

CMR FUNDAMENTALS of Relationships Class 5

Here is what you need to join the Class 5:

Your Personal Join Link for this class is:

Join: <https://cellularmemory.ilinc.com/join/hhmzsmw>

(Please, do not forward to others)

HOW TO ATTEND the Ilinc virtual classroom?

Every week, you'll receive the link to join each of the classes.

Below are the general instructions to get use to the virtual classroom for the course.

We are using a virtual classroom called **ILINC**. It's a very interactive and fun!

Please, pay attention to the details in order to have the best of the experiences.

Learn how to use ILINC:

1- Video tutorials:

Please, watch the 5 video tutorials available.

Please, open the following link. They are few minutes long each one. I recommend you to watch all of them.

<http://tinyurl.com/ILINCtutorials>

For more information, you can open the link below and read the

2- Participant-Reference-QuickStart.pdf

You'll find that there are two choices for you there.

Please, click on: "**WHERE DO I START**" and you will be able to download the PDF.

<http://tinyurl.com/ILINCsessionPDF>

IMPORTANT AUDIO instructions:



EARPHONES:

Please, have your ear-phones connected to avoid echoes.

MICROPHONE:

ILINC recommends using a USB microphone. (To the right there is an example of an USB mic)

NO CAMERA IS NEEDED.

ILINC AUDIO WIZARD

When you enter the room, ILINC has an AUDIO WIZARD on the upper left corner of the screen.

To know how to use the AUDIO WIZARD, go to:

<http://www.cellularmemory.org/webcourses/using-audio-settings.pdf>

ILINC CUSTOMER SUPPORT:

if you happen to need assistance to join a class or have problems with your audio settings (mic/speakers) please, call:

ILINC SUPPORT:

1800 799 4510

(They have a great customer support service!)

And if you have any question for us, please, write to:

info@cellularmemory.org

Thank you for your cooperation,
In awareness and healing,

Luis Diaz

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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 write me to:

luis@cellularmemory.org

During the event, you will be able to ask questions either via the web or over the chat

CAN'T MAKE IT TO THE LIVE EVENT?

Don't worry. You'll receive an email with the link to be able to watch the video and download the audio of the webinar 24 hs after the event is over.

If you have any questions that are not answered in this email, please do not hesitate to contact me at:

luis@cellularmemory.org

Class 5 AGENDA

Welcome!

- 1- Mental clearing**
- 2- What is brain integration?**
- 3- How to de-activate a toxic pattern?**
- 4- Effective brain integration corrections**
- 5- Practical exercises**
- 6- 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.

HOMEWORK FOR THIS CLASS 5

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 De-activating toxic patterns

- 1- Working with the list of beliefs, choose one that has a lot of charge for you.
- 2- Notice what happens in your body when you repeat this though.
- 3- Create the De-activation declaration (DAD)
- 4- Use it with the 4 Brain Integration corrections.
 - Visual
 - Auditory
 - Kinesthetic
 - Emotional
- 5- Journal about your experience.

TASK TWO: Peer Partnering

- What to do:

Share your experience using the exercises learned in this class:

- Share how was it for you to create the DAD.
- And your experience doing each of the Brain integration corrections.
- What feelings did you feel while doing them?
- Which one was easier to do?
- Which one was more difficult?
- Which one did you noticed more reactions in your body?
- How was it for you when you contacted the younger self saying: “you no longer have to believe.....”?

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 inquiries to Luis Diaz

- Email: luis@cellularmemory.org
- Skype: [luis.angel.diaz](https://www.skype.com/people/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!

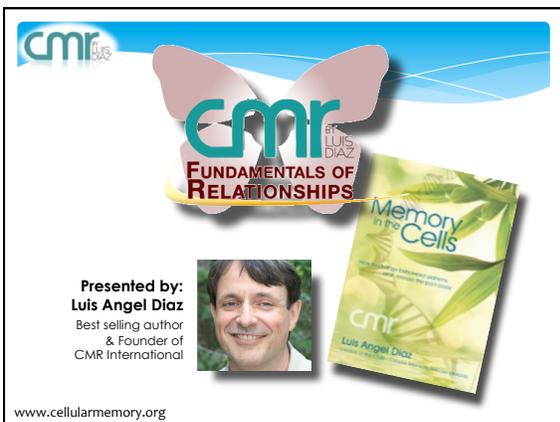
In awareness and healing,



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

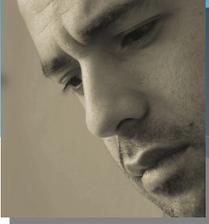






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When thoughts are toxic:



- Cells are contracted
- You feel uncomfortable
- You are not aligned with your values
- The body holds negative emotional charge
- Energy gets stuck
- You feel disconnected

**THE RESULT IS:
PAIN BODY**

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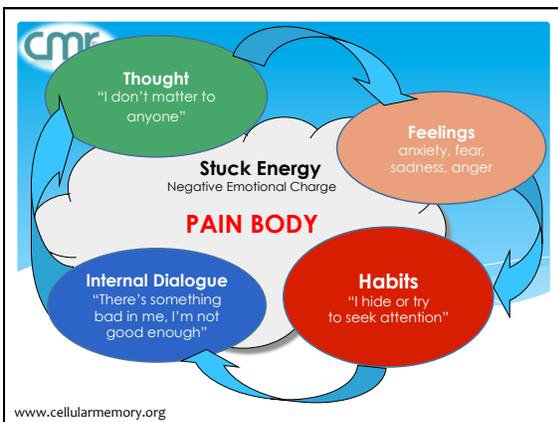
When thoughts are supportive:



- Cells are expanded
- You feel pleasant emotions
- You are aligned with your values
- The body flows with positive emotional charge
- Energy flows freely
- You feel connected

**THE RESULT IS:
LIGHT BODY**

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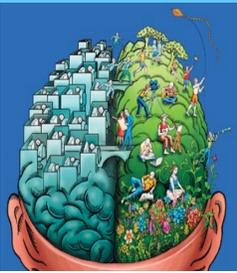
A Thought happens
=
info-energy flows

**Pain happens when
there is stagnation**

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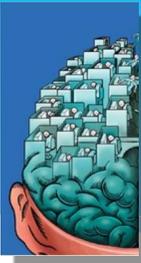
Our Brain = Two brains



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The Left brain



Rational
Analytical, logical, formal, linear,
sequential & structured.

- Detail oriented.
- Separates and dissects.
- Compares & classifies.
- Judgment & discrimination.

Right & wrong

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The Right brain



Emotional
Intuition, sensitivity, feelings & emotions.

- Holistic / big picture.
- Interconnection.
- Diversity & creativity.
- Imagination.

Integration

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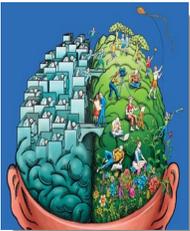
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TOXIC PATTERNS
=
NO BRAIN INTEGRATION

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Brain integration



Three steps to follow:

- 1- De-Activation
- 2- Apply the BI corrections
- 3- Re-Programming

 **1- De-Activation**

Creating the **De-Activation Declaration/DAD**:

"I no longer need to believe that....."

Ex. #1: If the belief is:
"I can't trust anyone"

The DAD will be:
"I no longer need to believe that I can't trust anyone"

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 **More examples:**

Ex.#2: If the belief is:
"I am on my own"
 The DAD will be:
"I no longer need to believe that I'm on my own"

Ex.#3: If the belief is:
"If I say my truth, they won't love me"
 The DAD will be:
"I no longer need to believe that if I say my truth, they won't love me"

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 **2- Brain integration corrections**

Apply the following corrections:

- VISUAL
- AUDITORY
- KINESTHETIC
- EMOTIONAL

And use the DAD with all the corrections above:

Ex.#1: "I no longer need to believe that I can't trust anyone"

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cmr_{US} **Visual Correction**

1. Hold your forehead.
2. Trace a big circle with your extended arm. Thumb facing up.
3. Follow thumb with your eyes.
4. Repeat it 3 times clockwise and 3 times counter-clockwise.

IMPORTANT:
Repeat the DAD out loud, as you go through the exercise. Take a deep breathe after each circle.

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cmr_{US} **Visual Correction**

1. Hold your forehead.
2. Trace a big circle with your extended arm. Thumb facing up.
3. Follow thumb with your eyes.
4. Repeat it 3 times clockwise and 3 times counter-clockwise.

IMPORTANT:
Repeat the DAD out loud, as you go through the exercise. Take a deep breathe after each circle.

cmr_{US} **Auditory Correction**

1. Face forward. Open eyes.
2. Massage/unroll your ears.
3. Breathe deeply and slowly.

IMPORTANT:
Repeat the DAD out loud, as you go through the exercise. Breathe deeply and slowly.

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Kinesthetic Correction

Cross-crawl



1. Marching in the same spot.
2. Right hand touches left knee.
3. Left hand touches right knee.
4. Repeat it 6 to 12 times.

IMPORTANT:
Repeat the DAD out loud, as you go through the exercise.
Breathe deeply and slowly.

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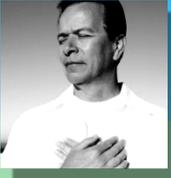


The Cross-Crawl
(from Empowered Mind For New Women)

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Emotional Correction



1. Hands on your chest.
2. Repeat in SILENT VOICE.
3. Repeat it 3 to 6 times.

IMPORTANT:
Repeat the DAD in SILENT VOICE.
Breathe deeply and slowly.

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Summary of the BI corrections

While saying the DAD out loud:

1. **Visual Mode**
Trace a big circle with your extended arm.
2. **Auditory Mode**
Massage your ears.
3. **Kinesthetic Mode**
Cross crawl.

While saying the DAD in SILENCE:

4. **Emotional Mode**
Hands on chest.

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HOMEWORK before Class 6

- 1- Daily practice: **Re-connecting** with your body and activating the **Light body** exercises.
- 2- Continue finding the **needs** behind the **feelings**.
- 3- Choose a toxic belief and find the DAD.
- 4- Apply the Brain integration corrections to that belief.
- 5- Then, one by one, choose other beliefs and do the same with each of them.

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This is the end of Class 5

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RELATIONSHIPS

**We'll continue in
Class 6**

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Next 3 classes: (always on Thursdays)

Class 6: May 26th

Class 7: June 2nd

Class 8: June 9th

(same time: 12 pm US PST)





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**Thanks for your
participation!**

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