

Raymon Grace Newsletter
December 2008

Hello friends,

My first knowledge of Richard Sutphen was from reading his book, **"You Were Born to be Together"** many years ago. For some reason, he seemed to stick in my mind. Several years later, a friend gave me a tape of Richard's talk to the World Congress of Professional Hypnotist Convention in Las Vegas. The title of the talk was **"The Battle for Your Mind."** It was the best information on brainwashing I had ever heard. It explained why people do the things they do, even though it is not to their advantage.

I wore the tape out playing it so many times. Then later someone sent the information by email. This gave me the opportunity to pass it on to the folks who could understand it, because thinking people needed to know about it.

Richard gave permission to use his speech in my book, **"The Future is Yours—Do Something About It"**, it is the 22 page appendix in the back of the book.

In April of this year, I invited Richard to speak at the annual Coptic Conference in Johnson City, Tn. We had over 700 people in attendance. The folks liked him so well that he is coming back again in April of 2009.

Richard and I will be filming for a monthly video which will be available on the internet. I plan to have him as a guest on the video sometime this Summer. These video downloads are funded by the Raymon Grace Foundation.

Richard has several CDs to help people overcome specific problems and he teaches seminars all over the globe. To receive his free weekly newsletter sign up here <http://www.dicksutphen.com/html/webcol288.html>

Video on line is here, sign up now!

We have some good news. We have been thinking of how to reach more people economically, and this is it. Since we can't be everywhere in person, we will come visit you on your computer.

Starting in January 2009 we are offering a video download each month for about a month for \$15. You can read all the details and sign up now on my foundation website at www.raymongracefoundation.org.

For our friends in foreign countries, this is little more than the postage it cost to send a DVD or CD to you. You will have it for ----days to watch as many times as you want and share with your neighbors if you like.

We are funding this with our foundation and any profit goes to the foundation to support this work.

We intend to offer this for a year and see how well it works. If it works well, we will continue the project.

We have already filmed several hours of information and interviews with various people sharing their information. For example, we have 4 hours with Gisela Hoffman, Hanna Kroeger's daughter, of www.peacefulmeadowretreat.com

We have Bruce & Ellen who started the "Baltimore Project" which lowered the crime rate. In January, we will have a trip across America with beautiful scenery and a variety of stories and interviews along the way. There will be something different each month for the first year and then we will see what you want and work toward providing it.

The questions you write in will be considered and possibly used in future films. We want to make the information understandable and as useful as possible to you. So let us know what you think.

In this newsletter we are sharing some things below that show how dowsing and using the power of thought and the human mind can improve your life. I hope it will inspire you to do something for you and your family and friends.

Wishing you a lots of Prosperity & Fun!!!!
Raymon

**It's time again! Please Join us,
You DO make a difference.**

Global Call for Creative Thinking!
December 21 , 2008

We live in interesting times.

Since ENERGY FOLLOWS THOUGHT it seems a good idea that we think of what we want rather than worrying about what might happen. Worry causes stress and feeds the problem. Focusing on what we want helps to bring it into reality.

In 2002 we started asking people to take a few minutes focusing their thoughts to raise the energy of the earth and their surroundings. Many of you have noticed the shift in energy after doing this.

By many people doing this at the same time, it adds power to our thoughts. It is what I call "combining our mental resources."

At 8 pm local time [wherever you are] we ask that you would spend a few

minutes to visualize your world the way you would like it to be. Use your emotions and create a 'feeling' as if it already exist. **Use your 5 senses, make it REAL.**

You can use any method you choose for this pray, dance, sing, dowse, drum or whatever method you believe in.

There is no organization to join, no dues to pay, no leaders to follow. This is an effort to encourage people to independently create their own chosen reality.

My friend Faye writes a bit differently and here are her suggestions.

Where ever you are we ask you to join us and send energy of wholeness, purity, balance, and peace to the people, the Earth and her waters and air. The best way of sending out peace is to be in a place of peace in your heart, so do something that brings joy and peace to you and then simply think of these things with those feelings in your heart and you will send that energy out.

As you think about it, visualize the earth and those you love, being vibrant, pure, in peace and balance, doing the things they choose to do in joy, with respect for all other beings and things; the air clear, clean and refreshing; the water sparkling as it plays over the rocks, crystal clear and a wonderful environment for fish and plants and people to frolic in and have fun; with each and every person being their most authentic self, taking full responsibility for their own life and having respect for all others. See each being living life to the fullest, being fully aware and conscious, enjoying each moment of our existence here on the earth in harmony with nature and with each other.

These four dates tie in with the seasonal equinox and solstices. So remember, 8 pm, your local time, wherever you are in the world. Have fun! **Let your heart sing!**

There is no organizer or director for this effort.
The future is ours to create NOW! Have fun doing it.

I appreciate you!

Raymon Grace

Our Newsletter continues on [page 2 here](#). Read about projects by dowsers around the country and their successes and an interesting article on weight loss by Dr. Terry.

Letters from Dowsers Using Raymon's Techniques

Hi Raymon,

Thank you for the help and teaching you have conveyed upon me these many years. My business is good in a really rough market. I will get to stand up at our yearly Real Estate Meeting and get my picture taken with the top agents in the area. One has to have been involved in at least 2,000,000 in sales. I will

probably by the end of the year be around 3,000,000. I talked to an agent this week that has not had a closing in 4 months. Many are hurting and thinking about get out. The market is down over 20% all over the area. I had four closings in Oct. and will have 3 or 4 in Nov.

Hope things are going well. Let me know if there is anything I can do for you. Thanks again for your thoughts and actions for me and my family. Look forward to talking with you soon.

Peace be with you my friend,
Jerry

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Raymon: First, I want to say THANK YOU!!! After I read the letter from your friend, it got me thinking. I had taken Silva and all the different classes, before I took your class in 2006. Everything went well for a while, but nothing ever lasted.

After I took your class, everything seemed to change! Working and LEARNING from you, took me from a person who was always struggling financially, personally, emotionally, and professionally. I was always in a state of depression, fear or extreme anxiety, being unable to make rational decisions or afraid to make a decision.

I feel from the bottom of my core, that your teaching and help, has changed and SAVED my life!! I have moved from quiet desperation to being able to change my thinking. I still have ton's of work to do, but because of you, like last month, when I got almost panicky, about the Real Estate market, I started thinking everything is energy and I need to start with myself right Now!!! I would echo what your friend said. Last year I made more money than I have in my entire life! Uncle Sam seemed to take more than I had planned, but I have a nicer car, my house looks better. I made some decisions on debt that I should of made years ago, I got out of a vocation, that brought me nothing but stress, which I am so thankful now, that I did.

I could not of done all this without your help, guidance and wisdom! I am THANKFUL every day I have you as a Friend!! Thanks, Raymon. John

Muddy Waters!

Eight years ago my wife Carole and I purchase a modest doublewide trailer on 5 acres on the foothills of Mt.Lassen. The water on our place was bad, we had four filters at the well and the water smelled and tasted so bad that I had two more filters under the kitchen sink. In about every four months I would have to replace the filters because the water flow would stop because each filters would be coated with about a half inch of red muddy looking iron. I looked into all kinds of different systems to remove the iron from the water, all of them expensive and questionable.

Over the years I have dowsed for a few wells and septic tanks, water lines, and underground streams. The last few years I've been reading again about dowsing and almost all the many books I read were the same until I read " The Future is Yours" by Raymon Grace and "Powers that be" by Walt woods. I tried my hand at testing bottle water, tap water, and water from my well with my dowsing rods. They were from 6" to 9" energy from the Bottles. After reading about how Raymond changed the frequency of water and increased the energy of the water beyond my imagination, I got out my pendulum, said a little prayer, and asked it to scramble the frequency of the water and turn it into pure water. I also asked it to put intent into the water to stay pure and to change all waters that it comes into contact with to pure waters also.

Afterwards, I checked the field of energy in the bottles again and found it to be 24" from the bottles. A couple days later I checked again and the energy measured 18" from the bottles. Again I scrambled the frequency of the water and asked the spirit of the water to turn it into pure water. I again measured the energy field and it was 36" from the bottles. I went out to my well and took the cap off my well and poured the bottle of energized water into my well, after waiting about 15 minutes I went into the house and filled a empty bottle with water from the tap and measured the energy field to be 36 inches same as the water I poured down the well. For some unknown reason with a marking pen I wrote on the side of my holding tank Water, we need you, we respect you, we love you, we thank you. After 3 months I pulled the filters and found that they only had a light coating of red on them. I rinsed them off and put them back, that was over 9 months ago and they are still going strong. Our garden and flowers are the best they have ever been and my wife has grown flowers this year that were impossible before. I now drink out of the tap and the rust rings are gone from the porcelain. After this I asked my pendulum to help me direct others streams of water to my well for all the uses of water now and future needs even in a drought. After this I started getting small sand and gravel in my water.

This year we joined NORCAL dowsers association and our leading dowser is Carl Bracy. He told me to go back and ask the pendulum to attract only clean water to my well and since that time it has been clean. Thanks guys for all your insight and suggestions, it really works.BT

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“Nobody said I couldn’t.....so I just did it” Raymon Grace

We as a nation spend billions of dollars on getting rid of fat.....

**Weight loss is as close as your pendulum.....
by our Texas friend, Terry**

A Fast History of why we get fat!

Our bodies get the energy they need from food through metabolism, the chemical reactions in the body's cells that convert the fuel from food into the energy needed to do everything from moving to thinking to growing.

Metabolism Basics

Specific proteins in the body control the chemical reactions of metabolism, and each chemical reaction is coordinated with other body functions. In fact, thousands of metabolic reactions happen at the same time — all regulated by the body — to keep our cells healthy and working.

Metabolism is a constant process that begins when we're conceived and ends when we die. It is a vital process for all life forms — not just humans. If metabolism stops, a living thing dies.

Here's an example of how the process of metabolism works in humans — and it begins with plants: First, a green plant takes in energy from sunlight. The plant uses this energy and the molecule chlorophyll (which gives plants their green color) to build sugars from water and carbon dioxide in a process known as photosynthesis.

When people and animals eat the plants (or, if they're carnivores, when they eat animals that have eaten the plants), they take in this energy (in the form of sugar), along with other vital cell-building chemicals. The body's next step is to break the sugar down so that the energy released can be distributed to, and used as fuel by, the body's cells.

After food is eaten, molecules in the digestive system called enzymes break proteins down into amino acids, fats into fatty acids, and carbohydrates into simple sugars (e.g., glucose). In addition to sugar, both amino acids and fatty acids can be used as energy sources by the body when needed. These compounds are absorbed into the blood, which transports them to the cells. After they enter the cells, other enzymes act to speed up or regulate the chemical reactions involved with "metabolizing" these compounds. During these processes, the energy from these compounds can be released for use by the body or stored in body tissues, especially the liver, muscles, and body fat.

In this way, the process of metabolism is really a balancing act involving two kinds of activities that go on at the same time — the building up of body tissues and energy stores and the breaking down of body tissues and energy stores to generate more fuel for body functions.

Metabolism is a complicated chemical process, so it's not surprising that many

people think of it in its simplest sense: as something that influences how easily our bodies gain or lose weight. That's where calories come in. A calorie is a unit that measures how much energy a particular food provides to the body. A chocolate bar has more calories than an apple, so it provides the body with more energy — and sometimes that can be too much of a good thing. Just as a car stores gas in the gas tank until it is needed to fuel the engine, the body stores calories — primarily as fat. If you overfill a car's gas tank, it spills over onto the pavement. Likewise, if a person eats too many calories, they "spill over" in the form of excess body fat.

In a nutshell

The number of calories someone burns in a day is affected by how much that person exercises, the amount of fat and muscle in his or her body, and the person's basal metabolic rate (or BMR). BMR is a measure of the rate at which a person's body "burns" energy, in the form of calories, while at rest. The BMR can play a role in someone's tendency to gain weight. For example, a person with a low BMR (who therefore burns fewer calories while at rest or sleeping) will tend to gain more pounds of body fat over time, compared with a similar-sized person with an average BMR who eats the same amount of food and gets the same amount of exercise.

How do we dows our way out of excess weight?

The basics of dowsing reveal the secrets

1. Reduce the value of "US" to 1.....
2. All cells have energy and have surface tension frequency & we increase the energy demand of the cell.
3. Through dowsing program the speed of which the cells in your body require energy at the highest rate that is good for you.
4. Program your cellular structure to maintain that speed 24 hours a day 7 days a week.
5. Program your body to decrease your appetite.
6. Program your body that food that is not good for you to taste bad, and the good food to taste delicious.
7. Dows this everyday until you feel your energy surge.
8. When you feel this surge begin exercising for you know you have to.
PUT DOWN THE TV REMOTE-GET OFF THE COUCH.....GO!

Your body will rapidly respond to this program, for basically we crave good nutrition, and have been talked out of it by advertising gimmicks.

Dowsing energy levels of the body is not new and is no different than introducing the spirit of water into water. All we have done is ask to get permission to do this. Good health is beautiful and our bodies respond to dowsing to increase the speed of our metabolism. Morbid obesity in our culture causes many diseases, and decreases the normal lifespan. Disease makes our lives miserable for us, and the ones we love. We have the empowerment through dowsing to change our lives and those around us. **Just do it!**

Listen to Raymon.....
terry

If you would like to be added to Raymon's email list and receive news a few times each year, send your email address to
news@raymongraceprojects.com

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