

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.

