

***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.