

**Subject:** Is Coffee Good Or Bad For You?

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Subject: Is Coffee Good Or Bad For You?  
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Here is something that a person thinks about coffee. I hope it doesn't make you mad.

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The following Energy-Synergy Recipe, has been requested by many people I have done one of my personal Transformational C-anneled Readings for or have come to one of my many Book Signings & Workshops, and I finally wrote it out so that they and everyone else (who want to \*feel like you want to bite bullets & jump tall buildings with a single bound!!!!)\* could now also experience a much greater, more vibrant health and Higher S-iritual Attunement. This particular Energy-Synergy Recipe specifically combines three different natural herbal supplements that are mixed and drank together as well as not ever using another commonly used [but highly toxic] drink that so many people have been drinking for most of their lives, in order for one to really experience all of the health benefits that those who have personally shared with me since teaching about this particular Synergy-Energy Recipe for many years. Also included is the true and accurate ORIGINS OF COFFEE, and the origin & History of Km. Here's to your Health and Higher Spi-itual Attunement:

- 1.) Km (for Oxygenation & Detoxification) +
- 2.) Emergen-C (Lite) Vit. C (& Electrolites)
- 3.) G.S.E. (Grapefruit Seed Extract)

I have also discussed and shared this very important Health info. with thousands of fellow Light Workers & Star People both at my Book Signings & Workshops and those who have experienced one of my personal Transformational Ch-anneled Readings. (By the way, for those who are not familiar with the term Star People, see the N-SA Star People Characteristic List which is at my web site ChannelFortheMasters.com and these traits are also listed in my book \*Prepare For The Landings Are YOU Ready?\* at PrepareFortheLandings.com )

As I have also shared with others, I was shown a very powerful and insightful Vision by G-d & the Spir-tual Hierarchy/Federation of Light, back in 1987, as I was getting ready to go over to Hawaii for the Harmonic Convergence. Revealed to me was the true origins of coffee, and how it was first actually brought to this planet many thousands of years ago by the draconians during the time of Atlantis, as the first w-tches brew, to numb & dumb down those who drank it. For as I have shared, it is **\*not\*** actually the caffeine that is the real problem with coffee (because you can drink organic green tea, and this caffeine in that is actually okey to ingest), it is the **\*oils\*** in the coffee bean that are extremely acidic & toxic to one's physical body (it's like dropping battery acid in one's stomach, and makes one unable to properly digest even the healthier and more natural, organic foods and herbal & vitamin supplements). And as shown in this vision, it was specifically created & designed by the draconians to also cause the electrolytes in our b-ood platelets to go into reverse or left spin. Of instead of the elctrolites spinning in a clockwise fashion, like they are supposed to do for maximum Health & longevity and Higher Spirit-al Attunement.. Instead, they go into a counter clockwise spin.

This is also what occurs when one ingests such things as any pork or pork products, such as ham, bacon, and the lard fat, etc., because the electrolytes in the bl-od plateletes in a pig are going in a left spin or counterclockwise fashion. Plus, even if the pig is brought up in a supposedly healthy way, with no filth around it, there are actually parasites in the pig that are able to survive up to literally 1,700 degrees F. The pig was actually one of the many genetic creations by the genetic

dark scientists during the End Times of Atlantis, and it was actually part animal and part human (which is why the modern day medical authorities try to state that it is supposedly compatible to be used in medical experiments and operations with humans) Also, in an old 50's movie, titled The Lost Continent of Atlantis they actually showed these pig looking creatures in it that were, in fact, some of the many negative genetic creations. And what the J-ws and Muslims refer to as their r-ligious dietary laws, I refer to as a spir-tual, biological and genetic reason not to ever consume any thing from the pig, because I also understand it's true origins as well.

Also, other very toxic substances that also alter the electrolytes into reverse spin and destroy the immune system and lower one's Higher awareness & Spiritu-l Attunement, are all v-ccines and fluoride (that is placed in most public water supplies and as sodium fluoride in toothpaste & in under arm deodorants--which are all by-products of the aluminum companies, as well as in Chemtrails), chemical-artificial sweetners, GMO's, etc..

Besides these negative side affects of coffee, probably one of the worse affects (just on the physical level) is that more than anything else that one could put into their body, it very powerfully leeches out of the body and dissolves all of the calcium from our bones and the cartilage that holds our bodies together, and it dehydrates and causes very fast aging in the body (hence the term wi-ches brew to help make one look like an old hag!)

On the s-iritual and/or psy-hic level, it tends to shut down our Third Eye & Throat [D-vine Will] Chakras, which, of course, are very important for Higher Sp-ritual-Cosmic Attunement. For it is one thing to be psy-hic on this more mundane, 3 D level of existence, it is quite another thing to be able to easily tune into the Higher Dimensional Cosmic Level where the Spiritu-l Cosmic Ascended Masters are, in the Federation of Light & Spiritu-l Hierarchy, as verses just attuning to the lower astral-psy-hic plane, where just astral spirit guides of the other side in the spi-it world hang out. Coffee was designed to keep one's awareness stuck on these lower levels of existence. And finally, they also made sure that it was psychologically addictive so that for most people it would be difficult to quite drinking it (I have also heard that St-rbucks actually place certain chemicals in their coffee to make it even more addictive. So that people will very subtly be influenced to use Sta-bucks coffee compared to other brands, etc.)

The reason I make a strong statement regarding coffee, is that this following synergetic-energy recipe would be mostly cancelled out if one was to attempt using this (as well as any of those other very toxic substances also mentioned) if they are still drinking coffee while using this energy recipe.

First, it is very important that the gallon bottle you use is preferably a glass jug, or at least one of those blue colored hard transparent polycarbonate plastic [in other words non leechable plastic] bottles (which you can also often purchase in some stores). Also putting a small piece of natural quartz crystal in the jug, before you fill it up with water, because it will help powerfully amplify whatever you invoke and envision during this following water blessing & energizing ceremony to also charge up or energize the water that you will be using to mix this special & unique health energy drink. Through much research, I have discovered that those blue colored Glacier Brand Reverse-Osmosis machines that are usually available in most cities (usually out in front of most grocery stores, but sometimes inside) are actually producing very high quality, healthy water (or for those of you who have one, use your own reverse-osmosis machine)

As Dr. Emoto demonstrated in his very famous research, as documented in his books of Messages from Water, how we are very capable of causing the water molecules to be changed and altered into an even healthier-wetter and higher energy water by doing a powerful Visualization and blessing & ceremonial exercise with us visualizing the water molecules becoming hexagonal so that they will more easily penetrate our bodies, and invoking that all of the Highest and most spi-itual energies of the universe are now manifesting in this water, along with all the energy vibrational signature of the various Sac-ed waters that exist all throughout Mother Earth (such as Lourdes, Fatima, Fiji, etc.) are now totally merged into this container of water. So we have now made this gallon of water much wetter, more healthier and a much Higher energy water (which also means this is also a more alkaline pH and Energy Antioxidant water), which helps with this whole synergy aspect of this Energy Recipe.

Now pour yourself a glass of this specially personally charged up water,

and add the following ingredients to it:

These two following vitamin suppliments, which have to be purchased at a Trader Joes or a health food store:

Emergen-C Vit. C, (made by Alacer Corp. in Calif.) in which comes in a light blue box, containing 30 packets of powered Vit. C & B. What is interesting, as I have shared with many people through the years, and which is very true, that the only way to transfer or get any real usage out of any of the various nutrients, vitamins and minerals, etc. is for there to be some kind of electromagnetic life force that allows them to be able to pass through the cell wall into the subatomic-nucleus of the cell.

Part 1.

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