

CELLULAR AWAKENING

**How your body holds and
creates light**

Praise for Cellular Awakening

“We very much enjoyed this intelligent and original book. It has done much to deepen our insight into how the cells of our bodies interact with universal energies, and shown us lots of really practical ways in which we can increase our body’s ability to receive, store and transmit light.”

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“An exciting and very interesting book.”

—*Yoga Magazine*

“Sharing the benefit of her experience, Wren provides the tools to restore our balance and become the shining beings that we really are.”

—*Nexus Magazine*

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How your body holds and creates light

BARBARA WREN



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*To my grandmother, Jane, who taught me
from a very young age that it was love that
made the world go round.*

'The human body is the best portrayal of the universe in miniature. Whatever does not exist in the human body cannot be found in the universe, and whatever exists in the universe can be found in the human body.'

Mahatma Gandhi

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Foreword

The first time I met Barbara Wren, there was something about her energy that was instantly likeable. She talks very seriously about health and healing, but always with a twinkle in her eye. What is so wonderful and refreshing about her teaching is that it connects you with a deep inner knowing. There is a consistency and sense to everything she says that resonates with certain feelings that we have all had in the past but perhaps dismissed. She speaks with integrity because she lives her philosophy day to day. Although when I met her I already had a deep knowledge of health and healing, her discussion of how we hold and utilize light inspired me to study with her. Over the course of two years I learned about the body and its connection to the greater universe in a way that took me deep inside myself. Barbara's basic philosophy revolves around personal responsibility and empowerment, and it is this that makes her work so appealing. She invites everyone she teaches to take control of their lives and to embark on a journey to deeper levels of health, happiness and freedom.

If you have been suffering from ill health, whether for a long or short time, this book will connect you to an understanding of yourself that will enable you to find genuine

long-term healing. If you are already on a path of healing, you will discover tools that can dramatically speed up the process and bring about swift and powerful change. When I discovered Barbara's teachings, I had enjoyed a deep quality of health and happiness for many years. You might think that this meant she had little to offer me, but nothing could be further from the truth. I tested out her teachings, I researched the many eminent doctors, scientists and philosophers who inspired her, and the journey it took me on has been truly life changing. I have had so many shifts in consciousness and have made so many new connections in my understanding of health and healing that I continue to be both thrilled and amazed by the power of the process.

Barbara not only shares her philosophy but also has over three decades of deep experience of helping people become whole and empowered in their lives. Over that time she has accumulated a wonderful 'medicine bag' of tools that she uses with great efficiency to facilitate positive change in her own life and the lives of the many people who have over the years sought out her wisdom. In this book she shares each of those tools with you and invites you to try them out for yourself to experience their unique power. I strongly recommend that you do. Their simplicity and power make them life changing. Imagine owning a wonderful car and suddenly discovering that you had inside you all the knowledge you ever needed to maintain that car in perfect running order. Add to this all the tools you need to achieve this and you'd never need to take it to a mechanic again.

Barbara likens the body to a vehicle and shows each of us how we can uncover the knowledge that is hidden within each and every one of us to keep that vehicle in the very best of condition.

Over the many years that I have been studying, I have found Barbara's teachings amongst the most powerful that I have ever met. She is a true visionary. Having applied and tested her teachings in my own life and in the lives of clients, I can say with full assurance that this stuff works. Don't take my word for it, though – test it out for yourself. I think you'll be amazed by how different you can feel.

Barbara also has a philosophy that is so pertinent to the times in which we are living. She helps people to connect with who they really are and to feel truly empowered. What she says makes sense and presents a new way of looking at health and healing. This book takes away the mystery of how to be healthy and places you firmly in charge of who you are and where you are going. Barbara does not ask you to believe what she says but to feel for yourself the resonance of truth. We are each born with an inner knowing of who we are and what our purpose is, but so many of us have forgotten this and become sidetracked by life. Barbara challenges each of us to take full responsibility for our own lives and to remember just how wonderful and amazing we really are. We are beings that thrive on light and have the potential to hold light within and around every cell in our bodies. This gives a whole new meaning to the idea of enlightenment and opens the mind up to new possibilities. So sit down, relax and prepare to uncover your amazing potential.

Andy Baggott

Acknowledgements

To my children and grandchildren, who have willingly or otherwise been such a huge part of my learning. I would like to say a special thank you to my son Benjamin, who has worked beside me throughout within a college that continues to challenge current thinking.

Appreciation goes to Andy Baggott for his inspirational and intuitive ghostwriting and to him and his partner Debbie for their constant positive and magical support throughout the creation of this book.

Thanks to Michelle Pilley and all at Hay House for giving me this wonderful opportunity to express myself at a time when teaching through a college is becoming more restricted.

PART I

How our Amazing Body Resonates with the Universe

CHAPTER I

CONNECTING WITH INNER WISDOM

We are living in the most exciting of times. The Earth is going through significant changes and our galaxy is moving into a new astrological age. New discoveries are being made in science and technology almost on a daily basis. New species are being discovered in the natural world, old knowledge that appeared lost is re-emerging and there is a vast amount of new information at our fingertips. We are communicating with each other at a level never before achieved. Information is now more freely available to us than it has ever been and it seems as if there is a flood of new ideas, new scientific discoveries and new news. Each day we know more than we did the day before. Each day our consciousness is expanded. We wake every

morning with new questions in our minds, whether we are consciously aware of them or not. For some people the questions are mundane, but more and more people are asking deeper questions about who we really are and what life is all about.

Every day we receive fresh information from the media, some of which might perhaps hold the answers we are seeking. But how do we sift through all this information and decide what is relevant to us and what is not? More important, how do we discern what is true and what is false? So much of the information is contradictory, especially when it comes to our health. One day chocolate is good for you, the next day it is bad for you. One day red wine might help you live longer by guarding you against heart disease, the next day it might shorten your life by making you more susceptible to liver disease. It is hard to know just what to believe.

In the West we have been subjected to a most enormous con. We have been taught that if we require wisdom and knowledge, we need to look outside ourselves. We have been taught that the vital information is held in libraries, in universities and in the minds of other people. We have never been taught that we can look within. Although in recent years many people have begun a journey back to themselves through meditation, yoga and other Eastern practices, there has still been a tendency to seek other people to tell us how to be ourselves. However, every time we go outside ourselves to seek our wisdom, it immediately becomes someone else's wisdom and not our own. We are not able to contribute our own uniqueness,

our own wisdom, to the universal picture, to the greater whole. And we need to live our uniqueness because this is what creates the order of the greater whole. As soon as we cease to look inside and instead look outside, there is mediocrity, standardization and control across the globe.

The answer to any question you might ask is to be found within you. The truth is not 'out there' but inside your own amazing being, for you are much more than you could possibly imagine.

We are not separate, isolated individuals but multi-dimensional, interconnected beings of light living in an interconnected universe. What unfolds around us has a direct and tangible influence on our body, and likewise how we live has a direct effect on the universe. We are vibrational beings living in a vibrational universe that at its most fundamental level is composed of a combination of energy and consciousness. We each create our own reality through our consciousness, but it is the body that is the vehicle for that consciousness. If the body is not balanced then consciousness cannot be fully expressed. As a result we become more contracted and in turn our world becomes more contracted to us.

There is nothing wrong with the universe itself; it is in perfect balance. This is not a static balance but a state of dynamic equilibrium, because the universe is forever flowing and expanding. It is conscious and knows how to balance itself so that continued expansion is possible. It holds within its fabric the understanding of how to achieve that balance. This understanding is called *universal wisdom* and it is the wisdom of harmony. Universal wisdom perme-

ates everything. It is within all matter, every planet, every living thing and every subatomic particle.

Likewise there is nothing wrong with Mother Earth, for she is part of this conscious universe and she too holds the wisdom of how to remain in balance. No matter what we as humans do to this planet, nature always brings things back into harmony. Where we have scoured the Earth or polluted it, over time nature replenishes and cleanses. This is the great power that allows for the continuation of life.

Rudolf Steiner said that if we want to heal ourselves, we must first heal the Earth, and indeed there is much wisdom in these words. Mother Earth is a bountiful provider and the more care and attention we give to her, the more she gives in return. When allowed to, she provides everything we need in its most potent and vital form to facilitate our wellbeing and our continued expansion.

It is our natural condition to be at one with the Earth and universe. The sages of old understood this. When our microcosm, the energies we hold at a cellular level, matches the macrocosm, the world outside our body, there is nothing that we cannot do. We were born to dream and then through our expanding consciousness to make those dreams reality. We were born to have great ideas and then make those ideas real. What kind of life do you want to live? What kind of experiences would you like to have and, more important, what kind of experiences would you like to avoid? Everything is possible for us when we live in harmony with the macrocosm. This is the true meaning of human potential.

We hear relatively little these days about fulfilling our

potential and what we do hear paints a much diluted picture. To fulfil your potential in modern society means things like achieving good grades at school, getting a good job, owning your own property, being financially solvent and saving for your retirement. And at the back of these ideas lies the fear of not being able to achieve this potential because of ill health.

As children we all have dreams of what we want to do when we grow up, but as we get older we are usually taught to compromise our dreams, to wake up and learn to live in the 'real world'. In fact the truth is that we have been taught to fall asleep and become disconnected from what life is really about.

There is only one thing that will ever stop you from doing what you really want to and that is fear. So much attention is given to perpetuating fear in our modern society, for it is a most effective way to control the masses. We fear poverty, ill health, war and terrorism, and governments make sure we continue to give our attention to these things by telling us that they are declaring war on all that we fear. But fear is never released through fighting, because war of any kind only serves to promote more fear. Perhaps it is time for us to choose to give our attention to what we want rather than what we don't want.

Can you imagine how wonderful it must feel to have no fear? Wouldn't it be great to understand your own body so well that you could quickly and efficiently bring it into balance and harmony? Wouldn't it be fine to be able to live in full abundance on every level, to live the life of your dreams?

If we can learn to release our fear and connect to our

inner wisdom there is truly nothing that we cannot do. We are told that we use only 10 per cent of our brain. Just imagine what we could achieve if we could illuminate the other 90 per cent. Where would we go then in our development as a race and what would the world be like if we were able to sense it in this more expanded way?

Happiness, health and freedom are the birthright of every person on this planet and are achievable by every person on this planet. No matter where you are in your life, no matter what your state of health or ill health, you have the potential to find happiness, health and freedom.

As we learn to illuminate our potential we become what to others might appear a walking miracle. No longer is any disease 'incurable', for we understand that all illness is totally and unequivocally curable from within, without exception. No longer do we dread what the future holds, for we walk forever infused with an inner knowing that we are masters of our own destiny. This is what human potential is really about. It is about lighting up our lives in ever more wonderful and exciting ways. It is about daring to dream and then walking towards those dreams with open arms, free of fear. It is about being who we really are, who we know in our heart we were always meant to be.

The biggest stress that we can experience is not being able to be who we are. In order to be ourselves we need to maintain the right connections with the Earth and the universe, to be in balance with all that is around us. This means matching our microcosm, the vibration we hold at a cellular level, with the macrocosm, the world about us.

Something that has been so negated in the teachings

and reductionism of the West is the fact that we have a body. I refer to this body as our 'vehicle'. It is this vehicle that has the ability to manifest from within itself everything that is represented in the outer universe. But it is only when we are in a state of balance and harmony that we can truly tap into universal wisdom and make it our own at a cellular level. So much of our work together in this book will be about how to prepare our body, our vehicle, to receive and hold universal wisdom. How to treat the vehicle in order to be able to do this seems to me to be the most important aspect of health.

When we talk about health, we are not talking about a lack of symptoms but a deep connectedness to who we are and our place within the universe. This connectedness needs to unfold at a physical, emotional and spiritual level. Currently in the West these three aspects are not united but kept very separate. At one end you have confusing and often contradictory information about how to maintain the physical body through nutrition, while at the other end you have spiritual practices. As for our emotions, they receive precious little attention in any productive way. If you are having emotional problems you might at best see a therapist and at worst be prescribed a suppressive drug that further cuts you off from who you really are. But it is our emotional journey that brings the physical and spiritual together in unity. How you feel emotionally is without doubt the best possible indicator you have of whether you are heading towards harmony or disharmony. It is your guide to the fulfilment of your dreams. When you feel good, you know you are heading in the right direction. When you feel

bad, you know that you are heading away from the life you really want. If you consistently seek out better feelings, your vehicle will transport you on the adventure of a lifetime to places beyond your dreams.

When we talk about connecting with our feelings, we are not talking about contacting our inner anger, guilt, disappointment and fear, we are talking about connecting both with our inner wisdom and with the macrocosm. Our planet goes through many cycles of change and we are intrinsically linked to these cycles. Learning to be aware of and feel these changing cycles allows us to bring ourselves into harmonious union with Mother Earth.

Whether we are aware of them or not, we feel every change in the Earth at a cellular level. When we can navigate these changes successfully, all is well, but when we fall out of harmony with these changes then dis-ease is manifested. We are also intrinsically linked to the changes that occur outside our planet. Everybody knows that the moon has a strong influence on the water on this planet but what many have forgotten is that we are predominantly made up of water and so the moon also has a strong influence upon us.

All of the planets in our solar system exert their influences upon us as they go through their orbits, affecting different organs and minerals within our vehicle. I have known this fact for many years and it has proved very useful, especially when trying to connect people with what is unfolding within their own vehicles at different times.

For example, I had a gentleman come to see me as a patient and during my consultation with him I asked him if

he suffered from headaches. He said that he had in the past but after seeing one of my former students, who suggested he drank four pints (two and a half litres) of water a day, the headaches had disappeared. He had not had a headache since then until very recently, when he had had an unexpected migraine. I stopped him at this point and said that I felt I knew the exact day on which that would have occurred. I told him the day and he was amazed that I was correct. I was able to do this because I was aware of several interconnected facts. I knew that migraines and the liver were intrinsically linked and that the planet Mars had a strong energetic influence upon the liver. I also knew that in its orbit around the sun Mars had recently come into close proximity to the Earth and so I chose the day when it had been at its closest and therefore had its strongest influence. If this patient had been aware of this information prior to seeing me, he might well have been able to support his liver with an appropriate technique (see *Chapter 9*) and so avoided experiencing the migraine. Even if he had been unable to do this, the migraine would have no longer been an unexpected and unexplainable occurrence.

Nothing happens in the universe by chance; everything is part of an unfolding and interconnected process.

A Significant Time for our Planet

Our planet is going through three particular changes at the moment that seem to me to be highly significant when you consider how we are connected to Mother Earth.

First, the Earth's magnetic field is becoming steadily weaker. Scientists surmise that this is a sign that the

magnetic poles are likely to reverse in the near future, just as they have many times in the past. If you just consider the facts that our blood is composed of a high concentration of iron and that iron is influenced magnetically, this change in the Earth must also effect a change in us. It feels to me as if this reduction in magnetic strength is giving us the potential to think more expansively and freely. It is as if we are no longer being held in old thought patterns but have the opportunity to think in new and exciting ways. Old paradigms are crumbling both in the scientific and spiritual worlds. Quantum physics is showing that science and spirituality have much common ground, whereas in the past they appeared to be poles apart.

Secondly, the Earth's speed of vibration, its resonance, is increasing. Everything in the universe vibrates with energy, and the Earth is no different. This vibration, known as the Schumann Resonance, has been steadily increasing over the past 40 years. The planet is literally speeding up. Our hypothalamus and pituitary glands tune into this vibration and within each of our cells there are receptors in the protein channels that pick up all the vibrations from outside. So we are intimately connected to this change in vibration and more and more people are becoming intuitively aware of it as well. So many people that I meet talk about having the sense of time speeding up and I believe this is a direct effect of this vibrational increase. I also believe that we have the potential to increase our own vibration, to achieve higher states of awareness and connectedness, and in doing so to gain access to deeper levels of our inner wisdom.

The third significant change is that we are seeing a dramatic increase in photon activity, both in our sun and from outside our solar system. Photons are subatomic particles of light, so this means that there is a dramatic increase in the light available within our solar system and on our planet.

We are about to fully enter what is called 'the photon belt', a ring of photons. Just as our planet revolves around a star, the sun, so our solar system revolves around a great star. This great circuit takes approximately 26,000 years and is elliptical, meaning that at certain times we are a relatively long way away from our great star and at other times quite close. If you divide this orbit into 12 equal segments as a means of marking the passage of time and assign the signs of the zodiac to each twelfth, the times when we are closest to our great star correspond to the times of Leo and Aquarius. This is what is meant by the 'Age of Aquarius'. These times are also when we pass through the photon belt. In 2012 we will fully enter it for the first time in 11,000 years, but we are already feeling its influence.

Entering the photon belt marks the dawn of a new era lasting approximately 2,100 years when we are bathed in a much greater number of photons. In the past, times of high photon activity have coincided with great leaps forward in our thinking and development, and we are now living in another time of dramatic progress and development, both intellectually and spiritually. One only needs to look at the changes that have taken place since the emergence of the microchip to realize this. The challenge for us is to match the changes occurring in the macrocosm within our

own microcosm. We need to have our vehicle in a state of heightened receptiveness in order to take full advantage of these macrocosmic shifts. We need to be open in our cells and in our mind.

Looking at the Body as a Test Tube

As well as looking at the body as a vehicle, another useful analogy is to look at it as a test tube. If we were a scientist conducting experiments in the test tube, the conditions within it would have a great influence upon the outcome of those experiments. Indeed, we know that changes in the levels of light availability, hydration, pH and temperature all have dramatic effects on the body.

Light is of great importance because it connects everything in the universe, including every single cell in our body. So light availability and the body's own ability to store and utilize light become very important if we are to connect with and illuminate our inner wisdom.

Hydration is also vital. In the next chapter we will see how as soon as our body becomes dehydrated, the condition of every cell membrane is changed. I refer to the cell membrane as the 'doorman', for it governs all movement in and out of the cell. Changes in the level of hydration within the body mean changes in the communication between cells. If you imagine the full spectrum of light moving through a distorted, gross cell membrane, the light would be refracted and come out of the other side of the cell with part of its spectrum missing. This diminished message would then be passed on from cell to cell. When we become dehydrated, the cell membrane also loses its

ability to hold and store photons and our worldview is literally darkened.

Maintaining the correct pH balance within the body is also vital for wellbeing. Many of the enzymes within our digestive system are switched on and off by changes in pH within the digestive tract. If we become too acidic, we literally lose the ability to digest our food correctly because the enzymes needed to do this work cannot be activated. We are actually slightly alkaline beings, but all aspects of our metabolism produce some acidity every day, so we have to rectify this by the end of each 24-hour cycle in order to return to our natural condition. An inability to achieve this is reflected in our whole being and we see this situation in people who have acid thoughts and display acidic behaviour. Headaches and achiness are other indications that the pH balance is not correct. When we are too acidic, our worldview again becomes darker and more contracted, and this in turn robs us of the ability to see how to navigate through life effectively and to achieve real quality of life.

Temperature is also very important to our balance and wellbeing and it would appear as if many more people nowadays are becoming physically and emotionally colder and more cut off than in the past. When I was training for nursing some 40 years ago I was taught about body temperature and what was considered the average temperature for a human being. In looking at more recent nursing textbooks, I see that the figure given today is actually one degree lower than it was when I was first training and I can find no explanation for this in the medical literature. When we look at the role of iodine and the thyroid in the

maintenance of the correct body temperature, however, it will become obvious why this is the case.

Minerals play a vital role in all aspects of human biochemistry and a lack of certain minerals can have a dramatic effect on health. In the west of Scotland, for example, intensive farming has depleted the soil of magnesium. Magnesium, sometimes called the 'great soother', is important for our inner sense of wellbeing. When we are deficient in it we tend to seek other, often synthetic chemicals to make us feel better. It is also vital for correct heart function. What we find in the west of Scotland is a very high consumption of sugar, high levels of alcoholism and drug addiction and very high levels of heart disease. These situations are all connected, but this is not currently acknowledged or even considered. We will also see that a lack of magnesium can dramatically reduce our ability to cleanse and rebalance at a cellular level.

Getting the mineral balance correct in our vehicle is vital for health. Too much or too little of the minerals required can cause disharmony and sometimes have long-term implications.

Many minerals work in tandem and are energetically opposed to each other. Two that work in this way are zinc and copper. When a baby is in utero, the mother's body has to prepare to give birth to it. This is a process of separating off in order to make the baby less dependent. Within the uterus the baby is totally dependent upon its mother. Part of our purpose as humans is to achieve independent thought so that our uniqueness can be fully expressed. An important aspect of growing up is achieving

more independence. So, towards the end of her pregnancy, a mother's copper levels will rise, causing a recessive influence upon zinc. The effect of copper is quite convulsive and is an important part of the mechanisms of the contraction of labour. Once the baby is born, the mother's copper levels should naturally reduce and her zinc levels should rise. Eating the placenta raises zinc levels (humans are the only mammals who do not eat their own placenta). If the mother's zinc levels do not rise, the child can become very dependent, and if this situation continues beyond puberty, the dependence can continue well into adulthood. We know that the contraceptive pill is very high in copper and when you consider that it is common to prescribe this early in puberty to ease menstrual pain, you can see what a potentially detrimental effect this can have.

The transitions we make in life are so crucial to our ability to fulfil our true potential. Birth and puberty are important transitions that need to be navigated with both care and wisdom. The transitions into motherhood and the menopause are equally important. Each transition brings with it the potential for a dramatic change in consciousness. If the vehicle is supported correctly through each of the transitions, the potential of the individual grows and expands. If, however, any kind of stress or suppression occurs around the time of a transition, it can have dramatic consequences.

One of the most striking connections I have made in my 35 years of working with people is the fact that in 90 per cent of the patients I have treated with anorexia, the condition arose within six months of having the BCG vacci-

nation during their teens. All vaccinations give the body the resonance of a disease and the BCG vaccine gives the resonance of tuberculosis. Often, rather than guarding the individual against catching this disease, the BCG vaccine ignites dormant imbalances that have been carried forward from ancestors whose bodies had or carried TB. We are each born with predispositions that come from our ancestral line and these again need to be considered when understanding our own uniqueness.

In the West it is common to give children up to 32 different vaccines before the age of two. Giving a child who is going through an important transition from baby to toddler, with its many developmental milestones, the resonance of 32 different infections cannot be good sense.

Fear is a powerful tool when it comes to the world of vaccinations. When you consider that the continual increase in childhood problems such as autism and ADHD correlates so well with the increase in vaccination levels, you have to ask if conventional thinking on the fundamentals of health is in any way sound.

Collective Thought Can Change Belief Systems

The power of collective thought is huge in our society. Just think about the vast number of people who believe almost everything they are told by the media. There is a belief that certain things are incurable and unchangeable and that we have to make do and accept situations we do not like. However, a belief is just a thought that you have over and over again. If you change the way you think, you naturally

change your beliefs, and what in one belief system might seem impossible, in another becomes a matter of course.

Nature provides us with all the tools we need in order to find balance and harmony. All we have to do is pick up those tools and use them. If you want to find balance, if you want to be healthy, you must take full responsibility for achieving it for yourself and by yourself. This is the only way to find health *and* freedom.

We think in the West that we are free, but for many people freedom is an illusion. Someone who is truly free can go anywhere in the world and be at peace with whatever they encounter. Our co-dependent natures prevent us from being able to do this. When most people plan holidays or go travelling, they would not consider visiting a place where they were not certain that they could get food, drink, money, the medicines they required and easy access to a doctor in case anything went wrong. This kind of approach makes the world a much more contracted place for us and places vast areas of this beautiful planet of ours out of bounds to us. The human being living in all the brilliance of their full potential does not have such restrictions. They understand that through thought alone they can attract anything that they might need anywhere on the planet.

How you think and what you think have the strongest influence upon your reality and this is especially true when it comes to your body. Some people do not like their body, some are frustrated or disappointed with the way it functions or apparently malfunctions, and others do not give it a second thought. Many people suffer from chronic

conditions and are unable to bring about lasting change because they are forever focusing on their symptoms. This is like endlessly looking at a problem rather than actively seeking a solution.

Your body is amazing. It has incredible powers of resilience and healing, but it is the *mind* that is the master of it all. When the mind truly connects with the body it is like a light going on in every cell. The body becomes vibrant and connected and able to dance with universal rhythms. When this happens, with each passing day it heads steadily closer to balance and harmony.

So let me invite you to take a journey in your vehicle, a journey back to yourself. You require no special skills to make this journey successfully, just an open and enquiring mind. It is my intent that as you embark on this journey you start to make more and more connections. It is a bit like joining the dots to make a picture. And the more connections you make, the clearer you will be about who you really are.

I will share with you the founding principles on which my work is based. These principles are very simple but extraordinarily powerful. They form the foundation upon which we will build health and vitality.

I also want to show you how the body really works in a way that is easily understandable. Once you have this understanding you will be able to see much more clearly how and why the body appears to malfunction.

We will also explore the true nature and purpose of disease. You will learn exactly how and why disease arises and how to release it from the body. I will show you how modern medicine is actually based upon an inaccurate

theory and how it is through a lack of understanding of the true nature of disease that chronic illness arises.

Once we have made these connections, it becomes possible to understand the process of bringing the body back to harmony and full potential. This is achieved through three stages of treatment, which are once again simple and easily understandable. Over the past 35 years of practice I have acquired a broad range of techniques that can be used to support the body on its journey back to health. These techniques are hugely empowering because they provide you with tools to bring about change in a very short space of time. If the body becomes in any way overburdened with toxicity, it has an immediate effect on how we function, feel and think. Techniques help to create movement and space, enabling us to ease the burden on the body and to free the mind. Each technique is simple and easy to do with the minimum of equipment.

One of the most important aspects of my work with patients is taking the case history, because it is through this that one begins to understand a patient's story. By looking at the patient's life and also the health of parents and grandparents, we can begin to see the journey that has been undertaken to bring the person to the place where they currently find themselves. Interpreting the case history is often a revelatory experience for patients, as it is the time when there is a great joining of the dots and in doing so they begin to understand their own story and what it means. I will share with you some case histories to show this process in action and these will greatly assist you in understanding your own story.

Once you understand your own story, you can then begin to write a new story for yourself – a story of health, happiness and freedom. It can be an adventure story where the hero or heroine overcomes every adversity, masters all problems and lives happily ever after. It can be whatever story you want it to be. When you write your own story, even apparently insurmountable odds can be overcome. Miracles become possible, hope is restored and passion ignited. You truly take charge of your own reality.

So let our journey begin.