

ସ୍ୱପ୍ନ ଓ ପ୍ରକୃତ୍ୟର ମଧ୍ୟସ୍ଥ ସମ୍ପର୍କ

~ ନିମ୍ନଲିଖିତ ପ୍ରସଙ୍ଗ ଓ ପ୍ରସଙ୍ଗ ପ୍ରକାରରେ ପଢ଼ିବା ପାଇଁ ସ୍ୱପ୍ନ ପ୍ରକାରରେ ପଢ଼ିବା ପାଇଁ
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W E L L N E S S
I N T E R N A T I O N A L
I N S T I T U T E

The healing sounds and the inner smile are fundamental practices that should be done every day or as often as possible for 100 days and then as needed. Stress and negative emotions are held inside of our body, and when they accumulate and are stored for long periods of time will cause changes in the body chemistry that may harm us physically.

if we are bombarding the cells with the same attitude and the same chemistry over and over again, on a daily basis, when a cell decides to divide, when it produces a daughter cell, that next cell will have more receptor sites for those particular emotional neural peptides, and less receptor sites for vitamins, minerals nutrients, fluid exchange and the release of waste product and toxins. Regular practice of the Healing Sounds and Inner Smile can reverse your body chemistry back to a more balanced state, where cells can receive the nutrition they need to stay healthy.

All aging is the result of improper protein production. What happens when we age? Our skin loses elasticity...elastin is a protein. What happens to our enzymes? We don't digest as well, proteins become brittle and stiff...what happens to our bones, is that they become thin....so all aging is the result of improper protein production.

The question arises does it really matter what we eat, does nutrition matter if our cells do not have the receptor sites after 20 years of emotional abuse to receive or let in the nutrients it needs that are necessary for its health?

When we move out of the area of the brain that has to do with our personality our association to people our association with places, times and events the areas that reaffirm our identity...our personality our behavioral kinesiology, the thoughts that can make our body weak or strong...emotional addictions that can make our immune system weak, we begin to make new neural networks.

"When we move out of our box it is unsettling, and we are re wiring our brain and ultimately it changes us from the inside out. If I change my mind, will it change my choices? If I change my choices will my life change?, why can't I change what I am addicted to....what will I lose? and what people, places, feelings that I am chemically addicted to will change and make me feel the chemical withdrawal of that change?"

As soon as you notice, "That's an emotion I don't care to keep," let it go as fast as you possibly can. It's your survival recipe for wellness.

Smile, giggle laugh. Think of a joke or a funny image, something that switches your hormones. Retrain your hormones and you retrain the pituitary gland, you retrain the gonads or ovaries, all the brain chemistry, and then cell by cell by cell, all the hormone receptor sites, which retrains the RNA and then the DNA. So this is a whole chemical shift at the cellular level which takes place just by smiling. Particularly so if you're letting go of, say, some anger and you replace it with joy, or you let go of some fear and you replace it with joy, or you let go of some sadness or pain, even physical pain, financial pain, relationship pain, just let it all out. And keep clearing the emotional body. Keep

choosing the positive feeling and letting go of the negative feeling because the subconscious will eventually accept the programming. And keep changing your behavior. The body is mostly water and water very easily mutates to whatever vibration it's exposed to. You can find references to this; it's been studied, particularly in Japan, but also in other places as well: water molecules will take on the vibration of whatever they're subjected to. So create your personal energy field peacefully and let your water content inside your body take on a peace and healing energy to it, rather than a destructive energy field and then share it.

Belief is a helpful state of mind, but not at all a requirement. If you do not believe in any of this, but still practice it every day with an open mind, you will still gain the benefit of the practice.

The body has two main activities: the digestion of food and the renewal of itself. The moment the last morsel of food has been digested, and the stomach cleared, the body sets about renewing its old worn out cells and tissues and replacing them with new ones. In short the body is renewing its youth over and over. In today's modern western society there is almost universal overeating. The body is overwhelmed with food and spends nearly all its time in the process of digestion. This leaves little or no time for renewal and regeneration. Decay and 'old age' therefore sets in.

Hormones and Aging

Dr. W. Donner Denckla, working at the National Institutes of Health, Harvard and at the National Institute of Alcoholism and Alcohol Abuse discovered a hormone called DECO (decreasing consumption of oxygen). DECO is commonly referred to as the "death hormone" due to an apparent link with its presence and accelerated aging processes. Denckla removed the pituitary gland from rat brains and injected them with thyroid, growth and other hormones, he noted that the organ systems of rats with an absence of DECO appeared much younger than normal. Aged rat hearts and lungs seemed to become rejuvenated. However, when these same rats were injected with DECO, their organs began to age at a much accelerated rate. Another contributor to the aging process is the thyroid hormone, Thymosin. Dr. Allen Goldstein of George Washington University Medical School, found that thymosin helps the immune system to remain strong. Aging causes thymosin levels to drop which increases susceptibility to disease. Another contributor is the hormone DHEA (dehydroepiandrosterone). This substance is found in abundance in vegetarians and teens yet grows scarce in later years.

In Qigong practice, knowing that the death hormone is released by the pituitary gland at a certain stage, we would proceed to turn off the release and production of this hormone, or DELETE the program in our DNA and at the same time turn on the production of hormones that help the cells remain young. How do we accomplish this? Well there's the rub. At the simplest level we make a mental and emotional request in the form of a gentle command that our cells follow this protocol and we practice our tapping and other internal and external practices. Our knowledge of science combined with our practice will lead us over time to various degrees of success, depending on many different factors that are unique to each of us. The movements we make in Qigong are relatively simple. Practice at a deep level with understanding is what takes time...and we can not push to make progress go faster. Remember an important point of initial practice. You LEAD Qi, you do not push it.