

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.