

**Homework:** 6 or 7 minutes every morning. As you slow your breathing down more and more, your timing should take longer.

**Talk to your cells and Innate daily.** *Talk out loud, so your ears hear. Love them. Talk to Innate as if you were talking to another person. Your Innate is your new BEST FRIEND. Innate is in charge of your health. Give orders only 1 X.*

**Think only positive, happy thoughts.** *(Cancel, cancel, clear!) Your cells are listening. (CAL) You've given them positive instructions, don't confuse them with negative thoughts or sayings. Positive affirmations and questions.*

**Set Intent & Visualize** *(reach a state of absolute decision, utter will, inner passion, and complete focus w/emotions.) Picture it in detail (whatever you want.) Remember daydreaming?*

**Affirmations/Questions:** *All the time; say what you want but say it as if you already have it. NO negativity. Affirmations are great but questions are more powerful. Ex. Why am I so immensely healthy and my mind so alert and focused? The Universe loves you and will start giving you answers to your questions.*

**Ground to Mother Earth each day** *(rub bottom of feet in circles w/stainless steel spoon)*

**BREATHING PROPERLY do Morning Energy Routine: These are a must do!**

Breathe deep w/rhythm and use your mind and speak out loud to set your intent (so your ears can hear) while tapping or massaging with power. Inhale thru nose with belly pushed out-exhale thru nose as pulling in belly w/tongue behind upper teeth.

INTENTION: To receive more oxygen in our bodies and cells. For better health, breathing in a relaxed state should be 3-7 times per minute. Also, to work with the Energy that flows thru and around our body to have focus of mind & clear thinking & for stress, balance, coordination, vitality & is refreshing.

- *Crossover Shoulder Pull...Move congested energy...put one hand on opposite shoulder, dig your fingers w/ pressure into back of shoulder, drag over top firmly & down across to opposite hip. Repeat on opposite side. Do 4 slow breaths.*
- *4 Thumps: Stomach... Grounding...Tap cheekbones under each eye vigorously with two or three fingers. Do 4 slow breaths.*
- *Kidney 27 ...Junction point for all meridians/connects mind with body/allows energy to flow in correct direction with NO blockages...1" in from collarbone corner...4 slow breaths while tapping hard*
- *Thymus...Immune system...about 5" down from chin is a hard lump...4 slow breaths while tapping hard*
- *Spleen points...Balance electrolytes & metabolism of food, toxins, & stress...under breasts at front/side edge & down 1 rib w/3 or 4 fingers massaging or tapping hard and breathing at least 4 slow breaths.*
- *Neuro-lymphatic Massage...Energizes/removes toxins/cleans stagnant energies...Cross arms & massage w/ strong pressure w/tiny circles w/thumb or fingers in indentation where arm meets body 4 slow breaths & working your way towards K27 area and back with 1 more slow breath.*
- *Wayne Cook Posture(sitting)...Untangle inner chaos/see w/better perspective/ learn more proficiently... Spine straight, L ankle on R knee & R hand on L ankle & cross over L hand to bottom of foot...Take 4 slow deep breaths lifting body and legs more often than each breath. Feel it in the thigh. Do other leg. *If can't do: cross ankles & put L hand in front of body w/back of hand facing R side & karate chop side up. Take R hand & cross over at wrist & clasp fingers together. Bring all down & under toward body & up toward face. Breathe 4 slow breaths, cross ankles other way & breath 4 slow breaths.**
- *Steeple...Then put your legs down or unwind arms and steeple fingertips together w/thumbs on 3rd eye & breathe 4 slow breaths. On 4th exhale put fingers into forehead center and pull down to temple.*
- *Crown Pull...Headaches/sharpens memory...Put fingers on forehead & push in & pull forehead apart 2" with pressure. Move back over head and keep doing w/curled fingers until down to shoulders. Breathe slow and take deep breath & cross hands on heart chakra, exhale.*
- *Shoulders & Neck...Stretching/Stress/Headaches...push fingers hard into shoulders & slowly move head to front & back 4Xs while breathing slow & side to side 4 Xs & bring fingers to K27 and down to sides*

- *Cross Crawl*...Crossover energy/coordination...Exaggerated march in place and swing past knee with opposite hand while crossing all parts-1 minute while breathing slow. *If can't do Cross Crawl...Sit & do it*
- *Zip-up*...Confidence/protection from negative energies...Place hands on pubic bone, take a deep breath, move hands deliberately straight up center of body to lower lip. Do a few X's. Lock it.
- *Hook up*...Grounding/connects central & governor meridians/helps insomnia/Stabilizes all energies...Press middle fingers into belly button & 3rd eye, gently press & pull upwards & hold while breathing 4 slow breaths.

**Remember**, you need to work with your Innate (physical, mental & spiritual) and the Energy that flows through your body individually. They are 2 different things.

**YOUR CELLS ARE ABSOLUTELY BECOMING HEALTHIER!**

**THE I AM OF YOU CAN ACCOMPLISH ANYTHING!**

**BELIEVE IN YOU! SET YOUR INTENT! VISUALIZE!**

**NO, NO, NO NEGATIVITY IN ANY FORM!**

***You are capable of getting rid of all health issues including disease, stress/PTSD, pain, addictions, etc. DO Trauma Clearings. Reverse Aging is also available.***

**Help your Innate and Cells with the task you've given them by changing. Make Lifestyle changes because the old lifestyle isn't working for you.** My book, "Healing Yourself MadeSimple" ([HealingYourselfMadeSimple.com](http://HealingYourselfMadeSimple.com)) will show you how to make lifestyle changes to help your cells continue their difficult job you've programmed them to do. Your cells are ready. *"Healing Yourself Made Simple"*

*To help your body receive the needed energy frequencies for healing, go to:*

<https://www.getvibranz.com/gbell>

*My website: [www.HealingYou.Info](http://www.HealingYou.Info) is full of information and has a store w/healing help for you + Groups of longer & very deep Trauma Clearings for you & animals.*

Free shorter Trauma Clearings on Facebook & YouTube: SINCERELY YOURS CELL HEALER

**U CAN HEAL YOURSELF!** This is for everyone, whatever age, to take control of their health. [www.HealingYou.info](http://www.HealingYou.info)

Cellular Reprogramming Private Healing Sessions: \$100 (autism or pediatric cancer)

Reverse Aging Cellular Reprogramming Healing Sessions: \$150. Inc. book

Host a *Party for Health*: Family/Friend Group Session of 8 or more: \$50 each

Large ticketed meetings (auditoriums, meeting halls, club groups): varies

CELLULAR REPROGRAMMING HEALING Session available digitally on SHOP page on [www.HealingYou.Info](http://www.HealingYou.Info) \$77.77

*SINCERELY YOURS...*For healing questions-use pendulum or contact me

email: [Gloria@HealingYou.Info](mailto:Gloria@HealingYou.Info)...Text: 702-496-1614...Call: 520-441-4444

*Having FAITH and doing your HOMEWORK brings quicker and stronger results.*

*With Belief comes Results. Believe how amazing you are. NO Negativity!*

**To Create BENEVOLENCE in your Life (well-meaning/kind/loving/good):**

**Be COMPASSIONATE (having sympathy/concern/sensitivity for others)**

**Have CONSCIOUSNESS in all (balance between that which is synapse & survival and that which is a part of GOD that you carry around).**

*With LOVE in my heart, Gloria Bell*