

Kudos to the Human Body

This month I'm drawn to write about the greatest appreciation for what I consider the most important issue of all... our health!

Being a Medical Intuitive as long as I have, dedicating my life's work to the cause and effect of how people get sick and how they heal is the most rewarding job I could have ever asked for or chosen. I get to watch people heal any form of illness that might occur for reasons that go beyond most day-to-day observations.

I have noticed we are all in a place and time that demands our understanding and our attention – not only physically, but to what makes up the body: emotions, mental beliefs, and spiritual ways of living. All of those factors create our physical body.

Feeling healthy in a time of crisis around the globe has made us think more about our responsibility to our immune systems. Supplements have become essential so we can provide the proper foods to feed the system, and sleep aids are readily available to promote the most important ally: sleep! However, what is most important in these times is to stay centered, trust, and realize we are all going through a transition from one lifestyle to another.

Working from home, having time to read and meditate, taking more walks in nature, etc., are all benefits of this shift. The immune system reminds us when we overuse the ability to stay productive without consequence in order to keep our drive "up to par," and it's very important that we listen and acknowledge when it's time to slow down.

I created a list to help us be grateful in a new, productive way for our physical bodies, and to help relax and renew as we get closer to the end of 2020 and enter the *Age of Aquarius*:

- 1.** The body is made to be flexible. Our joints, muscles, and tendons all work together, from flexors to insertion points, to promote movement, keeping the oxygen and blood moving. The true body is flexible inside and out. Internally, the body is also extremely flexible and changes from moment to moment. New blood cells are formed when we release internal constrictions from our old emotional blockages. The freer we feel, the more the body takes a new direction in establishing homeostasis.
- 2.** Every 11 weeks, we have a new liver. Every four months we have new kidneys. If we are not changing our old habits, we can remain sick. Illness is a wake-up call, and the body appreciates a clear, free-form shift from the past ways to create a new structure. We can live longer by not feeling "old." Our spirits are never so old that they can't heal in a few moments.
- 3.** The body always responds to our thoughts through the cells and listens to the higher mind.
- 4.** The body thrives with homeostasis, and even if we overdo and abuse our system, it can continue to bounce back until we reach a point where our telomeres (a compound structure at the end of a chromosome) fray like a split end on hair. Telomeres naturally

repair the DNA given the opportunity. Under too much stress, our body can look more aged.

5. Every dendrite and neuron in the nervous system responds best to love and gratitude. These frequencies are the highest for healthy cellular initiation.
6. Taking deep breaths provides new life to the blood as it becomes more oxygenated. Every second our system is capable of repairing itself to create new healthy cells.
7. Remember to smile! Your face is what you show to the world, and this becomes a big part of the body's language.

Taking life too seriously can also affect our health. Finding good movies to engage in, laughing with friends and family, and appreciating what you have are the true ways to surrender from past exhaustion and become lighter from the inside out. We are being supported by the Universe with all of the actions occurring today.

The full moon eclipse, along with a massive solar flare, has promoted a feeling of ascension symptoms for many that are becoming more present all the time. If the Universe didn't energetically encourage us to release old patterns and ways of being, we could not thrive by doing all of this transformation ourselves.

Today, in this intense change in history, I send you all my deepest love and gratitude so we can all participate in the enjoyment of a new time (paradigm).

I hope you have a Glorious December and a loving, peaceful Christmas.

Mona~