

Radical Amazement

Dear Friends and Colleagues,

"Do the minimum necessary for optimum health" is my motto. January - April, for Aerobic conditioning, 2 times a week, I run 2 miles around our park -- then take the rest of the year off!

A week ago, my inner voice said "TWICE". Huh? "TWICE". Huh? Twice what? "RUN". Huh, twice run? Already doing that. "PARK". Run twice around the park, are you crazy? -- never done that in my life.

Next morning attempted to beg off since Grand Master David had done a correction on my vertebral scoliosis and posterior latesis. "TODAY!" Okay, okay.

So I ran, and I ran -- TWICE around the park -- 4 miles. I was doing so well, added another 3 blocks and sprinted the last two! Not excessively winded or sucking wind, not perspiring heavily!! What is this?? Total Amazement.

How could I LEAP from 2 miles to 4.3 miles at one crack??

Friday, Saturday, Sunday last week I did hard outdoor work -- Friday night til 930 pm, and Sunday 7:30 am to 5:30 pm so my body let me know it had worked hard by desiring REST.

Next morning "THREE" What?! "THREE TIMES" "Can I rest today and give it my best tomorrow?? "TODAY!" Feeling like Forrest Gump, I ran, and I ran, and I ran.

On the second go around, I started negotiating, muscle testing myself -- If I do the third time, can that count as my second run for the week? "YES". And then I am through for 2005? "YES". Well, that is worth it! Coming into mile 6, "ADD 4 EXTRA BLOCKS" What?!?!

"ADD 4 BLOCKS TO 6.4 miles celebrating your 64th year." Right, good suggestion.

"AND...." And what? "PICK UP THE PACE SO YOU DO IT IN 64 MINUTES, CELEBRATING YOUR 64th YEAR." Right, good suggestion -- while I am at it, might as well add 5 blocks and do in 65 minutes to celebrate running into my 65th year in a couple weeks.

Sprinted the last three blocks! Not excessively winded or sucking wind, not perspiring heavily!! What is this?? RADICAL Amazement.

How could I LEAP in one week from 2 miles to 4.3miles to 6.5 miles -- with ease??

From 20 minutes of running to over ONE HOUR continuous running -- not a single walking step or tying a shoe lace.

Noticing the increasing ease weeks prior, I tested myself for % due to Amazon Herbs, 46%, and % due to Core Health and Reciprocal Benefit from energy work doing with individuals (54%).

However, this RADICAL LEAP blew away any physiologic paradigm limits that may have been lingering!

12 brain cancer lesions healing in less than 6 weeks; Crack/Heroin Addict quitting same day with no withdrawal; tracking down cause of hip pain treated by best energy doctors/chiros/muscle therapists for 2 1/2 years -- gone in one visit when we got to Core -- these all are dealing successfully with illnesses and ailments.

My experience is a **true Expansion of Health** -- leaping from running 2 miles to 4.3 miles; then leaping from 2 miles to running 6.5 miles (and could have continued) and more miracles. Now the possibility of working with Incarcerated Criminal Drug Addicts -- the Ultimate Test! RADICAL AMAZEMENT and AWE.

Without knowing what is happening, I LIKE THIS!

Our next research project is to do Expanding Core Health with Felony Criminals who are also Drug Addicts, and about to go back into society.

LIFE IS RADICALLY AMAZING, Ed Carlson