

# CLEARING THE 13 FEAR CELLS

Excerpt from the book

VISIONS OF THE 4<sup>th</sup> DIMENSION, EARTH BEYOND 2012

There are 12 major core-fear cells and 1 life-of-fear cell. The life-of-fear cell was the first fear cell to be introduced into the human body; right into the 3<sup>rd</sup> chakra. We all gave permission to have these fear based cells, to allow us to experience Earth to the fullest. Now the time has come to clear these fear cells out, for we no longer need to learn lessons through fear. This is the way of the 4<sup>th</sup> dimension.

1. First say: *I call in my Higher Christed Self, Christ Jesus, Mother Mary and Melchizedek to assist in this process of clearing the 12 core-fear cells and the 1 Life-of-fear cell from my solar plexus.*
2. Then say: *I request the cellular-healing-and-clearing chamber of light to be anchored around me. These cells of fear shall clear now, in the name of the Christ Jesus—so be it.*
3. Now imagine that you're going into the solar plexus, for that is the seat of fear. Imagine that you can see these fear cells. They look grayish-blackish and are clumped together.
4. Imagine a whitish-golden (or whatever colour you see) pyramid forming around the first cell to be cleared. You will be working with only one cell at a time. Each cell has to be caught in a pyramid to keep the other fear cells at bay – from undoing the work. (I know it sounds weird).
5. Imagine bringing your voice into your solar plexus and intone: *Zay-om, ah-room, ah-tot, ah-ray-om.* Chant 7 times.
6. Imagine that Mother Mary, Jesus Christ and Melchizedek are sending love and light into the pyramid and into the cell. As the light goes into the cell, the cell transforms into light. The pyramid will stay around the cell. Eventually the cell will transform into a triangle and then disappear.

7. Breathe 13 gentle breaths into the solar plexus. (You may feel a bit nauseous, due to fears being released).
8. With your inner voice, chant: *Christ I Am* into the consciousness of the solar plexus, 3 times

Do these steps once a day. It will take about 10 minutes for the whole process.

Repeat these same steps for 10 days for cell #1 before moving onto the next fear cell. In 130 days you will have cleared all 13 fear cells.

Your fear cells will transform into a bluish\_gold colour. They will become imagination-creativity cells. Your ability to access the Higher Self will also become stronger. This powerful process is the fastest most effective way of clearing fear at a very deep cellular level.

Even by clearing one cell, you'll feel happier and lighter.