

*New York Times* #1 Bestselling Author

Living  
THE Spiritual  
Principles  
OF Health  
AND Well-Being

*"The bottom line: love heals.  
This remarkable book shows how..."*

*Larry Dossey, MD*

*"Everyone who reads this masterpiece  
gives themselves an experience in healing..."*

*Caroline Myss*

foreword by  
*Philip Barr, M.D.*

John-Roger, D.S.S.  
with Paul Kaye, D.S.S.

## A Unique Approach to Healing and Good Health

How do you define health? The absence of disease? Having all the energy and vitality you want? Having your body in top shape? Here's a look at health as a multidimensional experience. It offers approaches that engage not only our physical body but also the imaginative, emotional, mental, unconscious, and spiritual aspects of ourselves.

*Living the Spiritual Principles of Health and Well-Being* is filled with practical wisdom that expands our awareness beyond the usual way of considering health. It delivers a multitude of cost-free and underutilized resources that not only support improving and maintaining our health and well-being, but also taking responsibility for the long term direction of our health.

*Among the informative and often inspiring principles and practices presented are:*

- The **3 key physical aspects** to health that can be readily applied
- A brief **5-point plan of health** that is deceptively simple yet profoundly effective
- **8 spiritual principles** of health and well-being for awareness and application
- A **30-day health plan** that puts all the key elements into action

You will discover new keys, new ways of looking at things you already know, and perspectives that you might not have previously associated with healing. You will find examinations of the causes of illness and, more importantly, their cures. Perhaps the most profound awareness you will come away with is a new understanding of the nature of healing, and how the cure can be found spiritually.



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**NOTE:** *The authors are not medical specialists. This book is not intended to diagnose, prescribe, or treat. The information contained herein is in no way considered as a substitute for care from a duly licensed healthcare professional.*

## Principle 7

# We Live and Die at the Cell Level

The cell is immortal. As far as we know, the pulsation of life can go on forever.

*Dr. Alexis Carrell, Nobel Prize Winner*

Cells are the miracle of evolution. We come from just one single cell—the fertilized egg. Cells are very small, but for their size they are the most complex objects in the universe. Each of us is essentially a society of billions of cells that govern everything, from movement to memory and imagination. Cells can do a remarkable number of different things yet, in spite of the apparent difference between, for example, a nerve cell and a skin cell, they work by the same basic principles.

*Lewis Wolpert*

Spirit enters into us first through the breath, then the nerves, blood, muscles, and then into the bones. The breath is a key to letting in the Spirit. If the blood becomes polluted, primarily through the acid-forming substances we introduce into the body, this acid will gather around the poles of the cells and corrode them, and the body will start to deteriorate and degenerate. As it starts to do that, you experience what we call dis-ease or disease.

If you get the idea of how cells degenerate really clear you'll start breathing more deeply, using your lungs more fully. You'll also be very careful about polluting your bloodstream, making it toxic through eating foods that are over-acidic. You'll start reaching for balance and harmony in your life.

*Health is not so much about the food, or the nutrition in the food, it's more about how the cell level is energized, through clean blood and good oxygen—that's what brings life and vitality. When that's not happening, we get sluggish, lethargic, and we start dying. Literally, we start dying. We live and die at the cell level.*

It is known that a thought can alter structure and form in the body, and that negative thinking can poison the body systems very fast. We know that emotional disturbance, where negative emotions keep flooding the body with the hormones of disagreement, will make the body toxic. If the body is toxic, the cells stop vibrating harmoniously, and that affects the nerve responses.

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There are no incurable diseases, only incurable people. Every seven to eleven years, we pretty much replace all the cells in the body. So, it really is up to us whether we're going to regenerate or degenerate.

Cells have a north pole and they have a south pole. The cells get their energy from the same place that a tree gets it—the sun and the essence of the air around us. If the air around us has life, and we can learn to utilize that efficiently, we can increase the ability of the blood to wash the cells and remove the corrosion off the ends of the poles of the cell, and the cell will keep regenerating itself, because it's a spiritual form. It's a divine form.

Cells don't die. They change their frequency and move to essence. The cell is a duplicate of the cosmos. That means you have full access to cosmic awareness within you, right now. Cells are fused with the energy of the material world; they find a corporal form and it grows into what we call our physical body. When the physical body dies, those cells remove themselves and go back to essence.

We could say that we are in optimum health when our cells are in love with one another, because in this loving they communicate clearly to maintain our physical body. Without this communication, they would disintegrate and we would disappear into another form of energy.

Another way to look at this is that we are in good health when our cells are at ease with each other, which is a perfect relationship. When those relationships go out of balance, we have anger, anxiety, repression, and other negative emotions. But even those negative emotions, if we use them correctly, can point the way back into perfect balance.

The cell has both a positive and negative vibration. When the cell has a positive vibration, there is health. When a negative starts to overtake or superimpose itself over the positive, there is illness. If we go along in life and we think about illness, over and over, like, “Oh, God! I’m going to have cancer;” as we keep doing that, we are actually doing a form of meditation. What we meditate upon, we become and eventually, it manifests in the body.

The set up for the negative vibration to enter the body can also happen with the loss of a loved one or getting fired from work. A form of grief sets in and finds its way to the darkest part of the consciousness in the body and that will be located in a part of the cell. The more you focus upon your grief (not allowing the grieving which is the release, but, instead, focusing on the negative upset), the more the negative polarity of the cell takes over the positive and, right there, you have the fundamental basis for all illness in the body.

If we can stimulate nerves and cells and get them vibrating at a higher rate, which can be done through using healing sounds, holding the images in our minds that we want more of, etc., then that positive vibration moves the cell back into balance. Our challenge is to find balance in our body at all times, in every situation.

Another big key to health is that at the moment when you’re contracting—for example, somebody hurt your feelings and you tighten your body—at that moment you have to cut the knot of contraction and expand. This is not to be done later on when you start feeling better, but immediately upon the moment of contraction. For example, when somebody cuts you off in traffic, or takes your parking place, or someone is rude or inconsiderate to you, rather than contracting, closing down, and getting upset, you might say to yourself, “Wait just a second! I’m not going to do that to myself because later I am going to get sick.” Instead, you expand, relax, breathe, and move yourself into a loving vibration.

So often people have said to me, “But I have a right to be upset about that!” Yes, you do have a right to be upset. But it’s not smart

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to exercise that right because there will be consequences to your health later on. The bad news is that a lot of these consequences do not appear immediately, and you're going to wonder when you set yourself up for that when they occur. It could be many years later that the consequences appear.

*If we start listening to the wisdom of the body when pain in our bodies shows up, and we hold with it, images will start coming out of the cell levels.*

It's not like putting your hand on a hot stove, where it's immediate feedback, and you say, "Ouch! I won't be doing that again!" Yet, in these situations I am describing, it would be healthier for you to say just that, because the cells in the body react the way you react, and you can contract right into the bones. Contraction is the opposite of flow and openness, so it's to your benefit to continually watch where you place your focus.

When negative emotions do arise, sacrifice them on the altar of love. Transmute the energy from anger to love. You can say, "I love this," whether you feel the love or not, because at the very least you are facing the right direction. That way, you won't have to clear the upsetting energy as it's now been transmuted to loving energy. So, as much upset as you had before, you have now got that much more love. I would suggest you make sure that all the cells of your body are feeling that loving, caring, and nurturing, because you're living in there, and you want your body to serve as the temple of your own countenance, your own Spirit, in the best way possible.

If we start listening to the wisdom of the body when pain in our bodies shows up, and we hold with it, images will start coming out of the cell levels. When they surface, don't say, "I'm still angry." Say instead, "Okay, God bless that one, you're gone." Then you have disciplined yourself to perceive and observe the world through loving. Then it doesn't matter what happens, because in a consciousness of loving, it's all going to be fine.

Keep in mind that everything can point you to God. Use every health situation to your advantage. Someone told me recently that they didn't understand clearly how they could use their asthma to their advantage. The how is something you have to come up with. I had asthma for 17 years. It took me 17 years to learn how to use

it positively. I would run my entire family with my asthma attacks. I could bring the whole family to a stop. So, as I saw it, it was to my advantage to have asthma while I had it.

Had I known better I could have just asked for what I wanted but I needed to understand my emotional relationship with my family, first. My asthma was a crying out for love. When I saw how that worked, I never had to have asthma again. I wouldn't have had to create something that would hurt my lungs in order to get love.

Asthma can come from allergies to food. It's not necessarily karmic. The predisposition towards the asthma is karmic. I still have asthma, I just no longer experience it. It's in my system and I could produce it if I wanted to. I also know how not to produce it.

The foods that will irritate the lungs, the throat, and other parts of our body, will usually be the foods that we like the most—because we're addicted to foods that we like. When we eat the food, the allergy in the system stops. When the food is no longer effective in the body, the allergy kicks back up again—usually worse than before. When we eat that food again, the body quiets down.

That explains to you, in a very simple and general way, the addictions you may develop through allergies to food, alcohol, smoking, etc. Note that the majority of allergies go very many levels deep into the body. As one layer comes out, we feel it go away and we experience relief. Then something from a deeper cell level memory comes up and the allergy is kicked off again. If this applies to you, go deeper with it. Eventually the healing will take place.

On a path towards healing, I suggest starting with the allergies and getting those out of the way. Nutrition is a big part of this. Not just any kind of nutrition, but the correct kind for you. It may not be the same for anybody else. And it will change as you go through the stages of a healing process.

Cell level memory will start surfacing in these healing processes. You may have gotten over the symptoms, but you didn't get the healing. The healings have to come within a certain time of the disease before it goes into pathology and causes a cell change. I haven't found anything that can't be reversed. But the things that will reverse it need to be done, and for the most part it is not easy or pleasant. Often, you have to change your environment, change what you eat, change your friends, and change the way you go about healing yourself.

The bottom line of our existence is that we want to feel good, and the only thing that is good is God. What we really want is to feel God. The way we feel God is through loving. God is love. So it all boils down to a crying out for love—for that good feeling and connection with God.

We may be able to find that connection with other people, but that's not the everlasting God, and it may end in death or divorce. Whereas the connection with God goes into eternal life, so it's quite obvious to me where I would choose to place my attention.

God is both quality and quantity. Down here on the planet, it is always more of one than the other, but you won't get both, fully, at one time, because that would make it complete here and we wouldn't die. We're dying, so it's not complete. So we go towards the completeness of the one Spirit of God. Once we find that as an idea or a feeling, disease leaves the body.

When the energy of Spirit starts to come present, it comes in through the air, in through us and into the Soul. It's an invisible energy from God, and it starts to permeate the cell levels, which in turn starts to purify and clean us out. But you've got to receive it. You've got to be open and allow it to happen. And you've got to take whatever healing is available to you.

You may ask, "How do I take it?" You take it by removing the blocks in your consciousness to life, by allowing them to surface, taking responsibility for them, and loving them and forgiving yourself for judging them.

When you go right down to the cell level, you'll find that it has fire in it. We know that it has light, but what produces the light is a fire. These elements of light and fire living in us hold our cell-level memory. That's how we form our habits. Your perpetuating and continually repeating the same thing maintains those habits. Once you understand that, it is very easy to give these elements of light and fire different food. You can begin to change their behavior by changing your diet. And then changing your mental, emotional, and physical behavior is also "food" for your cells and influences the energy flow into the cell and it starts to change. Positive behavior will produce positive results.

Spiritual exercises and meditation will not necessarily transmute cell-level conditions as much as conscious awareness does by our thinking and acting upon the positive attributes of our life. We essentially feed the cell with the vibrations of regeneration, vitality, and life through the way we live. But that doesn't necessarily rejuvenate us—we also have to go through a change in consciousness before the new pattern of vitality holds.

Introducing stem cells into the body is an attempt to affect that sort of change. However, the body's systems are currently rejecting them faster than the new vibration can transmute into the cell structure. My approach and suggestion to all of this is to keep altering our consciousness into the divine and increase our vibratory rate that way. If we want to break the routines and habits that are no longer working for us, we have to do things in a radical way from time to time, in order to break up the distribution of energy within the cell. For example, we don't want a lot of cells functionally devoted towards addictive behavior. We want our cells devoted to creatively visualizing and making life better. We want just a very small amount of ourselves devoted to habitual routines—ones that work for us, of course.

We need to learn to refocus back on the Godness within us, which is the goodness. I say it in this way; "I'm keeping my eyes on you, Lord, only you." You may ask, what about the pain? "I'm keeping my eyes on you Lord, only you." That's my answer to the pain,

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because, if you look at the Lord, there is freedom. Then you learn to let that freedom move through the cells of the body. As the freedom moves through the cells of the body they catch the fire of the Spirit. As I've mentioned, at the root of each cell, there's fire or flame. It's not the fire you get when you light a match; it's a spiritual fire.

*Give from the spiritual heart, and you'll be amazed at how Spirit takes care of its own. It will bring in the right food; it will absorb it and assimilate it for your greatest health.*

When you open the cell, fire connects with the divine Spirit flowing into you, the whole body will usually have a rush of heat. Then you relax and receive. Your body and cells are being transformed into a higher vibration and new patterns of behavior. You relax—let go, and be patient—let God. Why? You never know when God's going to do it. So far, He's never been on my schedule. But He's always been on schedule. When I move to that, the healing just happens. I've found out that if I want an easy life, I just stay in the flow of being relaxed and patient.

Give from the spiritual heart, and you'll be amazed at how Spirit takes care of its own. It will bring in the right food; it will absorb it and assimilate it for your greatest health. Once you recognize the God-quality within, you move through life in a neutral state. In the neutral state, you then are master of all things around you, and all you have to do is stay within the boundaries of neutrality, neither saying "yes" here, "no" there, or "good" or "bad," or "happiness" or "depression," but just seeing "what is" as it comes your way.

The attitude that we place on top of our desires is what we need to check, to make sure it is healthy for us. If you say, "I desire good health; I desire good health," what kind of resistance are you placing? You're fortifying bad health. You're better off to say, "All things come my way in a right and proper direction. I am that I am. Here I am, God."

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