

GENETIC DARKNESS

In this book, I use the term *genetic darkness* to explain exactly what a genetic disease looks like, why the disease strikes one specific family member, and how to cure it or stop its further progression.

Currently, diseases such as multiple sclerosis, Alzheimer's disease, autism, cancer, Parkinson's, diabetes, and many others, are declared genetic diseases. This provides an excuse for modern medicine specialists, who claim that nothing can be done to cure such diseases because they are a *genetic problem*.

Here is what we should know about genetic diseases and, thus, how to get rid of them.

Just as we inherit, for example, the colour of our mom's eyes, the shape of our dad's face, curly or straight hair from our grandma, and numerous other bodily characteristics, we also inherit their *predispositions* to a disease. All of us are simultaneously full of genetic predispositions for many diseases.

A genetic predisposition for a specific disease is nothing but a *genetic darkness*; the darkness present in an organ in excess due to a genetic predisposition towards slower blood circulation in that specific organ. We have already seen, in the discussion about *Candida albicans*, that wherever *Candida* detects slow blood circulation and, thus, a lack of oxygen, it will rush in to devour that organ just as a vulture devours a corpse.

So yes, we all born with a genetic predisposition for numerous diseases. However, the huge difference between developing a genetic disease, and staying healthy all throughout life, lies in proper blood and oxygen *circulation* in those parts of the body that are genetically vulnerable (please read carefully the title: "Stopping the Progression of Any Kind of Ailment Right Now").

Everything in the Universe, from the smallest microparticles to the largest stellar systems, can be described in terms of their level of Light or darkness. In the subtitle: "Authentic Healers Throughout the History of Humankind," we saw that human beings are a perfect balance—the midpoint between Light and darkness. A healthy person, the same as a healthy organ, contains *equal* parts of Light and darkness.

When an organ has a genetic predisposition for an ailment, it means that this specific organ (i.e., tissue, plasma, cell, or bone) *has a tendency to slow down Light*, restricting the natural Light's circulation and the circulation of oxygen. As soon as Light and oxygen are immobilized, darkness, in the form of *Candida's* gases, begins to prevail. With time, if left unattended, darkness will grow, displacing Light.

Once you realize that you have a disease, genetic or otherwise, you should begin showering your entire body, and the affected organ, with Light. *Showered with Light*, darkness (in this case aggressive *Candida albicans*) will have no option but to step back, once again providing a balance between Light and darkness, *providing health*.

As such, when a person acquires a disease after being born healthy, *that disease is completely curable regardless of the fact that it might also be genetic*.

The following two steps should be done simultaneously every day to cure any genetic disease:

- **First**, stop introducing darkness into your body via the foods you eat; sugars and sugary foods, such as non-fermented wheat breads and pasta, cow's and goat's milk, pretzels and crackers made from non-fermented wheat flour, potatoes (especially mashed and baked). (See more in the title: "Candida Albicans, Death Itself"). Also, all kinds of meat and seafood in their molecular and atomic structure are darkness. (See the title: "Vegetarian Versus Carnivore," Chapter I).
- **Second**, begin showering the affected organs and the entire body with foods that contain an abundance of Light; soaked and peeled almonds, ginger water, green chili (jalapeño) water, white sticky (glutinous) rice, black sticky (glutinous) rice, mung (skinless) beans, red lentils, green leafy vegetables, zucchini, etc. (See the "Medicinal Food Recipes" and "Medicinal Waters" sections).

Eating foods containing abundance of Light is not the only way to rid the body of genetic darkness (disease). Allowing the Divinity, Light itself, to circulate freely throughout us is another way of curing the "incurable." We know we have allowed divine Light to circulate freely when we are aware of our exhalations. The time during which we are aware of our natural exhalation (one second, one minute, one hour, or twenty-four hours a day) is exactly the time within which we are letting divine Light circulate through us. To illustrate, if we manage to achieve awareness of our natural exhalation even for just a few consecutive hours a day, no darkness and disease can survive such an intense shower of divine Light. If we have developed a disease (genetic or non-genetic), this means we are unable to let divine Light circulate through us (that is, we are not aware of our exhalations), not even for as little as three minutes a day. (See the title: "Kissing the Divinity 'Recipe,'" Chapter I).

What happens when a child is born disabled, as in the case of cerebral palsy, autism, hydrocephaly, microcephaly, and many other afflictions? As we have already seen in detail in the chapter "Cure Your Child," in such cases, there was already an excess of *Candida albicans* in the sperm cell, ova cell, and/or in the uterus. Then, *Candida* began invading a specific cell in the fetus; one where the

fetus was *genetically weak*; where the fetus was genetically predisposed to slow circulation of blood and oxygen. And then, Candida damaged those parts of the body (or cells) before they were able to develop in a healthy manner.

Clearly, genetic diseases that are also congenital (they occurred in utero) cannot be cured because pre-existing darkness suppressed the new Light coming, long before the free circulation of blood and oxygen that would have otherwise resulted. (My future books will explore why the Universal Light would have permitted the suppression by darkness, of new Light's rays).

Many parents, me included, made mistakes when our disabled-at-birth children were toddlers by giving them all the chocolates and sweets possible, thinking that they could die soon and should be provided some satisfaction in an otherwise sad childhood.

Please note that chocolates and sweets are darkness.

Sugar equals darkness.

Darkness equals pain.

Oxygen equals light.

Light equals weightless joy.

We should not be giving our disabled children any darkness, because they already have too much darkness inside their disabled organs. Too much darkness means too many Candida gases inside the cells of the organ that is disabled. Every chocolate or sugary bite of food provides the child pleasure only in the minutes it takes to eat them. However, the suffering, pain, and discomfort that result, last hours and days. Nothing, let alone a few minutes of chocolate-fueled pleasure, is worth the muscular pain, bloating pain, emotional pain, irritation, and insomnia they experience days afterward.

Soaked and peeled almonds, or homemade almond milk for those unable to chew, are the perfect dessert and, for that matter, the perfect main food as well. They provide a pleasurable taste while at the same time eliminating a craving and addiction for sweets.

Why is it so important that children who were born with a severe disability and may never walk or never be mentally healthy in any case, are restricted to only proper food that provides only Light and no darkness? Because by feeding these children such food, we reduce and eventually eliminate the physical and emotional pain associated with their specific disability. By doing so, we are not only helping them carry their heavy cross, but also helping them to remain inside their physical

body and perceive their Soul. Everyone, be they children or adults, while experiencing strong physical pain such as muscular spasms caused by cerebral palsy or constant headaches caused by hydrocephaly, will mentally try to *run away* from the place the pain is happening. In other words, they will try to escape their physical body by keeping their mind busy with something else.

Ironically enough, our Omnipotent, Omnipresent and ***absolutely healthy*** Soul is not inside our head (our thoughts) but, rather, inside our physical body. The more we look for distractions from our physical or emotional pain, the more we wander from the *place* our Soul resides. Only when we *shower* our disabled child's body with food and water full of Light, we can achieve a state where their body is free of pain and tension. In such a state, the child will be pleased to remain in and feel their body, and will automatically be able to perceive their divinely joyful Soul (for more, see the titles: "Cerebral Palsy" and "Corrosion of the Springs," Chapter II).

Please do not think for even a minute that painkiller drugs might be helpful. Painkillers, like any other sedative drugs, will only separate the child from their Soul (read the title: "Say 'No' to Antidepressants and Sleeping Pills," Chapter II).

In summary:

It doesn't matter what the disease we have is called: cancer, coronavirus, focal segmental glomerulosclerosis, diabetes, multiple sclerosis, or whatever else. All of these are different shades of darkness in places where a certain level of our *genetic darkness* is already found. Do not be afraid of the label *darkness*. Your Soul holds you up. Your Soul is Light itself. Light shouldn't ever be afraid of darkness. When you are attuned with your own Light, you will also notice how strong Light emanates from other things such as ginger water, cayenne pepper water, and green chili water. All darkness in the form of disease soon dissipates under this potent Light.