

5 Key Intentions You Can Share With Your Body To Support The Healing Process Plus A Bonus!

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Many times we do not have immediate answers for a chronic health problem and by the time it gets too bad most likely have enlisted the support of a GP.

The key is to 'feel' where your body is going on a daily basis and learn to quietly and comfortably respond to its needs thus eliminating the urge to 'go back to the old system' for solutions.

The 'old system' is only going to provide you with old and inefficient ideas about how to personally heal yourself.

There are some doctors who believe only pharmaceutical drugs fix a body. Maybe the case in situations of chronic bacterial infection but it is quite the different case where avoidable nutritionally based chronic illness persists – *depression, thyroid issues, gut problems, weight issues, gout, skin problems or chronic physical pain in the form of fibromyalgia or arthritis.*

Renowned Plant Bio Communicator and author of 'Primary Perception', Cleve Backster, formerly an interrogation specialist for the CIA, wrote about the defining moment, which led him to his real work in this world.

Backster is the Planet's 'go to man' for anything related to plant communications, plant emotions and feelings.

According to Backster, each of the billions of living bio organisms on Planet Earth has an energy signature, so too each individuated 3D Human.

These bio-signatures oscillate plus or minus depending on their owner's state of health. It is the same for the Human body.

So how are ***Five Key Intentions and Actions*** you can use to 'auto-sync daily' with your body; aligning your mind, your heart and soul with your physical 3D body.

1. **The intent to POWER-UP your mind and colon.** Drink a cup of warm water with lemon first thing in the morning followed by another glass of clean water before eating. This sends a clear message to your body that you are mindful of two things:



- *That you understand your body to be an electrical charged vehicle, which needs water to move electricity around the body.*
- *That you are mindful of the need to remove all of yesterday's waste before noon the same day. This means you are in tune with your electrical circuitry and your eliminative system.*



2. The intention to SET-UP your daily relationship with your body.

Eat a bowl of cut vegetables in the morning to stimulate your colon in preparation for the elimination of yesterday's waste AND send simple carbs (fruit sugars) to your brain to get your mental system working. The number of folk who grab a piece of toast and coffee in the morning on their way out the door only to find they suffer from constipation and low mental capacity. *By chewing your fruit you extend the opportunity for complete digestion to occur because your chewing action has fully bathed the fruit in saliva containing acids and enzymes. 90% of the work required for digestion occurs in the mouth.* Chopped

fruit is better for your system too because all the vitamins and nutrients as well as good bacteria reside in fruit flesh and on the skin.

3. The intent to NURTURE your body through its day.

The next critical function for the body begins after *12 noon each day. Between then and 8pm in the evening is the time to Ingest, Digest and absorb food. Green whole food plant based food is what*



your body is looking for. All plant food contains vitamins, trace minerals and proteins sufficient enough for the body to survive.



4. **The intent to remain AWARE of your body and your own SPACE.**

Remaining aware of one's relationship with the space around you is something, which needs to be learnt. How does one do this? By

being in a state of *OBJECTIVITY* at all times.

- *Bearing 'witness to your breath'. Stopping from time to time to look at the open palms of both hands and both feet.*
- *Look down and centre yourself back into the present moment. Being 'witness to your word'.*
- *Listen to the words you select and asking yourself whether their frequency is uplifting and supportive.*

5. **The intention to NOT TAKE THINGS PERSONALLY so any discordant energy is not taken into the body.**

Some one else's anger towards you is NOT about you. It is about them. So therefore you do not need to have



any reaction other than compassion for the 'aggrieved'. You may not have considered this as being relevant or important but for eons Humans have responded to others aggression by 'feeling' that they were responsible.

When other's anger is consciously deflected then the body is 'saved' from a form of bio-tension, which inhibits healthy cellular replication and sets up a 'dis-at-ease' state.



6. **BONUS: Talk to yourself daily.**

YOU are your own best friend. YOU are your own best confidant. YOU are the person with whom you share your deepest and sometimes darkest secrets. In order to manage the personal dialogue talk to yourself only of sweet

and pleasurable things thus bringing joy to your heart.

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