

The Secret in The Cells - Excerpt

Did you know that the cells of your body hold many secrets!

Secrets about who you are, your personal history, everything you've ever experienced, and also the way you have responded to those experiences. They are all stored at the cellular level of your body. Fascinating isn't it?

The cells of your body record every moment of your life and this information is stored in the sub/unconscious mind. We tend to think of the unconscious mind as only existing in the brain, however it lives in every cell of your body. This unconscious mind, is highly intelligent and is constantly receiving and storing data within itself, it's like a still pond absorbing every ripple of information.

There is no consensus as to how many cells there are in the human body. Estimations start from ten trillion and move on upward from there, some scientific schools of thought stating fifty trillion, others, one hundred trillion. What we do know is that there are a heck of a lot of cells in the body!

A cell runs on raw power and your body is a dynamic, *force full* power pack. Every cell is spirited and alive with energy. This vital force sits at the centre of each cell as a point of light, and it is this point of light that gives you life. It animates your body, allowing you to think, speak, feel and act. Without this spark of light you would not be alive.

Lets hope we don't have a 'black out' too soon!!!!

On that note, lets take a look at 'black outs'. For some people, sadly, it's '*lights out*' instantly, however, most of us move through life at a slower pace, we gravitate towards the '*dimmer switch*'. We have a tendency to turn down the light in our cells so gradually that we may not even notice the light is diminishing until we suddenly become unwell.

This is where it all gets a bit curly, but incredibly interesting!!! Lets take a look at cells...

A healthy cell looks like a mini sun. It has a point of energy at it's nucleus and it vibrates at a certain frequency. When each individual cell is fully energized, the body's power pack is working efficiently and the result is one of optimum health. The ecological balance of the body is in perfect order.

Here's the question... why don't we stay in this state of optimum health???

Enter the "SQUATTERS" ...Mr & Mrs Toxin and the Little Toxins

We let the 'Squatters' in without realizing it, and our health is compromised over time. Squatters are commonly known as; people who occupy a dwelling of sorts and don't pay any rent. They make themselves at home and use all the facilities without contributing anything in return.

In the context of health, it's very much the same thing, a generation of squatters reside inside us and feed off our precious life energy, causing a dimming affect on the light within the cells of the body. In other words we start losing power.

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What are squatters?

The culprit is not an obvious one! Squatters are emotionally charged unresolved issues from the past. They each have their own personality and they lay dormant inside the body until something triggers them. You know when they have been triggered because you feel emotionally *disturbed and plugged in* about a situation.

Can you remember experiencing a time in your life where you just couldn't let go of something, it kept dominating your mind, and your emotions were activated and charged, and this '*other personality*' seemed to take hold of you and '*act out*' through you? That is a squatter.

It has moved from a dormant state to an awakened state. It's emotionally charged, unresolved issue from the past, took you over and acted out it's repressed personality, whilst simultaneously consuming great quantities of your life energy. Do you also remember how tired you felt after this event. There is a huge amount of energy loss involved when this process is active. A good example of an activated squatter raring its head, is road rage!

Squatters are completely irrational and feed off drama. When they've had their fill they become dormant again. There is always a *pattern* to them, they use the same type of thinking, language and behaviour each time they surface. Often the people around us know the behaviours of our squatters better than we do.

We all desire freedom in our lives, but until we release the unresolved, emotional charge on the past, which is buried inside us, the past will continue to control us.

Every part of you which you do not love will regress and become hostile towards you.
Karl Jung

How do these squatters form?

Emotion is energy in motion and it must express itself to keep flowing. Resistance is a key player with the formulation of squatters. When we don't allow emotion to be felt or expressed it becomes repressed and trapped at the cellular level of the body. Like frozen or crystalized moments of old time.

Every time we have some challenging or unwanted event happen, we tend to either hold our breath or shallow breathe and push down the emotion we don't want to feel.

If we don't allow ourselves to feel and calmly express emotion at the time of an event, it will become repressed and stored in the tissues of the body. This build up of pollution produces density, compromising cellular integrity, and the cells start losing power and vibrating at a lower frequency. The light becomes more diminished, reducing our life energy and ultimately our health. The body becomes the dumping ground for unexpressed emotion.

We are psychophysical beings, what we think and feel directly affects the physical body. Learning to live in a state of mental and emotional harmony has huge physical health

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benefits. Emotional harmony keeps the light shining brightly and brings *'long life'* to our cellular batteries.

Christine Heart Savage

(For research I recommend - Quantum Physicists, David Bohm and Max Planck on Quantum Theory)