

BIO-CELLULAR LEVEL HEALING: Enhancing Cellular Health through Energy and Blood Dynamics

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Abstract

This paper introduces Bio-Cellular Level Healing, a method developed to enhance the health of individual cells, which collectively determine human health. The methodology identifies two critical factors for cellular health: energy (KI) and blood (KETSU). These factors are interconnected as blood carries energy, and energy is required to circulate blood. The Human Energy Model, a framework within this healing approach, reveals that breathing is the primary source of energy, while thinking, especially negative thinking, is the major source of energy expenditure. This model underscores the impact of thoughts on both physiology and psychology. Cells have a life from few hours to years. Every second about two to four million cells are dying and being replaced by new cells. It is said that in a year we get almost a new body. **We tried to work on can we get a new healthy body by ensuring disease cells are replaced by new healthy cells?** Effectiveness of Bio-Cellular Level Healing has been tested on a significant number of individuals, yielding positive results. The paper concludes by creating an energetic environment around individual cells to influence DNA manifestation.

Keywords: Bio-Cellular, Health, Energy, Blood

Introduction

Human beings are colonies of trillions of cells and cells are the building blocks, as such our overall health depends on the health of these individual cells. The Bio-Cellular Level Healing approach focuses on identifying and enhancing the factors that contribute to cellular health. The primary factors are energy and blood, referred to as KI and KETSU in Japanese [1].

These factors are interdependent, as blood carries energy, and energy is required to move blood. Energy is required for the proper functioning of our Body- Mind System (BMS), its various systems, organs and parts [2]. As we know blood tests can indicate how the organs like kidneys, liver, heart, or thyroid are working, for disease diagnosis, finding out treatment effectiveness, how the immune system is working. Quality and quantity of blood can give a fair idea of our health [3].

Energy flows in our body through energy channels and the flow of energy known as life force, prana, chi, ki/qi influences our physical, mental and emotional health. Western science defines

it as “biorhythm” and New Age thinkers simply call it “cosmic energy”. Ki or prana is not breath; but it is the power that makes it possible for us to breathe. Ki is not simply “energy”, it is what gives energy the power to be energy [4].

Ki is the power behind movement and thought. Ki within the body is like a power in a rechargeable battery. The Ki of the universe is inexhaustible, yet the body needs fresh Ki to maintain its vitality, enabling it to fight off illness and maintain good health. The secret of replenishing Ki resides in our breathing – this aspect is used in Bio-cellular Level Healing [5].

Different cells have different life, and the life of cells varies from few hours to many years. It is said that in a year one gets almost a new body. Can we ensure that new body is free from disease? This is hypothetically possible if we can make the new cell healthy, free from disease. Research by cell biologists like Bruce H. Lipton indicate that genes and DNA do not control our biology: but instead, DNA is controlled by signals from outside

the cell, including the energetic messages emanating from our positive and negative thoughts [6].

Based on this we started working and researching on synthesising the latest research in cell biology, energy field, neuro epigenetics, quantum physics, yoga, heart-mind continuum to develop a new healing system 'bio-cellular Level healing' that our bodies can be changed by creating energetic environments around our cells by our positive powerful thoughts. Research in yoga has established the link between breathing and thinking. Human life revolves around breathing, proper breathing gives health, longevity and happiness. Subtle aspects of breathing are closely linked with mind, body and spirit. Through alternate nostril breathing we can bring harmony between our SNS (Sympathetic Nervous System) and Parasympathetic Nervous System (PNS) [7].

The SNS and PNS work together harmoniously in a state of brain and heart coherence, a state of unity between our mind, body, and spirit. In the state of coherence our body can heal itself and function at its optimal level, it is a state in which the brain and heart together efficiently ensuring wellness. In Bio-cellular Level Healing we use- deep breathing, meditation, yoga, heart-mind approach, creative visualization, imagination, relaxation and affirmations for creating the coherence state [8].

Energy and Blood Dynamics

Energy (KI) and blood (KETSU) are the fundamental elements influencing cellular health. Blood serves as a carrier of energy, nutrients, and oxygen to cells. For blood to circulate efficiently, energy is essential. Thus, a harmonious balance between KI and KETSU is crucial for optimal cell function. Disruption in this balance can lead to various health issues at the cellular level, which can manifest as diseases or disorders in the body.

We can say that majority of the diseases are caused when there is a disharmony between Ki and Ketsu. In Bio-cellular Level Healing we have developed ways and methods to maintain a harmonious balance between Ki and Ketsu [9].

Human Energy Model

The Human Energy Model provides insights into how we receive and expend energy. Breathing is identified as the primary source of energy intake. Every breath supplies the body with oxygen, which is vital for cellular respiration and energy production. Conversely, thinking, particularly negative thinking, is the major source of energy expenditure. Negative thoughts not only consume significant amounts of energy but can also deplete stored energy, leading to an overall decrease in vitality.

In yoga it is stated that there are two major sources of prana (energy) one is through food we eat (Anna Prana) and second is through air we breathe (Vayu Prana); in these two also we get much more energy by breathing than by eating. This model illustrates the profound impact of mental states on physical health [10].

Impact of thoughts on Cellular Health

Thoughts have a direct influence on our biology, affecting both physiological and psychological aspects. Negative thoughts can lead to stress responses, which in turn can disrupt cellular functions. Prolonged negative thinking can impair cellular repair mechanisms, reduce immune function, and promote inflammation. Conversely, positive thoughts and a calm mind can enhance cellular health by promoting homeostasis and efficient functioning.

Methods of Bio-Cellular Level Healing

Bio-Cellular Level Healing involves creating an energetic environment around individual cells to influence the manifestation of DNA. This approach includes techniques such as controlled breathing exercises, relaxation methods, positive visualization and affirmations, brain coherence and heart coherence, mindfulness, and energy channelling practices. These methods aim to optimize the flow of energy and blood to cells, thereby enhancing their health and function. The techniques are designed to be simple yet effective, making them accessible to a wide range of individuals [11].

Results and Discussions

The application of Bio-Cellular Level Healing on many individuals has shown promising results. In the hospital environment it was used to improve the quality of life of cancer patients. Participants reported improvements in energy levels, better sleep, decreased worries and tensions, increased confidence, mental clarity, and overall well-being. The standard scales approved by the hospital were used. These findings support the hypothesis that optimizing energy and blood dynamics at the cellular level can lead to significant health benefits.

Conclusion

Bio-Cellular Level Healing offers a novel approach to enhancing cellular health by focusing on the dynamics of energy and blood. The Human Energy Model elucidates the critical role of breathing and thinking in energy management. By creating an energetic environment conducive to optimal cell function, this method can positively influence the manifestation of DNA and overall health. Further research and clinical trials are warranted to explore the full potential of this healing approach [12].

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