



Navigating Uncertainty™

Removing Cellular Limits to Achievement - Bringing Your Body Up to Support Speed

These are critical times from an energy management and maintenance standpoint. This issue brings you fitness resources, information on chiropractic health and wellness to bring your body's capacity to support you in manifesting your intentions: business or personal.

Your Success and Cellular Memory:

Click on this link <http://www.audioacrobat.com/note/CZMyb3JQ> to hear a segment with Dr. Bruce Lipton (www.brucelipton.com). The audio will start immediately and you will need about 10 minutes to hear it from start to finish. The note contains simple steps for taking what you learn and applying it to uncovering your own limiting beliefs along with some resource links to seal in the changes at the cellular level or to continue a conscious clearing. More audios are found at www.FromInsightToAction.com/radical_retention.com.

Direct Your Growth and Healing: Your body is the container which channels the energetic frequencies of these times. These energies are intense and shifting constantly. It is critical that you pay attention to your food, exercise to support any shifts in consciousness you make. Here are some resources that can help.

Shifting Your Body's Frequency: Each time you increase your capacity to merge heart with conscious intention at a core level you increase your frequency. To support the work you do to evolve Cory Herters energy chargers work effectively and are very user friendly. Go to <http://www.frominsighttoaction.com/energizing-the-workforce.html> to hear an interview with Cory Herter whose innocent looking chargers elevate the frequency of your body when put under your mattress and water. When your body is functioning at a high frequency there are no openings for dis-ease to enter. The more you use the higher the frequency. I suggest gradually increasing the numbers. Cory has more information at www.newwavetechnology.ca.

Tools to Facilitate Health and Wellness: Go to:

<http://www.frominsighttoaction.com/self-directed-learning.html> and the links for **Holosync/Centerpointe** and **The Wild Divine**. Holosync uses sound at the theta and delta level to systematically release old limitations to achieve inner freedom and peace. It is important that you get the sample version particularly if your history holds enormous trauma. Holosync is a big commitment but well worth it in my experience. As you use the program, pay attention to what is going on in your life so you can consciously clearing old patterns as they surface. This makes a huge difference and helps you accelerate your growth. The website has a brilliant explanation of the science behind the product.

The Wild Divine is a biofeedback tool which means you can watch your thinking impact your body's response. This is a very simple yet powerful tool for learning how to tune into your body's messages for you. A more sophisticated version of this for both personal and professional use is the Biopulsar Reflexograph which is a certified medical device in 23 countries. It provides an auric readout of your body's vitality and uses color energy to treat and rebalance organ functioning. www.FromInsightToAction.com will be selling these products within the next 2 weeks but meanwhile go to: www.colourenergy.ca and speak with Susanne Murphy who can help you particularly with the Reflexograph. Please mention my name (Dawna Jones) so they know how you found them.

Adam the Healer is a young healer from Vancouver, B.C. who sees energy much like a template. He uses visualization as a tool for reminding the body and his DVD and second book do a great job of explaining the intelligence of cancer and how to communicate with the cancer cells. The visualizations have application far beyond cancer and include a range of other physical issues. Best to go to www.dreamhealer.com. Adam does live seminars when he is not in school. The website has that information.

www.HeartMath.org has tons of science and tools, including biofeedback tools for monitoring your stress levels and then using simple steps to redirect negative spins into positive recovery.

Structural Integrity – Your Body!

Functional Fitness Training – Yoga - Pilates: Most people see fitness training as a body builder's domain. Not so. Find the right trainer and you move beyond the grunting and groaning to developing the strength and stability to stay balanced in the midst of these intense times. Yoga is superb for anchoring your energy, strength and flexibility. I suggest that you not look at the advanced classes otherwise an overwhelming feeling of holy-moly may set in too soon. Start slow. Pilates is brilliant for core work.

Select the exercise that is best for you but if you go with a trainer, then watch for someone who is not about maximizing weight but is about putting functionality into your movements. My trainer, Dayna at www.bangobody.com offers this explanation: "At your initial assessment, a good trainer will be able to assess muscle imbalances as well as possible injuries that even you have long forgotten based on your movement patterns. Your program should then address these imbalances to move you towards your health and fitness goals by incorporating functional movement patterns, core stability and balance exercises. These basics help create the physical strength and foundation to assist you in moving forward in all aspects of growth."

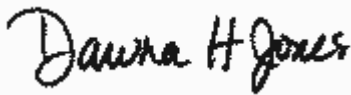
Chiropractic Health and Wellness: The body's structure impacts functionality and mobility as well. Each part of your structure corresponds to an emotional message which is an unconscious way for your body to draw your attention to emotional energy which has become stagnant or stuck.

Chiropractic is utilized to remove interference to the nervous system and allow wellness to be a current state of being. With each shift in consciousness and energy your body's structure changes. Finding a practitioner who is energy sensitive is the biggest challenge. **Dr. Shamira Rahim** at www.evolvevitality.com is excellent and an example of what can happen when the intuition and capacity to sense the energetic encoding in the body's structure is used to realign the frame of your house to support its function. The work done by Dr. John deMartini and others mark the critical contribution of this profession to human growth. Choose carefully.

Chronic Illness: Some of you have asked specifically about how to help heal chronic illnesses like cancer. With the clear disclaimer that this is not medical advice what I can offer is that the more resources you can apply at the same time the better. The process is really what fits the individual and their sense of control over the future. People who hold a strong vision of their contribution, their passion for life and living are best equipped to benefit but those who see themselves as survivors can also achieve great things. The best resources combine Adam's visualizations at the link above and the Center for Integrative Healing www.healing.bc.ca **healing philosophy/foundation** where you will find a blend of modalities to assist cancer patients in moving toward re-educating their body toward wellness. In particular, take a look at the nutrition section where one of the nutritionists has written an excellent cookbook that my mother has found very useful. Cory's energy chargers are good support. If you ask Dr. Lipton this question he recommends re-educating your stem cells for wellness which, more than anything means noticing how much you 'own' the dis-ease and have become defined by it. Books like: **When the Body Says No** by **Gabor Mate**, **The Creation of Health** by **Caroline Myss** explain the connection between emotions and health.

Witness: Anchor your capacity to self-observe in the moment with the four universal principles described by Angeles Arriens in **The Four Fold Way**:

1. **Show up and choose to be present.** How present are you?
 2. **Pay attention to what has heart and meaning.** What are you paying attention to?
 3. **Be open to outcome; not attached to it.** Do you want others to see the world as you do? Are you open to different perspectives without mine having to be right?
 4. **Tell the truth without blame or judgement.** How centered are you? How willing are you to take responsibility for your thoughts, words and actions?
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