

## 78 HEALTH SERIES

Friend,

This is to introduce myself to you as well as this lesson. My name is Red Elk. This name was given to me in ceremony; it is not my surname, or family name. I am a half-breed and make no claim to be a full-blood. I am a medicine man - Wakin of the Inner Heyoka'. Know that the lesson you have here can be found in the Good Book, the Bible. Though most medicine people know how to do these things, this/these are not limited to the Native American world at all. These can be found in a book that is over two thousand years old – lessons included – IF YOU KNOW HOW TO FIND THE LESSONS. In short, what you are paying me for is to do your homework.

To be successful in most of these lessons, you MUST “get into the child-like mind”. This means not an *iota* of doubt. IF any doubt of any kind enters in, you will not succeed. Though you must try to do these, the trick is to enjoy these and have fun. Then you have entered the child-like mind. I wish you well. IT CAN BE DONE.

Ho.

Red Elk

The only reason I'm giving these things out, it's not to make money, it's because, one, I'm ordered, number two, these things are going to be needed in the very near future, especially things like Invisibility. For those who are trying to escape the chases, you might be one of the survivors and you've got to disappear. There's no place to go. There's no place to hide. Yes there is. Invisibility. So those that are searching for you just can't see you. So it will save *your* life. And as you learn these things *pass them on*. If you have to say, “I'll teach you for \$5,000” I don't care. If someone wants to learn and is willing to pay you \$5,000, fine. These lessons *have got to be learned and taught* because not a lot of people will be left in the near future and the knowledge that I'm giving out is for the future people not just us. It is for your children and some of the middle-aged people that will make it through the up-coming Earth flip, the roughly ten million people on this planet left. And they'll need to know this knowledge because we Indians will no longer be here to teach it. No more. There will be no more red man, or black man, or yellow, or olive, or white. In time we will merge to be one color, one language. Part of this is to teach Teleportation because cars and trucks and roads won't be here, to teach Telepathy because no phones are going to exist. But if you can learn these things and *teach* them then you are helping our future race, those few left on our planet when we're all gone to our rewards, to survive the next thirty - forty years that they are going to need to *know* due to the Earth flip. This is why I'm here; this is why I'm teaching. Why don't I give it away? Because I found a long time ago when I give this knowledge out, just give it, it's treated like trash. If you want to throw away your money with the trash you'll think twice about it. That's why I'm selling it. And I spent forty-one years learning it and a number of years doing. This is my JOB. This is the way I make a living.

So my friends, I wish the best to us *all*, not just to those of us on our planet alone but to the others as well. We are wonderful people of all planets. We are wonderful people given wonderful things and only the medicine people of other nations, African, Russian, Norwegian, Laplanders, American Indians, what not, know this knowledge and I've pleaded with my own kind to come forth and start teaching it. So far I don't have anyone who wants to do it. Well, I'm ORDERED to do it. And I sure pray that you've spent your money for a good cause because *you are meant to teach what you're learning now*. Things that we medicine people in general only teach one to maybe five, tops - seven in our lifetime.

This is going out to the masses. You are one of those masses and it's got to go out from you to the others. *Learn it, do it, test it, don't believe a word I'm telling you. Try it. Test me, and then teach it after YOU FIND OUT I speak true.*

Ho.

Red Elk

### SELF-HEALING

This segment is on self-healing ways. This will include something of the Hawaiian method, the Kahunas, their medicine people. It's called Ku or Kuing. You won't find it in the library. You won't find it in the dictionary. These are medicine ways from various places, various countries. Before I get too far into it, I'm diabetic and yes I can heal myself. I'm not allowed to. I have to go to others to heal me because in the Inner Heyoka' it is against our rules to do anything for ourselves. We are just not 'self orientated. Anyway, I'm not you and you aren't me. You don't have to live under my rules, the rules of my people.

### HOW TO:

One of the easiest ways of self-healing (on the same identical lines as losing weight the Inner Heyoka' way) is a matter of relaxation, a matter of imagination - going stronger into ENVISIONING - having this 'you' leave. For explanation, you lie down at night at your bedtime (but don't be exhausted), make yourself very comfortable and *relax*. Relax your buttocks, your thighs, the back of your neck, your shoulder blades, everything. Just relax, just melt, or feel like you are being melted into the mattress below you. You want to be just as relaxed as you can be and *still be awake*. In this state with your eyes shut you start *imagining*. Just pretend that you are seeing with your inner eye (your eyes are shut you understand), your brain - your thoughts. With your inner eye you start seeing a 'you', like a shadow, coming out of you and sitting up on the side of your bed. Maybe that 'you' has its fanny connected to you, and it's your fanny or your belly, or what not. As you begin seeing this, then IMAGE it. *Make it stronger*. Make it very, very strong. This Being is a true Being. It is an angel. It's called a Nagual. Tell it, or yourself, the needs. "I really hurt here in this part of my body." What the Being does, you do. If it leans over and starts massaging that arm, or whatever, you

physically do the same. You follow the Spirit's directions. If it's making a sewing motion, sew, use your two hands and sew. Always keep your eyes shut. Just follow your own imaging because now it's no longer an *imaging* it's a true blown FACT. You won't see it if you open your eyes, but you will blow it. You will make it disappear the split second you open your eyes. So just relax and do what it's doing. It's not going to hurt you; it is there to help you. You've *asked* for help. This is *one* of the ways the Creator does so. If you can comfortably do it, move your hands with its hands. If it seems like it wants to lift your leg up a little bit, do so. If it's not inconvenient for you, if it doesn't cause you to lose your train of thought, then do it. You are *cementing* what you are actually seeing in your inner eye.

I've seen people that are very, very ill, close to death ill, or at least they thought so, with food poisoning and I explained how to do this and they went about and did it. Now, I can do it too. I can do it for you. But why should I do it for you? You can do it for yourself and hopefully you can teach this to others.

You will feel better. That's all there is to it. It might take two, three, or four days before you really start catching on that you *are* feeling better. Continue on as needed, but don't make it a habit, don't do it seven days a week, four weeks a month unless you are really feeling led to. You don't want to turn it into a *rote* situation or a traditional situation, which is rote. So, break it off every once in a while. Take a rest, try it for about five days (*do it*, don't try), then give it three or four days rest - two or three days minimum, until you can slowly work yourself up until you don't need a rest. Suddenly you are going to be shown *inside* where you are hurt, maybe a torn ligament or something like that and you'll be GUIDED on what to do with it; how to 'mind-bring' the parts together and watch them *weld* together perfectly. All you've got to do is USE YOUR MIND. That's it!

This is also the way that we in medicine do a lot of our work with you people. We go inside, see what the problem is and put it together again for you. Well, these are new ages coming before us. We won't be around anymore. So, this knowledge is being passed on to the world, as they will accept it, so that they in turn can slowly turn around (hopefully, quickly) and *teach* this to their children, their neighbors, their best friends, husbands, and wives, because most of us will be dead in the near future. Those who *teach* this, once they learn it and turn around and teach it, maybe out of the 400 people they happen to know real well, maybe only two will live but they will remember it. They will NEED to remember it to make the next one thousand plus years go by good.

### KU METHOD FOR SELF-HEALING

Another way of healing is the Ku, the way of the medicine people, the Kahunas of Hawaii. There's a book, *Suburban Shaman*, and it tells quite a bit about the Ku. But others who have read it tell me they don't get out of it what I get out of it. Of course I am a medicine man and I can kind of read behind the lines and between them. As far as I am concerned, it's a book well worth owning. It's well worth looking into. I like the way the author puts it. He calls the Ku a party animal, and in truth it is. We are made up of three different people. The person you see, the person combing your hair, this we call the Tonal. Then there is the Nagual, the in-dweller of godliness, the angel within us, and then our Soul itself. These are *three actual separate Beings* all working together. You *think* you are seeing one when you go to the mirror but you are seeing *three*. I have to

explain this to you to get you to understand what I'm about to explain on Kuing. We give off an essence, an aura. The aura is the *Ku*. This is the party animal. It has no choice; it has to go with us no matter where we go. It has to experience *every* experience that we go through no matter what it is. *It has no choice*. It belongs to you.

#### HOW TO:

What you can do, if you go to a party and by 'party' I mean an event in your life happens, and you've cut your finger, *if* you can remember *exactly* how it happened, you can *go back into time* mentally re-enacting and re-imagining the accident. I've taught this to many; my daughter, my wife, to many others – I've used this quite often and it works every time. This has happened to my daughter twice and an Indian girl working at a store next door to us. Once she cut her finger really deep, a big V right down to the bone. Well, my friends, there is *no time*, it is only on your wrist, only on the wall, only on the desks and the clocks we use. In TRUTH *there is no time at all*. So, if you cut your finger, all you've got to do is go back and *re-image* the accident itself. Only NOW you want to do it differently. You didn't like cutting your finger in the first place and your *Ku* didn't like it but that was your 'party', it had no choice. So now, you can go back and RE-LIVE the EVENT, only this time CHANGING the event, CHANGING the past, for the future if you please, and have the knife come *close* (but close doesn't count, doesn't catch you) and IMAGE that *very strong* and do that *time after time*. If you had the accident right then and there, at the time that you start Kuing it will only take three, maybe five times of re-play, re-doing the 'party' before suddenly the pain leaves. You don't want the pain to just lessen you want it *gone*. That's when it has taken effect. The bleeding will stop - everything else will go. Now understand, when you go back to re-do your 'party', do so the same identical way *each* time. Don't change the 'party', it confuses the *Ku*. Make it identical. Make up your mind, how are you going to miss your finger with your knife, and do it the SAME WAY time after time, after time, until suddenly the pain is gone from your hand. You can wrap a Band-Aid around it no matter how bad it is and when the pain is gone and the blood stops running, the next day (24 hours) you'll wake up and you won't even see an incision from the cut, it just isn't there, *it's unbelievable!* It just never happened. *That 'party' didn't happen*. So your finger is perfect.

Now, in the book, *Suburban Shaman*, the gentleman that wrote it explained an incident where a little boy slammed his hand in the car door. The father (or mother) who knew about Kuing made him put his hand back in the door and then swung the door towards his finger but stopped short. They did this three, four or five times and the pain disappeared on the boy. The 'party' had been re-done by the mother (or father). The boy, I believe, was about five and didn't have the concept of what was going on. Understand, not only the pain was gone but the bruising and swelling that was taking place disappeared right then and there.

Personally, one day, barefoot, I stubbed my toe up against the brick that our wood stove was sitting on and did a big number on it. Oh gee it hurt! Stupidly (I'm not the smartest medicine man in the world), I just let it go. Well, it hurt like crazy for days

and suddenly I noticed I was getting blood poisoning. It was not only swelling up but I had to pull the skin away from the side of the toenail where I rammed it in and squeeze my toe to get the pus out and suddenly I saw I was getting a red line up my foot. I was getting blood poisoning. I had no money and like I said we are not allowed to heal ourselves. There are exceptions to that and that's when you can't get to a healer, be it a white doctor or another medicine person. And in this case this was one of those times. I thought, "What will I do?" and, "What a dummy, just Ku it. I've been teaching everybody else. Do it yourself." So I did. That was maybe fifteen days after the accident so I had to Ku it *many times, many times*. When you Ku it right off the bat it only takes three, four or five times but when it's an accident that happened a long time ago then you've got to Ku it, and Ku it, and Ku it, and you go on and on. I think I did it better than fifteen times, if I remember correctly, when suddenly the pain in my toe just turned off. It was gone, so I knew I was okay. The next day it didn't even look like I had ever had an accident. No red blood poisoning on my foot, no swelling on my toe, no pus, no nothing; a nice looking toe for an old geezer like myself. I was very pleased. I gave the Creator great thanks for this. Folks, you have that same ability.

If you buy that book, you'll find that Kuing works on others as well, like that little boy and mother (or father) who *didn't* slam the door on his hand. In another example, the author was talking about some waitress who was really nasty. He could see that she had a black cloud over her head. She was just in a foul mood (a real bad hair day) and he knew she needed help and he didn't need to be served by someone like that either. She went into the kitchen and he 'chased' her with his mind and took hold in his mind of that black cloud. He made the cloud start raining and then made the rain disperse into a sprinkle and then brought flowers and birds and trees above her mind. And she came back and the whole world had changed for her, smiling and happy.

We can do this with our own children. We can do this with our own mates. There is no use to live in misery. We can make things happen, friends. It is all MIND work. It's all WORKING THE DREAM. So, best to you on this, you are going to love this. It works like a charm! But again, make sure when you are doing this, whether it is for yourself or others, that it is the *identical way of going back to the better 'party'*. NO VARIATIONS. Wear the same clothes that you saw in the first 'party'. Settle down exactly what you are going to do. And do it that way EXACTLY until the pain leaves. I don't know if this would work on people who have gotten their backs broken, a paraplegic, or what not. It would take a lot of concentration, a lot of Kuing, but frankly it would not surprise me. If they could actually remember how it all took place, they could go back and re-do it and walk out of there. I'm dead serious.

Ho.

Red Elk

### AGE REGRESSION

Friends, you just don't realize the power that you have that the Creator has given you. *Our abilities are so great it's unbelievable!* I've watched many people grow old and die, and I'm growing old. Some day I will age regress but nobody respects a medicine person who has this knowledge and the looks of a young man. So I stay in the pathway

of aging. I know better. I know I can do other. I've taught two how to do it. I know of three. The third I've never met but know of her and she appears to be the last I heard, like a sixteen-year-old. Everyone thinks her husband is her grandfather and he's in his sixties and so is she in reality.

There's a fairly recent study that I've heard of where they took older people and put them in a house with the furniture and stuff of their youth, when they were ten, twelve, fourteen years old. They kept these people living there while there was a test group with other people living in their modern homes with all the modern conveniences. They found within a very short while (I believe it was under two weeks) that the people that were in the prepared, old-way house started looking springier and they seemed happier and a very short time after that they were actually looking younger. I don't know how long this experiment went on but from the knowledge that I've been given by someone who does know it went on for a few months. The people that were in that special house (people up in their seventies, and one that was about eighty-one), in just a few short weeks, were looking like they were in their fifties and high forties. Meanwhile the other test group, they were getting older and older anyway, the same old, same old. When they took the people from the prepared house and put them back into their own homes, in less than a week, I guess, they started reverting back and became their plain old selves again. If this is true (what I've been told), science has been working on this phenomenon. But science is way behind those of your own great great ancestors who knew these things.

#### HOW TO:

The way that I've taught this is to simply get photographs of yourself at various times in your age growth. The closer you can get to a baby picture the better you will be. Then don't get one taken of you just this week or so, but something taken maybe a year or two years ago and progress down in jumps of five or ten years, all the way down to the baby picture. You put these on the table at night. Start with the oldest picture of you, now it's the oldest of all the pictures but it's still a picture of you done two or so years ago, so it's two years younger than you are now. Try your best to find pictures of good memories, happy times. Start contemplating, really *remembering* that moment when that picture was taken, who took it, where were you, how you felt and how wonderful it felt, and so on. When you've DREAMED that picture of the memories, flip it over and go to the next picture down. Do the same thing. When you've *dreamed* those memories of that age, when you were maybe five years younger than the first one, when you've dreamed *all the memories* and how you felt, all the beauty of it, flip that one over. And go on down the line doing the same thing, until you get to where you are in the baby picture. Now chances are you won't remember what it was like other than you felt good. You had to feel good! Maybe you were asleep in your picture. This is the way you go to bed, as a *baby* in BABY MEMORY. That's all there is to it and you wake up in the morning. You go on doing this and after a few days you don't put up the first older picture; you don't use it at all. You go to the one where you were five years younger. Start there and go all the way down to the baby picture, to *baby time*, and go to bed and sleep like a little baby.

The Russian gal, in her early sixties when she started, took about three, to three and a half years to look sixteen. She did this nightly without fail from what I

understand. Perhaps there was a sickness or something I don't know, but in general she was very persistent about it. Now, the two I taught, frankly, in a matter of weeks, one of them, a man who I think was about forty-three, was already looking like he was about thirty. He went home to his parents, and hadn't seen them in about a year and according to him he just blew their minds. His brother and sisters just couldn't believe it. "This guy hasn't changed a bit, in fact he's looking a little younger than the last time we saw him!"

So my friends, man is not designed to *die in old age*. Man is designed to die at the calling of the Creator through accidents and illness. I received a phone call from a gal that I taught this to who was real interested in this. She asked me, "Red Elk, is it possible if you do this that all the parts will come back that you've lost?" I think she'd had a hysterectomy. I don't know, I don't know. I know that the Creator is a very wonderful Being and it would not surprise me, it would not surprise me. I can't promise you that my friends. All I can know for sure is you are going to look a lot younger.

Now there is a danger to this. You have got kind of a ball, or big steel wheel, rolling in front of you, that is why you age. You begin as a baby, "When I grow up I can get a bicycle" and you start growing up so you can have a bicycle. "When I grow up I can have a car" and you start growing up so you can have a car. You are always *chasing* the people who are older than you, after what you've seen others out in front of you doing. As a baby you are on your back and your brother and sister come toddling by and you thought, "Gee, when I get their age I can do that" and you did. You started your own wheel turning, and then the tricycle and then the bicycle and then the car and then the job. What happens is that you've got it going so fast, so hard in just your pre-teen and teen years that you aren't aware that you can stop this wheel and back it up. So you go on and on and on aging because you saw mom and dad aging, you saw grandma and grandpa aging and you know you are going to die like them when you get old. You've just started your own wheel, right up to the end of your life.

Now, by reversing that wheel you can go all the way back to a little baby, not in size, but wearing diapers, like in Alzheimer's, so you've got to be careful! When you are *approaching the age you want to be you slow that wheel down!* This time you don't go back to being a baby, or that picture. You drop that one. You go back to the one where you were two years old, the one before you were a baby, and then you start to bring yourself up. You find a balance with what you want between old and young. And you'll swing in looks back and forth. You will have to continue doing these exercises on a continuous basis if you're going to stabilize where you are. It's like a car jerking with too much gas and you are going to go off on one side or the other, just too much. So start putting yourself in neutral until you are satisfied. Give yourself about a three-year life span of what you want to be again. Say you want to be thirty. Will you be happy between twenty-nine and thirty-one? You center yourself. It works! I've seen it work. I've taught it to others and what have you got to lose. Do you think I'm crazy? TEST ME. See how crazy I am. But stick with it until it starts to take effect. People will notice it in you before you will.

Ho.

Red Elk

## LOSING WEIGHT

Friends, this program is on losing weight the Inner Heyoka' way. I was taught this by one of my many Inner Heyoka' teachers and tested it. It works. I can honestly say I used a little bit of it on myself and I went from 293 pounds in a little over a year's time, to what I am now, about 179-182 pounds. My wife had gone to the doctor, my wife's a lovely lady but quite heavy, and they warned her that if she didn't lose weight immediately she would become diabetic. She already had high blood pressure. They wanted her back, if I remember, in about six days. She came home quite upset, tears in her eyes. She doesn't pay a lot of attention to what I tell her on how to do things. She has more white than any Indian blood in her but, nevertheless, she's kind of leery of some of her husband's knowledge. But I said, "Honey if you want to lose weight in a hurry I can tell you how to do it and we can do it in an Inner Heyoka' way." The doctor scared her enough so she decided, at least, she would listen. That night when we went to bed I explained to her what to do and she did it! She carried this out for three days, I believe, just a simple little exercise and she went back to the doctor. She hadn't made any changes in her eating habits. She hadn't made any changes in her physical exercising, which she did and does daily, long walks. She lost eight pounds in six days and the doctor was astounded. He asked her if she had fasted. She said, "No." He asked, "Did you exercise more?" She answered, "No." He asked how she did it. "I just did what I always do." At the time she was not admitting to *anyone* that her husband was a medicine man! So he never found out what it was all about. But he was not only amazed he was very pleased.

### HOW TO:

The exercise is very very simple and it's possible, *probably*, to *gain* weight on this exercise as well. What you need to do is lie down and relax. You don't want to be so tired that you go to sleep but it's best at night right at your bedtime. It can all be done in your head, you don't disturb anyone around you at all. Let your body just kind of slink down into the mattress. Try to get all of the tension out of you buttocks, out of your legs, everywhere, out of your back, even out of the back of your neck. *Just relax* like you are very warm butter out on the hood of the car, just slowly melting away, bubbling out from above down to below. When you are feeling pretty good about being comfortable, then I want you to, with your eyes shut, envision (*envisioning starts with imagination* so we should say), start imagining that your 'Self' is getting out of your body. I'm not talking about any OBE (out of body experience). 'You' are lifting out of your body, at least a shadow of you. It doesn't have to be anything very specific in color and all that, but just coming up out of your body. As you start *imagining* this, then start getting into the IMAGING of this, the stronger part of imagination. This is the area where it makes imagination become real. IMAGING IS A REALITY MAKER. Always with your eyes shut, command your body to help you lose weight (or like I said, possibly, even gain weight, as you desire). Watch your body, you'll see it in your mind's eye. Keep your eyes shut and it will get up, sit up, pull its legs out of your legs, and put its feet down on the floor while sitting there and it will stand up. It might come out of your feet, it might come out of your head or your mid-section. You'll know it's there. You are making your own little shadow person, but it's your size, it's you, or you think it is. In reality it's your

Nagual. Now, you've asked this help to lose weight (or possibly, gain weight) and this Being, this shadow person (there's nothing spooky about this shadow person), is you. It's your Nagual. It's actually an angel inside you coming out of you to do the work you've requested. It will start doing things like maybe it's standing next to you as you are lying there. It might take its hands and dip down into your belly so you can't see its hands. They've literally disappeared inside your skin. Whenever this Being does something physically that you can do without discomfort, you do the same. If it puts its hands inside your belly, you take your physical hands, keeping your eyes shut at all times, and place your hands on top of its hands and press down. Your hands won't go in, its will, but yours won't. What you are doing is *solidifying the vision* that you are seeing. When it pulls its hands out and throws something (you might not even see what it is), you do the same. You lift your hands and throw it. If it throws it over its back, you throw it over your back. If it throws it to the left, you throw it to the left, to the right, to the right. If it sets it down beside the bed you set it down beside the bed. You *literally* follow your Nagual's movements as much as you possibly and comfortably can. You want to stay relaxed and you want to be seeing. What this Being is doing is taking out that which you don't need.

In the case of those who want to gain weight, reverse the process. Ask it to put in what you need. Or do whatever *it* deems is necessary for you to gain weight. Again, I don't know if this will work but I don't see why not. Again, do exactly what it has done. If it pulls a green convertible out of mid-air then you too make a green convertible and pull it out of the air. If it rams it front end first into your belly you too do the same thing physically. Again, you are solidifying what you are seeing the Spirit doing. You do this until it is all done. The Nagual will know when it is done. It's finished for that night. It quits and you quit and it just comes back into you or disappears. Actually it goes back into you that way. Do this three nights in a row, four nights in a row. If you can do it a little bit longer, fine. But don't make this a rote habit. Make this a 'called on' need. In just a few short days you are going to be seeing a remarkable difference in your weight structure.

I'm not telling you to go on a diet or eat less cake and candy. I'm not. Meachelle, my wife, just ate as normally as she always does. She didn't hold back a morsel of any food that she wanted to eat. It was not a matter of backing off and going on a semi-diet, fast, or what not. No, she made no changes at all except what she did that night and for two or three nights there after. And the results, like I said, eight pounds in six days without her lifting a finger, except 'mind work'. We call this "*working the Dream*". All this stuff in medicine, we refer to as "*working the Dream*". It will work. I've seen it work too many times. I've seen it not work, no times. Again, on gaining, I've never even considered it. I've always been trying to lose. But I suppose it will work, just do it in this way and break off, give your Nagual, and your own tonal, human brain - mind a rest. Don't do this every night. It becomes rote, it becomes in a sense *tradition* and tradition is nothing but a bunch of bells and whistles. It is not needed and you don't want to be caught in this. All it does is makes it take more and longer time for you to end up with the same results. Give it a rest after four days, give it a two-day rest or a five day rest, I wouldn't go beyond five days if you still need to lose weight. Then go back after the fifth day and do it again. Until in time, and I do speak from personal experience, you are just not all that hungry and you are getting all the food you want, but that is way out there in time. Anyway, friends, you want to break it up, do it as I advised. Give it a try, it isn't going to cost you an arm and a leg to find out how it works.

It is a very satisfying way to lose weight. To those who want to try to gain weight let's see how it works. I'd sure like to hear about it myself!

*Try these things. Test me, and then teach them after YOU FIND OUT I speak true.*

Ho.

Red Elk