

Cellular Memory And How It Blocks Our Connection to Source

By Tracy Jay Thomas

Do you want to develop your intuition and psychic abilities? Do you want to connect with your spirit guides and angels? How about wanting to channel important information for ourselves, loved ones and maybe even the public. Is that something that thrills you?

The good news is that we can each do ALL of those things. You don't have to "try harder". You don't have to wait for your "3rd Eye to open!". We are all naturally connected to Source, to our Divine Holy Spirit, to God/Goddess/All That Is. But why don't we have these faculties today? Why can't we know the future, or talk with our spirit guides now?

What I've learned is that the only thing standing between us and our ability to connect, is "Cellular Memory".

Unconscious trauma blocks our connection to Source and in this article I'm going to explain how and why cellular memories must be cleared in order to access the higher realms. In my experience, a deep connection with the Spirit, first starts with making trauma conscious, then by clearing out the energetic emotional blockages of our past lives and ancestral lineage, which have been carried through in our cells and DNA.

This is called "Cellular Memory".

Our connection to Source has been muddied and obfuscated by our own, real, but unconscious, trauma. Everyday, it's compounded by the news media, by our parents and by our educational institutions, "Be in fear" is the message. "Stay safe" we're told. These things only serve to trigger our cellular "fear" and hold us back from experiencing what we came here for.

Therefore, before we can truly re-establish a connection to Source, God/Goddess/All that Is, the lens through which we view the world, must be free of debris, and the communication channel between us and Source, must be cleared.

These old traumas are energy blockages from the past, that are still operating in our auras. Think of them like hidden software programs on your computer, running in the background and choking up your memory. They steal the bandwidth, preventing the efficient performance of the machine. These emotional energy blockages are stuck in our cells and, if left unaddressed, will not only preventing the efficient performance of our bodily machine, but also prevent us from accessing our God-given gifts, and may also create dis-ease.

Emotional energy blocks prevent us from having experiences, saying things that we may consciously

want to say, but never do.

You might be wondering how these cellular memories show up in our lives. When we have a sudden fear moment, just before we do something we want to do, or just before we say something we were thinking, and we STOP ourselves, it's our "cellular memories" that are activating that fear, based on past traumatic events, in order to keep us safe.

Let's face it, maybe it didn't end well in that other life - whether ours or even one of our ancestors' lives. Ergo, our cells, via our DNA, have learned that in order to keep us safe, say "let's not re-experience that trauma". So there's this sudden rush of fear, or foreboding that completely STOPS us from doing that thing or saying that thing.

Cellular memories may not even be from our past life traumas, but may be predicated on those of our ancestors. Ancestral programs are also running in the background of our lives, that are lodged in our cells, in our DNA. That's what it means when someone talks about 'ancestral' healing.

Have you heard the term "Shadow Work"? This is the act of resolving or healing the trauma of the past. Finding it. Dealing with it and clearing it out. When we re-experience a trauma in a past life or early life, we are healing the energy and resolving it's influence over us. We are turning off that background software. This frees up the energy, that was used to run those unconscious programs in the background, for other things.

If we don't reconcile and resolve the source of those background programs, they continue to run, draining our energy, until they create dis-ease or are reconciled. It's these energy blockages that prevent us from a deep connection with Source, they are what distort our view of the world and our own value.

It takes a lot of energy to keep us in fear. It takes a lot of energy to continue to judge, berate and criticize ourselves. It takes a lot of energy to judge others or constantly weigh things up, and second guess ourselves with thoughts like "Should I do this or that?". All of these are examples of how background programs are operating in our lives right now.

Once those background programs are turned off, by first acknowledging they exist, then attempting to reactivate them by re-experiencing the emotional trauma, we can begin to reconcile them. They begin to dissolve. This frees up our energy in this lifetime for more of the good stuff. More creation. More fun and more pleasure. This is the purpose of this lifetime - MORE JOY.

How Did Those Ancestral Traumas Get There In Our DNA?

Did you know that if you wait until later in life to have your children, they will be smarter? It's because the wisdom and the experiences that you've gained throughout your life (say you're 35 when you become pregnant) is translated into your DNA. But so too, are the traumas you've experienced, transferred to your child, as well as all of your ancestral trauma. It's in your DNA coding.

And what happens when you have a baby? 50% of the genes come from the mother and 50% from the father. The wisdom, the personal trauma AND the ancestral trauma from both parents are translated to the infant, the soul's vessel.

This sharing of DNA creates the basic vessel for the soul to enter, but the soul makes it's contribution too. The soul of the infant, brings it's own emotional energetic imprint. The wisdom, experiences and emotional trauma that that soul has collected, over it's many lifetimes, is contained in an energy field, where the emotional energy blockages also reside.

The emotional traumas, trapped in that soul's frequency, are "compelled" to resolve themselves. Strong emotion, as in the emotional trauma that accompanies a violent death, for example, creates a magnetic energy field. It is energy. Energy in motion is E-MOTION.

This magnetic field of the soul, is magnetically drawn to the exact opportunities offered by you, who is about to become a parent. It is the opportunity to resolve their energy blockages and emotional trauma, through the challenges they will encounter as your child, that pulls their soul to you.

The potential challenges and the obstacles in the probable future timeline of this child, having these parents, is what the soul, who wants to resolve their energy blockages, is magnetized toward. This is only part of the process, as there are sometimes several wise Beings who assist a soul to choose the right opportunity for it's growth. In some cases there are more than one soul vying for the same opportunity. But I'll save that explanation for another time.

However, as I mentioned earlier, the soul's energy also makes a contribution to building its physical vessel. The energetic imprint of the soul, who is about to become your child, actually influences the physical body of the baby. For example, many children are born with a birthmark, or some other physical affliction, that indicates a past life trauma the body sustained, in the other lifetime.

When that happens, there is a physical indication of a past life emotional trauma. Many times, children up to the age of 5 years, will tell you of their past lives, if parents are willing to listen. In our Western culture, we often discount these stories, and children quickly learn to not to talk of them.

Canadian, Dr. Ian Stevenson's life work at the University of Virginia, was the study of young children claiming to remember their previous lifetime. Below is an image showing the locations of these

children. You may notice that the populations of these countries believe in reincarnation, and so children who speak of their previous lives are welcomed, rather than shunned. Dr. Stevenson's protege, Dr. Jim Tucker has continued Dr. Stevenson's work after his passing.

LOCATION OF CASES



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This little girl remembers her previous life as a man, where his fingers were severed as he was being murdered. She was born with this disfigurement.

We can't discount that the powerful emotional energy housed in the cells, around a trauma such as this, would have a significant impact on the health of those cells. I would even go as far as to say that the energy of the emotional trauma, actually influenced the physical formation of the child's body. In my opinion, it is this type of powerful emotional trauma, which many of us have had, or our ancestors have had, that create some of the serious diseases we experience today.

It's all trapped emotion.

Let's talk about some of the proclivities that we seem to be born with, yet may have no explanation for, like phobias. Phobias are often the result of dying in a past life, in a way that relates to the phobia. For example, fear of heights can be from a death involving falling from a high place, whether accidentally or deliberately. A fear of snakes, could be from dying from a poisonous snake bite.

Obsessive-compulsive disorder (OCD) is another fascinating subject. It's supposedly a long-lasting disorder in which a person experiences uncontrollable and recurring thoughts (obsessions), engages in repetitive behaviors (compulsions), or both.

Notice the word "compulsion". I mentioned earlier, an emotional energy blockage is "compelled" to resolve itself.

OCD can be the result of feeling that you are at fault for the death of another, in a past life. For example, someone who checks the locks on their door, repeatedly, could have had a past life where there was a break-in by intruders, and someone died violently, or they died violently as a result of not

securing the house or not being there when the intrusion happened.

The person with OCD is 'compelled' to resolve the energy blockage, by checking the door locks repeatedly. The same is true for someone who repeatedly checks whether the oven, stove top, or wood stove is on, or someone who repeatedly hurts themselves, by picking their cuticles or scabs till they bleed. With any of these examples, it's my contention that they're feeling at fault and unconsciously punishing themselves, for some action or inaction that resulted in a traumatic end of life. The emotional energy blockage is compelled to resolve. Unfortunately, in all cases, it's unlikely to resolve unless they consider the possibility of past life trauma.

Imagine the impact on one's life, to discover that the reason for their behavior/illness/dis-ease was from a past life trauma? How liberating and empowering would it be to resolve it? Completely life changing.

These are just a few examples of the cellular memories that require clearing, and thereby healing through resolution, before we can rush off expecting to access the higher realms. We must put the emotional baggage to rest, in order to free up some of the energy unconsciously invested in maintaining the "background programs" so we can clear the mud off the lens.

We are magnificent Beings of love and light but because we have been repeatedly traumatized, lifetime after lifetime, because we carry in our DNA the trauma of our ancestors, without expending the effort to resolve our trapped emotion, we simply can't appreciate how extraordinary we are.

We deserve to know. We are worthy. We are ready. And the time is now.