

# How Releasing Traumas and Past Emotions can Heal all your Problems

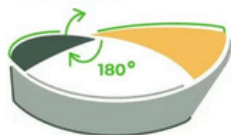
## When You Fully Welcome and Feel Your Emotions

You consciously experience a thought or emotion.



They produce electrical waves that pass through your DNA, and then up through the corpus callosum in the brain.

Each wave flows through the 180-degree twist of the mobius strip in the corpus callosum, cancelling itself out by destructive interference.



The emotion has now passed and gone.

## Stored Emotions Affect Your Functioning

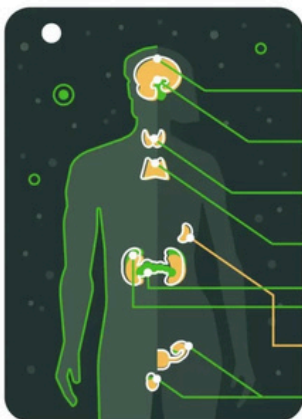
You suppress your emotions in a certain order.

Order of suppressed emotions

- Enthusiasm
- Pain
- Anger
- Fear
- Grief
- Apathy
- Unconsciousness

The emotions crystallise and store in the 7 coils of the DNA

Each DNA coil represents one of the 7 endocrine glands and 7 chakras. The crystallised emotions then affect the corresponding gland and chakra, resulting in common health issues.



Gland	Chakra	Emotion	Health problems
Pineal	Crown	Enthusiasm	Loss of connection to divine
Pituitary	Third Eye	Pain	Paralysis, strokes, accidents
Thyroid	Throat	Anger	Arthritis and rheumatism
Thymus	Heart	Fear	Immunity and auto-immune diseases
Pancreas & Adrenals	Solar Plexus	Grief	Diabetes, cysts, growths, tumours
Spleen	Sacral	Apathy	Low energy, anaemia, sluggishness
Gonads	Base	Unconsciousness	Impotence and low sex drive

## How You Suppress Your Emotions

If you don't want to experience an emotion, you suppress it. When you do this the electrical wave remains in the DNA.

It forms a crystal from a melanin-protein complex which is stored in the DNA, affecting its function.

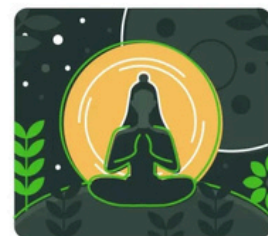


## Healing all Your Problems

To release the stored trauma and past emotions, you need to welcome each emotion and experience it again with full consciousness and enthusiasm.

Don't avoid the re-emerging emotion, but fully feel it to let the energy move through the corpus callosum and cancel itself out for good.

**Candali** is a method of raising kundalini to a very advanced level, in safe stages. Candali meditation can help surface our stuck emotions faster so that we can become free of our traumas a lot quicker.



For more information about how to permanently heal your problems, candali meditation and more on my Ultimate Healing work, visit

[bit.ly/Ultime-Healing](http://bit.ly/Ultime-Healing)