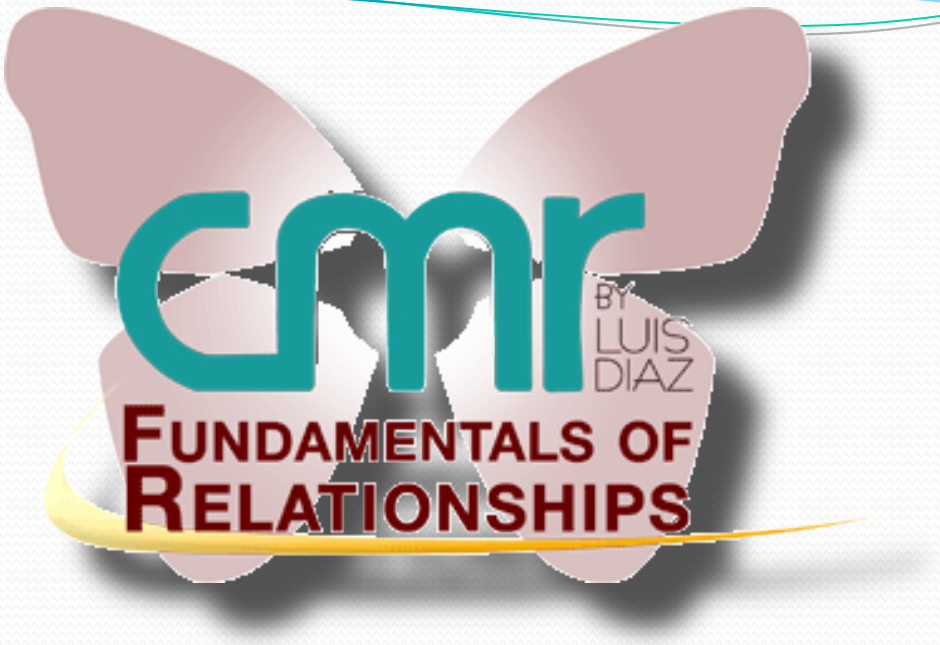


# For emotional healing and education

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# CMR FUNDAMENTALS of Relationships Class 1

DATE & TIME: Thursday, April 21st at 12:00pm Pacific S Time
PRESENTED BY CMR INTERNATIONAL
PRESENTER/HOST: Luis Angel Diaz. Author, coach, and creator of the CMR process.

**HOW TO ATTEND?**

This event is being simulcast, which means you have a choice of how to listen in. Here are the options:

**A- Via web (free of charge):**

http://InstantTeleseminar.com/?eventid=19143399
The Password for this Event is: **CMRFUND24**

**B- Via telephone (long distance charges may apply):**

**1) Phone Number to Dial (US number)**

**(916) 414-0605** (on Apr 21st)

**2) Enter Conference ID:**

**514514#**

TO MUTE OR UNMUTE THE LINE: Press *0

**C- Via Skype (free of charge):**

· Add "joinconference" to your Skype contacts
· Make a Skype call to joinconference
Using your 10-key keypad, enter
conference ID: **519573#**

**ASK YOUR QUESTIONS!**

There will be an opportunity to ask Luis questions about transforming personal relationships both BEFORE and DURING the event:
To send us your questions NOW, just go to the webinar page at:
http://InstantTeleseminar.com/?eventid=19143399
During the event, you will be able to ask questions either via the web or over the phone/Skype.

**CAN'T MAKE IT TO THE LIVE EVENT?**

Don't' worry. You'll be able to download the audio of the webinar after the event is over, at the same link:
http://InstantTeleseminar.com/?eventid=19143399

If you have any questions that are not answered in this email, please do not hesitate to contact us at:
http://www.cellularmemory.org/contactus/contactus.html


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# Class 1 **AGENDA**

**Welcome!**
**1- What is cellular memory**
**How do we change it?**
**2- What is Emotional education**
**3- The 4 Pillars of Healthy Relationships**
**4- Our Inner Guidance System**
**5- Practical exercises**
**Open Q&A**

## HOW TO GET THE MOST OUT OF THIS CLASS

**_ Print out this handout and use it to follow along during the class.**
**_ Take notes in the sections provided; writing the ideas down will help you remember them.**
**_ If questions or comments come to mind while someone else is speaking, write them down and share them when your course leader opens the conversation with the group.**

## HOW TO GET THE MOST OUT OF THIS COURSE

**_ Try to come to every class, but if you miss one, be sure to download and listen to the audio as soon as possible.**
**_ Be open to sharing your ideas during the class and to listening to what others have to say.**
**_ Commit to doing your "homework", and participating in the peer-partner calls.**


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# HOMEWORK FOR CLASS 1

**There are TWO tasks for this week's homework.**

## TASK ONE:

## Working by yourself.

**Take 15 minutes in private every night and review your day.**
**Re-connect with the feelings and sensations that you had.**

**Write down in your journal.**
**Notice your body while doing this process.**
**Notice what your mind is telling you.**

**If there are any emotions coming out, allow and intensify them as much as you can.**

## Exercise #1-Reconnecting with your body

**Twice a day, stop for few minutes to perceive your body and the things surrounding it and become aware that your body is alive.**

**• You don't need to move your legs or your arms to recognize that they are alive. Just feel their presence there. Gradually do the same with some other parts of your body.**

**• The cells of your body have been alive all this time while you were reading and thinking. Your body has been alive and functioning since day one without you noticing it.**

**• Take your time to realize that there is an incredible intelligence that operates your body and the bodies of all creatures in creation.**

**• Breathe deeply while you became more and more aware of this.**

**All is energy, manifested in different forms and in different states and frequencies. Keep your eyes closed while you imagine that you are submerged in a vast ocean of energy.**

**Let yourself be part of it.**
**Breathe, you are alive...**

## Write down in your journal.


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## Exercise #2 -Releasing the contractions.

**Practicing the Pain Body Release PBR-basics.**
**You can do this exercise any time you are feeling uncomfortable either physically or emotionally.**

- **What do I feel?**
- **Where do I feel it in my body?**
  **What does it feel like?**

**Meanwhile:**
- **I allow what I feel.**
- **I intensify what I feel.**
- **I make a sound.**

## What happened?

**Write down in your journal:**
**What did you feel?**
**Where?**
**What was it like?**

**What form, size, color, texture did you see?**
**Was it moving or was it still?**

**What happened when you allowed it?**

**What happened when you intensified it?**

**Did you have any images or memories?**
**If so, what were they?**

**Write down anything that comes to you.**


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## Exercise #3 –Reconnecting with the Joy Body

**Choose a time in which you can relax and be quiet. Close your eyes and imagine a place in nature where you feel at home. It can be a real place that you remember or an imaginary one.**

- **Visualize yourself there alone, with nothing to do and nobody to talk with. Breathe slowly. Notice the sounds of that place, the smells and the atmosphere surrounding it.**
- **Take notice of your body.**
- **How does your body feel in that place?**
- **What thoughts come up?**
- **Go on breathing slowly. Stay there for a while, and see what happens. Take inner note of what happens.**
- **Look for any feeling of peace, love, joy, lightness or spaciousness. If you do, it's likely that you have begun to remember your own self.**

## What happened?

**Write down in your journal:**
**What did you feel?**
**Where?**
**What was it like?**

**What form, size, color, texture did you see?**
**Was it moving or was it still?**

**What happened when you allowed it?**
**What happened when you intensified it?**
**Did you have any images or memories?**
**If so, what were they?**
**Write down anything that comes to you.**


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## TASK ONE:
# Peer Partnering

**- What to do:**

**1- The 4 Pillars of Healthy Relationships.**
**With your peer-partner for the week, discuss your personal experiences. Rate the relationship that you chose, using the 4 Pillars.**

**2- Share your experience using the three exercises learned in Class 1:**
**- Connecting with your body.**
**- Releasing the contractions. PBR Basics.**
**- Reconnecting with the light body.**

**Support each other:**
**- How to do this: Look for common threads and experiences. Talk about your failures and successes. Talk about what areas are most difficult for you. Find support in learning about what it means to be human!**

**- When to do this: Try to aim for mid-way between tonight and next week's class. This way you will have already done some integrating practice in your relationships at home or at work.**


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## SUPPORT THROUGHOUT THE COURSE

**Direct all course enquiries to Lynn**
**- Email: luis@cellularmemory.org**
**- Skype: luis.angel.diaz**
**- Telephone: 530 265 4766**
**If redirected to voicemail, please leave a message and Luis will contact you.**
**Free Private Telephone Consultation**
**- For a free 30-minute telephone coaching consultation, please book your request at:**

**http://tinyurl.com/FCwithLuisDiaz**

**Thank you very much.**

**I'll see you soon in Class 2!**

In awareness and healing,

Luis Diaz
Founder of Cellular Memory Release
http://www.cellularmemory.org


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FUNDAMENTALS OF RELATIONSHIPS

# WELCOME!

## to Class # 1

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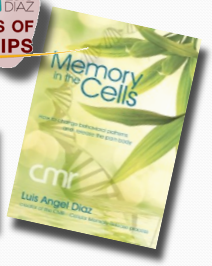
FUNDAMENTALS OF RELATIONSHIPS

**Presented by:**
**Luis Angel Diaz**
Best selling author
& Founder of
CMR International

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FUNDAMENTALS OF RELATIONSHIPS

This course includes:

- ✓ **Nine** 90 min. **classes**
- ✓ Access to the **recordings**
- ✓ **Downloadable** audios
- ✓ **Handout** with slides & exercises

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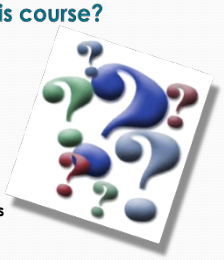
## What to expect from this course?

- The CMR Fundamentals
- Open Q&A in every session
- Practical exercises
- Handout before classes
- Homework between classes



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## In this first class, you will learn:

1- What is cellular memory and how do we change it?

2- What is Emotional Education

3- The 4 Pillars of Healthy Relationships

4- Our Inner Guidance System

5- Practical exercises

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How to change cellular memory using the

The CMR process

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## The CMR process

- **We are holistic beings**
- **We are made out of energy**

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We are made out of

**vibrating atomic particles**

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## We are holistic beings

Prof. Gary Schwartz, PhD.
Psychology & Psychiatry.
Arizona University.
Author of "The Living Energy Universe".

## The Universal Living Energy theory

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## Exercise #1

**Reconnecting with your body**

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- We are **holistic** beings
- We are made out of **pure energy**

## The CMR process

- Our body **remembers**

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## Our body remembers…

The brain **is not the only place** we store memory

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## Neurons have been found in:

- ☒ The heart
- ☒ The stomach
- ☒ The intestines
- ☐ The liver ??
- ☐ Other places??

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## "Each cell is an intelligent organism"

- Dr. Bruce Lipton.
  Author of "The biology of belief".
  New biology generation.

"Cells are intelligent and have a life of their own"

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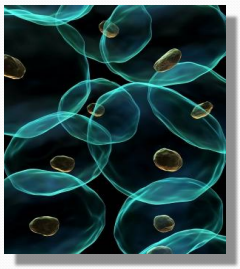

## CELLS are Made out of Info-energy

**Physical**
**Mental**
**& Emotional**
**Information**

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## Pre-natal information is stored in the cell's memory

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## Ancestral information is stored in the cell + & - patterns are passed on to the next generation

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- Dr. Candace Pert. Author of: "Molecules of emotions." Neuroscientist.

## "Memories are stored in a psycho-somatic net throughout the whole body"

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- Dr. Candace Pert. Author of: "Molecules of emotions." Neuroscientist.

**"Suppressing emotions may cause disease"**

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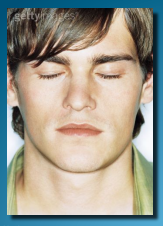
- We are **holistic** beings
- We are made out of **energy**
- Our body **remembers**



## The CMR process

- **Pain & discomfort have a message for us**
- **DISCONNECTION** creates energy contractions

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## Listening to Our body

1- Emotional feelings

2- Physical sensations

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## WELBEING:
## when vital force is flowing

- We feel pleasant feelings:

Peace & harmony

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## DISCOMFORT:
## when vital force is stagnant

- We feel unpleasant, painful feelings

Fear / pain

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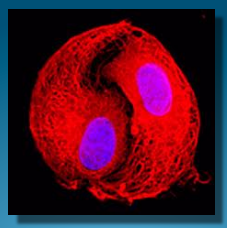
**EXPANSION:**
Nutrition
Growth
Cleansing
Reproduction

Wellbeing
& Connection



**CONTRACTION:**
Protection
Survival
Low activity
Stagnation

Discomfort
Fear
& Separation

Two cellular processes

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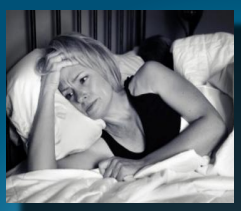

## The pain body:

**Contraction** may last:

- a few minutes or
- be chronic

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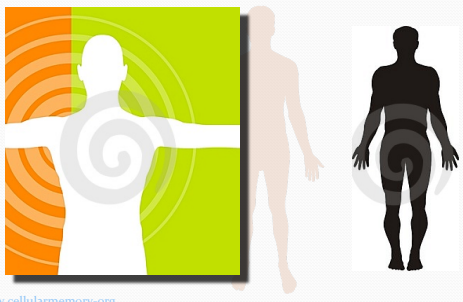
## The message is in the body



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## Exercise #2

**Releasing the energy contractions**

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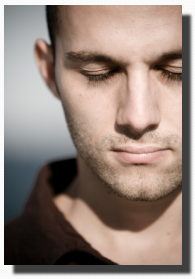

- **What** do I feel?
- **Where** do I feel it?
- **What** does it feel **like**?

- **I allow** what I feel.
- **I intensify** what I feel.
- I make a **sound**.

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## What happened?

- Write down in your journal:
  What did you feel?
- F**orms, size, colors, textures**?
  Any **Movement**?
- What happened when you **allowed** or **intensified it**?
- Any **images or memories**?

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## Exercise #3

## Re-connecting with the Light Body

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## What happened?

- Write down in your journal:
  What did you feel?
- **Forms, size, colors, textures**?
  Any **Movement**?
- What happened when you **allowed** or **intensified it**?
- Any **images or memories**?

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## Why are we here?

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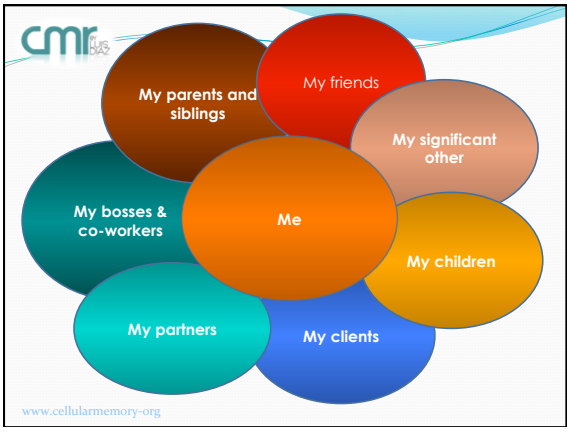


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## Some possible reasons:

- Not feeling well
- Conflicts & power struggles
- Misunderstandings or mistrust
- Abuse or criticism
- Disconnected or separated
- Stress, anxieties or dramas
- Resentment, anger or fighting
- Fears, shame or guilt

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*If I feel connection =*

**If I feel Disconnection =**

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## It's all about CONNECTION!

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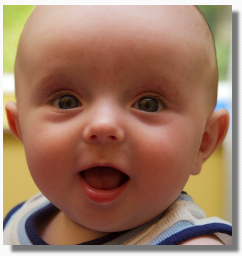
## The baby is a master in connection



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## We are here to **UNLEARN**!

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## EMOTIONAL ILITERACY

- **Excess in intellectual, rational development.**
- **Partial or lack of emotional development.**

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## EMOTIONAL EDUCATION

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HEALTHY
RELATIONSHIPS
=
CAPACITY TO
**CONNECT**

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## 1-The four pillars of healthy relationships

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1-The four pillars of healthy relationships
- TRUST
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1-The four pillars of healthy relationships
- TRUST
- RESPECT
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1-The four pillars of healthy relationships
- TRUST
- RESPECT
- HONESTY
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## 1-The four pillars of healthy relationships

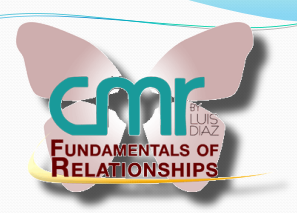
- TRUST
- RESPECT
- HONESTY
- EQUALITY



## 2-Identifying the ways we create disconnection

1- How is our relationship with ourselves?
2- Thinking without feeling (analyzing and interpreting)
3- Our opinions about others
4- What kind of communication do we use?
5- Old beliefs about relationships






**This is the end of Class # 1**

## We'll continue in Class # 2

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**Next 4 classes:** (always on Thursdays)

**Class 2: April 28th**

**Class 3: May 5th**

**Class 4: May 12th**

**Class 5: May 19th**

(same time: 12 pm US PST)

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## Thanks for your participation!

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