

**GOD IS...I AM**  
**MANIFESTING MIRACLES BY REDEFINING GOD**  
 (Understanding God *IS* a Verb)



## God Is A Verb Ezine

From the Desk of Jodi McDonald



[www.godisaverb.com](http://www.godisaverb.com) and [www.meta-et.com](http://www.meta-et.com)



A few days ago, I was watching a morning talk show while preparing for my day, and I was halted in my tracks when I heard the commentator speaking with a doctor who was performing an operation on a man diagnosed with essential tremors. When the patient would hold up his left hand (female, feeling side), it would wildly shake. The doctor was able to electrically manipulate an area of the brain which changed the frequency patterns which, in turn, caused the tremors to stop. As magnificent as that is, that wasn't the part

that fascinated me. What got my attention was the answer to the commentator's question, "Why do you perform this surgery with the patient awake?" The doctor replied, "Because when he is asleep, his hand doesn't shake." Do you find that as interesting as I do?

Little is understood about these tremors. They can happen to younger people, but are primarily an issue with the elderly population. They are neurologically-based and seem to worsen with stress. Some say there is a possible inheritance issue...genetics...involved. Funny thing is, this rarely involves the lower extremities. It primarily occurs in the hands, head and voice. Caffeine, which activates the body to release adrenaline, is to be avoided for those suffering with this affliction. Adrenaline, as you probably already know, is one of the "stress" chemicals our body produces. Too much of it in the system can wreak havoc on the body's organs.

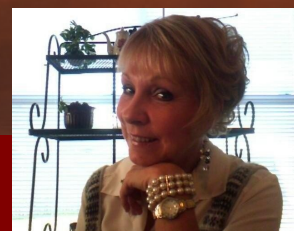
What grabs my attention most is the idea of stress and what it does to a person's body.

**GOD IS...I AM**  
**MANIFESTING MIRACLES BY REDEFINING GOD**  
 (Understanding God *IS* a Verb)



## God Is A Verb Ezine

From the Desk of Jodi McDonald



[www.godisaverb.com](http://www.godisaverb.com) and [www.meta-et.com](http://www.meta-et.com)

While many doctors now agree that most all diseases are activated by stress, few people are actually concentrating on reducing stress. In fact, in our society today, stress is at an all-time high! It would seem the logical follow-up is to reduce that stress, right? However, if you ask people what is lacking in their lives, most will answer, "I don't have enough hours in a day to do all I need to do." Rather than reducing stress, we seem to be asking for an increase in the amount of time to deal with our stressful issues. If we continue on this course, stress is not becoming less...it is getting much, much worse. Crazy!

And why do these tremors primarily show up primarily in the upper body? Now THAT interests me! Is there a connection with the brain activity and where diseases/problems are located? Absolutely!

Using Meta-ET (TM), I know that the location of any problem in the body is nothing more than a symbolic representation of a past event or belief that is energetically stored in the body until

released. An issue in the head would be representative of a struggle going on with the person's conscious and subconscious beliefs. Perhaps the patient was programmed early in life with one belief, but as time went on, this belief has been changed in the conscious mind. Problem is...the subconscious mind must be congruent with the new belief, or struggle ensues. The head is also the symbolic location of the ego. Problems in this area generally mean the person is relying too heavily on "figuring things out," rather than accepting and allowing Divine Consciousness to do the work. The ego, you see, "trembles" in fear when it cannot resolve issues in the outer world. This fear most likely began in childhood when the child could not "fix" something or someone else's problems. The ego doesn't like to fail, because that can lead to disapproval and rejection. Its identity is dependant on others seeing it as the go-to source. And the voice? Clearly, this is the ego's way of trying to quiet the patient from "speaking his/her truth." Obviously, when this

**GOD IS...I AM**  
**MANIFESTING MIRACLES BY REDEFINING GOD**  
 (Understanding God *IS* a Verb)



## God Is A Verb Ezine

From the Desk of Jodi McDonald



[www.godisaverb.com](http://www.godisaverb.com) and [www.meta-et.com](http://www.meta-et.com)

person tried to help someone else, he/she was reprimanded or made to feel wrong...maybe even called a liar. The hands? Reaching out to help someone caused stress on the patient. In the case of the man on the television program...his left hand shook, but not his right one. Clearly, then, his issue started with a female (most likely his mother) whom he did not want to disappoint. So, if I were working with someone who was troubled with essential tremors, I would look for the event/events that caused the client great stress when he/she reached out to help someone else. I could just about guarantee you this...the one suffering from essential tremors is one who feels a tremendous responsibility in keeping the peace. This person lives for others, not for himself/herself. Because we cannot "fix" the outer world or "others," we endlessly cause ourselves undo stress. And, of course, the one whose identity is tied up in this feeling of responsibility will continuously draw in those who need help...and be disappointed when he/she fails to resolve their problems. The less

effect we have on the cause, the greater the stress and the more suffering we bring to our lives. Personally, I would advise this person to spend far more time on the enjoyment of life. I would tell this client to meditate and tap so he/she will reconnect with Source Being. The need for control of the outer world then subsides. I would explain to him/her that "playing God" from the perspective of the ego-mind is pointless. He/she is wasting life by focusing on others. Let God take care of the world! Our only requirement is to accept and love All That Is as if it is perfect. Why? Because it is! How much easier would it be to simply ALLOW God to work through our lives while we relax into trust? How often I have laughed at my own arrogance when I thought I could one-up God! As if the Divine hasn't already dealt with every situation possible!

When we are completely relaxed and open, the brain wave patterns alter. That alteration allows us to go deep into the subconscious mind. It is there we find that

**GOD IS...I AM**  
**MANIFESTING MIRACLES BY REDEFINING GOD**  
 (Understanding God *IS* a Verb)



## God Is A Verb Ezine

From the Desk of Jodi McDonald



[www.godisaverb.com](http://www.godisaverb.com) and [www.meta-et.com](http://www.meta-et.com)

connection to All That Is. It is there all healing takes place...and it is there the tremors cease to exist. The trick is to maintain that peaceful feeling even in the "awakened" state. We know it is an illusion of our own making...but we must be vigilant in clearing out the stored beliefs that want to have us believe differently.

We have several options in healing essential tremors. We can have them surgically corrected through the alteration of electrical signals. We can take medications or drugs which allieviate stress temporarily. We can sleep. We can also lessen the stress in our lives by learning to bypass the ego-mind's suggestions on how to control the outer world.

There is no higher Source than that of Divine Mind. "Let go and let God" is a mantra many repeat again and again. Practice it daily by handing over responsibility to the One who is always in control. And then...go play!

Ahhh...that feels so much better, doesn't it?

## WHAT'S COMING UP?



I have been contacted by the San Antonio Unity Church about doing a one-day workshop there on May 22<sup>nd</sup> (Saturday). The price will be very affordable and I hope ALL my friends, family and clients will be there to learn the basics of Meta-ET (TM). I'll let you know more about this as the date approaches, but I hope you will reserve this date on your calendar!

I am also speaking with some of the other area churches about presentations and hope to have more on that in the next ezine.

If you know of a church or business that would be interested in learning more about Meta-ET (TM), please let me know! Thanks.

GOD IS...I AM  
 MANIFESTING MIRACLES BY REDEFINING GOD  
 (Understanding God IS a Verb)



## God Is A Verb Ezine

From the Desk of Jodi McDonald



[www.godisaverb.com](http://www.godisaverb.com) and [www.meta-et.com](http://www.meta-et.com)

## MANIFESTING MIRACLES

### WITH Meta-ET (TM)!!

Metaphysical Emotional Transformation (TM)  
 "SECOND SATURDAY" SESSIONS  
 The next session is set for Saturday,  
 FEBRUARY 13th!

Join Meta-ET (TM) practitioner and participant in the milestone movie, *Try It On Everything*, Jodi McDonald, the second Saturday of every month, from 10:00 a.m.-noon, at the New Braunfels Unity Church of Practical Christianity for Borrowing Benefits sessions. You won't want to miss this! All sessions are presented on a love offering basis. Prizes and refreshments are provided each month. I give out at least one free Meta-ET session each time we meet, so if you have been wanting to try it but feel you can't afford it, this is your opportunity. You'll be grateful, I promise!

If you bring TWO guests with you or if you refer a client for a personal session, you win a FREE private session for yourself, so be sure to pay it forward!! (Be sure to let me know if you bring two guests.)

*"You'll be glad you attended," says one participant, "because Jodi not only shows you how to let go of the problems and diseases in your life, but she also teaches from her own metaphysical background. You'll get much more than your money's worth and we have a lot of fun, as well."*

Using Meta-ET (TM), we understand how our inner beliefs are mirrored in the 3-D world that appears to be around and outside us. We recognize how and why our disconnection beliefs show up as problems and diseases in our bodies, as well. Tapping on the meridian points, while focusing on the issue of disconnection, we release the energy of that block, allowing limiting, non-serving beliefs to fall away.

In February, I will continue a series of talks I'm giving on Dr. Bruce Lipton's latest book, "Spontaneous Evolution." We are discussing

GOD IS...I AM  
 MANIFESTING MIRACLES BY REDEFINING GOD  
 (Understanding God IS a Verb)



God Is A Verb Ezine

From the Desk of Jodi McDonald

[www.godisaverb.com](http://www.godisaverb.com) and [www.meta-et.com](http://www.meta-et.com)

how our cultural beliefs came to be and where we are in the evolutionary process of our planet. Lipton looks at our cellular community as a component of fractal geometry and shows us a brilliant plan for an amazing future as we go through the shift into a new age. This will conclude this series, but is THE one you will NOT want to miss!!!



\*\*\*\*\*

If you would like to schedule a private Meta-ET (TM) session, please email or call me for a free 15 minute consultation. We can then determine the best time and place to get together for your freedom session. Remember, these can be done in person or on the phone or on the Internet. I have openings in April, but

don't wait too long to schedule your session. These dates fill up fast!!

I'm currently offering sessions at the rate of 3 for \$100, or one for \$40.00. It's a great price, so be sure to schedule yours soon!!

\*\*\*\*\*

MY BLOG

If you haven't yet visited [my award-winning blog](#), I hope you will take a moment to check it out. To keep up with where I am, what I'm thinking, or when I'm speaking, please check there first. I always inform my blog readers FIRST! To make things easier, you can [subscribe](#) to the blog, and it will be delivered straight to your inbox, each week day. (Click on the word "subscribe," above to do so.) This is the best way to stay informed.

Please share my articles with your friends and family. All I ask is that you include a link back to my site, so they, too, can read each blog.

Although I haven't been a regular contributor as of late, you always have the opportunity to read through hundreds of archived articles

GOD IS...I AM  
 MANIFESTING MIRACLES BY REDEFINING GOD  
 (Understanding God IS a Verb)



## God Is A Verb Ezine

From the Desk of Jodi McDonald



[www.godisaverb.com](http://www.godisaverb.com) and [www.meta-et.com](http://www.meta-et.com)

until I get back into the full swing of writing my blogs.

### CONTACT INFORMATION

You can email me at [jodi@godisaverb.com](mailto:jodi@godisaverb.com). I can also be reached at [jodi@meta-et.com](mailto:jodi@meta-et.com) or [mcgolf@satx.rr.com](mailto:mcgolf@satx.rr.com). If you need to call me, please visit my websites at [www.godisaverb.com](http://www.godisaverb.com) or [www.meta-et.com](http://www.meta-et.com) and get my additional contact information there. My Meta-ET site is "under construction," but you can visit a few of the pages now!



**"Try It On Everything"** has been renamed **"The Tapping Solution,"** so if you are trying to locate their sites online, be sure to use the new name to find them faster. Their World Tapping Summit begins soon!! Be sure to register for FREE audios on tapping from some incredible practitioners.

**Coming soon....**

We are still working on the NEW Meta-ET website, but it is coming along nicely. Thanks to all of you who have sent in testimonials. We welcome any others if you feel moved to testify! Be sure to visit the site at [www.meta-et.com](http://www.meta-et.com). If you check out the INTRO page, I often record inspirational audio messages for those who visit me there. There is also a great YouTube video you can watch that explains how the brain processes information.

Jackie, Vivian and I are so excited about

**GOD IS...I AM**  
**MANIFESTING MIRACLES BY REDEFINING GOD**  
 (Understanding God IS a Verb)



**God Is A Verb Ezine**

From the Desk of Jodi McDonald

[www.godisaverb.com](http://www.godisaverb.com) and [www.meta-et.com](http://www.meta-et.com)

the certification program we are putting together. It is going to be absolutely amazing!!! I hope you will be able to join us when we start the program. Keep listening here...and I'll let you know when our first program will be held. Meanwhile...we are having a **BLAST** putting it all together into a fun, educational, blow-your-mind training class that you are **NOT** going to want to miss. Love it!!!

\*\*\*\*\*

I thank all of you who take time out to read and share my ezine. I feel the love you offer me, and I deeply appreciate it. I want to share the love, especially since February is the "official" LOVE month!  
**Happy Valentine's Day!!!**

I am so blessed to have you in my realm of human experience and I want you to

**ALWAYS** remember...

**I  
 LOVE  
 YOU, too!**

