

## **Body Basics**

Illusion is stored up in the cells of our bodies. Blocks that keep energy from circulating freely. Working with *bik'egund inde* brings the opportunity to purify, removing old stored trauma and abuses that can manifest within the physical body as dis-ease. As you come to understand yourself as a multidimensional being, you embrace your body as an intricate part of who you are. This provides you with the opportunity to remove strains of dysfunction, prevents dis-ease, and brings balance to your physicality.

HEREDITY - This is what you are given by your biological lineage. If dis-ease of one nature or another is a theme within your family, then you are being given the opportunity of breaking this chain. We know if there is a history of dis-ease in a family, there is also an underlying, secret dysfunction that runs rampant. Heredity is something you are born with. However, it is not something that you are destined to continue through the lineage.

DIET - It has been said, "you are what you eat." We advise folks to eat according to their blood type. This eliminates many food allergies, and aligns you with your hereditary landscapes and strength. Not all things hereditary are bad. By eating the food natural to your genetic area of origin, you will strengthen your body.

I also like to recommend in this age of microwave solutions that you read your labels. If you can't pronounce an ingredient, it is a good bet that your liver will not be able to assimilate it either.

WILL - Your will determines your mental state of mind; how much you want to be well, free of dis-ease, discomfort and pain. You and you alone can improve your health,

DEXOTIFICATION - Anytime honesty enters our lives, our body's natural reaction is to remove built up residue of dysfunctional memories that have been stored as toxins in our cells.

As you begin to see truth above all else, you may start recognizing tendencies of skin rashes. This is because the vibration of your being has stepped up a notch and your body is becoming a more active partner in eliminating stored toxins and painful memories. Be patient with the physical process of healing. Colds and fevers are Spirit's way of telling us to take a personal time out. Please do not try to stop these symptoms by using prescription medications - unnatural elements clog our natural cleansing organ, the liver, up and slow its ability to work. Toxins that are eliminated during colds and fevers are easily turned into dis-ease when not allowed to

cleanse our system. Other symptoms that may occur as you work with the unknown can be fatigue, bowel sluggishness, diarrhea, frequent urination, nervousness, irritability and depression.

Most folks find their reaction tolerable and are encouraged to bear with them because of the improvements that are already evident. These symptoms vary according to the dysfunctional imprinting being released.

The more you can rest and sleep when symptoms appear, the milder they will be. Be wise, kick back and be nurtured. You can expect to reach a plateau of vibrant health, if you persist in your healing work and continue in your campaign to strengthen your connection.

Suggested tactics that are helpful:

1) Drink water! Lots of it. This does not include tea (not even herbal), coffee, sodas, or anything other than pure water. Daily you should be drinking a minimum, as calculated by taking your weight in pounds, dividing it by two, and arriving at the number of ounces you need to keep your body lubricated properly. For example, I weigh 110 lbs / 2 = 55 ounces of water a day that I need to prevent mental and physical burn out. If I am detoxifying heavily I try to drink closer to my actual weight in ounces of water.

2) Liver detox drink once a week. Lecithin 1 tbs, extra virgin olive oil 1 tbs, lemon (whole, rind and all), 6 ounces any cold fruit nectar. Put it all in a blender and frappe. Drink it straight down, as the olive oil will separate out and then this concoction tastes nasty.

3) Purification Bath: 1 lb (yes 1 lb) rock salt and 1 lb baking soda in water as hot as you can stand it. Stay in until water begins to be tepid. Use no more, no less of the ingredients. Drink lots of water as this is dehydrating. We use the rock salt to pull toxins out, and the baking soda to seal the energetic body so that similar energy toxins cannot return. *Write about this experience:*

Remember these three basic steps as you seek truth above all else. There is no time for pretense.