

# The Fruits Of The Spirit Within



**Do You Ever Feel Like You're Connected to  
Something Greater than Your Physical Body?**

**What is this Invisible Supernatural Force?  
More than the Sun, Magnetism or Gravity?**

***This is an exploration to discover How You are  
Connected Spiritually and Physically***

**AND**

***How to Rejuvenate Your Life with  
The Fruits of The Spirit***

**Can You Feel The Frequency  
of The Divine Spirit of God Within?**

**Look and Feel for  
LOVE & TRUST & GENTLENESS  
KINDNESS & COURAGE**

**In Your Life**



**The High Five**

# The Fruits Of The Spirit Within

Your Body Has the Ability  
To Heal Itself.

Who's the Doctor? - God Is!

*We are directed by The  
Supernatural,  
Spiritual Physician Within*

Maybe you have heard the phrase - We  
are Angels having a Human  
Experience?

Think of it this way - We Are An  
Incredible, Amazing "Biocomputer"  
Receiving Broadcasts From Spirit or  
The Field, in Quantum Physics.

The Universe broadcasts "The Field"  
which is The Benevolent  
Characteristics of The Light & Sound.  
( In The Beginning there was ... )



## What Is Energy?

Energy can be neither created or  
destroyed. Everything is Energy.  
Energy comes from waves in The  
Field. Energy is the  
Consciousness of our Creator.  
Energy has no edges.  
Consciousness is creating the  
characteristics of our lives.

*Dr. Bruce Lipton*

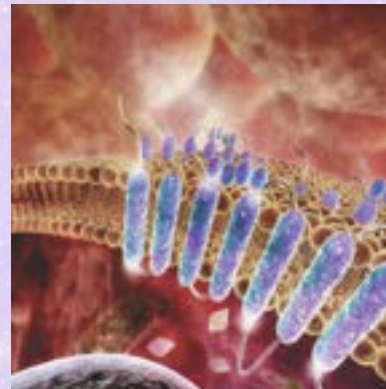


Human Body Electromagnetic Field  
Creates the Toroidal Field.  
The Heart Receives and Gives.

The Field is invisible moving  
forces that influences the world.

Spirit is the invisible moving  
force that influences the world.

The antenna or receptors on the  
cells receive our individual  
identity from The Field.



The Field of our Creator is  
Broadcasting  
The Fruits of The Spirit All The Time  
It is  
Spiritual & Mental, Becoming  
Physical

*This ever continual Flow of Energy  
supports Creation with Love, Trust,  
Gentleness, Courage and Kindness.*

It is Received by our 50 trillions cells.  
Each cell is a "lens of our beliefs about  
"reality". It either matches the positive  
"Fruits" within or are "short circuited"  
by our negative experiences or feelings.

# The Fruits Of The Spirit Within

“The Fruits of the Spirit are love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.”

Galatians 5:22-23



Dr Masaru Emoto told a glass of water , “I love You”. Then he froze it and looked through a microscope to see a beautiful crystalline structure.

He then said to the water, “I hate You”.

He froze it and saw no geometry or beauty. He has a complete book with pictures of positive and negative words.



## Reaction of Water from Emotion

Be aware of the words you think and say, they are either healing and growth oriented or they are destructive and cause imbalance and sickness.

**The body is 98% water!**  
**We are made of liquid crystal.**

## Words Have Power

The feelings or frequencies of words create an emotion which then creates a biological chemical.

The whole body/mind “feels” a positive supportive word or a negative destructive word.



## The High Five

This IS who we truly are:  
 The Spirit Within.  
 We are Not our negative emotions. Those are “programs” we downloaded from our environment since birth (and before)

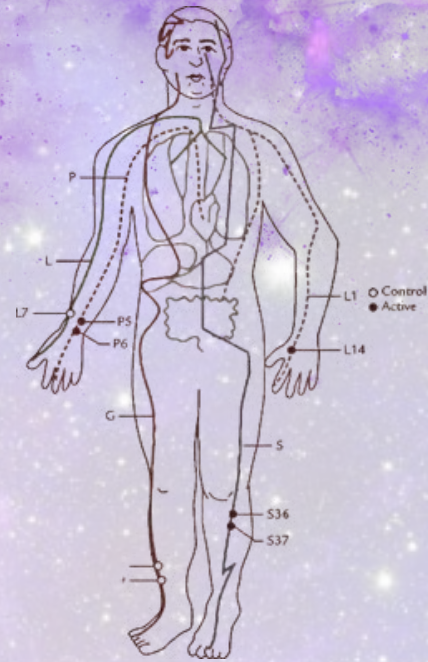
# The Fruits Of The Spirit Within

The "FRUITS" ARE THE ENERGY  
 ANIMATING  
 The Body and Mind  
 The Light and The Sound of  
 BENEVOLENT FREQUENCIES



Love/Joy - Trust/Faith  
 Gentleness/Peace  
 Kindness/Compassion  
 Courage/Strength

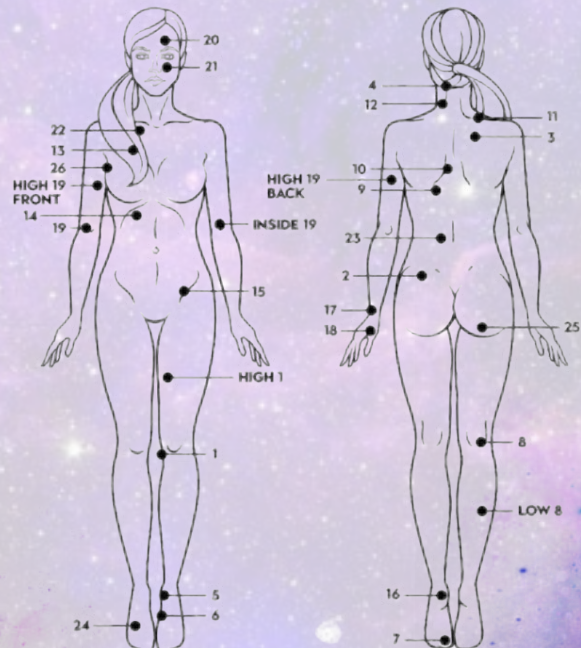
*Energy First Flows  
 To The Major Chakras*



The Energy is then distributed to  
 the 10 Organ Meridian Sets

*Stomach/Spleen  
 Kidney Bladder  
 Liver/Gall Bladder,  
 Lung/Sm. Intestine  
 Heart/Sm. Intestine*

The Energy can be enhanced  
 through The Gateways of The 26  
 Points along the meridians  
 (see Jin Shin AcuTouch)



# The Fruits Of The Spirit Within

All of Creation is Filled with The Energy of The Spirit and Produces The Fruits of Life

LIFE - "Love In Flow Evermore"

RB



We Humans are an Incredible, Amazing Intricate "Bio-Computer" downloaded constantly with The Benevolent Spirit.

Let us put it into a computer analogy:

- The Sub-Conscious mind is like the hard drive. It is in the present sensorial moment. *It moves at 100 billion bits per second.* It is in charge of moving to a thought, digestion, respiration, nervous system and so many more actions of the body...ALL at the same time!
- The sub-Conscious also stores all of the programs of positive & negative feelings. These "programs" are stored in cellular memory. *And just like a "word doc", can be saved or deleted.*



The Conscious mind is like the screen and works at about 2000 bits per second. It acts only in the future and the past. Not the present moment!

*"All emotions buried alive ,  
Never die."*

All emotional programs, like trauma, are stored in cellular memory along specific meridian pathways in the body.

(See EFT Meridian Tapping for downloading new, positive or deleting old, negative "programs").



Just like the computer, we plug it in to a power source, and connect to the cloud.

*We also connect to Spirit and download from The Cloud; The Source of Creation for The Fruits Of The Spirit. Wi*

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There are five positive/healthy or five negative/unhealthy spirit/energys that affect the health of the body and mind.

They can neither be seen nor proven, They are positive or negative feelings.

They are either High Frequency Vibrations of Love and Joy that support our whole being or they are low frequency vibrations, that disrupt the flow of spirit/energy, like worry. doubt or fear.

*Call it The High 5 or the low 5.*



High 5: Love, Trust, Gentleness, Kindness, Courage

Low 5: hate, worry. fear, anger, sadness

It's better to Love Peace than to hate war!

These emotions or feelings within, either support or imbalance the 5 corresponding organ meridian sets: heart/small intestine, stomach/spleen, kidney/bladder, liver/gallbladder, lung/large intestine, The low five feelings or vibrations block the flow meridians and cause most all physical ailments or complaints!



Negative feelings or vibrations show up in the five senses as ailments or conditions- look to the eyes for the liver, the mouth for the stomach, the nose for the lungs, the ears for the kidney, and the tongue for the heart, look to each of the senses that you have a condition and it will tell you about the blockage of the meridian, then that will tell you the emotion that is causing the imbalance and the negative program to release.



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What IS Spirit ? Some call it The Universe, Source, Energy or Chi, Many call It God or The Creator. Creation happens around us, The Creator happens Within Us and Through us. You and The Creator are One.



We are not our thoughts we are the emotional energies of the High Five. Our beliefs about reality create our thoughts which creates emotion and emotions create feelings and actions. And these feelings and actions create our perceptions of the world we experience.

**WE GET WHAT WE FOCUS ON!**

We go to doctors, who prescribe drugs, buy natural supplements, and we go to healers and energy therapists, etc., to help treat these conditions. This takes time and money, and many times, do not get to the root cause of the condition. And what can you do at 2 am when the negative thoughts are incessantly talking to you? Or when you have a bad dream? Or you are in pain?

Who can help us out of a condition? Maybe we reach out to something supernatural or unseen to help us?

Oh, God Help Me, Now!

Maybe we can reach out to The Spirit Within us?

Reaching out to Fruits of the Garden that provides for us at all times, is the Most High and Powerful form of healing! A connection to the Most Loving Energy in the Universe, will provide Its Courage, Its Compassion, Its Kindness, Its Gentleness and Its Trust.

Prayer is best served when coming from a place of Gratitude and Surrender rather than Lack and Pain. There you will find The Inner Physician or Healer or God.

All you need to do ... IS ASK



## Robert's FIRST AID

All of Robert's classes are more than just healing a particular ailment! They all are based on The Fruits Of The Spirit Within Robert guides and teaches with humor and philosophy that speak to each individual psyche. Only the individual can know what going on inside, and that IS where the healing and expansion takes place. Feel Lighter and more alive and filled with Hope. You will have powerful tools to use for the rest of your life. **Rejuvenate Yourself Now!**