



March, 1015

Howdy Folks,

My work is about empowerment and this newsletter is on a subject not previously covered.

Over 40 years ago, I said, 'The time will come that if we eat well, we will have to grow it ourselves.'

Looks like that time is here.

During those years we have grown most of our food in an organic garden and experimented with various ways of growing food.

For those of you with limited space, you might consider growing in small containers and there are pictures of this at <http://www.raymongracefoundation.org/4hproject.html> . This was the project where April taught the 4-H kids in the county how to grow vegetables even if they lived in a place with no garden space. There is also a [DVD](#) that we filmed in January 2010, and it is on the same site and also a short You Tube video version of this.

We hear a lot about GMO seeds and you can use dowsing to test the quality of food grown from these seeds. I chose not to eat it when I can do better, and wanted to help other people do the same.

The Raymon Grace Foundation started a seed saver program of heirloom seeds with the local county library and we provide seeds and classes on how to plant and harvest the seeds and return them to the library to share with more people for the next year's planting.

Now I realize if you live in an apartment in the city, the previous information won't help you much. So this is where your dowsing comes in handy. Many of you have heard me talk of my friend Jeff Jones and how he has lived on a gallon of water a day since 1997. You have also met him in my webinar explaining this.

Jeff puts in a gallon of water, all the vitamins, minerals and nutrition his body will require for the next 24 hours. Then he drinks the water during the next 24 hours and then does it again to another gallon of water. Except for an occasional corn chip or peanut or popcorn, he has lived this way for 18 years.

Now there are some people who don't believe he can do this and that's ok. Not everyone is equal in their belief system and their dis-belief doesn't bother Jeff, he keeps doing it anyway. This is a fine example of empowerment.~~ let people say what can't be done~~~ then do it anyway.

Many of you folks have written to say how you have used my 'Energize Water' DVD and changed the energy of your drinking water. Am glad to hear from you, so now lets go one step further and use it for your food.

Faye and I talked about creating another DVD for energizing food but it is too simple to justify another DVD. Rather than sell you another DVD for food, just use your "Energize Water" DVD [either the old version or the new] and energize your food because food contains water.

Please understand folks, it is your 'intent of a focused mind' that does this. My friend, the late Harold McCoy founder of Ozark Research Institute, used that phrase a lot~~~ "The Power of a Focused Mind."

Faye filmed my friend, the late Walt Woods, and I, talking about using dowsing to change the energy of food. I think this might have been the last time Walt was filmed~~~Sure do miss him and Harold. This video is at www.raymongracefoundation.org and think there is a short version on You Tube.

Not all people have access to good quality food but that does not mean you can't do something about it. Bottom line is, we have the ability to use our mind and dowsing to increase the quality of whatever food is available.

I set out many years ago to clean up the water in the world and my work has reached 142 countries as of 2013. I really believe we can do the same thing with food.

Some friends send me more mail than I need and one was about the evils of wheat. Here is my response.

THANK YOU for sending this information about the wheat. There were a few 'red flags' that were noticed as I read this, so I dowsed the 'truth' of the article and got 60%.

It seemed to be written to scare people and am suspicious of such writings and writers. Fear seems to be a focus point for a lot of writers. While I believe in eating the best food possible and supporting those who grow it, and avoiding junk food, it is possible to change the energy of food when we are not in control of the food source.

Have had some really good success in helping people overcome food allergies and wheat is among them. All I do is neutralize the negative effect of the wheat on them.

Every time I read an article about how dangerous some food is, I remember some of the people who have died from bad eating habits.

An old friend of mine was fond of candy and he kept a few boxes in his house especially during the holiday season. The neighbors talked about how Bob ate too much candy and it was going to kill him one of these days. They were right, it did at 95.

One of my friends lost his grandmother after she had eaten pork all of her life, damn stuff finally killed her at 105.

Yep, we gotta be careful what we eat.

Be careful.

I will be the keynote speaker at the Dowsing Conference in NC next Thursday and Faye will be there playing her gongs. Come on out if you can.

I invited Faye to share her experience with sound below...think you will enjoy reading it, she offers weekends where you work with sound and you might want to try it.

Raymon

And it is time for the Call to Action...details here...please join in.

Raymon and I will both be speaking at the Southern Dowsing Conference next weekend. For more details visit appalachiandowsers.com. Raymon will be a keynote speaker and also offer a 75 minute workshop on energizing water. I will play gongs and offer a Claim Your Life and more workshop that is 75 minutes.

And in April we will both be at the [Coptic Conference in Johnson City TN](#). Come join us...it is sure to be fun and gongs will be playing!

Raymon will also be addressing the SOCIETA' ITALIANA DI RADIONICA conference in Italy via video and skype. For details [view the pdf](#).

I will be in Memphis for gong Sonic Massage on March 28th...more details on my site at www.tsvibrations.com.

Raymon and I were talking about sound and vibration the other day and he asked me to share my experience with Celestial Sounds with you in this newsletter. It happened when we were at a conference in Vermont a few years back.

I spent quite some time one evening playing gongs and chanting with a group and then listening to it as I did video duplication one night. When I left the building at 3 am I heard the most beautiful music my ears had ever heard. I was so amazed by it I went looking for the source....and everywhere I went on the campus....the music sounded the same. I could not locate its source. So as I walked across campus (the dowsing conference in Vermont was on a college campus and we stayed in the dorms) I was enveloped with the beautiful music.

I reached the dorm door and set outside a few minutes...thinking that when I went inside I would be away from the music...to my delight and surprise....it was still there...and loud as it was outside. The music stayed with me but others in the dorm could not hear it. It lulled me to sleep and when I awoke it was silent. I do believe it was the celestial choir and I think I know how to recreate it...and will be looking to do that at my upcoming Sound Immersion weekend in Ga. If you are interested...come play. [Details here.](#)

Raymon was a guest for Strategies For Living Radio recently, you can listen to it here.

With joy and love,

Faye

Raymon's schedule is up on his site at www.raymongrace.us

He has webinars and live classes.

Please feel free to forward this newsletter to anyone you like, as long as you leave it just as it is in its entirety. Please do not edit, forward as is. Thanks.

It is available [here](#) as a printable pdf file for download.

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