

Your Body and its Connection to Mind, Spirit & Emotions

- Our cell tissue holds the energy patterns of one's attitudes and our belief systems.
- Positive and Negative experiences register a memory in cell tissue as well as in your energy field.
- Memory of experiences are stored in body tissue.
- Every thought continuously feeds every cell of your body.
- According to energy medicine, we are living history books. Our bodies contain our history.
- Day-to-Day Fearful or Bitter attitudes are biologically negative substances.
- All of our thoughts 1st enter our system as energy. This energy ends up in our body and cells.
- You can begin to cleanse your energy field by fasting and by a cleansing diet.
- Think of an Illness as a Power Disorder.
- We hold negative past emotions and experiences in our minds & bodies.
- Every thought that crosses our minds, every belief we nurture, every memory to which we cling translates into a positive or negative command to our bodies and spirits.
- If a person's spirit is impelled by Fear, then Fear returns to your energy field and to your body.
- What drains your spirit drains your body. What fuels your spirit fuels your body.
- Illness is the result of Imbalance.
- Be aware of the negative and lower frequency emotions such as fear, anger, judgment, envy, jealousy, resentment, hatred and impatience.
- Breathing creates awareness, space, and brings you into the Present moment. Create time to breathe. Create a few moments of inner stillness every day.
- Be Present. Be true to your inner purpose. Do not focus on the past or the future. Give the Present your full attention.
- Your Body and Energy System move naturally toward health

Excerpt from ***Start the Revolution Within*** - Brian M Heater -
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