



Listen
TO YOUR BODY

Heal
YOUR SOUL

AN INTRODUCTION TO
Cellular Consciousness Healing

“All disease and illness is just the loss of the memory of wholeness at the cellular level.

When a cell loses its connection with the rest of our body, it begins to act randomly, causing havoc & destruction.

Through techniques such as meditation, prayer & silence, we begin to reconnect with our essential nature and bring back the memory of wholeness into our lives.

When our cells remember wholeness or health, they will automatically act in a way that is best for health & happiness.”

- DEEPAK CHOPRA.



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Welcome.

I'm so glad you're here.



I am Della Reside and I am honoured that you have chosen to learn about Cellular Consciousness™ Healing. I believe you have picked up this book because you are ready for a change. Deep down you know there is more to you and more to life than what you have been living and, now, you are ready to find out what it is.

Your body may be crying out and telling you that something is wrong, but, you just can't put your finger on it. With Cellular Consciousness™ Healing, you can learn to listen. Learn to listen to your body quietly and deeply from a place of non-judgment and universal love and allow your cells to freely communicate their messages to you. When you connect to your body, in this way, you can begin making conscious choices to support the life you want to live. It's all about awareness.

The aspects of Cellular Consciousness™ Healing outlined in this book are based on my experiences of working with the Human Energy Consciousness System in both myself and in my clients. I also teach others how to listen to their own bodies so they can begin to heal by gaining awareness and then making conscious choices every day to find peace, happiness and tranquility within.



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What is Cellular Consciousness™?

Cellular Consciousness™ is a term I use to describe the psychological aspects of your personality that you are not cognitively aware of that are held in your energetic field (aura). They are hidden to you, from you, and can be stopping or hindering your progress in life.

Cellular Consciousness™ consists of a collection of information, experiences, thoughts & emotions which get “stuck” in your energetic field.

Your Cellular Consciousness™ consists of a collection of information, experiences, thoughts and emotions from this lifetime and others which get “stuck” in your energetic field because you were not able to process the emotions at the time of the event. If you continue to ignore these stuck emotions, they will eventually cause illness.

In essence, the information, experiences, thoughts and emotions end up as a part of you which gets frozen in time. You can think of them as scar tissue that will eventually become a part of your personality.



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How does.... Cellular Consciousness™ get stuck?

- Trauma-car accidents, physical injuries
- Physical/emotional abuse

Stuck emotions such as fear, terror or shock that were unable to be released at the time of the incident can be released organically without you having to re-experience them on a cognitive level.

- Childhood experiences, either pre or post verbal (after you could talk)

These again could be physical or emotional in nature. Maybe you felt bound by your circumstances as a child and couldn't change things or maybe you couldn't express the feeling of sadness because things happened before you even knew what sadness was – (preverbal), before you had words to express it.

- Past lives – things we carry forward for learning in this lifetime (Karma)
- Beliefs and images you still hold as an adult regardless of the root cause.

Thoughts such as - "I'm not good enough", "I'm not pretty enough," etc.

All of your stuck experiences are held in your energetic field and actively influence everything you do, every decision and every move you make. By working with these pieces of consciousness, you can allow them to be heard, and, to release them so they can be brought to light. They (the stuck experiences) may want your attention, and if they cannot get your attention, they will create symptoms of illness in your physical body.



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What is Cellular Consciousness™ Healing?



I developed the Cellular Consciousness™ Healing method by combining my backgrounds of Science and Healing. I have a BMLT with a Degree in Microbiology, 25+ years experience in Immunology and 4 years training in Anatomy and Physiology. I am also trained as a Healer (Brennan Integration Practitioner or “BIP”) and, as a Nutritional Coach.

Always being curious and loving details, I began exploring my own body and listening to the messages it held deep within. What I found there were aspects of myself (my emotions) that I was holding onto that I was not cognitively aware of. And, as I began working with the emotions and releasing them, I began to feel better. This is how Cellular Consciousness™ Healing began.

I developed this method - Cellular Consciousness™ Healing to allow people to intentionally use their minds to connect to the cellular consciousness (information held in the body) to allow reconnection with their soul.

By working with your Cellular Consciousness™, you can release emotions/experiences/thoughts trapped in your body in a healthy organic way without having to re-experience them on a cognitive level. As you transform them, you feel lighter, you get more of yourself back and from there, can manifest what you want to manifest in the world.



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What Cellular Consciousness™ Healing *is not.*

“Emotions are a record of the past so if the emotion is stored in the body, then the body is literally, living in the past”

- DR. JOE DISPENZA

Cellular Consciousness™ Healing may give you immediate relief of pressure, swelling or pain in your physical body; but, in order to make long term changes in your personality or physical health, it takes time. This is to allow the released energy to move from an energetic level to a physical level. The time required for energy movement is because the cells in your physical body need time to divide and form anew.

When stuck energy is released, it is released a little bit at a time. If you compare it an onion, working with your cellular consciousness allows you to peel back one layer at a time. This is part of the gentle organic release process. If you released and experienced a trauma quickly, it would be overwhelming to your system and could cause you more harm than good.

The timeframe of healing is different for every person. You may begin to notice that your reaction to a situation begins to change within a week or so and you may begin to notice that you have more awareness of your thoughts or, that your thoughts begin to shift. These are all good signs that the release is occurring.



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Does Cellular Consciousness™ *differ from* Cellular Memory?

Does Cellular Consciousness™ Healing differ from Cellular Memory? It does – and it doesn't! Cellular Consciousness and Cellular Memory are the same, yet different based on my personal experience. This is because Cellular Consciousness has a component associated with Cellular Memory; but, it also includes aspects of your personality.

“90% of all the pain we experience is due to trapped emotions from divorce, abuse as a child, from difficult work, etc.

Those energies stick with us and disrupt our lives and cause our diseases and much of our self-sabotage.”

**- DR. BRADLEY
NELSON**

Cellular Memory can be described as a hypothesis that the body itself is capable of storing memories, as opposed to only the brain.”¹ Consciousness, can be defined as “the quality or state of being aware, especially of something within oneself.”³ Cellular Consciousness, therefore, based on my experience, encompasses the definition of Cellular Memory described above, as well as a greater awareness of one’s connection to themselves and to the unified field of consciousness (others, the world, the universe, the divine).

Therefore, when you work with your Cellular Consciousness, you may work to transform a cellular memory if that is what is meant to happen. You may also work to reconnect yourself the unified field of consciousness, or, in other words, reconnect to the divine within you.



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Can organs Store Memory?

Some believe that memories can be stored in all cells of the body but not in the body's organs². And, yet others believe that organs can store memories as shown in the following example:



Claire Sylvia, a heart-lung transplant recipient, explained her sudden craving for beer by noting that her donor was an 18-year-old male who died in a motorcycle accident. She's even written a book about it (*A Change of Heart*), which was made into a movie for television in 2002 called "Heart of a Stranger," starring Jane Seymour.²

According to Chinese medicine, it is believed that each organ of the body has one or more emotions associated with it; for example, the liver is associated with anger, the heart with joy, the lungs with sadness, the kidneys with fear, etc. Problems arise in the associated organ when the emotions are not allowed to release.

Whether it is your organs that hold the memories or your cells that hold the memories doesn't matter. The consciousness of the memory is held in your energetic field either way. What does matter is that you access the consciousness of the memory that is held there and work with it to help it to release.

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Cellular Consciousness™ Healing



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How does... Cellular Consciousness™ *relate to the divine?*



When you lose your sense of who you really are in life, your health will begin to suffer both physically and mentally. This can be frustrating and scary. You may feel alone, drifting along without purpose. This is because you have lost your connection to the unified field of consciousness, in other words, the divine.

When you lose your sense of who you really are in life, your health will begin to suffer both physically and mentally. Your cells respond to your thoughts by creating pockets of “separateness” in your body. And by doing so, your cells forget who they really are, they lose their ability to see the light within which will eventually causes disease.

My work frequently includes reconnecting you and your cells to the unified field of consciousness and to the divine light within. By doing so, my clients are able to find a true sense of freedom and peace; some have even described it as a life changing journey.



The benefits of Cellular Consciousness™ Healing.

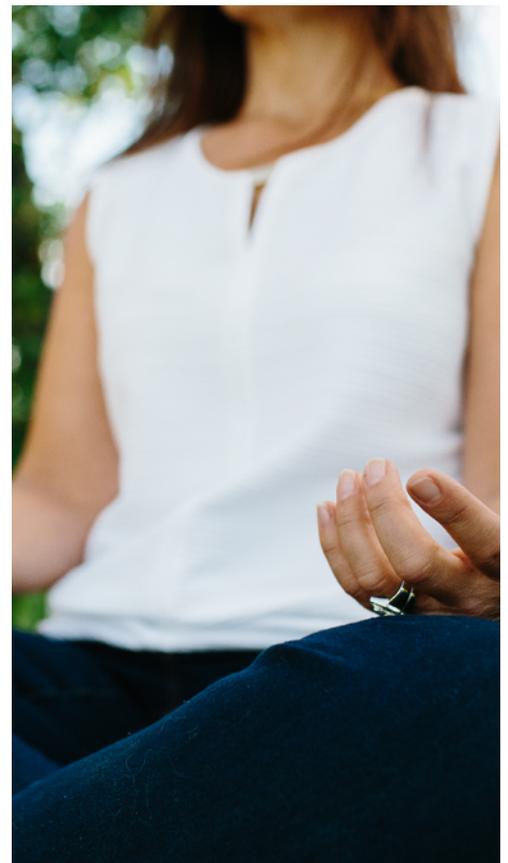
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In addition to physical benefits, releasing and integrating emotions stuck in your energetic field will help you let go of subconscious blockages that have prevented you from moving forward in life.

YOU WILL ALSO HAVE:

- An opportunity for personal growth
- Ability to move forward with grace and ease
- Relief from pressure - physical, psychological and emotional
- Sense of release
- Lightness
- New perspective
- Ability to move forward and grow
- Freedom to live the life of your dreams



As you get more of yourself back, you will feel a greater sense of wholeness and lightness. This is because your cells will begin connecting with the rest of your body again. Your thoughts will begin to shift as you gain insight into the emotional causes of health issues; you will learn greater self-awareness and experience feelings of transformation, freedom, peace and joy in your life.



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Can I do this myself?

Yes, to a degree. I believe that everyone has the capability of connecting deeply and listening to the messages that their body holds for them. Through my work I teach others how to do this.

“Awareness is
key to life.”

- **DELLA RESIDE**

Your body really does strive for balance and wants you to listen. When you deeply connect and pay attention to what is stuck, without trying to fix it, your body will respond, there is no force required - the consciousness really just wants your attention. It wants to be “heard.”

In addition to the cellular consciousness held in your energetic field, there may also be damage to the energetic lines of light. If this is the case, you should seek the assistance of a qualified professional.



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One person's story:

A lady came to me wanting help with food addiction. She knew something was missing in her life and that whatever it was, was being replaced with food."

"The 'age' of the stuck consciousness is either directly related to a significant time in their life, or, is carried over from a past life."

- DELLA RESIDE

THIS IS HER STORY:

Through her Cellular Consciousness™ Healing sessions, I was able to connect to the consciousness of a 14 year old girl that was stuck in her Solar Chakra (energetic field) and was carried over from a past life. The Solar Chakra is associated with self-care, self-love, personal power and boundaries. Therefore, the energy stuck in that area of her energetic field was directly affecting these areas of her life. In my work with the consciousness of the

14 year old, I discovered that she was eating to replace love she was missing in her life.

Through a series of sessions I was able to work with this consciousness and help it release and integrate back into my client's system. This allowed the energy flow to return to my clients' Solar Chakra and give her back her sense of self-love, self-care, personal power and her sense of boundaries with others.

THIS IS HER TESTIMONIAL:

“Della’s healing came into my life at the perfect time in my healing journey. There were things I couldn’t access on my own and Della got to the root of these things. Della brought healing light to issues from my past and beliefs I held about myself. I wanted transformation and freedom from my past. Working with Della brought me this. I know I am loved and that it is okay to ask for help. I have a healthier relationship with food now. I am working on setting healthy boundaries. I have greater self-awareness and I can see my life has more balance and happiness now. I referred my mom to Della as I want my mom to experience healing too. By being completely honest with Della and by being committed to do the exercises on a daily basis I was changed for the better.

Thanks, Della!”



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Ready to live your best life?

Move forward in freedom

CONTACT US TODAY

WWW.DELLARESIDE.COM

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