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The Timetraveler Tidbits #3: The Chrysalis Teachings (Paperback)

By Norma Hickox

Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.This third issue of The TimeTraveler Tidbits concerns itself with our use of energy, our diet, how to musically tune our food and how music raises the IQ of children. Energy - All the teachings coming through in this time period, including the Chrysalis Teachings, have this one ultimate goal in mind - to teach humanity the correct use of energy in all its many manifestations. All life and creation is based on energy and the teachings must be on its use and misuse in all areas of creation and life forms on any and all planets. Those of the higher planets simply have more experience and learning and experimentation in the uses of energy - therefore their attempts to help educate humanity from that realm in this area. Food - The mineral content of food is more important than the caloric or fat content. All food should be high in vitamins A and D, more so than B or C and a high level of potassium. There are mineral supplements on the market that contain a well-balanced...



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