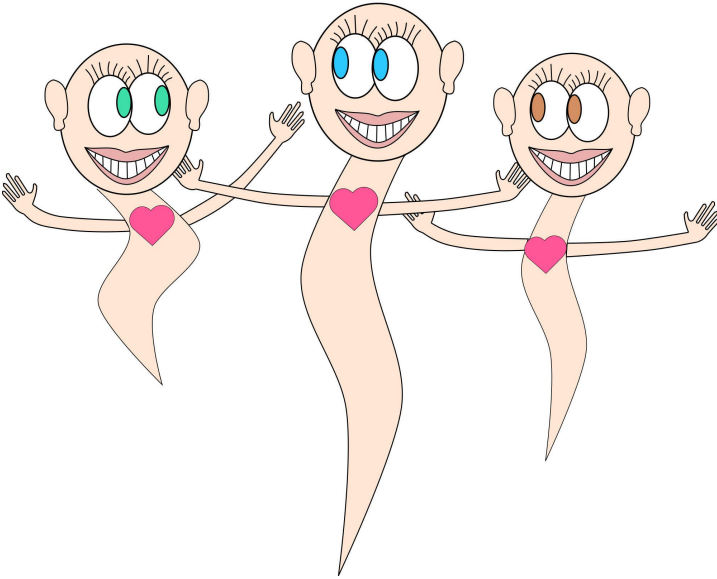


Wiggly

Wiggly



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by Michael J Ducharme
michael@michaelducharme.com

Wiggly

For Xael

With Love,
Uncle Miguel



THANK YOU

Thanks to my Parents and Grandparents, Aunts and Uncles for the loving example that is the foundation of healing.

Thank you to all that helped me write this book. My brother Stephen, Aunt Anne and Uncle Ed were most inspiring!

Shout out to my nephew, cousins and friends that supplied great photos for this book.

Wiggly



Chapters

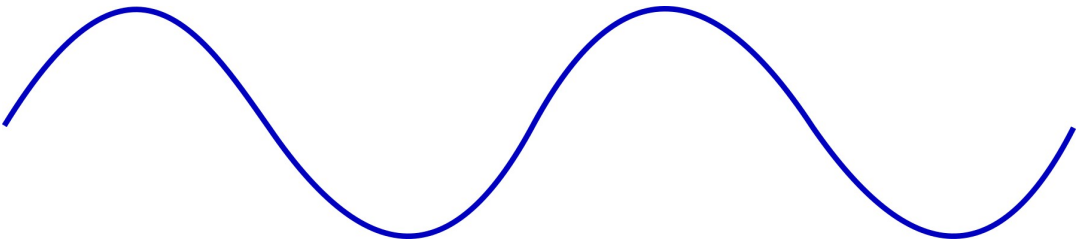
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CHAPTER 1:

What is Wiggly?

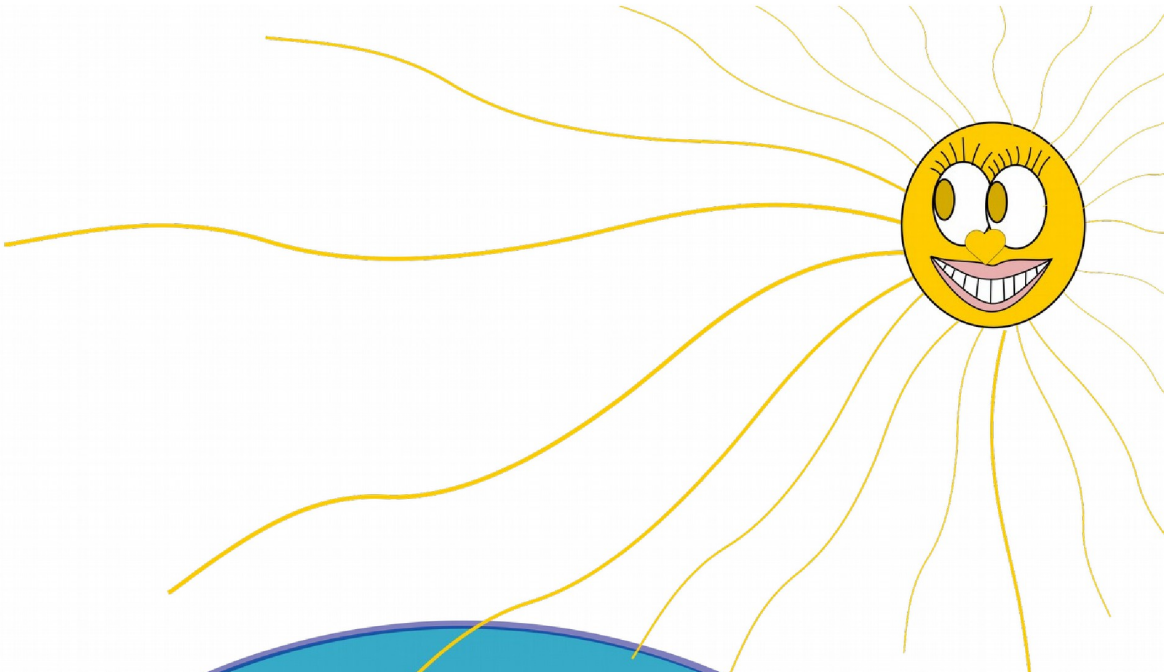
All waves are wiggly, and just about everything in the world is made of waves.

Here is a basic wave:



Wiggly

Everything in the World is Wiggly.



Wiggly

Water is wiggly.

Lakes and oceans are topped with
wiggly waves.

Wiggly



(South Beach, Miami, Florida)

Wiggly

Water wiggles down streams, rivers and
waterfalls.

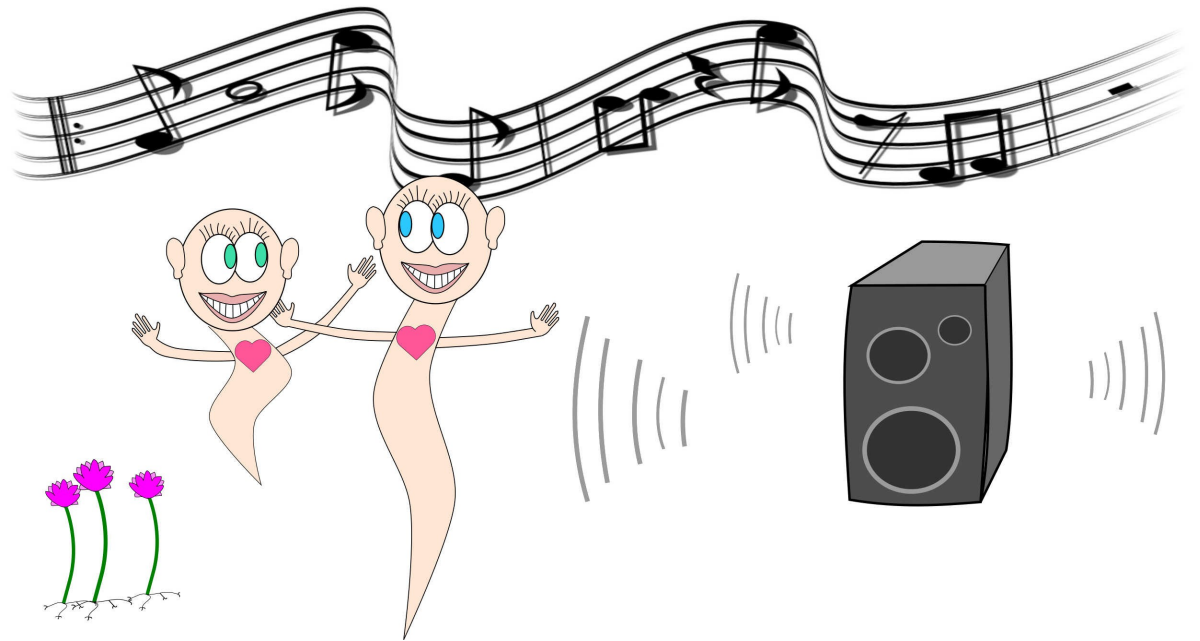
Chorro de los Enamorados,
El Valle, Panama >>



Wiggly

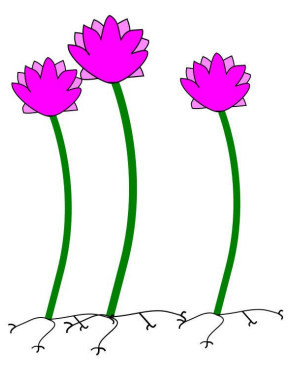
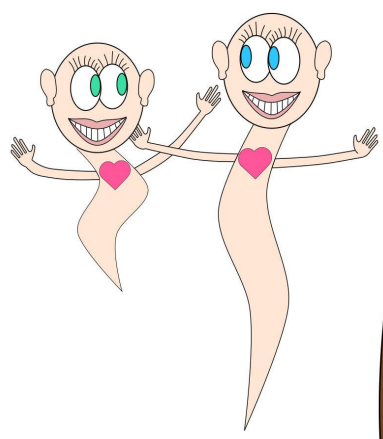
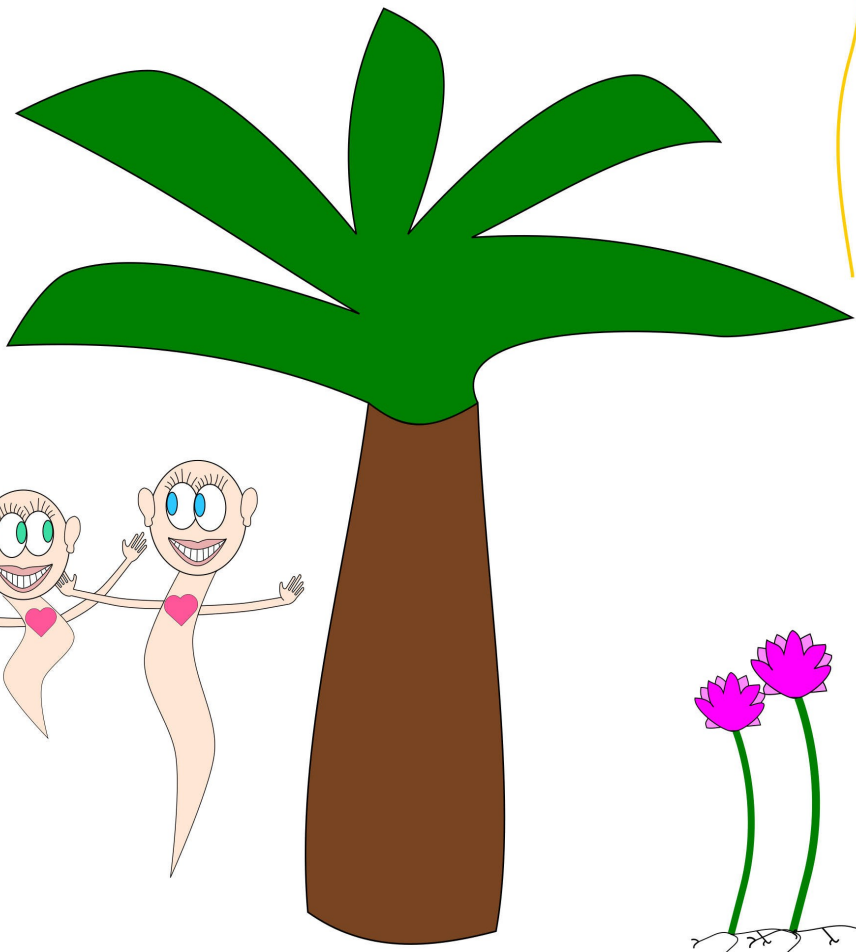
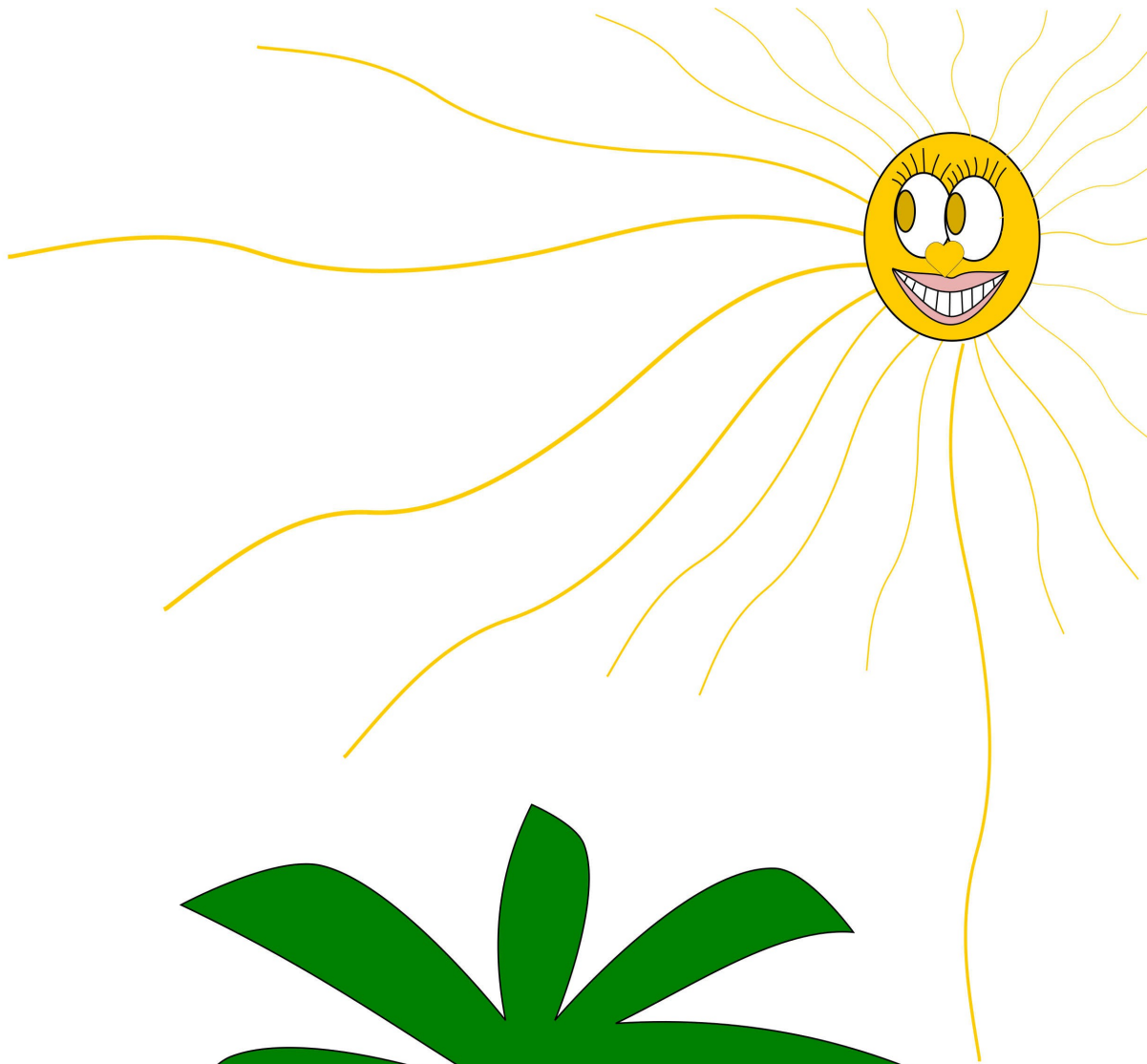
Sound waves are wiggly.

Wiggly



Wiggly

Light waves are wiggly too.



Wiggly

Hoses are wiggly.

That's true for your garden hose

and fire hoses too.

If you grab a hose at one end, and shake it a few inches in either direction, you will see waves "wiggling" through the hose. If the wave doesn't reach the other end, something is probably blocking the wave.



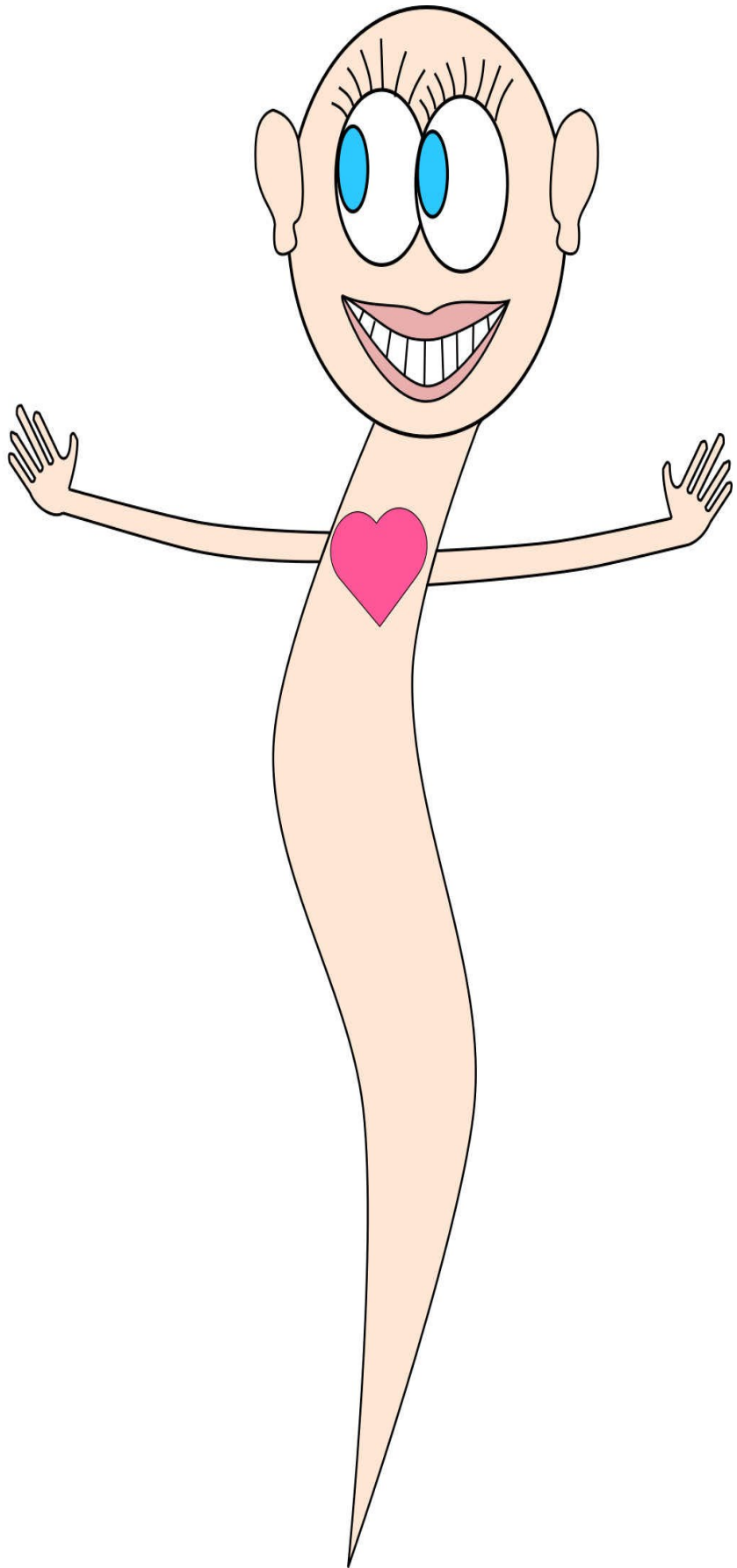
Wiggly

CHAPTER 2:

Who is Wiggly?

All people are wiggly.

(Animals are people too.)



Wiggly

Whales are wiggly.

Wiggly



Wiggly

Dolphins are wiggly too.

They can wiggle halfway around the world... In fact they can easily swim 130km in a single day.

Wiggly

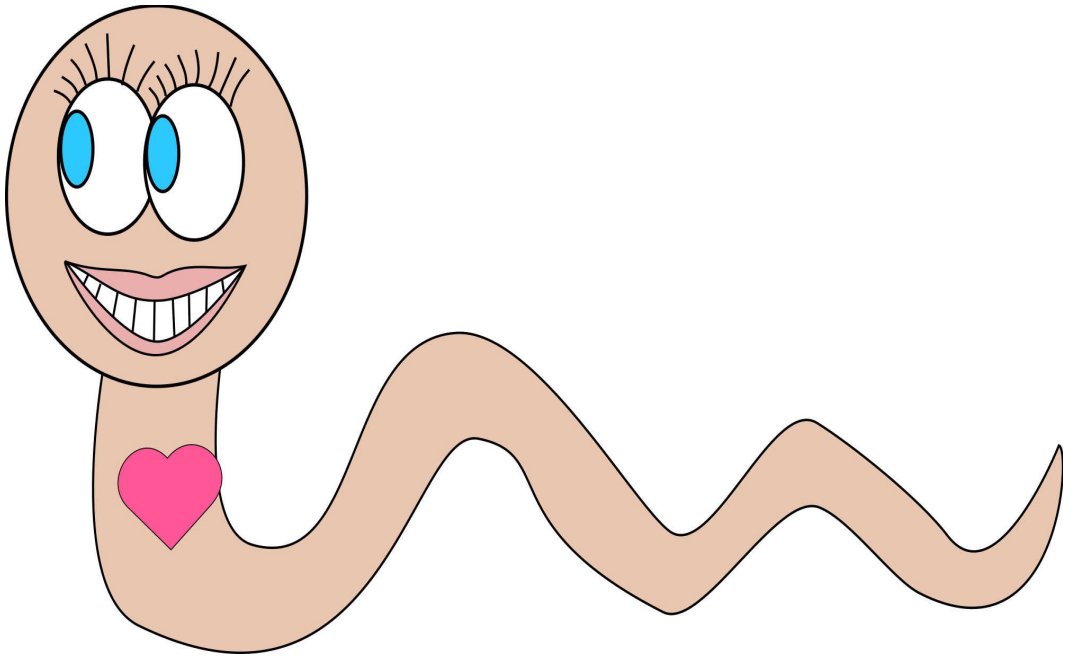


Wiggly

Worms and snakes are wiggly.

But don't hate wiggly yet! ...

Wiggly



Wiggly

Your best friend is wiggly too!

That furry little pooch that adores you wags his wiggly tail at the sheer joy of seeing you!

Gandhi >>



Wiggly

You know who else is wiggly?

That's right: **YOU!**

Xael >>



Wiggly

In fact, all babies are wiggly.

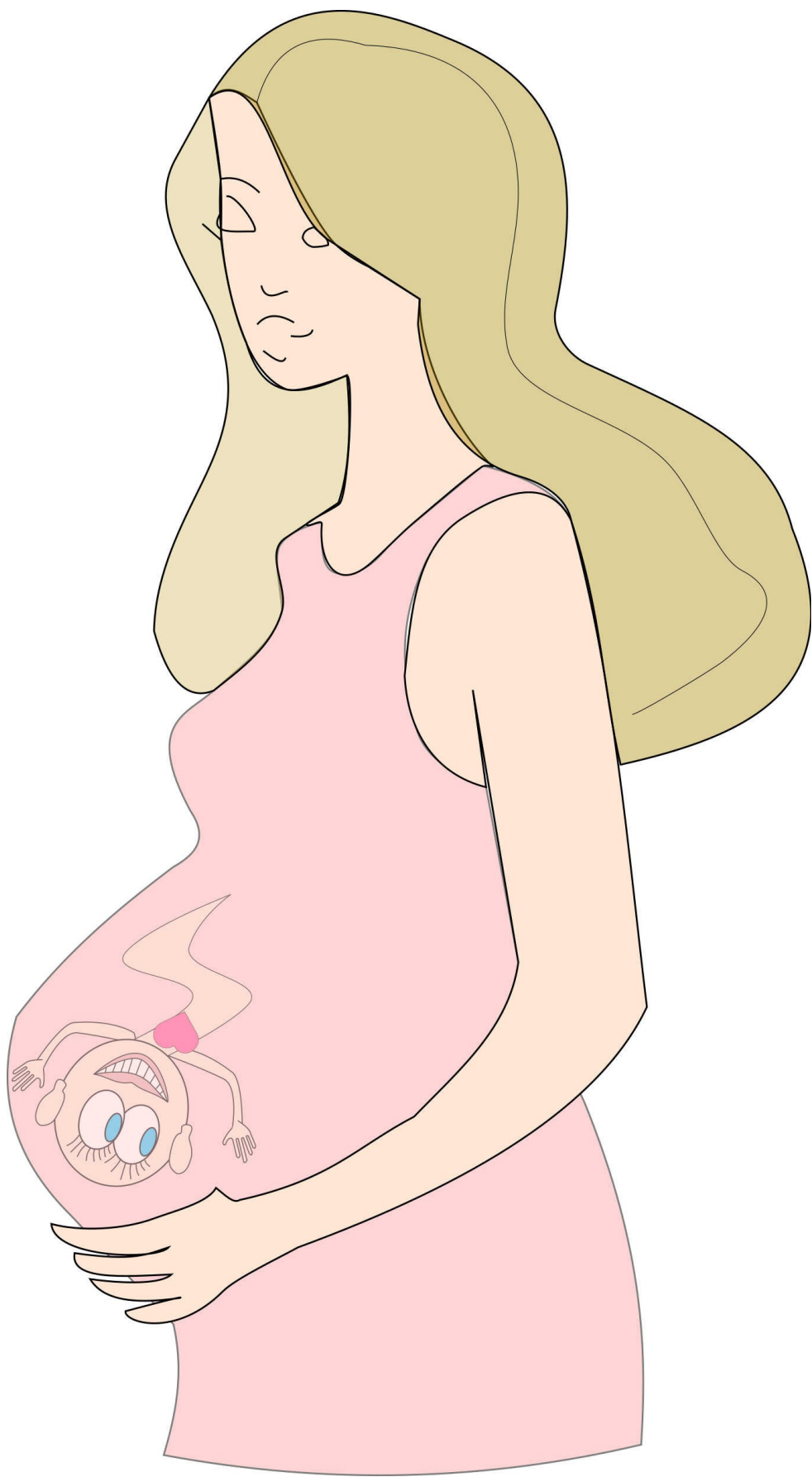
(And healthy adults too.)

Athenas and Athor >>



Wiggly

Before you were born, you were wiggly in
your mother's womb.

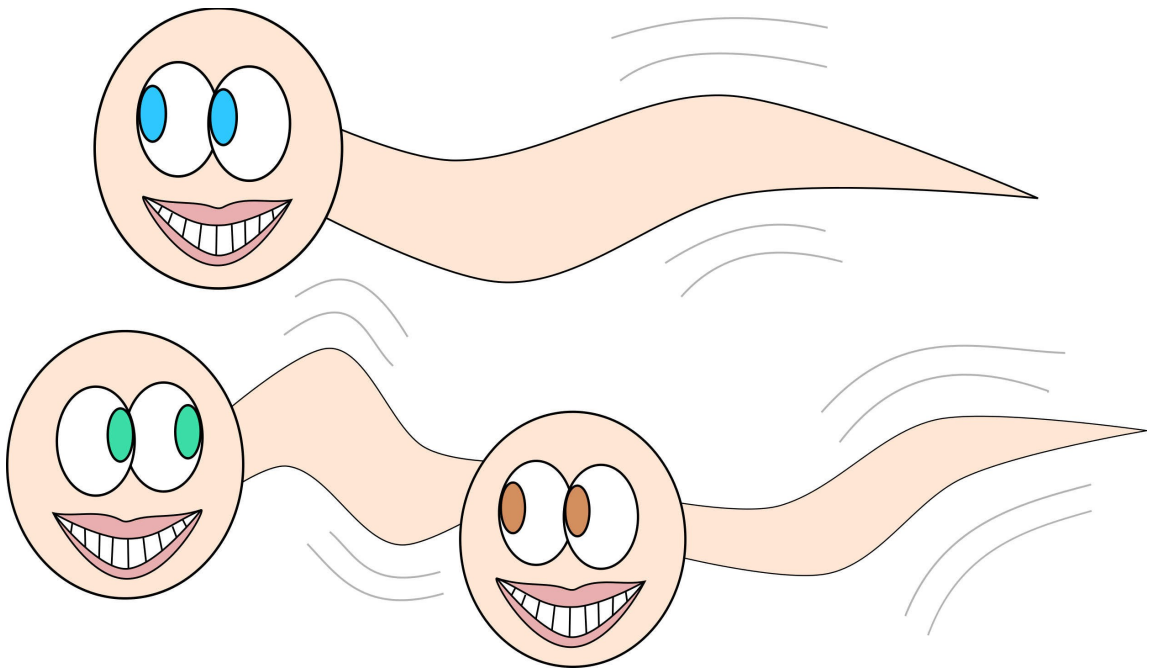


Wiggly

And before that, you were the wiggliest among millions of wigglers.

Here is what you looked like before becoming a baby. Your mom and dad will explain this to you one day.

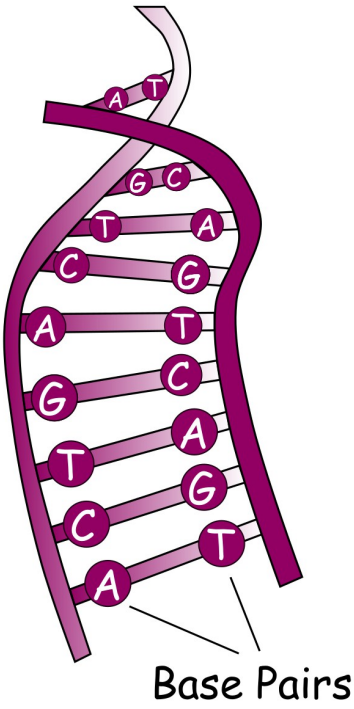
Wiggly



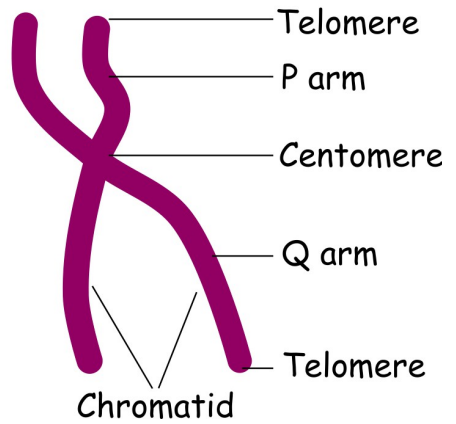
Wiggly

And here is what you look like under a microscope. Inside you there are trillions of tiny wigglers called "genes"!

DNA Double Helix



Chromosome



Wiggly

There is nothing wimpy or weak about being wiggly. The wiggly water penetrates the rock.

Karate master Albert Mady can smash through cement with his body, which is made of mostly water.

Hanshi Albert Mady >>



Wiggly

CHAPTER 3:

Why be Wiggly?

Wiggly

My top 10 reasons to get and stay wiggly:

1. Because WIGGLINESS is WELLNESS.
2. When you are wiggly you are loving.
3. When you are wiggly you are happy.
4. When you are wiggly you are calm.
5. When you are wiggly you are strong.
6. When you are wiggly you can think clearly.
7. If you are not wiggly, you become sad, mad or feel bad.
8. Wiggleness lets your body heal its wounds.
9. If enemies get wiggly, they become friends.
10. Because God designed you to be wiggly!
That is your nature!

Wiggly

Inside your body, there are millions of tubes.

Each lets fluids like blood and air flow through your body and get where it needs to go. And these tubes only work if they are wiggly.

Your **arteries and veins** - tubes that conduct blood to every part of your body

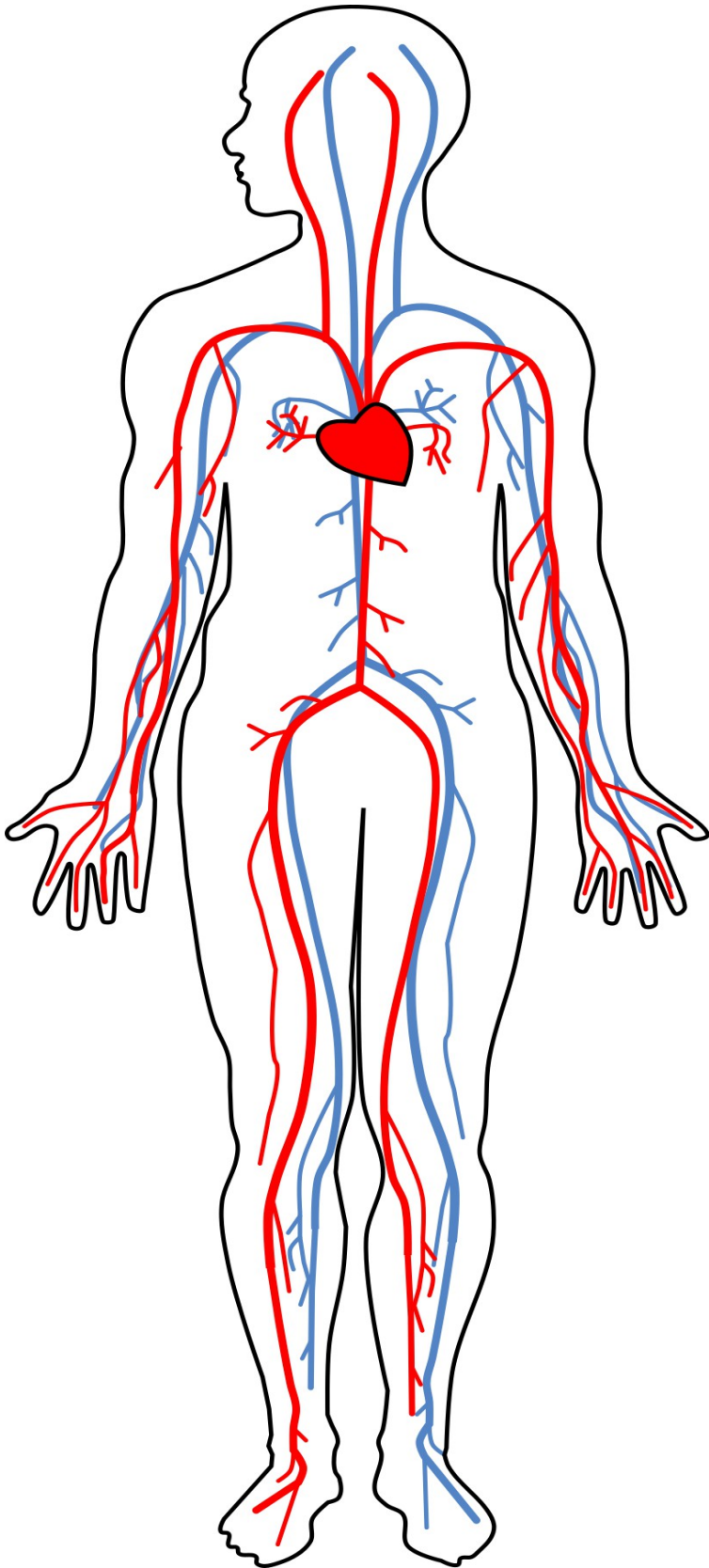
Your **esophagus** is a tube that brings food from your mouth to your stomach.

Your **trachea** is a tube that conducts air from your nose or mouth to the lungs.

The **intestines** are tubes that take urine and feces out of the body.

Ear canals, nasal canals, penis, vagina, urethra, and even **bones** are also tubes.

Wiggly



CHAPTER 4:

How to Know if You are Wiggly

Now that you understand the importance of wiggleness, it's time to check if you are already wiggly.

The first way to know if you are wiggly is to check how you feel. If you are loving happy, calm, and without pain, then you are probably wiggly. If you are sad, mad or have pain, then you are probably not.

Xael >>



WARNING

Manufacture
1. Do not use the high chair if the child is under 2 years old or weighs less than 25 lbs (11 kg).
2. Do not use the high chair if the child is unable to sit upright without support.

AVOID IN CASE

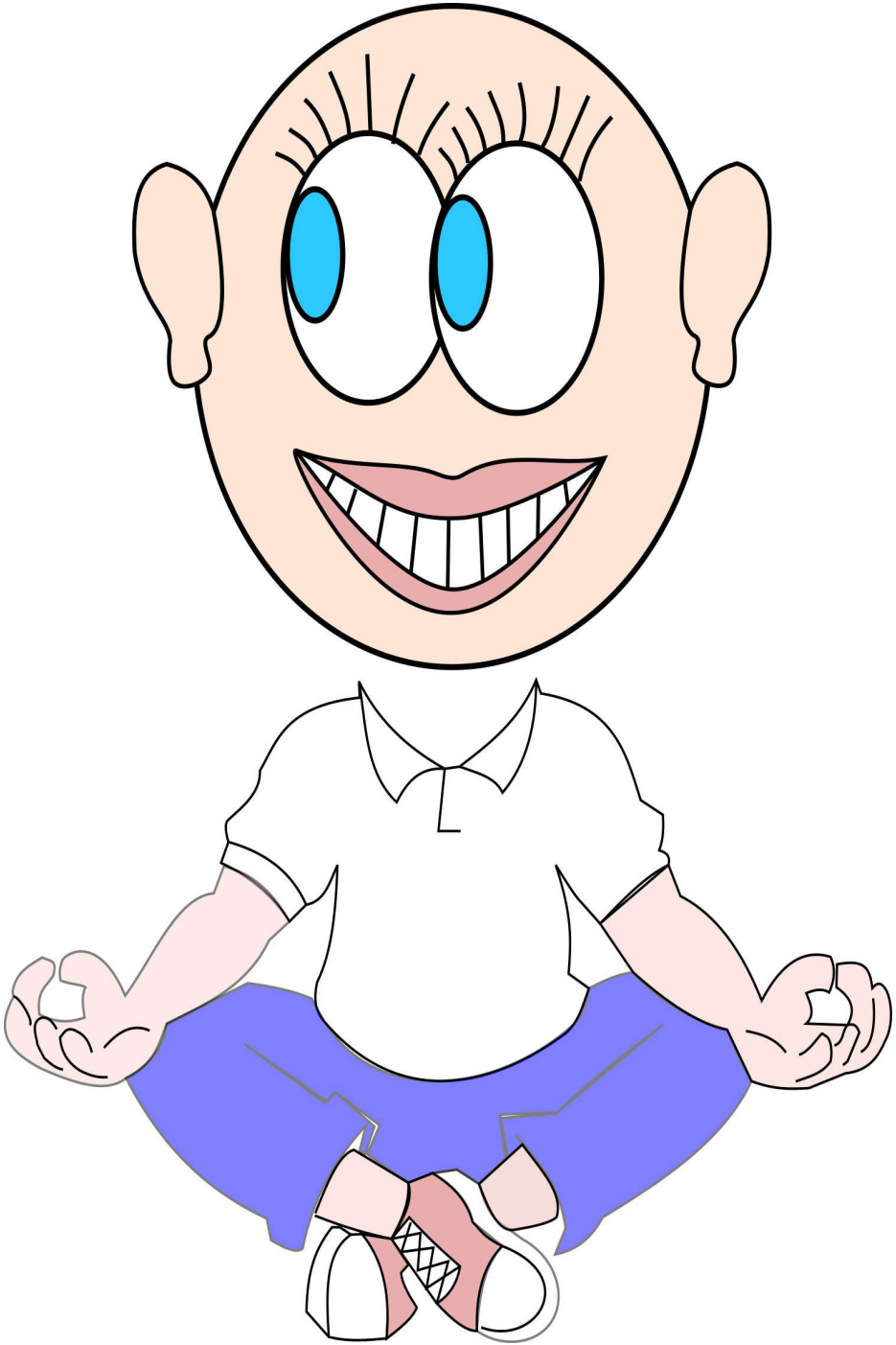
1. Do not use the high chair if the child is under 2 years old or weighs less than 25 lbs (11 kg).
2. Do not use the high chair if the child is unable to sit upright without support.

Wiggly

The second way to know if you are wiggly is to do a **wiggle test**. You can do this alone or with the help of someone.

If you are alone, just sit up straight and start gently wiggling your back and neck. If you find this easy, you may already be wiggly. But if it feels awkward or uncomfortable, then you may need to get wigglier.

Wiggly

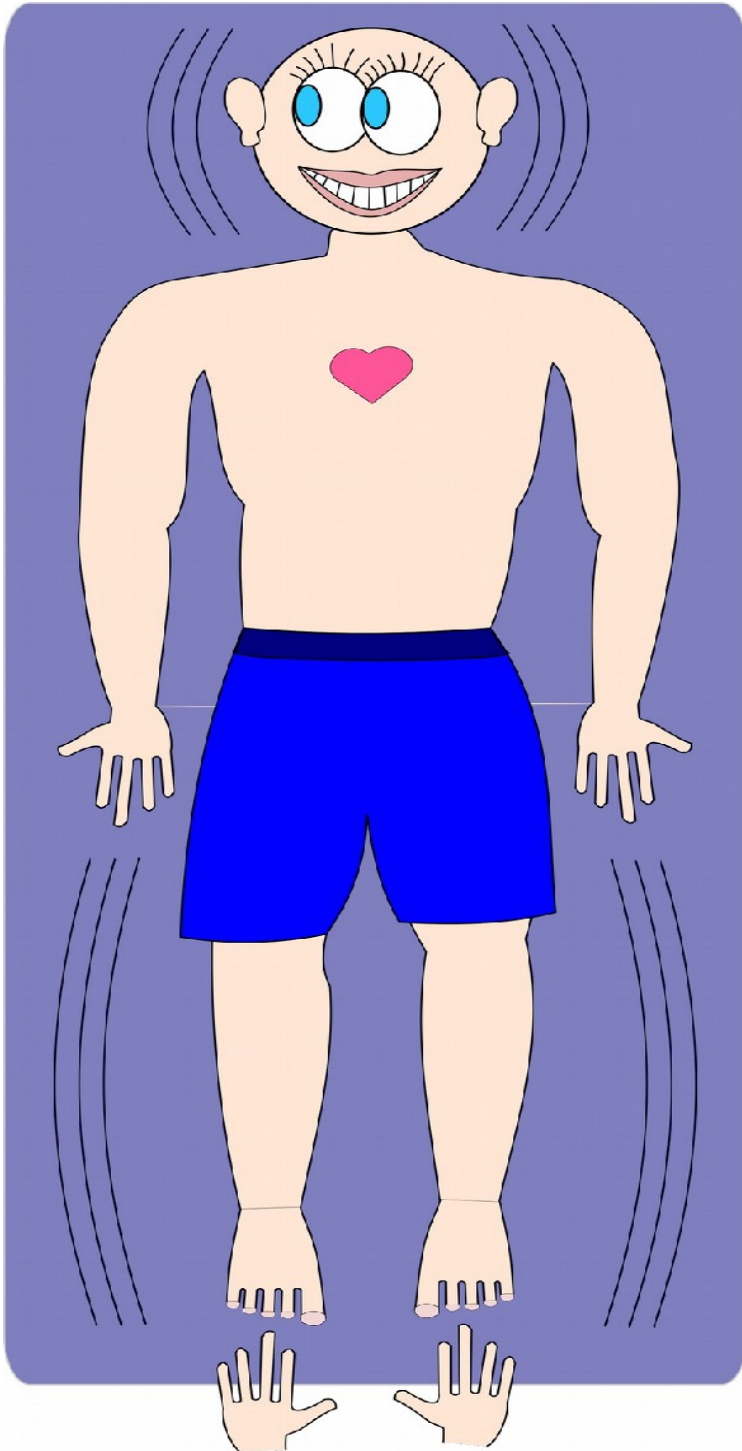


Assisted Wiggle Test

If you have someone to help you, then you can lie down face-up on a bed or a floor, and get someone to grab one toe from each foot and wiggle both. (See Illustration on next page.) If your whole body (including your head) are wiggling too, then you may already be plenty wiggly! But if the wiggly wave stops somewhere in the middle, then you need to get wigglier.

Your friend should gently wiggle both feet at the same time and check that your head wiggles about the same amount.

Wiggly



Wiggly

CHAPTER 5:

Who Needs to Get Wiggly?

I do! And so do you!

And everyone else, too!

Wiggly

Optimal wellness depends a lot on wigginess. No matter how healthy or unhealthy you may be at this moment, getting wigglier will make you feel better. Now is always the best time to get wiggly.

Everyone needs to be wiggly, but there are some that need it more urgently than others. Those that are suffering the most are the ones that need to get wiggly the most urgently. In the last chapter you will find out how to help those in need.

In the next chapter, I will teach you how to get and stay wiggly yourself.

CHAPTER 6:

How to Get Wiggly

**Here are the fastest ways to
get wiggly and well.**

Wiggly

1. Just Wiggle!

That's right! You can wiggle yourself to better health from just about any position, whether you are lying down, sitting up or standing.

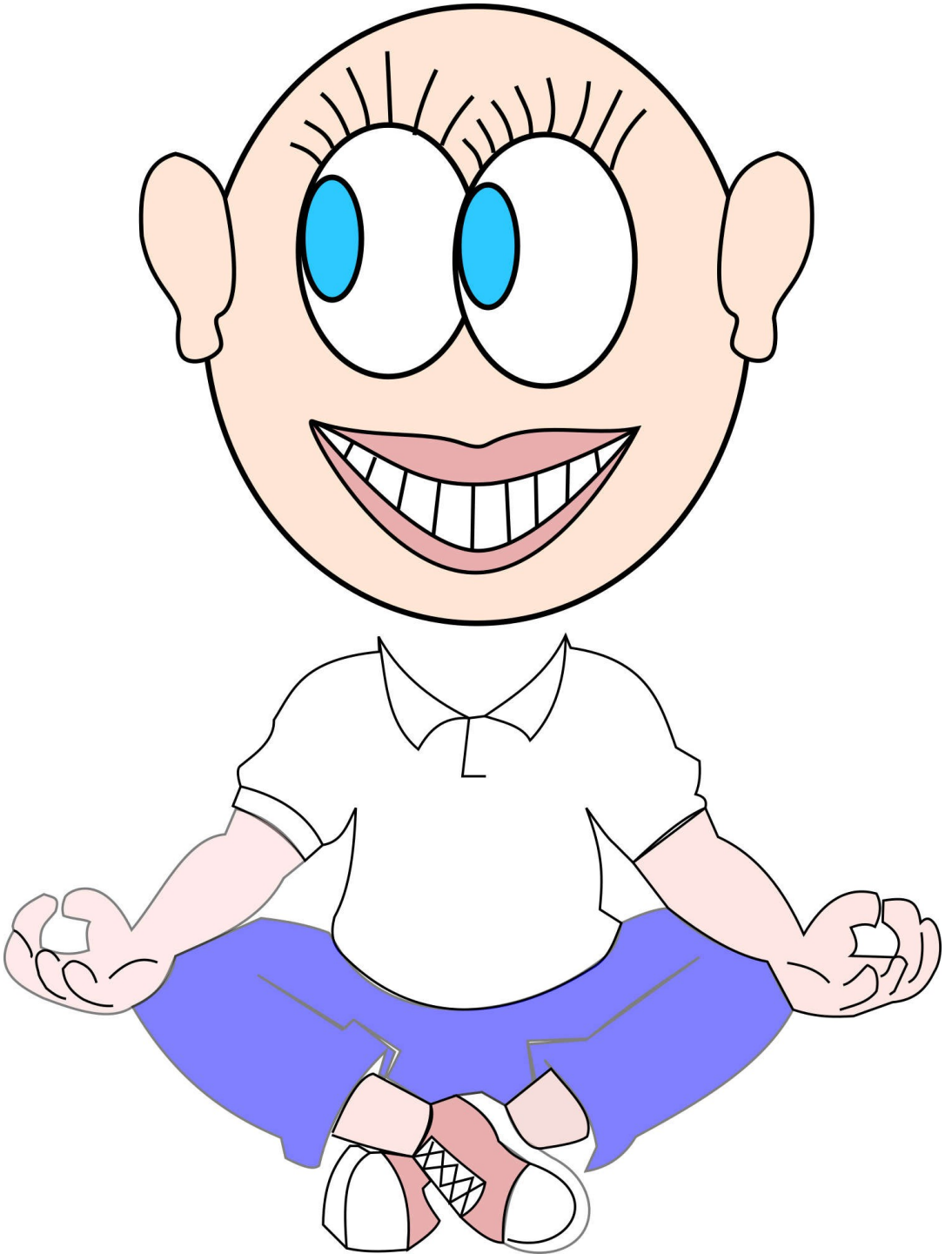
It's more fun with music so start with Michael Jackson's "Heal the World" and then pick another with a similar rhythm.

Start slowly and softly. Move gently to the music. Move to the left for a couple seconds, then move to the right at the same speed. As you move to one side, your head starts tilting the other way. As you continue this back and forth motion, the movement should get smoother and smoother.

2. Budha's Dance

Sit up straight in a half-lotus posture and gently sway back and forth and in circles around an imaginary center line from the base of your spine to the top of your head.

Wiggly



3. On the Ball

Lay back on a big ball, with your belly in the air and your feet flat on the floor. Your head will be upside down. You can do this alone, but you may need to have someone help you until you get used to balancing on your own.

@ Vida Lotus, Limon, Panama >>

Wiggly



Wiggly

4. Assisted Wiggle

First put on some soft music, either instrumental (with no singing) or with some beautiful words. Now hop up on a table or a bed or lie on a blanket on the floor in the same position as the wiggle test described earlier:

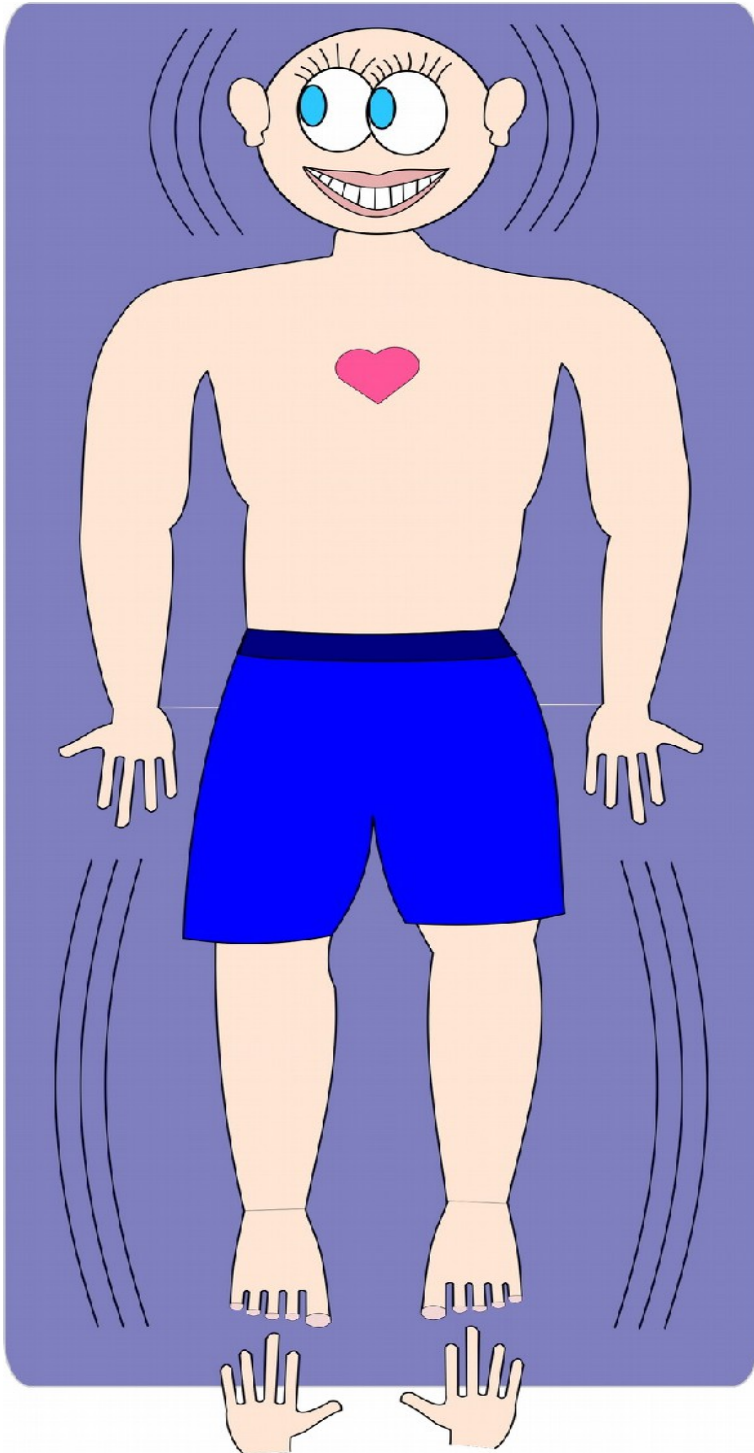
Your friend starts by wiggling your feet and checks to see if you are already wiggly, and if not, she or he will try to notice how far the wave travels up your body before it stops.

The point where the wiggly wave dies is a spot where your energy is "blocked". Your friend will move to that area and gently rock your body left and right to help the energy flow in that area.

Your friend can repeat the wiggle test at any time... he or she can check if the wave now travels farther up the body. If not, then just continue working gently on that same spot that you found earlier.

But if the wave travels farther, then we are happy because the treatment is definitely working. We simply need to repeat the procedure at the new spot where the wave dies. By the way, the wiggle-test itself also helps to clear the blockages, so there is a good reason to continue checking frequently.

Wiggly



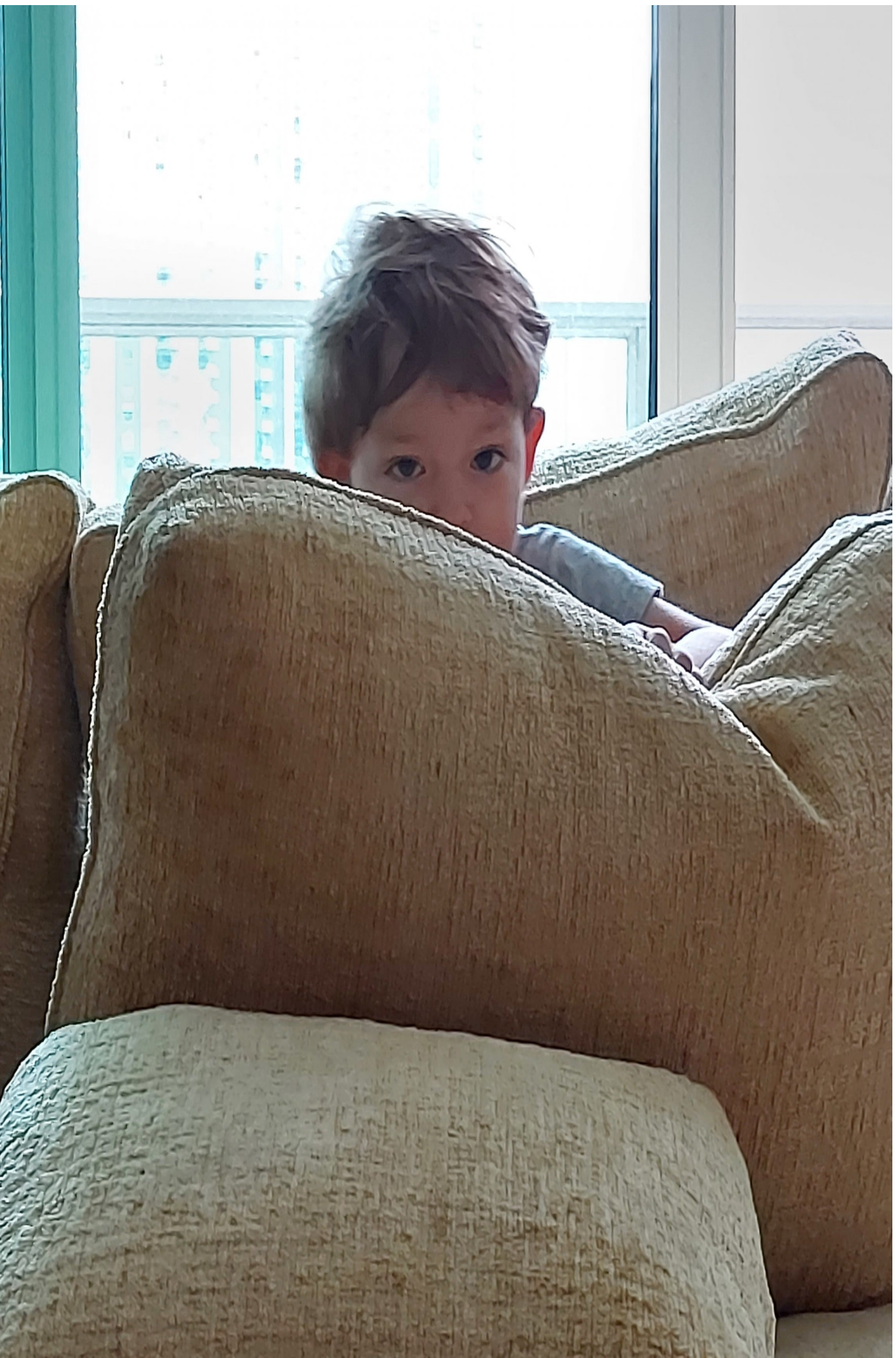
CHAPTER 7:

How to Stay Wiggly

Now that you are wiggly, it is important to stay wiggly.

Fortunately, staying wiggly is pretty easy... it's all about living in harmony with nature. You can continue practicing the methods described in the previous chapter as often as needed. But you will also need to avoid the things that can rob you of your wigginess, while ensuring that you properly satisfy all nine human needs.

Xael >>



Four things to avoid because they rob your wiggleness and your health

1. Stress (worrying doubles your daily troubles)
2. Learned behaviour (society teaches us to be cold and hard)
3. Eating cooked foods causes the body to lose water
4. Toxins in our food, in our water and in the air.

Zug Island. >>



To satisfy the nine human needs, follow the Vida Lotus system

A "human need" is something that every human needs to be healthy. In your life you will want many things, but only nine of them are true needs... the rest are OK as long as they don't interfere with your true needs (or anyone else's).



The picture above is a summary of all the things in your life that create wellness. At the center of the image is a heart-shaped flower that symbolizes the love that you give to the world just by being you. Make sure you love as much as possible to stay happy.

Wiggly

Each of the eight petals represents one human need, something that every human needs to be healthy:

1. **Wigginess:** stay wiggly using the methods described in this chapter.
2. **Clean air:** Breathe it in softly and deeply
3. **Sunlight:** stare at the sunrise or the sunset, and sunbathe
4. **Clean water:** bathe in water with no chlorine or fluoride
5. **Raw fruits:** Eat these to get every nutrient that you need, including the water that is inside the fruit!
6. **Detoxify:** use a sauna or steam bath regularly, and learn more about fasting once per year.
7. **Meditate or pray.** This means "listening to God", not "telling God what to do"
8. **Dream:** Your dreams can help you understand the world more so you can live better, healthier and happier.

To Love

To love is the most important thing in life... that's why it's in the center of the lotus symbol. Your whole life should revolve around love. Make it your top priority. Do all things with love!

The opposite of love is fear, but sometimes it's hard to recognize fear, because it comes disguised as love. If ever you feel fear, try to switch back to love so that you can stay happy and healthy.

Sometimes society teaches us to limit our love. But this mistake causes a huge amount of pain and suffering. Don't be afraid to love. Love yourself. Love others. Love the universe itself. Love love. You can even love fear. Whatever you do, don't fear love.

The “Eight Petals”

Let’s examine the rest of the image, clockwise, starting with the petal that points to the left:

1. **Wiggleness!**

Yes, those cute babies in the picture represent wiggleness, which of course is the main topic of this book. You have already learned how to get wiggly. So now I will mention a few activities that are good to practice because they help you to stay wiggly.

(Unfortunately, most sports help some parts of your body but fail to encourage fluid movements that involve the whole body.)

Martial Arts

Martial arts like karate and *tai chi* are based on fluid movements. It takes many years to become a master, but some benefits appear almost immediately. In essence, you will learn to move your arms and legs like the wind and the water, plus you will learn discipline and you will also learn to protect yourself and your loved ones.



Yoga

Yoga means oneness, and it means that since everything in the Universe is connected, everything matters more than it seems. So, a complete yoga practice is one that helps you perfect every part of your life including your body, your mind, and your spirit. By the way, your spirit is "inside" your body, just like a person inside a car... but we need to make sure that the spirit is driving and not just riding.

Yoga includes hundreds of postures that work your entire body and your mind at the same time. It promotes strength, control and flexibility in all of your muscles, including the heart and lungs.

Wiggly



Michael at Vida Lotus, Limon, Panama

Wiggly

Sing! Dance!

When you sing and dance, your body shows the wiggleness of your soul.

Practice moving like the wind and like water. Your body and mind are one, so moving your body unlocks your mind.

Swimming

Jump in the pool, or a river, lake or ocean and wiggle like a fish or a dolphin. Make sure that the water is warm enough that you can frolic for a while.

Don't jump in cold water unless you know exactly what you are doing... if the water is too cold for comfort, then it could cause you to become less wiggly, especially in the area around your heart and lungs, which is a really important area called the "4th chakra".

Playful Exercise

Have fun cleaning your room! Be careful not to hurt yourself, but you can move and stretch playfully as you do your chores.

Massage

Light pressure and oil produce short-term relaxation and pleasure, with no significant long-term effects.

Avoid deep-tissue "sports" massages, because applying concentrated pressure to an area that is already hurt will only make the problem worse: more pain and a larger blockage.

2. Breathe Deeply and Slowly

Spend as much time as possible in areas of clean air. The world's best air comes from the rainforest, but if you are far from a rainforest, just try your best to stay close to trees and plants, while avoiding contaminating factories and the likes of Zug Island.

Clean fresh air is the number one nutrient. We get our energy from the air (not from food) so if you want more energy, just learn to breathe more deeply and slowly... count 5 or 6 seconds for every inhale and every exhale. Also, make sure your belly goes out on every inhale and back in on every exhale. This takes some practice, but it's well worth it!

3. Take in the Sunshine

Whenever possible, wake up early to watch the beautiful sunrise.

You shouldn't look directly at the sun, except for the first hour (sunrise) and the last hour (sunset) when the sun's rays are gentle enough to provide the nourishment that we need without burning us.

As long as the sun is either rising or setting, it is perfectly safe to stare right at it. This is called "sun-gazing" and helps your brain to develop properly.

You should also get as much sun as possible on your skin during these same times... both your eyes and your skin will absorb the sun's rays in a way that promotes health.

4. Bathe in Clean Water

Your skin will absorb a portion of just about any substance that it touches, so it is important to avoid bathing in contaminated water. Swimming pools often contain chlorine and tap water often contains fluoride... both these substances are dangerous toxins that destroy the brain little by little.

The best water is that found in nature, such as a clean waterfall, river, lake or ocean. Sadly, humans have spent many years contaminating most of the world's natural water systems.

Wiggly



Michael at Las Mozas, El Valle, Panama

5. Eat Only Plants and Mushrooms

Eat only raw organic fruits, vegetables, herbs, spices, nuts, seeds and mushrooms (which are sometimes confused with plants but they are not plants!)

By eating mostly raw fruits, your body will get every single nutrient that it needs, including the cleanest "living" water that has been filtered by the plant... this becomes the water in your body. (Surprise! If you eat enough raw fruits, then you will not need to drink water to stay hydrated!)



The photo above shows a raw vegan cheesecake, made entirely of raw fruits and nuts. It tastes even better than it looks. Of course, you can always eat raw fruit in its natural form. But this photo shows that you can create a raw vegan version of any dish that you want just by learning a new recipe.

I'd love to show you thousands more pictures of delicious plant foods, but they won't fit in this little book. So instead, please take a look at www.VidaLotus.com for more photos and information about healthy food...

Never consume any animal product of any kind, since these cause nearly every horrible disease you can imagine.

The reason that animal products are so harmful is because your body sees them the same way that it sees viruses... it is designed to kill them.

If a virus enters you, it should only take a second or so for the body to react and expel the virus (maybe with a cough or a sneeze!)

But if you sometimes drink cow milk, for example, then your immune system will be busy fighting against millions of tiny particles that look just like viruses... so your immune system will be less available to protect you from real viruses, and even internal threats like cancer. So *just say no* to animal products.

Remember that animals are our friends, *not* our food!

Avoid packaged food too, whenever possible.
Most packaged food is sold by printing lies or
confusing information on the label.
If these labels were more honest, they would
look like this:



6. Detoxify

Even if you eat correctly by avoiding animal products, *GMO's* and pesticides, some toxins are sure to sneak their way into your body... so help your body to eliminate some of these toxins... learn about fasting, therapeutic massage and saunas.

Sauna and Steam Baths

Using a sauna or a steam bath helps your body in many ways:

- more oxygen to your cells
- relief for sore and tired muscles
- calories burned in perspiration
- fewer colds, flus and other viruses
- improved heart health
- more energy throughout the day
- clean, clear skin with a healthy glow
- improved circulation
- feelings of relaxation and wellbeing
- better sleep

Wiggly



In a Fino Sauna

7. Dream

Dreams are an important part of life because they can provide new ways of looking at things that in turn will help you understand the world better, so that you can better achieve your mission.

8. Meditate or Pray

Meditation means deep observation, which goes beyond the five most famous senses (sight, hearing, smell, taste and touch).

Meditation teaches you to "see" that which your eyes cannot see, and "hear" that which your ears cannot hear. Praying is more about "listening to God" than "telling God what you want". Even if we want to answer God's message, it is much better to do it with actions instead of words. In fact, meditation and prayer are really the same thing. Read Mother Theresa's books, and you will see that she described both prayer *and* meditation all throughout!

CHAPTER 8:

How to Help Others to Get Wiggly

**“First put your own wiggle
on, then assist others.”**

If you want to help eliminate needless suffering everywhere, help others to get wiggly. You can give them a copy of this book, or help them to get wiggly with your bare hands. Here are a few of my favorite techniques:

Wiggly

Standing

You can stand behind your friend, and help them wiggle using both of your hands to gently guide their body back and forth to a steady rhythm of about two seconds in each direction.

Seated

Have the person sit on a sturdy chair or bench or cross-legged on the floor or a bed. Make sure that the person feels well-balanced.

Begin to rock the person back and forth, very slowly at first. After several minutes, you can gradually increase the speed ever-so-slightly. Only do this when the person's body shows a clear sign that it is "more responsive" to your guidance. Be patient. It may only take five minutes, but it could take twenty minutes or longer to get to this point.

Wiggly



Eventually, it will require less and less effort on your part, and it will seem as though the other person is “dancing” back and forth all on their own. You will be able to move the person more, but with less pressure.

Back-to-Back

Try sitting down cross-legged with your back up against the back of your partner. This is better than leaning up against a wall or a chair, because your partner's back is not fixed... you may find that both backs begin wiggling almost instinctively, without any special effort. There is no need to resist this natural impulse. Stay in this position for as long as you like.

This exercise provides many of the benefits of hugging, but can be continued for much longer than the time that most hugs last. When two hearts are close together, they tend to synchronize to the beat of the *calmer* person.

This is also true for respiration. Both people may find themselves breathing more slowly and deeply, which is nourishing and calming.

At Vida Lotus, Limon, Panama >>



On the Ball

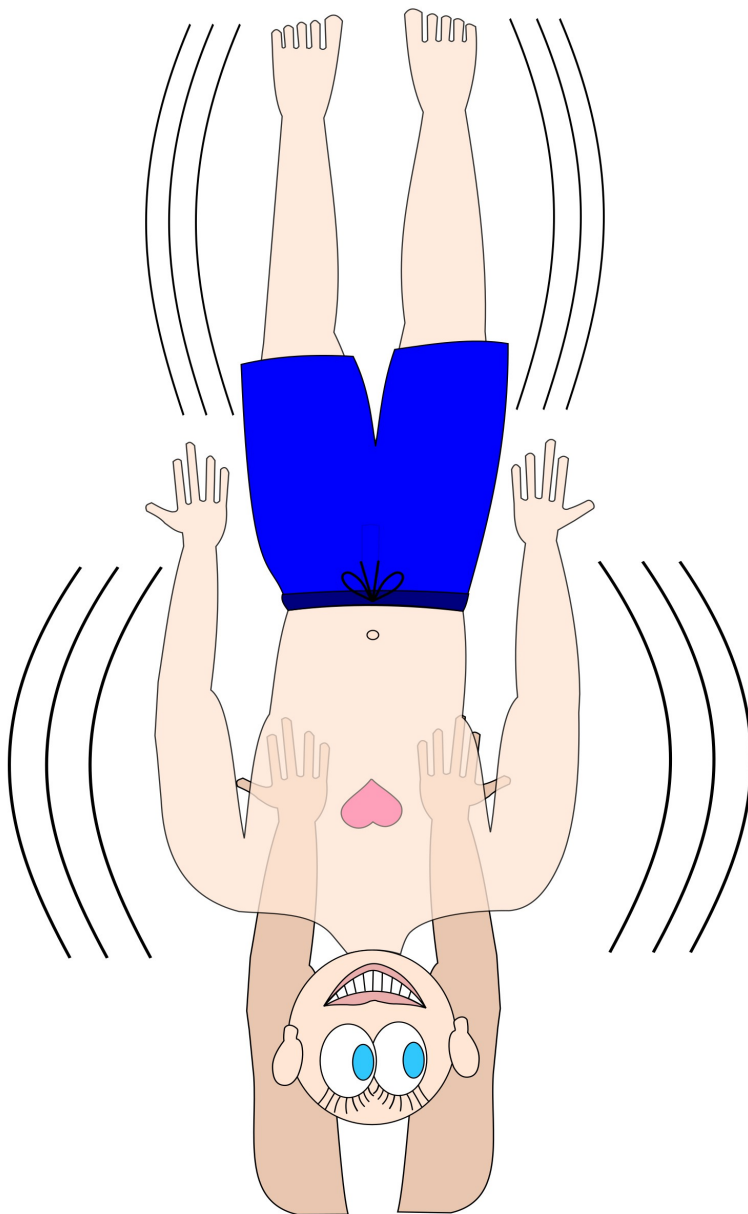
Help to steady your friend as they stretch their back over a Swiss ball, also known as a yoga ball.

Lying Down

With the other person lying down flat on the floor, or on a massage table or a bed, go behind the person's head, and slide both hands under the person with your palms facing up... go past the shoulders, until your hands are at about heart-level. Your hands should be on either side of the spine, not touching the spine. The next step is to "play catch" by lifting the fingers of one hand and then the other at a rhythm of about one second per side.

This technique is wonderful, but requires some strength. If your friend is too heavy, ask him or her to help you by placing his or her elbows under their back, creating a space under their back, so that you do not have to work as hard lifting the body back and forth.

Wiggly



CHAPTER 9:

The Scientific Method

I discovered the need for wiggleness while I was searching for a cure for migraines. My grandma ("Nana") and my Aunt Jane both taught me their hands-on healing techniques.



Teresa (Nana) Woodcock Sister Jane Ducharme

Wiggly



But it was Sister Linda Dube that helped me to take healing to the next level, by teaching me the scientific method. You can use this same method to find the solution to almost any problem in life:

<< Sister Linda Dube

1. Identify the problems most worthy of being solved
2. Form a hypothesis (an educated guess)
3. Design a method of testing the hypothesis
4. Conduct the experiment while intensely observing the results
5. Analyze the results and draw a conclusion
6. Repeat the entire cycle from a new hypothesis, until the problem is solved

The Wonders of Wiggly

Wellness is the natural, loving, joyful state of being, free from all illness. It is your birthright, and it is always within your reach. To attain wellness, you need to live in harmony with nature, and attend all *nine human needs*. Wiggleness is one of those nine human needs. It is the only human need never before explained, except in the books and articles written by this author.

Your essence is wiggly. If you're not wiggly, you are out of touch with your essence. Get wiggly... get well!

Author Michael Ducharme, hanging out in the jungle with a sloth, at Vida Lotus, Panama. >>

