, an electrical cardioversion would be necessary each time. This would be medically inappropriate in view of the high risks involved with this procedure. He informed me that the surgery would probably be performed in December.

I surprisingly received a phone call from the hospital at the end of September to inform me that the surgery had been advanced to the beginning of October. Therefore, I was scheduled an appointment two days later for pre-op exams. At the hospital, the cardiac surgeon explained the surgical procedure mentioning that it was unfortunate that my case was so urgent in view that a non-invasive procedure, using catheter ablation, would be available in a few months. Thus, open-heart surgery would no longer be necessary for the treatment of a problematic WPW syndrome.

Nevertheless, he could perform this still experimental procedure if I wished but recommended the classic method as

My Three Near Death Experiences

the novel approach had one major risk. Catheter ablation uses radio-frequency to destroy the abnormal conduction pathway. Massive internal bleeding could occur if the targeted pathway is missed and the heart's envelope is pierced. If so, he would need to immediately open-up the rib cage and access the heart to stop the bleeding. I decided to follow his recommendation and forego the far less invasive but still experimental option.

At 7 AM on October 3rd 1990, I sat on a stretcher near the entrance to the operating room. I was calm and serene only minutes away from the start of my invasive cardiac surgery. My thoughts were quite positive knowing that I was in very capable hands. Though relatively limited, the risks of serious complications in open-heart surgery were very real. After being wheeled into the operating room and placed onto the operating table, I exchanged a few jokes with the surgical team. The anesthesiologist asked me to count backwards starting from 100. 100...99...98...97...and then there was darkness.

Once again, I was floating near the ceiling and observing my body below with my chest wide open. What a relief! Although we may be under complete anesthesia, nevertheless our body cells register the traumatic pain endured during surgery. Having left my suffering physical form, I had accessed a realm

of eternal peace and ecstasy without pain or fear, a world of true unconditional and unlimited Love. Mere words cannot begin to describe such a state of well-being. Time and space no longer exist as you finally return to your first and authentic Home, to your "true reality" after your earthly journey. There is no pain, no regret and no sorrow of having left your loved ones remembering quite well they are always with us as we are with them.

The familiar tunnel opened up behind me as it did twice before, beckoning me to surrender to its pulling force. I glanced down one last time at my disemboweled body before heading full speed towards the supernatural white light located afar. I came to a sudden stop as a large boulder appeared in front of me totally blocking my path.

Three human forms stood at its base. I immediately recognized my deceased father, paternal grandfather and paternal uncle. They each had a youthful appearance just as they were in the prime of life. How delighted I was to see them again! My father raised his right arm and opened his hand as in a signal to stop. Without actually speaking, he informed me that I had to return because it was too soon and that I had other things to do in this lifetime. He lovingly smiled at me and

My Three Near Death Experiences

I was immediately repelled through the tunnel at lightning speed before I had the chance to even question him.

The shock was brutal and the pain unbearable as I re-entered my butchered body. It was as though I had been flogged a thousand times all at once. What bliss to be finally free of our dense and cumbersome corporal envelope! Why did I have to come back to this existence once more? Regrettably, I was given no time to ask my father, grandfather or uncle. However, strong hints would be given to me in the following years through some unusual events which are revealed in this book.

Feeling very groggy, I slowly opened my eyes two days later on the morning of my 39th birthday. I felt as though I was a fish in an aquarium. There I was lying on a bed within a glass enclosure of the intensive care unit with bloodied tubes coming out of my stomach. A few nurses entered the room minutes later singing "Happy Birthday". One of them held a plate with a small cake in it, topped by a lit candle. Feeling very nauseous, I was really in no mood to eat but I was very grateful for such a kind gesture.

Later that day, the surgeon informed me that the surgery had lasted seven hours, quite longer than was expected. He had problems finding and then accessing the extra pathway which

was located in a hard to reach area beneath heart. I asked him if my heart had stopped or had to be stopped during the surgery. Without answering, he told me that I shouldn't experience tachyarrhythmia symptoms anymore and then quickly left.

FOLLOW-UP NOTES

I never experienced the last two stages of a NDE which are the Divine Being of light and life's review.

After my third Near Death Experience in October 1990, I kept wondering what would have happened if I had entered the majestic light at the end of the darkened tunnel. The books I read on this topic left me quite unsatisfied. That was until summer 2003 when I discovered, in a most unusual way, two remarkable books written by Doctor Michael Newton. Here is that amazing story.

We had rented a cottage in the Laurentians, to the North of Montreal. On that fateful day, we were visiting the shops and boutiques of a picturesque village when I noticed an esoteric/New Age bookstore. I felt a powerful urge to walk-up to it and open the door. I told Lucy that I absolutely had to go there. She was quite surprised because I had never shown

My Three Near Death Experiences

any interest for this type of bookshop before. As soon as I opened the door, a sort of trance overcame me.

It was as though I was being guided. Entering, I noticed some one hundred books on a table to my right. They were placed on their side one against the other. Without even thinking, I reached for one particular book. It was titled “Destiny of Souls”, written by Doctor Michael Newton. I read on the back cover that it was a follow-up work to his first book titled “Journey of Souls”.

Still in a trance-like state, I made my way to an area with several bookcases. Automatically stopping in front of a specific one, I bent down and randomly (though nothing is truly by chance) took a book from the bottom shelf. Behold! Amazingly it was “Journey of Souls”. Without any hesitation, I hurriedly paid for these two books and left. Once outdoors, I was completely flabbergasted by what had just happened. In a totally unconscious and automatic manner, I had bought two works by the same author on my first visit to an esoteric/New Age bookstore. Back at the cottage, I feverishly read the first book. I was taken aback as it confirmed the seven NDE stages I had experienced AND fully answered the queries I had ever since my last Near Death Experience more than a decade

ago. I finally knew what would have happened if I had entered the brilliantly sublime white light.

A few people close to us have borrowed these two insightful books since then, while others bought their very own copies. All were quite surprised and delighted by what they read. Many confided that they were no longer obsessed with the fear of dying, while others were relieved as they faced the imminent death of a loved one or their own demise. I highly recommend these works to anyone who wonders what may well happen after death (see the bibliography at the end of this book).

Before closing this chapter, I'd like to mention an outstanding coincidence about the rather mystic experience I had at this bookshop located in the village of Saint Sauveur.

Lucy and I have been quite fascinated by genealogy since the early 1990's to a point that all of our spare time, including vacations and holidays, was dedicated to the research of our ancestors and their history. It became such a passion that we actively participated in two trips to France organized by the largest and oldest genealogical society in the province of Quebec. Furthermore, we founded a regional genealogical society in 1994 (Société de généalogie de La Jemmerais)

My Three Near Death Experiences

where we taught the basics of genealogical research to some one hundred persons. Early generations of Fournel ancestors settled in the Outaouais region (southwestern Quebec) and the nearby Laurentians (North of Montreal).

As a future project, I intended to start-up a Fournel-Fournelle family association. But in early 2004, Mr. René Fournelle called to tell me that he had recently founded such an association and invite me to be the lecturer at their first meeting. I was completely stunned when I noticed the cover picture of their September 2004 newsletter. It was an outside view of the bookstore where I had bought Dr. Newton's two books under very unusual circumstances.

Why on earth was this building on the cover page of our Fournel-Fournelle family association newsletter? Incredibly, this house was built by and the home of the first mayor of the village of Saint Sauveur: mayor Fournel. This individual is a member of my paternal ancestral lineage. It is quite an extraordinary coincidence to ponder considering what I experienced in this same building just a year earlier. Some things are total mysteries that can never be explained in a rational scientific manner.

CHAPTER 6

Death, the Hereafter and Reincarnation

Although the content of this chapter represents my own personal view and interpretation of the themes developed, the concepts are widely shared by a great number of people throughout the world and this tendency is gaining speed since the start of this new millennium.

Furthermore, they are supported by numerous studies and documents conducted by scientifically trained people. These include many world renowned doctors who have dared to share their findings in official medical or scientific papers or journals at the risk of being ridiculed and attacked by their peers or ostracized by their professional order. Pioneers such as doctors Raymond Moody, Elizabeth Kübler-Ross, Brian L. Weiss, Michael Newton, Bruce Goldberg, Sam Parnia and Deepak Chopra (see bibliography at the end of this book).

Throughout this book, I openly share with you my interpretation of the life-changing events, coincidences, synchronicities and other circumstances which have profoundly impacted my values and beliefs. Though a few of these may seem outlandish to some readers, it is always wise

to keep an open but critical mind and not systematically believe or reject what is new to us.

In April 2009, my wife and I attended a four day seminar in Toronto (Canada). It featured many reputable researchers, lecturers and authors including Doctor Brian L. Weiss with whom I had the privilege to talk with during a lecture break. A graduate of Yale University, he is a renowned medical doctor and psychiatrist as well as a best-selling author and lecturer. He was a professor of psychiatry at the Faculty of Medicine of the University of Miami and then the director of the psychiatric department of the Mount Sinai Medical Center, in Miami.

Recognized for his rigorous scientific approach and research in psychopharmacology and author of 37 scientific papers and studies in this field, he has always demonstrated a skeptical attitude towards any approach or manifestation that couldn't respond to the strict criteria of scientific methodology. By 1980, he was at the height of his career and happily married with a rich and stable family life. And then, he met a new patient named Catherine who would change his beliefs, values and life for ever.

Twenty seven year old Catherine suffered from intense and constantly increasing phobias and anxieties. This condition

Death, the Hereafter and Reincarnation

paralyzed her emotionally and prevented her from carrying out her normal daily activities and enjoying life. Her family doctor recommended a consultation with Dr. Weiss in the hope that, using hypnosis, he could determine if her condition was a result of unconscious traumatic events seeing that hypnotic regression is one of Doctor Weiss' specialties. This procedure consists of returning the patient back in time to otherwise forgotten events including those that occurred in early infancy.

What completely shocked Dr. Weiss was that Catherine's regression went far beyond her early childhood, even beyond her birth and the time spent in her mother's womb. She recalled bountiful details of several past lives as well as her experiences in-between earthly incarnations. For more than four years, he recorded each session with Catherine as well as with several other patients who remembered such extraordinary regressions under hypnosis. He then wrote down the findings of his thorough research. It took another four more years before he finally found the courage to publish his unorthodox work at the risk of being ridiculed, criticized and ostracized by his peers in particular but also by the general scientific community. I highly recommend Dr. Weiss' works which are listed in the bibliography at the end of this book.

During an experimental workshop at the seminar, about 60% of the attendees (my wife and I included) experienced regressions under the skilled supervision of Doctor Weiss. It was quite eerie to recall previous lives as the veil of amnesia was momentarily lifted.

The research works of Doctors Weiss, Newton and Goldberg propose a new outlook on what may await us at the time of death and afterwards. The incredible findings of this paradigm shift were published after many years of rigorous research and thousands of testimonies from patients of various cultures, faiths and backgrounds. In a state of hypnosis, these individuals regressed in time and, released from their temporal amnesia, were able to access the recollections and emotions of numerous reincarnations as well as their spiritual experiences between lives.

In Chapter 4, I mentioned that our fears in general and especially our fear of death constitute major obstacles to our health, well-being and personal growth. Doctor Elizabeth Kübler-Ross, the world renowned American psychiatrist, is considered the pioneering researcher on death and dying. She accompanied thousands of dying people for several years and accumulated extensive data.

Death, the Hereafter and Reincarnation

The findings of this rigorous study led her to identify the various stages usually experienced by someone who has received an imminent death prognosis. According to her work, a dying person will go through five stages: 1) Denial and Isolation; 2) Anger; 3) Bargaining; 4) Depression; and 5) Acceptance.

She was also the first one to discover and explain the Near Death Experience (NDE) phenomenon. I strongly suggest reading her classic book titled "*On Death and Dying*". I have recommended this book to many people who were distraught after receiving news of a fatal prognosis either personally or regarding a loved-one. All of them greatly appreciated its content which helped them better cope with the inevitable.

DEATH

As human beings, we are aware of our eventual death. As we grow older, the inevitable and relative imminence of our demise increasingly monopolize our thoughts. These concerns are quite normal. But sadly, some people may become obsessively terrified to a point that they are no longer really "living" and able to enjoy what life has to offer.

I always had a deep-seated belief that there is a "life after life", not necessarily the one offered to us by our Christian faith or

not exactly so. I have never adhered to the idea of an Almighty Omnipotent God with infinite unconditional Love but who can also be quite vengeful if we dared to displease Him. At worst, He could even condemn us to the eternal flames of Hell. But what really happens at the moment of our death?

There is no doubt that our body ceases to live at the moment of death. Nevertheless, I firmly believe that we continue our journey in a transformed way as our final breath releases our eternal energy known as the "Soul" or "Spirit" which blissfully returns "Home" to our "True Reality". This is like returning home after a very long trip abroad and eagerly looking forward to be reunited with all our loved ones once again.

Some people think that dying is the complete annihilation of our existence. We are born, we live, we die and that's it! Those arriving at this conclusion have done so by strictly using their rationale. Usually, they also totally reject the existence of any spiritual, supernatural or transcendental reality as well as any inexplicable phenomena such as those experienced before and after death.

People accompanying a dying person during their last days of life may witness some of these mysterious phenomena. However, many will prefer remaining silent and pretend that

Death, the Hereafter and Reincarnation

they never happened while others will conclude that they were medicinal hallucinations or caused by their own fatigue or stress.

I have discussed this mystical forty eight hour period preceding death with people who have accompanied loved ones during their last days of life. Many admitted having witnessed strange manifestations as they kept a vigil over the dying person. The most common one is the apparition of entities usually consisting of well-loved deceased relatives. According to the individual's faith, they may also be heavenly or divine beings such as archangels, angels, Jesus, Buddha, Allah or the Virgin Mary.

The main purpose of these apparitions is to prepare and calm the dying person in order to insure a serene transition from the physical to the spiritual realm at the time of death. Often, just before taking their final breath, their eyes will open wide and their smiling face will become radiant as their earthly amnesia is finally lifted. At that instant, as they remember their real identity, they eagerly shed their sick and worn-out shell and start their journey back Home to be reunited with their loved ones.

I had the privilege of witnessing such a remarkable manifestation during my mother-in-law's last moments of life. Losing her battle with cancer, she had been in a comatose state for several days. Family members took turns in keeping a round-the-clock vigil at the hospital. Lucy and I had been alone with her since a few hours when my brother-in-law entered the room accompanied by his wife. We left the room to stretch our legs.

We walked down the main corridor and turned to our left to follow a darkened hallway. A few minutes later, my face lit up as we turned around to make our way back. Having noticed my joyful expression, Lucy asked me to explain. I told her to look closely at the light from the main corridor shining brightly at the end of the darkened hallway where we stood. My whole body shivered and a blissful feeling overwhelmed me. It was like the familiar "tunnel" that so peacefully and lovingly welcomed me during each of my three Near Death Experiences.

Lucy's brother suddenly appeared at the end of the hallway. Noticing us, he insisted that we quickly return to the room believing that his mother had just died. Indeed, it seemed that death had mercifully delivered Rita from her long agony.

Death, the Hereafter and Reincarnation

Once in her room, we were all taken aback when she suddenly sat up with her eyes wide open and a radiant look on her face. She serenely focused her attention at the ceiling in the corner of the room. Lucy encouraged her to grasp her dear grandfather's hand and follow him. Her eyes lit up and she grinned with her wonderful smile we thought had gone forever since the start of her coma. Then, her breath stopped and her upper body collapsed onto her bed. Evidently, Rita was no longer in this bed nor in this room with us. Only her lifeless body remained; her physical envelope and vessel for her earthly journey.

At the time of my own mother's death, Lucy and I were on a trip in France. Midway into our trip, I received an urgent phone call from my brother informing me that our mother was in the hospital and that the prognosis was very grim. We were in the South of France and the whole country was amid yet another general transport strike. Therefore, it was impossible for us to get a return flight home in the coming days. My mother's condition remained stable until the third day when, arriving at the hotel, the manager handed me an urgent message from my brother. My mother had died a few hours ago.

Upon our return, I asked my brother for a more detailed account of the events surrounding my mother's urgent

hospitalization and her death a few days later. I asked him if he had noticed any unusual occurrences in the last two days before her death. He hesitantly told me that, several times when they were both alone in the room, he heard her discussing with other people. She told him who they were and was offended when my brother insisted that he could not see them or hear them.

They consisted of long-time deceased and well-loved family members including her dear mother. My brother was convinced that these apparitions were mere hallucinations caused by her medication. I offered my own thoughts and beliefs about such manifestations but he remained very skeptical. To this day, we have never spoken about this event or topic again.

The Soul leaves our body at the time of death. Freed from pain and suffering, we rise above our lifeless body as feelings of peace, serenity and well-being permeates us. As we gaze upon our corpse, we clearly understand that it was a mere shell and vehicle allowing us to fully experience this earthly life. In a sense, Earth is like a gigantic theatrical stage with billions of actors where we play the leading role.

Death, the Hereafter and Reincarnation

Contrary to popular beliefs, the Soul does not really care what happens to our body after death as it is eager to return Home to our spiritual world. Nevertheless, it may linger for a few days usually until the day of the burial in order to comfort loved ones before moving on.

People generally believe that they have forever lost their dearly departed. This is not true as the Soul knows that it remains connected and will be reunited with dear ones in the spiritual realm as well as in many lives to come. Therefore, it is possible to feel the comforting presence of the loving deceased especially during the funeral or soon afterwards. However, such a communion can be greatly impaired when the mourner is heavily medicated or under emotional distress.

The findings of doctors Weiss, Newton and Goldberg would indicate that, having experienced many lives and knowing exactly what awaits them, the more mature souls do not require encouragement and accompanying after death. Furthermore, a great number of souls incarnated on Earth today are still at the dawn of their evolution process. This would explain the high degrees of violence and intercultural incomprehension in the world today as the inexperienced Soul tends to be egocentric and has great difficulty in accepting people as they are.

THE HEREAFTER

Once our soul has left the earthly plane, also called the physical or temporal plane, the first entity we usually encounter is our main spirit guide. Our spiritual guides protect and assist us throughout each of our earthly journeys. This is especially so when we go within our "Self" notably in times of introspection and meditation. They can also help us through our dreams.

Our spirit guides are at the source of many if not most of our intuitions, inspirations, revelations, coincidences and synchronicities. They fully participate in our evolution and the fulfillment of our destiny. However, our progress greatly depends on our will to initiate important and sometimes crucial changes as required throughout our life trajectory. The more we turn to our spirit guides for their help and the more we become aware of our immortality.

This initial meeting with our spirit guides, after our passing, has two main objectives. The first one is to reassure us and help us remember our "true nature" as well as their unconditional Love. The second objective is to assist us in interpreting the events of our physical journey which has just ended. Let's take a closer look at this procedure known as "Life Assessment".

Death, the Hereafter and Reincarnation

Life assessment

Once our soul has been comforted by our spirit guides, soul mates and key members of our soul group, we are now ready to begin an in-depth review of our past life. This exercise consists of making a detailed analysis of what we have said and done as well as what we did not say or do in the course of our last physical existence.

With the help of our intimate spiritual entourage, we are made aware of our shortcomings, failures and mistakes based on our initial objectives agreed upon during the "Life Selection" process (to be discussed later in this chapter) prior to our latest reincarnation. Our words, actions, motives and justifications are meticulously scrutinized and criticized but never condemned. This intimate debriefing is conducted with infinite unconditional love, patience and tolerance knowing that we will have other chances to redeem ourselves during our earthly lives yet to come.

Homecoming

In general, people believing in the existence of the soul and the hereafter imagine that all souls freely mix together in the spiritual world. But the reality would be quite different according to numerous testimonies accumulated by Doctors

Weiss, Newton and Goldberg. According to their findings, the place of our soul in the afterlife depends on its level of spiritual evolution.

The spiritual realm is occupied by countless soul cluster groups and soul colonies. There are between three to twenty five souls within a cluster group with an average number of fifteen souls. It is a small primary unit of entities, similar to a human family, where there are close and frequent interactions between its members whom are all intimate old friends with about the same spiritual evolutionary level. They are always together and bound for eternity by mutual sacred contracts to help one another in their spiritual awareness and evolution.

Normally, our parents are not a part of our cluster group of souls. Our spiritual growth on Earth is mainly influenced by our partner, our siblings and a very limited number of close friends. Therefore, most of our soul cluster group members are reincarnated as this inner circle of individuals at each lifetime. Our parents are usually part of another cluster group of souls belonging to the same colony as our own cluster.

A colony of souls consists of several individual cluster groups. In the course of our lifetime, many incarnated souls belonging to other cluster groups, part of the same colony of souls as

Death, the Hereafter and Reincarnation

ours, will cross our path. These are our soul peers. As agreed before reincarnating, we meet and interact with these helping souls at specific moments of our existence to learn, sometimes mutually, our life lessons in order to further evolve spiritually.

Life selection

The spiritual world is our "true reality" while the physical universe is a realm where we are embodied many times over so that our soul may evolve. The scope of this evolution depends on how we deal with the various events of our lives as we have specific lessons to learn through our daily experiences on Earth. Our behaviors and attitudes, as well as our words and actions in the course of our terrestrial endeavor, will determine the successes and failures of our objectives. The learning of lessons is not our only quest in this incarnated world. We also have an important role to play in the lives of people we meet and interact with each and every day.

Why would souls voluntarily leave the perfection of a spiritual sanctuary eternally filled with bliss, wisdom and unconditional love once they have healed the wounds of their latest incarnation? What could ever motivate them to return to a mortal body with its physical and psychological hardships and challenges? How could they stand to again regularly confront an uncertain and sometimes cruel world dominated by

insecure, fearful, selfish, competitive and aggressive humans? Surely, this decision must be worthwhile.

The more often we reincarnate and the more chances we have of learning our lessons allowing us to evolve spiritually. But is this the only incentive? The Earth is an enchanting world filled with countless natural beauties and wonders that we can fully experience only through our five senses: hearing, smell, sight, taste and touch.

Once we have decided to reincarnate, we must pick the time and the place of our next earthly journey. We also have to choose a body best capable of challenging us in regards to the lessons to be learned. This is done with the help of our spirit guides. We then discuss our final possible choices with our soul mates, cluster group friends as well as peers of other cluster groups belonging to the same colony as us who would like to participate in our next physical life. Together, we consider the likely future events while paying special attention to major life crossroads and crucial decisions to be made while considering alternate scenarios. As if using a time-travel machine, we also have the possibility of virtually experimenting with these future events according to any would be actor.

Death, the Hereafter and Reincarnation

We are the sole masters of our destiny. We select our parents, our siblings as well as all other main actors that will be accompanying us in our coming life. We also voluntarily choose the challenges, illnesses, afflictions and torments to be experienced. Therefore, we are never victims nor are we particularly blessed or cursed by some God or other divine being. In short, we are what we chose to be in this lifetime in order to better achieve our spiritual goals.

As the major crossroads of our next life are clearly identified during the life selection process, it is imperative that we can somehow recognize these key moments once we are reincarnated. These significant moments are etched onto the soul like a red flag to mark the spot so as to be more easily recognized at the right time.

These "red flags" are triggered through our five earthly senses. At the right moment, forewarning signs or mnemonic triggers serve as a sort of wake-up call prompting us to be very vigilant. With all our senses on high alert, we can intuitively recognize these crucial events or the individuals with whom we have a spiritual pact. These key agreements can be recalled through manifestations such as premonitory dreams, feelings of déjà vu, deep insights and intuitions, or remarkable coincidences and synchronicities. They may also be physical

characteristics such as the person's appearance, walk, smell or tone of voice. More than a single trigger is usually available regarding soul mates.

Soul mates are intimate spiritual companions with whom we have an eternal sacred contract. They are placed on our life paths to mutually help one another accomplish the common objectives agreed with in the spiritual realm. Soul mates are usually our lovers or close friends. We can easily recognize a soul mate thanks to imprinted signs or triggers that were programmed in the beyond and are subconsciously activated at the right moment. Many of us have experienced this most wonderful physical and mystical event when recognizing a soul mate in our lover or spouse. The instant we met, Lucy and I immediately recognized each other as soul mates. Our story will demonstrate how significant moments etched onto our souls between lives can be recollected during our lifetimes.

The first event occurred when I was sixteen. I had been experiencing a recurrent dream since many years but it remained buried deep in my subconscious mind until its unusual revelation one summer on a beautiful Sunday morning.

Death, the Hereafter and Reincarnation

I had been dating my girlfriend for eighteen months. In the summertime, we would spend every weekend with her family at their cottage in the Laurentians, North of Montreal. That fateful Sunday, her father asked us if we wanted to attend mass at the village church. We immediately agreed having never gone to that church or village before. As the church came into view, a strange feeling of déjà vu overwhelmed me. You may think that village churches in the province of Québec have many similarities and you would be right. But this was quite a different thing. It's not only the church that seemed very familiar but also the landscape and specific details of surroundings buildings.

I totally recalled my recurrent dream as soon as I entered the church. Noticing the identical architecture, interior layout and finish as well as other vivid details, I had no doubt whatsoever that this was exactly the same church. We sat down on a bench in the last rows. Soon after, just like I had dreamt many times, the pews were filled and people had to stand at the back of the church and even outside the entrance doorway. Sitting between my girlfriend and her father, I was in a trancelike state as soon as the priest started his sermon. For some 20 seconds, I whispered the same words a little before him. As I came back to my senses, I noticed my two immediate neighbors staring at me incredulously.

My girlfriend broke-up with me the next week without any explanation. Would her sudden change of heart have something to do with what happened at church the previous Sunday? It never had crossed my mind that we would break-up someday. She seemed quite happy with our relationship and we had even talked about marrying some years later. I now fully understand the need for this timely separation so I may meet my soul mate some months later as agreed in the Beyond. The Universe had set in motion a precise scenario that all actors involved would follow accordingly.

At that time, my 21-year-old brother had a new girlfriend. Still reeling from my former girlfriend's sudden break-up, I was enjoying bachelorhood and was not eager to start up a new relationship. One evening, my brother told me that his girlfriend's fifteen year old sister wanted to meet me. Having always dated older girls, this invitation did not interest me at all.

Twice again, my brother asked me if would like to meet her and I still answered no. I received yet a fourth invitation on behalf of my persistent suitor. She had been given theater tickets and wanted me to accompany her. I accepted her invitation thinking that it would finally satisfy her curiosity and

Death, the Hereafter and Reincarnation

end her interest in me. But the Universe had other plans in mind as I was about to reach the most important crossroads of my life path.

On that fateful day, my brother gave me a lift to his girlfriend's parent's house where I would be meeting Lucy. I immediately recognized the house. Only fifty meters away, my former girlfriend and I often took the bus to her parents' cottage up North and, each time, I would contemplate the towering pine tree that stood in front of it. Was this a precursory sign of things that were yet to come?

As we entered, my brother introduced me to his girlfriend's parents and siblings. Lucy was babysitting at a neighbor's house so her mother told me how to get there. Ringing the doorbell, I was already thinking of the words I would tell her at the end of our first and only date. The door opened and there she stood right in front of me. I immediately felt a spark igniting deep within me and was overwhelmed with a sense of déjà vu. She seemed so familiar to me just like a dear old acquaintance. In a state of total enchantment, I had the absolute certainty that this moment was uniquely special.

Gazing into her sparkling deep blue eyes, I immediately recognized a very familiar soul. A human's spiritual identity can

be revealed when we attentively notice a reflective light in their eyes. My entire body shivered as she spoke her first words with a soothing voice that sounded so well-known to me. I was embraced by powerful feelings of longing, intimacy and nostalgia as her scent filled my nostrils. My senses clearly validated this mystical moment that was spiritually imprinted in my Being. I was indeed in the solemn presence of my soul mate.

But what happens when we don't readily recognize these triggers or we inappropriately respond to them? Although we may have missed an important crossroads we have chosen before reincarnating, there are other options available to us. It's like being on a road trip. Although we may have meticulously planned it and chosen the best itinerary to reach our destination, we can always decide otherwise. We can use alternative roads to get there, enjoy side trips or even change our destination. The options we have in life and the choices we make are the result of our own free will.

As an example, let's say that instead of accepting Lucy's invitation to go to the theater, I would have told my brother that I never wanted to meet her. I would have missed this most important crossroads when I was to meet my soul mate as planned in the Beyond. But the Universe would offer me a

Death, the Hereafter and Reincarnation

second chance to meet her some two years later when my brother married Lucy's sister.

REINCARNATION

The main purpose of reincarnation is to allow the soul to continuously evolve from a state of imperfection to the ultimate goal of perfection. This is achieved by countless lessons experienced during a multitude of physical lives. Each earthly journey is filled with tasks to accomplish and lessons to learn as previously agreed in the Beyond with our spirit guides, soul mates, soul friends and soul peers. Each new life is influenced by our behavior in previous lives, especially if we have caused harm to others. If there is one main lesson to be learned from our relationships with others, it is to accept people just as they are. Such a simple lesson to learn but how very difficult to practice day-to-day!

During each reincarnation, a fraction of our energy remains in the spiritual realm where it remains latent until the rest of our energy returns after death. That's why we can contact the souls of deceased loved ones at anytime, even if they are reincarnated.

How come we have no recollection of our previous lives? This is not entirely true as we can briefly access such memories in

our dreams as well as during deep meditation or in a state of hypnosis. Furthermore, babies and young children up to the age of five or six recall previous existences and are aware of the comforting presence of their spirit guides, their "invisible friends". Unfortunately, as parents and adults, we believe that their activities and conversations with invisible companions are a result of an overactive imagination. Sadly, some of us may even insist that they stop their foolish nonsense afraid that our family and acquaintances could doubt their state of mental health. From the moment of our birth and all through infancy, our spirit guides comfort us and reassure us when we feel sad and alone. This is accomplished independently of the extent of love shown by our families.

The near total forgetfulness of previous lives and our spiritual Home is necessary. This profound amnesia allows us to fully live our new existence as intended without any hindrance or resistance. Otherwise, we might be tempted to settle old debts with some people (reincarnated souls) who caused us harm in a past life. However, at times our intuition can give us some inkling about such experiences in lives past.

Have you ever felt an immediate empathy for someone you had just met for the very first time? It could also be a feeling of unusual bonding or a sense of strong familiarity. You might

Death, the Hereafter and Reincarnation

even tell others that "It is though we are very old friends". In such cases, that individual could be a reincarnated soul mate, soul friend or soul peer who was very dear to you in past lives.

At other times, you may feel an intense dislike for someone you have never met before. You might even be overcome by inexplicable distressful feelings and have a strong urge to keep your distance or even leave. In those cases, that person may be a reincarnated soul who has caused you pain and suffering in a previous life.

Personal anecdote

While preparing my notes for this chapter, I suddenly remembered the name of my "invisible friend" during childhood. It was John Powell. In my mind, he was a pilot in the Royal Air Force (R.A.F.) during the Second World War. I have always had an inexplicable deep-seated passion for aviation and airplanes. The bedroom my brother and I shared as children was filled with model airplanes we had assembled. They were everywhere: on our dressers, on our night stands, on several wall shelves and even hanging from the ceiling.

I joined the Royal Canadian Air Cadets (R.C.A.C.) when I was twelve and spent most of the next five years in charge of new recruits. Each year, I attended summer camp at an air force

base where, for the last three summers, I was an acting non-commissioned officer. This rank allowed me to fly more often with military pilots.

In college, I enrolled in an aeronautics diploma program. The campus was located on the grounds of Montreal International Airport. Between classes, I spent most of my free time at the airport terminal watching planes take off and land. I made friends with some air-traffic controllers whom often invited me to join them in the control tower. I felt like a kid in a candy shop! Why was I so fascinated with aviation in general and aircrafts in particular to a point that it was such a passionate obsession?

For as long as I can remember, I had a strong inner feeling that I was an R.A.F. pilot during the Second World War. I also believed that I died in 1944 when my aircraft crashed after being hit by enemy fire. I never dared to openly mention my intuitions for fear of being ridiculed or worse. Only a very few close friends knew about it. It took a while before I told Lucy fearing that she too might suddenly break-off our relationship just like my previous girlfriend (remember the church sermon anecdote).

Death, the Hereafter and Reincarnation

So before returning to the preparation of my notes, I accessed the Google Internet search engine and typed in "John Powell R.A.F." I was totally flabbergasted by the first result. On the screen appeared four pictures of a John A. Powell along with a brief biography. Commander of Squadrons 142 and 150 of the R.A.F. based in Tunisia, he was reported missing in August 1944 while flying over Yugoslavia on a mission. The picture of his fighter aircraft seemed eerily similar to my favorite model airplane as a child. I immediately forwarded the site's address to Lucy at work. I received her reply within the minute. She had highlighted in bright red the mention that his nickname was "Speedy". This fact was a jaw-dropping revelation.

I founded a regional radio ham club in my region thirty years ago. I had two radio units; one inside the house and the other in the car for which I had chosen "Speedy" as the call name. When people asked me why, I just couldn't explain. The name had popped into my head and, not knowing why, I was convinced that it was the most appropriate.

Is this proof of my former life as a R.A.F. fighter pilot and of my untimely death in August 1944 when my plane was shot down in Yugoslavia? Absolutely not! But we must ponder the possibility seeing the relevant facts, circumstances, associations and coincidences.

CHAPTER 7

Spirituality

In this chapter, we will discuss spirituality in its broader view thus excluding dogmatic cultural or religious concepts.

Historically, religion has always been a rather sectarian, dogmatic, controlling, divisive and exclusive concept. Many wars and atrocities have been righteously carried out in the name of religion throughout the centuries. Sadly, these barbaric and unholy crusades, as well as their perverse and tragic consequences, remain a grim reality in the beginning of this 21st century. On the other hand, spirituality is tolerant, humanistic and inclusive. It is based on love, peace, compassion and the well-being for the whole of humanity whatever the religion, culture, values or beliefs may be.

The objective here is not to debate this schism or convince the reader in any way whatsoever. I truly consider one's faith, values and beliefs to be deeply personal and I fully respect them. What I want to convey in this chapter are spirituality notions which have considerably helped me in my quest for a better health and an improved well-being. But first, let's take a brief look at the basic principles of non-religious spirituality.

Spirituality can be defined as the evolutionary transformation process of the Spirit or Soul. This is mainly achieved by cultivating altruistic love and toning down our egocentricity in order to favorably influence our true happiness and our well-being as well as those of others. Consequently, our life becomes more fulfilling and satisfying as we are happier and more willing and able to contribute to the quality of life of others. It is our own representation of the world that creates our personal "reality". Therefore we can discover a totally new and better world by just changing our perspective.

The ultimate goal of our existence is to help us heal spiritually one another. We each have experiences to live and lessons to learn in the course of our earthly journey in order to allow our Soul to further evolve. This endeavor will help us remember that we are an eternal soul in constant evolution and a divine creation with infinite love. This beautiful quote from Pierre Theillard de Chardin is most appropriate "*We are not human beings having a spiritual experience. We are spiritual beings having a human experience*". In other words, we are in this world but not of this world. Sadly, the thought of such a possibility brings many fears and anxieties in most people.

We notice many changes when we learn to live our lives in a more spiritual way under the influence of the Soul instead of

Spirituality

the ego. We discover the meaningful interlocking of intuitions, coincidences, synchronicities and other mystic phenomena surrounding us. We also realize that there is a profound reason for each of our experiences, no matter how trivial it may seem. Mostly, we feel connected to all beings and things in the Universe and recognize the spiritual life that unites us all.

The ego makes us believe that we are separated from other humans and living things but, in reality, we are all closely interconnected. To substantiate this truth, I would like to share with you two surprising anecdotes that took place in April 2009 while my wife and I were at a seminar in Toronto (Canada).

During this four day event, we attended lectures and workshops given by renowned researchers and authors including Doctors Brian Weiss, Wayne Dyer and Caroline Myss. Two workshops in particular were quite surprising and memorable for all those attending. They aimed to demonstrate that all of us are indeed closely linked and that we can obtain information we always thought inaccessible by using our hidden intuitive power. In each workshop, we had to choose an unknown person as a partner. Then, we had to exchange a personal item such as a pen, a ring or a pendant. Finally, with

our eyes shut, we had to stay vigilant for any feeling, image, scenario or other response that would be manifested.

For the exercise, Lucy paired up with a lady sitting next to her. As required, Lucy gave her the "Buddha eyes" pendant she was wearing; a gift she received from a friend returning from a trip to Tibet. In exchange, her partner handed over her bracelet. They offered their impressions after meditating for about five minutes. The images intuitively received by Lucy's partner were so unmistakably precise that Doctor Weiss asked Lucy to share the results with the whole audience.

At first, she saw total darkness followed by a very luminous white light. Then, a man of small stature in his fifties walked towards her. As he approached, she noticed that he was wearing a white smock and holding something in his cupped hands. Arriving next to her, he opened his hands to reveal a model of the human heart. He turned it over revealing a "smiley face" □ painted on its underside. Incredibly, these images symbolize the recent inexplicable healing of my heart diseases which were a constant source of worry and stress for Lucy since we met forty years ago.

The darkness followed by an intense white light is a recall of each of my three Near Death Experiences (NDEs). The man in

Spirituality

his fifties wearing a white smock is an exact physical description of my cardiologist for over 20 years who, along with only a couple of other doctors at this specialized hospital, always wears a smock when meeting with outpatients. Finally, the right side of the heart model represents my diseased heart while its underside, adorned with a "smiley face", symbolizes my healed and now normal heart. Truly amazing!

In the second workshop, we also had to pick a total stranger as a partner and exchange a personal item. But this time, we were asked to have a specific question in mind and not reveal it before the exercise had ended. As soon as Lucy got up to look for a partner, a lady hurriedly sat besides me and handed me her glasses.

Holding her glasses in my hands, I closed my eyes and immediately had the image of a lakeside house surrounded by tall trees. These were mostly coniferous with very few broad-leaved trees. Therefore, I assumed that this lake would be located in the northern region of Canada. At the lake's edge, there was a wooden pontoon and, at its end, an Adirondack armchair (in boards) facing the lake. I described these images to my partner insisting that this was not a cottage but a main residence. Then, my entire body shivered as the scenery became vividly luminous. I immediately told her that this had to

be a sacred place. Opening my eyes at the end of the exercise, I noticed that she was in tears.

She told me that I had exactly described her house in Northern Ontario where she had been living for many years. This region is an Amerindian territory occupied by the Sioux for more than eight thousand years. Sitting in her Adirondack chair at the end of the pier, she had a beautiful view of Sioux Mountain which has always been considered as a sacred site by the Sioux nation. We were both overwhelmed by the incredible outcome of our exercise. I curiously asked her what question she had in mind beforehand. Smiling, her words were "I was seriously considering selling my house and moving to Southern Ontario. My query was: Should I sell my house or not? The answer is now very clear: Definitely not!" She then hugged me before returning to her seat. (Note: This explains my choice of the image appearing on the book's front cover.)

So many relevant topics can be discussed when examining the many faceted theme of spirituality. For the purpose of this book, I will only mention those that had a profound positive impact on my road to recovery. Most of all, these valuable insights allowed me to dare to question the continuing validity of my values and beliefs, thus discovering their empowering or limiting effects. This deep introspection then helped me to

Spirituality

carry out sometimes difficult yet greatly beneficial life changes.

These twelve topics are:

1. Love and Compassion
2. Happiness
3. Change and the notion of time
4. Anger
5. Guilt
6. Letting go
7. Negativity
8. Forgiveness
9. Patience
10. Fear
11. Power
12. Relationships

LOVE AND COMPASSION

In a previous chapter, I mentioned that during each of my three Near Death Experiences (NDEs), I was overwhelmed by an indescribable intense feeling of unconditional Love which cannot be experienced on Earth except maybe in a very few cases. It could be by our children in their early infancy or our pets as they truly love us as we are, independently of our achievements, financial wealth or vagaries of life.

Consciously or not, all of us desperately seek such a love based strictly on who we are instead of what we do or don't do and say or don't say. As parents, many of us boldly state that we have unconditional love for our children. Unfortunately, the love we experience in our lifetime is very much conditional. We are mainly loved based on our attitude and behavior as well as what we bring to others according to their own values, beliefs and wishes. We are also loved for being pleasurable or helpful; by the way we treat our children, for having fortune or fame, for our sense of humor, etc. Then how can it be possible to truly love when it requires the approval of others? We must learn to love authentically without expectation whatsoever. A good way to start is to sincerely show compassion for others.

Conditional love has been effectively imprinted in us since our early childhood. This is why we are so unable to love unconditionally. Very early on, we are taught to mistrust other faiths, cultures, values, beliefs, and even life itself including its many opportunities. We become mistrustful of men, women, politicians, police agents, bosses, colleagues and companies. The people having programmed this type of thinking in us believed they were doing so in our best interest. They never realized that it would negatively affect our ability and our will to love and be loved in an unconditional way.

Spirituality

It is very hard to accept and love people just as they are. Under the ego's strong influence we are often critical, judgmental, contemptuous and manipulative. We find all sorts of excuses not to like them, even less to love them. Often unconsciously, our biggest fear is that this fondness will not be mutual. We must accept that authentic love is only possible when it is given freely, with no expectation whatsoever in return.

When we feel unloved, it is often because we refuse the love that is shown to us. In other words, we have closed our heart and withheld our love because we feel offended by people's actions or inactions. Life is quite unpredictable. We may feel on top of things and everything is going right. Then suddenly, without any warning, we hit rock bottom and life becomes a struggle. Though we can't solve all the problems of those who are dear to us, we can offer them a sympathetic ear and console them. Isn't this a sign of true love?

Real compassion is possible only when we become aware of our mutual connection to every other human based on the duality of our very being: a mortal physical and temporal body and an immortal spiritual and eternal Soul. True compassion holds many benefits not only for us but also for others. The ultimate is surely an accelerated healing process and a greater

sense of well-being as our true influence lies not in what we do but in what we are. After all, are we not human beings...instead of human doings?

Consciously or not, our presence and the inner peace emanating from us have a positive impact on each person we have a contact with as well as those who are nearby. Animals and plants are also very sensitive to our energies. I have had the privilege of witnessing this truth in many of my dealings with animals including some quite memorable moments for which I am deeply grateful. Love truly heals!

HAPPINESS

Though joy and happiness is a natural state of each human being, they are not very familiar to most of us. Why have we forgotten how to be happy? The main reason is that our erroneous beliefs about the reality of things have eroded this innate sense of being.

Our upbringing molded us in thinking that life is difficult and, therefore, being joyful and happy is a constant uphill battle. As for finding true happiness, this endeavor appears to be quite a hopeless one. We may even believe that happiness is well beyond our reach because we don't deserve it. Sadly, most of us feel more at ease with negative feelings such as worry,

Spirituality

distress, misfortune, suffering, sadness and sorrow. We must learn to accept and cherish the belief that we are on this earthly voyage to be truly happy and experience all of its wonders. To help us in our quest to discover happiness, we mostly need to deprogram our false way of thinking.

The road to real happiness is a gradual journey. Many books have been written on this subject and numerous lectures and seminars are regularly offered aiming at facilitating our quest. Although these methods can be useful, the best way to discover happiness is by experiencing and appreciating happy moments on a day-to-day basis. At the beginning, this might be limited to only a few minutes. Then, we'll notice that the length of time gradually increases to one hour, one evening, one day, etc.

Our state of happiness never depends on other people or specific events, situations and circumstances we may experience but uniquely on how we react to them. Unfortunately, many of us falsely believe that real happiness is attainable only upon reaching important life crossroads. We often think or hope that we will finally be happy once we have reached a cherished objective such as making more money, changing job, meeting our soul mate, finding the ideal partner, marrying, having a baby, taking a dream trip, paying the last

installment of our mortgage, retiring, improving our health, etc. But once we have achieved our goal, we are often disappointed that this long-awaited moment hasn't brought us the lasting happiness we had greatly hoped for. So we start over with yet another goal with its own conditions and timetable so that, upon achievement, we shall be happy for the rest of our life.

We are unaware that, in reality, our existence is also quite important on a day-to-day basis between all these milestones as most of our lessons to be learnt are hidden in the simple moments of daily life. Furthermore, our level of happiness is mainly determined by our state of mind and, more specifically, how we perceive, interpret and consolidate what we experience. Instead of mostly noticing what is wrong about others and situations, we must accustom ourselves in finding and favoring the positive things about them.

Another obstacle to discovering happiness lies in our tendency to compare ourselves with others. We absolutely must rid ourselves of this limiting and self-defeating attitude. If not, we will never know genuine and enduring happiness. No matter whom we are what we do or what we own, we will always be "less" than someone else, somehow. True happiness will be

Spirituality

possible only when we totally accept ourselves without holding on to what we were or dreading what we may be.

We also often believe that we are "victims" of circumstances. This false premise maintains and even stokes our feelings of unhappiness by perceiving any unpleasant event as being a personal matter. Only by letting go of this tendency will we be able to devote our full attention to finding happiness.

Negative feelings about our past also constitute a major hurdle in finding true happiness. By focusing our energies on the traumatic or hurtful events of our past, we abstain ourselves from fully experiencing the present moment. Worse still, we may unconsciously program similar events, situations or feelings in our potential future. The weight of all this psychological baggage can considerably slow us down on our trek to find happiness. Ironically, this cumbersome baggage may not even be ours! So stop right here and now, put down your heavy baggage that you have been carrying for so long and just walk away. Your journey will be much easier and faster now that you are finally freed from all that emotional dead weight.

There is no doubt that we will encounter many storms on the sea of life and face many trials and tribulations. This will

demand constant and significant efforts on our part. But on the other hand, the best of us often shines as we confront adversity. We can't escape the sometimes harsh reality and duality of things but each time, the storm eventually subsides and then dissipates to make way for more clement weather. In other words, we all can overcome life's traumatic or tragic events and rediscover true happiness.

CHANGE AND THE NOTION OF TIME

Time can be defined as a nonspatial continuum or an infinite field in which events succeed irreversibly from the past through the present to the future. It is often perceived as a driving force acting upon the world and its beings. Most of us believe that our lifetime begins when we are born and ends when we die. But in reality, these are only two points on an infinite spatiotemporal continuum.

We are no longer even sure that time is a linear process. Surprising discoveries in quantum physics are increasingly challenging the dogmas of classic Newtonian physics. We always believed the past as being BEFORE the present moment and the future as being AFTER the present moment. However, scientists studying quantum physics propose that time would not be linear. According to their hypothesis, the

Spirituality

past, the present and the future could all exist at the same moment.

It is now a well-known scientific fact that time is relative to the observer as was first suggested by Albert Einstein's. His theory was confirmed in 1975 during an experiment using two identical clocks. One was placed aboard a plane while the other stayed on the ground. After fifteen hours of flight, as had predicted Einstein, it was noticed that the time had passed more slowly aboard the plane than on the ground.

Our perception of time can also be quite personal. Have you noticed how time flies when we are doing things we enjoy or are with interesting people and how time is relentlessly slow when we do things we dislike or are with uninteresting people?

Change is closely linked to the notion of time. We cannot escape the stark reality of change and its resulting consequences in our daily lives. Everything on Earth is of a transient nature including our bodies, achievements and possessions. From the moment we are born to the instant we die we continuously experience change. Influenced by the dualism of human nature and our own perception of things, we will consider some changes as being "favorable" and others as being "unfavorable", both with varying degrees of intensity.

Our lives are constantly changing in spite of our normally strong aversion to change which makes us resist it, even quite desperately at times. This tactic can only temporarily succeed as time will eventually defeat our best efforts. Time also does not necessarily respect our own agenda so we may feel that some changes happen too soon while others seem to take forever. When a door closes another one opens. Change is saying goodbye to a familiar situation and embarking on a new adventure on our earthly journey. Instead of being fearful of change and constantly combating it, thus depleting our vital energies as a result, we should find a way to accept it or, better still, welcome it.

The cells of our body are continuously changing as does our physical appearance. Aging is definitely not appreciated in our western culture to a point that this subject is very much taboo to the great delight of the medical, pharmaceutical and cosmetic industries. Mostly through the media, we are daily inundated with clever publicity and marketing ploys praising and promoting the dogmas of a "youthful society". This multi-billion dollar annually brainwashing scheme begs us (our ego) to frown upon old age and reject the normal and unavoidable process of aging. Their illusory leitmotiv of a lifetime youthful

Spirituality

appearance prompts us to inhibit all signs of aging by whatever means available.

We no longer consider wrinkles as a natural result of getting older, easily forgetting that they are instrumental in the uniqueness of our facial expressions. These days, wrinkles are to be scrupulously prevented even starting at a very young age. Those already noticeable must be smoothed out using "anti-aging" (sic) cream or eliminated outright by Botox injections (may I remind you that this is the most dangerous neurotoxin on Earth). Some people are so nostalgic about their younger years that they obsessively try to regain their youthful energy and appearance no matter how great the potential risks.

I never had such a longing for the days of my youth. Yes, it was indeed a period of physical beauty and prowess as well as a time of innocence that enabled us to experience life more spontaneously and energetically without much care. But it was also a period of ignorance, doubtfulness, insecurity, selfishness, poor self-worth and low self-esteem. Sadly, for a few of us, our youthful dreams have turned into deep regrets in later years. The main reason is not that we are now well aware of having embarked on the last leg of our earthly journey, but that we have never fulfilled the dreams we so cherished.

Therefore, we must constantly remind ourselves that we could also regret the missed opportunities that will surely come our way in the future.

In our fifties, there is usually a toning down of the ego that allows us to have a better grasp of what life is really all about. We are better aware of who we are and what makes us happy. This period of introspection is a window of opportunity beckoning us to have a more altruistic and spiritual outlook to our existence. By doing so, we may well discover that aging gracefully is fully experiencing each day and each season of our life by privileging the things that are truly essential and worthwhile.

When patients are first informed by their doctors that they have a terminal illness, their awareness of time instantly becomes their most pressing and crucial issue. They fear of not having enough time as they cruelly discover it is now very limited and that their days are numbered. Given our great tendency of putting doctors and other medical specialists on a pedestal, we often have total faith in their diagnosis and prognosis and seldom dare to question their findings or seek a second opinion. In Chapter 2, I explained the notion of "Diagnosis/Prognosis Conflict" and how our emotional reactions to unexpected and often distressing news can

Spirituality

greatly influence the course of things to come including the actual number of days that are still available to us. No doctor or specialist can tell how much time we have left. The chronological element of their prognosis is statistically based on the survival rate within the general population. Therefore, it is only an estimate determined according to a normal statistical curve. In reality, nobody can foresee or predict the exact moment of our death.

We often have the impression that some people die well before "their time" without having the opportunity of having a full and satisfying life. We wrongly believe that life is incomplete unless we reach a ripe old age and have had a wonderful existence. Although this may be quite difficult to understand and accept, nobody ever dies before "their time". The truth is that when we die, it is indeed our time!

Therefore, our greatest challenge once we have been diagnosed with a grave illness is to fully accept this experience by letting go of our intense fears and of what lies in our future. This will help us to live more in the present moment and discover the many opportunities of experiencing happiness and love.

ANGER

Anger is a natural emotion that normally lasts for a few seconds or minutes only. It is quite healthy to express our occasional anger proportionally to the circumstances at its source. On the other hand, anger can become problematic when we are furiously mad and express our anger in an explosive way or when our accumulated and repressed anger erupts into violence. Some people are so submerged in anger that they constantly suppress it to a point that it is no longer conscious.

Anger can steadily increase over the years as we build up our grievances without paying much attention to them. This can cause substantial negative energy in our daily lives making us more vulnerable to stress and illness. We must learn to control our anger and express it in a healthy way before it totally controls us. Suppressed anger cannot simply disappear. Quickly becoming an unsettled heavy burden, it will harmfully manifest itself in our physical body somehow and will prevent us from fully enjoying life.

Our anger is usually a reactive response to the behavior of others. But sometimes we can be angry at ourselves and even repeatedly so. One example is when we choose to please others without taking into account our own feelings, needs or

Spirituality

desires. We don't dare to admit that we too have needs and feelings, afraid that our image could be tarnished or it may be considered as a sign of weakness. We may truly believe that "they" made us angry without ever realizing that we are angry at ourselves for our lack of honesty and authenticity. Such self-anger is often manifested by feelings of isolation, rejection, depression or guilt.

I too was incapable of saying "no" to others be it at work, at home or at social activities. Never wanting to displease people for fear of being disliked or rejected, I always neglected my own feelings, needs and wishes and submitted myself to the will of others. Fortunately, I now fully understand my visceral need for consideration and love as I felt that these nurturing feelings were lacking as I was growing up.

Consciously or not, some people could take advantage of our insecurity driven needs while others can make us feel guilty of not answering positively to their requests. This is outright manipulation!

We must be authentic and honest with others but more so with ourselves. Politely and respectfully, we should always say "no" to others when their requests are inappropriate or inconvenient for us. What we choose to do for people must be

accomplished freely and lovingly without ill feelings or ever expecting something in return.

Rarely do we like being in the presence of angry people. An angry person is often a lonely and unhappy individual. We must all keep in mind that repressed anger greatly inhibits our healing and well-being. In this unnatural state, we insist on hanging on to and reliving the wounds of our past that weigh heavily on our Soul, deplete our vital energy, cause ailments and prevent us from discovering real peace and true happiness.

GUILT

We can define guilt as an awareness of having done wrong, accompanied by feelings of shame and remorse.

Some people have guilty feelings for imagined offenses or from a sense of inadequacy. At worst, such regrets can make them feel responsible for hurtful or even traumatic events from their youth. They are the ones at fault if they were unloved, rejected, neglected, abused, etc. But more often than not, we rid ourselves of our painful feelings of guilt by unconsciously transferring them to others. If I'm not the one that's guilty, then it must surely be you! We must absolutely stop this self-deceiving and ego-driven reflex for the following main reasons.

Spirituality

First, we cannot experience peace and guilt simultaneously as these two feelings are opposites. Therefore, we have only two options. Either we stubbornly hold on to our guilty feelings at the cost of never experiencing authentic peace and love; OR forgive ourselves and let go of our guilt in order to discover this natural state of being.

Secondly, guilt is closely associated to the notion of time. As guilt is a result of past occurrences, this hurtful feeling keeps these events well alive and prevents us from fully experiencing and appreciating the present moment. Furthermore, our guilt will also be carried to our future. By clinging to our remorseful events of the past, we will bring forth a corresponding tomorrow.

We must keep in mind that thoughtless people rarely regret the harm they do to others. It is preferable to have a thoughtful and compassionate approach by regretting negative actions we may have committed during our lifetime. We must always notice and appreciate the best of ourselves and remember our kindness.

We may have been inflexible and harsh on others throughout our whole life, but even more so on ourselves. We shall be

free of our past and allow for a better future only when we totally let go of our guilt by truly forgiving ourselves as well as others. We must recognize our past, fully accept it as it was and then simply let go. Having learned this important life lesson, we will be more at peace and favor loving relationships.

LETTING GO

Letting go can be defined as a psychological/spiritual current advocating a non-resistance approach to people, things or events - past, present or future - in order to lessen psychic tensions. In other words, it is the simple and profound wisdom of yielding to the course of life rather than opposing it and living fully and unconditionally in the present moment.

Letting go allows us to have peace of mind and conserve our vital life force. But it doesn't mean that we cannot take action or change a situation that is worrying us. Some people may erroneously think that letting go is a show of weakness, dodging life's challenges or cowardly capitulating in hard times. There is a great difference between letting go and capitulating. Capitulating is recognizing that we have been defeated while letting go is fully accepting the reality of things and trusting in what the Universe has in store for us. Letting go is especially not associated with an "I just don't care anymore"

Spirituality

attitude which is a knee-jerk reaction to deep-seated resentments which are repressed.

The ego makes us believe that our resistance is a sign of courage and strength. But in reality, this is only an illusion as our "resistance" shows not that we are strong and courageous but instead that we are fearful and weak. Sadly, this masquerade prevents us from accessing the genuine and lasting power of our inner Being, our Soul, our Spirit.

We may think that some facts prevent us from being happy and that they must be changed somehow. But the reality is that they cannot be changed even if we were to be more unhappy and miserable. Our refusal to accept situations which we cannot change harms us in so many ways. Most of all, it negatively affects our immune system by inhibiting the healing process, depleting our vital energy and hindering our peace of mind. The most efficient way of resolving an impasse and moving on is to let go and allow life to unfold as it should.

Letting go can be especially difficult in times of grief or when our hopes and expectations have been shattered in a loving relationship. Though it is normal to grieve the death of a loved one, hanging on to our grief and relevant past memories prevents us from fully enjoying the present moment and

beneficially resuming our own earthly journey. As for loving relationships, they may very well not be the "...and they lived happily ever after" of fairy tales. Although our love may be strong, it may not be returned to us. Sadly, denial is often the easiest option we choose in these cases as we hope and pray that the situation is only temporary and that things will improve later on, but this is rarely the case. This illusionary reflex is so automatic that even physically or psychologically abused spouses prefer staying with their partners and weather the usually never-ending storm. We can never force someone to love us back and be committed but we can stop wasting our time and energy on this mostly hopeless expectation.

Unfortunately, the act of letting go is a basic principle of healing that is rarely discussed. It can be especially salutary when faced with a dire diagnosis or prognosis. Though it is normal to have a strong urge to fiercely battle our disease, this approach can soon result in "battle fatigue" and prove to be very costly. By constantly being on full alert and waging war against our illness, we will steadily deplete our vital energy. We have already seen that stress in general and fear in particular greatly inhibits our immune system's healing capabilities. By devoting most if not all of our life force to such a fight, it is no longer available for crucial tasks such as

Spirituality

reinforcing our immune system, accelerating repairs and compensating the toxic effects of treatments.

Once again, letting go is not capitulating and admitting defeat as would be the case by concluding that "There is no hope, I am dead!" To let go is accepting reality as such, then knowingly choosing any appropriate treatment and, if proven ineffective, accepting that our time is limited.

But how will we know when it is time for letting go? By paying close attention for signs from our physical body or our inner Being. These clear messages are usually perceived when we are tired of fighting, resisting or trying to control a situation, or feeling overly fearful, unhappy or dissatisfied.

My cardiac problems had been a reality for me ever since my early childhood. Even so, I have never been fearful or angry about my condition nor have I considered myself a victim of circumstances or thought that it was God's way of punishing me for whatever reason. In other words, I always applied the wise approach of letting go in an unconscious and instinctive way. Could such an attitude be a result of my first Near Death Experience (NDE) at the very young age of seven? Maybe so!

It allowed me to be quite serene right up to the moment of my invasive cardiac surgery a couple of days before my 39th birthday. Having been admitted to the hospital a few days earlier, I regularly visited the other patients in the cardiology ward who all were at least twenty years older. My presence and medical history seemed to console them as they considered themselves relatively fortunate of not having had heart problems at such a young age.

By letting go more easily and often, we will also greatly improve our relationships as we better refrain from judging, criticizing, labeling and rejecting people. For if we can never truly accept what is, then how can we honestly accept others as they are instead of often trying to change them according to our own values and beliefs. Sadly, some people may even consider that the quality of a relationship is relatively unimportant compared to what they truly seek which is purely egotistic. What will they be reaping from this relationship? Will it be material or financial gain, more power or control, physical pleasure, or any other outcome aiming at fueling the ever unsatisfied ego?

In conclusion, unless we practice the beneficial approach of letting go on a daily basis, our path to an authentic spiritual way of living will prove to be quite difficult, if not impossible.

Spirituality

Letting go of unwanted or negative feelings, attitudes, behaviors, habits, values, beliefs and even people is an ongoing process which is a must to make room for more wonderful things to come. We will definitely attract a better future by letting go of the past.

NEGATIVITY

Negativity can be simply defined as an attitude of resistance. Only humans can feel negativity. Animals do not experience this harmful feeling except for pets as our loving animal companions are easily affected by the emotional feelings of humans in their entourage, but especially by those of their masters.

Negativity can be manifested through many emotions including impatience, irritability, anger, rage, resentment or depression. The ego uses negativity as an effective way of manipulating reality and getting what it wants. Once we have identified ourselves with one form of negativity, we stubbornly hold on to it. Unconsciously, we do not welcome any positive change as this would threaten our artificial identity and thus the ego's image. At worst, we can even go as far as ignoring or even sabotaging the positive things in our life.

Negativism is definitely not the best method to favor when dealing with a situation. However, any situation that appears negative to us can be an unexpected opportunity to learn an important life lesson. This could be through a brief illness, an accident, a break-up or a financial problem. These events allow us to discover the real priorities of our life and what is truly important to us. Then, once fully aware of our main objectives, it is simply a matter of staying vigilant and responding to any coincidence or synchronicity that may cross our path. We will be taking a closer look at these phenomena, as well as others, in the next chapter. I started such an approach in the latter part of the 1980s when my heart problems were worsening. But it was not until the very beginning of 2000, after having been diagnosed with a major depression, that I truly discovered the wondrous benefits of responding appropriately to such mystic nudges.

How can we prevent negativity and its harmful effects? Mainly by letting go and forgiving instead of holding on to painful emotions from the past. Also, by offering no resistance and avoiding unconscious defensive or offensive reaction when people criticize us, utter offensive words or behave violently. By not being offended or reacting offensively, we become invulnerable as others can no longer influence our state of

Spirituality

well-being. Only then will we fully control our power instead of relinquishing it to others.

We must also be aware that when we complain, we are resisting and not accepting what is. Be it about the weather, the traffic, the environment, family, health, politics, or what others may say or do, we really only have two options. Either we oppose the situation or accept it. So let us be very attentive to any plaintive thoughts or words we may have knowing that our negative feelings affect our level of unhappiness.

FORGIVENESS

Each one of us has the choice of living our existence by favoring either forgiveness or blame. When we choose to blame and not forgive others, we hold on to our deep-seated feelings of resentment by actively remembering and reliving unhappy or even traumatic situations or events of our past. On the other hand, when we make the choice to forgive others as well as ourselves, we regain our natural state of peace and love.

We must favor and embrace forgiveness in order to live our life to its fullest. We have all been hurt by others and, surely, we have also hurt others. Nobody truly deserves such offensive or demeaning experiences. The problem is not that these

offending situations happen but rather that we do not want to forget them. Consequently, we can accumulate these emotional wounds throughout our whole life without really knowing how to get rid of them. Though the solution is quite simple, it is very difficult to implement when we are constantly under the ego's spell.

I already mentioned the story about how it took me twenty five years to forgive a top manager for his offensive and contemptuous attitude and behavior towards me. Had I been aware that the act of true forgiveness was a major step in discovering one's deep spiritual nature, I would have gladly forgiven him a long time ago. By forgiving and letting go, and thus choosing indulgence instead of resentment, this allows us to finally resolve our conflicts and heal our sufferings while reconnecting to others and to our Self.

What are the main hurdles to forgiveness? The first one is to believe that by forgiving we tolerate, in some way, the hurtful offense that was committed. The second hurdle is our desire for vengeance which is really only a deception. We believe that vengeance will bring us a sense of closure with long-awaited feelings of satisfaction, relief, peace, serenity and superiority. But these feelings will only be temporary as they

Spirituality

are ego driven. Soon, our former grudge will be replaced by deep contemptuous feelings towards our "offender".

It is not necessary that we forgive the behavior, only the individuals. When we forgive, we validate that those we hold responsible were not at their best at the time of the offensive situation. We also remind ourselves that, like us, they are souls who have embarked on yet another earthly journey to learn lessons from their failings. Therefore, the act of forgiveness allows for a most beneficial mutual reconciliation and brings us closer to discovering genuine inner peace and authentic love.

It may seem easier for us to blame and reprimand a troubled relationship rather than settling it. By focusing our attention on the failings of others, we avoid taking a good look at ourselves and our own problems. We must understand that by adopting a reluctant attitude about forgiving, we are really punishing ourselves. First and foremost, we must forgive ourselves for what we have said or done, and for what we haven't said or done.

Sadly, many of us wait too long in forgiving or asking for forgiveness. Too many people leave this earthly existence without having settled their differences with their loved ones

and acquaintances. Also, those left behind can feel everlasting guilt for not having forgiven the departed or asked for his forgiveness.

I will always remember the following deeply emotional exercise we had in one day Doctor Athias' workshops. Suddenly interrupting his lecture, he told us that we would all die in an apocalyptic event that would occur only ten minutes later. Leaving the classroom, he told us to proceed as we must given the little time remaining in our lives. Some attendees immediately broke out in tears while others hurriedly called their loved ones. We were suddenly faced with our fast approaching demise cruelly discovering that only the present moment was really available to us. We became starkly aware of life's true priorities and of all the great opportunities we had missed. We were all overcome by feelings of remorse and regret.

Ever since that memorable day, I practice living each moment as though it might be my very last with the constant goal of ending my earthly journey with total piece of mind and free of any fear, anger, guilt, resentment, remorse or regret.

PATIENCE

We're not used to living with inconvenience or delay in this frantic and modern age of ours. There are so many things we have to do and places we have to be with far too little time available for us. Therefore, we need things to be fast and simple. Nowadays, we can do our shopping at any time on the Internet or even in some stores that never close. We no longer need to go to the bank for our financial transactions as this can be done in our pajamas using our computer at any time, night or day. We quickly get impatient when we have to wait in line, in traffic, for the bus, on the computer, in front of the microwave oven, etc. We are constantly eager for something to happen. We can hardly wait until the weekend, our next vacation, our next trip, Christmas, summertime, our birthday, our next car, our promotion, our wedding, pregnancy, our retirement, etc.

Many of us have great difficulty in accepting things just as they are and living life's situations as they arise. We may even try to change or improve them thinking that they would be unsatisfactory if we just let them be. The most incredible and wonderful things in the Universe happen without our help in spite of our belief that things need our personal assistance. The healing of wounds and illnesses, cellular division, nature's wondrous beauty, the change of seasons, the great variety

and multitude of living things, and the immensity of the cosmos are only a very few examples. There is a divine Source at work here and, though it may be hard for us to understand and accept, all things happen in a timely manner and evolve for our own benefit as well as for the good of the Universe. Therefore, we must always have faith and be patient.

Improving our patience is one of life's most frustrating and difficult lessons to learn. Being patient has nothing to do with feeling powerless or victimized. Our needs, desires and plans cannot always be fulfilled. Furthermore, even though we may want something immediately, it is more likely that we will get it later, if ever. On the other hand, the Universe will always bring us what we truly need although this may not seem obvious at first. I am reminded of an amusing saying I heard that goes something like this "If you really want to make God laugh, tell Him that you have plans".

Under the ego's influence, we may think that the Universe does not respond quickly or favorably to our numerous needs and requests. In reality, the Universe does not cater to our individual needs or agendas but instead reacts to our general situation and the lessons we must learn in our lifetime. In other words, the Universe is concerned about the person that we are and what we really need to become the one that we should be.

Spirituality

This will be accomplished through appropriate or challenging experiences to be manifested at the most opportune moment in time. Once again, the key to this enigma is to have patience and faith.

We all have many personal and specific situations we must experience in our lifetime. Each experience contains a solemn lesson we must discover. All the experiences we have known to this day and all those that await us in the future have one same and unique purpose which is to allow us to benefit from the lessons we need to learn on this earthly journey. These teachings aim to help us evolve spiritually through events or situations to be encountered at the right moment (when we are ready) and at the most convenient time. Thus, we must fully live in the present moment trusting that these important learning opportunities will come our way exactly when they should.

FEAR

Fear is a very primitive and subjective emotion that informs our body of a potential threat. Often, we may easily feel fear and experience its symptoms even though there is no real danger. Unfortunately, our illusion of fear can keep us awake at night, paralyze us and prevent us from fully enjoying life. It can even cause us physical and psychological ailments, disorders and

illnesses. Research indicates that we will probably project fear throughout our lifetime if we have been brought up in a fearful family.

Sadly, our fears are validated, maintained and intensified by our society. Especially through the media, we are continuously informed or reminded of potential threats on a day-to-day basis. We have so many things to be fearful of including natural disasters, climatic change, terrorism, wars, crimes, diseases, pandemics, contaminated foods, the world economic situation, as well as present and future shortages. But in reality, most of the things we fear will never happen to us.

Our fears cannot help us in avoiding death but sadly they do prevent us from living happily, peacefully and lovingly. Consciously or not, we all spend a good part of our lives dealing with our fears and their harmful consequences. This continuous effort interferes with our true feelings and hinders our personal growth. But how can we transcend our fears? The solution is simply to replace this deeply negative and limiting emotion with a very positive and empowering one which is LOVE.

Although we will experience many various emotions in our lives, these can all be grouped under two essential forms: love

Spirituality

and fear. Love is at the source of all positive emotions (joy, peace, happiness, satisfaction, gratitude, etc.) whereas all negative emotions (anger, rage, resentment, anxiety, guilt, jealousy, etc.) are a result of fear. Love and fear are complete opposites therefore we cannot experience these two intense feelings simultaneously. It is impossible to experience love when we are in a state of fear. Conversely, love totally negates fear. There are no in between so we must choose one or the other. Favoring love does not mean that we will never be fearful. However, those fears as well as some of our current fears will be alleviated. In other words, our fears will dissipate as we steadily welcome more loving feelings in our lives.

Our imaginary fears are either about the past or the future and yet we have seen that the only reality we have is the present moment. Therefore, fear becomes impossible if we choose to live lovingly in the present moment. We must never forget that the purpose of our life on Earth is to experience love. However, we cannot truly love others without having learned to love ourselves.

POWER

Why do poor people count their blessings and feel as though they are rich while many wealthy people always think they are lacking? The ego's stranglehold can make us believe that

power comes from things such as our career, notoriety, social status, possessions or financial wealth. We may even think that money or fame insures us lasting peace and happiness. If so, then how come we regularly hear of the many trials and tribulations of the rich and famous with some even committing suicide in spite of their great fortune or fame?

Obviously, we would all enjoy the experience of having a great deal of money at our disposal. Though such wealth and prosperity may greatly satisfy our ego, we can nevertheless feel a great lack in our lives. In spite of having all the things necessary to insure a peaceful and happy existence, these blissful feelings still escape us. We may even be respected, loved or envied by most people thus bringing us a sense of achievement and worthiness. But these feelings are only an illusion as deep inside there is an immense void but why? The reason is that we remain unaware that there is something far greater than our fame or earthly possessions: our Being. Simply put, we are not "Human havings" but "human beings"!

A sense of power and control can also give us the illusion of being special and having a great advantage over others. Our control over situations and people brings us feelings of power and superiority. Advantageous personal results are achieved by manipulating facts as well as people even though the

Spirituality

outcome could be far better. Why should others fully accept our way of thinking and doing things without considering alternative solutions based on their own talents and uniqueness? When we try to control people and events, we prevent others from taking advantage of life's lessons which often could be mutually benefiting. Furthermore, our health and well-being will be negatively affected by always needing to control what is really uncontrollable. We access our true power only when we fully abandon our illusion that we can control the course of events. By doing so, our life will become simpler and less chaotic.

We often abandon our own power when we are concerned about others' opinions, unaware that we are totally powerless in making them happy as this ability is strictly limited to our own sense of happiness. Let us then fully recover the control of our happiness by elaborating our own opinion of ourselves.

We don't realize that we hold the power of the Universe within us. We believe to be disconnected from this wonderful power that amazes us day after day. The divine Source could not have created nature so magnificently powerful while making humans weak. We must discover and fully accept what stirs deeply within us. Some of us have already experienced it but never dared to acknowledge and risk vexing the ego. It is our

real power, the bountiful power of the Universe that we were born with and share with all other creations.

Among other things, this inner power allows us to support others and give them credit for their accomplishments without usurping it for our ego's own purpose. How many times have we falsely taken the credit for things said or done under the ego's influence? By being more vigilant of these tendencies, we can eventually rid ourselves of such weaknesses and learn important life lessons. Our real power will be revealed by choosing to be in a constant state of gratitude for what we already have and living our existence with a sense of great abundance.

Having gratitude is also appreciating people and things as they are without any future expectation. If we cannot accept and be grateful for the persons and things that are present in our life today then how can we ever hope to find contentment and happiness in the future once we are surrounded by more of these? This will be impossible unless we learn and practice living our life with a sense of total gratitude. If not, we will be constantly dissatisfied and under the illusion that we never have enough.

RELATIONSHIPS

We will have many relationships in our lifetime. In reality, we experience a relationship with each person we meet including family members, work colleagues, friends, teachers, clerks, etc. Unfortunately, some of them will fail as it is normal to have disputes and experience disappointments. Conflicts are inevitable in any relationship when egos interact.

We know that some relationships may be quite challenging while others can turn out to be very difficult or even painful experiences. On the other hand, these are often timely opportunities for personal growth by allowing us to confront our fears, discover our real power and experiment mutual love. In other words, by accessing our spiritual identity and our inner Being.

No relationship is accidental or insignificant whatever its nature, length or purpose. In the grand scheme of things, each relationship is potentially important and can mutually bring us either to a place of happiness and growth or one of sadness and struggle. We can only change ourselves and not others. Our relationships will surely not improve or be mutually beneficial if we believe that people should comply with our wishes and expectations. We must allow others to fully be

themselves in order that they can learn their own life lessons. Is this not exactly how we expect others to treat us?

Though our relationships are basically influenced by our childhood experiences, we can always choose to rethink our notions of love and happiness to attract the relationships we wish to obtain according to our new outlook. Sadly, such a turnover is very rare. But why do we insist on holding on to painful relationships? There are two main reasons. The first one is that we hope that a change will eventually occur, be it even magically or miraculously. The second reason is that we have been brought up believing that relationships should succeed but especially so family relations and those between couples.

We are indeed very demanding of our spouse. Our needs and expectations are numerous: unconditional love, happiness, fidelity, support, compassion, friendship, partnership, security, solidarity, etc. We believe that our partner fully complements us and that this ideal union will insure a long and enchanting life together. In reality, this is quite a lot to ask from the other person. It is also very illusory as the source of many needs and beliefs come from childhood fairy tales about the stock character of Prince Charming (Snow White, Sleeping Beauty, Cinderella, etc.). Influenced by these deep-seated imaginary

Spirituality

beliefs, we often accuse the other for our couple's state of unhappiness and the vagaries of life. By doing so, we project OUR own responsibility for being happy and fulfilled onto our lover not yet aware that we alone can resolve our problems and find fulfillment by accessing our true "Self".

Not all relationships are supposed to last for a lifetime. Some will end after six months while others will last five years or fifty years. Though our ego may disagree, the ending of a relationship does not constitute a failure, defeat or error. Relationships start out, take place and end as they should so that we may learn and grow. We must be aware of such opportunities and fully embrace them.

We must abandon our willingness to change others in order that we may discover true love and lasting peace. Though it is right to confront a person about something that upsets us, it can be a form of manipulation if we do so while having expectations or a hidden agenda. We should say our "truths" and share our concerns openly and honestly with others without expecting any personal benefits.

We too often hold against others what they have said or done a long time ago even though they have changed or may have apologized. We still let these unfortunate events influence our

opinion of them and are unable to fairly and kindly appreciate their qualities or what they have become as our vision is blurred by past memories. Sadly, we have our own selfish intentions. We want them to recognize or admit their hurtful deeds against us. In the meanwhile, we refuse to have or show compassion, friendship or love for these individuals who are often dear to us. But in reality, we are only punishing ourselves by holding on to our resentments. Only by forgiving and letting go of the past will we finally be freed of our resentful attitudes and behaviors that deplete our vital energy and prevent us from happily continuing our earthly path.

Family relationships can especially be problematic and stressful as we too often cave-in to demands and expectations of family members. We forego our own needs and desires as we easily let ourselves be influenced by their manipulative strategies, some applied quite unconsciously. This can easily foster our feelings of anger and resentment because our innermost need is to be at peace with them while respecting our authentic selves. Conflicts arise when we are prevented from achieving this important quest. The dilemma is very clear. Either we sacrifice our authenticity and comply with the wishes of family members to avoid conflicts OR we risk displeasing them by respecting our authentic selves. Unfortunately, we too

Spirituality

often betray our authentic self in order to "keep the peace" and avoid any family conflicts.

We must be fully aware that, during all those years, our family members have treated us exactly the way we have allowed them to do by our reactions, attitudes and behaviors. Though we may hold them accountable for our state of unhappiness, we bare the sole responsibility as we unconsciously authorize them to trouble us.

Why do specific family members seem more apt to conjure our negative emotions? Feelings such as fear, sadness, anxiety, discontent, unworthiness and annoyance are often correlated to the way that they treat us and our opinion of them. In reality, people are not at peace with themselves when they judge, criticize or hate us. Therefore, we must have peaceful and loving intentions towards them instead of reacting to their hostile attitude or conduct by behaving the same way as peace and love are superior vibratory energies which will repel all those lower energies.

We will enjoy lasting peaceful family relationships only by truly forgiving and letting go of the past. Like each one of us, our family members react to situations according to their life lessons to be learned. We must therefore appreciate them and

have gratitude for their presence in our life and for all they have to teach us.

CHAPTER 8

The Power of Intention

Far too many people believe their personal situation to be a desperate one. Unfortunately, this is also true of our global collective thinking as we are constantly faced with immense challenges including natural disasters, climatic change, terrorism, the depletion of natural resources, the economic situation, and the exploding world population. Therefore, it is far simpler to throw in the towel concluding that there are no solutions whatsoever. But this attitude is yet another illusion created by the ego as an answer is always available to us; more specifically this problem solving is of a spiritual nature.

We each have unsuspected inner power and wisdom which we can manifest in unexpected and inexplicable ways. The healing of my heart diseases is but one example among so many others. This spiritual force can bring us wondrous things including happiness, abundance, peace and love. It can also foster harmonious relations with our family, acquaintances and the whole human race. Sadly, very few people realize that they become what they constantly think about day after day.

All our thoughts are creative, be it in a conscious or unconscious manner. Under the ego's influence, our concerns

are mainly focused on negative emotions resulting in our becoming envious, resentful, quick-tempered, narcissistic, dissatisfied, disagreeable, or contemptuous. These behavioral patterns are major obstacles to regaining our natural state of happiness, peace, love, health and well-being. We believe that our problems are unsolvable thinking that others are at fault for our ill-feelings or that they are caused by situations or events that we cannot control. Unfortunately, such a helpless and erroneous attitude is physically and psychologically devastating.

If this is indeed our reality, we have only two options at our disposal. Either we continue on this destructive path of negatively influencing our subconscious mind OR we start revising and positively reshaping our values, beliefs, thoughts, attitudes and behaviors. The infinite intelligence of the Universe is totally receptive to any problem solving request from our part. It can even manifest the best solution in a most subtle way through our subconscious mind by means of impressions, dreams, intuitions, premonitions, inspirations, coincidences, synchronicities, or other psychic phenomena.

Suddenly astounded by such revealing insights, we wondrously discover that miracles are indeed an every day reality as our most cherished hopes and wishes manifest

The Power of Intention

themselves in a timely and surprising way. The result may be an inexplicable healing, unexpected abundance, a long-awaited love, or the discovery of our main assignment on Earth. Many will surely attribute such life-changing outcomes simply to a stroke of luck. But in reality, this incredibly good fortune is the manifestation of our power of intention, attention and attraction through coincidences, synchronicities and other phenomena so generously provided by the Universe to help us reach our life's real objectives.

Each one of us can call on our inner guide to help us in our decision making but especially so during difficult times. This powerful tool is always at our disposal in order to point out the best solution to our problem or the best path to follow. However, we can only have access to this most efficient guiding source if we greatly tone down the ego's influence. If not, we could surely have immense difficulty in recognizing the subtle signs we may receive.

QUANTUM PHYSICS

Science has always believed that the physical world we experience each day is governed by unchanging laws based on the principle of "cause and effect". Therefore, all physical phenomena are totally predictable. Whether it be the speed of light or Newton's Law of Gravity, we find in these

demonstrations the repetitive and unchanging constants which were scientifically proven. Furthermore, such as in the case of our own existence, anything belonging to the physical domain is impermanent and at times ephemeral. In other words, our life has a beginning and an end as well as a temporal period between these two milestones.

However, Quantum Physics is confirming more and more some of the fantastic theories proposed by Albert Einstein just before his death. These discoveries are shattering the unchanging classical laws of Newtonian Physics and the centuries' old dogmas of the scientific community assuming a direct connection between cause and effect. In the quantum realm, each thing is composed of both information and energy. Most of the things mentioned in this book - such as the ego, the Soul or Spirit, the "Self", thoughts, emotions, intuitions, inspirations, coincidences, synchronicities, and Near Death Experiences (NDEs) - do effectively concern the quantum domain.

Everything in our visible universe is a manifestation of the energy and the information happening within the quantum realm. Most of these "quantum" phenomena cannot be confirmed through our five very limited physical senses of sight, hearing, taste, smell and touch. Nevertheless, none of

The Power of Intention

us can deny our very thoughts, intuitions, inspirations and emotions. As put forward by Albert Einstein and accepted by the scientific community for more than fifty years, each event happening in the quantum realm would take place at the speed of light. But some recent discoveries propose that it would take place even faster if not instantaneously or even beforehand. At such extraordinary speeds, our feeble physical senses cannot possibly notice these phenomena and relay the information to our brain.

Our body is of the physical realm as it is solid and is noticeable by our five senses. In addition to our physical body, we also have a series of psycho-spiritual subtle bodies the best known of which is our etheric body. Each subtle body consists of pure energy and is therefore of the quantum domain. At any time, our energy field can be in contact and influence the energy field of each other individual in the same room and vice versa. In some way or another, each of us will react to this interactive experience. How many times have we felt the atmosphere as being tense or sad, or peaceful and serene?

Our thoughts are also of the quantum realm with each thought having a vibratory and informative energy. Therefore, they can be picked up by other living things be they humans, animals or plants. This surprising phenomenon has been confirmed

repeatedly by rigorous scientific experiments. Most of us have often noticed that when we are kind to others, they are kind in return and seek our company. On the other hand, people avoid us or are unpleasant when we have a negative attitude or behavior.

There is a powerful presence within us that carries out the experimentation of each moment of our life. This inner force is better known as the Soul, the Spirit or the "Self". Although it is our logical intellectual mind that carries out the process of knowledge and learning, it is our Soul/Spirit/Self which is the observer, the experimenter, the witness. Our perceptions, impressions, emotions and intentions constitute the main input for these constant activities while the feedback is manifested through such phenomena as our understanding, imagination, creativity, inspiration and intuition. Our earthly mission has nothing to do with our intellect or brain. Though they are orchestrated by our physical mind, the source of these activities is from the spiritual realm which is beyond space and time.

If we could learn to lessen the ego's harmful influence enough to finally access our true "Self", then we would remember our spiritual nature that is always connected to the Universe. We would recall our power to go beyond the limits of our intellect

The Power of Intention

that restrict us to the events and outcomes of the physical world. We would get rid of our negative feelings including hesitation, anxiety, fear and anger. We would rediscover our divine identity capable of accomplishing miraculous things.

Let's now take a closer look at the basic "quantum tools" allowing us to access our creative power.

INTENTION

Intention can be defined as a deliberately anticipated outcome that is intended or that guides our planned actions. In our daily lives, intention is a thought we have towards answering a specific need. Usually, we should be satisfied or happy once this objective has been achieved. For example, we may feel the need to look for a better job in order to improve our career opportunities or our financial situation. We can also be searching for the ideal partner with whom we would start a loving family and happily grow old with.

Each creation, including all things within the Universe, began with an intention. The more often a creative intention is renewed, the more likely it will be manifested by the Universe in the physical world. Furthermore, the more attention we give to an intention, the better chances we have of receiving a response that can help us discover the best way of reaching

our goal. Often, these precious hints are revealed in a subtle way through such phenomena as dreams, coincidences, synchronicities, intuitions, or inspirations. I have no doubt that these were instrumental to my total healing and improved well-being as I will clearly demonstrate in the next chapter.

The powerful triad of intention-attention-attraction allows us to bring positive changes in our lives. Although this creative and miraculous ability has been ours for such a long time, most people are no longer aware of it. How is it that we have forgotten such an awesome inner power? Sadly, it is because we have unconsciously sacrificed our real authenticity and spiritual identity for the ego's benefit. Our Soul/Being knows exactly why we are on Earth but the ego constantly hinders our connection with our true "Self" and, by so doing, prevents us from having any recollection of our eternal spiritual nature or our earthly mission.

The ego continuously makes sure that our attention is mostly focused on artificial and fleeting things such as money, popularity, prestige, power and sensory pleasures. This is a deceptive illusion because once we achieve our objective, our satisfaction and happiness will only be temporary leaving us with a bittersweet taste. Soon, we will have the urge to embark on a new quest to fill yet another inner emptiness.

The Power of Intention

If we presently are not doing what we love or not loving what we do, then our power of intention, attention and attraction is very limited and inefficient. But for those of us searching for answers about our earthly existence, this awareness represents an incredible window of opportunity where our Soul/Being invites us to recall our true spiritual identity and reconnect to our wondrous power of intention and attraction.

This endeavor will be fruitless unless we limit the ego's negative influence and lessen the intellect's ceaseless and repetitive stream of useless information. How can we achieve this dual objective? The first step is to favor feelings of openness, empathy, peace, compassion, gratitude and love towards others. The second step is to reserve appropriate moments on a day-to-day basis to quiet our mind and focus our attention to our inner Self using meditation or contemplation.

It was at the very dawn of this new century and millennium, in the first days of the year 2000, that I accepted such an invitation. Having been diagnosed with a major depression, a window of opportunity had suddenly been opened. I had arrived at a crucial crossroads in my life trajectory some ten years after the urgent invasive cardiac surgery for my Wolff-

Parkinson-White syndrome. Ever since, my health had been deteriorating as the pathological symptoms of my other heart illnesses were steadily increasing.

I now fully understand that my reflections and questioning during this period of deep depression allowed me to access my spiritual identity and embark on a path towards a better health and a greater well-being. Furthermore, this profound introspection unconsciously activated my power of intention and attraction manifesting itself through unusual phenomena which I will be sharing with you later on in this book including an occult experience witnessed by some one hundred attendees during a workshop.

We must always bear in mind that our power of intention demands our constant attention and requires our complete detachment from any possible outcome. In other words, once we have selected our creative intention we must repeatedly focus our mind on it and refrain from considering or favoring a specific end result. By doing so, we allow the Universe to be totally in charge and fully control the logistic details and manifestations leading to the best outcome. Otherwise, the ego will surely intervene messing-up the entire process and cheating us from knowing a beneficial result.

The Power of Intention

We must also insure a harmony between our intentions and what the Universe offers us in order to facilitate the manifestation of our intentions. This is done by adopting and cherishing a simple but continuous state of gratitude towards all the people and things in our lives. Furthermore, we must forgive and let go of all of our grievances as these constitute yet another clever ploy from the ego. Favoring a sense of deep gratitude on a day-to-day basis positively affects our power of intention and attraction. By being truly grateful for the good things we presently have as well as for life's challenges, we attract more abundance and blessings in our existence. In contrast, remaining mainly unsatisfied with life's offerings and holding on to our negative attitudes and behaviors prevent us from fully attracting abundance including better health and improved well-being.

COINCIDENCES

I mentioned earlier that some phenomena, such as coincidences, are usually manifested as a result of our power of intention and attraction. These important hints are messages we must pay attention to as they help us discover important pieces of our puzzle to remember our true nature as well as our life purpose. We all have experienced coincidences at one time or another in our lives. Without any reason, you are suddenly thinking of a person and, just moments later, the

telephone rings and that same person is calling you. As another example, I would like to share with you a remarkable coincidence I experienced while writing this book.

Peter was one of my closest friends during my teenage years. One night before falling asleep, I suddenly recalled found memories of him. I had not thought of Peter for the past forty years or so and here I was lying in bed wondering what career he might have chosen and if he was still alive and well. The next day, as Lucy and I entered an electronics superstore, I immediately turned right instead of following the main aisle towards the back of the store to make our purchase. We crossed a man in a raincoat heading the other way. Turning around, I immediately recognized him. You have guessed it! It was my best friend Peter from a time so long ago. I called his name and he immediately turned around not readily knowing who I was. As I told him my name, he smiled and rapidly walked towards us. After several minutes of catching up and reminiscing about old times, we hugged each other and continued our ways quite pleased by this "chance" encounter. What a surprising and extraordinary coincidence!

Given that they happen relatively often, most people consider coincidences as just a peculiar and random occurrence. If this is your belief, may I suggest paying more attention to any

The Power of Intention

future coincidence and reflecting on such past experiences? By recalling their particular circumstances and any relevant consequences, you may be surprised to discover that your life path and your current situation wouldn't be quite the same if but a single detail had been different. Maybe you would have another career, be living elsewhere, have another partner or enjoy different friends and acquaintances?

Once you know that coincidences are often timely life changing opportunities, you need to keep a watchful eye on any such occurrences in the future and discover their implicit messages. As you become more aware of their beneficial purposes, you will also experience an increased frequency of these insightful events. Each coincidence is indeed a "window of opportunity" to be either opened or left closed according to your own free will. For example, why are you reading this particular book at this specific moment of your life? Could this be a coincidence, an invitation for you to discover revealing information or life-enhancing strategies within the content of its pages?

A coincidence is much more than a fortuitous oddity. It is a clue from the spiritual Universe containing pertinently revealing information in regards to an intention. But how can we understand the meaning of a coincidence and decode its core

message? Strangely, the answer is already available to us but we must access our inner being to recover the information. Once more, this is done by quieting our mind and the ego using an introspective approach such as meditation or contemplation.

We cannot even begin to imagine all the complex forces at work leading to the important crossroads of our lives. Each coincidence will become significantly revealing to us when we embrace its invitation for introspection and evolution in our earthly journey. By gratefully appreciating all the coincidences we experience and their revelations, we will increase the effectiveness of our power of intention and attraction and fully benefit from our connection to the field of infinite possibilities.

Our life path will then be filled with a sense of deep purpose and gratitude as we wholeheartedly embrace the constant mystical flow of information through coincidences and other mystic phenomena. As if by magic, remarkable things will happen. We will receive the exact information we have been looking for, meet the right people at the most convenient moment, get a job opportunity in a line of work that we always dreamed of, or read an inspiring book that will forever change us. Phenomena such as coincidences, synchronicities, intuitions, dreams and inspirations are timely instructions from

The Power of Intention

the spiritual realm inviting us to reach our destination more efficiently and surely.

I like to compare this mystic quest with the use of a GPS (Global Positioning System) device where, once we have entered the intended destination, it will propose the easiest or fastest way to get there. By default, this will mainly involve the use of freeways. With this information in hand, we then have a choice to make (our free will) which basically consists of three options. Our first option is to totally forego the GPS use and blindly try to reach our destination somehow (us guys never daring to stop and ask for directions). After what can turn out to be a long time, and feeling very tired and frustrated, we may luckily if not miraculously reach it. But it is more likely that we'll get hopelessly lost and never arrive at our planned destination. Our second option is to follow only some of the GPS initial instructions. This could be by making unscheduled exits off freeways to access secondary roads. Although we should eventually reach our destination, the trip will be longer and more tiresome. Our third and last option is to fully benefit of the advantages in using a GPS by following each and every instruction it gave us, thus insuring that we quickly and easily get to our intended destination. I find this analogy somehow quite revealing. Don't you?

SYNCHRONICITIES

Synchronicity is a concept developed by the Swiss psychiatrist Carl Gustav Jung in the 1920s. It can be defined as the experience of two or more apparently causally unrelated events that are occurring together in a meaningful manner.

For example, here is a remarkable synchronicity which occurred while writing this book. In Chapter 6 "Death, the Hereafter and Reincarnation", I named some well-known pioneering researchers, authors and lecturers in these fields. One of them is Doctor Brian L. Weiss, a world renowned psychiatrist, researcher and lecturer who wrote several works that I highly recommend (see bibliography at the end of this book). Another one is Doctor Wayne W. Dyer, a long-time famous speaker and author of more than thirty books on the subject of spirituality.

In January 2009, while writing the first draft of Chapter 6, I suddenly had some wandering thoughts after writing notes about Doctor Weiss' specialty field of past life regressions. I was thinking to myself how wonderful it would be to recall a previous life with his expert help (keep well in mind what I wrote earlier about our power of intention and attraction before reading further).

The Power of Intention

My thoughts were interrupted by the "beep" of my computer indicating that I had just received an e-mail. Accessing it, I noticed that it was from my wife Lucy. As an attachment, there was an invitation from Hay House Publishing to attend a seminar the next April in Toronto (Canada). Among the scheduled speakers were (you've guessed it) Doctors Brian L. Weiss and Wayne W. Dyer. I immediately knew that this was a remarkable synchronicity which I just couldn't ignore and needed to immediately act upon. I dropped what I was doing and made the necessary reservations to attend this seminar with Lucy.

During this most memorable four-day event, we attended two life regression workshops given by Dr. Weiss in which we were able to recall key moments of some of our past lives. It was truly amazing! Some surprising coincidences were also in store for me at that seminar. The most notable took place during Dr. Weiss' first workshop. We were about fifteen hundred participants all exiting the hall for our morning break. Many people quickly surrounded Dr. Weiss hoping to have a few words with him. I thought to myself that the Universe would eventually give me the opportunity to talk to him, if need be. As I returned to the hall a few minutes later, I came face to face with him and he was alone. Our eyes met and we both stopped for a quick chat. I told him how much I appreciated his

works which were quite revealing to me in view of my three Near Death Experiences (NDEs). I then mentioned that I was writing a book in which I will be mentioning his research. As we exchanged a final handshake, I was overwhelmed with gratitude for this "chance" meeting which I had been dreaming of for quite some years. This is indeed another confirmation of the remarkable effectiveness of our power of intention.

Synchronicities are plentiful in nature. Unfortunately, we find them so common that we don't pay attention to them or appreciate their intricacies. Some of the most intriguing and spectacular of these wonders are surely the coordinated flights of flocks of birds or swarms of flying insects and the well synchronized movements of schools of fish. With perfect timing and without ever colliding, they instantly change course as though each individual was controlled by a single and unique intelligence. The instantaneous communication of the same information to all individuals and its precise coordinated execution is of a spiritual nature. Consisting of both vibratory energy and information, it is also definitely of the quantum domain.

We humans also have this intuitive power within us but sadly, most of us have unconsciously sacrificed it for the benefit of the ego. This innate gift is even less accessible if we consider

The Power of Intention

ourselves as being separate from other living beings and the Universe. Furthermore, our constant state of distraction and anxiety will prevent us from rediscovering this forgotten ability. Nevertheless, as some of us are more sensitive to these communicative energies than others, we may sometimes feel this spiritual connection in the presence of some persons or animals.

Why is it so hard to be aware of synchronicities in our daily lives? Besides the ego's influence and life's constant distractions and turmoil, it is because we are not living in the present moment which is where synchronicity happens. By favoring a spiritual approach to our existence, we learn to let go and have trust in what the Universe has in store for us. Only then will we finally notice synchronicities and discover their beneficial meanings.

MAIN OBSTACLES TO OUR POWER OF INTENTION

I mentioned earlier that our power of intention is most efficient when we are attentive and completely detached from any outcome. Furthermore, we must favor a state of gratitude and of authentic "forgiveness". But how come the Universe sometimes seems unresponsive even though we strictly follow these basic principles? Apart from the ego's influence, there are three main obstacles to our power of intention and

attraction. They are our doubts, our limiting thoughts or beliefs, and our feelings of lack.

OUR DOUBTS

Any doubt will negatively affect our power of intention and attraction. We must be fully confident of eventually obtaining the beneficial manifestation of our intention. In other words, we must have faith in our inner power to attract what we wish for. We are not slaves or victims of circumstances and events. Everything in our existence is a manifestation of our faith in what is invisible. This inner force allows us not to satisfy the ego but to find our spiritual identity and continue our life's journey according to this true reality.

We all have faith in something. However, we must question our way of using it. Do we use faith in a positive manner or in a negative way? Some people favor a negative or restrictive faith as they believe they are cursed with disease, misfortune, failure, solitude, lack, ugliness, stupidity, etc. While others have a positive and empowering faith bringing such benefits as love, health, happiness, abundance, peace, serenity, security, friendship, goodwill and harmony.

We cannot hope to realize the manifestation of our intention if we believe that there is some force whatsoever that opposes

The Power of Intention

it. In such a case, our conflicting thoughts will negatively affect our attention level and, consequently, our situation will not evolve beneficially as we intended.

Having faith is a very potent mental attitude to adopt as it often brings favorable results. In a sense, it is the merger of our thoughts with our feelings. This duality is so intense and forceful that no external event can shield us from it. We must have the utmost faith in our spiritual creative force which is connected to the infinite intelligence of the Universe. This approach will undoubtedly bring us the beneficial solutions we need to continue our earthly journey in a more enlightened way.

We must fully appreciate the fact that our desires, projects, thoughts, intuitions, inspirations and dreams constitute extraordinary creative possibilities although they are not detectable by our limited senses. We may believe it too risky to leave our job, change career, move to another place or country, return to school or retire as recurring feelings of doubt and fear overwhelm us. Instead, we must trust such subliminal messages and have faith in these appeals emanating from our inner Being.

That is exactly the road I chose to travel in June 2007 when I took an early retirement in spite of my many doubts, apprehensions and outright fears mainly generated by the ego. This timely decision allowed me not only to accelerate the spiritual search I had begun seven years earlier during my major depression, but especially dedicate most of my time and energy to my quest of improving my health and my well-being. I have no doubt whatsoever that the totally surprising and medically inexplicable healing of my cardiac diseases is a direct result of having accessed my inner power of intention and attraction while also favoring a much more spiritual approach to my life.

OUR LIMITING THOUGHTS AND BELIEFS

Our life expectations are essentially influenced by what we have learned and experienced since our early childhood. It is OUR reality based on values and beliefs communicated to us by our nurturing loved ones as we were growing up. Many of these may have even been handed down from generation to generation. So we never really dare to question their validity or usefulness fearing that it may unleash the clan's wrath.

Sadly, the driving force behind many of our life expectations can be found in our limiting beliefs such as feelings of lack, loneliness, unworthiness and helplessness. If this is our day-

The Power of Intention

to-day reality, then it will be quite difficult if not impossible for us to access our power of intention and attraction in order to manifest a better tomorrow.

We must remind ourselves that science now recognizes that all potentialities reside in the quantum field and that, at an infinitesimal subatomic level, the fact of observing a particle will modify its behavior. In other words, our way of looking at things will affect the ultimate outcome, thus becoming "our reality".

Each thought that we have can have a determining impact on our life. If we are unable to reach our goals or are presently unhappy, depressed, lonely, anxious, fearful or resentful; we must look closely at how we may have attracted these things to our life. Never are we victims of circumstances as, to our total dismay, we will discover that we unconsciously claimed them through our own negative, restrictive and sometimes harmful thinking. By believing that we are not truly deserving of a positive outcome (health, well-being, happiness, prosperity, success, love, etc.), we automatically sabotage our power of intention and attraction. This attitude will prevent us from connecting to the creative spiritual energy of the Universe and attracting the manifestation of better things in our daily life.

Instead, we will experience even more problems and ill-feelings.

OUR FEELINGS OF LACK

Our feelings of lack prevent us from benefiting from our power of intention and attraction. We must absolutely get rid of any belief of scarcity. If not, the Universe will continue to send us the exact same thing for which we spend most of our thoughts and creative energy on: our lack. For example, if our persistent message to the Universe is "I need more money", then it will interpret this as a normal state of financial scarcity and will continue to manifest this condition as a response to our way of thinking. If we consider our life as unfulfilling or regularly think of what it is missing (love, money, friendship, work, health, intellect, abilities, respect, self-worth, etc.), then sadly this is exactly what we will continue to attract to our existence. But why is that so?

The spiritual creative energy being perpetually generous, the Universe cannot understand the concept of lack/scarcity or respond correctively to it. So instead of continuously sending out the message "I am struggling financially", the message should be something like "I have enough money and know that I will receive any amount deemed necessary".

The Power of Intention

Now that we are well aware that our thoughts, reflexions, beliefs and feelings all hold a creative power, we must control our internal dialogue so that our way of thinking is constantly suitable for the intentions we wish to manifest. In other words, we must accustom our imagination to consider only what we wish to attract in our life, rather than what we don't want to have.

OUR HEALING POWER

I have always believed that we must turn spontaneously and firstly to conventional medicine when we have a health problem, be it physical or mental.

In addition to the many available treatments of modern scientific medicine, it is possible for us to access our inner healing power, that of our Being. Since the moment of our conception, we have benefited from hundreds of healings where this curative power readily intervened to repair body cells, sprains, cuts, burns and bruises of all kinds. These wondrous miracles happen unconsciously and effortlessly without our need of ever understanding the intricate mechanisms at work. What is more remarkable is that this self-healing ability can be greatly increased by using our power of intention and attraction.

We have already seen how our way of thinking can disrupt our power of intention and attraction by not manifesting the intended outcome. The same holds true for our power to heal ourselves especially when we have dreadful thoughts about our illnesses or our declining health.

We must stop focusing our attention on the ailing parts of our body or the organs that are affected as well as their manifested symptoms. Although the word "incurable" is indeed a terrifying one, we must not be excessively frightened or wholeheartedly trust the opinion of those who believe that healing is impossible or that we are doomed. We should absolutely avoid negative people who drain our vital energy and especially those who insist on sharing their horror stories with us. But most of all, we must let go and have faith that there is a spiritual Presence within us which is constantly at work so we may quickly recover.

This approach has allowed me to be blessed with the complete healing of my heart illnesses. For more than two years, I would fall asleep most nights listening to an outstanding CD by Doctor Deepak Chopra titled "The Soul of Healing Meditation" while I would visualize my damaged cells being replaced by healthy ones. Having read most of Dr. Chopra's books about spirituality and listened to many of his

The Power of Intention

lectures on this topic, I consider him to be one of the great teachers who have crossed my journey's path at the right moment in time through some remarkable coincidences and synchronicities. I had the privilege of meeting him and expressing my deepest gratitude in March 2010 when he came to Montreal for a speaking engagement.

I especially remember a most revealing paragraph in one of his many books. It was as though the words targeted the very core of my Being. Not knowing why, I was totally overwhelmed and could not hold back the tears. But now, I fully understand the hidden message it held and its powerful manifestation through events that were still yet to come. In short, that paragraph mentioned that although each one of us has the inner power to heal others, we must first heal ourselves. But how can we access our healing power?

The first step is by not being (or no longer being) exceedingly scared of ailments, illnesses or diseases and their symptoms but especially of any troubling diagnosis or prognosis. The reasons for this have already been detailed in Chapter 2 "Psychobiology and Total Biology" while explaining the notion of "Diagnosis/Prognosis Conflict".

The second step is to realize that our condition may be due to past conflictual or distressful experiences as well as to our way of thinking (ego, values, beliefs, fears, etc.). This was also explained in Chapter 2 as well as in Chapter 4 "Obstacles to Better Health and Well-Being". In these cases, we must seriously consider these possible subconscious programs in full consciousness and choose to change our negative and limiting thoughts and beliefs accordingly so they no longer have such a harmful effect on us.

The third and last step is to mindfully connect to our inner healing force and fully use our power of intention and attraction to regain our natural state of health and well-being. This is best achieved by truly forgiving and letting go of the past, fully living in the present moment and setting aside some time each day to appreciate, contemplate or meditate. By doing so, we will control our negative thoughts, have more gratitude for the people and things in our life and allow our Being to remind us of our spiritual identity. By favoring and cherishing these moments of complete silence and loving introspection, we will strengthen our immune system and greatly improve the healing process, both physically and spiritually.

The Power of Intention

Unexpected and even miraculous things often happen when we dare to change our life in a most positive way. Healings occur and there is a remarkable turnabout in our attitude and behavior. For example, unpleasant and selfish people suddenly become loving and compassionate.

We create an almost insurmountable obstacle to our power of healing when we obstinately hold on to "our truth", think that we do not need to change and that people should "take us just as we are", or believe that we cannot possibly change. The same is true when we feel unworthy of having a better health or an improved well-being because, for example, we must be punished.

To fully allow healing, we must greatly limit our negative thoughts about our illnesses, diseases or physical decline. Instead, we should favor and welcome positive thinking as well as uplifting conversations with caring people.

The bottom line is that we have two options when illness or disease strikes us. The first one is to suspend our happiness as well as life's enjoyment and become mostly fearful if not terrified of what the future may hold for us. The second option is to let go and have faith that things will unfold as it should knowing that our inner force of healing as well as our power of

attention and attraction are continuously available to us along with any medical treatment deemed necessary. In spite of our physical condition, let us be constantly grateful for our wondrous and miraculous body.

OUR SPIRIT GUIDES

I truly believe that we all have spirit guides and that one of them is specifically assigned to us. These spiritual beings, also called “guardian angels” by some of us, are at our disposal to protect and help us throughout our earthly adventure. They communicate with us in several ways including through dreams, intuitions, inspirations, sensations, feelings, premonitions, visions, coincidences and synchronicities. We can also call on our spirit guides in quiet reflective moments such as during prayers, introspections, meditations and contemplations.

I would like to share with you how I personally get in touch with them for their guidance. This approach has been quite successful seeing that many of my requests for assistance were clearly answered as the right people appeared or situations occurred at the most appropriate moment.

When faced with an important problem, I quiet my mind at bedtime using a relaxation technique such as meditation. I

The Power of Intention

then submit the details to my spirit guide without ever expecting any particular outcome. Usually, within the next few days, something unusual will happen nudging me to follow this lead in order to discover the best path to follow. In the next chapter, I will detail such meaningful and decisive circumstances which allowed me to arrive at a most unexpected and blessed destination: the complete healing of my heart. As you will surprisingly find out, the major insights I received from my spirit guides were delivered by winged messengers. No, these were not angels but some very unusual birds!

CHAPTER 9

Healing Journal

Fittingly in this final chapter, I present to you a timeline of the most meaningful and sometimes quite unusual occurrences of my life trajectory including some special people whom have crossed my path in a very timely fashion. You'll notice that each of these opportunities concealed an essential piece of the intricate puzzle that was finally revealed to me in March 2008 when my cardiologist incredulously confirmed the total healing of my heart. You will also discover that, through life's daily situations, the Universe regularly drops us hints about the path we should take even though often it may not necessarily be the easiest one. It is then OUR choice to follow through or not according to our own free will.

Be it so brief, I consider each and every encounter as a privileged moment in time capable of enlightening us about our life trajectory and the lessons we have to learn. This is also the case for each of our experiences but especially so with the vagaries of our existence. We only need to remain vigilant for these opportunities and unravel their meaning. This is best accomplished by living life in the present moment and being on the look-out for subtle hints or messages offered through various phenomena such as intuitions, coincidences,

synchronicities and dreams no matter how insignificant or bizarre they are. Unfortunately, this endeavor will be impossible if we remain under the ego's spell or are unable to slow down our bothersome thinking machine.

For a few readers, some of the following events may appear so far-fetched that they don't merit any credence whatsoever. Though I fully agree that we must always maintain a high degree of skepticism, we should also be open-minded enough to at least consider the possibilities before making a judgment based essentially on our own values and beliefs (refer back to Chapter 4, if need be). Furthermore, we must always keep in mind that, "our reality" of the physical world can only be perceived through our five very limited senses which are no use whatsoever to us in trying to grasp what's going on in the invisible realm.

1988 TO 1990 - CRITICAL HEART CONDITION

My Wolff-Parkinson-White (WPW) syndrome rapidly evolved over these two years during which no medication could halt the steadily increasing episodes of fast and irregular heartbeats. The only way to stop each attack was to deliver an intense electrical shock to the heart to convert the abnormal rhythm to a normal rhythm. It was during such a treatment,

urgently conducted after an 18 hour attack, that I experienced my second Near Death Experience (NDE) (see Chapter 5).

Recuperating from this event, which could have had a fatal outcome, I decided to reduce my evening teaching activities and limit my tasks to those required by my day job. But in autumn 1989, the ego tricked me in accepting an invitation from a certificate program director of the Ecole Polytechnique to prepare and teach an advanced fire prevention course (see Chapter 3).

OCTOBER 1990 – OPEN-HEART SURGERY (WPW)

In October 1990, I clearly received another stark warning that my life was still on the wrong path as I underwent urgent open-heart surgery to prevent any further tachyarrhythmia episodes. It was during this complex surgery that I had my third and most revealing NDE. As I was going through the dark tunnel at great speed towards the majestic white light at the end, a large boulder appeared blocking my path. I came to an abrupt stop and noticed three individuals standing at its base. Extremely excited, I immediately recognized my father, his brother and my paternal grandfather. All deceased, they appeared just as they were in the prime of their lives. Telepathically, my father ordered me to immediately turn back because I had yet other

things to do. With great sadness and regret, I painfully re-entered my mangled body.

As I was slowly coming back to my senses in the intensive care unit (ICU) two days later on my 39th birthday, this latest mystic experience fully occupied my thoughts in spite of my aches and pains. Why did I need to prolong this earthly journey? What additional life lessons had I to learn? What further contributions were expected of me? These questions haunted me for most of that day until a nurse informed me that I would soon be transferred from the ICU to my hospital room. At that moment, I chose to completely let go and use my limited vital energy solely for the reinforcement of my immune system to insure an efficient and speedy recovery.

That same night, I suddenly awoke with rapid and irregular heartbeats. These symptoms were identical to those I experienced during each WPW episode. But how could this be possible as I had just endured a difficult surgery to prevent any recurrence of such symptoms? Having informed the nurse about my condition, she immediately replied that it was surely a psychological reaction. Two hours later, the attending physician came in to examine me. Unfortunately, my symptoms had already abated. He told me that what I felt was surely a psychosomatic response. In other words, it was an

emotional disturbance. A few moments later, I suddenly recalled my preoperative encounter with the cardiac surgeon.

During that discussion, I had an intuitive feeling that the surgery would not be a full success. When I asked him if this could be the case, he proudly mentioned that each one of his more than five hundred interventions had completely succeeded. Remembering my "statistics and probability" classes, I would have preferred knowing that one of his more recent attempts had failed somehow or other.

Follow-up exams did reveal that the surgery had not been totally successful. Defensively, the cardiac surgeon argued that the operation was a very challenging one seeing that the extra conduction pathway had been very hard to access. I felt as though I was a "bad" patient as he seemed somewhat disappointed that my case had put an end to his long-standing winning streak. I therefore decided to have my medical file transferred to another institution specializing in cardiology.

My intuition had proved to be dead on. Never again have I tried to rationalize or downplay a deep-seated intuitive feeling.

1992 - GENEALOGY

In 1992, my wife and I were introduced to genealogy which is the study of families and the tracing of their lineages and history. It was an instant passion for us and thus, all of our free time was dedicated to the research of our ancestors and their history.

We spent all our holidays and vacation time visiting cemeteries and doing extensive research about our family lineage. Timely coincidences and synchronicities greatly helped me resolve problematic missing links. It was as though I was being constantly guided by an unknown force.

Our passion was so intense that we founded a regional genealogical society in 1994 that is still active. We also participated in two organized trips to France where we visited many towns and villages that were the birthplaces of ancestors who crossed the Atlantic to colonize North America in the seventeenth century.

Our rigorous research, along with information gathered from extended family members we were meeting for the very first time, allowed us to complete our genealogical puzzle one piece at a time. Many important details were discovered including ancestral roots, migrations, family secrets, causes of

death and tragic events. A decade later, this precious information would prove to be crucial in Total Biology seminars and workshops as I became fully aware of their transgenerational impacts, some of which are detailed in this work.

1990 TO 2000 - DECLINE IN HEALTH

I met my new cardiologist (the same one who was totally shocked by my healings) in the latter part of 1990 just a few weeks after the WPW surgery. My general health steadily declined throughout that decade. I now fully understand the crucial message that my Being was trying to convey to me through the increasing symptoms of my illnesses. The time was ripe to carry out major changes in my life. Curiously, this period started immediately after my third Near Death Experience (NDE) which occurred during my open-heart surgery.

In 2000, at the very dawn of this third millennium, having neglected for the past ten years the many warnings of my physical being to bring radical changes to my existence, two major events would unfold requiring my utmost attention and deepest introspection.

The first one happened in early January when I was diagnosed with a major depression. I had reached rock bottom. For quite some time, my family, friends and co-workers had noticed a change in my attitude and behavior. Back at the office after a three month hiatus, I was discouraged by all the accumulated work and the titanic task ahead. I soon discovered that my energy level was still quite low.

The second event occurred one day in July when I experienced very irregular heartbeats. After a few hours, I asked Lucy to drive me to the emergency room. By chance (there are no chance happenings in our lives), my cardiologist was the one on duty that day. His diagnosis was that I was experiencing extrasystoles which are premature contractions of the heart that are independent of the normal rhythm. He informed me that it was likely that they would become more frequent with time. He then said that he could prescribe a medication that would limit the symptoms and their frequency but that it had very unpleasant side effects. Therefore, he strongly recommended that I get used to the symptoms which were usually not life threatening. I decided to follow his medical advice.

According to Total Biology, an abnormality of the electrical conduction system of the heart is usually associated to a

conflictual event associated with the father. Thus, the psychobiological decoding of extrasystoles can be expressed by a phrase such as "I need (needed) more love from my father" or "My mother needs (needed) more love from my father". Both of these sentences are quite true in my own case as was detailed in Chapter 3.

So here I was, nearly fifty years old and confronted with an inescapable truth. I could not keep the status quo at the risk of continuing or even accelerating the decline of my physical and mental health. I had surely arrived at the most crucial crossroads of my life where only a paradigm shift could steer me on the road to recovery. As we are really never victims of circumstances, I had to take full responsibility of what my future might hold.

I immediately immersed myself in the reading of countless books on various topics such as spirituality, well-being, self-improvement, meditation, gratitude, stress reduction, and self-esteem (see bibliography at the end of this book). I also reluctantly ended my sixteen year commitment as a continuing education lecturer. As for my career, I accepted that my depression could prove to be a major obstacle to any future promotion. Unfortunately, many consider that a depression (or burnout) is a sign of great weakness.

I really thought that I was finally at peace with myself but little did I know that the Universe would soon challenge my resolve. A test I would sadly fail as the ego was to receive an offer that "He/I" just couldn't refuse. Here we go again!

One month after returning back to work from my sick leave, the vice-president asked me to follow him back to his office. Once seated, he offered me the directorship of a new department within the company which would be similar to the one I had set up and managed back in 1978. He conveniently praised my unique experience and great success in regards to this past venture. His strategic ploy was soon rewarded as the inflated ego tricked me in accepting this unexpected new endeavor.

2002 TO 2008 - TOTAL BIOLOGY APPRENTICESHIP

After two years as manager of the loss prevention department, my initial enthusiasm had greatly diminished if not vanished altogether. The department's progress was slow and at times very difficult as other department managers fiercely resisted any proposed change. My work condition was more and more stressful and sixty hour workweeks were not unusual at all. It was strangely similar to the uphill battle I had known previously as a young manager back in 1978. Indeed, the

Healing Journal

Universe has an unrelenting way of showing us that we are repeating the same mistakes over and over again.

How ironic it was! At the time of my major depression, I had decided to put an end to my lecturing activities so I could reduce my stress level and have a normal forty hour workweek. But after just a few months, I was regularly working sixty hour weeks and allowing the ego to supersede the solemn promise I had made to myself and to my family. I wrongly believed that this new challenge would bring me renewed energy, both physically and psychologically. But this was only an illusion created by the ego. My sleeping was troublesome and the symptoms of my heart illnesses were steadily increasing. I kept wondering what I needed to do in order to find some peace of mind and take care of my life-threatening medical condition.

A first synchronicity occurred one evening in 2002 when Lucy told me about Total Biology, a complementary approach in dealing with sickness and ill-being that was explained to her by a co-worker that same day. She asked me I'd be interested in submitting our names for the next basic course program. I told her that I would think about it, but she knew quite well that this usually meant no. As I woke up the next morning, I felt an overwhelming urge that we both register for the upcoming

courses. Was it an intuitive insight or after a dream I had that night? I really don't know but this need was so profound that I immediately told Lucy that we absolutely had to assist.

The courses were given by Mr. Bertrand Lemieux who, a few years later, would prove to be a key player in the events leading to the total healing of my heart as will be explained later. Early on, it became quite evident to us that the concept of Total Biology and its various notions constituted a most logical additional approach to conventional medicine.

We were so completely satisfied with this initial encounter with the workings of Total Biology that we decided to further our studies on this approach. In the following years, we attended several seminars and workshops given mostly by Doctors Claude Sabbah and Gerard Athias. These formative sessions were greatly beneficial as we routinely discovered many possible links between our ailments and distressful experiences of the past. As examples, a few personal ones are detailed throughout this book.

2003 - DOCTOR MICHAEL NEWTON'S BOOKS

This unusual event is fully detailed in Chapter 5.

2005 – QUANTUM PHYSICS SEMINAR

This seminar about quantum physics was given by Doctors Jean-Pierre Garnier-Mallet and Philippe Bobola, two renowned French physicists. It also addressed associated theories and phenomena including Temporal Openings and the Doubling Theory where Dr. Garnier-Malet proposes the existence of a "double" for each one of us. Our "double" can help us find OUR best solution to a problem we may have. This notion is similar to other beneficially intervening entities such as "spirit guides" or "guardian angels" (see Chapter 8). Dr. Garnier-Malet even specifies how to contact our "double" when in need of his assistance.

This is done at bedtime after we have quieted our mind and just before falling asleep. In short, we submit our problem at hand and ask his help in finding THE solution which will eventually bring us the best outcome. This must be done without favoring any scenario as although we may prefer a logical or convenient answer to our issue, it may eventually prove to be against our best interest. Having requested our double's intervention, we must then remain watchful for an answer that is often conveyed through subtle phenomena such as dreams, intuitions, inspirations, coincidences or synchronicities. Once again, this solution may not be one we

preferred or even expected but it is probably the most appropriate and efficient one for us.

Although I always believed that spirit guides may help us along our earthly journey, I had never used this approach to request their guidance. As we will discover later, the results were quite amazing when I started submitting my difficulties to my spirit guide according to this procedure.

This seminar also discussed the concepts of "white entities" and "dark entities" as well as their possible influence on us. In short, we can use our abilities or talents either in a positive/altruistic manner or in a negative/selfish way. Ultimately, we can even knowingly choose to do good or evil given our special skills. Like many of you, I too was very skeptic about the existence of such supernatural forces capable of influencing our physical or mental state. That was until my return home from the seminar when I experienced recurrent nightmares over three consecutive nights.

Never had I known so horrible dreams! Demonic beings constantly tried to lure me to a stairway leading down to what seemed to be an infernal realm but with promises of great power, fame and physical pleasures. What was their meaning? Had I reached a major crossroads in my life where I must

forever decide for what intended purposes I wished to apply my then known as well as future abilities? Would it be egotistically or unselfishly? Would it be in a hateful or loving manner? Would it be for good or for evil?

Some unusual abilities that have accompanied me since my early childhood seem to have blossomed after each of my three Near Death Experiences. I have never dared to tell anyone about these "gifts" as I was terribly afraid of being ridiculed, attacked or ostracized. Finally casting my fears aside, this book is a first giant step in openly and humbly sharing the more unusual experiences of my life with the purpose that each reader will discover insightful and beneficial information within its pages.

2005 - ALBI THE RING-NECKED DOVE

After three restless nights of having the same nightmares, I decided to call upon my "double" or "spirit guide" using the very procedure explained at the seminar. I quieted my mind at bedtime and, before falling asleep, asked for his guidance so I may discover the steps I must take in my quest to improve both my health and my well-being. The answer came the very next morning in a most surprising way.

Ever since we bought our house thirty years ago, the presence of grey turtledoves in our backyard is a daily occurrence. But on this memorable morning, I noticed something quite unusual as a pale beige colored dove bearing a mark around its neck was peacefully resting on our arbor next to our balcony.

She quietly remained on her perch looking at us as I slowly approached her. Could this already be a response to my request I had made the night before? She seemed quite unafraid as I reached out my hand to gently touch her tiny head while our neighbor and his children incredulously witnessed this amazing moment. I had no doubt whatsoever that this was a definite sign concerning the path I had to follow. I named my feathery messenger Albi, short for Albino.

She was still at her post the next morning. Lucy went out on the balcony with a handful of birdseeds. As she raised her arm and opened her hand, Albi quickly noticed the tempting offering and immediately flew over to perch on Lucy's thumb. Once more, our neighbor was totally flabbergasted by the incredible scene. Each day thereafter, Albi remained perched on the arbor only briefly flying away to familiarize herself with her new surroundings.

Daily temperatures were plummeting as autumn was well underway. I was increasingly worried that Albi may not survive the long and cold winter ahead. Lucy suggested that we buy a large birdcage so that we could keep her inside the house during the winter months. Having four cats, I feared that this would be very stressful for Albi. Furthermore, I was fiercely against the caging of any animal, thus depriving it of its freedom (some personal conflictual events are at the source of this deep-seated belief as you will find out in the next topic). But on the other hand, this could be the only available option seeing that she was surely tamed and had accidentally escaped. Under Albi's watchful eyes, we placed the cage on the balcony with its door wide open. To our great surprise, Albi spread her wings and flew over to perch on its open door before entering it after only a few moments of careful observation. Our four cats eagerly welcomed Albi as we brought her in.

SPRING 2006 - CAGED JOY

In spring 2006, Lucy and I were attending a seminar given by Doctor Athias who enjoys reading Tarot cards as a way to unwind between teaching sessions. One morning, as Lucy and I awaited the opening of the dining room, he sat next to us and offered me a Tarot card reading. His interpretation of the cards I had picked totally surprised us.

He mentioned that what "troubled me" the most in life was JOY. My joy had always been confined or imprisoned. It was as though it was caged in a permanent way. Dr. Athias' words seemed to strike home as my eyes filled with tears. Surprisingly, this reading was made prior to my "project-purpose" biological decoding detailed in Chapter 3.

Before going any further, I must mention that Albi was a laughing dove and she would regularly let out her very distinctive rhythmic laugh each time I passed near her cage. It was so funny that anyone hearing it would automatically laugh back. Lucy even recorded Albi's unique laugh to share it with others.

On the same day as the Tarot reading, Lucy shared Albi's recording with Dr. Athias. He instantly noticed a link between the bird's joyful laugh and the Tarot cards he had interpreted for me that morning. I have always felt that I was never truly allowed to express my joy even as a young child. But on that eventful day, thanks to my hilarious winged messenger and the insightful discovery made by Dr. Athias, I was made aware of this very harmful trait. Never again would I shy away from showing my inner joy. But more importantly, from that day on, I would fully authorize the little child within me to fully express his wondrous joy and happiness without any fear of reprimand.

SUMMER 2006 - REVELATION

For our 2006 summer vacation, we decided to spend some time at the same cottage we had rented two years earlier in Lac-des-Sables (Quebec). Our two best friends for over thirty years, living in Toronto, would accompany us. I felt that I needed to spend some time with loved ones in a serene and natural setting to reflect on the course of action I had to take. Although I had no idea whatsoever of what was in store for me, I intuitively knew that the outcome of this introspection would eventually prove to be a major crossroads in my life trajectory.

My family doctor was increasingly worried about my declining health fearing that the new symptoms could be the first signs of heart failure. Lucy was quite upset by this potential prognosis. Without telling me, she asked Bertrand Lemieux - our first Total Biology teacher and close friend ever since - to come have a talk with me at the cottage knowing him to be a very skilled, caring and intuitive counselor.

On the day of his surprise visit, we privately exchanged on what could have programmed or aggravated my heart problems. After a short while, he suddenly stopped, looked me straight in the eyes and said "You have the gift of clairvoyance within you and you must let it flow!" Upon hearing those words,

an overwhelming warm and peaceful feeling emanated from my heart before spreading to my entire body. My eyes quickly filled with tears as I gratefully greeted this insightful moment. Never had I felt such intense and comforting feelings of peace and love which I was experiencing for the first time, or almost. These emotions reminded me of those I had known in each of my three Near Death Experiences (NDEs). All my life, I had repressed and even denied this secret part of me for fear of being chastised but no longer as, with only a single sentence, an intuitive and loving messenger reminded me of my true spiritual nature.

It was now evidently clear that I urgently needed to change my life trajectory in a major way before it was too late. In the last twenty years, my body had been giving me constant warnings which I dared to disregard at my own risk. I was now well aware that my career as a leading fire prevention specialist was a project-purpose program as I explained in Chapter 3. I had lately started to put into practice my special abilities at the request of some individuals. Each time, I was grateful for its positive outcome and very humbled by the whole experience.

At work, my vital energy had been steadily diminishing as the physical symptoms of my heart diseases were getting worse. Even so, I stubbornly refused to consider any important

change in view of my fears, beliefs and values. Twice already, in 1990 and in 2000, I had allowed the ego to influence my decision-making to the detriment not only of my own health and well-being but also of those of my immediate family. What would happen this time?

At bedtime on the night of Bertrand's visit, I asked my spirit guide if a paradigm shift was necessary at this specific moment of my life.

THE FALCON

After a week at the cottage, we returned home with our dear friends Barbara and Dave who would be spending a few days with us. Later that afternoon, Dave was looking at our backyard through the patio door and noticed an unusual large bird perched on the elevated wire near the balcony.

Rushing at his side to take a look, I amazingly noticed that it was a falcon. In over thirty years since we bought our house, never had I seen this type of bird before in our surroundings. What an incredible and beautiful sight! The falcon graciously turned his head and looked directly at me for a few seconds before taking flight so majestically. Just like Albi the ringneck dove, here was yet another unusual winged messenger

bringing me a clear answer to my request presented to my spirit guide just two days earlier.

CHANGE OF COURSE

This remarkable synchronicity totally convinced me that I had arrived at a critical crossroads in my life trajectory requiring drastic changes. Never again must I allow the ego to have the upper-hand in my daily existence and override my decision-making in its favor.

After discussing my options with Lucy, we agreed that I would be taking an early retirement in spring 2007 at the age of fifty five. This was quite a hard decision to take mainly because it would greatly impair our annual family income. Through it all, the ego constantly tried to influence the final outcome by conjuring up many doubts and fears. I would be losing so much including income, benefits, fame, power, security, social contacts, image, and promotions. And what would people think or say? Nevertheless, I knew that I absolutely needed to change course in order to steer clear of very stormy seas ahead, if not of the perfect storm. I would inform my employer of my decision upon returning from vacation on the following Monday.

That morning, as we made our way back to work, I noticed a large new billboard on the wall of Montreal's Central Train Station. It read "Freedom 55 - A well deserved retirement". This was yet another amazing synchronicity validating the important decision I had taken and would be announcing to my employer that same day.

The news of my coming retirement spread like wildfire. Many managers and work colleagues tried to convince me otherwise using flattery, incentives, promises and especially the prospect of dire consequences. But all these manipulative attempts aiming to entice the ego were in vain. On the first day of June 2007, I retired from the company that had hired me thirty five years earlier.

JUNE 2007 - TESTIMONY

In June 2007, Lucy and I attended a second seminar given by Doctor Philippe Bobola. Once again, the topic was quantum physics and its theoretical applications.

At the morning break on the first day, I asked him if he would be talking about Near Death Experiences (NDEs). After confirming that this topic was indeed on the agenda, his wife asked me if I personally had such an experience. I mentioned that I had experienced not one but three such events in my

lifetime. She strongly urged her husband that I be invited to give a testimony.

The next day, following his lecture about NDEs, Dr. Bobola asked me up front to give a brief account of each of my Near Death Experiences. Although I am usually quite at ease as a lecturer, it was not the case this time. As soon as I began, my whole body shivered but was soon soothed by intense and beneficial warmth. I was recalling and reliving the events not intellectually with my mind but spiritually through my Being/Soul. So enthralled by my story, many attendees raised their hands to ask questions but soon the organizers had to return to the day's agenda. The unbelievable moment of bliss I felt during my presentation was yet another sign that I was now indeed on the right path.

SUMMER 2007 - THE ENTITY WITHIN

At the 2005 Quantum Physics seminar, the notion of "spirit entities" was briefly discussed by Doctors Garnier-Mallet and Bobola. An "entity" can be defined as a non-physical energy parasite having some consciousness of its own and which can attach itself to our subtle energy body just as physical parasites do as in the case of intestinal worms. Among the main categories of harmful entities are those which are created by man. This category includes hostile thoughts

Healing Journal

consciously used for a definite harmful purpose as well as magic entities such as Voodoo.

Though I consider myself a very open-minded person, I was quite incredulous about this particular supernatural phenomenon. That was until August 2007 when my great skepticism was utterly shattered the day I was freed from such a harmful entity in front of one hundred bewildered witnesses.

It happened at a "Chinese Medicine" seminar given by Doctor Athias who was accompanied by Edith, a renowned French expert on this field of traditional medicine. I am deeply grateful for the remarkable synchronicity of the moment and for the beneficial intervention of these two loving souls. I have no doubt that my healings would have been impossible without their active and caring participation on that fateful day when they used their unusual abilities to help a fellow human in distress. Because of the worsening symptoms of my heart illnesses, I could have succumbed eventually to the additional debilitating effects of this parasitic entity. Our spirit guides truly protect us! Here is the entire account of this amazing event.

At the very start, Dr. Athias informed us that Edith would give live demonstrations throughout the four-day seminar with the help of some volunteers among those attending. Lucy

immediately asked me if I planned to be a volunteer in view of my declining health. My answer was a definite yes. Later that morning, I suddenly felt ill and had difficulty breathing. Back home that evening, my breathing was even more laborious as if someone was pressing hard on the left side of my chest with all his weight. Lucy went to bed while I stayed up to watch some TV. Falling asleep was just impossible.

When I heard Lucy getting up the next morning, I made my way from the living-room to the bedroom with great difficulty. Entering our bedroom after showering, she was quite surprised to see me in bed thinking that I had gotten up before her. I told her that she had to go to the seminar without me because I had not slept and was still feeling sick.

At exactly 08:30 that morning, I got up to take a shower. I was feeling dizzy and the walk from my bedroom to the bathroom was unbelievably hard. At the seminar at that exact moment, Dr. Athias noticed I was missing and asked Lucy where I was. After briefly explaining my condition, he expressed the urgency that I come back to the seminar as soon as possible. I had never felt this bad. The symptoms were even worst than those I had in the immediate days following my open-heart surgery in 1990.

The phone rang as I was coming out of the shower. It was my elder son who wanted to come over to wash his car. What a great coincidence it was. He lived not far from where the seminar was being held and could give me a lift afterwards. I was sitting next to Lucy when the afternoon session started. Dr. Athias asked about my condition and then told me that they would soon be looking into it.

Later, Dr. Athias asked me to come up front as he was leaving for a break. Edith instructed me to lie down on the table before inviting two colleagues to assist her. Soon after the start of her demonstration, she suddenly appeared concerned and abruptly told them to quickly step away from the table. She then asked that the microphones be turned-off. Leaning very close to me, she informed me that I had a very strong parasitic entity within me. Her colleagues immediately distanced themselves further as a deadly silence fell over the stunned crowd. You could have heard a pin drop in this hall which used to be a chapel.

My breathing was painfully laborious and I felt a crushing pressure on the left side of my chest. Closing my eyes, I experienced uncontrollable rapid eye movements (REM) similar to those occurring during paradoxical sleep. Suddenly,

it was as if I was floating up to the chapel ceiling some 10 meter high. Was I having an Out-of-Body Experience (OBE)?

The eerie hush was broken when the main door opened. It was Dr. Athias returning from his break. Not knowing what was actually happening, he pointed his finger towards me and shouted "I see it!" He hurriedly approached and placed his finger on the left-side of my chest where the pain was getting unbearable. He asked Edith to open a bottle of water so that the entity could be transferred into it. I immediately felt quite relieved as I took several deep breaths. I had not felt this good in quite a while. I was deeply moved by this unusual and inexplicable experience. The great skepticism I had towards such an unearthly phenomenon had totally vanished.

The participants were all flabbergasted but especially so a startled and scared holistic kinesiology teacher claiming that she saw the hideous entity. Dr. Athias insisted that we take a long break in view of the utterly strange atmosphere of the hall after such a bewildering and unexpected "exorcism".

Edith made her way towards me as I was slowly recovering from the ordeal and trying to make sense of what had just happened. She asked me if I had recently played Ouija as this board game could serve as a gateway for all sorts of spirit

entities. I told her that the only time I had used that divinatory tool was in my teenage years. She mentioned that therefore it could well be that the entity was summoned by someone who was very envious of me or wanted to take revenge. Unfortunately, such individuals are usually unaware that their misdeeds could potentially have harmful even dire consequences, especially when the aimed "recipient" has a serious medical condition or a failing health.

As I left the hall for the break, most of the attendees rapidly cleared my path and kept their distances. This was a first for me as usually some of them would rush towards me seeking advice.

After analyzing this unearthly event later that day, I concluded that this entity had been a part of me for the past nine months going back to the day when my Siamese cat Chloe started to have a strange behavior for no apparent reason. She constantly stared at a point located a few centimeters above my head and always wanted to stand on my shoulders. Answering the call of nature at night, I had to literally run to the bathroom and close the door before she would have time to run-down the stairs and hop on my shoulders. She also regularly tapped her front paws on the left site of my chest just like kittens do when drinking from their mother. Most

revealingly, her peculiar conduct completely stopped from the moment we returned home from the seminar on that fateful day. Absolutely astounding!

DECEMBER 2007 - EMERGENCY ROOM VISIT

This event is detailed in Chapter 1.

JANUARY 2008 - INSIGHT ABOUT MY AORTIC STENOSIS

This event is detailed in Chapter 4.

FEBRUARY 2008 - THOROUGH CARDIAC EXAMS

This event is detailed in Chapter 1.

MARCH 2008 – HEART HEALINGS CONFIRMED

This event is detailed in Chapter 1.

Epilogue

In spring 1999, Lucy and I were in France accompanied by our son Benoit and his girlfriend. At the end of the guided tour of Mont Saint Michel in Normandy on a very rainy day, I noticed a large statue of Archangel Michael located in a dimly lit alcove next to the souvenir shop. I asked all three of them to stand at the foot of the statue so I could take a picture. As I heard the familiar click of the shutter, they immediately told me that the flash hadn't worked. I assumed that the batteries were too weak and needed to be replaced when we returned to our hotel.

The day we arrived back home, I eagerly brought my several rolls of film for processing. Two days later I noticed something quite unusual as I was going through all the photos. There was a strange artifact on the picture of Archangel Michael's statue. I was quite surprised seeing that the flash had totally failed and there was no artificial lighting within the alcove or nearby. At first glance, I saw what looked like transparent wings in front of my three subjects standing at the foot of the statue. I immediately retrieved the negative and was totally amazed at what I saw. There appeared to be a winged entity moving from right to left. Quite a mystery indeed!

While going through the final reading of this work before publishing, I realized that my first signs of depression started immediately after our trip to France. The symptoms steadily increased in the following months and I was finally diagnosed with severe depression at the very beginning of the following year. Was the unusual artifact appearing on Archangel Michael's picture some sign or warning about major changes or opportunities ahead?

Finally, let me share with you my most recent discovery about the major crossroads of our lives. Some behavioral fields, including psychobiology and Total Biology, propose the existence of cyclical occurrences where similar events or circumstances would happen at regular intervals throughout our entire life. Could this also apply to life's major crossroads?

In the course of writing this book, I realized that each major crossroads of my existence had a 10 year interval with the following one. Here is a brief summary of these life-changing events which are detailed in this book.

1949 - The most traumatic event in my parents' lives happened at the end of that year when a fire engulfed their dwelling at night while they slept. Fortunately, they were saved at the last moment by firemen who had forced their way in.

Epilogue

Though I would be conceived only several months later, this tragic event programmed my lifelong career in fire prevention as I detailed in Chapter 3 when explaining the psychobiological notion of "Project-Purpose".

1959 – The year I had my first Near Death Experience (NDE) during the surgery to remove my tonsils (see Chapter 5).

1969 – The year I met Lucy, my soul mate and wife to be (see Chapter 6).

1979 - The year I was named manager of a new Loss Prevention department that I had to set-up from scratch (my career's Project-Purpose). From that moment on, a top manager regularly tried discrediting me after candidly admitting that he wanted my head on a platter as well as the dismantling of the new department. It took me twenty five years to forgive him and finally let go of my grievances and resentments (see Chapters 3 and 4).

1989 – The year I had my second Near Death Experience (NDE) during an electrical cardioversion procedure aimed at putting an end to an eighteen hour long tachyarrhythmia episode. My third NDE occurred just a few months later when I underwent an invasive heart surgery (see Chapters 3 and 5).

1999 – The year I had symptoms of severe depression which was medically confirmed at the very start of the following year when, as a result, I decided to end my ten-year stretch as a lecturer at the Ecole Polytechnique (see Chapter 9).

2009 – The year I published my third and last technical work about fire and loss prevention (my career's Project-Purpose) as well as the original French version of this personal book (see Chapter 1).

What major crossroads await me in 2019? We'll just have to wait and see!

Therefore, I strongly recommend that you reflect on your own life story. By doing so, you may surprisingly discover some chronological patterns to the more meaningful events of your earthly journey.

**Bibliography and
Recommended Reading**

Ancelin Schützenberger, Anne

“The Ancestor Syndrome: Transgenerational Psychotherapy and the Hidden Links in the Family Tree”, Anne Ancelin Schützenberger, Routledge, 1998, ISBN 978-0415191876

Arntz, William

“What the Bleep Do We Know?”, William Arntz – Betsy Chasse – Mark Vicente, Health Communications Inc., 2007, ISBN 978-0757305627

Beerlandt, Christiane

“The Key to Self-Liberation”, Christiane Beerlandt, Beerlandt Publications, 2001, ISBN 978-9075849356

Bourbeau, Lise

“Heal Your Wounds and Find Your True Self”, Lise Bourbeau, Lotus Press, 2002, ISBN 978-2920932210

“Listen to Your Best Friend on Earth: Your Body”, Lise Bourbeau, Editions E.T.C. Inc., 1990, ISBN 978-2920932029

“Your Body’s Telling You: Love Yourself!”, Lise Bourbeau, Lotus Press, 2002, ISBN 978-2920932173

Braden, Gregg

“The Divine Matrix: Bridging Time, Space, Miracles and Beliefs”, Gregg Braden, Hay House Inc., 2006, ISBN 978-1401905736

“The Spontaneous Healing of Belief: Shattering the Paradigm of False Limits”, Gregg Braden, Hay House Inc., 2008, ISBN 978-1401916909

Chopra, Deepak

“Ageless Body, Timeless Mind: The Quantum Alternative to Growing Old”, Dr. Deepak Chopra, Three Rivers Press, 1994, ISBN 978-0517882122

“The Book of Secrets”, Dr. Deepak Chopra, Three Rivers Press, 2005, ISBN 978-1400098347

Bibliography and Recommended Reading

“Buddha”, Dr. Deepak Chopra, Harperone, 2008, ISBN 978-0060878818

“Life After Death, the Burden of Proof”, Dr. Deepak Chopra, Three Rivers Press, 2008, ISBN 978-1400052356

“The Path to Love: Spiritual Strategies for Healing”, Dr. Deepak Chopra, Three Rivers Press, 1998, ISBN 978-0609801352

“Quantum Healing: Exploring the Frontiers of Mind Body Medicine”, Dr. Deepak Chopra, Bantam, 1990, ISBN 978-0553348699

“Reinventing the Body, Resurrecting the Soul”, Dr. Deepak Chopra, Harmony, 2009, ISBN 978-0307452337

“The Spontaneous Fulfillment of Desire”, Dr. Deepak Chopra, Three Rivers Press, 2004, ISBN 978-1400054312

“The Third Jesus: the Christ we cannot Ignore”, Dr. Deepak Chopra, Three Rivers Press, 2009, ISBN 978-0307338327

Dyer, Wayne W.

“10 Secrets for Success and Inner Peace”, Dr. Wayne W. Dyer, Hay House, 2002, ISBN 978-1561708758

“Being in Balance: 9 Principles for Creating Habits to Match your Desires”, Dr. Wayne W. Dyer, Hay House, 2006, ISBN 978-1401910389

“Change Your Thoughts Change Your Life: Living the Wisdom of the Tao”, Dr. Wayne W. Dyer, Hay House, 2009, ISBN 978-1401917500

“Excuses Begone! How to Change Lifelong, Self-Defeating Thinking Habits”, Dr. Wayne W. Dyer, Hay House, 2009, ISBN 978-1401921736

“Inspiration: Your Ultimate Calling”, Dr. Wayne W. Dyer, Hay House, 2007, ISBN 978-1401907228

“Manifest Your Destiny”, Dr. Wayne W. Dyer, Harper, 1999, ISBN 978-0061094941

Bibliography and Recommended Reading

“The Power of Intention: Learning to Co-Create Your World Your Way”, Dr. Wayne W. Dyer, Hay House, 2004, ISBN 978-1401902162

“There’s a Spiritual Solution to Every Problem”, Dr. Wayne W. Dyer, Harper Paperbacks, 2003, ISBN 978-0060929701

“Wisdom of the Ages”, Dr. Wayne W. Dyer, Harper Paperbacks, 2002, ISBN 978-0060929695

“Your Sacred Self: Making the Decision to Be Free”, Dr. Wayne W. Dyer, Harper Paperbacks, 2001, ISBN 978-0060935832

Eden, Donna

“Energy Medicine”, Donna Eden & Dr. David Feinstein, Tarcher, 2008, ISBN 978-1585426508

Emoto, Masaru

“The Hidden Messages in Water”, Masaru Emoto, Atria, 2005, ISBN 978-0743289801

Goldberg, Bruce

“Past Lives, Future Lives Revealed”, Dr. Bruce Goldberg, Career Books, 2004, ISBN 978-1564147394

“Soul Healing”, Dr. Bruce Goldberg, Bruce Goldberg Inc., 2008, ISBN 978-1579680213

Hicks, Esther and Jerry

“The Amazing Power of Deliberate Intent”, Esther and Jerry Hicks, Hay House, 2005, ISBN 978-1401906962

“Ask and It Is Given: Learning to Manifest Your Desires”, Esther and Jerry Hicks, Hay House, 2004, ISBN 978-1401904593

“The Astonishing Power of Emotions: Let Your Feelings Be Your Guide”, Esther and Jerry Hicks, Hay House, 2007, ISBN 978-1401912468

“The Law of Attraction”, Esther and Jerry Hicks, Hay House, 2006, ISBN 978-1401912277

Bibliography and Recommended Reading

“Manifest Your Desires”, Esther and Jerry Hicks, Hay House, 2004, ISBN 978-1401916947

Holland, John

“Power of the Soul”, John Holland, Hay House, 2007, ISBN 978-1401910860

Kübler-Ross, Elisabeth

“Life Lessons”, Elisabeth Kübler-Ross M.D. & David Kessler, Scribner Book Company, 2000, ISBN 978-0743204354

“On Death and Dying”, Elisabeth Kübler-Ross M.D., Scribner Book Company, 1997, ISBN 978-0684839387

“The Wheel of Life”, Elisabeth Kübler-Ross M.D., Scribner Book Company, 1998, ISBN 978-0684846316

Lipton, Bruce

“The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles”, Bruce H. Lipton Ph.D., Hay House, 2011, ISBN 978-1401923129

Moody, Raymond

“Glimpses of Eternity”, Raymond Moody M.D. & PAUL PERRY, Ideals Publications, 2010, ISBN 978-0824948139

“Life After Life”, Raymond Moody M.D., Harperone, 2001, ISBN 978-0062517395

“The Light Beyond”, Raymond Moody M.D., Bantam, 1989, ISBN 978-0553278032

Murphy, Joseph

“The Amazing Laws of Cosmic Mind Power”, Dr. Joseph Murphy, Prentice Hall Press, 2001, ISBN 978-0735202207

“The Power of Your Subconscious Mind”, Dr. Joseph Murphy, Prentice Hall Press, 2008, ISBN 978-0735204317

Myss, Caroline

“Anatomy of the Spirit: The Seven Stages of Power and Healing”, Caroline Myss, Ph.D., Three Rivers Press, 1997, ISBN 978-0609800140

Bibliography and Recommended Reading

“Sacred Contracts: Awakening Your Divine Potential”, Caroline Myss, Ph.D., Three Rivers Press, 2003, ISBN 978-0609810111

Newton, Michael

“Destiny of Souls, New Case Studies of Life Between Lives”
Michael Newton, Ph.D., Llewellyn Publications, 2000, ISBN 978-1567184990

“Journey of Souls: Case Studies of Life Between Lives”,
Michael Newton, Ph.D., Llewellyn Publications, 2002, ISBN 978-1567184853

“Memories of the Afterlife”, Michael Newton, Ph.D., Llewellyn Publications, 2009, ISBN 978-0738715278

Parnia, Sam

“What Happens When We Die”, Sam Parnia M.D., Hay House Inc., 2006, ISBN 978-1401907112

Peck, M. Scott

“Further Along the Road Less Traveled”, M. Scott Peck, M.D., Touchtone, 1998, ISBN 978-0684847238

“The Road Less Traveled: A New Psychology of Love, Traditional Values And Spiritual Growth”, M. Scott Peck, M.D., Touchtone, 2003, ISBN 978-0743243155

“The Road Less Traveled and Beyond: Spiritual Growth in an Age of Anxiety”, M. Scott Peck, M.D., Touchtone, 1998, ISBN 978-0684835617

Redfield, James

“The Celestine Prophecy”, James Redfield, Grand Central Publishing, 1995, ISBN 978-0446671002

“The Celestine Vision: Living in the New Spiritual Awareness”, James Redfield, Grand Central Publishing, 1999, ISBN 978-0446675239

Bibliography and Recommended Reading

Robbins, Anthony

“Awaking the Giant Within”, Anthony Robbins, Free Press, 1992, ISBN 978-0671791544

“Giant Steps”, Anthony Robbins, Fireside, 1994, ISBN 978-0671891046

“Notes from a Friend”, Anthony Robbins, Fireside, 1995, ISBN 978-0684800561

“Unlimited Power”, Anthony Robbins, Free Press, 1997, ISBN 978-0684845777

Schucman, Helen & Thetford, William

“A Course in Miracles”, Helen Schucman & William Thetford, Foundation for Inner Peace, 2001, ISBN 978-0960638888

Tolle, Eckhart

“A New Earth: Awakening to Your Life’s Purpose”, Eckhart Tolle, Plume, 2008, ISBN 978-0452289963

“The Power of Now: A Guide to Spiritual Enlightenment”, Eckhart Tolle, New World Library, 2004, ISBN 978-1577314806

Walsch, Neale Donald

“The Complete Conversations with God”, Neale Donald Walsch, GP Putman and Sons, 2005, ISBN 978-0399153297

“Home with God in a Life that Never Ends”, Neale Donald Walsch, Atria, 2007, ISBN 978-0743267168

“Tomorrow’s God: Our Greatest Spiritual Challenge”, Neale Donald Walsch, Atria, 2005, ISBN 978-0743463041

Webster, Richard

“Spirit Guides and Angel Guardians: Contact Your Invisible Helpers”, Richard Webster, Llewellyn Publications, 2002, ISBN 978-1567187953

Weiss, Brian L.

“Many Lives Many Masters”, Brian L. Weiss M.D., Fireside, 1988, ISBN 978-0671657864

Bibliography and Recommended Reading

“Same Soul, Many Bodies”, Brian L. Weiss M.D., Free Press, 2005, ISBN 978-0743264341

Zukav, Gary

“The Heart of the Soul: Emotional Awareness”, Gary Zukav, Free Press, 2002, ISBN 978-0743234962

“The Mind of the Soul: Responsible Choice”, Gary Zukav, Free Press, 2004, ISBN 978-0743254403

“The Seat of the Soul”, Gary Zukav, Free Press, 1990, ISBN 978-0671695071

“Soul Stories”, Gary Zukav, Fireside Book, 2000, ISBN 978-0743206372

“Spiritual Partnership: The Journey to Authentic Power”, Gary Zukav, Haperone, 2010, ISBN 978-0061458507

March 27th, 2008 is a very blessed day in the life of Jean-Jacques Fournel, the author of this book. He has an appointment with his long-time cardiologist who is well acquainted with the medical history and evolution of this patient's heart illnesses including the Wolff-Parkinson-White (WPW) syndrome for which he needed urgent open-heart surgery in 1990. Thorough examinations had been deemed necessary a few weeks earlier and, on this day, both doctor and patient were about to find out the results.



The extra electrical pathway causing the WPW syndrome was already present at birth, whereas the other heart anomalies occurred at a very young age when chronic rheumatic heart disease, the most serious complication of rheumatic fever, developed immediately after an untreated bout of strep throat.

Mouth agape, the cardiologist was totally flabbergasted by the results. The heart was completely normal with no more disease. Other medical specialists, including the author's family doctor for thirty years, were also quite shocked by the totally incredible and inexplicable outcome which is contrary to what they had learnt and believed in ever since their basic medical training.

Although more and more people in the medical field believe that there could be a close link between our emotions - as well as the way we react to the vagaries of life - and illnesses, this psychobiological approach remains a topic which is very taboo.

Our body is truly miraculous. The will to be healed and especially our commitment to fully participate in this healing process represent a formidable natural force. Without this inner power, a disease can easily overcome our body's immune system.

In this fascinating and quite revealing work, the author offers his personal interpretation of what may have contributed to the unexpected healing of his heart and shares many insights into some unusual encounters and events including three Near Death Experiences (NDEs), the first one occurring when he was only seven years old.

This book - in which egos, fears, values, beliefs, psychobiology, spirituality, quantum physics, metaphysics and even occult sciences intermingle - is definitely an important new tool in our quest for a better health and a greater well-being.