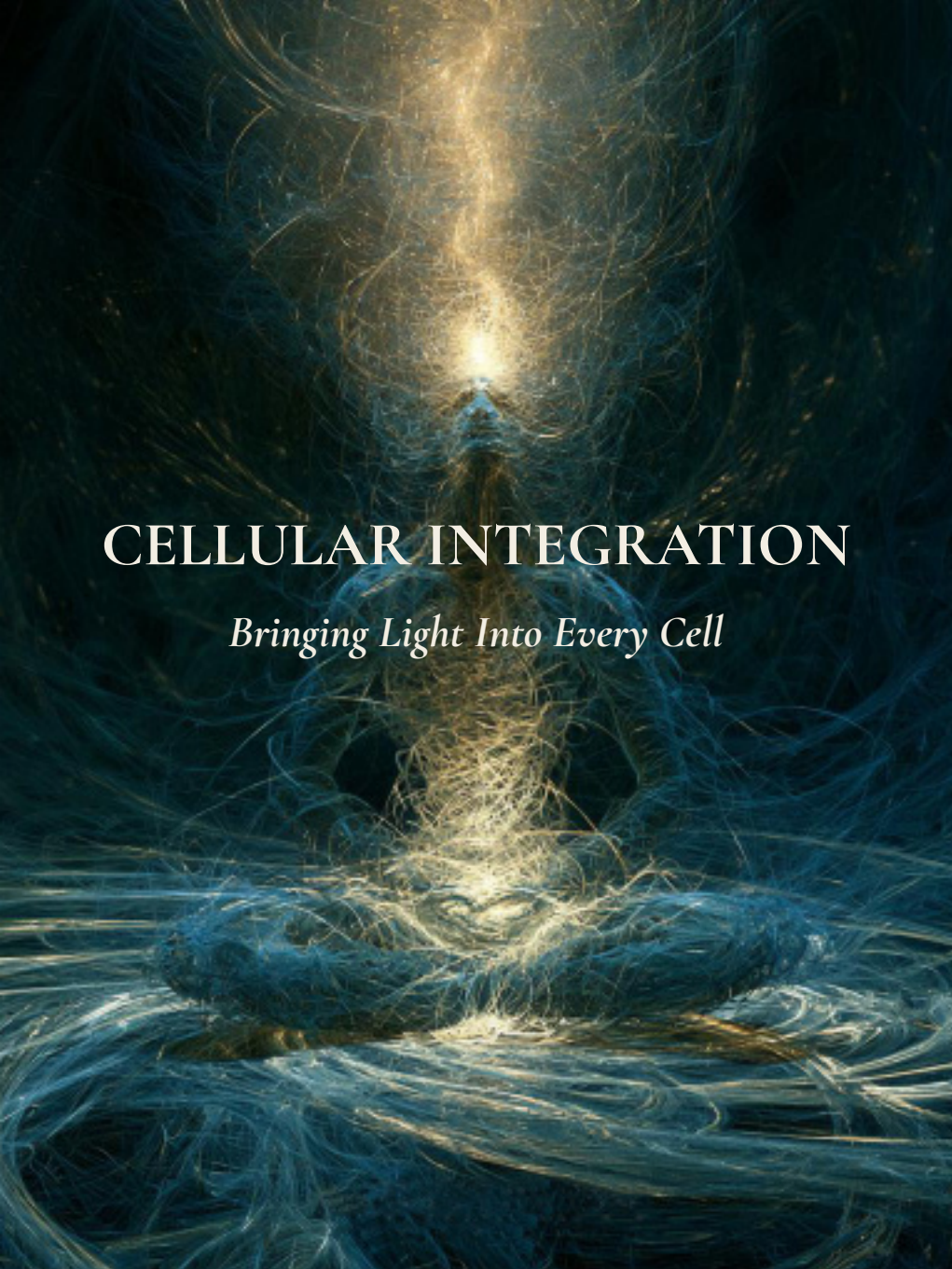


CELLULAR INTEGRATION

Bringing Light Into Every Cell

CELLULAR INTEGRATION

This process supports the integration of more of your soul's essence into your physical body.

It may help ease experiences associated with energetic integration, such as body aches, joint pain, disorientation, extreme spaciness and flu-like symptoms.

Cellular Integration comes to us from Angelic Outreach, channeled through Tashira Tachi-Ren.

THE PROCESS

- ◇ Sit or lie comfortably. Close your eyes. Breathe through your mouth and relax into your body.
- ◇ See yourself as Light, smoke or a colour. Breathe in the Light of your soul through the top of your head, filling the head completely, filling up your brain, your eyes and your face, filling the Crown Chakra and the Brow Chakra completely. All the way out to the tips of your hair.

◇ Now bring the Light into your neck, filling the Throat Chakra completely, filling all the muscles and vertebrae in your neck.

◇ Now bring the Light down your spine, filling all the vertebrae in your spine, filling up the back muscles and ribs.

◇ Now bring the Light into your shoulders, filling up all the muscles and bones in your shoulders.

◇ Now bring the Light into your arms, filling them completely, filling up all the bones and muscles in your upper arms, filling up your elbows, filling up all the muscles and bones in your lower arms, filling up the wrists and into the hands, filling up the hand chakras and all of the little bones, tendons and joints. Now all the way out through your fingers until it squirts out your fingertips.

◇ Now breathe the Light into your chest, filling up all the organs, muscles and bones in the ribcage, filling the Heart Chakra completely.

◇ Now bring the Light into your abdomen, filling up all the organs and muscles, filling up the Solar Plexus Chakra and the Navel Chakra completely.

◇ Now breathe the Light all the way into your pelvis, filling up all the organs, muscles, genitals, bones, buttocks, filling the Base Chakra completely.

◇ Now breathe the Light into your thighs, filling up the muscles, filling up the bones and the marrow.

◇ Bring the Light into your knees, filling up all the bones, the tendons and the fluids.

◇ Breathe the Light into your calves, filling up the muscles, the bones and the bone marrow.

◇ Breathe the Light into your ankles, filling all the bones, the muscles, the tendons and the fluids.

◇ Breathe the Light into your feet, filling all the little bones, muscles and tendons in the feet, filling the Foot Chakras completely. Breathe the Light into your toes, all your toes, extending about three inches past your toes and allowing the Light to extend completely under your feet as a cushion.

◇ Breathe the Light into your lungs. Feel it fill your lungs and enter your bloodstream like oxygen, nourishing your body. Bring the Light through your entire circulatory system, filling it completely.

◇ Swallow the Light. Feel it fill your stomach and flow into your digestive system, nourishing your body completely.

- ◇ Breathe the Light into your brain. Feel the Light making new synapses in the brain. Feel it activating the brain glands and flowing out to affect the entire endocrine system.

- ◇ Now bring the Light down the spinal cord and from it, through your entire nervous system, filling it completely.

- ◇ Bring the Light into your lymphatic system, flowing it through completely.

- ◇ Bring the Light through your entire skin, filling it completely.

TO LOCK THE NEW ENERGY INTO THE BODY:

- ◇ Clench your hands and feet while you hold your breath. Do this three times.

- ◇ Lay your hands on the upper control panel in the upper chest. Breathe in, press on the chest, hold for a count of seven and relax. Do this three times.

- ◇ Lay your hands on your hip bones. Breathe in, press with your hands, hold for a count of seven and relax. Repeat three times.