

# Cellular Communication

We are designed and meant to heal. Not through scientific medicine, but by the power of our own unique, Innate power, and the connection to universal healing. This can be done entirely through faith alone, though results are often fast-tracked using a team of complimentary holistic healers depending on your ailment. Through my physical journey of first healing my Endometriosis, and then my chronic hip pain, I utilised a team that included a naturopath (diet), physio (movement), accupuncturist (scar tissue), chiro and podiatrist (nervous system and structure). I also meditated regularly, and utilised journaling, manifestation, made time for joy/fun, self-healing, and made time for movement (e.g. walking, yoga, resistance training) depending on my energy levels.

Each of us have about 330 billion cells being replaced daily, equivalent to about 1 percent of all our cells. In 80 to 100 days, 30 trillion will have replenished, which is the equivalent of a new you! However, when we get dis-eased, our cells are damaged, and all copies created have this 'damaged' data replicating ill-health. Through Quantum healing, you are able to align with your highest self, and reprogramme your cells with intention, calling in universal healing energy, amplified with Reiki and other energy healing modalities.

The attached cellular communication script can be used as a stand alone healing tool (best used daily), or with the assistance of a learned practitioner who is familiar with Quantum healing - and yes, I am ready to help if you choose me! For more about Quantum Healing, I suggest 'Quantum DNA Healing' by Althea S. Hawk as a great starting point.

## Best Practise Tips

- 1) Practise at the same time every day, and make it consistent. First thing in the morning works best as you are still likely in Alpha state where your mind is clear for reprogramming.
- 2) To get into Alpha state, lie down, close your eye and look up at a 20 degree incline towards your third eye, then count backward from 100 to 0 at a pace of about 2 seconds per number.
- 3) Avoid caffeine, alcohol, drugs, sugar, dairy and gluten where possible to keep your mind and body clean and clear.
- 4) Think positively and BELIEVE that you can change.
- 5) Visualise yourself AS the end goal - whether its 20kg lighter, 100% healthier, or 10x happier is up to you; but the mind believes, what the body perceives. Imagine the outcome as though you already exist in this form, and don't falter on that belief.
- 6) Speak out loud when you recite the below. Our DNA responds to the vibration of our voice as an activation, used as intentional healing.
- 7) Trust the process, just because it's simple, doesn't mean its either easy, nor too good to be true.

# Cellular Healing Script

"I call upon Spirit {name or acknowledge any other specific guides, angels, or spiritual entities that may be applicable here}, my Higher Self, and Innate Self to guide, support, and assist me in this meditation session and with my innermost held intention today.

Through Spirit, I give permission to my Innate Self to make whatever cellular adjustments are appropriate or necessary in response to my intention to {state intention below e.g. to eradicate disease, to heal, to attain optimum cellular function, to heal all organs and organ systems; to reduce all pain and discomfort etc. }

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Through my Innate Self, I ask my cells to release any Akashic memory that they have retained that no longer serves me, my health, my vitality, and longevity, or my soul's purpose in this life. I ask my cells to release the energy of any current or past soul programs, patterns, or residue that has created or contributed to my illness and disease.

Through my Innate Self, I ask my cells to void any previous instructions provided by my biological DNA that led to abnormal cellular functioning and disease. I call on my Innate Self to substitute these old instructions for new ones that promote a state where I am completely healthy and free of disease. Therefore, I ask my Innate Self to extract blueprints for perfect stem cells containing new information that would be particularly beneficial for me at this time, and apply these to my DNA.

I ask my Innate Self to draw any Akashic memory of a time when I was completely healthy and free of disease and apply these attributes to my cells and DNA.

I remind my cells that they are an expression of the divinity that I am and of their eternal inseparable connection with the All and Source. I remind my cells of my desire and intent to heal. I remind my cells of their unlimited potential for self-regulation and repair through their access to multidimensional information that is available through our DNA and to us all.

I express my gratitude to Spirit, my Higher Self, and Innate Self for their support facilitating whatever changes at the cellular level are for my highest and greatest good at this time.

Thank-you, aho, and so it is"