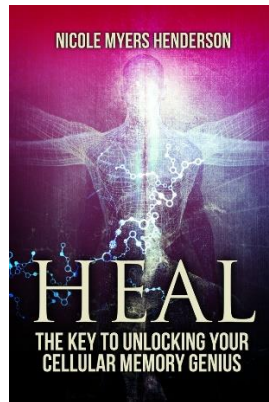


# HEAL

## The Key to Unlocking Your Cellular Memory Genius



Special thanks

It is my distinct pleasure to offer *HEAL* to fans and students around the world. Special thanks to Simran Singh, 11:11 Media, for her love, support and desire to bring spiritual and healing practitioners out into the light where they can shine, sharing their skills and mastered techniques so others may follow.

## Foreword

“Cellular Memory” is described as a hypothesis stating that-

*such things as memories, habits, interests, and tastes may somehow be stored in all of the cells of human bodies, not just within the brain” The suggestion is based largely around anecdotal evidence of organ transplants after which the recipient was reported to have developed new habits or memories.<sup>1</sup>*

Specialized fibers that differ in size and speed transmission carry pain and other information by way of myelinated or unmyelinated fibers; the technical name for that pain transmission is called “*nociception*,” which means “the perception of damage or injury.” In the description offered above, the damaged tissue releases chemicals, which produce substances released by the immune cells. Those immune cells then produce allergic reactions (histamines) or substances resembling unsaturated fatty acids that perform a similar function to that of hormones which control body temperature, inflammation, smooth muscle contractions, and blood pressure (prostaglandin)<sup>2</sup>. These chemicals make it easier for stimuli to cause pain fibers to fire within the body when they would normally not do so.

Pain is one way the cells of the body communicate with our conscious mind. It’s a way to gain our attention and inspire us to change our thoughts, feelings, or actions so that it can heal easily and most often effortlessly.

Within this course you will learn to practice and master techniques that will help you to detoxify or lighten the load upon the cells of your body to allow for faster, easier, more effortless forms of healing by tapping into what I call your CELLULAR MEMORY GENIUS.

### ***Cellular Memory Detoxification Therapy (CMDT) and its uses***

Cellular Memory detoxification (CMD) is a method or inner balancing practice whereby we communicate with our sensory cells, organs, and systems our efforts to free memories and sensations stored within the cells of the body that cause physical, mental, emotional, and spiritual imbalances.

By taking a hands-off approach (or perhaps a third-party stance) one can utilize deep breathing techniques to calm the mind in order to focus inwardly, forging a connection with the sensory cells to communicate and gain access to information stored within any organ or system. Once the mind is calm, the inquirer will ask the sensory cells questions and then listen for a response. The inquirer may see images, feel emotions or sensations, hear a voice speaking the answer, or perhaps even see type written words as if some unknown force is responding to the inquiry.

To communicate with the cells in effort to allow for detoxification and rebalancing one might imagine having a conversation with their best friend rather than move to manipulate the conversation by digging for memories that you may or may not remember. This process is not

about digging but rather allowing the sensory system, which is responsible for processing sensory information, to show and tell what it has stored within the cells of the body.

Cellular Memory Therapy has been used in the prevention of disease, defeating addictions, lifestyle changes (nutrition, exercise, etc.), in the motivation of athletes and non - athletic individuals, as an aid for healing, recovery from syndromes, ailments, dysfunctions, emotional and behavioral disorder detoxification, pre-surgical, surgical and post-surgical-rehabilitative procedures, analysis of life, healthcare choices and so much more. Its applications are endless.

In 1965, R. L. Fantz stated, “Perception is innate in the neonate but is largely learned in the adult.”<sup>3</sup> My twenty-five years of hands-on consultations with clients confirms Fantz’s statement in that clients (through the use of Cellular Memory Therapy techniques) have been able to retrieve memories about events that transpired while they were in their mother’s womb, and also while they moved throughout childhood, of which they are not fully aware until they focused on retrieving such data from within the body. This sort of therapeutic experience is more typically practiced by adults who are seeking to resolve life or health issues and is classically not fully understood until one reaches maturity; when adults are better able to comprehend any prior experiences that came to mind during therapy.

### ***Development and research***

The sensory system of a newborn is well developed soon after 24 weeks of fetal life by way of identifiable eye movement and blink-startle responses that begin prior to birth.<sup>4</sup> Higher

levels of visual system structures undergo a rapid rate of development suggesting that a “reasonable level of maturity in anatomy occurs by 6 to 8 weeks of age.”<sup>5</sup>

*The development of the visual system is more sensitive to environmental influences. During an animal's infancy ...the development of sensory structures and perceptual processes (such as monocular and binocular vision) are susceptible to change and can be irreversibly affected by restrictive or abnormal experience, also applying to the cortical neurons and neural connections. (Harworth et al, 1986)*

If humans were to be raised in a situation where they were deprived of a specific kind of stimulus,<sup>6</sup> what would happen to the cortical cells of an infant should they be raised by means of complex interactions of genetic and experiential factors? In the example provided by the two authors cited, the kitten's cortical cells that normally react to visual movement (indicating neural responses) were disrupted because of extended duration of disuse due to restricted visual stimulation. I propose this example is an effort to postulate that human cortical cells would also be disrupted if there were extended periods of disuse, further suggesting that infants not taught to exercise the innate faculties of empathy or telepathy (or other sentient abilities) would have difficulty realizing their true potential unless trained to do so.

Research suggests that selective deprivation may cause a defective growth or development of neurons in visual pathways and the visual cortex<sup>7</sup>.

Animals raised with one eye receiving more experience than the other become severely restricted suggesting that an imbalance in the duration of stimulation may cause a... *“subsequent selective suppression of a portion of the input from the less experienced eye.” Many cortical neurons that are naturally sensitive to the absent orientations during rearing become nonfunctional or unresponsive thereby losing their orientation selectively.* (Tumosa, Tieman, & Hirsch, 1980)

Exposure to specific orientations becomes necessary to maintain and sharpen the innate response pattern for a given impulse conducting cell within the cerebral cortex; whereas neurons deprived of activity become silent or nonfunctioning.

It is then reasonable to deduce that if a child were to be raised in such a way as to foster the child's inherent awareness and encouraged the development of the sensory system outside of normal parameters, (such as normal vision, auditory, feeling, smelling, and tasting) the neurons would be more fully functional and responsive. Exposure becomes the fundamental influence whereby we can sharpen our perception and innate responses.

Although my parents had not purposefully participated in or influenced my sensory development there were key individuals throughout my life in ways that challenged me and helped nurture the innate abilities that I use today in my practice.

### ***Perception of the Newborn Human***

It has been proposed that the newborns of many species of animals recognize a substantial amount of their environment with little or no experience. Empiricists consider that a newborn sees nothing more than an “undifferentiated blur” but findings indicate that a newborn

can respond to the perceptual world three minutes after birth. Note that I am merely using the example of vision to further clarify my hypothesis around the competencies of multidimensional beings and feel that it would be safe to broadly include the entire sensory body of a human.

There is importance within studies such as that of placing a newborn on a mother's back, clicking a toy cricket nearest to the right or left ear and noting that the infant responded with eye movements 18 out of 22 times in the direction of the click 10 minutes after the child was born. This indicates that some spatial features of stimulation are picked up and that they are capable of guiding behavior.

Armed with this information, would it then be reasonable to suggest that children can be taught to be more empathic or sensitive? Perhaps, but today it appears that we are in short supply of empathy, quite possibly due to all the stimuli, the lack of know-how, or possibly, more so due to the lack of parental guidance. Most one-parent families (and even more two-parent families) appear to lack the time needed to help their children develop into fully functioning, fully empathetic beings. If parents, teachers, and mentors collectively shared in the responsibility our world might be in better shape.

### ***Stimulation***

Energy emanating from our environment provides necessary information for effective stimulation to the sentient organism, forms of which contain particular biological utilities that are recognized as mechanical (including pressure and vibratory force), thermal, chemical, and

electromagnetic (including light energy). Each form retains the ability to act on specialized sense organs and receptors uniquely suited to its reception.

For example, let us imagine for a moment that we are walking down the street. We see a friend approaching. That person sees us, and they are thinking about acting in such a way that will show us their excitement about running into us. Unbeknownst to them, they are emanating energy from their body, out into their environment, toward us. We are not consciously aware of picking up their energetic signal but on a more subtle level our sensory organs began gathering data from the other person without our conscious consent. Let us further imagine that, upon striking up a conversation with this friend, the idle chatter takes a turn from being one that is enjoyable to being one that is more negative in nature. Essentially, our bodies were feeling good during the part of the conversation that was enjoyable but, when the discussion became more negative, we began to feel ill or uneasy. To our organs that negative energy might make us feel as if we have been punched in the stomach, lit on fire, or pushed as the pressure builds to the point of causing us to experience an immediate headache.

### ***Sensory receptors***

What decides whether certain sense receptors get developed? Indiscriminate variations of the sense receptor structures and mechanisms are formed by natural selection to meet the informational needs required and are adequate for our survival. All forms of life must interact with their surroundings, extracting information and performing some form of energy exchange. Even the amoeba, the one celled protozoa can receive information without specialized receptors. Most of its external surface is responsive to gravity, light, heat, and pressure.

In multi-celled organisms--animals--demands of interacting with the environment led to the evolution of receptor cells and units. In response to stimulation there is a shared function of generating neural activity. A clumping together of receptor units form sense organs of distinct arrangements and function that are susceptible to countless forms of energy changes within the environment of an organism; examples of which relate to the eyes which are customized to receive and react neutrally to electromagnetic or radiant energy, the taste buds that react to chemical molecules in the mouth, the inner ear which receives airborne vibrations, the surface of the skin which responds to thermal changes as well as to mechanical deformations. Also note that mechanical energy rightly applied as pressure influences vision and hearing.

Specialized sense receptors developed over time to perform “survival tasks” for each species through discriminatory responses to other specific forms of energy, which delivers information to the species about its surroundings. The development of sense receptors is dependent upon their environment and what is necessary for their survival, (e.g., a human will have different sensory receptors than a dog, a snake will have different sensory receptors than a wolf, a turtle will have different sensory receptors than a hawk, and a cat will have different sensory receptors than a bat).

To further elaborate I expound upon the bat with its highly developed and specialized auditory anatomy. It is most active at night and lives within an environment that is quite dark that would render photoreceptor mechanisms almost useless. Their sensory structures and behaviors are unique, suited to motion in lightless environments. Their auditory structures, extended range of sound reception and emission allows them to navigate and avoid objects in the dark as they locate and catch prey. Echolocation, also known as bio sonar, is used by several

types of animals whereby they emit “calls” into the environment and listen for the echoes that return from objects near them. Animals that utilize echolocation include some mammals and a few birds but most notably the Microchiroptera bats<sup>8</sup> and odontocetes,<sup>9</sup> shrews, two cave dwelling bird groups, dolphins, and have more recently included humans. Studies are being conducted that revolve around teaching the blind to see by directing “calls” or energy signatures out into one’s environment and, by doing so, they can detect just how close they are to an object.

### ***The cells organs, systems, and their processes***

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“Respect and appreciate that you are the only You who will ever be here in this particular time and place; for in one second, you will be changed forever.”

Nicole Myers Henderson

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Robert Hooke’s discovery of the cell was a giant step forward in our evolution as he determined it as the smallest basic biological, structural and functional unit of life—of all known living organisms—further referred to as the “building blocks of life” which are broken down into four different categories by structure and function and are further broken down into four *tissue* types. Tissue is a group of cells that are similar in structure and function –comprised of the epithelial, muscular, nervous, and connective tissues. Comprised of two or more tissue types are

the *organs* which execute specific bodily functions and then we have the organ systems, 11 in all, which are a group of organs acting together to accomplish certain bodily functions.

It is my belief that intuitive or remote viewing practitioners can know the body in its entirety, not necessarily because of being educated in the sciences per se; although it is helpful; but they can most often discern body parts by deeply listening and viewing information that comes from within the body in question. Communicating in such a way allows the viewer to sense exactly what areas of the body need attention and aids us in understanding what each system does so that we can better guide and assist healthcare practitioners and patients.

Aside from the known functions of each organ and system each possesses the ability to sense energies at a much deeper level.<sup>10</sup> Essentially the physical frame in part and in its entirety evolved to act in synergy with not only the body, mind and spirit of each individual but also all other life and other things within its sphere of influence.

No matter what we choose to focus our energy upon, we should recognize that all parts of the body maintain constant contact, communicating with each other; knowing exactly how to act with, or react to any given stimulus whether it is comes from inside or outside of itself. Thinking of the body in this way generates images of universes within universes that communicate with and within one another.

### ***Cell Metabolism***

There is a normal process of building up and breaking down of cells within the body known as metabolism, which can refer to all chemical reactions that occur within all living

organisms to include digestion and transportation of substances into and between different cells. These enzyme-catalyzed reactions, called intermediate metabolism “*allow organisms to grow and reproduce, maintain their structures, and respond to their environment.*”<sup>11</sup> Two classifications of metabolism are *catabolism* which breaks down organic matter and harvests the energy via cellular respiration needed by anabolic reactions, and *anabolism* which uses the energy to build proteins and nucleic acids which are components of cells. Chemical reactions are organized into metabolic pathways whereby one chemical is altered or transformed into another chemical by a sequence of enzymes that are crucial to metabolism. The sequence of enzymes allows organisms to motivate necessary reactions; that need energy that would not occur on their own otherwise; by way of linking them to spontaneous reactions causing energy to be released. This catalyst caused by these enzymes allows reactions to ensue more quickly and allow for the regulation of metabolic pathways in response to changes within the cell’s environment or to signals from other cells. Cell signaling is part of a multifaceted system of communication governing cell activities and the coordination of cell actions.

*“The cell has the ability perceive and correctly respond to their microenvironment for the purposes of development, tissue repair, and immunity as well as normal tissue homeostasis. Errors in cellular information processing are responsible for diseases such as cancer, autoimmunity and diabetes. By understanding cell signaling, diseases may be treated effectively and, theoretically, artificial tissues may be created...Changes in the networks may affect transmission and flow of information.”*<sup>12</sup>

### ***Sensory abilities and the cells ability to communicate***

For an organism to be able to perceive or be aware of its environment it depends upon processes that allow it to detect stimuli and then convert said stimuli into a form that is understandable and able to be processed by the nervous system.

Sensory events involve light, heat, chemical or other energies in the environment, but it has been suggested that our nervous system does not directly identify those events. Each sensory event must be converted into electrochemical nerve impulses in order to be processed; another name for this conversion of energy is *transduction* which is done by each sensory modality<sup>13</sup> by dedicated sensory cells. These cells produce electrochemical impulses that the neurons can decode. Sensory cells involved in detection of stimuli can be found on the skin: Pacinian, Ruffini's and Meissner's corpuscles, Merkel's disks and free nerve endings which provide various forms of information about pain, pressure, vibration and tension while free nerve endings deliver the sensation of cold and heat. The taste buds on our tongue have sensory cells called chemoreceptors and then there are different chemoreceptors involved in the sensation of smelling which are found on nerve endings that descend from the brain's olfactory bulb into the sinus mucosa. If sensory cells are not activated by a sensory event in any of these cases, there will be no perception or sensation of an event.

### ***Cell storage***

I submit that the cells of the body act as a storage system that captures our experiences every millisecond of every day. When we get overloaded or stressed these cells send out warning signals to tell us that they are unhappy or overloaded, thus requiring our attention in order to relieve any conflict they may be experiencing. These signals may take the shape of unbridled emotions. They may appear as nervous-like twitches, shaking or some other involuntary body movement. It may feel like a pain-sharp, stabbing, chronic, radiating an illness albeit, Fibromyalgia, Chronic fatigue syndrome, bronchitis, Post-traumatic stress disorder, etc., or it may simply feel like a minor discomfort. Based on personal exercises, as well as many years of working with clients utilizing this mode of communication, I have found that most illnesses manifest on an emotional level first and then shift into the physical presenting as an ailment, pain, or illness. The shift from emotional to physical tends to happen when we unknowingly dismiss the signals being transmitted by the body. If we were awake and aware to this, we would understand that we possess the ability to head off a physical malady early on. The signals being transmitted signifies a time of ripeness within the body. It is indicative of your body being able to change its molecular structure in order to bring about homeostasis. If you chose to communicate with the signals, the body stands a better chance of rebalancing the energy of your cells so that physical illness does not manifest or so that the body can heal more quickly.

Bridging the body and the mind, instigating cellular communication is not that difficult. Some may wonder how you will know if you are applying the techniques correctly. There really is no right way or wrong way to do this work. Everyone will have their own way of listening and their own way of applying what they hear from within. As you become more familiar with

your body, you will know what is considered *normal* for you and what isn't. No two people will experience the same thing as they apply these techniques.

### ***The God-Human Bridge to Source***

To be in touch with our God-Human persona means that we need only consider that we were created in the image of God. The *“flame of God burns within each one. Each person, without the aid of a priest or religious institution, has the ability to receive revelations from God by discovering his own soul connection to the divine.”*<sup>14</sup> Further in the cited text I had found suggested that Jesus declared that the kingdom of God is within us as well as outside of us and, when we come to know ourselves we will realize that *“we are the sons of the living father.”*

The Law of One is a concept that was ancient even during the time of Jesus and it possessed one single principle; *“there is no separation in the universe. Everything is connected because the one true God is a conscious living universe, and everything in it is a part of it and made up of the same material. In such a universe Human and the Source of all living things, [let's call it God], are not separated. They are always directly and intimately connected to the whole God through the soul which exists in the non-material reality underlying the material world.”*<sup>15</sup>

I postulate that there are two ways the cells of the body can be affected adversely. 1) Personal experience and, over time, our bodies become overwrought with emotions related to past events and act out in effort to show us that they are not capable of working at optimum capacity. 2) By picking up energy from someone or something else.

Our cellular body acts much like a radio transmitter or satellite that transmits or sends and receives energy signals. When one body is sending energy out, there is yet another body that is open and ready to receive the signals coming in. Those who are aware will openly receive, assimilate, and assess the information and then simultaneously respond in answer to the energy that was projected. Most unaware individuals are not able to decipher the signals coming into their body and often misunderstand what they are feeling. When we unknowingly “pick up” energy from someone else that our body perceives as an undesirable stimulus we would then internalize the information taken in; believing it is our *stuff* and end up feeling quite poorly because we don’t know where it came from; how or even why we picked it up in the first place.

*“Cellular memory is the hypothesis that such things as memories, habits, interests, and tastes may somehow be stored in all the cells of human bodies, not only in the brain....evidence of which revolves around organ transplants after which the recipient was reported to have developed new habits or memories.”<sup>16</sup>*

Posted from the same page are the reports of how cellular memory can be affected directly if the physical body is altered in any way.

An article published in 2000 in *Integrative Medicine*, a short-lived alternative therapy journal, reported stories of organ recipients who inherited such traits as a love for classical music, a change of sexual orientation, and changes in diet and vocabulary. To date, no case where personality traits or memories have been passed from donor to recipient following an organ transplant, or has one ever been recorded in a peer reviewed medical or scientific journal.

Communicating with body cells may seem unnatural to some, but it’s easy for me to trust and believe the answers that come from this form of exchange because time and time again the

information received has been valid. With time comes comfort and trust. When I receive answers, I have no reason to doubt what I hear. Those new to this concept will learn how to trust their cellular body with practice.

The process is simple; you think of a question that you need answered and the cells within your organs and systems respond. The answers may take the form of an intuitive knowing or gut feelings, pain, discomfort and may even present as a disease. When the cells become overwrought, we can communicate via the process of cellular memory detoxification, which I had created years ago to help the body restore balance within.

### ***Body detoxification***

*Cellular memory detoxification* is a method or self-healing practice that I have developed over a twenty-year period, which has helped me in every area of my life. It is a way of communicating with our body systems and organs in order to assist in the freeing of *memories* connected to various emotions, past traumas, and experiences. The releasing of such experiences and emotions results in homeostasis on all levels.

### ***How it works***

It has been my experience that the body prefers that we take a *hands-off*, or third-party approach. Most often our God-Human persona asks us to view and listen to what it's trying to tell us. More often, the body prefers that we not try to fix anything. It just wants us to see what caused the imbalance. By giving the body our conscious, undivided attention it will bring itself

back into balance with little to no effort on our part. If the body does require something from us, it will tell us exactly what it needs if we ask. Asking the right questions can be tricky.

Once you ask a question it will be necessary to assume the posture of a third-party viewer and listen. Imagine if you will that you are visiting with your best friend and you're having a conversation. You ask your best friend a question and your friend answers. You do not have to dig through your memory bank seeking answers. The body will move to answer you as quickly as you ask, and it can purge emotions and memories that are stored. As you chip away at the emotions and memories that surface, your body will feel lighter and you will notice that the pains or symptoms have subsided.

Although physicians willingly educated themselves to help you heal your body; it's your life and your responsibility to tell them what's going on around you, what you're feeling and what you feel may be contributing to a physical imbalance. It is important that you get more familiar with your body, find out what it needs and what it is trying to tell you so that you can guide your caregivers. It is not their sole responsibility to heal you. You should purposefully play a part in the experience and be willing participate in your own rescue.

CMD therapy can be used for many things. I have listed some examples for you to consider.

- Prevention of dis-ease or dysfunction
- Cessation of smoking & drinking
- Eating healthier meals
- Aid in motivating and inspiring you to exercise
- Healing from dysfunction and/or disease
- Recovering from illness such as Chronic fatigue syndrome, Fibromyalgia, chronic pain etc.

- Recovering from addiction
- Emotional and physical detoxification
- Recovering from war related illnesses such as PTSD, PCR, Chronic adjustment syndrome, anxiety
- Alcohol, drug and medication detoxification
- Compulsive buying, hoarding and Obsessive-Compulsive Disorder, etc.
- Surgical procedures
- Pre-surgical preparation and post-surgical exercises
- Analysis of anesthesia
- Interviewing surgeons
- Choices in surgical styles-find what works best for you
- Post-surgical procedures
- Analysis of healthcare choices
- Choices in healing foods

What can you assess with these techniques?

- Relationships – marriage
- Assessment of partners, potential partners and dating
- Trust issues & jealousy
- Work related, associations, affiliations & memberships
- Prospective strategic alliances & investors
- Future of a business
- Nature of business deals
- Family- children
- Fertility & fertility treatments
- Probability of childbearing
- Defining family size
- Impending moves
- Types & location of housing

- Religion – spirituality
- What resonates with the body
- Places to worship
- How it affects your health
- Finances – strategic alliances
- Seeking services
- Local offices – which to use
- Types of investments
- Where to put your money
- How much cash to keep on hand
- How much to deposit
- Paying off debts – how much and how often in order to maximize your resources
- Business & personal resources
- Resources you have at your disposal

Your cellular body possesses an organic ability to forewarn you of impending danger. Being connected to all other energy outside of ourselves comes with benefits. If you are living in awareness you will know what is coming and from where. Most of us tend to reside within a state of overload due to the stimulus from our environments. Electronic equipment, weather, jobs, family, and more bombard us daily. By remaining in awareness, you stand a better chance of positioning yourself to heal more quickly, respond rapidly in the face of natural disasters, and you would possess a greater capacity to assist others in their time of need.

*While preparing myself for a trip to Tennessee to visit my father, I was putting my clothes together and chose to sit for a moment to focus my attention inward. I questioned my organs to see if they had any warnings or wisdom for me; while holding the intention of having a safe trip, up and back.*

*My body spoke nothing in return but showed me a filmstrip-like view of me driving along in the car. I was on a steep hill and I felt as if I was laying heavy footed on the braking system of the vehicle in order to avoid something. I sensed an obvious*

*swerve and a sideways sliding action to which I made a mental note of. I decided that there was nothing I could do about it at that time, so I chose to remain in a state of awareness. While driving up Fancy Gap in North Carolina at seventy miles per hour everything looked quite normal, but I sensed that there was a need to slow down. I took my foot off the gas pedal and just as I did a tractor trailer driver hurriedly and carelessly veer into my lane without warning. I hit the brakes as fast as I could without losing control of the vehicle and there was **that** sensation which I had gotten an hour and a half earlier while questioning my body. Because I chose to tap into my source before setting out for Tennessee, and for remaining ever present to the dangers of the road, I avoided what could have been a terrible accident.*

Imagine that you wake each morning and know how your day is going to unfold. That you may encounter Joe Schmo and Suzie Q Complainer and know exactly what you can say to help them with their life so that they become highly functioning God-Humans. Imagine also that with this new-found knowledge you can avoid potential pitfalls that could wreak havoc on your business, or better still, the economic structure of the nation in which you live. What else can it be used for?

- Investments: try before you buy. Know what and who you're investing in.
- Investors: Will they complement your strengths and weaknesses? Do they fit your company profile? Do they have what it takes to see your project through to completion?
- Employee relations: know the role of each employee. Know their strengths and weaknesses.

- Daily preparation and clean up as well as the organization of your weekly or monthly events.
- Finances and business investments
- Company debt and dissolution
- Skin disorders and wrinkle prevention

Yes, we even possess the ability to tap into a wrinkle on our face and see what emotion resides within it and what memory is connected to that emotion that caused your skin to contract and fold. The lines on our faces and bodies are merely a roadmap of expressions resulting from our life experiences, not just environmental influences, and there is no limit to the knowledge you can gain by using these techniques.

There are many ways to take advantage of your newfound wisdom. Begin your day with these techniques, use them during the day while at work or play, and end your day to clean up any unwanted energy you unknowingly carrying around with you that day that you had picked up from someone else. Success is realized when you understand your body's inner personality and its ability to handle any situation that presents itself.

### **When and how to use these techniques**

Morning usage:

I love to start my day by checking in to see if my body needs some assistance or if it has some wisdom to share. Most often I just ask what I can do for God. Should you choose to start your day by using these techniques, you can take ten minutes to gain knowledge, refresh

yourself and hear what your body wants you to know before you put your feet on the floor. This is a great time to get a head start on your day.

Your body will tell you everything you need to know regarding your organs and systems. It can be very specific about body parts or it can use symbols to represent what the organ or system does. For example, a pipe may be the symbol for the esophagus or the intestines, a picture of the heart can represent exactly that; the physical heart or it may be trying to draw your attention to the heart of a matter. It is important that you pay attention to anything and everything your body tells you and shows you so that you can become familiar with the way your body naturally communicates with you.

You can ask questions such as these or you can make up your own questions.

Is the body experiencing balance or imbalance today? If so, what organs are in need of my attention?

What emotions reside within this particular organ?

What memories are connected to this particular emotion within this organ?

What roadblocks might we encounter today?

What kind of food should I eat today to best care for my body?

What color would you (the body) prefer to wear today?

Does this body want exercise today? What kind? How much?

Who do we need to be in contact with today? (Or you can phrase the questions using words such as, this week or this month.)

Would you like to go on a vacation? If so, where would you like to go?

Where should we live that would allow this body to resonate at its best?

What is our divine purpose while we are here within this body?

Are we in the right job situation currently?

Does this body want to heal? Do I want to heal?

Asking **specific** questions is imperative. Knowing whether the body wants to heal, or whether you consciously want to heal will allow you to cut through to any deeper issues that may exist. Some people do not want to get well, even if their body does. They feel as if their illness serves a purpose and they will be less apt to let go of it if they feel this way.

If your body does not want to heal, you may then ask more questions which would include the one most people need to ask.

Why do I choose to hold on to this illness?

What purpose does this illness serve currently?

Is what I am feeling coming from within me? Or...is what I am feeling coming from someone or something outside me? Does this person live near me? This is a good question to ask when we are around other people that are marinating in nasty energy. Since we are all energy beings, we absorb the energy of those around us. If you live with, or are, the caretaker for someone who has a debilitating illness you may wish to check in regularly to be sure that your body is not picking up on that person's energy. By getting more familiar with the cells within your body you will be more apt to distinguish what is coming from you and what is coming from someone else. By being aware of what is inside, we are less apt to take on the feelings of others.

If you are one to wonder what someone else is thinking and feeling you need to use care in trying to communicate with others on a cellular level. Be clear on your intent when you choose to ask questions pertaining to others as well. You should never ask questions about

others when you are living in expectation of them. This means that, if you *want* them to think and feel a certain way, you will most certainly end up feeling disappointed when you are faced with their truth rather than your own. When we live in expectation of others and we ask our source for answers pertaining to them, there is a chance that our source won't answer. What happens next? Our conscious mind jumps in and answers for our God-source, thereby offering information that is untrue because we are trying to control or manipulate the matter. My advice is to be very clear on *why* you want to know things about others. If you only want to know something because you are lusting after an outcome, you should refrain from asking!

*Key point number one: We must never use the information we are given to hurt, control or manipulate others. Ever! Remember: Our energy moves out into our environment like a boomerang. If we send bad energy out, ten times this negativity can return to hit you in the back of the head!*

There is no limit to the knowledge you can gain once you have tapped into your own intuitive power. The more you use the techniques the better you will get at asking questions that will yield appropriate answers. It is quite normal for you to generate your own questions once you get use to the process. As the body begins to answer you, you will learn to trust what you hear. Use your imagination and intuition, and let it guide you as you move through your body opening its virtual doors.

You may use the techniques anytime during your day:

If you choose to use these techniques throughout your day you can gain insight into work-related situations, the people with whom you work, potential investors and so forth.

By asking the right questions you can avoid pitfalls, hurtles and imposing your will on others mistakenly.

***Key point number two:** Please remember; if we seek to understand others and ourselves first; rather than judge, criticize and rationalize, all information will be revealed by our God-source so that we can make informed decisions; “acting with life”; rather than reacting to things that are happening around us; “reacting to life.” An example of a type of job that fosters individuals who would be more reactive to life would be law enforcement. They act with life by performing their jobs as they are taught. They wait for things to happen so that they can respond or react, in order to bring a situation back into balance. Once conditioned to a reactionary life, these officers find it difficult to act with life when they are not on duty. Using cellular memory therapy on a daily basis can help them restore and maintain balance but it might take them a little time to adjust if they have been living in reaction for most of their lives. The important part of key point number two is no judgment, no criticism, and no rationalizing what the body tells you or shows you. This is a standing rule when using CMD techniques. If your body shows you something, it is telling and showing you the truth of the matter. It may come in the form of images or be more symbolic-like, which means you may need to put the pieces of the puzzle together in order to understand what your body is trying to say but either way, the God-source within us does not lie. It may be creative in showing us, but it is not in the habit of giving false information. The conscious mind can be the tricky one which is why it is best to listen to the heart body, the God-source. Giving in to the conscious mind means you may end up meandering down the path to lustful destruction and manipulation of others.*

**Evening usage:**

Should you use these techniques before going to bed each night, communicating with your Source will help you clean up the experiences of the day, paving the way for peaceful sleep and a bright new outlook for the coming day. My body typically tells me what my experiences for the next day will be so that I can begin manifesting my desires while I am sleeping.

*Key point number three: Your body can tell you anything you need to know if it trusts you and feels safe with you. If you make it feel vulnerable, by disagreeing with it or being judgmental of what it has shown you, you will find it extremely difficult to get anything out of it. If it fears you or is angry with you due to past experiences, it may appear as a child or animal that has been beaten, hiding itself away inside of your body, or, it may show up so that you can see it but it might have its back turned to you; not responding to your questioning because it feels judged or criticized by you. You may have also explained away something it had tried to tell you.*

### **How to begin:**

Begin by taking a full, deep breath in through your nose until the upper and lower lobes of your lungs are totally full. Hold for three seconds and then exhale out of your mouth until you have forced as much of the air out of your lungs as you can; (empty, empty, empty). Do this, three more times. If you begin to feel dizzy, try using creative imagery and imagine that you are a tree anchoring your roots deep into the earth. Imagine the earth balancing and nurturing you once you have rooted yourself.

As you achieve balance, allow yourself to breathe normally. If you ever begin to feel as if you are losing the connection with your cells or God source, I urge you to move back to your deep breathing.

Place your awareness on your body and your breathing. You are going to tap into your cells by asking specific questions. If you are asking your body about health and body issues you can use creative visualization techniques such as this one.

As you begin, imagine that there is a bright bar of light moving from the top of your head, through your body, highlighting organs that are interested in communicating with you today. As each organ appears to highlight itself, write it in your notebook. This will enable you to go back and review the information at a later date if this organ pops up again, with a similar emotional issue. Once you have taken note of each organ or system that was presented; *(Be sure to write them down in your notebook)*; you will go back to the first one and begin the questioning process of each organ.

*Key point number four: As each organ is presented, you may wish to begin questioning it immediately before moving the light bar to the next highlighted organ or system. There is no set rule in this instance, so do what feels right for you.*

*Key point number five: Trusting what is coming from your Source, (the voice), is extremely important. It is the God-source we were all gifted before birth, into this life form. This is true for everyone. No one person was born into this world without this same God-source energy. It connects us all and communicates to us all.*

Let's just surmise, for a moment, that your Source may choose to remain quiet when you enter for the first or second time you try this...or perhaps even the tenth time. You've asked what emotion resides here within this organ and you hear no voice. I suggest you take some time to make friends with your source. It has been caring for that body of yours for however many years

you have been alive, and it apparently knows what it's doing. It is use to handling the foods, drinks, and medications you have been putting into it; fixing the messes you get yourself involved in and it performs each and every task that each organ and system must perform every second of every day in order to keep you alive. It deserves your respect and you may need to apologize to it before it opens up to you and trusts you.

What you can say to the Source if it remains silent

*Hello. I'd like to apologize for leaving you alone all these years to handle these very important tasks. I am sorry for ignoring you and in truth, I had no idea that I could communicate with you in this manner. I thought I was in control of all of this. Had I known that we could communicate, I would have come to talk to you earlier. This may not be easy for me to pick up and learn, but I really would like to try. I would really like for you and I to be friends, to work together to prevent illness, heal the body, look and feel better and help each organ do its job more efficiently and effectively. I do respect and love you for all you do for me. Will you forgive me and give me a chance to make it up to you?*

Creative visualization is used often while utilizing this technique. Try to relax into it. This is just another form of meditation. If your eyes are closed, you may be able to see what your Source actually looks like. It may appear as your child self or appear to be a certain age that will connect you to the emotion and memory that is stored within the organ in question. It can also show up as male, female, or it may appear to be androgynous; merely taking on an appearance to act out the part relating to its emotion and memory that you are asking about.

Once you have made the connection to your God-source you should always be aware that it is within you. When you have questions about your life, or if you just remember to show it some courtesy (by asking it what it might want to eat during the day), this Source energy will become your best friend and inner guidance system throughout your life. It cannot be taken away from you, but it can retreat if you make it feel vulnerable, not trusted, unworthy, or ignored. It is extremely wise and can be very lazy if you allow your conscious mind to run the show all the time. Use these exercises frequently to maintain contact with your Source. You will benefit in a grand way if you choose to incorporate these techniques into your daily living.

*Key point number six: Our conscious mind is the part of each of us who knows it must take out the garbage, take care of the family, go to work, clean the house, fix the car, and pay the bills. It is the very controlling aspect of each of us who says, "No one else is going to do this for me so I have to do it myself." If you constantly live in your conscious mind, trying to control every aspect of your life; (striving for success, only to meet with constant barriers); you will have to be very mindful of forgetting your source energy. You will need to make it a point to work with this innate wisdom daily until it becomes more natural to you than going to the bathroom.*

After you have made friends you can go back to focusing on your breathing and communicating with the organ that you are going to speak with first.

You can then return to whatever organ you are focused on at the time, and ask, "What emotion resides here?" Your source energy answers. Again, if it doesn't answer, look for clues as to why it withholds energy from you. Apologize and then focus on the list. If you are using a word list while asking the question you will be drawn to a certain word or maybe even a

couple of words. Trust what you see. Your body just needs to find a comfortable way to communicate with you and the list may help it to do this.

Next, you will ask it to show you the very first memory; (which is what I call the trigger memory); it has stored within it which is connected to *that* specific emotion. It sounds a bit like this: “Brain, what emotion resides here?” Brain says fear. “Okay, if this is so, show me the very first memory you have of this particular fear.”

*Key point number seven: You do not have to dig through your memory banks to retrieve the memory. If you are truly connected to your cells-God source, it will show and tell you everything you need to know. As I stated above, before key point number five, it feels the same as when you are having a conversation with your best friend. You ask the questions and your friend answers. Just as you could not possibly know what memories are stored in your friend’s body; (and you would not be able to dig them up for them); you will give your Source the same respect. Merely allowing it to show you the memory like a filmstrip, or just listening to it as it tells you what happened. It may tell you what age the memory took place, who was involved in the memory and how it all played out. You will even be able to hear conversations that your parents had while you were in your mother’s womb.*

Some people find it difficult to take in information unless it comes through the eyes. You may be very visual and need this sort of stimulation in order to grasp what the body is trying to communicate to you. If you tend to absorb information via sight rather than by using your other sensory organs, you can close your eyes and use your inner sight to tap into the same information via creative imagery.

### **Tapping into your Source by using visualization techniques**

Some find it easier to use visualization techniques when speaking to their body. I tend to use a symbol such as a house to represent my body. Focus on your breathing, as I have suggested previously. Once you achieve the body breath balance you can imagine or visualize that you are standing on your front doorstep. Reach for your doorknob, open it and enter. Take note of what you see as you enter. Is the house in disarray? Is it a different color? Is it decorated differently? Does this inner house look different from the house in which you physically live in presently? If so, is your body trying to tell you that it would prefer this house over the one you reside in currently? Pay attention to what you see. Once you are inside, look for the person in charge of running the household. As you enter the house you can simply call out or whisper your own name and request a response from source. Take note as to how that God source reveals itself to you also take note of what it's doing as you enter the room. You can even ask your source what it's doing if it is not totally obvious. Have a conversation with it. Tell it how much you would enjoy the two of you working together and ask it if it wants your help. Once you two make friends you can ask your source if it's willing to talk to you about organ and system functions, business affairs or even personal issues.

You can use the rooms of your house to symbolize organs within your body. Water, for example, in the bathtub may symbolize heavy emotions held within the bladder, a broken thermostat may be symbolic of your own inner thermometer being off kilter due to an infection or illness, the basement of a house may symbolize your reproductive or pelvic cavity, the attic may represent your brain, and so on. As your Source guides you through your rooms pointing out specific trinkets, furniture or fixtures, you can ask the source exactly what organ the

object represents. You can look for bumps, bruises, scratches. You can even taste and smell things or feel the texture of your organs. You will keep all sensory receptors active while working with your God-Human intellect. It may use whatever symbols are necessary in order to help you understand what it has been feeling and how a specific emotion affects that specific organ. You may find a few different emotions in an organ and, you may also find the same emotion residing within more than one organ. Understand that there are many forms of each emotion and there will be many memories connected to those emotions; whatever they may be. Don't beat yourself up about forgetting to stay open, just apologize and keep on going. You can have conversations just as you would with any friend. You must pay attention to what you see, smell, taste, hear and feel. We were given these sensory gifts for a reason. Trust your Source to guide you to the truth of a matter. Know that whatever route you choose to take in order to tap into your Source energy, really doesn't matter. Whatever vehicle you use to "get there" will work, the point is to get there. The key ingredients are awareness and intention. What do you intend to accomplish by going within? Be clear on your objective. For me, it is about maintaining homeostasis-staying balanced so that illness does not manifest, and if by chance it does, it won't stay long because I am ever present in my awareness. Do I forget? Sometimes. Will I get sick? Probably, but I am better equipped with the tools I need to heal, and I am more able to determine why I allowed myself to get sick.

Let's go back over the process of communication.

Once you get inside and know that you have forged a connection to source, you ask it to identify the organ or system that desires attention. Then you ask it to show you what emotion is connected to that organ. Once you hear what it tells you, you ask your source to show

you the memory connected to that emotion. Now... you can either ask to see *the memory* or you can ask it to take you to the *very first memory* it has of ever feeling that emotion. There really is a difference between the two.

*Key point number eight: We ask the Source to show us the very first memory (the trigger memory) it has stored within that organ in order to determine just when that emotion was anchored. If we find the anchor memory and give it our full attention first, all other memories will fall like dominos. The body will then be able to achieve balance easily, effortlessly and typically, more quickly. If you choose to start with just any ole' memory it may take you longer to regain inner balance. Be mindful that there are many forms of each emotion stored within our bodies. There are many experiences that your source will want to share with you. Speaking from personal experience, I have found it easier to go directly to the issue that started all the trouble in the first place. By paying attention to that one first, all others will just show up for viewing and not wreak havoc on your emotional state. You should be able to view them with very little attachment.*

## **Emotions**

If you have difficulty hearing what your source is trying to communicate to you, you may use this list to determine what emotion each organ or system is feeling. You pose the question: What emotion resides here? Take note of any words that stand out or appear highlighted. If you choose to use a list of words, stare at the list while communicating with your body, your God

source will place your awareness upon the emotion that does reside there. It may appear in bold print or a different color or you may just intuitively know that is the right one at that time.

**List of emotions**

- |                          |                    |
|--------------------------|--------------------|
| 1. Joy                   | 20. Irritation     |
| 2. Knowledge             | 21. Overwhelm      |
| 3. Empowerment           | 22. Disappointment |
| 4. Freedom               | 23. Doubt          |
| 5. Love                  | 24. Worry          |
| 6. Appreciation          | 25. Blame          |
| 7. Passion               | 26. Discouragement |
| 8. Enthusiasm            | 27. Loneliness     |
| 9. Eagerness             | 28. Anger          |
| 10. Happiness            | 29. Revenge        |
| 11. Positive expectation | 30. Hatred         |
| 12. Belief               | 31. Rage           |
| 13. Optimism             | 32. Jealousy       |
| 14. Hopefulness          | 33. Insecurity     |
| 15. Contentment          | 34. Guilt          |
| 16. Boredom              | 35. Unworthiness   |
| 17. Pessimism            | 36. Fear           |
| 18. Frustration          | 37. Grief          |
| 19. Impatience           | 38. Depression     |
|                          | 39. Despair        |
|                          | 40. Powerlessness  |

Once you have determined the emotion and viewed the memory attached to whatever organ your Source says needs attention, you can dig deeper. As you find your trigger memory

you can continue breaking down walls by asking the source within that organ to show you any other emotions and memories that are stored there that pertain to each specific emotion. There may be more than one emotion, or there may be more than one memory connected to that one emotion.

**Key point number nine:** *If your body needs to release energy at any time throughout the process, I urge you to allow this to happen. Do not try to resist. By living in a state of allowance, the body can heal itself of any illness, any emotion or any issue. This is the detoxifying portion of this therapy. Your body may need to cry, to laugh, sing, cough, pass gas, excrete waste, or talk. You may hear sounds coming from within that you have never heard before. Again, I urge you to relax and allow it. If anyone is around you at the time your body decides to let loose, just smile and shrug your shoulders! By judging, criticizing, or rationalizing, what is coming out of you, you will ultimately segregate yourself from your God-source and have a tougher time when you go back in to finish the work. By allowing the release, your source will feel that it can trust you.*

**Key point number ten:** *If you have to function in a work environment that is not conducive to this sort of self-exploration, remember that you can tell your Source that you need “this many” hours; (that being however many hours you need to finish up your day) to get to a safe place to do your body work. Your Source energy is childlike, in that it can get excited about now having your attention. If there is a load of information your source wants or needs to show you, your body to begin healing, it may try to cram a lot of information into a short period of time. You need to pay attention to how you’re feeling and how quickly you want to clean out*

*your cellular body. Rest if your body calls for it. You do not have to allow it to get out of control to the point where you feel overwhelmed. Know that you can be the captain of this ship and let it sail only as fast as you want it to. Once you have dealt with one emotion within that organ you can go back in and ask, “Are there any other emotions within this organ that need to be viewed at this time?” If your source brings up another emotion you can then move to asking it to show you the very first memory it has stored. The same way you had before. You watch, listen and allow your body to purge.*

You can also ask the Source within the organ if it needs you to do anything about what it has just shown you. If it wants your help it will tell you at that time. Do not think that you have to do something. Always ask the source first if it needs your help. Be respectful and it will be the same way with you. If it says yes, you can then ask it what it wants you to do. It will be very candid with you and quite descriptive. Please remember to not judge or criticize what it tells you it wants. Just trust what you hear and do your best to follow through as it suggested. I spent two weeks crying like a baby and another two weeks laughing as if I had lost my mind while I was working on my own life. After a month of cellular detoxifying, I felt twenty pounds lighter and had no internal chatter going on in my head.

***Key point number eleven:*** *For those of you who suffer from delusions or hallucinations, I suggest you utilize the assistance of a cellular memory practitioner until you have some time under your belt with these techniques. I have had clients who were diagnosed as schizophrenic who, during the first week or two, were not sure with whom they were communicating. They*

*were so use to the voice inside being the bad part of themselves that they would freeze and need help moving forward. Do not fret about needing help. That's what caregivers are for.*

There may be many emotions stored within each of your organs. Don't rush the process. Your body will do most of the work if you apply yourself to this process. Do your breathing, ask your questions, listen carefully, view what is shown to you, and document what you see, hear, taste, smell, and feel as you will more than likely experience it again at some point in your life. You may get so busy with life again that you forget to connect with your Source. This is normal once your body has healed itself. We can all fall back into old patterns of awareness at any time. The good thing is, if you do, you will be equipped to deal with it the next time. These are techniques that can be used for the rest of your life and if you document what you had encountered in your CMD self-therapy from the beginning, you can go back and reread passages that pertain to specific organs and systems when something does arise. Those of you who remain mindful and aware stand a better chance of not reliving a certain experience again once you have made your peace with it. Awareness is the key component in life. Awareness—being aware is congruent to acting with life thereby allowing a state of balance, harmony and well-being. Reacting to life creates distance, dysfunction, and quite possibly mental, emotional, and physical illness.

***Key point number twelve:*** *If you are wondering if illness has manifested within you on a physical level, you can ask one further question: "Is this pain I am feeling emotional, mental, physical or spiritual in nature?" Your source will never lie to you but if your conscious mind*

*gets involved you will hear what you expect to hear. If the pain or discomfort is truly emotional it will tell you. If it is has already manifested itself physically within an organ, or system your source can tell you what you need to do to assist it in its purging and healing processes. It will also tell you whether you need to visit a doctor and will be specific about what kind. Listen and trust. There are times, as you are getting acclimated to these techniques, when you hear your body saying that an imbalance is physical in nature. Please know that most physical imbalances begin as an emotional imbalance based on our perception of our experiences. If you find the emotion and the trigger memory that sparked the physical issue your body will find balance.*

***Key point number thirteen:*** *Try not to panic if your body does suggest that the imbalance is more physical in nature. All you need to do is ask your body what it needs in order to bring balance back to that organ or system. What it tells you to do may sound silly. Don't despair; listen and be sure to ask more questions to get clear on whether your body wants you to help or not. To help may mean that you willingly eat a specific type of food or merely get some mild exercise.*

***Important:*** If you start hearing voices that tell you to hurt or kill someone, or something, I want you to call someone for help. This is not something we encounter by using this process and we may need to dig deeper to see if some outside stimulus is causing this to happen. This has happened in cases where medication had been prescribed by a physician and the client had a bad reaction to the drug.

Our bodies are trying to communicate with us constantly. It may not like something we are thinking about, something we have put into it (e.g., food, drink, or medicine) not like something we said, something we are wearing, someone we hang around with or, it may even be

unhappy with our present job or life situation. If you are not truly *tapped in* at the level described, your body may be communicating more simply by using pain, discomfort, twitches, temperatures, noises and so forth. You may wake up feeling great and begin to head out to a job you know you dislike, and “wham!” You immediately feel sick to your stomach. Most just think they have a belly ache and attribute it to something they ate, so... the normal mode of operation for most will be to take an over-the-counter medicine to make themselves feel better. Those of you who use CMD techniques will know better. As your body responds to your thought about not liking your job, and the stomach acts as the signal to get your attention, you will know to stop and take a moment to breathe, turning inward. It won’t take long. Speak directly to the pain or discomfort. Breathe and connect. Ask, “What emotion resides here?” Then ask the body part to take you to the very first memory it has of feeling that emotion. As you view it without judgment and criticism the body pain in question will rebalance itself. If you choose to ask it for more information, be sure to pay attention to what it says, and - if you make a promise to change something, be sure you are fully prepared to follow through. Trust is a two-way street. When you make promises to your Source, be aware that one way or another you will be required to follow through. Your Source knows what is best for you, inside and out. You will learn to trust it, and the more you do by responding to the information it shares, the more it will trust you.

## **TIME**

Although time should not be our focus when allowing the body to heal naturally, we—our conscious mind—sometimes wants to know how long it will take to accomplish a task so that we can gage our progress or regression of a disorder or dysfunction. Either way, it does not matter. You just do what you feel is right for you and do your best to stick with it.

The following pages are included so that you can understand what your Source energy is trying to communicate to you. Be mindful of connecting to your God-source first before you look at these charts. As you ask your questions source will lead you to the correct word that relates to the proper organ or system.

### **Systems of the body**

Question to ask:

What system needs or desires attention, currently?

Other questions to ask:

The origin of the present condition involves which system?

|                |                  |              |
|----------------|------------------|--------------|
| Integumentary: | Nervous          | Respiratory  |
| Skin           | Endocrine        | Digestive    |
| Skeletal       | Cardiovascular   | Urinary      |
| Muscular       | Lymphatic/Immune | Reproductive |

|                  |                    |          |
|------------------|--------------------|----------|
|                  | Circulatory        | Spleen   |
| Other words the  | Spinal             | Lymph    |
| body may use:    | Glandular          | Pancreas |
| Cells            | (Endocrine) System | Adrenal  |
| Tissues          | Pineal             | Ovaries  |
| Para-sympathetic | Pituitary          | Prostate |
| Chakra           | Mammary            | Testes   |
| Sensory          | Thyroid            | Liver    |
| Genital          | Parathyroid        | Pancreas |
| Sympathetic      | Parotid            |          |
| Psychological    | Thymus             |          |

One or more of these may also reside within the digestive system, but I will place them here for simplicity sake.

### **Condition**

Question you can ask:

This dysfunction is manifesting as what sort of condition?

- High
- Normal
- Low
- Acute
- Aching
- Chronic
- Sudden
- Constant
- Under-active
- Over-active
- Intermittent
- Insufficient

- Sufficient
- Deficient
- Excess/ excessive

Is it necessary that I assist in the healing?

Yes

No

(Wait for your source to answer – when it does, you can move to ask the next question.)

What can I do to help you?

Nothing or something else-please elaborate \_\_\_\_\_.

### **Source of the present condition**

Question you can ask:

What is the source of my present condition?

Diet

Other

Beliefs

Toxins – external

Past

Land

Karma

Air

Emotions

Water

Nutrition

Electromagnetic frequencies

Toxins- internal

Other

Heavy metals

Chakra imbalance

Suppression / blockages

|                                        |                                  |
|----------------------------------------|----------------------------------|
| Constitution/will (extreme or lack of) | Unresolved physical issues       |
| Color/ light deficiency                | Unconscious thoughts             |
| Influence by others                    | Traumatic experience(s)          |
| Allergic Reaction                      | Surgery/ medical procedure       |
| Imprint (other)                        | Childhood medicine/ inoculations |
| Imprint (mother)                       | Bacteria/ virus invasion         |
| Imprint (father)                       | Genetic inheritance              |
| Family lineage                         | Adult medicine                   |
| Spiritual interference/ influence      | Fungus                           |
| Unresolved spiritual issues            | Parasites                        |
| Unresolved emotional issues            | Prior injuries                   |
| Unresolved mental issues               |                                  |

What, if anything, can I do to help you? (Wait for your Source to answer.)

Nothing or\_\_\_\_\_.

What type of diet or lifestyle change is needed at this time?

- Mediterranean
- Atkins-high-protein, high-fat, low-carbohydrate diet
- Vegan-no animal products
- Vegetarian-eat vegetables, fruits, grains, seeds, usually eggs, but no meat or fish
- Other

## Origin of the dysfunction

Question to ask:

The dysfunction resides within which part or parts of my body?

Other question you can ask:

What other body parts require my attention currently?

- |                |              |                   |
|----------------|--------------|-------------------|
| • Mind         | • Liver      | • Reproductive    |
| • Head         | • Spleen     | organ(s)          |
| • Sinus/ Nose  | • Pancreas   | • Lungs/Bronchial |
| • Mouth/Tongue | • Kidney     | • Skin            |
| • Teeth        | • Bladder    | • Nerves          |
| • Ears         | • Larynx     | • Shoulders       |
| • Throat       | • Trachea    | • Neck            |
| • Eyes         | • Back/Spine | • Tissue          |
| • Abdomen      | • Heart      | • Gland(s)        |
| • Stomach      | • Upper limb |                   |
| • Rectum       | • Lower limb |                   |

### **How to use your newfound abilities**

What can one do with a more pronounced connection to intuition? My answer is quite simple—anything you want. I would however like to advocate that you willfully choose not to hurt others, trespass on their thoughts or use private information to ruin their lives. Always practice these techniques while considering that we must do no harm.

### ***How cells react to stimulation***

If you are paying attention to the cells and communicating with them, they are receiving stimulation, but cells are constantly receiving stimulation at all hours of the day and night. In future courses we will discuss uses of Empathy, Telepathy, and Echolocation in greater depth demonstrating how a living being can emit energy signals (sounds or vibrations signals) which allows our sensory system to pick up outside stimulus and retrieve data, from other sources.

For now we need only know that Human echolocation can be performed by intentionally sending one's energy out into the environment in order to communicate or connect with another human, or thing, in an effort to retrieve physical, mental, emotional and even spiritual information about that object, to find and retrieve objects connected to another human, or to communicate parapsychologically-allowing one to hear another's thoughts, and to empathically feel and understand how another person experiences their life. Most of sensory tasks transpire without our conscious will. Developing our specialized sensory structures increases the potential to extract information from our environment, no matter what environment that might be. As our range of functional demands increases there is an even greater need to make finer sensory discriminations.

## HEAL, THE KEY TO UNLOCKING YOUR CELLULAR MEMORY GENIUS

A concept offered by prominent neurosurgeon Norm Shealy suggests that there are “7 major sheaths” related to our energetic body that possess the ability to detect other energies in and around itself. If we were to follow the idea of echolocation, and our sensory cells (connecting the 7 major sheaths) are activated, we are better able to detect more subtle transmissions of energy such as electromagnetic radiation, radio waves or even decipher codes, signals or information from within another human body or from their environment.

To further qualify my statement a dear friend Gregg Spieth, a veteran that survived the Vietnamese War, shared his experience with war and how it triggered a cavalcade of bodily reactions that resulted in 36 years of severe back pain. He expressed an interest in sharing his wartime experience to help others see that they do not have to live with debilitating pain.

### *Gregg Spieth*

*Client enters with extreme back pain stating that he had seen every type of doctor that he could think of, and up to that point in time had gotten no relief from any of those modalities or medication prescribed to treat him.*

*By intentionally activating the sensory cells within my body I focused on asking the cells within his body to show me the origin of his dysfunction. The information that echoed back into my cells revealed that his back pain was only a secondary imbalance and that the “trigger” resided within his stomach. I then sent out another “call” or question asking the stomach to tell me what emotion resided within it that was causing of this dysfunction. The information retrieved by my cells suggested that the imbalance within his stomach was connected to guilt and included food.*

*I turned my attention to engaging Gregg as I allowed the cells within my body to engage with the sensory cells within his. I told Gregg what his body said about the back*

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*pain not being the primary imbalance and that it was his stomach instead, along with a memory regarding food. He seemed to get angry about this, so I asked him to keep an open mind and try to allow the body to communicate with us without fear of judgment, criticism or rationalizations. Although he did not understand the process he agreed to try. After some deep breathing exercises Gregg closed his eyes and I began asking specific questions. Question: What emotions reside within the stomach? His answer: Fear and guilt. I next asked his body to take him to the very first memory the stomach ever had stored within it regarding fear, also to include food. In answer to my inquiry Gregg acted as if a bomb went off inside of his body as he was mentally transported back to Vietnam where he and his platoon were starving. He and one other officer agreed to venture out into the bomb trenches to forage for food for everyone. At this juncture Gregg became visibly emotional and he began to sob relentlessly. He relayed the filmstrip-like memory as he gasped for breath saying that as he and his fellow comrade moved through the trenches, they ate some of the food they found before taking any back to the platoon. He had internalized his guilt, and this is when the back pain began. In response to our questioning and holding a space to view the experiences without trying to fix the problem, his back pain disappeared instantly and to this day has not returned.*

I reiterate that my belief based upon life experience and with trial-and-error use of these techniques that the physical bodily sensations are codes, or distress signals that the cells within our body send out in response to a particular stimulus such as our thoughts or actions; the result of our mental beliefs and the emotions that we experience at the peak of a specific event. If we focus on the one cause rather than the presenting ailment of any one illness, and if one

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intentionally looks for that one cause, we will find that it is the accretion of all factors, physical, mental, emotional, spiritual, chemical and electromagnetic that will determine the health of the physical form.

As we decipher the signals returning from our target of focus, our sensory cells share information that can be “heard,” “seen,” “felt,” “tasted,” and “smelled,” in the ultrasonic range, far outside the range of ordinary human physical sense organs.

As multi-dimensional beings our physical, mental, emotional and spiritual characteristics are divinely interwoven, creating a matrix which has the capacity to either create or disrupt currents of energy. In either case, our energy extends outward instigating an effect that impacts our target of focus, or our external environment, either positively or negatively while our inner environment is being bombarded by the stimulus from the external world.

### ***Cell Communication Summation***

Everything around us and within us communicates with everything else. When we get overloaded or stressed the cells send out signals to tell us that they are unhappy or overloaded, thus requiring our attention in order to relieve any conflict they may be experiencing. If these bodily reactions were triggered by our perception, or our sensory cells perception of an event that transpire, any of these imbalances may be strictly emotional in nature—rather than a potentially inflexible physical ailment. Within my professional practice I have worked with individuals who had developed maladies on the physical plane and the cells were still able to restore balance-liberating the organ or system.

Cells are able to communicate with one another to perform intricate functions and it stands to reason that we, being of divine consciousness, have the ability to focus our awareness

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upon any one thing and extract information that will assist the body in reestablishing homeostasis on its own, without external intervention.

Energy signatures transferred from one person to another are therefore unconsciously assimilated by performing such an act. In my opinion, after having utilized this form of communication, we, as multi-dimensional beings may use one, two, or more of our sensory channels during this type of exchange as information is retrieved in either sensations, symbols and images, or type written words.

From our head to our feet, to the afferent and efferent pathways of the spinal cord to the epidermis of the integumentary system, or to the innermost workings of the cell—**we are sensory**—and to establish a well-balanced healing platform we need only tap into our innate abilities where we can cut through the noise, static, life stresses, etc., —to center or focus without letting the ego participate.

Another course for you to look forward too, *Remote viewing* will assist in allowing this nature of centering to occur. The techniques and protocols allow conscious, sentient beings to tap into any environment at will, and extract information—allowing the viewer to intimately and genuinely know someone, to walk a thousand miles in their shoes; to feel what they feel, to see what they see, to understand what is going on in their present life and even determine why they have chosen a particular course in life. The viewer can get so close to someone that they can become one with the target, fully grasping the targets involvement in the world. Remote viewing is an instrument; a tool that allows us to take a leap into oneness with all that exists for the purposes of acquiring or expanding one's consciousness-merging with the quantum consciousness, for communication, healing, growth and enlightenment further enhancing the fields of Psychology and Integrative Health.

***Cellular Memory Detoxification Therapy Conclusion***

From the top of our head to the plantar aspect of our feet, the afferent and efferent pathways of the spinal cord to the epidermis of the integumentary system, or from the innermost workings of the cell to the energetic body which extends outward away from the physical form--we are sensory.

For the full version that includes the in depth Science of Intuition look for the upcoming launch of [www.evolutionearth.com](http://www.evolutionearth.com) and <https://SEEInfinitely.com>

## Endnotes

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- 1 Wikipedia, the free Encyclopedia
- 2 Simply translated as inflammation within the body
- 3 Schiffman, 406
- 4 Birnholtz, 1981; Birnholtz & Benacerrat, 1983
- 5 E.g., Banks & Salapctek 1983
- 6 such as kittens reared without patterned light for two months as described by Hubel and Wiesel 1963
- 7 E.g. Freeman & Bonds, 1979; Rothblat & Schwartz, 1978
- 8 The Microbats which establishes the suborder Microchiroptera within the order of Chiroptera (bats) or insectivorous bats; Wikipedia The Free Encyclopedia
- 9 Toothed whales and dolphins; Wikipedia The Free Encyclopedia
- 11 For in depth review of organs and systems and their functions see Cell communication and Cellular Memory Therapy; Nicole Myers Henderson; to be published Holos University 2014
- 12 Wikipedia, the free Encyclopedia; Metabolism
- 12 Wikipedia, the free Encyclopedia; Cell signaling
- 13 hearing, touch, vision, olfaction(smell) and gustation (taste)
- 14 Joe Lewels, Rulers of the Earth Secret sons of God © 2007; p167
- 15 Joe Lewels, Rulers of the Earth, p188
- 16 Wikipedia, Cellular Memory