

The Clark Method

End ALL Chronic Illness
Quickly and Easily!

A middle-aged man with a shaved head and a goatee, wearing a dark jacket over a blue shirt, is sitting in a black office chair. He is holding a white square device in his right hand and a white power adapter in his left hand. In the background, there is a desk with a computer monitor displaying a blue sky and mountains, a black speaker, and a power outlet. The overall setting appears to be a home office.

Richard Clark

The Clark Method

Eliminate **ALL** Chronic Illness Using a Phone
Charging Pad!

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FB/YouTube: The Clark Method

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Please Note:

I am not a Doctor or Physician, Scientist or medically trained in any way.

I am not a therapist or trained in any therapies, complementary or alternative.

Nothing in this eBook is meant to be a replacement for proper medical diagnosis and care by your Doctor, Physician or Health Care Professional.

If you are on any medication please follow professional medical advice regarding your health.

If you have any concerns about your health please see your Doctor or Physician or Health Care Professional.

As a precaution please don't use this method if you're pregnant or have a pacemaker fitted or use it near any metal in your body.

This is not a medical treatment and you use it at your own risk, thank you.

[Introduction](#)

The Clark Method uses phone or cell charging pads to pass low voltage DC electrical energy into a person, which has a cleansing effect on the cells eliminating pain and long term chronic conditions allowing the human body to recover.

This makes it different from a TENS machine which uses low voltage, AC electrical energy, producing different results, a difference that makes all the difference.

The Clark Method uses phone or cell charging pads (Pads) on the lower and upper back for 4 to 5 sessions for between 1 to 2hours each session.

The Pads can also be used locally for pain relief and other conditions for 4 to 5 sessions between 1 to 2hours each session.

The Pads pass very low levels of DC electrical energy into a person when in standby mode, that is when not charging a phone, and the EMF when used this way is nil so this method is very safe.

The frequency is nil and without a phone on the Pad the transmitter coil that changes DC to AC isn't activated so the output remains DC.

Using electrical energy to restore health has been in development by me since 2005 using batteries and changing to charging Pads made the method much more effective producing outstanding results that give much relief from pain and suffering on all chronic, long term conditions it's been tried on.

Electrical energy is drawn into and regulated by the human body from the phone chargers switching off when enough electrical energy has been drawn until the next session.

Nothing or very little will be felt during the sessions and you will feel nothing afterwards, but please keep going and do the necessary sessions.

It's worth giving it a try, the cost will be low and I'm sure you'll receive a lot of benefit.

Also please post results in the comments as to how effective it is and to encourage others and they are enjoyable to read.

Case studies and some words from some of the people who have used the Pads are included further on.

From Early August 2024 the method has been posted to various FB groups so more people can benefit and it can be tried on many more conditions.

Thanks and best wishes,

Richard Clark

Bedford, UK

September 2024

The Clark Method

1 – Using 1 or 2 Pads on the Lower and Upper Back

Materials Needed:

1 or 2 Phone/Cell charging pad (Pads) with a lead and wall plug to connect to an electricity socket.

If you have 1 already, great, and as this isn't charging a phone it doesn't need to be fast charging and the lead can even be plugged into any USB socket to save the price of a charging plug and any make of charging Pad will do.

The method works faster if 2 Pads are used shown below with a wall plug with 2 USB sockets (UK version) and leads:



As the supplied leads can be short an extension lead may be needed.

How to Use the Pads:

Plug the charging Pad into a USB socket and move any clothing out of the way of your lower and upper back.

Lie on a bed, or reclining chair, face up and place the charging side of 1 Pad against your lower back just above the belt line under your clothes.

If you have a second Pad place it about 12inches or 300mm higher with the charging side to you back.

If 1 Pad is being used, after the lower back is done, place it on the upper back later if you have the time, or the next day.

Using 1 Pad twice is equal to 1 session.

Make sure no clothing is in the way.

Also make sure you're warm and comfortable as a session lasts between 1 and 2hours during which time your body will draw in the electrical energy it needs.

The principle here is nothing is forced on the body.

Placing the Pads on a person offers the electrical energy to the body and if the body wants that energy it will be drawn in.

When the body has drawn in all the electrical energy it wants for that session it will stop and that it until the next session.

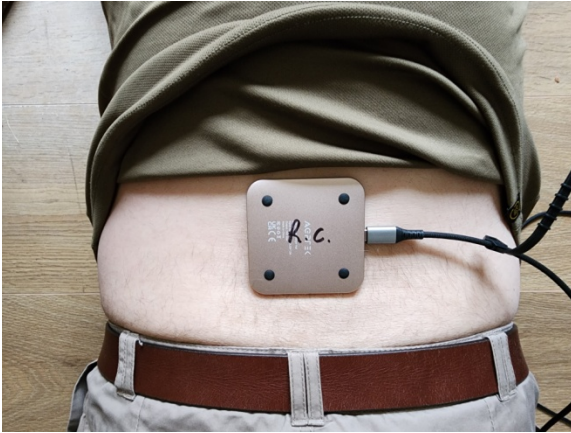
You probably will not feel anything while on the Pads or after, but please don't go beyond 2 hours.

Repeat using 2 Pads once a day or ever other day.

It's very unlikely, but if you find you're sensitive to the electrical energy space out the sessions to 1 every other day, or 3rd day.

Body pain caused by your condition will usually go around the first few sessions.

Position of Pad on lower back:



Position of Pad on upper back:



A person would be lying on the pad face up; the pictures are just to show the Pad position.

The first thing the very mild flow of electricity from the Pads does is clean out all the cells of the body of harmful, toxic energy in the first few sessions and as most pain comes from that harmful. Toxic energy the pain is cleared out as well.

Once cleaned out the cells of the body, especially the bone and bone marrow cells can start to function.

Electrical energy from the Pads then stimulates the bone cells to vibrate as they should and the bone marrow cells to produce a healing energy.

The immune system within days of first use of the Pads will quickly adapt and use the newly received healing energy released from cells to start the change and transformation of the human body condition back to health, strength, energy and wellbeing, spreading throughout the human body eliminating dead zones amongst other things.

As we get older dead zones start to appear, usually in the legs and the feet.

Dead zones are areas that the healing energy of the body no longer penetrates or covers, leading to the blocking of the immune system so the joints of the ankles, knees and hips wear causing the pain known as osteoarthritis.

The feet and toenails can become infected with fungal infections - with dry, hard skin cracking at the heels as they are no longer protected by the immune system.

This process can use up the newly received healing energy which is why extra sessions will probably be needed with chronic, long term conditions.

As so many factors are in play here such as age, body condition, male or female, size, mass and electrical energy level when starting a person will need to use their own judgement as to doing more sessions, but losing strength and energy and catching infections is a good sign more sessions are required for the maintenance of health.

2 – Local Pad Use

The Pads are usually used for pain, but they have been used on lumps, bruising, swelling, broken bones and so on.

Place 1 or 2 pads on or near the pain or other local problems for a few sessions, 1 a day, for between 1 to 2 hours.

This worked for Male 1 with his osteoarthritis who had a lot of relief from pain using Pads on his back, but still had pain in his knee so he placed a Pad either side of his knee for about 1 hour and was pain free for about 3 days.

2 Pads on knee joint:



If 1 Pad is being used do one side of the pain then the other.

When using the Pads they would need something like a bandage wrapped around them to keep them in place.

Female 1 with cancer placed 1 Pad on a lump which presumably was an enlarged lymph node for about 1 hour and thought it reduced in size and while on holiday after walking up hills her legs were tired and painful the Pads were used to reduce pain and gain strength.

Male 3 with gout after back sessions still had a swollen foot and painful toes and used 2 Pads on the foot for about 1 hour 2 or 3 times and reported improvement.

If you're in pain place the Pads on or near the pain first for a few sessions, then do the lower and upper back.

If you're not in any pain, just do the lower and upper back.

Some conditions and pain are stubborn, usually arising from damage to the body rather than pain from harmful, toxic energy - if so do more sessions.

3 – Case Studies

These are the results of the Pads being used by myself, and are not medical case studies, but give the progress and results with hospital assessments,

or professional medical opinion if possible.

All sessions are free, with neither side being paid for this, permission has been given to use the Pads and a trusted person is present who places the Pads on under my supervision and removes them at the end of the session.

Having another person present is a principle of mine.

Permission is always obtained when any medical information is included or anything else such as photos with all identifying information removed – an ethical principle.

My gratitude to everybody involved x

3.1 – Breast Cancer

Female 1 in 60's

Pads were used on the back and locally for pain

Started 16/5/24 with 1 Pad placed on lower back

Time: between 1 to 2hours per session

Female 1 felt nothing during the sessions without any adverse effects after

After 2nd or 3rd sessions Female 1 stopped taking pain medication saying she no longer needed them

Many sessions were done by Female 1 on her own using 2 Pads ongoing

The Pads was used 6 times on her lower back and many times locally

Permission has been given by Female 1 for the following extracts to be included from her hospital letters.

Hospital diagnosis received by Female 1 before the sessions with The Clark Method began:

July 2021: metastatic breast cancer with extensive bony metastases and bilateral adnexal masses. Histology from breast tumour grade 2 invasive ductal carcinoma, auxiliary lymph nodes also infiltrated by metastatic carcinoma

April 2024: CT scan reveals a mild progression of the disease

Hospital test results dated 15/7/24: Awaiting

Number of sessions: Many, ongoing

Result: Good progress.

Female 1 has much more energy and reduced pain - waiting for more scans

Comment from her partner Male 1:

Having several sessions with the Pads Female 1 showed improvement in pain relief in her legs and back and upper torso.

This included around a hour each week with the Pad on the lower back on the base of the spine.

This was increased to six pads over a period of time on various positions on the body but showed no significant increase in pain relief so it was then decided to go back to 1 or 2 Pads on the back - 1 on the base of the spine the second pad in-between the shoulder blades on the spine.

This resulted in a more direct impact to the subject with pain relief again around the body as a whole, which helps her mobility to carry on with fairly normal life style.

Female 1 continues to use the pads on her back 1 to 3 times a week depending on her activities during the course of the week.

[3.2 – Osteoarthritis](#)

Male 1 in 60's

2 Pads used on back and on pain

Started 16/5/24 with Pads placed on lower and upper back

Time: between 1 to 2hours per session

Male 1 felt nothing during the sessions without any adverse effects after

After 4th or 5th session Male 1 stopped taking pain medication saying he no longer needed them

Many sessions done by Male 1 on his own

He used 2 Pads on his knee for pain relief

Number of sessions: Many ongoing

Result: Good progress

Comment from Male 1:

Male 1 has shown that using the same method (as Female 1) with the Pads, has also had improvement in mobility, again around the knee area and shoulder blade which has had past trauma, this method has helped with the pain relief and improved the mobility of Male 1 over longer period of time.

Male 1 continues use this method even today help with pain relief, which also seems to go longer over time between sessions.

3.3 – Epilepsy.

Female 2 in 40's

Epilepsy (Nocturnal) – on medication to control it, but having trouble with seizures, sleeping and low energy

2 Pads were used on upper and lower back

Pads were also placed on the inside of the forearms and back of calves (a method used at the time)

Started 16/6/24

Time: between about 1 to 2hours each session

Female 2 felt nothing during the sessions without any adverse effects after

Many sessions were done by Female 2 on her own using 2 Pads

Number of sessions: many, ongoing.

Result: satisfactory.

Comment from Female 2:

I have a diagnosis of epilepsy and decided to try the healing method.

It was very easy to do and I do it whilst watching TV or listening to the radio.

I found the healing left me feeling calm and well and intend to continue as and when I feel the need. Thank you.

3.4 – Gout

Male 2 in 60's

Gout

Male 2 has some other conditions also

Takes medication for pain relief and other conditions

Method used: lower and upper back and on gout in feet

Started 20/6/24

Time taken: About 1 to 2hours

Male 2 felt nothing during the sessions without any adverse effects after

Number of sessions: About 6 plus what he did himself

Result: Gout went after a few weeks

3.5 Trauma

Nobody has come so far just for trauma and nobody receiving sessions for other conditions has mentioned it, but contaminated mental energy that events and shock have damaged giving rise to trauma is being released from people's heads.

It should be noted the human body uses electrical energy drawn in from Pads to release harmful energies, which are always dark, opaque or not transparent, which cause long term, chronic conditions including trauma.

Not being transparent means they are of the Earth and not natural to the body and shouldn't be there and contaminated mental energy is a light grey not really dark, but it is opaque.

Trauma seems high on the list of conditions the body urgently wants to get out as the damaged mental energy of trauma is often released during the first or second session with the Pads, being one of the first things to go.

The amount of people with trauma is surprising as they can show no obvious evidence of it in their behaviour and until it starts to move and come out isn't perceivable.

Trauma can come from many different bad experiences in life and it also seems to be a component of dementia in the sense the trauma prevents the brain from functioning correctly.

Other factors are in play with dementia such as an infection in the upper respiratory tract and a blockage in the back of the neck with a different blockage formed by congestion in the throat which seems very common.

After the small amount of damaged mental energy causing the trauma has been released that energy is replaced by the body, but without the damage, followed by a short period of time where the new mental energy

integrates with the vast amount of remaining mental energy, so the brain starts to function better.

Not being a Doctor/Physician or expert in mental health I keep well away from such areas, just using the Pads to deliver much needed electrical energy and the above are my observations.

If you have trauma/stress and have been checked out medically and wish to use the Pads then go ahead as it will probably help you as it's helped others.

3.5 – Broken Bones

Female 3 in 50's

Broken left leg, tibia and fibula, after falling

Also some bruising and shock

Discharged from hospital after surgery having screws and a metal rod put in

Not taking pain relief as not in pain

Method used: Pads placed on the lower and upper back, the forearms and calves with the calf Pad on the broken leg just slid under the leg support shown in the picture below:



The Pad position is a bit lower than usual, but it worked there ok and as a metal rod and screws were used on the bones where broken the Pad was kept away from them as a precaution.

If a person has a full leg cast then the pad would have to be just slid in the top or bottom of the cast if possible being very careful even though that might be nowhere near the break.

Or if this isn't possible place the Pad on any area of the leg not covered or even the hip to get the energy in.

Started 03/7/24

Time taken: About 1 hour 30 minutes for sessions sometimes going to 2hours

Female 3 felt nothing during the sessions without any adverse effects after

Up to 6 Pads were being used at this time, but the method has since been scaled back to 2 and no extra benefit seemed to be gained using more

Over the course of the early sessions a lot of emotional and mental trauma was released some of it going back decades

Number of sessions: 8 with some done by female 3

Female 3 slipped and damaged her knee about 8 weeks after her leg was broken

The knee was painful so she used the Pads for about 1hour and the pain went

Result: No problems, the broken leg had no pain even when first broken, just working now for a speedy recovery and taking the opportunity to clean out the cells to head off any future adverse conditions

As The Clark Therapy is used on more people more results will be included in future versions of this book.

Once The Clark method started to prove its value around early August 2024 in terms of pain relief and increased energy the next problem was how to get it into the public domain and spread it as far as possible.

An MS support centre near me was doing trials to see if some alternative therapies could help people with PD, but they wouldn't allow my method on the trial as it wasn't recognised, so I emailed a chronic pain research group at Dundee University to see if they wanted to research the method, but received no reply.

The next step then was to post the method on various FB support groups and about half of them accepted the method being posted.

This allowed the method to spread and be used on conditions I may never meet and if any results are posted they will be included in future updates of this eBook.

There were some interesting discussions with various individuals on FB some of whom were medical professionals and scientists able to evaluate the method better.

Experience was showing that the cause of a condition was usually contamination by high energy industrial pollutants in the bone marrow which The Clark Method cleared out after the first couple of sessions, followed by a period of regeneration of the body's energies which would then change the body from being ill to being well over a period of months.

Where a lot of change was needed, such as where there was severe damage to the body, this could take 6 to 12 months.

An unknown at this time was how much recovery was possible after brain damage (as with PD) or nerves (as with MS and MND).

The immune system would generate recovery energy to help heal the body, but it's unclear at this time how much recovery is possible.

[4 – Electrical Energy in Humans](#)

It's not necessary to read any of the following sections to use the Pads, but it may be of interest.

Wireless phone chargers use a very small amount of electricity even when idling or when they are not charging a phone or other device, so they can scan for a phone or device on the pad that needs charging and in this state they produce zero EMF and a TV and any device with a remote works in the same way.

The small amount of electricity used during standby is very small and it's this small amount of low voltage electricity that the human body uses to purge the cells of adverse, harmful energy from industrial pollution, which is usually the beginning of chronic, long term painful conditions.

Once purged the electrical energy from the Pads stimulates the bone and bone marrow cells into producing human type electrical energy to reset, regenerate and heal the body back to a beneficial energy condition, otherwise known as health and wellbeing.

Using electrical energy from outside the body in this way is something new.

Mains generated electrical energy has only been available for the last 100 years or so, so why would the body have systems and processes in place to use it?

It seems that in the human body electricity is generated in the front of the body and used immediately as it can't be stored, unlike electricity and as it's generated by chemicals electricity can be supplied continuously for the heart, nerves, some brain functions and other functions as needed.

This human form of electricity is different from electricity that comes from a wall socket which is a flow of electrons and can't be used by the human body whereas human electricity is a movement of charged atoms or ions and can be used by the body.

Human electrical energy is also used physically in life and living, activity, work, sport and is the driver of anything physical and males have a lot more of it than females.

Needed amounts of human electrical energy is supplied from within the bone marrow cells to fight infection and a surplus of this human type of electrical energy is stored in the back of the body forming an energy backdrop to a person's existence.

Human electrical energy is different from electrical energy found outside the human body as it can be adapted to various needs and functions so while it can be stored like DC energy it will not be referred to as DC energy in this book but as human stored electrical energy.

Unfortunately, industrial pollution and the energy of harmful chemicals gets into the bone marrow cells beginning a sequence of events leading to long term, chronic conditions while also blocking or reducing the production of human stored electrical energy, making a bad situation worse.

Without human electrical energy being stored, the energy backdrop to human existence becomes very small filling up quickly with adverse energy and the pain they produce which then overflows and is stored in the long bones of the legs, causing more severe chronic conditions.

At the same time the adverse energies overflow into the brain and systems of the body producing mental conditions and harmful emotions.

This is the reason why charging Pads, which supply DC electrical energy, are used on the back of the body to clear the body's energy backdrop, systems, functions and processes, as well as cells, of any adverse energy and pain they produce which is one of the few things mains generated DC energy can do in the human body.

When the systems, functions and processes of the human body are congested with adverse energy it tends to produce middle level harmful conditions such as asthma, migraine, rheumatoid arthritis, autoimmune conditions, autism, ADHD, anxiety, depression, phobias and so on.

When the deep storage areas of the bones fill up that can lead to cancer.

Another thing DC electrical energy can do is stimulate cells into producing human stored electrical energy, like a trickle charge.

The Pads have also been used locally in various places for pain relief, to restore energy and start the process of physical change that leads back to health which takes time, so although cells can be cleaned out fairly quickly bringing the beginning of harmful conditions to an end it takes time for the body to catch up.

Harmful energies are always dark/opaque and not transparent and are the beginning of long term, chronic conditions as well as harmful emotions such as fear and hatred, abnormal behaviour and damaging mental states.

Hatred is the energy of fear mixed with violence, which is energy no longer contained.

Harmful energies being released when the Pads are used is very common and happens early on when the Pads are used and is the reason their needs to be good ventilation during use and nobody should be in the room especially when cancer is being worked on.

Harmful energy should have been dealt with in the womb, but again, because the human stored electrical energy supplied by the mother is very low it doesn't happen, but clearing the cells later using Pads will correct this.

Stored electrical energy in a person is used to sustain them and during hard, stressful times as in the last 1000years where people faced pandemics, wars, starvation, painful death, bad hygiene, disaster, contaminated water and so on, much of the stored energy was used to support and sustain people leaving less to be passed down from mothers which is why very little human stored electrical energy is being passed on from mothers in more recent times.

Females are heavily dependent on human stored electrical energy as the female nature comes from it and this is the primary energy of females which is passive.

Males are heavily dependent on human generated electrical energy from food and it's the primary energy expressed by males which is active.

Both male and females need both human stored electrical energy and human food energy, but human food energy can be generated in the human body whereas stored human energy is mostly passed down through the placenta in the womb to get the growing baby started and for the child to develop bone and bone marrow cells to the point where it can produce its own human stored electrical energy.

After being born the child will produce, use and store human energy for the body to use and for females to pass down to children, but the production of human electrical energy from the cells has been blocked by industrial pollution, so the amount stored is reduced to about 10% to 20% of what should be passed on to children.

How low the level of human electrical energy is doesn't become apparent until the Pads are used and the body fills with stored energy and starts to recover.

Working backwards from using the Pads it was found the Pads delivering DC electrical energy with a reduced voltage and a very low electrical output when used in standby was exactly what the human body needed.

This is just right for the human body and with the Pads placed on the body in just the right place the energy absorbed will purge all the cells of the body and also, as it passes through the bone and bone marrow cells, it acts like a trickle charge stimulating those cells to produce human specific electrical energy which promotes the healing process.

Once human energy is produced the electrical energy has no further function, but more sessions will be needed ongoing to continue stimulating the repair process and to keep the storage area topped up so any overflow of pure stored energy out of the storage area goes to the brain raising and increasing its functionality.

To work the human electrical energy produced from the bone and bone marrow cells has to be specific or keyed to that individual which means it has to be produced by the cells of that individual and it will only work in that individual's body.

From there any surplus human electrical energy produced by the cells is stored, but that doesn't happen until the person is returned to health as that has priority.

It's a kind of test really, that only when we solve the physical problems of the body through an understanding and use of electrical energy does enough surplus electrical energy become available to power the brain, raise and improve its functionality and take us to the next level.

As said most people have a very low human stored electrical energy level - about 10% in the very ill and even people considered well have only about 25% of the stored electrical energy the human body needs to fully function.

When the human electrical energy falls below 25% the human body goes into low battery mode, like a phone, laptop or other battery device, maintaining only vital functions and shutting down many others and that's when we get ill, losing energy, strength and wellbeing and dead zones start to appear in the limbs.

Dead zones appear to be the result on the body storing harmful industrial chemical energy in the long bones of the legs which deaden the vibration the bones and bone marrow produce and it's this vibration that identifies a person as being human to other humans and keeps us well and without this vibration we are perceived as being no longer human, becoming artificial and unrecognisable to other humans, which is where most humans are.

We're humans in name only.

Chemicals from industry and pollution is the problem, as well as drug use in various forms, killing the vibration in humans identifying us as human to each other, dehumanising us and the reason why we are able to kill each other so easily in so many ways.

Injecting drugs is a very bad idea as we're oblivious to the energy contamination toxic chemicals can do, so even if the injected drugs have

been tested safe they will be contaminated with energies we have no way of testing for.

Also injecting into the blood or muscle bypasses all the body's defences, and then, in case anyone missed out, we do blood transfusions.

Fortunately using the Pads clears out chemical energy from the body that shouldn't be there and then the vibration of the bones starts up indicating to others we are human and therefore untouchable and inviolate and the bone marrow also starts vibrating producing energy to restore and protect health.

Much chemical energy is stored in the long bones of the legs and the spine and elsewhere when the legs are full of toxic energy mostly from fossil fuels, toxic metals and manufacturing such as hydrogen sulphide, cyanide, creosote and oils spreading through the body causing cancer and other conditions where they break through.

The human vibration returning to the body may also be a deterrent to pathogens and even insects and dangerous creatures.

Using the Pads increases the human electrical energy in a person making everything work much better, but while charging the human body looks the same as charging a phone it's different as it does not work by induction as both the Pad and the receiving phone have coils that cause induction, but the human body does not so the charging side of the Pads isn't activated.

The light on the charging pad does not come on when used on a person, meaning the charger isn't active so there is no EMF given off, but the human body can still draw in the electrical energy it needs as electrical energy is present in the pad which the human body can draw in eliminating the need for knowledge about how The Clark Method works or somebody trained in using it.

The human body also regulates the electrical energy it draws in which is much less than a phone would and it stops drawing electrical energy when

it has enough to take the next step in returning to health.

This means any phone pad, charger or USB socket will work as the human body will draw much less electrical energy than the lowest energy supplied by a Pad.

This method is not TENS or SCENAR either as the Pads get different results as the Pads offer, not forced in, DC electrical energy to the body which is passive, zero frequency and flowing, not forced in, pulsed, aggressive AC.

Everything within us uses human electrical energy to function, such as the brain, nervous system, the senses, immune system, memory, cells and more.

From conception human electrical energy shapes our development in the womb using DNA in the cells to establish a template for that individual human to grow into over time making us what we are and is really the only true decider of what we should be.

Human electrical energy shapes the human body as it develops so life and the immune system can follow and many processes use human electrical energy such as thinking, imagination, emotions, feelings and ideas so having sufficient is very important.

Human electrical energy is malleable, flexible and semi-fluid a material that can carry thought impulses, form pictures in the mind as imagination, store memories and so much more.

Its presence within us when uncontaminated gives us our emotional state of well being and connecting with it produces happiness.

It acts as a carrier or transportation system for the brain to connect to different parts of itself as well as the senses, meaning that it can transport data as energy and there's the problem.

It means the human electrical energy can transport and combine with industrial pollution, producing emotions that are not human or natural to us, such as mental and emotional fear and pain, and all the other damaging emotions that come from the blending of our human energy with industrial pollution.

As life progresses human stored electrical energy gets used up and as it's not being replaced due to toxic energy in our cells, the body starts to fail.

The human stored electrical energy we're born with also has to last longer as we live longer and it's used up quicker as the immune system is always constantly working to try and maintain health in an industrial environment.

This means illnesses and conditions develop which are usually blamed on people getting old, but the storage area can be charged up with human electrical energy indirectly by using the Pads so eliminating a lot of the problems that come as people get older, but rather than wait for decades until trouble is upon us and perhaps irreversible damage has been done, it seems much better to use the Pads when young with ongoing top ups to eliminate future problems before they arrive.

The brain is supplied with stored human electrical energy, but as this area is very low with electrical energy when born, there is none spare for the brain and the higher brain functions such as intelligence, insight, comprehension, contemplation, meditation, reflection, compassion, originality, realisation and so on which are all higher brain functions, higher than thinking.

This is why it seems, thinking has become so important and predominates, it's all we have left working.

The individual's gifts will start to appear and mature and it's good to watch someone's dormant abilities start to wake up and gently help them grow with appropriate questions and the gifts could be anything and goes anywhere, best to let them just develop.

The human body can't be overcharged with electrical energy when it's delivered by the Pads, as the body will stop taking the energy if it's full and how much energy is needed depends on how depleted or empty the body

is when the Pads are first used, but still, please no more than 2hours per session.

The human body can do this as it activates and maintains the transfer of electrical energy so it can stop it as well.

Results using the Pads depend on what condition you have, how long you've had it, what age you are and so on.

Also some conditions damage the body, some don't, some are long term others short term again effecting results and recovery time.

It can take between a few weeks to a few months to get results depending on your condition although pain and mental problems seem to disappear very quickly.

There is no placebo effect here as this method is completely new so who would have the faith or belief needed to make a placebo work?

A person may use this method wanting to get rid of a certain condition or problem, but the immune system, which deals with things in its own time and order, may sort out another condition or problem first although experience is showing that all conditions are dealt with fairly quickly.

The hope is the increase in human electrical energy is enough with nothing more needed to change the body condition from illness to one of health, strength, energy and wellbeing.

The human body can't use mains generated electrical energy directly to promote health, which was perceived decades ago so it wasn't used, but what was missed was mains DC electricity supplied from the Pads can clear out all adverse contaminated energy in the body, including pain, that shouldn't be there and it can stimulate cells to produce human electrical energy that can be used by the body to produce health and wellbeing.

Mains electrical energy has to be at exactly the right volts, amps and watts and DC to clear and stimulate the cells into producing human electrical energy.

It was an amazing stroke of good luck that the charging pads do this as the tendency is to use too much power which the body can't use, like trying to get a drink of water from a pressure hose and possibly why TENS doesn't get the results Pads do as the power is too strong and AC is used.

The other problem is our need to be an active participant in the process, working out the problem and a process to deal with it and then applying it with monitoring, feedback and adjustment, whereas with the Pads they are just put in place, the body senses it can use the energy content that's offered, realises it's useful, draws it in and starts the process of returning to health, leaving nothing for any operator to do.

This is a great benefit because anybody can use The Clark Method as well as anybody else, there's no special knowledge needed, it works the same on everybody and every condition and nobody can make money out of it and being so proud of the method and all the help it can give people for the first time in over 30years I put my name to a method I'd devised.

Going back to the differences between human and mains energy the human electrical energy is adaptable, malleable, usable, possibly a form of life and it can combine with other energies acting as a carrier for mains electrical energies containing contaminants and that is a big problem.

Let's look at the human emotional state to get an understanding of the problem.

Most of the emotions within us, especially ones that are powerful and harmful are a blending of human electrical energy and some kind of contaminate such as industrial pollution which is usually electrically based, meaning mains generated electrical energy is being used as a carrier.

Most emotions that we have are made up of human electrical energy that has become contaminated by adverse industrial pollution and chemicals which are physical and dark, not transparent like a true, real human emotion that should be in the body.

Emotions that are dark and the result of contamination should not be in the body or working through us nor should they be expressed by us.

For example: fear, cancer, rheumatoid arthritis, migraine, autoimmune conditions, depression and asthma along with other things are all the same energy and are all expressions of that energy so anyone who feels fear has the energy within for all those other conditions to develop and none of it is natural to the human body being the product of mostly industrial pollution from the last 300years.

The energy from chemicals gets into our bodies deadening the human vibration produced by the bones and bone marrow making us human in form only and we then start expressing contaminated energies as emotions and developing illness from them.

People who are not really human become mechanical giving rise to artificial societies filled with machines, devices and gadgets none of which are alive.

We accumulate knowledge which is dead expressing it as theories which are also dead, becoming dead, lifeless people living dead, lifeless lives and the only time we come semi-alive is when were in conflict.

It's hard to believe, but easier to see once the Pads have cleaned out of a person all the dark, toxic energies that are not meant to be there and are only there because they combine with the natural, human electrical energy generated by our cells.

Fear has also many sub categories such as terror, horror, dread, panic, pain to name a few, producing hatred, anger, destruction, war and so on, so fear is a good thing to be rid of.

Violence also needs to go, but it isn't the result of contaminated energy so it isn't an emotion, but is a product of the rupture of an energy conduit in the male brain allowing energy to spew out.

Violence is the release of contained human electrical energy producing and carrying drive, passion, enthusiasm, meaning and purpose when contained, into energy spewing out in all directions called violence, when no longer contained.

Human energy no longer contained doesn't change and become violent, violence is released energy and trying to contain it through an act of will makes things worse as will is violence.

The energy conduits in the male brain need to heal.

Fortunately, using the Pads will heal the rupture to the energy conduits in the male brain so males will become energetic with meaningful purpose again without being violent.

The rupture is on the top of the brain, left of centre.

Female violence is something else, basically male violent energy that has found its way into females infecting female emotions and mind and this will also be cleaned out when the Pads are used along with everything else, of Earth (that is physical) that shouldn't be there.

5 – Notes

5.1 – Hydrogen Sulphide

Female 1 – breast cancer.

During the sessions with Female 1 her partner was present exhibiting an unusual ability: he could smell the cancer energy being released.

As the cancer energy was being released filling the room we were working in he said he could smell rotten eggs or the smell of a match being struck and sometimes he said sulphur, but later research found that the smell of rotten eggs comes from hydrogen sulphide, also known as sewer gas.

This corresponded with my perception so that as, what seemed to me, the cancer energy was releasing from female 1 he said the smell increased with a powerful, pungent smell of sulphur (hydrogen sulphide) and as my perception saw the cancer energy receding so did the smell he said.

More than once we were driven out of the living room into the kitchen as the room filled up with cancer energy being released from Female 1 and a

few times we were driven outside as the kitchen filled up with cancer energy from the living room.

Another effect released energies had on me was, as they built up, a vibration would start up in my forehead again pushing me out of the room, but it seemed to be the release of damaged mind energies, such as trauma, stress, grief, guilt and so on causing this.

When working with the Pads especially with cancer or most conditions work with windows and doors open if possible and keep well back from the person with the Pads on to avoid the cancer energy when it's coming out and everything else that comes out.

Sulphur has no smell, but the rotten eggs smell comes from hydrogen sulphide and can be produced by the decaying of plant and animal protein and volcanic and sewer gases so it's in the air and probably the food and water.

He also noted the smell of almonds and a floral smell like buttercups, but this ability was new and it was still developing, possibly due to the Pads being used.

Could almonds be associated with cyanide which is used in manufacturing?

The floral/buttercup smell is a mystery.

Dogs can sniff cancer and drugs and maybe other conditions.

So how did hydrogen sulphide, if that was the cause of the condition, get into Female 1?

Could it be passing in from clothing?

Sulphur bleach is used to bleach some textiles used to make clothing, so it may be worth a scientist or researcher looking into this and dyes are also suspicious.

Hydrogen sulphide based cancer is different than other forms encountered which are aggressive, powerful, alive and malicious with a different cause and progress rapidly, but it's still bad, just not as bad.

After working on more people, not for cancer, it was found hydrogen sulphide was being released in various amounts from just about everybody worked on, but there wasn't enough of it to start cancer although one person who had a growth removed was told it wasn't cancerous, but it was in a pre cancerous state, so it was good to get the hydrogen sulphide out of him.

Hydrogen sulphide appears to my perception as a very dense gas, almost solid, looking like particles and its stored throughout the body, mostly in the legs and spine, packed very densely causing some forms of cancer and tiny fractures in the bones containing it and causing osteoporosis in those bones.

Cancer appears where the storage areas are soft such as the breasts, lymph system and organs while the bones are stronger resisting the damage for longer.

Hydrogen sulphide appears to give rise to a cancer which progresses slowly as it's from a chemical source, as opposed to other kinds which have a different source and progress very quickly.

Hydrogen sulphide looks like the new asbestos.

[5.2 – Damage to Bones](#)

As work progresses on different individuals a pattern starts to emerge regarding damage to the bones and their purpose.

Bones are a very important source of constitutional strength giving a person steadfastness and resilience proving a type of constitutional strength which has nothing to do with resistance and the type of strength derived from muscles.

Constitutional strength derived from the bones gives a person the ability to weather the storms of life and not to become havens for damaging emotional states.

The long bones of the legs are where the body stores damaging chemical energy it can't get rid of so it stores this energy as far away from the torso

as possible.

The energy that's stored is believed to be the energy of hydrogen sulphide which is an industrial by-product which with the constant filling of the long hollow bones becomes packed and dense putting pressure in the bones producing small cracks.

The compressed hydrogen sulphide energy overflows into the hips, then spine and up into the brain where it has a transforming effect on a person contributing to producing emotions and mental states that are not natural to the individual, but the individual thinks they are and acts on them.

The energy of hydrogen sulphide is dark turning black when compacted and this contributes to producing black emotions, mental states and physical conditions such as some types of cancer, depression, asthma, migraine, depression, rheumatoid arthritis and autoimmune conditions amongst other things.

Its presence in the bones produces cracking and swelling in soft tissue and it changes the nature, density and structure of the bone containing it deadening the vibration the crystal lattice of the bones produce when healthy and uncontaminated.

In females the bones turn soft, shed calcium, wear at the joints and snap easily.

The constitutional strength is lost, weak emotional states can appear such as self pity, a feeling of worthlessness, constant fear and anxiety and wanting to take the blame for everything in life, thinking that everything is all their fault.

This leads females open to guilt, pain, trauma, stress, being bullied, a neurotic mental state and so on all of which is partly the expression of the energy of hydrogen sulphide living through the female's personality.

In males the opposite is true with the bones becoming too hard due to the hydrogen sulphide being stored in them and that hardness turns the constitutional strength the bones should provide into a rigid hard barrier,

impervious to reason or sense, with angry males butting heads against each other.

Behind this hard barrier is arrogance and ego, safe and protected behind the hard barrier from the reality of the world with individual males becoming islands of isolation unable to face life's challenges or deal with feelings and emotions, which usually are very damaging and destructive.

The bones crack the same as female ones and due to male processes being different from females the hydrogen sulphide expresses itself in different ways physically, mentally and emotional.

Using the Pads cleans out all this dark energy and returns the bones to a correct state neither too hard or soft (Goldilocks) producing constitutional strength protecting the individual from the world and as the harmful mental, emotional and physical effects of hydrogen sulphide dark energy have been cleared out life rapidly changes and improves.

5.3 – Bone Marrow

Electrical energy flows into the body from the Pads and enters the energy channels that flow around the body and start to purge the brain cells of emotional and mental pain, stress, trauma, guilt, obsession, depression, brain fog, any build up of dementia, any build up of any other condition, a feeling of worthlessness and so on, a long list.

As the brain clears and starts to function without pressure the mental state becomes calm and peaceful.

The electrical energy from the Pads also enters and passes through the bones and bone marrow, cleaning them out of all harmful industrial energy, allowing the bone marrow to reset back to its default position where it was soon after the person was born as in order to return the body to health it needs to start again.

After the condition of the body has been assessed and understood the bone marrow produces an energy template or blueprint, specific to that

person's body, as each individual body needs its own specific template or blueprint that is used to transform the body back to health.

The person's body also needs its own specific energy to change the body back to health that will only work in a specific body as the electrical energy from the Pads is a movement of electrons which isn't compatible with human bodies and can't be used directly to bring about health, strength, increased energy and wellbeing, but the energy from the Pads does act like a trickle charge on the bone marrow cells producing the correct human electrical energy that's needed.

The human electrical energy produced by each cell in a person, which is a flow of charged ions produces electrical energy specific to that person.

Human electrical energy, produced by the cells by the stimulation of the electrical energy from the Pads at just the right level, is different from the electricity in a home or factory and is so different in its functionality it's hard to call them both electricity.

Human energy is generated from the bone marrow in vast amounts stimulated by the input of electrical energy from the Pads to go through the body resetting it back to how it was in the womb shaping it as it matured.

The template or blueprint supplied by the bone marrow combines with the human energy to work through a person to bring about the change we would see as a return to health.

All the adverse energy that causes system damage, blockages and illnesses will also have been cleaned out so a person can now develop the way they were meant to be from the moment of conception.

Bone marrow gives rise to something we call the immune system which is too narrow a term restricting its definition to the field of medicine, but a better term and way of looking at it is to see the immune system as a response system to all the situations of life not just matters of health.

In recent times the immune system response has been overwhelmed, damaged and put to sleep by the vast amounts of industrial chemicals and pollution being stored in the bone marrow and conduits of the body.

We think that all the immune system does is respond to health problems, which it's doing very poorly now, rather than all the problems of living, which due to the failure of the immune system to respond to life's challenges, thinking has taken over which isn't the point of thought.

Another thing that has gone is the immune system's ability to respond early to a situation, something that has disappeared due to the electrical energy the brain needs to function at a higher level isn't reaching the brain as none is being produced and stored.

The early awareness, which is a function of the brain, should be coupled with the immune system so an adequate, timely response to challenge and all the challenges of life is produced instead of the slow, heavy, plodding functioning of thought which, becomes aware of a problem, collects data, analyses data, works out a static plan, tries to apply that static plan to a situation, finds it doesn't work because a fluid situation is constantly changing, scraps the plan and starts again and so on.

This is a sign of the low level functioning of the brain.

For the immune system to produce an adequate response to all challenges at all levels and be spontaneous in doing that, it must be free of contaminating industrial energy as well as the brain cells, and the brain needs to be receiving stored human energy so it's operating on a higher and broader level without conflict and dilemma.

When the brain isn't working at a higher and broader level and the bone marrow isn't producing the human electrical energy needed then conflict and dilemma are inevitable as situations are not met timely or adequately which cause a conflict with people and situations producing dilemma, which is not knowing what to do next.

[5.4 – Conception](#)

It all starts from the sperm and the egg, or ovum, in the womb.

This is an extension or expression of the sun's energy hitting the Earth, impregnating it giving birth to life on the planet, something replicated in humans and all life and interestingly, humans speak of some though process being a conception.

The ovum is the largest cell in the female body and once fertilised by the sperm it will now be referred to as Cell Zero.

Cells start to divide with electrical energy flowing into Cell Zero absorbing the pattern of the human being and expanding out into the womb clearing space and forming an enclosed area with boundaries from electrical energy into which life and cells will spread forming the new human to be, following the pattern within the electrical energy.

A constant flow of human electrical energy through the placenta from the mother into Cell Zero goes out into the womb maintaining the patterned energy field that forms the shape and boundaries of the developing new human being.

The cleared space is essential as any adverse energy within that space would get into the pattern changing it so the human being would develop in an abnormal way which could change the energy flows within the developing human being or if the energy is strong enough, change the development physically even changing the DNA so it's important the electrical energy field is strong enough and maintained until birth for proper development.

Electrical energy flows through Cell Zero which is protected from all change, like an encrypted archive, and out into every cell as all cells come from cells and they are all connected through the electrical energy flowing through them, but all cells other than Cell Zero can be changed or infected if the electrical energy protecting them fails.

And this is what happens.

There isn't enough human electrical energy flowing from the mother into Cell Zero for the electrical field to form completely, as the electrical energy

is passed down the female line over thousands of generations never being topped up and in recent times, the last few hundred years, it's too low to form an adequate energy field in the womb.

This means the energy field doesn't clear space in the womb leaving that space full of adverse energy, the pattern of the developing human isn't fully absorbed into the energy field to shape and develop the human to be and the field is too weak to fully sustain itself.

So we are all born not fully developed without a strong enough energy field within our cells to sustain us through life and the guiding pattern within the energy field isn't strong enough to direct the development of the newly born human being over the next few decades moving towards being an adult.

Because humans are not fully developed and established in line with the pattern in Cell Zero and the electrical energy field is weak mental and physical corruption happens.

The electrical energy received in the womb also powers the human immune system after being born and this is also weak due to this lack of energy.

Not being able to form a clear space in the womb adverse energies in that space find themselves in the developing human able to infect the energy pattern of their existence causing adverse change.

Once born a person with a weak immune system, low electrical energy, adverse energy in every cell and the pattern of their existence not fully formed or robust plus the effects of living in a industrial society give rise many long term chronic conditions leading to much pain and suffering.

Also such individuals are not really fully human, being only partially complete and we are full of emotions such as fear, hatred and all the states derived from them which would not exist in a healthy human.

The condition known as mental illness and disorder also would not exist in a human who had formed as they should have.

5.5 – Pain and Fear

There are two types of pain and fear arising from two different causes.

One cause is physical and the other is the pain and fear that arises from the energy of harmful industrial pollutants in the human body.

The usual definition of physical pain is an unpleasant sensation transmitted by nerves warning the body of danger and this is associated with electrical energy that's generated by chemicals, which also works human processes, such as the heart, brain, nervous system and so on.

This is when the nervous system is in its pure form - that is uncontaminated by the energy of harmful industrial pollutants.

Fear is an emotional response to physical pain, because we need energy to deal with the pain, such as moving away quickly or dealing with the situation that caused the pain, and the only energy available is contaminated energy which is fear, so fear becomes the response and attached to physical pain.

The cells of the human body, including the cells of the nervous system, become contaminated by industrial pollution which doesn't cause pain and fear, it is pain and fear and as we have lived with it for so long inhabiting our bodies we have no experience of what pain and fear would be, if the energy from industrial chemicals was removed from our bodies, or even if pain and fear that isn't physical exist.

Physical pain is right and natural and the awareness of the pain caused by touching something hot or walking into a brick wall is enough to know not to do it again, it doesn't need fear added to it so that pain mechanism will stay after using the Pads, but the fear will go as it's the result of contaminated energy.

Using the Pads will also clear out all the non physical pain and fear in all the cells of the human body, which is also the result of contaminated energy, causing pain and fear by its presence, not by its action.

Using the Pads removes non physical pain and fear very quickly, if there is no damage to the body, as there then would be two sources of pain and fear, one from the contamination of the cells, the other to damage to the body, such as with arthritis which produces pain and takes time to recover once the contamination of the cells has been removed.

Pain and fear caused by cell contamination produces pain and fear that is mental and emotional and all the endless sub-categories of pain and fear.

Mental and emotional pain and fear will paralyse a person at a critical time preventing an adequate response.

Or we to try and deal with problems with a feeling of dread or terror – sometimes lashing out with violence?

This also goes back beyond the last few centuries when some countries industrialised, to a time when bad hygiene was the cause of contamination producing its own form of pain and fear.

Humans submit and obey outwardly, because we have already submitted to the inward pain and fear produced by the contamination of our bodies, so somebody only has to threaten to increase the pain and fear and people start obeying and the people trying to dominate others are also acting out of pain and fear.

Look at all the wars and atrocities committed over the centuries through mental and emotional pain and fear.

Is mental and emotional pain and fear natural to humans and do we need them?

For those believing in evolution what purpose does mental and emotional pain and fear serve and why would evolution bring them into existence in humans?

Using the Pads eliminates from the cells the contamination that causes non physical pain, fear and illness so a person changes fundamentally as they are no longer motivated by them.

Pain and fear that are caused by industrial contamination in our cells are the two great drivers of human activity working on humans on the mental and emotional level pushing us into actions we normally wouldn't do.

Pain should be limited to physical pain caused when something hot is touched or an impact to the body, but there shouldn't be mental and emotional pain and fear.

Energy is our usual response to challenge when there is a possibility of being hurt, so action is possible, even if it's just to run away, energy is required.

We see a challenge, perhaps life threatening, and our brains open up to the deep energy reserves within us that we access at such times.

These energy reserves supply us with the energy needed for an appropriate response, but those energy reserves are contaminated, so instead of an appropriate response, we respond from pain and fear, usually followed by some form of violence – physical, mental emotional or all of them.

Once mental and emotional pain and fear go huge sub-categories of emotions also go as they are all derived from mental and emotional pain and fear and using the Pads heals the ruptured energy conduits in the male brain containing it so violence goes and again the huge sub-categories of male violence goes.

So instead of being violent males become energetic with purpose and direction.

People spend a lot of time in analysing emotions, but most of what we think of as emotions will disappear after using the Pads, leaving the pure emotional state to be experienced.

It means a whole new person will be finding out what they are now and how to go forward, truly a very deep and meaningful journey.

It's a strange thought that most of our emotional and mental state is an expression of adverse energy which is the expression of industrial pollution contaminating the energy side of our existence, but that's what's happening.

For example, the most common disorder that seems to affect people is rheumatoid arthritis which seems to be in everybody now, produced from toxic, high energy pollution, mainly from fossil fuels which as they are a gas after being burned, enter human bodies very easily.

Once in they have a high affinity for human systems and being high energy they can and do dominate those systems such as the immune system putting it to sleep or causing the immune system to act erratically such as attacking the body, which is how it appears when in fact its attacking the toxic pollution, as well as causing autoimmune conditions.

This pollution is in all of us whether a person has symptoms or been diagnosed and as so many countries have industrialised or are in the process of industrialising and the pollution from such countries is moving around the world through wind, it's unlikely anyone escapes.

This high energy pollution infiltrates the energy reserves of a person contaminating them producing the energy we call fear which then gives rise to all the sub-categories of fear and this is just one pollutant, when others enter the body and the energy systems, such as toxic metals, drugs and chemicals, we get many other forms of fear such as phobias and irrational behaviour.

Pollutants enter the brain causing adverse painful mental conditions and causing painful illnesses in the body and all of it, the adverse mental and emotional state, is all the same process, with the same origin, industrial pollution.

Truly we're in a mess of our own making.

[5.6 – Drugs](#)

Drugs legal or not are a big problem, which is they can do a lot of short term good leading to long term harm, the problem being only the long term good is seen and because we generally do not perceive energies the harm the energies of drugs left in a person's system do isn't seen so the connection isn't made and it's doubtful if it ever will be.

After all the air, water, food and environment is polluted and that can be seen and very little is done about it, so making the connection between the energies of drugs and illness seems unlikely, but unless we do and something is done about it the situation is only going to get worse with big offenders being antibiotics and anaesthetic, two drugs essential to modern medicine.

And this is damage done by the residue energy that's natural to the drugs themselves, but they will also be contaminated by the toxic energy of industrial pollution, like everything else.

The ending of independent scientific medical research is another problem as its funded now by the desire to create revenue streams and side effects are largely ignored or hidden and if there are side effects, no problem, a drug for the side effects can be sold.

Like all the jobs dependent of criminals, health systems need patients and because of the willingness to hand out various drugs populations are becoming dependent on them thinking that all drugs are good, legal or illegal, turning people into a nation of users.

Chronic illness affects over 50% of Americans with causes listed as smoking, poor nutrition, lack of exercise, chemicals in food and excessive alcohol and that's how it will probably be approached, which has been done that way for decades without great success, but not one word is said about drugs and very little is done to connect drugs and chronic illness as that is an attack on profits and many huge industries benefiting from those profits.

Drug testing now seems to be done on the general population with very little trials beforehand.

And why does this continue?

Because of fear - its fear that makes us accept this.

5.7 – Vibration

As said earlier when the bones and bone marrow, when free of industrial contamination, start to vibrate freely producing a vibration that identifies that individual as human to other humans, life and other vibrations and more than that, this human vibration also helps heal a person so long as its vibrating within that person and it will only stop when something stops it.

Bones, being a crystal lattice, vibrate with a higher, purer vibration than the bone marrow and signals that this human being is alive and non hostile.

Bones produce the vibration of communication at just the right frequency to connect to others identifying themselves as human and non hostile and it's a vibration that moves outward.

Bone marrow is a much denser vibration produced after the electrical energy from the Pads has passed through it, then once the bone marrow via the immune system has reset and assessed the body condition and what's needed to repair it the electrical energy passing through the bone marrow releases a healing human energy vibrating at just the right frequency, keyed to the human body that produced it to heal that body.

From then on it's a matter of time, depending on how damaged a person is as to how long a person needs to heal and how far that healing can go when nerve and brain cells are damaged, but obviously using the Pads sooner rather than later is best before damage is done and using them as a preventative measure early in life is best of all.

When 2 people have had enough sessions with the Pads they start to vibrate and if they happen to be living together or are seeing each other a lot, that vibration will unify and produce a harmony like a choir singing together and when in the same room with as such people, as the Pads have been used on myself producing a vibration, my vibration joins with theirs increasing the power of the vibration.

And while the different vibrations can join at a higher level, each person has an individual vibration unique to them, so this is not an end to individuality but an extension of it.

Probably everyone who has used the Pads will join with everyone else they meet who has used the Pads producing a group that are in harmony, understanding one another within that harmony producing individuals who are all different, but unified instead of what we have now which is everyone the same, but no unity or understanding and hostile.

And this unity is real strength containing cohesion, understanding and joy and then that unity will start to search for the unity outside of us, which is waiting for us.

6 – Last Word

What tremendous luck it was using the Pads and finding out what they can do.

It started with dissatisfaction with my last method using batteries to supply the electrical energy, a method which took a lot of sessions to get results, was getting more and more complex and expensive and results took months to arrive if not longer.

One night, on impulse I used my wireless phone charger on my lower back and then spent the next few months doing sessions on my back, arms and legs working out what this method could do, the placement of the Pads, how long each session should last and how many sessions were needed.

Placing the Pads on the lower back is best as from there the energy spreads throughout the body, which is what's needed.

Pads placed elsewhere on the body is usually for pain and on the upper back it helps neurological and similar conditions and also mental conditions.

Using Pads was 10 times better than my last method with the batteries and it followed the working rules that had developed over the years:

- * The method had to be effective, simple, easy and safe with no side effects.
- * It had to be very simple, so anybody could use it with no special training or knowledge.
- * It had to be low cost and no way could it be monetized or somebody could charge to do it.
- * The same method and way it's used has to work on all conditions effectively – no exceptions.

And my personal rules that using the Pads fitted in with:

- * No personal gain – follow the truth, not the money or anything else.
- * No experimenting on people.
- * Nothing is forced on the body, the electrical energy is offered to the body which will then draw it in if it wants it and doesn't draw it in if it's not wanted.
- * Always have a trusted person present who can place the Pads on a person and take them off.
- * Always act ethically.
- * Never promise a cure or raise hope.

This is especially important as the only people who seek help from me are usually beyond further medical help or terminal.

- * Always go by hospital test results or profession medical opinion if possible regarding improvement.
- * Never get in the way of Doctors or offer any medical advice.

For me, doing this is following a higher purpose.

Ok, so now I've shown I'm a living saint it should be stressed I've been lucky.

After using the Pads it's possible to work backwards to understand what's going on and how they work.

My thought was something stronger than batteries was needed and therefore the charging Pads were stronger as they were plugged into USB sockets, but the opposite is true.

USB sockets produce 5V, DC electricity going in and when in standby mode the Pads produce no EMF with very low amps and are much weaker than the batteries previously used which is probably why the Pads work much better: less is more.

In standby the Pads just produce DC electrical energy at just the right level and frequency.

When the charger is used to charge a phone the DC is inverted to AC, but in standby it remains DC.

This may explain why TENS and related methods don't get the results the Pads do, they are simply too powerful and they use AC electricity with a pulsed effect.

So no great knowledge or upstanding led to using the Pads, it was luck and seeing what they could do I realised my 30+years search was over.

Everything done up to that point become obsolete overnight, so the whole lot was binned – dozens of videos and books, and all the knowledge and understanding which was hard, but what was best had been overtaken by something better.

Having said that a couple of my archive books showing the older methods are still online and it may be useful one day for someone to use those methods, but replace the use of batteries with Pads.

But for me it's time to move on to pastures new.

My purpose now is to promote using the Pads as much as possible, which shouldn't be too hard as it'll probably spread like wildfire once people start

to realise its potential.

Here in the UK, probably like most countries, there are support centres for various chronic conditions and I'd like to travel to various centres, showing how the method works and set up groups of volunteers to carry on while I move on to the next centre, again setting up groups of volunteers to get the help to the people who need it.

I also want to work out what causes these chronic conditions which seems to be the contamination of high energy, toxic industrial pollution and other pollution, various drugs and chemicals which are not only absorbed and acquired during a person's life, but are also passed down the female line, so there's an inheritance as well.

My gift is an ability to see or perceive these toxic energies in the body, but only when they are in a person, when they shouldn't be in a person as they are not human energies.

The normal human energy condition I can perceive once a person has been cleaned out after using the Pads, but there isn't much there, just warm background energy.

It's this perception that has guided me over the years in developing various methods, enabling me to see the effect of the toxic energy in a person and the effect the method being used has.

The toxic energy can be perceived, but not identified although experience over the years has worked out antibiotics can leave behind a very harmful toxic energy in people causing many harmful conditions, the same with gas such as anaesthetic and nitrous oxide given to females in labour.

It's always been a puzzle that some females experience so much pain in labour, which doesn't seem natural for an essentially natural process, but it may be the pain is caused by all the industrial pollution in the female body.

If so, time will tell if the female body will benefit from the use of the Pads used before pregnancy, not during or during labour as if anything happens after the Pads had been used, even if it would have happened anyway, the Pads will be blamed.

As said earlier, one of the people the Pads are being used on can smell toxic energies as they're being released from a person when the Pads are being used and with that they can be identified, hopefully identifying the cause or start of the condition.

These toxic energies in people are very weak, the problem is they stop the immune system from working, or work abnormally, or in a harmful way and the body has no way of getting rid of them even though they are very weak.

The toxic energy is usually the first step of an illness as that then causes problems simply by its presence in a person preventing normal functions from working and allowing infections in which can cause tremendous damage as the immune system is unable to stop them as it's no longer working.

Moulds and fungi are involved later on with neurological conditions and conditions that damage the brain, so it's my hope, perhaps working with the man who can smell the energies, they can be identified and removed from society.

Nobody using the Pads is the same coming out as they went in.

They have a cleansing, regenerative effect, enabling a transformation, but that transformation will be up to the individual depending on how far you wish to go, the Pads have nothing to do with it.

Most have the view that they are the centre of the universe, made up of their thoughts, dreams, wishes, hopes, fears, emotions, desires and so on, all merging together to form a false world view.

The idea of evolution doesn't help by promoting the idea that our development and change is all the result of random chance, an accidental process, giving the idea that life is meaningless, without purpose or direction.

None of this is true and evolution is a bad theory.

After using the Pads the individual's main, overall purpose and meaning will become apparent which is the same for everyone, female or male although there are many different ways to travel to it, and the individual will have many secondary purposes more tailored to the individual to help transformation and development.

The individual needs to align themselves with their purpose and then a path will open out in front of you.

Through walking that path every day you will cease being the centre of your own universe, where you are important, and understand your reason for living and being born, becoming very special in the process, even becoming a blessing to others, but it's up to you which route in life you take.

Your gifts will start to appear early on and these will guide you on your journey and help you walk your path and the nature of the gifts will be an indicator to what your purpose in life is.

This isn't religion or belief by the back door, but it's about the individual understanding themselves and why they are here and to fulfil the point of their lives.

Using the Pads will give you a second chance on many levels, please don't waste it.

More info will be added to this eBook as time goes on.

Thanks for reading this x

