

Feeling Healthy

Simple Cellular Release Script

Close your eyes now and settle in. Make any adjustments that you need to make to get completely relaxed and let go ...

If you should be disturbed during this process count from one to five and you will immediately become awake and aware. You will be fully present and able to cope with whatever is needed, so it is okay to completely relax and let go. Now imagine that you are in a safe place and you are calling in your own Inner Healer/Inner Advisor, a resource from within that can help you feel healthier.

Take a long, deep breath and hold it ... now let it out with a sigh. Take in another long, deep breath and hold it ... and as you release it, let go of all tension and pressure ... just let go...

Now, I'm going to count backwards from 10 to 1 and each descending number will take you deeper ... deeper now ... 10, 9, 8 ... go deeper now ... 7, 6, 5 ... deeper now ... 4, 3, 2, 1 ... much deeper now. Just relax the body ... the body knows how to relax ... relax the body. clear the mind ... go into the room of the mind and put all your thoughts away ... there is perfect order in the world ... they will come back in perfect order. Put all the thoughts away ... clear the mind.

Directly above your head is a pale soft light in any color that you choose-the light of healing ... the light of protection ... the light of love.

And it is good to know that the mind can create conditions of healing without the consciousness being involved. And it is good to know that the conscious mind can rest now for the subconscious hears everything I am saying. The subconscious hears everything I'm saying so the conscious mind can rest now. I'm talking directly to the subconscious. The subconscious knows exactly how deep you need to be to feel healthier today. I now direct the subconscious to take you as deep as you need to be ... going deeper ... to exactly the right level to do this work today.

I direct now the subconscious to focus on experiences that created the emotional causes of illness. I direct now the subconscious to release and clear all experiences that created the emotional causes of your illness...

1. *Experiences of:
pain ... release and clear
fear ... release and clear
sorrow ... release and clear
struggle ... release and clear
being alone ... release and clear
being left ... release and clear
desperation ... release and clear
failure ... release and clear
Heartache ... release and clear
and all other experiences*

Release and clear from your body, your mind, your emotions and your whole energy field. So that these experiences completely disappear.

2. *I direct now the subconscious mind to release and clear all shock and trauma connected to the emotional cause of your illness.*

Release and clear from your body, your mind, your emotions and your whole energy field. So that this shock and trauma completely disappear.

3. *I direct now the subconscious mind to release and clear the imprints and impressions of the experiences, which created the emotional cause of your illness.*

Release and clear from your body, your mind, your emotions and your whole energy field. So that these imprinted impressions completely disappear.

4. *I direct, now the subconscious mind to release and clear the entire web and linkage of feelings:
pain ... release and clear
fear ... release and clear
sorrow ... release and clear
struggle ... release and clear
loneliness ... release and clear
abandonment ... release and clear
desperation ... release and clear
failure ... release and clear
hurt ... release and clear and all other feelings.*

Release and clear from your body, your mind, your emotions and your whole energy field. So that the entire web and linkage of feelings disappear.

5. I direct now the subconscious mind to release and clear the entire habit and pattern of being ill and of feeling ill.

Release and clear from your body, your mind, your emotions and your whole energy field. So that the entire habit and pattern disappears completely.

6. I direct now the subconscious mind to release and clear all beliefs and variations of belief that come from the experiences that created the emotional cause of your illness.

Release and clear from your body, your mind, your emotions and your whole energy field. So that all beliefs and variations of beliefs disappear completely.

Go into your belief system – you believe you can recover your health.... you believe that you can feel healthy...you believe it... you believe it...

I direct now the subconscious and all levels of the mind to release and clear all your illnesses from your body... your mind... your emotions... your entire energy field... through all time and dimensions so that all your illness disappears completely.

Imagine that illness is the color black... I direct now the subconscious to release and clear all black from your body... your mind... your emotions... your entire energy field... through all time and dimensions so that illness no longer bothers you in any way. Let all the black drain away...(long pause)

Starting to breathe right now... light flowing into the soles of your feet and the arches ... into the fine bones on the top of your feet... light flowing into your calves now... into your knees... into your thighs... light flowing into your intestinal tract... the stomach... light flowing into the heart and lungs... light flowing into your face now... into your jaw and cheeks... your ears and eyes... light flowing into your mind.

Now, bring your attention to your heart and begin to imagine that the heart opens... opens like a flower. Focus all your attention on your heart... imagine the soft pale color of healing...any color that you choose... flowing down into every cell of your body....bringing you health and healing...

Recovering your health, feeling very good about your life. As you hear my voice, imagine that this is your inner voice. "I believe in myself... I believe that I'm worthwhile and valuable... I believe in myself. I believe that I have the power to create a life that I will love. I believe that I can be strong and healthy...I feel good, I feel very healthy.... very good about me... I feel healthy...I feel good...I Feel healthy...from the inside."

(Create a visualization, story and suggestions that express the Healthy State)

Now ask your Inner Healer..... how you can feel healthier inside... Listen to your Healer... (Long pauses)

This process will integrate into the very cells of your body. Through your dreams and your waking life, your healing process will continue. Getting ready to come back now. I am counting to five when I say five you will be wide awake and feeling fine...Remembering everything you need to know.

- 1... Taking in a long deep breath*
- 2... Feeling the fingers and toes*
- 3... Moving and stretching now*
- 4... Getting ready to open your eyes*
- 5... Awake and aware*