

MAGICAL ELECTRICAL YOU

What they don't want you to know



CORINNA MCPHERSON



About the author: Corinna McPherson

With a career in Education & Wellness Corinna says she is mostly here today as a graduate of the University of Life.

"Throughout the first half of my life I majored in low self-esteem; thinking I had to work twice as hard as the next person to measure up, while hiding crippling anxiety and a guilt-ridden eating disorder. I excelled at what I did and climbed the proverbial ladder - but at a high cost to my health.

In my life I've experienced guttural grief, phenomenal mother-guilt, 2 divorces, 5 yrs living with an angry teen; award-winning treachery; a spectacular financial ruin; all topped by a decade of challenging loneliness.'

I believe in 'everything for a reason' so I used these experiences to create a gift I could spend the 2nd half of my life helping others graduate sooner with - to live happier, more fulfilling lives."

'No matter what we've been through we can come back to life again.'

Mindjoga, affectionately known as 'John's Gift', is the result of working to understand the devastating suicide of her younger brother John. She says, 'I had to understand how such a terrible thing could happen'. I believe *Mindjoga* was the unknown purpose of John's life, the known purpose of mine & perhaps the future purpose of yours.'

It's a set of simple disciplines to eliminate anxiety & bring amazing transformation. It will:

'CHANGE YOUR MIND.
CHANGE YOUR LIFE. CHANGE YOUR WORLD'.

Foreword

*'I have been a seeker and I still am.
But I stopped asking the books and the stars.
I started listening to the teaching of my soul.'*
'Rumi'

This is exactly our wish for you, our readers & the students on our online journeys.

We know that we do not know what we do not know. And we know that we cannot know what we do not know unless we open our minds. And an open mind is the most powerful weapon we have to change our world.

The best teachings help us to trust ourselves and guide us where to look - but they won't tell us what to see. There is nothing we cannot know. And there is nothing that is not already known to the universe.

'We can google 'the intellect' without hardware just as sure as we can google 'the internet' with it. This is where understanding and human evolution begins.'
'Corinna McPherson'

If you are reading this now you will already know this is a book about mindset - and stress - and anxiety - and finding our life purpose.

What you may not know is what this could possibly have to do with electricity! Let's have a look..

Corinna x

A vertical image featuring a night sky with the Milky Way galaxy. The sky transitions from a deep purple at the top to a bright orange and yellow near the horizon. In the foreground, a dark silhouette of a large, spreading tree stands on a small hill. A large, teal-colored circle is centered in the upper half of the image, containing the text "Connect with God energy" in a white, cursive font.

*Connect
with
God energy*

What is this electricity anyway?

Do *you* know? Go on, take a guess. You would be surprised how many people have never ever thought about it!

We just plug in our appliances – and hey presto! Light in the dark, boiling water for our cups of tea, hot air to dry our hair, a hot oven to warm our food. And so on...

We automatically use electricity & expect it to be there; but turns out even the great scientists have been unable to define what it is or where it comes from. Nobody really knows!

It seems electricity 'just is'; it's something we can perceive but we cannot see.

If you Google a definition you will find it described as a 'phenomena' which in turn is described as 'an unusual fact or occurrence'.

Not exactly scientific is it? But - before and ever since Tesla lit up his lightbulbs directly from the earth; man has been in awe of this phenomena called electricity.

'Tesla showed us how it could be produced free from the earth.'

But that idea was quickly hidden under a bushel somewhere – as we know there's always someone somewhere who think they own the earth and seek to profit from it!

So how do we know we are electrical beings?

We have not been taught to consider ourselves as electrical beings; it was not part of our conditioning; but when we think about it; it makes perfect sense:

1. Our hearts are electrical!

Our hearts radiate the most powerful magnetic energy in the Universe! Scientists have measured the heart's power as far as 5 feet away from the body.

And our heart; beating approx. 40-100,000 times a day, and powered by up to 2.5 watts of electricity, is 40-60 times more powerful than our brain. Think about it:

Doctors use ECG (electrocardiogram) machines to measure the electrical activity in our hearts - and if our hearts fail doctors give us electric shock treatment with defibrillators to try and start it again. Just like jump starting the battery of a car!

2. Our brains are electrical!

Our brainwaves are electrical impulses. They influence the way our brain functions and whether we respond positively or react negatively to whatever is going on in our lives moment to moment.

That's why our brainwaves are measured in 'frequency' and Hertz just like electrical currents. Because they are electrical currents; and doctors know it too - they use EEG (electroencephalography) machines to measure the electrical activity in our brains.



*Find
peace*

3. Our cells are electrical!

There's electricity in every single one of the cells we are made of; it's biology 101:

The cells of our body are made up of atoms which may be either positively or negatively charged with an electrical current.

This depends upon the balance of protons (positively charged molecules) and electrons (negatively charged molecules) in our atoms.

We're also alkaline like a battery and up to 80% composed of a good conductor – electrolyte water.

It's all connected. Everything in our body works together in one big electro-chemical soup; with our positively electrically charged cells being the cells which are active.

*It's all connected – we are
all connected!*

You've probably heard sayings such as 'everything is energy' and 'we are all connected'. This is why:

- That powerful magnetic energy radiating from our hearts and our brains and the tiniest cells in our bodies?
 - *Everything in the universe is made of this same energy – if it looks different it's just resonating at a different frequency.*



Every particle in the universe, including those that make up our cells spin when they're out of balance; causing vibration. And that vibration causes waves which define the, frequency (or speed), and, the amplitude (or power), of those particles.

The extent to which we human beings, as a cumulative body of those particles, feel out of balance affects the vibration and therefore the frequencies we radiate out - and because this powerful energy we radiate is magnetic, it also affects the frequencies we attract back. Just like a boomerang. Stress out – stress back. Boom!

So what controls these frequencies?

Believe it or not – it's 'our beliefs'.

Our beliefs affect our thoughts and in turn whether our emotions are positively or negatively charged - and this in turn affects our stress hormones. These chemical messengers then act upon the physical frequency of our brainwaves.

These hormones, or chemical messengers, travel in our bloodstream; and much like a battery converts chemical energy into electrical currents; our chemical messengers affect many different processes in our tissues & organs - including the electrical activity in our brain.

And if our brainwaves are high frequency - we're high stress and low power; and if our brainwaves are low frequency we're low stress – and high power. I know which one I'd rather be!

So it stands to reason that the first thing we want to do to 'Change Our Mind', is to control our stress hormones.



*Discover
your
Magic*

Control our stress hormones? How do we do that?!

It's actually incredibly easy!

- Stress is just one big electro-chemical reaction arising from our beliefs.
- 'It's simply the body's response to the mind's reaction to whatever is going on in the moment'.
- But it is our BELIEFS which kick off this electro-chemical chain reaction.

Remember earlier we talked about how every particle in the universe, including those that make up our cells, spin when they're out of balance; causing vibration?

And that vibration causes energy waves which define the, frequency (or speed), and, the amplitude (or power), of those particles?

Well the universe is continually seeking to bring those particles back into balance; or achieve what is called a state of energetic 'equilibrium'.

In fact the universe is relentless in seeking this state of equilibrium. And equilibrium comes when everything and everybody is on the right frequency.

Once we are on this frequency the process is powerful & unstoppable because it is the very process of purpose and survival and of evolution.

What is this state of equilibrium?

Equilibrium is an energetic state where competing, or conflicting influences are 'balanced'; a natural stationary energetic point in a dynamic system - where things just happen.

It is a positive unconscious state of auto-pilot. Peace. It's how we plug into the universe; it's a perfect connection with our God, source, spirit, universal energy. Call it what you will.

When we as individuals are not aligned with this frequency we make equilibrium harder for the universe.

The more of us who are connected; the more peace there will be in our 'universe'.

The really great news is the universe is on our side. It wants us to reach equilibrium. It's working hard to achieve that.

And the even better news is we can control our electro-chemical reactions by simply controlling our thoughts.

This starts the process of changing our beliefs and moving us toward equilibrium to put us in tune with the universe.

- First; we turn stressful negative reactions into calm positive responses by 'hijacking' our thoughts as they arise. This adjusts our stress hormones because positive thoughts give rise to positive hormones.
- Second; our brainwave frequency adjusts. These now positive hormones affect the frequency our brainwaves.

A vibrant blue-toned night sky with a large, detailed moon in the upper left. The sky is filled with numerous bright stars and glowing nebulae. In the lower right, the dark silhouette of a tree is visible against the starry background. At the bottom, there are dark, grass-like silhouettes. A large, light blue circular overlay is centered in the lower half of the image, containing the text.

*Live
connected
to the
universe*

We're like little transistor radios waiting to be tuned.

We just have to learn how to adjust our frequency. When we turn the dial on our thoughts our emotions change and we move toward the frequency of equilibrium.

Equilibrium 'just happens' when we stop reacting negatively & start responding positively to whatever is happening in the moment.

Sound's too simple doesn't it? It is! It's irony!

We have just been conditioned to believe peace is something difficult to do or impossible to achieve without the help of drugs.

But we simply have to flip our thought switch from negative to positive.

Frequency-wise it's like we're listening to FM radio and switching over to AM. It's just another channel.

We are only ever stressed at the level to which we are out of control of our lives.

Flipping our thought switch begins the process of taking back control of every aspect of our lives.

We are in the driver's seat. We simply have to learn to drive the process. It's just something we didn't learn at school but perhaps should.

..But now you can!

Summary..

Who would have thought our beliefs would be so important?

Of course some beliefs create happy thoughts automatically. It's the beliefs which create the negative thoughts, hormones & brainwave frequencies - known as limiting beliefs - we must be concerned with.

Yes, we are electrical beings!

- Our bodies generate 15 million volts of energy per cubic millimetre!
- The energy comes from the mitochondria; or power plants, in our cells.
- A millivoltage of 70-90 is the norm for the human body.

It is also worth noting that in addition to the emotional relief that comes with working with our frequency; research has shown that cancer cannot exist in a body producing the norm of 70-90 millivolts mentioned above. In fact cancer can only exist if our millivoltage falls below 20 - and the occurrence of cancer would demonstrate the extent of humanity's frequency problem.

It's radiation from our environment and devices, exacerbated by stress & anxiety, which causes our body's millivoltage to fall so dramatically.

Ready to take the journey?

Click here.. See you soon!