

Practical Healing Through Cell/ Self-Talk

by SHERRY ANSHARA

“Why” is there the perception that it takes a long time – and a long, painful process – to heal emotional and physical issues? The truth is, it is not necessary. Everyone has the ability to participate consciously and proactively in his/her own healing process. How does it work? By getting in touch with your own body through cell/self-talk, as described in Jacqueline’s story below.

JACQUELINE’S SELF-MODALITY

In June 2006, Jacqueline was 53 years old and her tests revealed some interesting data. Her blood was full of cholesterol and teeming with round clear circles of yeast, and her plasma was filled with pepper-like substances called triglycerides and rod-like structures, storm clouds, which indicated inflammation and toxins in her colon. Under the microscope, her red blood cells, which should look like donuts glowing on the inside and the outside, were all mis-shaped and clumped together in dysfunctional groups.

After taking digestive enzymes for a month, her second test revealed some improvements, but her cells were still mis-shaped and her triglycerides were still out of hand. Then she took a 40-hour energy method course that helped Jacqueline connect to herself at the cellular level of consciousness. From then on, every day and night she talked, meditated, stayed completely conscious, and connected to her body at its cellular level. She took charge of her life and let go of old programming, old conditioning, and old belief systems that did not serve her or her body.

Within a few months, Jacqueline began to birth a renewed healthy body. Her third blood test revealed healthy cells, absolutely no storm clouds, no toxic liver rods, no yeast, and no triglycerides or pepper floating around causing havoc in her blood cells. She had perfect blood cells, glowing bright on the insides and the outsides of each cell, and they were floating separately in the clear plasma.

Through conscious meditation and speaking her intentions to her cells, Jacqueline’s body formed perfect healthy cells, and she shed 16 pounds without dieting. By speaking positive cell/self talk, she created her own progressive process of healing in real, practical ways. And like Jacqueline, I encourage you to conduct your own self-study and to begin your practical cell/self talk. Your body is your reality, and your reality is up to you!

Sherry Anshara is the founder of the QuantumPathic Energy Method™, a technique that blends a variety of disciplines, including energy medicine, cellular therapy, and practical quantum physics. She teaches individuals how to heal themselves physically, mentally, emotionally and spiritually through private sessions and group courses at her Center in Scottsdale, Ariz. (www.quantumpathic.com). Sherry’s foundational course, Intuitive Powers—Practical Applications I, qualifies for 40 contact hours for nurses (approved by AHNA). She is also an author, radio host, and founder of the Blended Healthcare Consortium.*