

Spiritual Energy of Food

Jon W. Hester

It has been a very interesting paradigm shift from allopathic medicine to alternative/natural medicine in many ways. If you start studying natural cures, several things are evident after just a couple of books. All natural solutions to disease all lead in one direction — vibration, vibration, vibration.

I first started with simple subjects like herbs, oils, energy treatments, chakras, and of course that led straight to spiritual and subtle energies. All treatments and disease solutions seemed all to lead to the same place. The concept of “higher vibrations” led directly to the “vibration of love.” Well, this opened a whole new can of worms. I just could not believe that with all my interest and experience in medicine and healing of broken bodies I now had to study LOVE. This was a change in everything that I knew and desired to learn. OK — I decided to poke around a little and see what was available on the subject. I soon learned that this subject was far greater and larger than what I had envisioned. I really did not know where to start. I ended up trying several ways of increasing vibrations to reach this highest of all vibrations and achieve the perfect health that this vibration promises. I have come to understand subtle energies and ways to access these energies to a certain point for a beginner, but there might be some information that is valuable for those searching for higher vibrations.

The purpose of this paper is to discuss one of the ways that we have stumbled upon that has worked very well in increasing the vibrational levels of individuals. My colleagues and I have undertaken this spiritual journey with a sense of direction, and have always kept the ultimate goal in mind: to bring about healing and enlightenment for others through increasing vibrational harmony with the universe.

I want to discuss some of the findings that have surfaced with regard to food. One afternoon while in an organic food store, the three of us (I, a medical intuitive, Dr. Ralph Hernandez, a very enlightened doctor with tremendous talents in identifying spiritual strengths of people and Gus De la Torre, the best energy healer I have ever met) decided to try and determine if we could sense the energy of food. I had recently begun eating a few organic items simply to let my body eliminate some of the chemicals that we have all read about that are in our foods and beverages. Well, I did feel better and continued to eat all the organic foods that we could find. How you interpret subtle energies depends on your appreciation for the remainder of my information. Personally, our group prefers dowsing as our measure for these energies. I know that many people are very skilled in kinesiology, intuition, muscle-testing techniques, cards, clairaudience, clairvoyance, and/or many other ways of determining what is right for them and their family. We, however, used dowsing as the basic technique for determining the following information. I have verified for myself all of the information listed using kinesiology testing, and would encourage you to use your own system of verification — please let us know your results. OK — back to the story.

Yes, we were able to sense the energy coming from the food and the organics did seem to have a much greater energy than the rest of the “regular” food. To self-test this, simply place your open hand over the food 6 inches or so above the item and as you move closer and farther from the food, sense the energy — you will feel it in the palm or maybe in the fingers. I used our Reike-like technique for the initial tests just as I described above. Once we had wandered around the organic store sensing energies, we decided to buy a few items and consume some of these higher-energy foods. Of course, we did sense a difference in our personal energy and felt better. At this point, Dr. Hernandez, who is our best dowser at the time, started asking some questions. As you can imagine, we learned things about food and energies that were very enlightening. We called this energy the “spiritual energy of food” for lack of a better term. This term does not completely describe the power of this food energy and the importance of this energy for the body, but I suspect this term will suffice until a better one surfaces. While on our trip, we were scheduled to attend a dowsing seminar at the Virginia Beach ARE Center given by Raymon Grace. The seminar unfortunately did not allow any personal time for me to discuss any of our findings with the respected speaker, but towards the end of the seminar, everyone was to “energize” their water bottle. This concept fit exactly what we were discovering with food, and now water. We might be onto something, we thought. The work with these concepts is the basis for the “spiritual energy of food” information.

The next question was, “Can we energize food, as we observed with water?” Through my dowsing tests, I believe that this is exactly what we do when we bless our food. The appreciation and thanks we express in the blessing of foods increases everything that is desired in the amount of “spiritual energy” and “nutritional energy” that our bodies require to function efficiently enough to keep up with our spiritual minds that move at high speed due to the work that is required of us.

It is not that I am lazy, but working with a case of water at a time seemed to be more efficient, and I do the same with foods. On the following page you will see a dowsing diagram that was designed to give you a simple understanding of the process and I would encourage you to try these techniques at your convenience. If you are not a dowser, I am convinced that a simple prayer will suffice. If you have any questions, I will be more than happy to coach you a little. My email is available if you desire.

The instructions are very simple and I hope to explain them in such a way. I use the term “properly energized” to cover both the spiritual and nutritional energy of foods. Expressed in math terms, PE (properly energized) = SE (spiritual energy) + NE (nutritional energy).

$$PE=SE+NE$$

I simply energize the food to a PE of 16 or higher. On the chart, you will see that “high energy” is 8 to 10. That’s it. After you increase the PE to 16 (as high as 20), go back and ask your dowsing instrument, your fingers, muscles, voice or whatever system you use to confirm that the PE is 16 or above. This will energize your food, beverages, or other items that you take for health to the magical level. In efforts to save time, here are a few

tips. I energize everything in the refrigerator at the same time. I will “increase PE to 16 or higher” for a case of water after I get it home. I also “PE” the food at restaurants after proper thanks. I know that many of you will find even better ways to “PE” your food, either separately or in bulk. I have had no indication that the PE resolves and it appears to remain permanent until consumed and digested.

I have expanded my search for foods with a spiritual energy of 100%. In my search, I have only identified two items that have 100% spiritual energy naturally. One is organic aloe vera and the other is organic pitaya, a fruit that Gus identified for us on a trip to Belize last year. I am continuing to search for the higher-energy foods throughout our travels as we attend spiritual and energetic healing conferences around the country and the world.

Please feel free to print out the following page and use for purposes that you see appropriate. I hope that this information is worthwhile for you and your family and brings increased health and increased vibrational levels to you as well. After all, that is the main goal as I have come to understand. It’s all about vibrational levels!

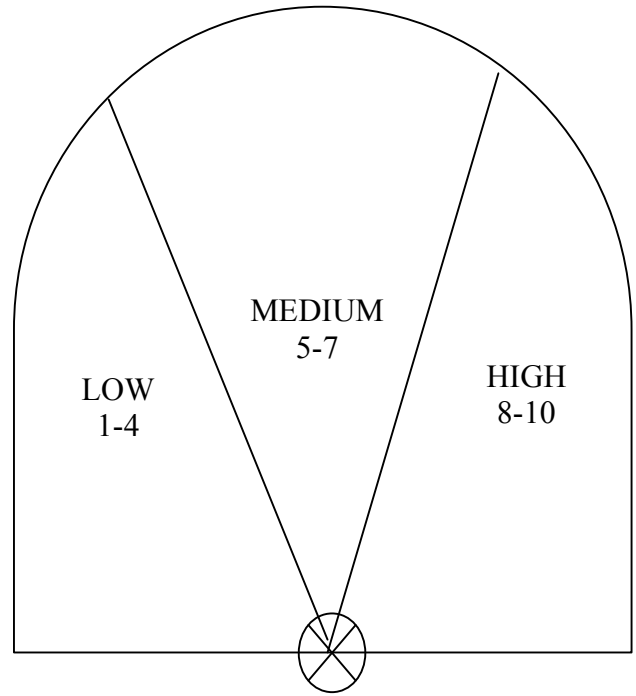
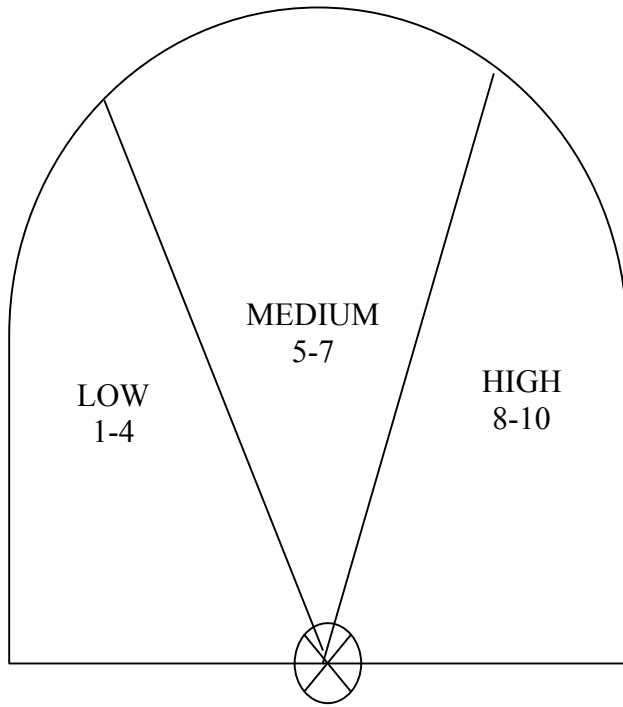
Suggested Uses to Increase PE

Food
Water/liquids
Vitamins
Minerals
While cooking
Snacks/Treats
Air
Tobacco (while trying to quit)
Alcohol
Soft drinks
Anything ingested into your temple!

“Spiritual Energy of Food”

SPIRITUAL ENERGY – FOOD OR
WATER
SE

CELLULAR NUTRITION ENERGY
NE



$$PE = SE + NE$$

PROPERLY ENERGIZED (PE) = 16 or higher is ideal

Main Question – **DOES THIS FOOD OR LIQUID HAVE A
PE OF 16?**

**IF NO, INCREASE THROUGH YOUR PREFERRED METHOD
OR PRAYER**