

SPECIAL FEATURE

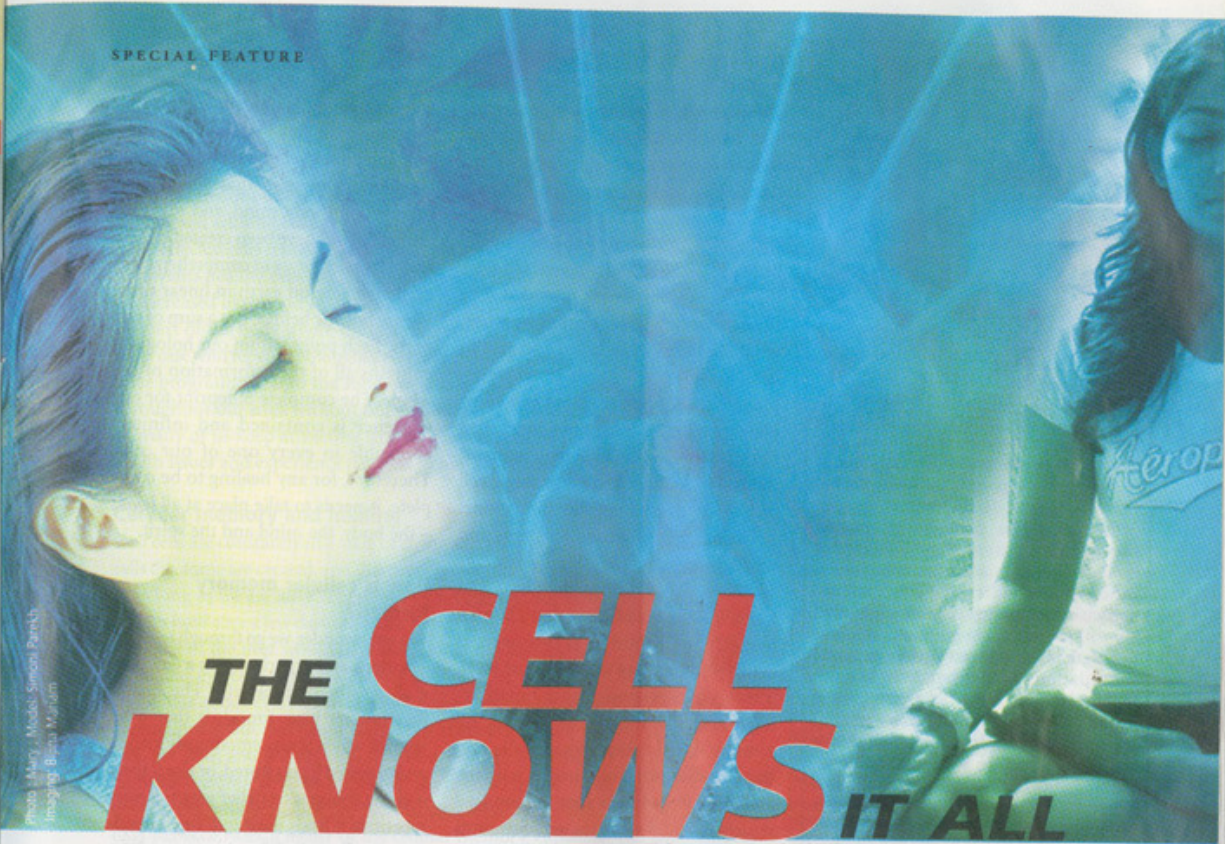


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THE CELL KNOWS IT ALL

THE COMPLETE BLUEPRINT FOR OUR EXISTENCE IS CONTAINED
AND INFINITELY ACCESSIBLE IN EVERY ONE OF OUR CELLS.
IF YOU LEARN TO ACCESS CELLULAR MEMORY
AND REPROGRAMME THE CELLS POSITIVELY,
THEN YOU COULD ACTUALLY HEAL YOURSELF COMPLETELY

by Megha Bajaj

Memory has interested scientists from time immemorial. Perhaps, more so, because of its ambiguous nature. Memory has been described in quantum physics in the following visual image – tiny specks of energy whizzing around in every possible way till there is a need for them to come together in a

particular way when one is recalling something. However, where does this memory reside? Earlier it was believed memory was the component of the mind alone. Scientists were therefore left stunned when it was observed that some patients who underwent organ transplants developed characteristics of the

donor whose organ they had been given.

How would science explain the instance where a young male uttered the words, "Everything is copasetic", as he came out of the operating theatre? His mother said that he had never used that word before, but now uses it all the time. It was later discovered that the word had been a signal, used by the donor and his wife, particularly after an argument, so that when they made up they knew everything was okay. The donor's wife reported that they had had an argument just before the donor's fatal accident and had never made up! Another incident that swept the medical world off its feet was the case of an eight-year-old girl who received the heart of a ten-year-old girl who had been murdered. After the transplant, the

recipient had horrifying nightmares of a man murdering her donor. The dreams were so traumatic that psychiatric help was sought. The girl's images were so specific that the psychiatrist and the mother notified the police. The psychiatrist shares, "They found the murderer using the description given by the little girl. He was easily convicted with the evidence the patient provided. The time, weapon, place, clothes he wore, what the little girl he killed had said to him, everything the little heart transplant recipient had reported was completely accurate." Such cases compelled the scientists to conclude that, perhaps, memory was stored in every single cell of one's body and not the mind alone.

University of Arizona scientists and co-authors of *The Living Energy Universe*, Gary Schwartz, PhD, and Linda Russek, PhD, believe that a human body, though solid in appearance, is actually just energy at the atomic level. They thereby proposed the universal living memory hypothesis, which said, "All systems stored energy dynamically, and this information continued as a living, evolving system even after the physical structure had deconstructed." Schwartz and Russek believe this may explain how the information and energy from the donor's tissue can be present, consciously or unconsciously, in the recipient. Candace Pert, author of *Molecules of Emotion: Why You Feel the Way You Feel*, says, "Memories are stored not only in

the brain, but in a psychosomatic network extending into the body – all the way out along pathways to internal organs and the very surface of our skin." At a spiritual level, the theory of cellular memory suggests that distinctions between our body, mind, and spirit are artificial. They have been created only to make it easier for us to comprehend our existence here on earth in linear time. We are holistic beings: not a sum of our parts. Each point within our hologram contains all of the information of the whole. The complete blueprint for our existence is contained and infinitely accessible in every one of our cells. Therefore, for any healing to be complete, it needs to take place at all levels – the body, the mind and the spirit.

How is cellular memory formed?

You may wonder, we go through so many emotions and experiences in a day, does it all get stored in the cells? The answer that healers have found, is that if an episode which is very emotionally intense is suppressed it gets stored, or else if there is some thought or belief which is very repetitive it finds itself ingrained inside the cells. The cells follow inputs not from our conscious mind, but from the subconscious mind, which is almost 90 per cent of our mind. Almost 90 per cent of our bodily functions are dictated by this part of the mind, which receives constant inputs and keeps storing within itself,

what it considers relevant. Diseases, it appears, are caused when we suppress a powerful negative emotion and try to tell ourselves that all is well. Although the conscious mind is convinced and may even forget about the experience, the subconscious mind remembers it and magnifies it. Certain chemicals that are produced in our body in response to that negative experience are blocked within because we do not want to deal with it. If these affected cells remain blocked over a long period of time, it prevents healthy cells from interacting with them. There is an increased likelihood that if disease occurs, it will occur in the part of the body where the cell receptors are blocked. So is the case with repetitive thoughts. Negative thoughts and beliefs once programmed into the subconscious keep auto-playing throughout our lives without our realising it. Little wonder so many of us keep attracting similar people, relationships, health issues and experience patterns in our life repeatedly.

Cellular memory and healing

Our cells are constantly in a state of dying and growing. Some cells die, some are created, and this process continues ceaselessly as long as we are alive. Therefore each organ in our body renews itself after a few days or weeks. For instance, in six weeks, each cell of the liver would have died, to be replaced by new cells. Our eye cells regenerate every two days, our skin cells regenerate about every 20 to 30 days, and our stomach lining regenerates about every four days. Why then, even when the cells are new, and the organ is renewed, do the old physical ailments continue to show up even in the new blueprint? Why does an eye-problem, for example, not cure itself by the third day? Rebecca Noel, a healer of the cellular memory, explains, "What's happening is that the memory from the old cell, sometimes called a phantom memory, is passed on to the new cell being born so the eye problem is replicated again and again even though the cell is entirely new and this continues indefinitely until the cell programming is interrupted." Therefore, if we can somehow interrupt the negative programming, and reprogramme the cell towards positivity, healing can take place.

Reprogramming cells

You can reprogramme your cells by several amazing techniques. Some require a therapist, others do not. However, be warned. There are no quick fix solutions. One needs to do a lot of work within, really become open and available to healing before transformation can take place. Every experience has something to teach. If a therapist could indeed, within seconds heal you of all your past trauma, what would your learning out of it be? The truth is, when you are ready, the magic will unfold. This is why several therapies may not work, but a single sentence from a book may change everything. This is why, after working endlessly upon an issue, suddenly one seemingly ordinary day, something extraordinary transpires. Open yourself, believe

Catch Jasmine at the Life Positive Expo 2008



Jasmine Bharathan will hold a workshop on Tapas Acupressure Technique or TAT which releases trauma and allows a natural flow of the body's energy. The body then heals itself and makes you more available to life, to relationships and to your own

self. Jasmine comes with a distinguished background in psychotherapy, alternative systems of medicine like naturopathy, hypnotherapy, neuro linguistic programming and reiki. Having discovered that combining energy healing methods with her classic training brought incredible results, she now uses it with great success in her workshops. Register today for this unique workshop. For further details on the Expo please turn to pages 44, 45 and 46.

in the goodness of life and wait. Eventually, life will sprinkle some of its magic dust upon you.

Seek therapy

Sometimes the greatest blessing in life can be a pair of ears! If they are experienced ones, they can help you in your healing journey in the most significant way. Gone are the days when there was a sense of shame in approaching a therapist. If you have a physical ailment – you visit a doctor; to find where you are going wrong in your thinking – a psychotherapist is helpful. After all, she is trained to understand a client's psyche. Often we are so engrossed with our problems that getting a view from an objective outsider can be helpful in understanding the issue. This helps in dealing with problems at the cellular, subconscious cause level, instead of just based on symptoms. A good therapist will never give you inputs, allowing you instead to come to

your answers through conversation. I sought the help of a counsellor at a point when I was getting severe panic attacks, headaches and a constant feeling of nausea. Through the sessions I came to realise that most of my physical ailments began immediately after my mother was diagnosed with breast cancer. Although I had not seen the link, my counsellor did. I remember how stunned I was when she asked in between a session, "Do you look like your mother?" The answer was yes, I was an identical copy of her. "No wonder!" That's all she said. Yet, it led to a series of realisations – I subconsciously believed mom and I were one, whatever happened to her would happen to me and had developed a deep subconscious

fear of cancer. Little wonder, my body was showing all the signs and symptoms of disease! I was able to rectify my thinking and some of my physical symptoms disappeared soon after.

Try Tapas Acupressure Technique (TAT)

It was in a two-day seminar, conducted by Jasmine Bharathan, a well known therapist/healer from Mumbai, that my cellular healing process went deeper and became more profound. Jasmine, a warm and sensitive healer, has been deeply involved with Emotional Freedom Technique (EFT) and Tapas Acupressure Technique (TAT) since over a decade. She is the founder of an organisation called Heal Empower Foundation which is committed to bringing the spirit of oneness alive by holding interactive body-mind-spirit workshops and

free healing camps. This workshop was based on a simple, but powerful, technique founded by Tapas Fleming, a recognised acupuncturist from California. Tapas discovered TAT during an afternoon siesta and has healed several thousand patients and herself of breast cancer (the emotional roots that caused it) using this. Tapas believes that when one undergoes a trauma, a person's response to it is, "That's too much for me!" The implication of this to the subconscious is, "I will get to this later, file it away for now." However, in most cases, that later never comes. We may put time and distance between the trauma and us, but the subconscious is on hold. It's blocking energy within. And



LOUISE RAY

The mother of healing affirmations

whenever there is a blockage within a system, it stops functioning optimally. Dis-ease is nothing but the discomfort one experiences about a negative experience or belief that he or she chooses not to tackle. TAT dissolves the separation between "that" and "me" and in doing so, unlocks the stagnant energy. The theory of TAT was convincing enough, but the actual practice was a bit too simplistic for my liking. So as I sat in the workshop the first day, I did so as a sceptic.

Jasmine led us through the TAT pose – a simple process of lightly pressing the tip of one's thumb to the inner upper corner of one eye, using the ring finger to lightly press against the inner upper corner of the other eye, placing the middle finger at the point in between the two eyes (third eye chakra point) and putting the other hand at the back of your head such

that the palm supports the head with the thumb resting at the base of the skull just above the hairline. She then called people who wanted to work on specific challenges and made them gently bring up certain traumas specific to their lives. She would first ask the person to bring up into their awareness the trauma of the experience while holding that TAT pose, until they felt something shift within. The next step would be to be with the statement that all is well and the traumatic event is over. After that she would guide them through several key steps like forgiving the people who may have perpetuated the pain, releasing the memory of the trauma from the body and finally, integrating the entire healing. I found myself getting emotionally involved in the workshop as a young girl, Anjali Pillai, sat before Jasmine and shared the trauma that she had undergone as a child. Both her parents were working,

Not wanting to, yet compelled to, they left the little girl home alone. She recalled painful memories of standing in the balcony, staring out of the grills, weeping, waiting for her parents to return. Her mind, at that young age, could not accept this separation from people she loved the most, and she saw it as desertion and painful isolation. Several of us had tears in our eyes as we imagined the plight of the little child. Some of us were reminded of our own similar experiences. Jasmine, a healer with whom one feels safe, led Anjali gently through the TAT process and one could visibly see Anjali's shoulders relax at the end as though she had finally let go the burden of distressing childhood memories.

Jasmine also worked on my fear of death. I realised that my fear of cancer came from a deeper root – fear of dying. Intellectually I understand that we all

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come with expiry dates, but just the thought of my or near and dear ones dying was enough to start a panic attack, something that therapy had not healed me of. With the first statement where I was supposed to be with "I am dying" my breathing quickened and my stomach seemed to tie itself into painful knots. I forgot that I was in a room with 20 people observing me keenly. I imagined I was dying of suffocation – I was in a glass box, banging desperately at the thick walls, but no one could hear my screams. It was an unnerving experience. With the second step, the knots in my stomach loosened a little as Jasmine affirmed the opposite of the trauma, saying, "It's okay for me to live. I am alive. I feel great about just being here right now." I now had a vivid vision that the glass room in which I was dying had a handle, and just by pushing the door I could easily get myself out. In my imagination I



REBECCA NOEL

Healing cellular memories through guided sessions

laughed at myself, hugged myself for the unnecessary trauma I had gone through and felt lighter and happier with each consequent step. By the end, there was a visible relief on my face and I felt exhausted – as though the brief healing session of about 15 minutes had involved every single cell of mine and now I just needed to rest and rejuvenate!

Another spectacular experience was reported by Mrs Sarkar, a cancer patient who attended the workshop with her daughter Shruti. Mrs Sarkar had just been diagnosed with cancer of the mouth and was extremely afraid of her surgery. She did not want to go through it, more so since she had other health issues like diabetes and blood pressure. Jasmine involved all of us in a healing

process as the aged lady sat before her. As the healing commenced and the emotional roots of her disease were healed, Mrs Sarkar was, for the first time in two days, seen smiling. Something within seemed to have changed. Lightened. And enlightened. Shruti too seemed happier, and more in control after the process. The result of this healing in real life was awe-inspiring. Mrs Sarkar went through the operation peacefully and it was, according to doctors, a surprising (considering her health conditions) success. She is optimistic about the future. So are most of us, who did the TAT workshop to heal several deep-rooted traumas

Affirm away

The name Louise Hay and healing are often considered synonymous. The reason? Perhaps because this healer from San Diego healed herself of cancer of the vagina decades ago only through detoxification: of both the body and the

cellular memory of repressed resentment (she was raped at the age of five). Her claim to fame could even lie in her books on affirmations that have helped millions of people worldwide heal themselves of several scourges. Any writing about healing cellular memory would be incomplete without including her. As mentioned before, the cells are trained through repetitive negative thoughts and experiences – so a powerful and easy way to undo the damage would be to reprogramme them through repetitive positive thoughts and affirmations. Since experiences follow beliefs, as one changes the mental make-up, one's life too transforms! Louise believes that every health issue is the result of some emotional discomfort or the other. For instance, the cause of a cataract

is the inability to see the future ahead as one filled with joy, and the related affirmation for it is, "Life is eternal and filled with joy!" The cause for most injuries is anger at the self, feeling guilty for something and therefore, the related affirmation is, "I release anger in positive ways. I love and appreciate myself."

In her book, *Heal Your Body*, Hay writes that the diseases one sees in life today are the result of yesterday's thoughts and beliefs. Therefore, the best time to start opting for health and a greater future is right now – by affirming while standing in front of a mirror. She writes, "The point of power is always in the present moment. This is where we begin to make changes. We can let the old nonsense go. Right now." Try it: Make a list of affirmations, put them up on a wall in your room and each time you pass by, read them aloud. You will find that within months, and sometimes even days, they come alive in your life. They become a reality. Madhu Mehta (name changed) a young physiotherapist from Pune changed her entire life by changing her mental make-up from "I am fat and therefore I am ugly" to "I am beautiful as I am". She recently got a modelling offer from a reputed health magazine! She also affirmed that she is married to a wonderful man who loves her irrespective of her weight and indeed she is married to just the right man, as she says so herself! Affirmations work, in an amazingly powerful way. Make them a part of your life right away.

Loving sets it right

Deborah Carrol from US, guided by her teacher Marcus Daniels, discovered a wonderful way of healing cellular memory. She suggests that any sort of disease occurs when there is a blockage of a negative emotion. The cause for this block is that since childhood we have been told not to express ourselves fully – we should only think, speak and feel all that is good. So when a child does have negative thoughts that give rise to negative emotions she feels, "This is not okay, I am bad,



Anjali Pillai going through TAT as Jasmine guides her

I should not think like this", thereby suppressing all emotions negative in nature. This childhood repression manifests in diseases – of the body and the mind. The spirit knows only oneness – it knows no difference between good and bad, so it remains untouched. It remains true to its nature – which is to be loving, loving and ever more loving. Loving, studies prove, is the highest emotion that a human is capable of. Just giving or receiving love can be a healing experience. She says, "Finding safety in love is a huge blessing. Choosing love takes practice, continually, to feel and receive, and to know the all that we are. As we practise loving our feelings as love, more love, compassion, and spiritual wisdom will come to us."

Guided healing works

In this method, Rebecca Noel, the cellular memory healer earlier mentioned, guides one, either through a personal session or through an audio CD, to heal one's cellular memory. The seeker is first taken into a state of deep relaxation, as it is believed that it is in this state – when the conscious mind is dormant, that the subconscious can be brought alive. After that, she guides people to deal with any one issue. A healing guide – could be a guru, any person you look upto, or even a sage you have read about – meets one in their mind and takes them through an exploration of this issue. Body parts affected by this issue are cleansed. Perpetrators of this issue are called in one's mind and spoken to in a safe and secure atmosphere. Finally, one is led to look at the resolved issue a week from now and observe how he is feeling about it. Similarly, she asks the

seeker to analyse what he feels about this issue in a month, a year, ten years. I visited Rebecca's site and keenly interested in what she said, I requested her for a session. Her reply was quick and positive and she mailed me her entire session. As I listened to her gentle, soothing voice I was lulled into an infant-like peaceful state. As I dealt with one of the most troubling issues in my life currently, something strange happened. I felt the suppressed rage against a person rise to its peak. I felt such anger that I was compelled to take a pillow and beat it to a pulp! I am not an aggressive person by nature at all, so such rage came as a huge surprise to me as well. I recognised that I had stored the rage in the inner canal of my right ear – as it was here that I used to experience pain and a feeling of lack of circulation. When the process was through, and I felt calm again, I felt blood trickling on the right side of my scalp. Alarmed, I immediately tried to feel it with my fingers. That is when I realised that somehow, through the healing, I had unblocked some blocked nerve within which had just opened and the warm gush of trickling blood was not outside, but within, as the circulation improved. I was left with a feeling of absolute bewilderment. Ever since this experience, the numbness I used to feel in my right side has disappeared and my health has improved by 40 per cent.

Healing cellular memory is indeed one of the most powerful, profound and permanent ways of healing all sorts of physical and emotional disease. Try it. Your life may never be the same again. ☉

We welcome your comments and suggestions on this article. Mail us at editor@lfepositive.net