

2016-12-15

## Stargate Roundtable Call

### INFORMATION REGARDING CALLS PRESENTED AND/OR SUPPORTED BY 2013 RAINBOW ROUND TABLE

#### I TO ACCESS THE THREE WEEKLY CALLS via the Internet

A **BBS RADIO** Go To [www.bbsradio.com](http://www.bbsradio.com); click on Talk Radio Station #2; click on "64K Listen"

**Thursday:** 9 pm – 12:00 pm EST **Stargate Round Table** **Host: Marietta Robert**

**Friday:** 9 pm – 2 am EST **Friday Night Hard News** **Hosts: T & R**

**Saturday:** 4:30 pm – 2 am EST **History of our Galactic World & NESARA** **Hosts: T & R**

**Friday, Saturday:** From **10 – 11 pm EST**, for one hour, the call moves to the Conference Call Line [PIN below] and then returns to BBS Radio.

- **BBS Toll Free # in Canada, US 1 – 888-429-5471** - picks up whichever line is available.

B **Conference Call** 1-209-647-1600

Thursday PIN #	87 87 87#
Friday PIN #	23 23 23#
Saturday PIN #	13 72 9#

C **Skype** **BBSradio2**

#### D Archives for the 3 Programs listed above

- To access the **FREE BBS archives** for any of these programs:
  - Go to [BBSRadio.com](http://BBSRadio.com); scroll down the column on the left hand side and click on "Live Radio Shows"
  - The next page which comes up lists the programs alphabetically under the picture of the presenter. Find MariettaRobert's picture: Stargate Roundtable with Marietta Pickett and RIGHT click on "Library Archives".
    - When that screen comes up, LEFT click on the date you want. It opens in a new tab – you'll see the "free to listen box"; inside it is the tab that allows you to play the podcast.
- The **2013 Round Table website also has an archive section:**  
<http://2013rainbowroundtable.ning.com/> See the **"Archives" tab** for written notes.
- Listen-in live 24/7 via conference phone dial 716-748-0144

#### II TO ACCESS OTHER CALLS SUPPORTED BY 2013 Rainbow Roundtable

A **Sunday, Mondays: 9 – 10:30 pm EST** **Cheryl Croci's Activation Calls**  
By telephone only: 1 – 605-475-5950 PIN 9467441#

B **Tuesdays, 2<sup>nd</sup> & 4<sup>th</sup> of each month:** **Ashtar on the Road**  
**9:00 – 11:00 pm EST** Host is Fran; Susan Leland channels Ashtar, Sekhmet & others  
[www.Ashtarontheroad.com](http://www.Ashtarontheroad.com)

- Phone Number: 1 – 695-562-3140; PIN 163731#
- Call is free [except for long distance charges]
- Can also listen to the call via Skype

C **Wednesdays: 7:00 – 9:00 EST** **The Friends of The Aboriginal Moabite Nation Call**  
By telephone only: 1-712-432-0900 PIN 666238#  
Replay # [good for 1 week] 1-712-432-0990 PIN 666238#

**Host: Marietta**

**Meditation: Marietta**

**Mayan Calendar: Rainbird**

- **Go to [Space2plaza.com](http://Space2plaza.com)** – to locate specific days & lots more information: on the home page, you can find out what your Mayan birthday is
- The link to [www.lawoftime.org](http://www.lawoftime.org) – more info on the calendar & how the 28 day/moon cycles work.

**15<sup>th</sup> Thurs – 10 IMIX** – Imix dragon/Mother energy; 10 is manifestation. I perfect in order to nurture; I am guided by the power of Universal Water.

The next 3 unials have lots of interdimensional activity, bringing heaven on earth!!!

**16<sup>th</sup> Fri – 11 IK** – the wind, voices of the spirits; the winds of change. 11 - letting go of what no longer serves us

**17<sup>th</sup> Sat – 12 AKBAL-** 12 is crystal clarity; Akbal is the night, belief in our abundance and participating in our abundance. Lucid dream time

**18<sup>th</sup> Sun – 13 KAN** – complete wave of EB; 13 is transcendence; Kan is the seed, a good energy – the determination and right timing. Creative energy

**19<sup>th</sup> Mon– 1 CHICCAN** a new wave: Chiccan is good snake energy: a warrior aspect, about remaining open to change, transmuting energy. Time to think of the changes we want to make in our selves – stay in balance

**20<sup>th</sup> Tues – 2 CIMI** – we start 10 portal days all in a row: this goes up the organs on the LHS of our bodies – Cimi is the linker of worlds – past and present, birth and death, etc – 2 is polarity

**21<sup>st</sup> Wed – 3 MANIK** – portal day: Manik activating the healing energy: healing ourselves and others, of mankind. 3 is activation; also it's Winter Solstice – a special day – the birth of the new year. Days start to get longer!!!

**22<sup>nd</sup> Thurs – 4 LAMAT** – portal day: a stargate ; 4- self-existing structure.

**It's a view from the Pleiades: the Mayan Calendar is from that perspective!  
MR and Robert, and Carolyn – can always spot the Pleiades!**

**MR:** If anyone is moved to send a card to Angelsu - Address below

**Valley Manor  
Su Jeffers/301  
1410 Hospital Drive  
Excelsior Springs, Missouri 64024**

**[marietta@newagetechnics.com](mailto:marietta@newagetechnics.com)** – **her paypal** – can use it to help with radio show expenses or send something toward a necklace

**To listen to the podcast:** <http://bbsradio.com/podcast/stargate-round-table-december-15-2016>

**MR:** politicians visiting Indiana

**Cmdr Randy:** present on Skype

**Angelsu** is still in Valley Manor – would like to hear from us

**Carolyn/ The Collective:** to say again that there is a lot of confusing, incorrect info coming out mainly to upset people – stay calm, centred, remember the joy of the season, renewal, new experiences. And think of the new discoveries that 2017 holds for us – talk to guides, support team and don't all for all the tricks – if don't have a ton of family around, just go out into nature

**MR:** have had the first blast of winter in the midwest; has been yelling at god a lot! Last week, her dog went outside to see the winter – had never seen snow before: put out his paw to feel the ice–only it was only water: he drowned; knows things are in divine right order but still not easy!

**COR** surrounding her with divine love and light; sending her energy and to all those facing loss

**MR:** there is enough for everyone – let's do a blanket of light to everyone on the path, helping others to see the Light, too.

**Randy:** knows what MR is talking about as they lost several of their animals this summer – yet our animals don't leave us as they help us from the other side . . .

**MR:** 2 nights before he left, he was watching over her head like he was seeing another dimensional thing : she asked if he was seeing the energy of Robert; the night before he left, he sat on her lap in spite of his size! "you're pretty big for a lap dog!" - wanted to get as close as he could!

- Just interesting to see how the animals communicate with us

**MR, COR:** had some presience that it was time to go – we can all understand her yelling at god!

## **HARD NEWS**

**T:** the animal kingdom comes from either fairy, angelic, or devic kingdoms; keep on tuning into Ozzie – gets that he's of the devic kingdom – and COR agrees!

- The devic kingdom is in charge of the gardeners & MR is the gardener of all gardeners on this show!!!

**MR:** we are seeing things connected; and we are together to love and support each other; it's not fun and we wonder why and she has no answers!

**T:** another hit: someone else was asking them questions: caller saw his conception before he came into his mother's womb; he did not want to come to earth, and thought he was sent whether he liked it or not! T said that is not exactly the case!!!

- So a little later, he called again after having thought of what she said
  - she talked of the 7 chakra levels with 7 more levels at each one, meaning 49 levels of consciousness in all, which is  $4+9 = 13$  which is Mother, who is the Source and she always says we are absolutely equal to her –
  - we can realize that we are our source, meaning we choose our incarnations; our Higher Self is the place from which we realize ourselves
- Another sister asked: how can you say the galactics cannot violate free will choice, and yet no one gets to know the truth. That is so, in the sense that the reptiles/controllers are completely controlling the media in every shape and form – one of Trump's first plans is to completely close down the internet neutrality – which would be a travesty!
  - there are so many who are not gleaning that piece because they think they are what they are being told what they are, especially through organized religion which is a program which downgrades us: ie, we are sinners.
  - The only way to get knowledge of self is to pursue self-knowledge – will not get it from the media in English; as you resonate with your Self, and the knowledge of yourself

and pursue more of it, and become more aware of it will learn more - love always sheds knowledge of the truth

**MR:** re the chakras: has had several calls about transformational clearing; as soon as we have the learning and keep the knowing of what we are getting, we can get it all together

- all of a sudden, people are asking about Transformational Clearing and the chakras – it's on people's minds this week & what T is talking about is what is going on!
- As well, people have heard her talk of the beamer & are asking about it
  - Go to [www.bpresentation.com](http://www.bpresentation.com) – can get the explanation

**T:** who or what is beamer?

**MR:** it's German technology of about 20 years: it improves the body's circulation – a pad you lie on for 8 minutes in am, and 8 minutes in pm. Dr Klopp in Germany – 74% of our circulation system is in our capillaries – there are 74 000 miles of capillaries in the body – the whole circulation system is about feeding the cell, carrying the metabolic waste away and the body heals – an easy way to begin to understand this.

**T:** Yes, the body is miraculous

**Randy:** everything you put on your skin is in your body in 7 minutes

**T:** talks of taking a piece of garlic and taping it to the bottom of the foot – in 7 minutes all through the body – and it is healing!

**T:** Tuesday had to do with Ben Fulford's blog and what he reported

- relates to high treason carried on by our own gov't – it was not Putin who hacked the system – it was the Republicans who hate Malcolm X's son with a passion, so they rigged the battle between the Gnostic Illuminati and the Bavarian Illuminati and the other family players – it's about the Elohim behaving very badly
- what's happenong on another level: Buzz Aldrin put out a message about evil being at the South Pole [a You tube]
  - he got a look at some of the ancient structures and excavations there; maybe he saw reptilian officers and human officers working side by side down there on secret operations

**MR:** is it as cold as we've been led to believe?

**T:** yes it is very cold: Lake Volstok is the entrance to the Inner Earth; maintains a constant temp

**R:** has heard stories from both good guys, bad guys; both use the lake to access their respective places

- this story goes back to Admiral Byrd – Operation High Jump and other stories: he went to both North and South poles; story goes back to WW 2 and comes up to now –
  - the ET races are playing a dangerous brinkmanship game right now; some of the things mentioned by Wilcock, ET Corey and Ben F are finding things encased in ice, dating back to **before the flood** which is very, very, very old
  - also found cryogenic chambers & the people in them are still alive!!!

**T:** they found something – Putin moved a cryogenic chamber from Temple Mount to the South Pole -Lord Zoroaster - Aldrin saw the being inside that cyrogenic chamber;

- he learned a lot of not nice things – please put a Circle of Support around Buzz as he could get taken out as he's seen too much

**R:** he was on the moon and told by the beings there – get out and don't come back

- there are 2 two mile high glass structures on the moon. Who put them there? Rama does not know who put them there!

**MR:** those videos were out 20 years ago -

**T:** yes, Dr Richard Hoagland brought this forward – and he also brought something else forward right on TV – he took a picture with NASA's high tech camera equipment of the face on Mars and of the sphinx, cut them in half, then put half of one photo and ½ of the other

together – got Mother's face – and he showed it on TV! In 1999

**R:** this all relates to the families trying to keep us distracted with neo-fascist stuff: shut it all off and go for a walk

- the people on MSNBC have committed treason; how it gets played out is not his call
- when you are paid millions to lie, you're in serious trouble with the Universe!

**T:** regarding the Ben Fulford report: they have the full report now

- Reads the short paragraph: T got a call from someone who said T/R have been saying this stuff for years; how come Ben F is saying it? Where is he getting his information?
- KOS said Ben F listens to T&R's show all the time: he has overlords who tell him what lies he has to say and he sticks in a paragraph from T & R about the ICC and about the Bush Jr immunity action – and T & R have been saying this for years! It's about the immunity running out on Jan 1, 2017 – and T & R told people about it in 2010!

- this is the reason they are detained in house now: and this means over 500,000 people have ankle bracelets and curfews! And this has been done **behind the scenes**
- Ben F says it is being kept very close to source: BF calls T & R "The Source" and THEY get their info from the ACIO at 38 levels above the president, the White Knights, the Wingmakers, the Ashtar Command and all the hosts of heavens – and this from 1945 when the atomic bombs were dropped! that means the
- what Ben didn't get: as Barack Obama signs the US into the ICJ – it would bring the galactics in as LM Nada represents the 38 levels above the president – and that means we can arrest them with help – we are getting close to the end.
- The most important thing we can do is learn a little bit more about
  - has to do with healing our bodies, our minds, our spirits

**R:** as well as talking to folks, he walks for an hour and connects with all the kingdoms the voices of the beings

**T:** they created ghettos on purpose: there are no parks there by which people can connect with nature

**Regarding Putin:** he is innocent

- On RT, the Ed Show last night – a reporter in the ground in East Aleppo was showing the papers of the western media that are showing planes that are Russian planes and that they are being bombed and children are being executed.
- Spoke to one Syrian man: I have my whole extended family here: we are all fine, and we love the Syrian commander and others – would I bring my family back to Aleppo if we were going to get bombed??
- **every single one of the media are guilty of treason for presenting lies!**

**NOTE: please listen to the podcast: the discussion is as complex as it is interesting!!!**

**Guest:** Dr Jeffrey Fidel - about how to get it all together!

**JF:** Or as unlearning everything we've ever known

- medical dr, just turned 45; wants to share what his life was like up until 2 years ago when he took an inner journey
- grew up in NY, went to Brandeis University; had a private medical practice for about 15 years: a typical western life style
  - first medicated for depression at age 20; at age 28 received bi polar diagnosis
- then about 2 years ago, he found himself divorced; his dog died; he threw out his meds, left his practice – the trauma of losing his marriage and his dog was what ultimately moved him -

**MR:** how are you sharing this info with people?

**JF:** Is just starting to share - **I or One** is the name of his book: explores a concept of non-duality

- website is <http://drjeffreyfidel.com> has videos, blogs on the teachings
- Is also reaching out to the local community

**MR:** asks him what he did to get over the depression

**JF:** virtually complete isolation: no one around him at the time – had to endure a variety of states of mind and the labels assigned to him by the medical profession

- the mind creates such powerful states of mind and the psychiatrists are only looking inside: can't see another's thoughts and mind
- He did not know he would have to endure, the kind of suffering to hear that voice inside – the teachings of Lao Tzu was what he read and worked through -
  - it was unlearning all he had learned being in society and then connecting with the voice inside himself and finding himself beyond his thinking mind.

**MR:** How are you going to share this, to formulate the material?

- he's in the process of doing that right now: he's a licensed medical dr and what he is doing is completely outside the current medical western thought processes - and he had to unlearn all he ever knew.
- He's in south Florida – many children now are becoming medicated – he's willing to speak anywhere
  - contact: website is <http://drjeffreyfidel.com> - also on Facebook, Linked in
- Talked about yelling at the world – he didn't go anywhere, just lived at home; sharing what was in his mind could have gotten him hospitalized!
  - At the time, he thought he was god's messenger for about 6 months; when he was in the ocean and yelling, and he heard voices which would have him labelled as Schizo
  - the states of mind were so scary – as a dr, he did not want to a dr!

**MR:** How did he deal with his son during all of this?

- Had enough peace of mind to deal with society; his son gave him strength to carry on – at the time what his mind showed him, was the truth – or so he thought; somehow he had enough strength to look after his son – getting him from school, etc
  - he was living in his regular world and then in this world of his mind
- Only now does he know himself outside of thought – now he can speak of it
  - The voices in his head told him to kill himself and without the teachings of the Tao, he would not have known that there was another voice to find and listen to
  - We all have an inner voice and know what is right and wrong: which is why we are our own greatest teachers - what the heart knows that the mind doesn't, is that self and other are just concepts of mind-control

**COR:**

- when you talk of the Higher Self that is probably what people refer to or maybe their soul or their voice within - our conscience, our true self – the more we connect with this inner part of ourselves

**COR:** you went into pure essence, beyond all these concepts

**JF:** yes; even though he says I. I am – there is no separation between what is existence and what is ME

- even if he extends beyond himself into the very universe – when we look at the stars, it is the universe looking at itself
- he is going to bridge the gap between spirituality and modern science – both point to

higher concepts

**COR:** maybe it's a feeling state – an intuitive knowing is absolutely downgraded in western thought

- yes, science is the collective . . . of suffering
- that was his greatest defence mechanism
- his ability to cry again and feel again – he allowed himself

**COR:** have you read Eckhart Tolle's **The Power of Now** - he was coming to that suicidal moment – and then he began to understand

- the day he meets Eckhart, he will hug him and kiss him for Tolle led him to realize
- he was fortunate to use the Tao – that book saved his life.
- He used Eckhart's teaching much of the time
- when a human being is in those states of mind, it was not possible to speak of them: he could not have had this conversation when he was on the beach thinking he was god!
- There are so many detours the mind creates
  - He speaks about presence: he practices those teachings – the present moment is the only moment
- Yes, all he practices is the present; this is where life happens. Every moment he practices extreme presence – the more attention to the present moment, the more life unfolds; the more attention we bring to it, the more we enjoy it – the practice is to bring the attention to the present moment, as well as non-attachment and being fully present -

**MR:** when children begin experiencing duality – is this something which has happened due to their interaction with their parents, etc – or does it come in with them?

- Children are born with
- to grow up as a baby in the middle of the woods, means that child would never have had thought – just living
  - asking the questions of Who Am I?

**MR:** do you are you feeling that any of the children who have unlimited duality – is that from the environment or do they come in with some of that

- the mind is getting over-developed in kids today – child comes in as essence, and today's modern society is so - the mind getting developed to the excusion of the rest of the beingness

**COR:** this is why mental illness is so much in young people.

- Thought information: they are becoming walking minds – they are disconnected as they are completely immersed in thought - will teach about sitting in the silence
- thinks autism with children from birth are in such a heavy mind state; they are in a daydream state in their own world of thought.
- If he's in a daydream, or heavy state of thought, he cannot be reached; cannot process even someone speaking to us

**MR:** research is suggesting that autism is being created by chemicals, injection – have you looked at this – how much does this influence autism?

- western medicine is very much observational - the environment with heavy metals will have some kind of an effect on a biochemical basis
- thinks it's more about their identification with thought –
  - this is why people are depressed – they believe their thoughts; we are not our thoughts!
  - Thinking is a great tool – somehow idenification got mixed up and identifying with I AM is one of the
  - and lots of teachings empasize I AM which moves us further away from essence

**T:** how old is son now?

- he's 8 years old; Andrew

**T:** so you consciously made a choice to do this when he was 6.5 years? If you were conscious, and he noticed, what was his reaction, and how did this contribute to his growth?

- When it was happening, he [JF] didn't know when he threw out the meds, that all this would happen. At the time he was sharing with his son things that were happening, the thoughts he was having – every once in a while, he'd say things like “an angel was talking to me”
  - eventually he knew not to speak about this as his mind was so deviated from societal norms; then he stayed quiet and as he learned about himself, he talked about the value of being present – and then he became very present with his son - like going to the water park and enjoying every moment with him – this is life.

**COR:** have you devised the outline of a program to help people heal as you have?

- Yes has Promise Boca Rotan – not as easy as he thought to be able to share, as there is a lot of bureaucracy – teaching them how to be present, how to forgive inside of themselves –
  - he was able to forgive and realize unconditionally that he was wrong – his anger was like a drug and by releasing all that moved towards balance
  - just the ability to feel again, to cry again: subconsciously he didn't want to feel – he had broken up with a girl when he was young and vowed he wouldn't want to feel that pain again.

**COR:** when we live in our thoughts, . . .

- the beings she channels you are spending your life trying to
- the minds goes back and says . . . you can either lead . . .

**JF:** Yes, mental illness is the unhealthy reaction to thought – the breakthrough is knowing that we are not our thoughts – when these thought cycles go round in circles -

- the way out is to move outside of thought – requires lots of discipline
- before this happened, he spent his time reading quantum physics etc

**Caller:** talking of mental health issues, going off drugs – she was down for the count due to lack of money; was on meds for ADHD – without the meds, thoughts of paranoia appeared

- she thinks she is just getting back to normal – didn't know that the paranoia would surface

**JF:** bullying is extremely traumatic; the people doing it are not aware that they are taking out their anger on others

- when she has the thoughts of paranoia - [interrupted]

**Caller:** when she started her new job, she ran out of medicine – and the paranoia began; doesn't know if the medicine is helping her - today is almost normal – almost losing the job because they

**JF:** she is not just her mind; she is also her BEING. Her Being is responding to the thoughts in her mind – the Dr has put her on a med that quells the thoughts in her mind, brings down the level of thought so in that way they are helping –

- when you say things out loud, you are verbalizing ???

- Modern medicines are based on observation: watch what is happening and adjust them
  - If she gets off the meds, might go back to those thoughts

**Caller:** she is worried that the meds will quash her spirituality and hold her down

- she scared herself with the paranoia
- religion tells you if you're

**JF:** those are belief systems and thoughts: inside you are a loving human being as is everyone else on the planet.

- What is unfortunate is that the bullies are hurting inside and are taking it out on her – as



we reconnect with our hearts . . .

- there are things you can do for yourself: what he will be teaching is how to start
  - there is nothing wrong with you – the reactions of self to these thoughts
- he's in South Florida – the suffering comes from the thoughts – just allow self to go into self

**Website:** <http://www.jeffreyfidelmd.com/>

**[SEE BELOW FOR MORE INFO]**

**Email:** go through the contact form on the website [jeffryfidelmd.com](http://www.jeffreyfidelmd.com/)

Can also use [jfidelmd@ hotmail.com](mailto:jfidelmd@hotmail.com)

**Book:** on Amazon, also on website – I one md's inward journey to liberate himself from mental suffering

**Blogs:** <http://www.jeffreyfidelmd.com/blog/>

## INFORMATION RELATED TO THE NOTES

### Jeffrey R. Fidel, MD.



**Jeffrey R. Fidel, MD** refused to live his life medicated for Bipolar I disorder. In near complete solitude, he endured over a full year of intense mental anguish. Utilizing mainly the ancient teachings of Lao Tzu's *Tao Te Ching*, he learned how to connect to a voice originating from his heart.

The "voice within" teaches him that our true identity is "beyond thought" and that we and the universe are I(One)...

Dr. Fidel is now sharing these ancient teachings to help others discover their answer inside. He says, "By quieting the constant chattering of our minds, we begin to hear the inner voice that originates from our hearts. By surrendering the 'thought of who we are,' we can begin to accept this inner voice as our teacher. This inner voice teaches us that **we are one.**"

He has authored ***I: One M.D.'s Inward Journey to Liberate Himself from Mental Suffering –And The Help It Offers for Those Diagnosed Bipolar, Mentally Ill or Depressed*** to share his story and show people a new way to lead a fulfilling, peaceful and productive life. He is also a speaker and workshop leader.

Jeffrey R. Fidel graduated Magna Cum Laude with a Bachelor of Arts (BA) degree from Brandeis University in Waltham, MA. He earned his Doctor of Medicine (MD) degree from Tulane University in New Orleans, LA. Dr. Fidel is a board certified-MRI fellowship trained diagnostic radiologist who completed both his residency and fellowship training at the University of Miami in Miami, Florida.

<http://www.jeffreyfidelmd.com/>

**I: One M.D.'s Inward Journey to Liberate Himself from Mental Suffering---And The Help It Offers for Those Diagnosed Bipolar, Mentally Ill or Depressed**

Sep 2, 2016

by Jeffrey Fidel

The diagnosis of Bipolar 1 Disorder– by medical decree and societal perception— is a lifelong sentence: unless you take and stay on prescription medicine, you cannot function as a “normal, sane member of society.”

**But Jeffrey R Fidel, an MD himself, is proof that is not true.**

And he got there by turning off the voices in his head and listening to the one voice that counts—the one in his heart.

In his beautiful, masterful and minimalist book: ***I: One M.D.'s Inward Journey to Liberate Himself from Mental Suffering—And The Help It Offers for Those Diagnosed Bipolar, Mentally Ill or Depressed***, Jeffrey Fidel provides insight into his story and how he used the ancient teachings of Lao Tzu's *Tao Te Ching*, to connect to a voice originating from his heart, the “voice within” that teaches our true identity is “beyond thought” and that we and the universe are I(One)...

Jeffrey relates how he spent most of his life identifying with the I that was the I in his Mind—the one that said he must achieve to exist...the one that drove him to become a doctor in order to meet other people's expectations despite a part of him that resisted; the one that said he would be happy if he lived the “American dream” of exalted professional, family man and financial success. This was the “I” of his ego.

Yet, he was miserable and the critical voices in his head kept getting louder, driving him to seek a psychiatrist. And when they reached a crescendo, Jeffrey was diagnosed with Bipolar 1 Disorder and placed on antipsychotic drugs.

Feeling numbed by his “chemical lobotomy,” he continued to “fit into” society as an individual and practicing physician. Yet, nothing in his life was right—his marriage was falling apart, he still had an inner struggle that he didn't want to practice medicine, and even his beloved dog died.

Through many ups and downs and searching, he came to the *Tao Te Ching*. It spoke to him and awakened his awareness that there was another voice, a quiet one that spoke truth to him, a voice that connected him to *all that is*. Then, he knew that he was not his Mind, he was his energetic essence, something unknowable and unlimited. When he became convinced following this voice was the real path to a life of mental and emotional freedom, he tapered off his meds, quit his medical practice and focused on living the life directed by that inner voice.

Today, Jeffrey lives a contented, complete, humble and drug-free life in Florida spreading the word for others who have been diagnosed as depressed, mentally ill or Bipolar that he has found another way to end mental suffering. His book points the way.

