

# The Greening of... Your Body!

Denis Ouellette

**G**oing Green is the new cool. It seems like everyone is interested in finding ways to preserve our natural resources and take better care of our planet. Maybe it took impending crises and hitting everyone in the pocketbook to wake us up... and I believe it's never too late... but let's talk about how the cleanup needs to start at home—and within.

How is *your own* biological terrain doing? Toxic waste dump? Junk-food depository? How many of us could describe ourselves as: stressed-out, caffeine-fueled, fatigue-ridden, over-extended financially, emotionally and physically... backed-up with past injury, illness or trauma, or overly medicated, both over and under the counter (or barstool)? To paraphrase: “*Stop my body, I want to get off!*”

So let's do a *whoah* right here... Let's overview some facts and some history that will help you understand how your body works, how we got into this mess, and some strategies on how to get out.

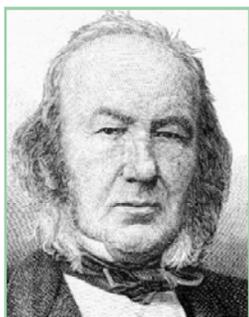
## TERRAIN or DISEASE MODELS?

### *Take Your Pick, Choose Wisely*

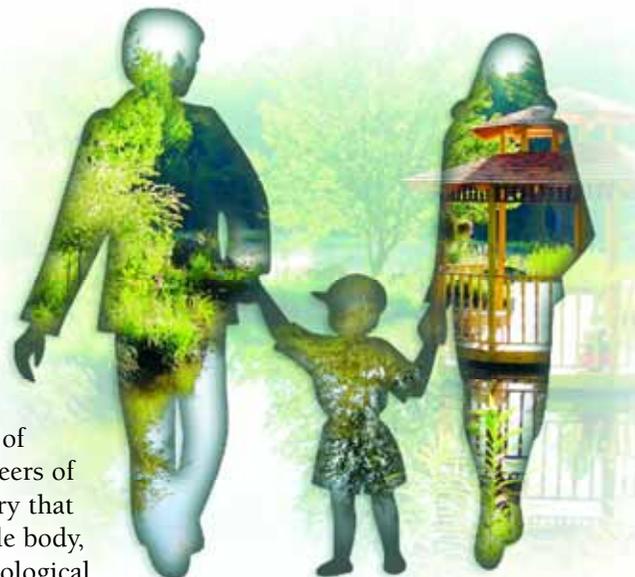
**F**irst, a history lesson to help us get back on track with the “terrain model” for immunity and wellness... In the words of research scientist, Christian Drapeau, MSc., “Today, there are more sophisticated medications than ever before, yet our health is declining at an alarming rate. One would assume that the current mainstream view of western medicine is the culmination of centuries of experimentation and knowledge, yielding the best possible understanding of health... Unfortunately, this is not [always] so.”<sup>1</sup>

To understand how we got off track, where health-care became a multi-billion-dollar industry for disease “treatment,” where “managing” a disease is spoken of more often than its cure, including the increasingly unpopular pharmaceutical model for symptom “manipulation” rather than addressing its cause, we go back to the 1880s with Pasteur and Bernard, and to pivotal events that helped set the course for modern medicine.

Drapeau continues, “Claude Bernard, a contemporary of Louis



Claude Bernard  
(1813–1878)



Pasteur, was one of the pioneers of the theory that the whole body, or the biological terrain, is the determining factor in health. He held that if the terrain is well maintained [*think green*] by proper nutrition and strong immunity, disease would not develop. On the other hand, Pasteur, among the first to provide evidence of the bacterial world around us, suggested that the root cause of all disease is the introduction of bacteria into the body, regardless of the terrain. His discovery of antibiotics, which virtually eliminated tuberculosis and other epidemics of infectious disease, cemented Pasteur's bacterial approach over Bernard's more realistic, but less popular, terrain approach.”<sup>1</sup>

Yes, antibiotics have saved many lives, but we all know how this course has run into problems with over-prescription and resistant strains. And in today's world, we know it's not simply bacteria's presence. There are viruses, fungi, pathogens, carcinogens and toxic chemicals lurking everywhere. By the way, I'm not paranoid, nor am I into conspiracy theories. And I'm not advocating tossing western medicine out with the bath water.

How could we? There is undoubtedly great value there... We all appreciate the miracles of modern medical technology, and we bemoan its shortcomings, especially with degenerative diseases... So stay with me on this one, because looking at your health from the wellness model (*greening your inner terrain*) puts the responsibility and the victory back into your hands.

My goal as a holistic-health practitioner has always been to *shake hands* with modern medicine—to bring both paradigms forward—and to combine the best of both worlds. But there's a groundswell happening today. The disease model of health is disengaging itself from mainstream acceptance (even among medical folks). The disease model is the mind-set where we only pay attention when there's pain or a diagnosis—and usually that's too late since the body's terrain has been off-kilter for years, or when the doctor prescribes a series of medications or surgeries with dangerous side effects and a host of complica-

tions. Many are ready now for this paradigm shift; others are not. Otto Warburg (see next section) was vilified by many scientists of his day for his oxygen-terrain discoveries. He often quoted Max Planck's famous maxim that scientists don't change their minds; rather they get old and die, to be replaced by younger men (women?) with newer ideas... But back to our story of Claude Bernard for one final point:

On his deathbed Pasteur recanted, writing the famous words: "It is not the germ that causes disease but the terrain in which the germ is found." However, since *The Germ* became so profitable, the medical world has [by and large] written off his final statements as the madness of a dying man.<sup>2</sup>

So, our bodies are, in essence, mini-ecosystems or biological terrains in which nutritional status and levels of toxicity and pH [acid/alkaline balance] play key roles.<sup>3</sup> How do we nurture a healthy body terrain? There are several keys and it's not that complicated. Just like a garden, it's about feeding, watering and weeding (and weather). Next, we'll discuss the basics of optimizing your breathing and its value for immune boosting through oxygenation and detoxification. Then we'll go over advances in water technology for improving hydration and body pH. Finally, we'll explore a key breakthrough in major body cleansing and **pathogen** removal. [PATHOGEN: *any agent capable of causing disease. Usually restricted to such living agents as viruses, rickettsia, bacteria, fungi, yeasts, protozoa, parasites, and certain insect larval stages.*<sup>4</sup>]

So health and disease prevention are your goals and responsibilities in life—not the doctor's. Another paradigm buster: your "terrain" is not just your physical body. It is the living, interconnected exchange between your body, mind, emotions and memories—governed overall hopefully by the upward trend of your spirit. It's ultimately about achieving your victories, great and small, and self-mastery. And that depends on you getting these areas of your life cleaned up and working in harmony. It's what we call holistic health.

## BREATHING & AVOIDING DISEASE—

### *Their Relationship Was Under Your Nose All Along!*

Let's continue with another history lesson, that of Otto Warburg, medical doctor and Nobel laureate for medicine in 1931, nominated again in 1944, one of the twentieth century's foremost cellular biologists and cancer researchers. He was the son of a leading German physicist, Emil Warburg, and grew up with lively discussions around their dinner table that included the likes of Albert Einstein, Max Planck (father of quantum physics) and other luminaries of their day.

He won the Nobel Prize for discovering the action of the enzyme responsible for *cellular respiration*—see where this is going?—and for showing that healthy cells only mutate and become cancerous within an anaerobic (oxygen-starved) bodily terrain, which also means under acidic pH conditions. *Eighty years ago*, he demonstrated the carcinogenic nature of food additives and tobacco. In his own words: "Cancer, above all other diseases, has countless secondary causes. But, even for cancer, there is only one prime cause. Summarized in a few words, the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar."<sup>5</sup>



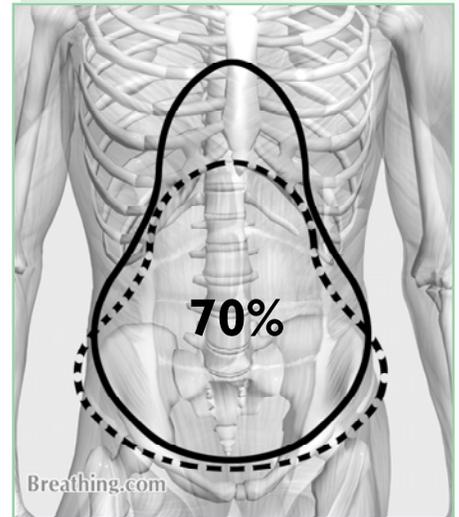
Otto H. Warburg  
(1883-1970)

What he was saying is that, when cells need to produce energy, they usually do so by *respirating*—breathing in oxygen and releasing carbon dioxide—at the cellular level. Another system, used only when

## Supporting a More Optimal Breathing Pattern:

### The Pear + the Cone = the Wave

*See sidebars on this and next pages.*

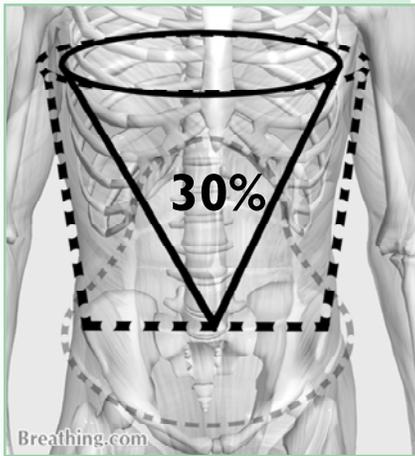


- — — — — Exhale (resting)
- - - - - Inhale (lungs full)

### The Pear

Imagine a pear hanging from your collarbones. Your diaphragm lies on top of the lower, round portion of the pear, and rises and falls with each breath. At the end of an exhale, the diaphragm rests up inside your ribs in its natural, dome shape. During an inhale, as your lungs fill, the top of the pear is pushed down and the diaphragm flattens. This causes the lower, round part of the pear (stomach, liver, intestines) to expand outward in 360 degrees.

The soft tissue of the abdomen will expand more than the sides (intercostal muscles) and more than your lower back and kidney areas, but you should still feel expansion in your sides and back—although you may not, due to low-back tension. This primary *pear movement* should account for about 70% of the volume of your in-breath, since most of your lung tissue is in the lower half of your torso. Indeed the lungs hang down about 20% more in the back like the tails on a tuxedo)...



- Exhale (resting)
- - - - - Inhale (lungs full)

## The Pear + the Cone

After the pear is filled, the breath will naturally rise up to open the ribs and expand the chest. This is the secondary movement of the inhale, which accounts for about 30% of its volume. Imagine a cone with the point anchored at your navel. The upper circle of the cone is approximately at your nipples. First the pear, then the cone enlarge in a wave-like movement upward. The ribs expand after the lungs need more space for a deeper breath. The circle of the cone opens wider as the ribs spread sideways—but not upward.

The cone is anchored at the navel. It will expand at the bottom, but not lose its foundation. If the ribs were lifted upward during an inhale by shrugging the shoulders or bulging the neck muscles, the circle at the top of the cone might even decrease in diameter, restricting your air volume intake. Tension would accumulate from doing shoulder shrugs and tensing the neck muscles about 18,000 times a day! This could lead to “high-chest dominant” or “reverse breathing,” where the abdomen GOES IN during an inhale. The ideal is to keep your shoulders and neck at rest and allow your ribs to widen sideways. There can be a gentle rippling movement in the shoulders and neck muscles as the inhale peaks.

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oxygen is in short supply, is to produce energy through *glycolysis*, the fermentation of sugar. But if they do that for too long, cells lose their respiratory function and mutate into cancer cells. They then forfeit all of their metabolic functions except one—that of reproduction. The cancer cell now becomes capable only of perpetuating (brewing) more of itself by fermenting the sugars in the body.

Warburg also wrote about oxygen’s relationship to the pH of cancer cells and the body’s terrain. He reported that cancer maintains a lower pH, as low as 6.0, due to lactic-acid production and elevated CO<sub>2</sub>.<sup>5</sup> Normal, slightly alkaline pH required for biological **homeostasis** is about 7.4—a huge difference. [HOMEOSTASIS (from the Greek, “to stand equally,” coined by Walter B. Cannon) *The property of a living organism that regulates its internal environment so as to maintain a stable, constant [and healthy] condition. Multiple, dynamic equilibrium adjustments and regulation mechanisms make homeostasis possible.*<sup>6</sup>]

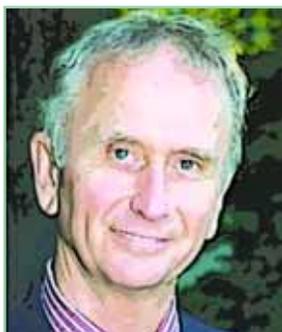
Consider again, if you will, the *holistic nature* of homeostasis in its balancing act between body, mind, emotions and memories, and its micro (cellular) and macro (universal) interactions and implications...

Warburg firmly believed that higher (more alkaline) pH meant higher concentrations of oxygen, and vice versa—and you can see how improving your breathing fits in. According to Warburg, cell mutation by oxygen starvation is the primary cause of cancer, but let’s take a look at some of its secondary causes and cofactors, as some of these may surprise you:

- |  |   |
|--|---|
| <ol style="list-style-type: none"> <li>1. High meat and fat consumption</li> <li>2. Coffee, tea and colas (acidic pH of about 2.5)</li> <li>3. Aflatoxins (fungal products, especially peanuts and soy sauce)</li> <li>4. Lack of Iodine, Vitamins A, C, E</li> <li>5. Amines (such as nitrosamines) in unrefrigerated foods, processed meat, and cheese</li> <li>6. High intake of certain vitamins</li> <li>7. Habit of overeating (in 35% of all cancers)</li> <li>8. Some species of mushrooms</li> <li>9. Diet high in refined, processed foods and refined sugar</li> <li>10. Diabetes</li> <li>11. Obesity</li> <li>12. Long “transit time” thru colon (constipation)</li> <li>13. Estrogens</li> <li>14. Hair dyes (and other body-care chemicals)</li> <li>15. Asbestos fibers (and other contaminants)</li> <li>16. Drugs: certain antibiotics (Tetracycline, probably penicillin), aspirin, diuretics, immunosuppressants, Azolid, Butazolidin, Presamine,</li> </ol> | <ul style="list-style-type: none"> <li>Tofranil, SK-Pramine, Tapazole, Methotrexate, anti-histamines, amphetamines, Atromid-S, etc. (Note: associations, not causative of cancer)</li> <li>17. Tobacco and alcohol</li> <li>18. Excessive exposure to toxic chemicals, industrial fumes, hydrocarbons, cleaning solvents, vinyl chloride</li> <li>19. Stress (continual stimulation of “fight or flight” autonomic response, release of adrenaline, cortisol, etc.)</li> <li>20. Exposure to cold, heat, and radiation</li> <li>21. Drinking tap water in most large cities (chlorination, fluoridation)</li> <li>22. Prolonged contact with sick pets</li> <li>23. Chronic irritation, inflammation, or infection</li> <li>24. All viral illnesses (flu, colds, diarrhea, etc.)</li> <li>25. Early or promiscuous sexual activities (STDs)</li> <li>26. Kidney transplant</li> <li>27. History of previous cancers</li> <li>28. Nonspecific factors: age, race, sex, occupation, family history</li> </ul> |
|--|---|

You’ll find this list posted on Breathing.com<sup>7</sup>, the largest web site dedicated to breathing on the planet, created by Michael Grant White, with whom I have trained, and who collaborated with me in developing Integral Breathwork™. (Visit [www.IntegralBreathwork.com](http://www.IntegralBreathwork.com) for schedule of four local seminars this fall.) He has taken 55,000 people through his highly detailed Optimal Breathing® test online. One stunning statistic from the compilation of his data—though not surprising given the facts just presented—is that, among those who scored well on the many breathing assessments and indicators, there has been NO indication of the presence of cancer.

In Mike White’s words to me: “Regarding the number-count score on the Optimal Breathing test, we have to be clear that we are not publishing the results of a so-called double-blind clinical study, rather a very strong statistical correlation of

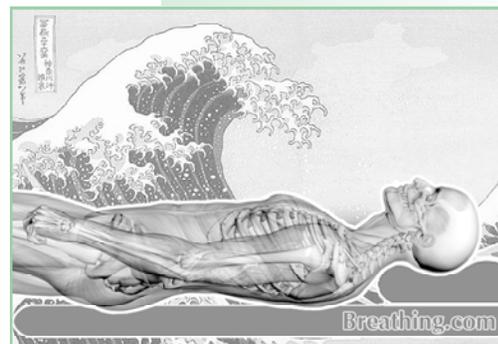


Michael Grant White  
Optimal Breathing® Institute  
& Breathing.com

about 55,000 test-takers. Simply stated, when their score is above 150, cancer is not reported. Below 150 and it is. Cancer rates vary from country to country and our stats are including all reporting countries lumped together, but the ratio is 80% or more from the U.S.”

We’ve spoken here of cancer, but indeed, a low-oxygen, low-pH bio-terrain creates festering grounds for most, if not all, disease and overwhelms the immune system. Also, shallow or dysfunctional breathing itself can cause or contribute to a host of maladies. See the box at left for a list, and again, some of these are obvious (asthma), but others not so much...

## The Pear + the Cone = the Wave



### CONDITIONS ASSOCIATED WITH DYSFUNCTIONAL BREATHING

anxiety or panic attacks  
allergies  
arthritis  
asthma  
back pain  
bronchitis  
cancer  
candida, Epstein-Barr  
chronic fatigue  
chronic pain  
poor concentration/memory  
constipation or diarrhea  
depression  
digestion problems  
drug addiction

eating disorders  
emphysema  
headaches or migraines  
high blood pressure  
hyperventilation  
infertility and impotence  
immune deficiency  
irregular heartbeat  
irritability  
nightmares or night sweats  
pneumonia  
sleep apnea/sleep problems  
snoring  
thyroid problems  
weight issues

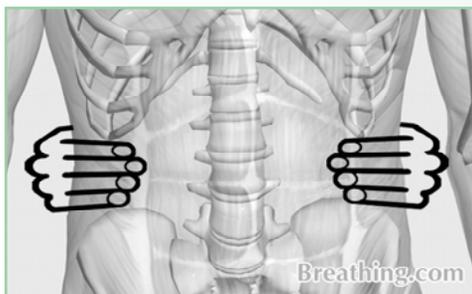
Accompanying this article you’ve seen descriptions, diagrams and a diaphragm-strengthening exercise that I’ve published in my book.<sup>8</sup> These show what an optimal breathing pattern should look and feel like: fuller, slower, more diaphragmatic, and with the inhalation engaging the full torso in an upward wave-like motion.

### = the Wave

The merging of the pear and cone as one continuous movement creates a marvelous wave that first fills the belly, then rises into the thorax. You can harmonize the breath wave with the spine. The gentle undulation of the spine will encourage the flow of spinal fluid, lubricating your spinal discs. Since the majority of your activity and attention should be in your lower torso, you will be stimulating the vagus nerve and the parasympathetic (calming) side of your autonomic nervous system. Like an ocean wave, when your inhale comes to its peak, it will spill its momentum on the shore, with your free and relaxed exhale. You may feel inclined to pause before your next inhale, because you will be oxygenated and refreshed.

Especially since most people are breathing at only 20% of their full capacity, we can all improve our bio-terrain and prevent disease through better breathing.

Also, carbon-based metabolic waste (from normal cell die-off and the eating of fresh fruits and vegetables) is released through exhaling carbon dioxide, while fiber is needed to push solid wastes from animal protein through the GI tract. Practice deep breathing often and you’ll be well on your way to improving your oxygen intake (the #1 antioxidant), balancing your body’s pH, and increasing your respiratory detoxification.



### The Squeeze & Breathe Exercise

To strengthen the diaphragm from within, perform the breath wave while placing a little extra pressure with your hands in the soft tissue between your hips and your ribs. Place your four fingers in the front and your thumbs in the back over your kidneys. Do this while standing with your feet shoulder-width apart, knees slightly bent, chin raised slightly above the horizon level. Breathe out all the way while squeezing in. Now hold these “vises” tightly while you inhale. As your “lower pear” expands, you are exercising your diaphragm muscle. Your fingers and thumbs will be slowly forced open. Do this six to ten times, with a 4-count inhale and a 6-to-8-count exhale. Take a regular breath in

between each squeeze to give yourself a rest, to feel the flush of blood to this area, and to note any other changes.

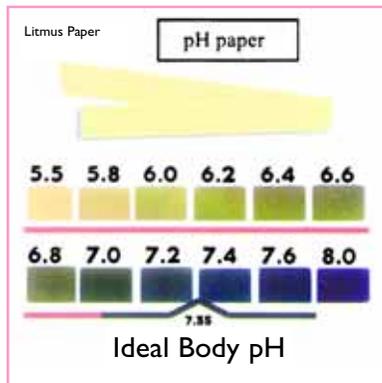
Any dizziness suggests a low tolerance for energy. If dizzy, wait 30–60 seconds before doing more in order to give your body a chance to absorb the excess energy. When practiced regularly over time, this exercise can improve your diaphragmatic action and increase your lung volume. More advanced breathing techniques are available at Breathing.com.

## The Pear / Cone Breathing Ratio

No breathing pattern is static, but experience has shown that a good pattern should have a strong tendency toward this 70/30 ratio, due to the sufficient support needed by one's internal core—also known as the *dan tien*, the *hara*, or the internal foundation—which includes the diaphragm. This ratio promotes “rest, digest & heal.”

The 70/30 ratio may change dramatically—even to its opposite of 30/70—when the system encounters extreme degrees of stress or distress, “fight or flight.” By consciously directing your breath, you can gently and consciously bring your breathing back to the 70/30 balance to better manage and recover from distress.

In the #176 *Breathing Development Fundamentals* program [Breathing.com], this area is called “the bottom of the pear.” We also liken it to the “basement” of an office building, with the “building” being the lungs, and the “elevator” being the diaphragm and wave-like movement that rises and descends with the breath. ■



## Understanding Body pH

After air, there's nothing more important for the body than water. Most drinking water, even the expensive bottled stuff, which is often sourced from filtered, municipal tap water, and sports drinks are acidic. But besides water, disease pathogens and toxins, what factors contribute to an unhealthy, acidic bio-terrain? (You can go back and review cancer's secondary causes and have a good idea.) But in fact, surgical operations are first on the acid-producing list both because of the drugs used and the invasive shock induced. Second for high acid would be pharmaceutical and other drugs and chemicals. So if you have had surgery, chemotherapy, or are using drugs, you have extra work to do to regain a healthy, slightly alkaline bio-terrain to promote healing.

Next and still high on the acidity list come alcohol, tobacco, coffee, tea, and soft drinks. Then fried foods and table salt. Then processed and refined (white) flour or sugar, and meats (cold cuts, hot dogs). Red meat is on this list (cooked rare being less so than well-done) so always have a great salad with your steak—and skip the french fries! Your body, mainly through its reserves of potassium and magnesium, can buffer a large amount of acid foods, toxins and waste, but only for so long, unless you are cleansing and replenishing your alkaline reserves.

Alkaline-producing foods include (you guessed it) raw fruits and vegetables. The best alkalizing foods are the green ones—those high in chlorophyll, which is one atom away from hemoglobin (red blood cells) and oxygen-bearing. I recommend E3Live™ to everyone, a liquid blue-green algae, harvested and delivered fresh-frozen from Lake Klamath, Oregon (Visit [www.NaturalLifeNews.com](http://www.NaturalLifeNews.com) for more info.). I use it in conjunction with breathwork to “prime the oxygen pump.” This amazing green superfood has about four times the chlorophyll of fresh wheatgrass juice (and tastes better). It contains a host of vitamins, minerals, amino acids, enzymes and Omegas. There are many good green drinks to choose from to supplement your diet. Next on the list of alkalizing foods come beans, legumes and whole-cooked grains, then nuts and seeds (pumpkin seeds especially). A longer article for understanding body pH was published in this magazine and is available online.<sup>9</sup>

Are you wondering if you need to stay with *organic* fruits and vegetables? Well, that's the best way to avoid ingesting pesticides, herbicides, etc., but that can get expensive. And some foods are more susceptible to this contamination than others. For your info, see the box on the previous page for a compilation by Dr. Andrew Weil and others.<sup>10,11,12</sup> And you can soak your fruits and vegetables in the strong Kangen water (11.5 alkaline pH) or the MMS chlorine dioxide solution.

So *green up* your body and nurture your bio-terrain with these simple, powerful tools. First, try correcting, optimizing, and employing your **breathing** abundantly as an everyday health enhancer. In addition, you can learn about and start drinking alkalized, microclustered, **ionized water** for body pH homeostasis and a deeper penetration of healing. (Visit [www.mynewwater.com](http://www.mynewwater.com) for more info on the Kangen water technology, the best of its kind available.) Finally, you can start using Jim Humble's Miracle

OK NOT ORGANIC	SHOULD BUY ORGANIC
Asparagus	Apples
Avocados	Celery
Bananas	Cherries
Broccoli	Cucumbers
Cabbage	Grapes
Corn	(Including All Juices)
Kiwi	Lettuce
Mangos	Peaches
Onions	Potatoes
Pineapples	Strawberries
Peas	Raisins
(Seafood)	Raspberries
(Shampoo & Personal Care)	Spinach
	(Dairy & Beef)

Mineral Supplement (MMS), the very safe and effective **chlorine dioxide** oxidizing agent (ClO<sub>2</sub>), when dealing with more serious pathogens and for a stronger internal detoxification. (Visit [www.mira-clemineral.org](http://www.mira-clemineral.org)) for more info, and to get on this internal cleansing program. You'll notice our friend, oxygen, the great alkali-zer, factors in at the core of these three approaches. Of course, hang in there with a healthy diet, *green* supplementation, and some form of exercise. (Anyone can walk or use a rebounder!) Remember to forgive the past and to uplift those thoughts and feelings too. Then watch the miracle of your body's innate ability to heal itself unfold! ■

**Denis Ouellette, BA, BS, MT, OBDS**, has been practicing breathwork, bodywork and holistic health since 1978. He is the editor and publisher of this magazine, and the author of "Heal Yourself with Breath, Light, Sound and Water." Denis has facilitated thousands of private and group breathwork sessions, and is a core faculty member at the Optimal Breathing® Institute. He conducts his ongoing Integral Breathwork™ Seminars and trainings locally and internationally. This experiential workshop presents a "new world paradigm" for integrating correct breathing physiology with transformational breathwork. Several workshops will be offered locally this fall. Visit his web site [www.IntegralBreathwork.com](http://www.IntegralBreathwork.com) for articles and testimonials, to obtain a copy of his book, or to download the first five chapters for free. Denis works in private practice in Emigrant, Montana. Call him at 406-333-4103, or e-mail [denis@wispwest.net](mailto:denis@wispwest.net).

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Article excerpted from the September-October 2008 issue of Natural Life News & Directory.

*The last word...*

## HOLISM vs. SPECIALIZATION

**T**o call someone a specialist is to recognize his or her great skills, and it cannot be denied that specialization has been the cause of fantastic progress. In order to further their knowledge in their own field, specialists have to limit their scope of investigation. This is fine, but it is important, then, for them to see the relationship between their limited subject of study and the whole of creation.

**What is it that specialists do, anyway? They detach a small piece of bark from the cosmic tree—the Tree of Life—and when they have thoroughly weighed and dissected it, they write books about it, bring together hundreds of their colleagues and students, and give a lecture in which they present their conclusions. And that is what they call “science.”**

**But once this piece has been cut off, it is, in a sense, dead! Since it has been removed from universal life, it's dead—not physically perhaps—but dead from the point of view of its relationship to cosmic life. How then can they speak of the Science of Life?**

Omraam Mikhaël Aïvanhov  
Daily Meditation for 08-16-08. Visit [www.prosveta.com](http://www.prosveta.com).