

HEALTH, THE ENERGETIC WAY: THE FOUNTAIN OF YOUTH & THE ELIXIR OF LIFE:

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THE FORWARD

Being a person who dabbles in metaphysics and philosophy 'for entertainment purposes only' since it is more a hobby than a trained professional, I look into subjects and matters that intrigue me to find solutions. Problem solving might not sound exciting to most people but for me as long as I am inquisitive, it holds my attention.

There are two forces that people knowing or unknowing seek in this matrix. They are wealth and health. The sister book to this book is titled "Wealth, The Energetic Way: The Lottery", it deals with wealth and in this book; it will be dealing with health.

Over the years, my focus has mostly been drawn to generating answers for humanitarian and societal challenges. In this book, I am presenting my assessments on two of the most perplexing and profound mysteries, "the fountain of youth" and "the elixir of life." My approach to solutions usually comes with my metaphysics outlook and philosophy concepts, so these views and perceptions can be applied to your life to assist you in other ways even if you are not interested in the fountain of youth. Although people say that I look younger than my biological age (whose views and opinions are all subjective), I hadn't tapped into the fountain of youth when I started writing this book. Maybe writing this book will be part of my resolution for the subjective aspect of manifesting the outcome into reality. Metaphysically, everything begins in the nonphysical before manifesting into the material realm. Enjoy!

INTRO – PAST SCENARIOS

What if you could stop aging? Well, for one thing, you might be able to slow down and not be in such a rush in life. Why rush through life if you're going to be here for a while? You could be a “failure” in life and have time to become serious and “successful” later on.

This book is going to touch on the potential of not aging. Here are two scenarios that have been spoken of in the past:

1. The Fountain of Youth:
2. The Elixir of Life:

What is the fountain of youth?

The idiom “the fountain of youth” is a popular expression used to describe something that has the power to make people look or feel younger. It is often associated with magical waters or elixirs that can restore youthfulness and vitality.

Believed or promising to restore one's youth, vitality, or health, or at least the appearance thereof.

Anything that has the effect of making you continue to feel or appear young and energetic, even when you are older

What is the elixir of life?

The elixir of life, also known as the elixir of immortality, is a “legendary-mythical magical” potion that supposedly was believed to cure all diseases and grant the drinker eternal life and/or eternal youth. It was the alchemists throughout history who were believed could concoct this elixir.

What if you did not age?

Many people have a desire to be healthy and to look younger, but is that the same as not aging? When you think about not aging, it should open up many questions, or you haven't truly thought about it. When you seriously think about it, you will start pondering questions like, What if you could choose the age you wanted to be? What age would that be? Is it the age or the time period that you are drawn to? How will it affect my life? Most people think of staying young as a myth or something from sci-fi. To actually remain young would have a psychological effect on people.

THE DOWNSIDE OF LONGEVITY

Let's suppose that you have the solution to immortality or to being able to live for a few hundred years. Your questions should be: What would life be like? What will happen if you get bored with life? Unless you are constantly creative and innovative, life could stagnate with all of the repetition. You would have to reinvent yourself every 40 years, becoming a totally different person than you were, maybe even sooner as time and evolution speed up. All of your family and old friends will be moving on. Time will bring about a change. The new generation will have a different lifestyle and ways of relating. Technology, businesses, belief systems, and all would constantly evolve. You could be a master in your way of life, but no one in the future would be impressed. It would be like now if you went to the 2nd grade, you would know what all the other kids don't know and have a sense of empowerment, but you would feel out of place, and it wouldn't be as fun as you think.

People have been on the planet for less than 70 years and already have issues with society's cultural and social movements and global changes.

It is not to say that all the changes are for the good, but one thing is for sure: time brings about a change, and time stops for no one. Eventually, the changes could affect you psychologically, unless you are okay with mostly being a hermit.

After going through the downsides of longevity, there is no need to search for the fountain of youth or the elixir of life. It might bring you more issues than enjoyment, so let's be content with our life journey and end this conversation. But for the ones who are inquisitive like me, who will not take no for an answer, deal with the regrets later, and thrive on challenges, let's keep going.

REDEFINING & RETHINKING AGEING

When we say aging, we are usually referring to the physical body. Depending on your belief system, the soul or the non-physical aspect, is immortal and keeps existing beyond the physical when you have enough consciousness. The focus here is whether the physical body can keep existing, or at least hold up for a few hundred years.

Let's rethink or redefine how we view aging for a better perspective on what we are trying to accomplish. When we say the body is aging, let's think of it as saying the **body is deteriorating**. So now we are concerned about how to slow down the body deterioration, which shifts the focus to what causes deterioration and how to counter it. Being that the concern will be on stopping deterioration, the focus is on how to regenerate and rejuvenate. This book will leave the slowing down of the aging process to the scientists, doctors, biologists, and all and will focus on anti-aging from a **metaphysical approach**.

With the advancement of science and technology, the scientific community will be able to get a person to live beyond the normal lifespan. As this progress, some questions to reflect on are: How much of this will be mechanical? How much of your life will feel natural and not robotic? Would you be like a human or an android? Would your awareness be able to advance? Will your consciousness start to fade, or will you feel trapped in a shell?

These questions and many more will have to be considered during this process. Many people will choose a more scientific way, while others will look for an elixir, a fountain of youth, a healing technique, a spiritual method, or other ways. Who can say that one way is better than the other? It is all about finding what works for you.

THE METAPHYSICAL APPROACH

If one goes with the belief that your consciousness is you and the body is a shell, the focus is on how to keep the shell/body from deteriorating or falling apart. What if there are other ways of operating the body that could maintain it or preserve it, but we were not aware of these methods? What if there was a way for it to perpetually regenerate and rejuvenate? These are the types of questions one would consider when taking a more metaphysical approach to longevity.

We know that the body has the capability of regenerating and rejuvenating. If you get a cut, in a few days the cut will have regenerated/healed. Now the question is how to optimize the regeneration and rejuvenation process to maintain optimal health. First, you would think that the body would have to be in good working order with a decent diet and adequate flow, or you would find yourself trying to heal before you could start making any gain in regenerating.

From a metaphysical approach, one looks at things holistically, where your physical and nonphysical aspects are all in sync and work as one unit. That is, your emotional feelings, mental mindset, and consciousness awareness will all have to be in sync to accomplish the same task. If you don't feel or believe that you want to be around for a longer time, why would you stop aging?

To stop deteriorating, there are universal factors to increase your potential:

RELEVANT; the more that you have to offer to society, the more likely life force will flow through you, expanding your life. The universe's energy works off principles and not willy-nilly like most people do. Why would you be hanging around the planet taking up space and energy when it can be better served?

RESECT; when you have respect for life and others, it increases the life force for you. You are sending out signals to the universe that you are okay being here, so it gives you more force. It is like being tied to a rope in a deep hole. When you yank on the rope, you communicate to the people at the top that you don't want to be down there. If you give the rope slack, you are signaling that it is okay to give you more rope/life force.

RESPONSIBLE; it is up to you to be responsible for your opportunity. When you ask for something, you assume all the responsibilities that go with it. People want to be leaders and receive all the benefits of being leaders, but they don't want to learn the responsibilities and challenges that come with it.

The increase of universal force gives you more cosmic energy that can be used for healing to regenerate the body.

THE GIFT OF YOUTH

When you think of youth, what is it that attracts you to youth? What exactly are you in pursuit of? Is it to look younger? Is it the energy that the youth have? Is it being healthy that you associate with youth? Most people focus on physically looking younger, but youth is more than that. If you really observe younger people, you might notice that not all younger people have a great body or outstanding physical attributes. Yet they seem to have more of an appeal than someone who is older with a better physical appearance. There are always exceptions. A person at 60 who is in great shape and at the top of his game will still be missing something that a below-average person at 19 has. This is because there is an unseen force at work that gives the youth that vibrant energy. It is like watching a video in Technicolor and then in high-definition. When you compare the quality, you notice the difference. You can't make up for that unseen vibrant youthful life force energy that depletes in an older person regardless of how much they work out or augment their body. Why is everyone so drawn to babies? That is when the life force energy is the strongest and the purest.

That youthful life force energy is a gift that we are born with but decreases as we age. So it is referred to as **“the gift of youth.”** It is this energetic aspect, the gift of youth, which sustains youthful health, has a strong magnetism, generates a lot of vitality, and has a vibrant energy. With a strong gift of youth, one can maintain a youthful look of a vibrant aura field, high metabolism, growing hair and nails, and other

benefits. It takes a lot of energy to live in this physical matrix, so the catch is to keep the gift of youth charged up over the years as you age.

THE ENERGY OF YOUTH

The gift of youth is a nonphysical aspect of you. It is not something that is tangible for people to manipulate. So to have an effect on this aspect, it will require you to use a nonphysical or an energetic approach. This is where metaphysics, quantum disciplines, mystical practices, and other approaches and practices that focus on vibrations will be effective.

If one is able to maintain a high level of energy to sustain their gift of youth, their deterioration will decrease or maybe slow down to be able to live for hundreds of years. If someone can raise their vibration to a high level, the gift of youth will transform and take on a different characteristic, performing like an internal fountain of youth or the elixir of life. The gift of youth becomes what I name **“The Energy of Youth.”**

The gift of youth or the energy of youth cannot be brought; it is only generated from within.

THE MISSING ELEMENT

Let us assume that the fountain of youth and the elixir of life were able to be successful at one time, would we know why they were? Or how were they being used? Could it be that they were used in conjunction with other things? Maybe we need to find out what will work for us with the knowledge we have.

Scientists, healers, herbalists, and all can be vital in helping the body. The body needs the right nutrients and supplements to function. It

could be that we have the elixir that we need for the body to maintain itself, but the conditions aren't right. That is, we would have to shift our vibration to get a different result. If you had some ice and knew that it could go from solid form to liquid, what would you do? You would change the condition. Take the ice out of its freezing condition and put it at a temperature above freezing. It could be that our vibration is at such a low level that our body functions in a deteriorated state. If we shift our vibration to a higher state, the organs would function differently and the glands would start secreting different types of hormones and fluids causing the body to mutate.

The solution to the energy of youth would be to shift our vibration. To make the shift, the missing link would be consciousness. By expanding and evolving our conscious, we will progress to an evolved being. Otherwise, why would an unevolved being need to hang around the planet for too long just to create more chaos?

ASCENSION MODE

It is a theory that the planet or the vibration is shifting. If this is so, one might not have a choice to be progressive in their health and life force—not for being youthful but for surviving. We shouldn't need a reason to be proactive in having a higher vibration. It should be part of our natural order for us to want to be in ascension mode as a continuing process. In this way, our objective is not to focus on leaving the planet, but to shift to other frequencies and dimensions.

CONCLUSION

Once humans reach a level of unity, ethics, and humanitarianism, they will show that they are ready to be around longer and will receive

answers and solutions to longevity and the energy of youth, and will have progressed enough to not only be here longer but also to actually enjoy the stay without all the greed and corruption.

So if you want to start your path to the energy of youth, go into ascension mode.

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To have contentment in life, one will want an abundance of energy, that is, an abundance of health and an abundance of wealth. This book started the process of achieving the ultimate health - the energy of youth. The sister e-book, “The Lottery: Wealth the Energetic Way,” will start the process to align with wealth as you progress.

THE ENERGETIC WAY

If you wish to learn more about the principles, philosophies, and concepts for the basis of this book and/or continue the path for progress, start here with **the energetic way...**

The energetic way assimilates mystical concepts on the path that can: align with your higher potential; transform and become empowered for a more fulfilling life; have more abundance and harmony; manifest your desired reality; make spiritual progress; and more.

Although wealth is one of the major aspects of the energetic way, the path does not guarantee that you will be a millionaire living an extravagant lifestyle unless that is part of your path or life experience. However, as you reach higher levels of development, you could manifest this lifestyle. You could have major money, but it will be in a balanced way, not giving in to your lower nature and having money to

compensate for your insecurities. Instead, the money will be a representation of the value that you bring (inner wealth). **The energetic path is about the flow of life and the quality of life.** It is for you to live a healthy, abundant, and fulfilling life with less effort and stress as you maneuver through life disharmony, adversities, challenges, and obstacles as you progress.

The energetic way is not concerned about what faith, belief, or practice one chooses to subscribe to. It is about shifting from a linear mindset to a nonlinear way and being aware of basic principles and laws for progression and inner development.

The energetic way of dealing with the psychological, spiritual, subconscious, and subjective realms has an effect on your sub-fields and aspects. Your subfield and aspects are part of your holistic reality, which affects your physical world. The energetic way empowers you to have control over the material reality to attract the things that you need, manifest the things you want, and create the life you desire.

The higher your vibration, the more energy you generate in your sub-fields. Once the conditions are right, you will reach the zero point, an energetic turning point, the critical point of vibration [above freezing], where your whole environment changes and everything reacts and interacts with you differently. The energetic elixir kicks in... For the full version of **The Energetic Way PDF**

If you are ready for an advanced and more fulfilling way of being, you can start your journey to a winning life with the book, "The eMessiah." Scan the QR code or click the link:

