

## **Pranic Psychotherapy to alter cellular memory – 08 World convention paper by Dr Hazel Wardha**

Scientists are beginning to acknowledge the marriage of science and spirituality. Pranic healing is evidence of such a marriage. The methodology created by GMCKS is scientific and systematic and the energies accessed through this technology are spiritual. More and more we are becoming aware that our Guruji is a genius and that the technology of Pranic healing is way ahead of the times.

It has always been our aim to highlight and emphasize the fact that Pranic healing is a living, practical technology that actually demonstrates that modern scientific theories and research can be successfully applied. For example, quantum physicists acknowledge that the universe has one etheric body. Pranic healing demonstrates this by the power and efficacy of distant healing. When quantum physicists speak of zero point, we know that it exists because we can access this universal energy or subatomic force or Prana through our energy bodies, which are part of the zero point.

Pranic healing is a fine example of a quantum tune up. GMCKS has given us superb technology and has highlighted the power of instructive healing in his book on Advanced Pranic healing. He mentions cellular consciousness and that we can instruct the cells to heal. This treatment protocol that we have evolved over the past year expands in detail the methods to alter cellular consciousness and treat cellular memory with Pranic healing technology.

There are 100 trillion cells in the human body. The body cells outnumber the whole population of the earth by 1500 times. These trillion cells are responsible for keeping the body healthy and happy. The parts of the cell that contribute to physical health are as follows:

Cell membrane: communication.

Endoplasmic reticulum: action.

Nucleus DNA: information

Mitochondria: power.

Therefore, every cell has the capability for information, action, power and communication. Pranic healing can touch and positively affect the inner workings of the cells as there is a bridge between ordinary reality and spiritual reality.

Most of the scientific research background of this paper has been taken from cell biologist and scientific researcher, Bruce Lipton's book, *THE BIOLOGY OF BELIEF*. Reading this book helped us to evolve an effective Pranic healing protocol to provide healing at the cellular level. It is vital to heal at this level because, according to Bruce Lipton's research, the cell stores information such as stress, negative thoughts and emotions, trauma, memory of past events, inner angst as well as physical information such as bacteria, viruses etc.

Incidentally, according to Traditional Chinese Medicine, the liver and gall bladder store anger, the kidneys store fear, the lungs store grief and anxiety and the spleen trauma. Many thousands of years ago the Chinese had already perceived the organ cells to be storehouses of such energetic information.

Bruce Lipton says that the cells of the gut are replaced every 72 hours. Liver cells are replaced every 6 weeks and the stomach cells every 3 days. Why is it then that people with bowel, liver or stomach cancer do not throw off the disease when the cells are replaced?

According to Lipton, this is because the cells have a memory and store all information such as stress, trauma, inner angst etc. Before the old cells are replaced, they transfer their information to the new cells and keep the disease alive and this is an ongoing process. With Advanced Pranic healing and Pranic Psychotherapy we can divest the cell of all negative information so that it cannot pass this on to the new cells. The super technology of GMCKS Pranic healing provides practical demonstrations to alter cellular memory and consequently consciousness itself. The seed ideas and basic technology have been given by GMCKS. It is up to us to apply these ideas and technology to modern scientific research to prove that Pranic healing is an effective art and science of practical healing.

Let us examine in some detail the findings of cell biologist, Bruce Lipton. One of his key discoveries is that the cell's environment and its genetic information provide the basis for health or disease. Scientist Irv Konisberg (p 49) believes that when the cultured cells that are ailing are studied, you look first to the cells environment and not to the cell itself for the cause. When Bruce Lipton provided a healthy environment for the cell in a Petri dish, providing nutrients, the cells thrived and moved towards the nutrients. When the cells were exposed to viruses, they would retreat and shrink and become sick. Most cell biologists have underemphasized the role of environment (p 50) and focused on genetic determinism, which is the belief that genes controls biology. Lipton emphasizes that diseases like cancer, diabetes, heart problems are due to the complex interaction of multiple genes and environmental factors (p51) such as poor nutrition, stress, trauma and negative emotions which modify genes. He believes that genes are not activated until something triggers them. Lipton further states that genetic determinism is a hypothesis and has never been proved. (p 52) Lipton says that 95% of breast cancer is not due to inherited genes and that genes are not Destiny. (p 72)

Lipton's research has proved that the "brain" of the cell is not the nucleus of the cell that contains DNA, but the cell membrane. The cell membrane is a liquid crystal and a semi conductor and contains gates and channels (p 90) . Therefore, a cell is programmable. (p 93). Thus, "biological behaviour and gene activity are dynamically linked to information from the environment, which is down loaded into the cell. The receptors on cell membrane act as antennae"( p 190). Thus, :the cell engages in behaviour when its brain, the membrane, responds to environmental signals. Every functional protein in our body is made as a complementary image of an environmental signal" (p 188). This explains why Pranic healing works when all other systems of healing have failed to help a person as it can alter cellular environment and memory. This is particularly apparent when treating organ transplant patients. There is a clearly evident psychological effect of organ transplants on the recipient. Medical researchers are now pointing out that often the recipient will display the likes and dislikes of the donor's personality. One of the reasons is due to cellular memory. Lipton cites the case of a woman who developed a liking for beer and chicken nuggets after a heart organ transplant. It was later confirmed that the donor had these same cravings.

Cellular memory would also explain why in many cases organ transplants fail to sustain themselves. Obviously, the electromagnetic information in the donor cells memory is not compatible with the cells of the recipients and their information. With Pranic Psychotherapy we can treat the cells of the donor organ, removing all energetic information stored in them. After cleansing the cells, we can infuse them with the energetic vibrations and information of the recipient. Similarly, cancerous tumors need to be emptied of all old

information with Pranic Psychotherapy before Advanced Pranic healing colors are used on it.

Pranic healing is very relevant as with Advanced Pranic healing and Pranic Psychotherapy we can alter the cellular environment and erase negative cellular memories, removing the energetic and physical information present in the cells. Thus, the cell has no negative information to transfer to the new cells. Cleansing the cellular consciousness brings a certain degree of respite even during the last stages of terminal illness when through Pranic healing pain is greatly reduced and the patient becomes still and peaceful within and is able to make a smooth transition. This is also the reason why there is spontaneous and rapid recovery when we treat chronically ill patients, as for example diabetics. A healer in New Zealand had fasting blood sugar levels ranging from 14 to 17. She applied Pranic self healing, focusing on the cells of the pancreas. Her fasting blood sugar levels are down to 4. In order to get such results we need to give more attention to healing at the cellular level in addition to healing the chakras.

Incidentally, Sri Aurobindo and The Mother were doing intensive work to alter cellular consciousness in Pondicherry. We are sure their research would have benefited greatly from applying Pranic healing to their cells. They were trying to alter the cellular structure to prepare the way for a new species of humanity, creating golden bodies. We have that technology by combining Pranic healing and Arhatic Yoga level three practices. How blessed that we are students of GMCKS.

Cells create cellular memories, according to Lipton. ( P 38) " Single cells are also capable of learning through environmental experiences and are able to create cellular memories, which they pass on to their offspring." It is now established that cells store information. This information also resides in the subconscious aspect. A person can endeavour to think positively but at the subconscious level, stored deep within the cell's consciousness is the residual negative program that is continuously passed on to the new cells, thus, sustaining dis-ease. With Pranic healing we can disintegrate and erase the old memories in the cells so that the new cells do not inherit this information and are free from the subconscious negative programs. With pranic healing we can treat the subconscious aspect of the cell by asking the patient to re-experience or FEEL intensely any negative emotion, thought or belief. This helps to bring to the surface the subconscious negative program. We predominantly use Pranic Psychotherapy for this purpose to erase the subconscious negative program. Simultaneously, we treat the cell with Advanced pranic healing colors to remove the diseased energy at the physical level. Therefore, we treat both the physical and non physical aspect of the cell with Pranic healing. Genes cannot be replaced but if the environment of the cell is altered then the genetic factors are less likely to be active. With Pranic healing we can significantly alter the cellular environment.

The research of cell biologists like Bruce Lipton shatters the old theories of cell function. Lipton has established that cell health depends greatly on the happy beliefs of the subject. More importantly , he has disclosed through his research findings that the "brain" of the cell is not the nucleus, as was believed by previous cell biologists, but the cell membrane. Lipton has also established that DNA does not control protein generating movement and that there are electro magnetic charges in protein molecules of the cell (p 56). We know that Pranic healing influences electro magnetic activity at the cellular level. Lipton writes (p 84): " Receptors can read energy fields , therefore theories that only physical molecules can impact cell physiology is outmoded. Biological behaviour can be controlled by

invisible forces, including thought, hence the importance of energy medicine.” We know by now that Pranic healing outcomes prove this fact that we drive our own biology.

According to quantum physicists , the universe is made up of energy not matter. Atoms are composed of invisible energy (p 100) When we wish to enhance atoms through Pranic healing we do so by using specific vibrational frequencies such as blue, green, violet etc to create harmonious resonance. ( p118) According to Lipton, “Specific frequencies and patterns of electro magnetic radiation regulate DNA, RNA, protein synthesis and cell division.” ( p111)

Everything is energy , therefore , the energy of thoughts and emotions can “activate or inhibit the cells function producing proteins”, according to Lipton ( p125). “Energy is a more efficient means of affecting matter than chemicals” says Lipton. We know this to be true as Pranic healing has demonstrated this time and again. We know that the subconscious wields a powerful influence on our state of being as compared to the conscious mind. What is stored in the subconscious is stored in the cells. One of our patients, a counselor in her 40’s came into the clinic in an emotionally turbulent state. She had been kidnapped and assaulted 20 years before and had suppressed the negative experience and emotions and thoughts. As a form of self therapy, she had decided to write a book about her experience. As a result she became quite overwhelmed and distraught by the negative thoughts and emotions that surfaced. Pranic Psychotherapy was administered and within 15 minutes she had recovered her equilibrium and went home with a big smile. Subconscious programs cause self sabotage and can be effectively addressed with Pranic Psychotherapy by treating cellular consciousness and reprogramming it. ( p 172)

The sensory organs of the right brain, which is the emotional brain, according to Dr Makoto Shichida, are the physical cells of the body. The brain also controls the behaviour of the cells of the body. ( p 131) therefore, when we are treating a patient with Pranic Psychotherapy we also need to cleanse and energize the cells of the right brain.

Lipton’s research combined with Pranic healing methodology has powerful implications for a future race, free from stress and suffering. He believes that programming the subconscious begins in the womb for the fetus as maternal stress affects it. ( p 174) Dr Shichida, a pioneer of right brain training and founder of over 470 special schools in Japan, and other researchers have observed that the fetus can see and hear and when older is able to actually narrate events and incidents and conversations that it saw or heard when in the womb. Pranic healing can be applied to the fetus for both physical and non physical problems and its growing cells programmed and infused with love, peace, tranquility, stillness and spiritual energy. This will ensure the survival of a new species of humanity that reflects strong Divine attributes.

The researches into cell biology and the findings of quantum physicists forge links between the world of science and spirit. Pranic healing evidences the practical and technological side of forging a science of healing connecting body, mind and spirit. The environment of the cell also includes spiritual force, which becomes deficient and displaced by inner angst and negative energies. Pranic healing can cleanse this inner angst and replace it with spiritual force, which brings about deep healing. Thank you to GMCKS for providing us with practical, simple, systematic technology to relieve suffering humanity and institute a new era of love, happiness and health.



## **Protocol for cellular healing with Pranic Psychotherapy: Hamburg Convention 08**

by Dr Hazel Wardha.

1. Invocation.
2. Scan 11 chakras.
3. Procure brief patient history of current state.
4. Increase receptivity by explaining to patient that negative emotions and thoughts can be the underlying cause of dis-ease and that the cells store this information. The cells are the sensory organs of the right brain, which is predominantly related to the emotions. The cells have a mind and are linked to the deep consciousness of the person. Unless the cells are emptied of the negative programs and information in them, complete recovery may not occur. Even if a person has used the methods of transmuting negative energy into positive energy, there would be residues in the subconscious which are actually stored in the cells. Cells have receptors which serve as antennae which pick up electromagnetic information and store it and the environment of the cells gets contaminated and this causes dis-ease. In cases of cancer, the cells of the tumor store the negative information and once the tumorous cells are emptied, recovery is possible. In order to empty the cell completely of its negative programs, negative emotions or thoughts it is necessary for the person to feel or re-experience intensely the negative emotion or thought. It is similar to washing the dregs of coffee or tea from a used teacup. The patient must feel intensely and bring out the negative emotions or programs or thoughts WITHOUT directing them at anybody or anything. The sole aim is to bring the subterranean stuff to the surface and to wash it out and disintegrate it completely with Pranic Psychotherapy. The patient will be asked to point out to that part of his or her body where the negative emotion or thought is felt most and it could be localized in a chakra or organ or part of the body. This above explanation needs to be given to the patient before the treatment commences so that it increases receptivity as well as makes their participation in the healing process an active one.
5. Ask the patient to feel or re-experience the predominant negative emotion (such as anger or fear or grief etc) or a negative thought or negative belief. Just one predominant feeling or thought or belief at a time. The patient must do deep exhalation during this process. Ask the patient to point out to those parts of the body where the negative emotion, thought or belief is being experienced most – they may point to chakras or different parts of their bodies. The relevant chakra and the cells of the organs that it controls will need to be treated. Cells of all 7 glands will need to be treated as the glands carry the essences of life and spirit. If the patient points out to an organ or part of the body, then these along with the chakras that control them will need to be cleansed thoroughly. Electric violet will need to be used for cleansing and energizing as it has a powerful disintegrating effect. Cleanse the 6 sections of the chakra thoroughly, intending to erase completely the negative information stored in the cells of the chakras and the organs they control and those of the

organs or parts of the body that have been pointed out such as the eyes or ears, or the site of cancer etc. Cleanse the physical cells, the etheric, astral and mental bodies cells of the chakras, removing every trace of the negative information stored there. Cleanse especially the cell membranes, of the organs and glands, which is the brain of the cell. Please note, that according to Traditional Chinese medicine theories, Anger is stored in the liver and Gall Bladder, Grief and anxiety in the lungs, trauma in the spleen, and fear in the kidneys. Therefore, when these emotions are experienced, the relevant organ cells must also be cleansed with electric violet. The therapist must imagine that his or her crystal is a high powered electric violet hose washing away all traces of the negative information.

6. After one negative emotion or thought or belief has been disintegrated, ask the patient to go to the next layer and bring the next negative emotion or thought or belief to the surface by reexperiencing it. Follow the cleansing procedure above until the patient reports that there is nothing more to experience.
7. The patient will then say that they feel empty or that there is nothing there. Tell the patient to let go and immerse himself or herself in this emptiness or nothingness. Tell them to imagine they are on a cliff and falling into nothingness. Reassure them that it is safe for them to do so. Wait a few minutes and intend that their deeper consciousness has been cleansed completely of all negative information.
8. Ask the patient to focus on their Crown chakra and to repeat loudly after you the GMCKS Affirmation on the Soul: "I am the Soul, I am not the body. I am not the mind, I am not the emotion. I am the Soul. I am a child of God. I am a being of Divine Intelligence. I am a being of Divine Love; I am a being of Divine Light. I am one with my Higher Self. I am one with my Divine Self. I am one with God and one with all. I am the Soul. I am that I am." This moves the person into soul consciousness and it is their Soul, after all, which also does the healing, which your Soul is imparting to them. While they are reciting the Affirmation on the soul, activate their back heart and crown chakras continuously with electric violet..
9. Activate the back heart and forehead chakras, repeating 7 times for each chakra, "Increase soul contact and awareness."
10. Cleanse all the chakras and relevant organs which store negative emotion, such as the heart, spleen, lungs, liver and gall bladder with electric violet.
11. Ask them to raise their hands, palms facing outwards, focusing in the Crown and heart chakras, to forgive unconditionally all those who have hurt them and to repeat loudly after you, "I forgive you unconditionally. I bless you. Go in peace with love and light."
12. Tell the patient to ask all those whom he or she has hurt to forgive her or him and repeat after you: "Please forgive me for hurting you. I shall try to correct myself and not repeat these mistakes again."
13. Tell the patient to repeat after you, "I forgive myself unconditionally for all the hurt and pain that I have caused others and I shall try not to repeat those mistakes again. I forgive myself."
14. Focus on the Ajna of the patient. Direct pink, from the heart and Crown, to it and command that it Energize each chakra and organ and cells with pink and loudly state that you are filling up these structures with pure love and light. Keep your crystal directed at the Ajna and mentally command it to take electric violet to all the chakras, organs and cells. State loudly that you are

- filling all the chakras, glands, organs and cells with peace, with love, with stillness, healing, serenity, tranquility. You can direct the electric violet to each chakra and tell it to take it to the glands and organs that it controls.
15. By this time the patient is quite blissful and in soul consciousness. Tell them to inhale the energy into their physical cells, etheric, emotional and mental bodies cells and store the energy there. Let them do this for a few minutes as you direct them to do so.
  16. Stabilize.
  17. Put electric violet shields over the patient as given in the Pranic Psychotherapy textbook.
  18. Release the energy.
  19. Give thanks to the Divine for help, guidance and protection.