

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