

## Dear R.S.E.,

My name is Anthony Canelo. I am an herbalist, author, business owner, and teacher. I am twenty seven years old. I live and work in Montclair, New Jersey. I want to express my deep gratitude to Ramtha, J.Z. Knight, and the teachers of my beloved school.

I am a fortunate young man. I have written seven books and own a local small business, doing what I absolutely love. I help people fix themselves. At twenty one I quit smoking and drinking. I got my life together in a hurry after many years of health complications. In so many ways, I broke away from family and friends in order to save myself. Life has been a true teacher for me. I have a strong desire to continue working in my field and writing.

I remain inspired by the freedom I've discovered in my life. Most young men my age are pressed to the grinder and conditioned for ritualistic self destruction. After a hard fight in that arena, I left this past with wholesome irreverence. Instead, I chose to learn how to live.

My health concerns became my runners. Self motivation, self care, and progress remain my cards. I've never looked back.

This year I wrote and self published seven books on holistic health, preparedness, and short stories. I plan to put together my first Natural Healing text book by the winter. I have hardly missed a day without breathing, without walking, or without the dance. My true passion is learning how to live. My work and my writing are my treasured vehicles of expression.

Throughout Assay 2012 I set all of this into motion. I had one focus. It was perfect health. I spent weeks on it after assay. What happened was quite interesting. I had experienced a few moments of healing, yet it was nothing like the Tsunami of information that crashed into my life. Suddenly I was picking out the most interesting health and healing books. Suddenly my closest friends were struggling to get healthy and reaching to me with open minds. Suddenly the brightest scientific minds in the New York city area were within ear shot! Day after day, the rhapsody of my writing, my work, my personal healing, and my social life would blend. It was a dance.

All great information seemed headed my way. In January 2013, I wrote my first book entitled 'Folk Remedies For The Modern Age.' It expounds on twelve items you already have in your home, like vinegar, peroxide, baking soda and honey. I offer hundreds of ways to work with them, personal stories, historical lore, and points of interest.

In February, my second book entitled 'The Complete Compact Guide To Disaster Survival' was published after hurricane sandy. Within are seven useful strategies. They are early warning systems, threat response, food seed water preservation, evacuation and viable land, getting out of debt, shelter/heat/clothing, and community preparedness. And you know who inspired me to write that one.

During March and April I wrote 'The Seven Fundamentals of Longevity' and created the world's first 'Holistic Health Pyramid'. Those fundamentals are breathing, sleeping, drinking, attitude, eating, exercise, and a connection to nature. This book helped me set a standard for future books. The creative process was highly inspirational.

I wrote 'Slowness Gives Wholeness' in May. It is the second of my pyramid series, emphasizing rhythm and softness. In Assay 2012, Ram said "A master of Rhythm is a master of energy." I couldn't get that sentence out of my mind until I wrote 'Slowness Gives Wholeness.'

'Marriage, Incarceration, Death, Religion, and Patience' was my next book in June. It is an allegorical commentary on five important social structures. Also, it was my first book of short stories.

These books are now available on amazon.

This September I wrote two more books. 'Sleep - The Great Medicine', and 'Self Determination - The Strategy For Mastering Addiction In America.' 'Sleep' is a book that will help you achieve rest with less lengthy explanation on brain waves, sleep stages, schedules and other data. It is a book of original and powerful sleep remedies.

'Self Determination' was written for my generation, the 'Addicted Generation'. Admittedly, I turned it on in September. I have never considered myself busy. I've been working. As you see, I love what I do.

I cannot begin to count the nights alone I listened to "Gardening For Transmutation", "Love Born in the Fourth Seal", or "The Mystery of The Invisible". I cannot tell you what a value the Ramtha teachings have been to me, all the way out here in a suburb of New York City in my attic room where I dissolve each night. I am so in love. I am so enchanted with everything now. I have taken raw inspiration, and with the teachings, crafted it into a bright student's dream. Now I have to experience it.

The greatest thing I could think of doing is to come back and rest on that fine cold ground, with humble food, in humble clothes. Please, enjoy my books. Feel free to send them to those who need help. Mrs Knight, you have blessed my life in so many ways. I love you. Thank you. Thank you, Ramtha. Thank you, RSE. You helped me to save my life. I am at your service.

**Without Conditions,**

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