

# ***The Upgrade***

## **Section I. Mission Interrupt-us**

### **Chapter 1. Upgrade your Life**

“Healing” is such a loaded word. We think and are taught that we need to have an ominous condition with a Latin-sounding name in order to seek out a healing or try to make meaningful changes in our lives.

The truth is that there is so much more to the concept than just elimination of disease. Our journey of becoming the next level of ourselves begins today with that realization. Deep down we all want to become more. So what would happen if someone suddenly gave us a broadband connection to fulfill the promise of that potential? I think we would all get very busy and very focused on the job of becoming more. If we could expand the concept of healing a bit, we can open ourselves to a life that includes accelerated

growth and better everyday health for not just us humans, but also for the animals, plants and planet itself.

Given all of the tremendous changes that are taking place on the Earth right now, you might be asking yourself some pretty big questions about what is going on or why we are going through all of this. You might also be surprised to discover that many of our ancient texts and legends, including to name just a few, the Bible, the Mayan calendar, Dogon and Aboriginal myths, all express similar themes that the Earth will be moving through a great shift on or around this time. No one truly knows exactly what will happen or why this is all happening, however it's said by some that our planet is a special testing environment or "laboratory for our souls." Perhaps we've come down here as spirits having human experiences that give us the chance to interact and learn about ourselves in micro and very macro levels. Maybe our living through and experiencing this shift is just part of our responsibility for the gift of being down here. None of us really know the answers to these questions.

Regardless of the "whys," we need and deserve better answers about how to live, heal and prosper now. Luckily, there are new resources arriving here on

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the planet in the form of entirely new bandwidths of energy, light and information. They are here to assist us at exactly this point of time, just when we need their support and help the most.

Just in time, a perfectly timed human upgrade phenomenon is currently sweeping the planet, one that crosses cultures, language barriers, belief systems and country borders. This shift has been researched and verified by serious scientists, and they have even documented how it's now evolving, to heal and expand the lives of its practitioners. People are becoming master healers *practically overnight* and then using their newfound skills to upgrade their own lives and the lives of those around them. The data of their real life experiences confirms that we can all do this work, regardless of our education or background. Simply put, this is something that is available to all of us, and we ALL can evolve when we come into immersive contact with it. This new gift catalyzes people to step forward into their life missions, wakes them up on grand levels and heals their bodies along the way. It's literally sparking and empowering "normal people" by creating a spontaneous generation of healers worldwide.

What's more is that the healing work tends to be just the start of the journey. As the "healers" share this work with others, their own lives evolve and get propelled forward with personal growth, better health and greater levels of happiness. No one receives or needs exactly the same thing from the work, but that is where it gets interesting. The Universe supports both the person being worked on *and the person doing the work*, helping them each to receive a uniquely tailored healing or experience in whatever form that is most appropriate. This book will share dramatic reports of physical healings and also let you see how this new work is helping thousands worldwide to connect to very powerful and expanded aspects of themselves. In fact, people just like you are now experiencing vastly expanded access to internal and external sources of wisdom, transformation and healing. That information is perceived and felt in the form of sensations, colors, images and of course, the healings themselves. Said another way, people seem to be upgrading themselves while at the same time becoming more "plugged-in" and more multi-dimensional. And what is best of all, you don't need to spend lifetimes training in an ashram, fast for forty days in the desert or live through the blood, sweat and tears of the "no pain-no gain" healing processes to receive this growth.

This work does deeper than just the elimination of symptoms of disease. In a session, the “healer” somehow gets invited into the healing equation and process as well. There ostensibly to help the other person, we somehow heal ourselves by offering the work to those around us. I know that now I stand nearly a full inch taller as somehow my back healed itself from its painful spinal injury – while I was in the middle of facilitating a healing session *for someone else*. My story is not unique, and scores of evidence will be shared in the later chapters of this book, all proving the miraculous phenomenon that is sweeping around the world.

It seems as if the Universe has indeed built in a bit of an incentive system for us to discover. The more you share it with others, the more you seem to heal, upgrade and accelerate your own lives. It seems as if we all can now elevate the classic Golden Rule to new multidimensional levels. It is something I’d like to coin as the *Quantum Golden Rule: Heal unto others so you can heal unto yourself*. Now *that* is intelligent design!

Along the way, there is of course personal growth. And as part of that, you’ll likely feel much more attuned to and aware of your own physical body, as you move forward on your unique evolutionary path. The obvious physical

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healings might happen quite quickly, often during the sessions themselves. However some of the most powerful shifts are seen in the trend lines of life path acceleration that occur after the session. You may in fact notice yourself literally becoming stronger, clearer and much happier people in the months and years that follow your initial reconnections with these frequencies of energy, light and information.

Of course, this isn't just one person's story. It is a well-researched and documented new reality that is being studied around the globe and presented at numerous research conferences and medical institutions. Perhaps what is most compelling about the scientific evidence is that it reports the vast majority of those working with the frequencies happily benefit from their own lives improving and accelerating significantly, within just a few months of coming into contact with it! The evidence is real, and it is compelling. However it's possibly best seen in the light it brings to a specific individual's life. To illustrate this, I offer Helen's story:

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### **Helen's Story**

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I first heard Eric on Shirley Maclaine.com on the Internet. Healing was a fascination to me although I'd never considered doing it myself. However as I listened to the show, I began to feel what he was talking about, which was very bizarre.

At that time I was a reflexologist, and immediately my clients said they could feel a different and very peculiar sensation. "It was like hot chocolate going up one leg and down the other." So I knew I was on to something straight away.

I had a huge feeling that I needed to attend a seminar, but at that time they were only in the US. Yet four months later I was browsing the website one night and noticed a seminar announcement for Paris. Even though I had long set plans made for that weekend, I knew inside that I just had to cancel those arrangements and go to France instead.

I remember being in the seminar and having all sorts of experiences. At one point whilst lying on a massage table I stopped breathing for a while. For the time of three or four breaths I didn't take them, I realized I just didn't need to breath.

Then there was a healing in my left wrist where I'd had surgery for bursitis. That had been removed, but it had left a weakness in my little finger and ring finger. They wouldn't straighten out, and they didn't have any strength. So I was very prone to dropping things. However, by the end of Saturday, the first day of the seminar, they were as new. Since then I've had all of the strength back and no longer drop things!

With The Reconnection, I recall lying on the bed with my eyes closed and there were certain sensations in my body. However for me it all really started the moment I walked out of the hotel. The first thing was that my antenna was knocked out. I have a great sense of direction, but one hour after leaving the hotel I found myself standing in front of it again. All I wanted to do was be by water, yet in the heart of Paris I just didn't seem able to find The Seine. I was extremely emotional as all sorts of thoughts and feelings, distant memories and old "hurts" started to flood my consciousness. I spent the next two days walking around crying and processing. I needed to sit on grass and wanted to be by water. It was a huge

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releasing, a letting go of all of the stuff that had been up to that point in my life, the baggage that I carried with me that I allowed to form my identity. This was a real release and a real moving forward. I spent a lot of time, walking and reading. Being in nature.

**My Upgrade:** I had some new type of body awareness of others. It wasn't that I had x-ray vision, but I could see in others what was "off" in their bodies and if there was a misalignment. I could 'see' where a problem lay.

**My Practice:** I really didn't know how to talk about the work at first, but it is amazing how the Universe puts opportunity in your way. A friend had a repetitive strain injury in her hand. I worked on it, and it got better. Then she told her friends about me. They came, had healings and the word started to spread just like that. The fact was that people were having healings - many different types, some physical, some emotional.

**Reported Healings:** There is a whole myriad of healings on many different levels. Corrected spinal alignment; Vision returned; Brain tumor disappeared; Nervous system disorders eliminated. Family relationships dramatically improved, and lifelong communication problems suddenly resolved. Spiritual healings occurred where clients made contact with past/lost lovers and family members who had passed over. This resulted in emotional healings in their current lives.

**My Journey:** It is a continuous journey. It's funny as I look back and so many of the seemingly random job experiences I had along the way now fall into place, as in one form or the other I use the skills from each. I'm continually learning and stepping forward. It is as if there is this huge awareness around me that enables me and nurtures me to continue and go on. It's a sense of "yeah this is right." I know that this is what I'm supposed to be doing. This is what has kept me going through my own stumbling blocks.

Public speaking, for me was sheer terror and fear. I remember years ago, when I was waiting to take an exam, I suddenly "took on" everyone's fears and nerves around me. I then promptly passed right out. I felt that I didn't have a voice, and if I spoke, it wouldn't be of any consequence. That what I had to say just wasn't good enough. However, I got through that and found



my voice. Now I find myself regularly presenting in front of hundreds of people, all over the world.

**Physically:** My left foot no longer turns inward, so now my hips and lower back are much better. I'm no longer in chronic physical pain. My gray hair has even started to turn back to its original color! I look younger than I used to as well.

**Emotionally:** I am happy! I am on a more even keel now. Bad things that used to matter, no longer have the same charge. I just don't give them that much energy now. I generally don't look back at the past, and if I do, there is an acceptance, without bitterness and regret. I am more accepting of people as well, I can see that it is fine to let them do and be who they are. We all have our paths to travel.

**Mentally:** My connection and intuition are more in synch. If I do things that feel right, everything will be fine. When I resist and go against that gut reaction, this is when things go awry. I feel far more connected and have more "knowingness". It's as if I have connections with people, and I communicate more telepathically. These sensibilities and sensitivities have definitely grown. I'm quite clairsentient at times now.

**After my Upgrade:** I started living. Yeah, I started, and I became me. I am stepping onto the path of who I am and finally finding what I was looking for all that time. I had been looking for 36 years, always discontent, always searching. Now I don't even think about it, because I have found who I am.

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We are just beginning. There's always more to become, no matter how grand and high a vibration we may have incarnated in this lifetime. If we still have physical bodies, we must have something else to learn.

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What's helpful to your process is that now you can gain access to a practical and powerfully easy tool to do some incredible things for your own life and health. Using this new gift also empowers you to connect more deeply with others and even to help improve the planet around you. Along the way, you'll also have the chance to reconnect and upgrade your abilities, your consciousness and your access to the next level universal laws of love, prosperity and abundance.

Let's face it. The changes that must be made on our planet will likely not be achieved by our following the same dogmatic institutions and organizations that got us into this mess in the first place. Especially since so many of them are still ridiculously commanding and cajoling us to follow them as they preach, "THIS WAY to GOD!"

Einstein is famous for saying that you cannot solve a problem with the same level of thinking that got you into the situation. For that very reason, I encourage you to go inside now and look for new wisdom, from your own inner senses of seeing, feeling and knowing. Ask if you're ready for an upgrade.

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If you are, then explore a bit further in your reflections.

Wonder what would happen if the Universe were suddenly to throw you a lifeline at this very moment.

Imagine if the Universe were intelligently giving you a chance to grasp that lifeline, fashion it into a ladder and use it to climb up to the next level of yourself.

Explore what we could all do if we were all suddenly being given access to spiritual broadband, through which all of these promised things were possible.

Better yet, think about how much fun it could be if all of this were EASY!

It is.

This is your teachable moment.

Your life is waiting.

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## **Section V: The Bigger Picture**

### **Chapter 23: Our Journey Continues**

Science doesn't know all the answers. It can only tell about things that can be measured, and to date, it still can't fully measure the totality of our Universe. The researchers still don't have all of the instruments, nor do they even have all of the theories. For that matter, they state openly that they still can't fully explain gravity, magnetism, how the body operates or heals itself, consciousness or pretty much anything on the planet. If you were to put 10 scientists in a room and give them any given topic, you would probably get 15 different opinions. And almost certainly, none of them would be completely accurate.

There are three types of physics. The old school of physics is based on separation and discrete particles. This is called Newtonian physics, and it is based on Sir Isaac Newton's theories. More to wit, we're distinct from each other until some forces act upon us. The forces have defined impacts. This type of physics tends to work in many areas of practical life and tends to govern the design of things like airplanes, trains, cars, shop tools,

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machinery, etc. It however doesn't have great predictive value if you are very, very small or very, very large. There are also many other cases in which the rules tend to wobble and ultimately fall apart.

The next school of thought in physics includes the theory of relativity, originally studied and suggested by Albert Einstein. He theorized that the laws of physics and the interactions of space and time between two objects are relative. He showed that if something moves very fast, for example, then the laws of space-time start to bend and warp a bit. Also, he theorized that energy and matter were interchangeable with his famous equation of  $E=mc^2$ . His work led ultimately to our understanding of nuclear physics and subatomic particles, including their current uses for power, weapons and medicine.

The current level of thinking in physics is where we start to play with concepts that recognize consciousness and its impact on the environment around us. In this school of thought, we're multidimensional beings, and we have access to information on more levels than our day-to-day thinking generally allows us to understand. In this realm, observation leads to discovery and creation. Miracles can and do happen. Cancers can

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spontaneously disappear. Sudden lucky circumstances do manifest, and extraordinary personal growth happens in an instant. This is the realm of the quantum, where science does not know or own all of the rules. And here, we get to explore, discover and refine the theories as we go.

We can sit and wait for the scientists' machinery and measuring devices to catch up to our experiences, but where is the fun in that? Let's go out there now and share, observe, heal others and heal our selves, seeing the miracles daily, waking up each day on a new energetic adventure. Don't get me wrong. Science is doing its level best to catch up, and it would be great if they could fully explain these shifts within our bodies and our consciousness. They can't. So why not see for yourself what the Universe has especially intended for you, in the form of a healing or a paradigm shift in your emotions and mental capabilities.

What I am inviting you to do is to step forward and lean in *just a bit*. Just allow yourself the possibility that there is more than what we once thought. Now, once you are considering the possibility, I invite you to step forward and feel this wondrous, new, powerful and intelligent connection with health and your place within the Universe. Later on you can always stand back and

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say that it isn't real. I in fact tried to do that myself. My personal belief is that you too might have a hard time denying the truth of this after you sneak even the smallest peek at your own infinite possibilities within it. You will *definitely* have a hard time closing your eyes to this after you suddenly gain the ability to "feel" another person, your pet and even a tree, without even touching them physically!

Maybe this entire discussion has been all hogwash or spiritual snake oil. If so, then you have the right, privilege and joy of seeing so for yourself. You can always pick up your luggage at the door later, after you return to the safety net of accepted, learned and imposed limits.

This makes you MORE of whatever you are, enhancing your essence on every level.

Want to play? Want to heal? Want to grow? Want to upgrade?

I dare you to see for yourself.