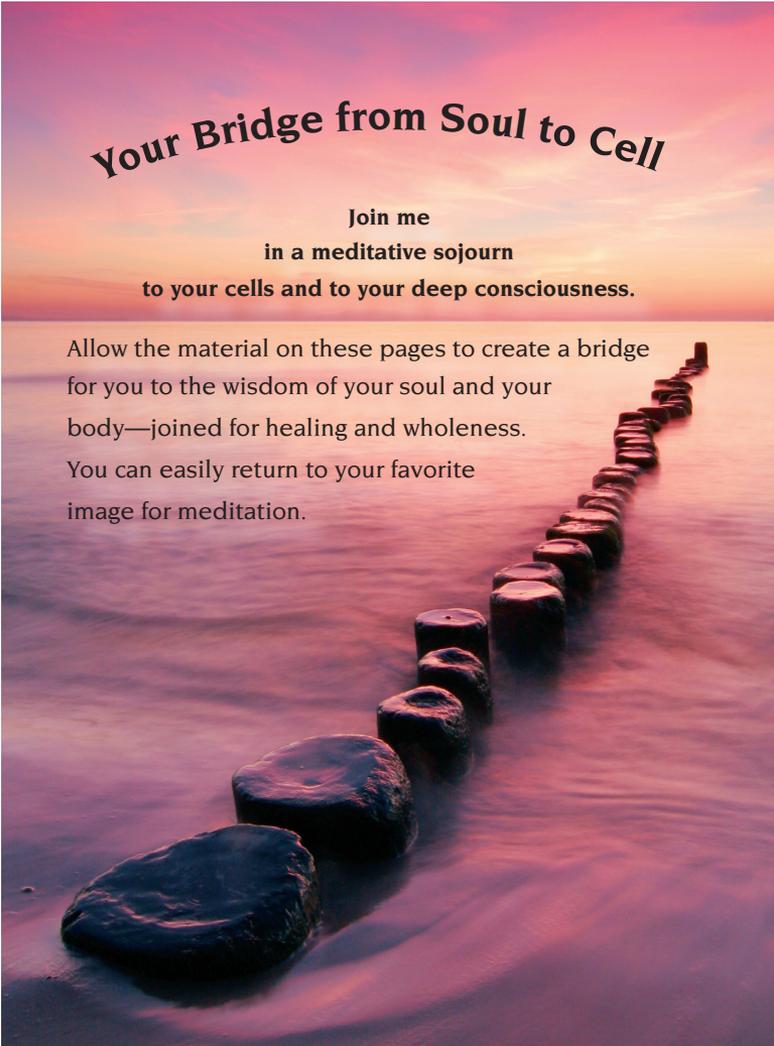


# Your Bridge from Soul to Cell

**Join me  
in a meditative sojourn  
to your cells and to your deep consciousness.**

Allow the material on these pages to create a bridge for you to the wisdom of your soul and your body—joined for healing and wholeness. You can easily return to your favorite image for meditation.

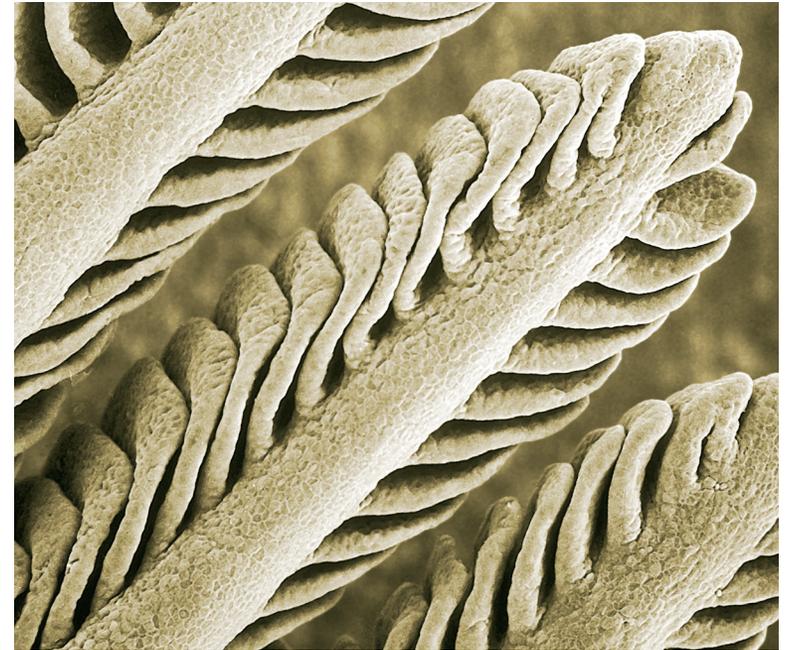


**Living systems show fractal patterns that appear to grow from within themselves expressing the same themes over and over again at their outer edges.**

Patterns large and small lead us to consider the wonder of our bodies and our inherent qualities for growth, renewal, and healing. Consider the fern, growing in a forest, its leaf pattern repeating again and again.

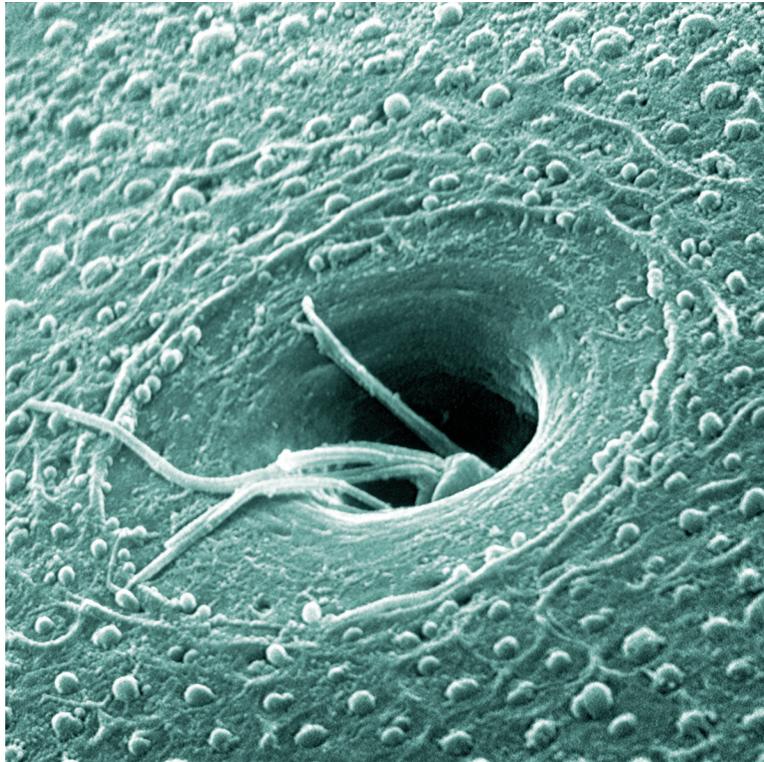


The salmon's gills branch in a similar pattern as the fern. This picture shows the microstructure of the salmon's gills as seen through an electron microscope.



### Cell-Level Understanding

Here is an electron micrograph of a sperm fertilizing an egg. We each begin as one sperm and one egg and develop into nearly 100 trillion cells. Personal bridges to healing stretch from our souls to our emotions and then through our minds to the teeming mass of our cells. On the next few pages you will become acquainted with cells.



### Cell Structure and Function

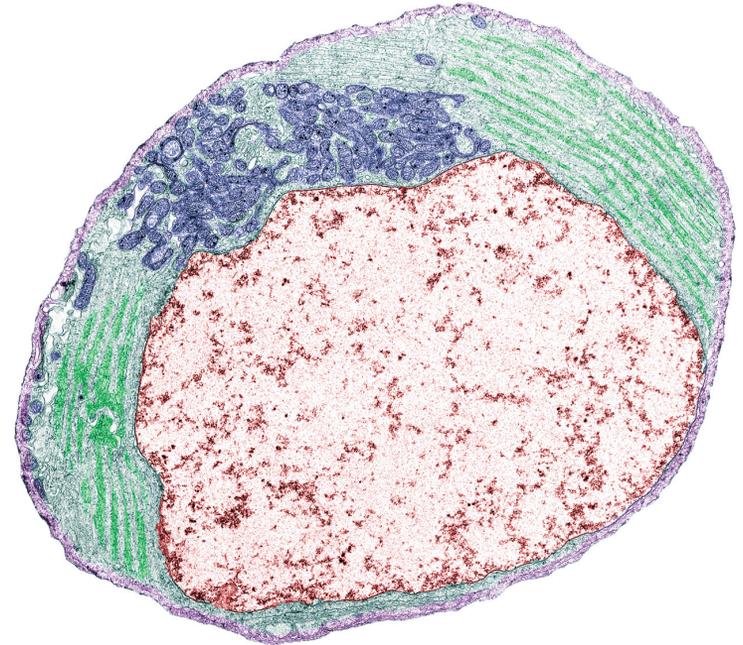
Cell structure and function are inseparable. Using the color code, you can identify cell parts that contribute to physical health.

**Purple: cell membrane = communication**

**Green: endoplasmic reticulum = action**

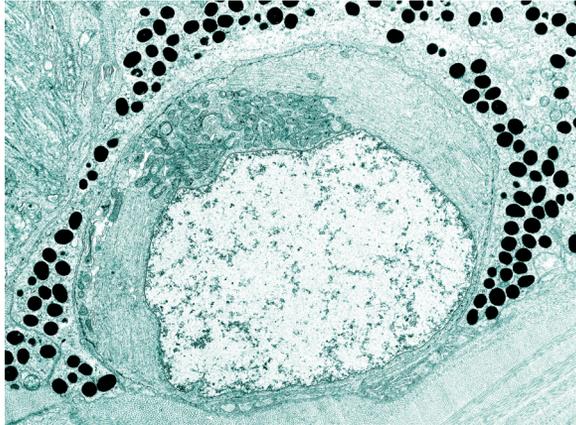
**Pink: nucleus = DNA = information**

**Blue: mitochondria = power**

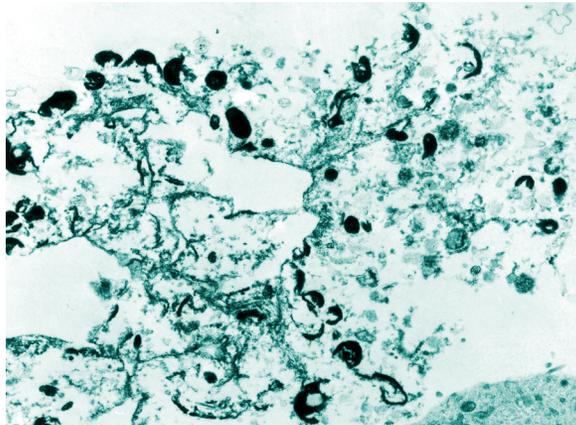


### Comparisons of Healthy and Sick Cells

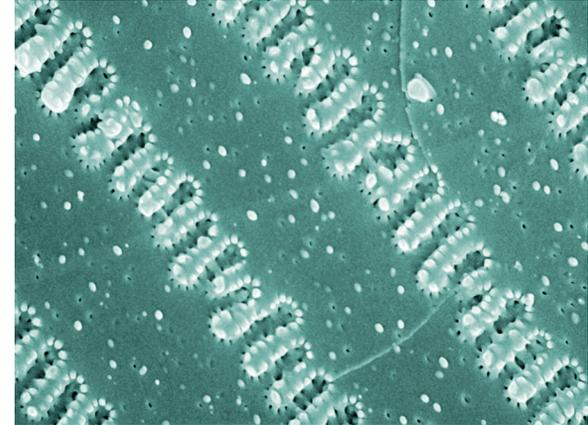
One cell nestled among its neighbors shows its internal structure. Notice how beautiful and organized the healthy cell below appears.



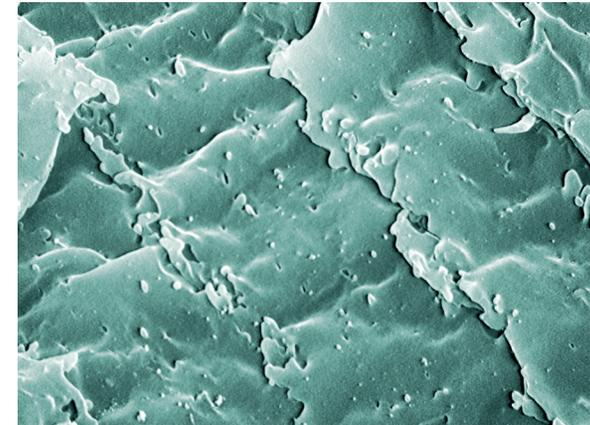
Sick cells lose organizational integrity as they lose function. The sick cell below is breaking apart into fragments that will be recycled.



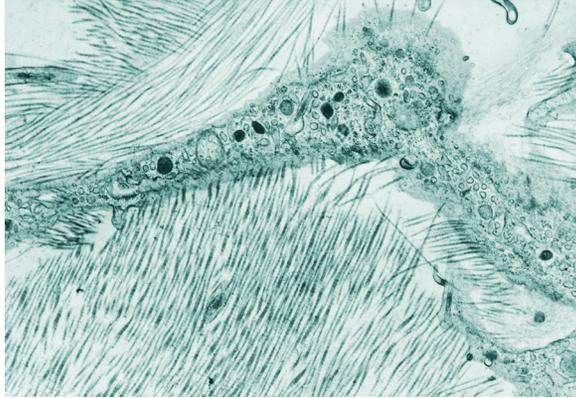
Healthy lens cells in the eye wrap around the circumference of the lens and allow light to pass clearly for good vision.



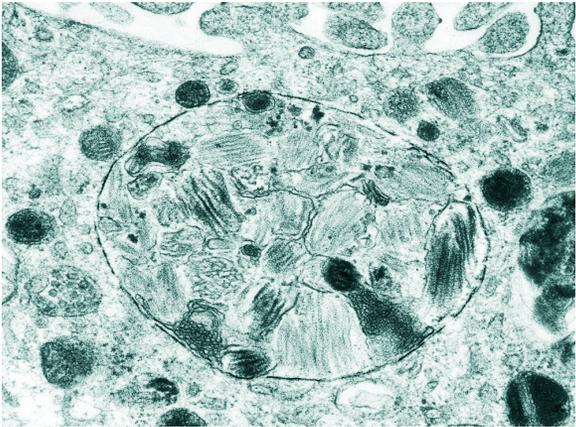
Lens cells in an eye with cataracts lose the beauty of their structure as sight becomes impaired or lost.



A family of cells called phagocytes, meaning “eating cells,” clean up dead cell debris. One type of phagocyte—a macrophage—is known as “big-eater.” Here a macrophage eats damaged connective tissue.



Macrophages create sacs containing material to be recycled, digest the material, and then make it available for healthy cells to reuse.

The background of the page is a dark, almost black, space filled with numerous glowing, translucent spheres of various colors including purple, blue, green, and orange. The spheres vary in size and are scattered across the page, creating a vibrant, ethereal atmosphere.

**Meditation on Cell Healing**

*May the cycles of cell renewal  
be exactly in balance with my body's highest good.*

*May the production of all enzymes, proteins, and hormones  
be in perfect response to my body's best health.*

*May the cells that are dying be quickly recycled  
as I call my phagocytes to their most efficient work.*

*May the cells that recognize  
and clear bacteria, toxic substances, and viruses  
be keen and fully supported by my immune system.*

*May all the systems—inside and outside of my cells—  
that are responsible for optimal health  
have energy for their best work.*

Enjoy a healing interlude on the next six pages. You can use these images to clear your mind to become still and entirely present in the moment. Allow the words to gently filter through your mind, inform your spirit, and begin healing your cells.

*Healing occurs in the manner of Creation:*

*Cell by cell*

*Shimmering*

*Coursing through the molecules*

*Stirring the waters to life*

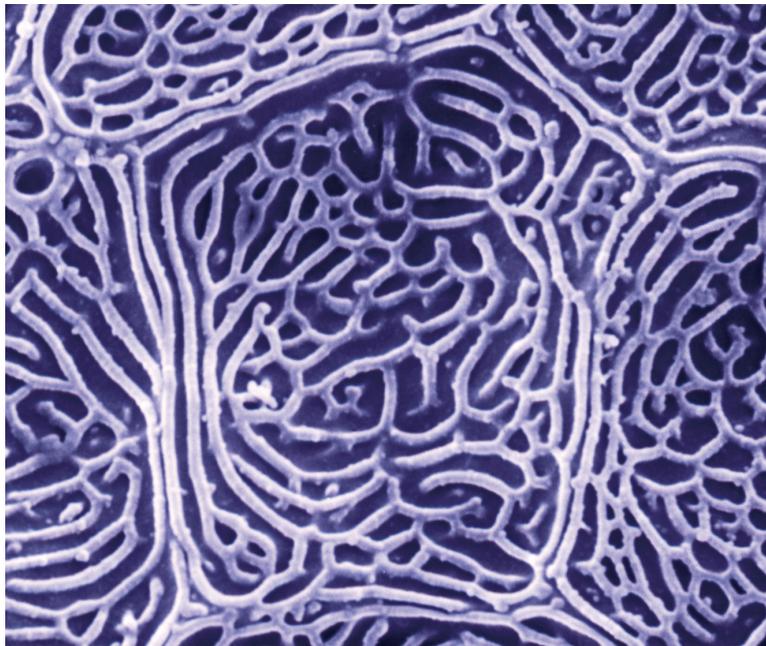


Breathe the breath of life into your cells as you imagine yourself opening to healing energy as a lotus opens to the sun.



## Practice of Appreciation

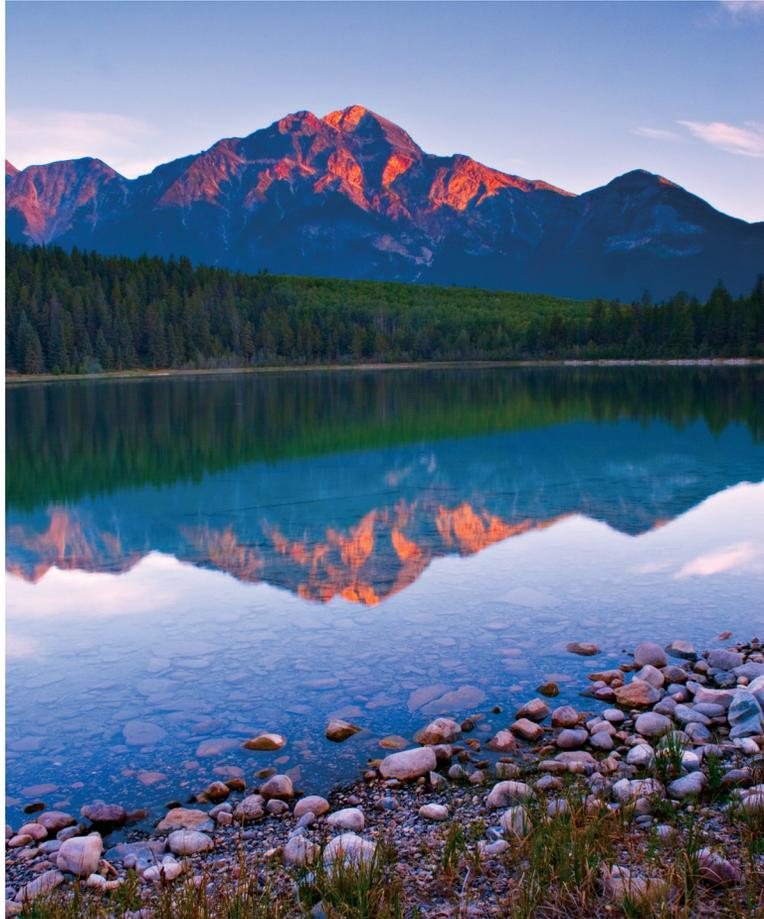
Observe a cell.  
See the power of Creation.  
See divine design.  
See immense wisdom.  
See the Heart of it All.



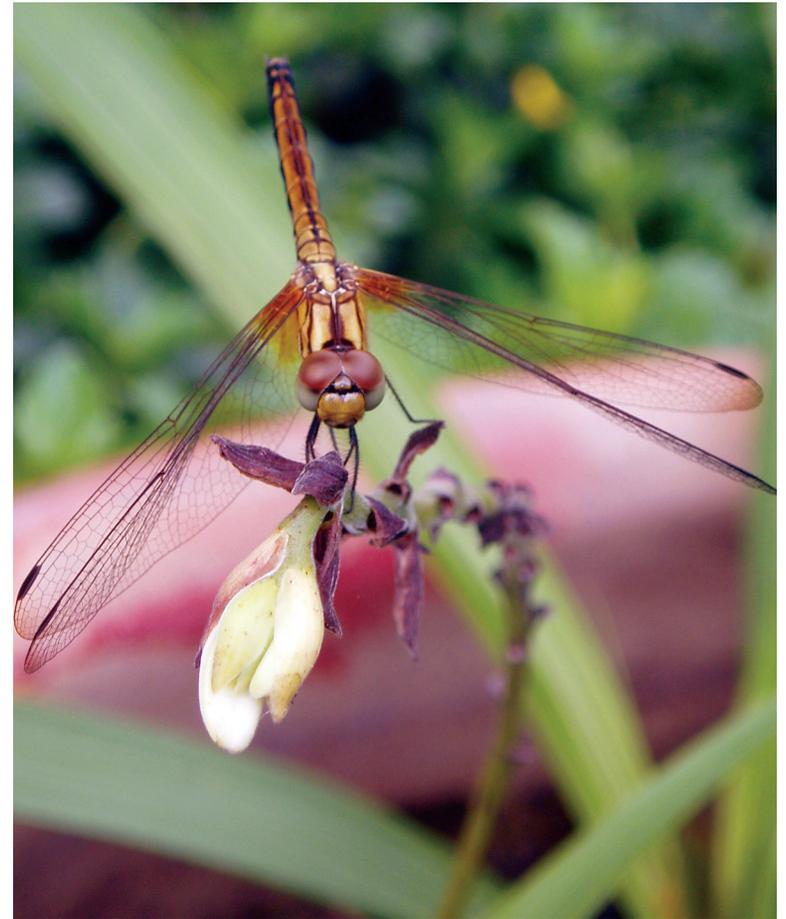
Look at a flower.  
See divine design.



Behold a mountain.  
See the power of Creation.



Consider a dragonfly.  
See immense wisdom.



**The universe is mysterious.**

**The universe is constantly creative.**

**The universe dynamically balances flow and organization.**

**The universe is resilient—constantly renewing and repeating itself.**

As the universe, life is mysterious, creative, dynamically balanced, and resilient. Pause a while and enjoy the qualities of the universe of life. What universal qualities support your healing today?

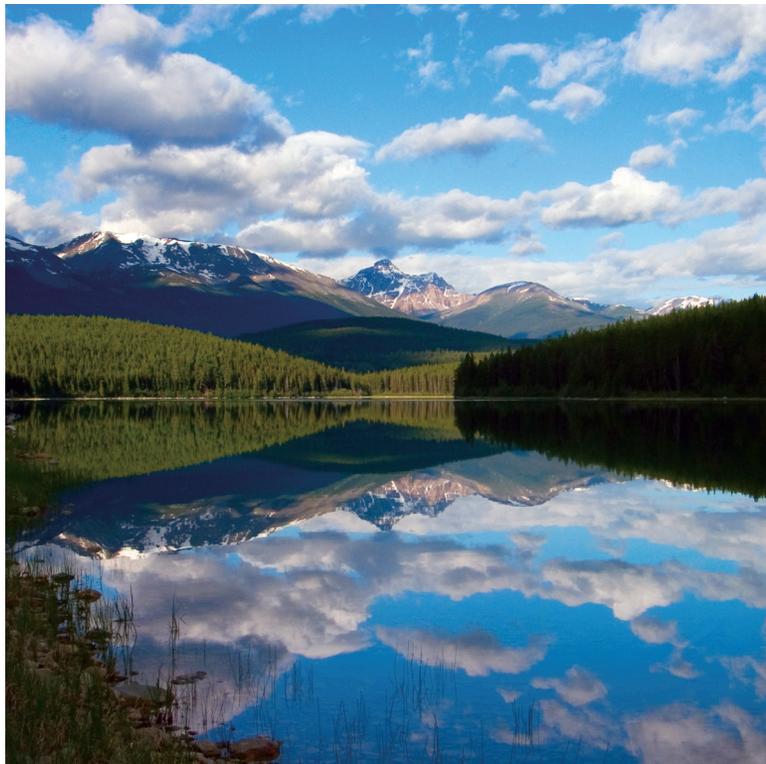
Perhaps the mystery of a galaxy unexplored...



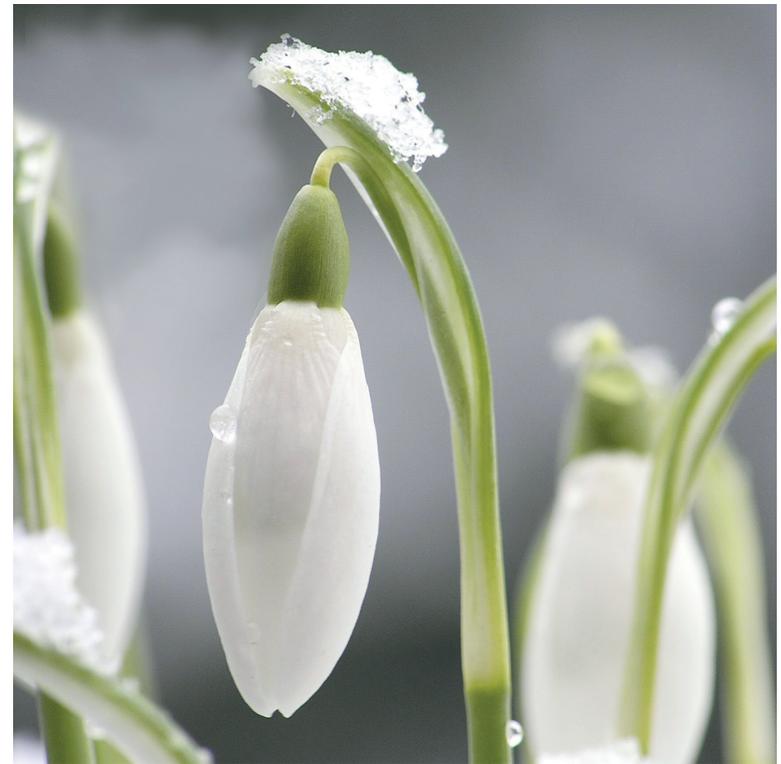
the creativity of seeds about to burst...



the dynamic balance of a changing landscape...



the resiliency of a flower blooming in the snow.



### **Releasing Emotional Blockages**

In the following two pictures, use the first image of the clouds covering Mount Baker as a metaphor for blocked emotions—either your own or those empathically absorbed.



Allow your emotional blockages to float to the sky of transformation in the same way as the clouds float up from the mountain. Continue in a focused way releasing each emotion you would like to release.

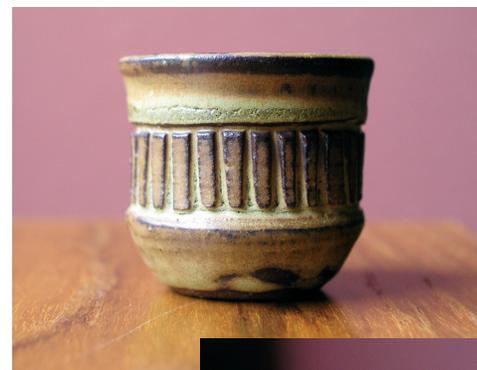
### Clearing Physical Blockages

Two ways of clearing physical blockages follow. One involves working with the natural phenomenon of melting ice and the other with a sacred vessel.

Like ice melting in the winter sun, visualize any physical blockage to robust health softening and flowing away.



Visualize filling a vessel with the spirit or consciousness of illness or of any physically perceived blockage. Ask for transformation of the malady—represented by the white feathers—and removal of all negative impact. Find your own ceremonial vessel and create a sacred place in which to clear yourself daily.

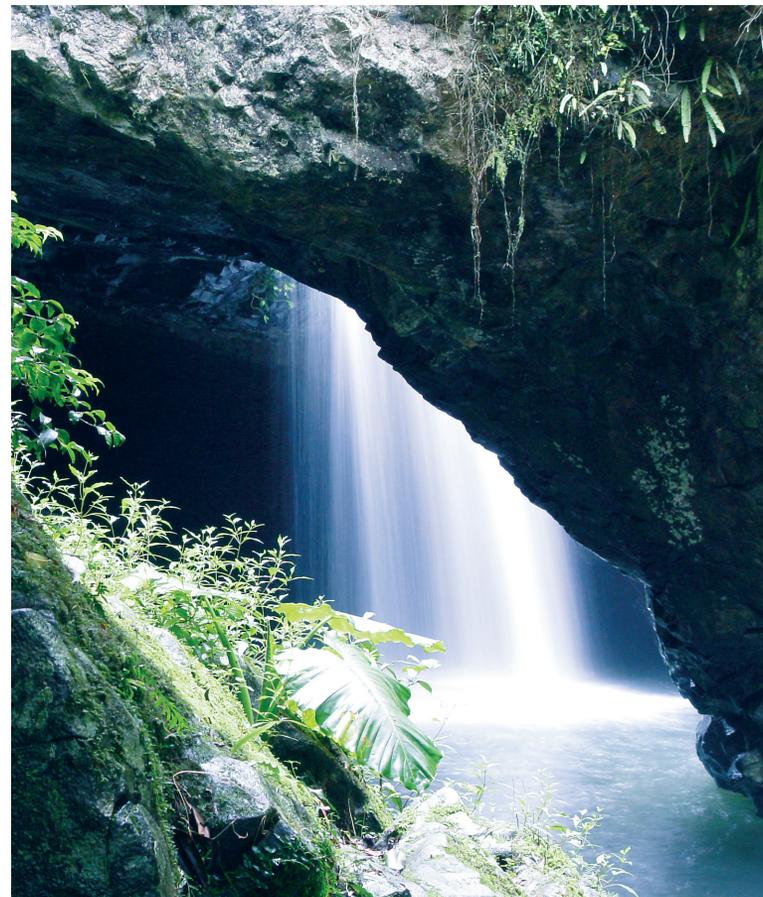


### **Releasing Spiritual Blockages**

Allow a deep connection to your spiritual reality. Perhaps the image of an eagle will bring a sense of freedom to your spirit as you begin to lift above the heavy burdens of spiritual malaise.

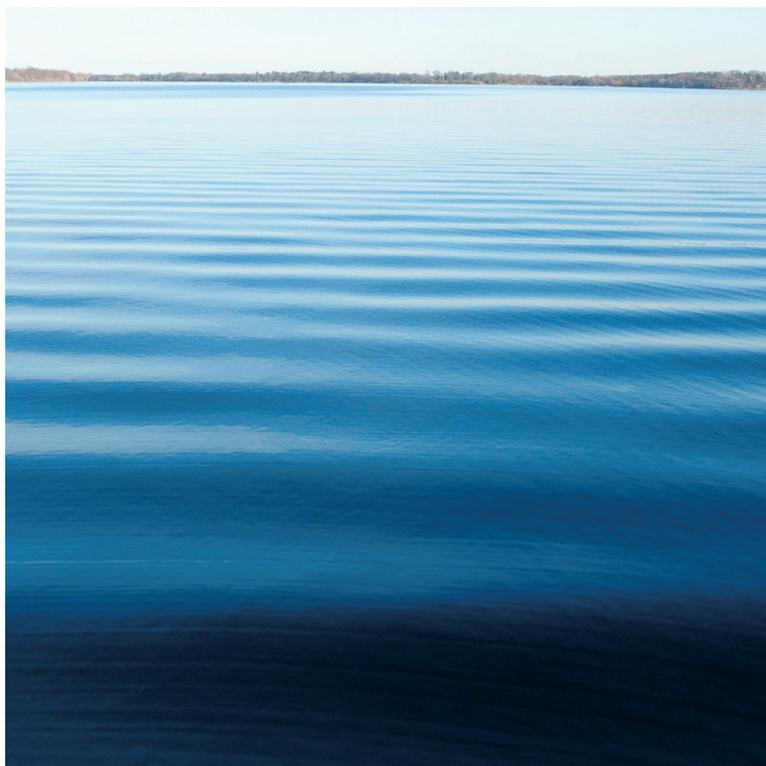


Allow your inner sense of Flow to stream from above your head downward as if you are standing under a warm, tropical waterfall.



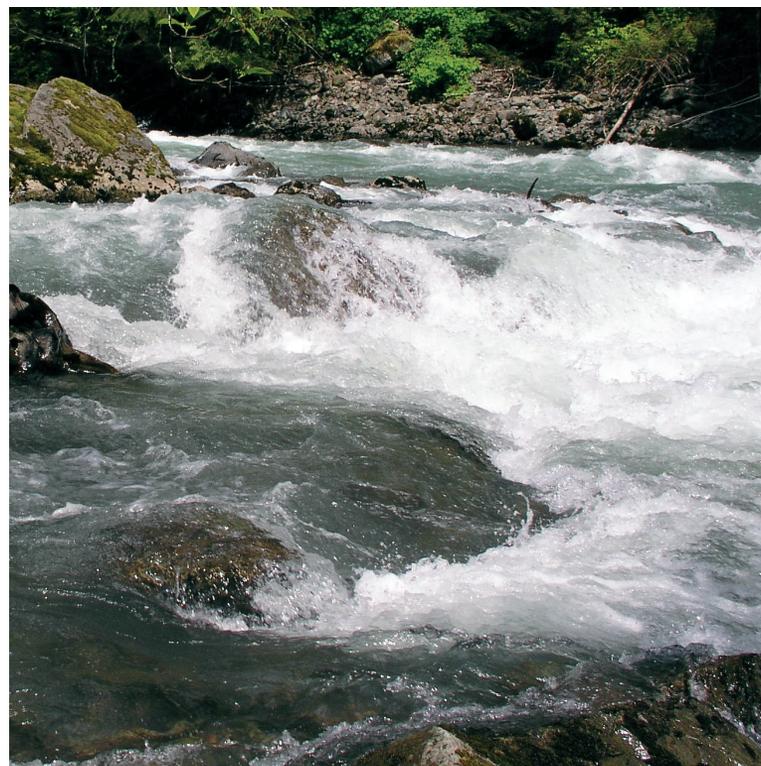
### **Finding Your Personal Flow Speed**

Your rate of Flow will vary with the time of day, the situation, and your basic nature. Each time you meditate or stop for a moment for yourself, note your personal speed. Is it closer to the calm waters below, the rapids on the next page, or somewhere in between?



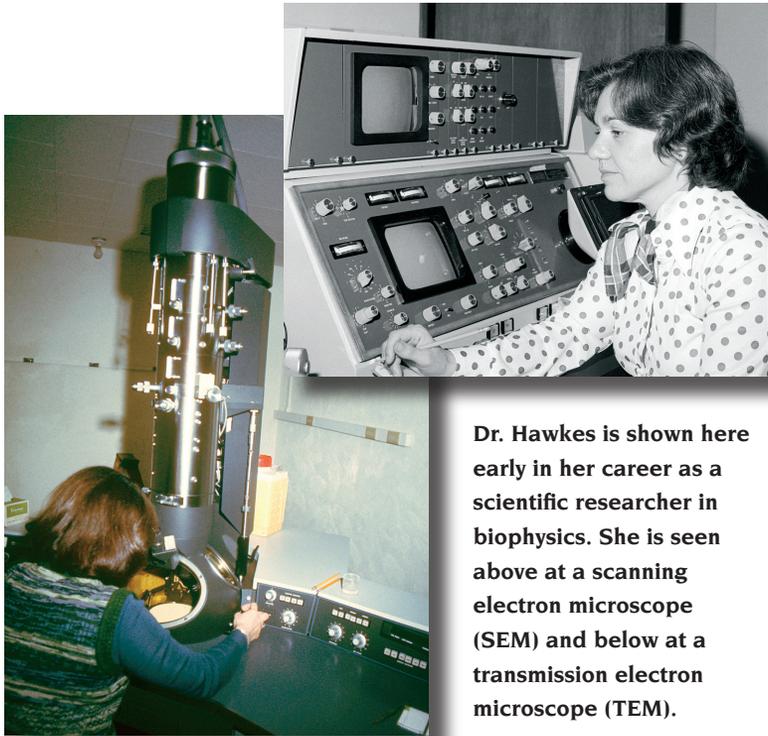
When you are fully aware of your Flow speed, think about whether it feels right for you. Consciously adjust this speed to what you need. If you were in a raft on the river below, would you choose to take the first quiet tributary or enjoy the rushing mountain stream?

Where do you resonate?



### **A Scientist Becomes a Healer**

Cells are so small that 10,000 fit on the head of a pin, yet each cell does its part for the health of your body. In order to see into the world of minuscule cells, scientists use special microscopes that utilize electrons rather than light. The scanning electron microscope (SEM) images the outer surface of tissue samples. The transmission electron microscope (TEM) looks at the inside of cells, magnifying up to one million times.



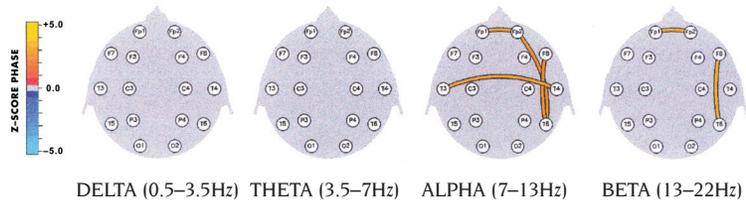
**Dr. Hawkes is shown here early in her career as a scientific researcher in biophysics. She is seen above at a scanning electron microscope (SEM) and below at a transmission electron microscope (TEM).**

A new consciousness brought on by a near-death experience in 1984 turned Dr. Hawkes's interest toward a life of healing. In the summer of 2005, Dr. Hawkes was invited to Dr. Akio Mori's state-of-the-art laboratory at Nihon University in Tokyo to have her brainwaves mapped by a 128-sensor electroencephalogram (EEG). Dr. Mori commented, "I have measured many people's brainwaves. Dr. Hawkes's brain shows a higher level of focus than I have ever seen before."

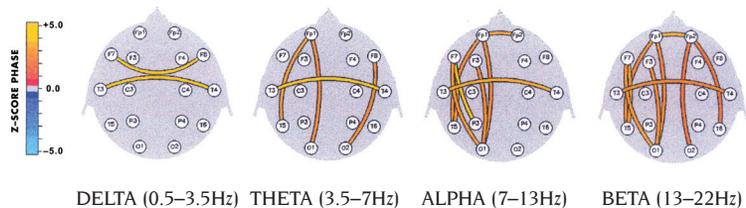


**Electroencephalographic (EEG) testing of Dr. Hawkes's brainwaves during a healing session at Dr. Akio Mori's laboratory at Nihon University in Japan.**

Quantitative electroencephalographic (QEEG) testing done by Juan Acosta-Urquidi, Ph.D., while Dr. Hawkes meditated and sent healing energy to a client three thousand miles away, showed how markedly the synchrony of her brain increased as many parts of the brain came together into phase during healing work.

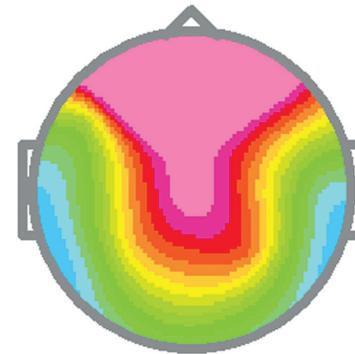


**QEEG data plotted during ten minutes of baseline testing.**

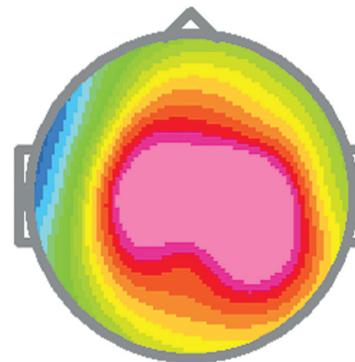


**QEEG data plotted during fifteen minutes of remote-healing testing.**

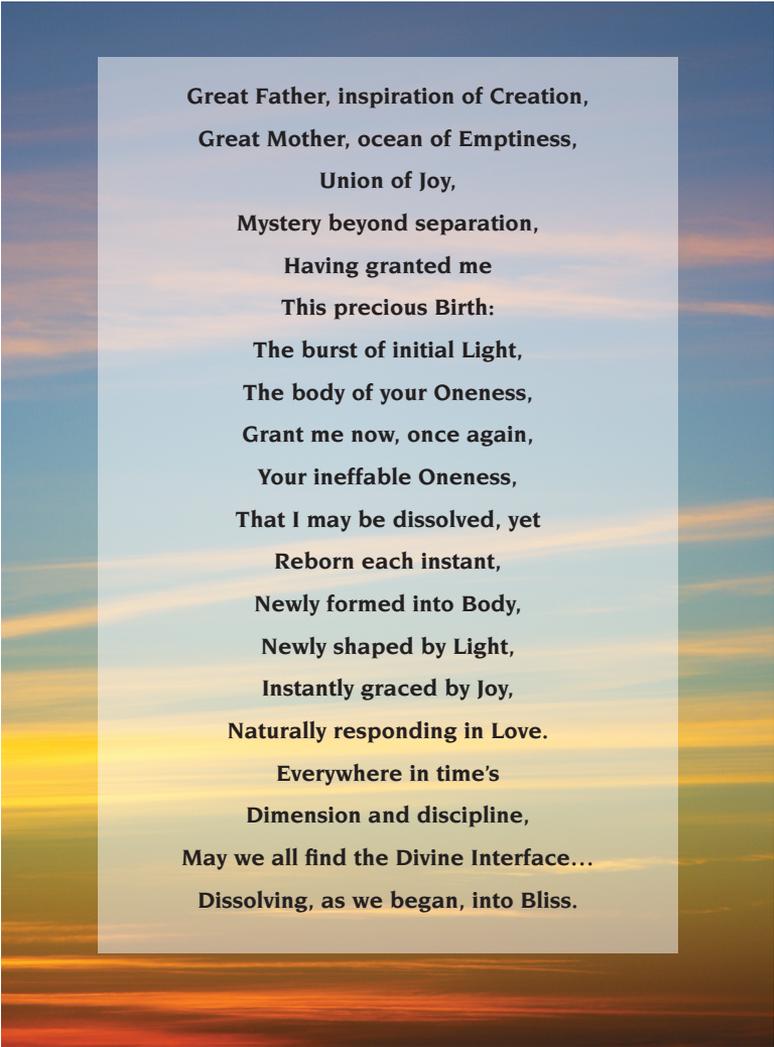
In 2006, Dr. Acosta-Urquidi again recorded Hawkes's brainwaves while working on two clients sitting about six feet in front of her. The data showed higher levels of focused delta waves, peaks of beta, and increased alpha during healing than seen in earlier testing. At the frontier of the science of neurology, the emerging field of neuroplasticity is providing insight for much-needed applications of the skillful use of our mind for cell-level healing. See the appendix.



**Quantitative electroencephalographic (QEEG) testing during a healing session with a client sitting in front of Dr. Hawkes. The bursts of delta brainwave activity more than doubled. The bright colors show intense brainwave activity.**



**QEEG data show a dramatic increase in Dr. Hawkes's beta brainwave activity during a fifteen-minute healing session with a client. Alpha activity also increased (not shown here) on one side of the brain only.**



**Great Father, inspiration of Creation,  
Great Mother, ocean of Emptiness,  
Union of Joy,  
Mystery beyond separation,  
Having granted me  
This precious Birth:  
The burst of initial Light,  
The body of your Oneness,  
Grant me now, once again,  
Your ineffable Oneness,  
That I may be dissolved, yet  
Reborn each instant,  
Newly formed into Body,  
Newly shaped by Light,  
Instantly graced by Joy,  
Naturally responding in Love.  
Everywhere in time's  
Dimension and discipline,  
May we all find the Divine Interface...  
Dissolving, as we began, into Bliss.**