**ALKALIZING & Spirituality**

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Most Americans know as much about the effect their Spirituality has on their health as they do about the science of Alkalizing.  And not only are they closely related, but Spirituality and **state of mind** is one of the biggest influences on **personal health and energy**.     
  
We can begin to trace back human knowledge of the importance of the integrity of our blood to very early periods.  Around 1400 BC in fact, we read from the Old Testament  “For the life of the flesh is in the blood”(Lev 17:11) or “The life of all flesh is the blood”(Lev 17:14) and from Proverbs “It shall be health to thy navel, and marrow to thy bones”(Prov 3:8) Whether you take the bible to be fact, fiction or simply a historical document, it is clear that in that day there was an understanding of the importance of blood in relation to the health and vitality of the body.  These prophets of their day had some notion that when the blood was healthy the rest of the body would continue to be so.  
   
Now although what food we take into our bodies ultimately affects our blood and therefore our life and longevity, it is not the only significant factor in our optimal overall health and alkalinity. **Not only are we what we eat and drink, but we are what we think.** Thoughts can keep us stuck in the past or future, distracting us from living in the present, in the “NOW”.  In order to get into balance our thoughts must add to our sense of wellbeing.     
  
All spiritual movements support basic principles that encourage positive thinking and emotions.  They promote Hope over Fear.

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| Living in the past or the future creates emotions that lead to the feelings of regret, worry, and anxiety that can make you more sick, tired, fat or diseased.  Your treatments will not be as effective when your thoughts occupy this negative space.In the book ***Power Vs. Force*,** Dr. David R. Hawkins rates the energy level of basic human emotions on a scale of 1 to 1000.   He states that **anything scoring 200 or lower is destructive to the life of the individual and of society**.  Anything **above 200 is the constructive expression of power**.  As you read consider what you feel in relationship to the emotions described and its numerical value.  **Emotional Energies**   |  |  | | --- | --- | | **Shame** | **20** | | **Guilt** | **30** | | **Apathy** | **50** | | **Grief** | **75** | | **Fear** | **100** | | **Desire** | **125** | | **Anger** | **150** | | **Pride** | **175** | | **Courage** | **200** | | **Neutrality(no judgment)** | **250** | | **Willingness** | **310** | | **Acceptance** | **350** | | **Reason** | **400** | | **Love** | **500** | | **Joy** | **540** | | **Peace** | **600** | | **Enlightenment** | **700-1000** |   **How much time do we typically spend on negative emotions?**  Your goal is to focus living your life among the **higher-ranking & more Alkaline** feelings on the scale.  This will bring true enlightenment and allow us to not only help ourselves and improve our alkalinity but help others around us.  Although we should fully experience our feelings nothing positive comes from lingering on negative ones.  In reality, health and pH balance is attainable by every single person. We each as individuals decide how we want to feel each day and our personal connection with the Spirit and our Creator, is always available free of charge. |
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