

Into The Womb~

This is a preparation booklet for wholistic, self-healing session work with Illia Heart. These sessions facilitate the application of principles for the evolutionary process of consciousness change. Illia brings over 30 years in wholistic study and practice. Into The Womb is incorporating acupuncture in a specific sequence to unlock emotion. This inner work requires dedication with a deep willingness to change, to dissolve and release the patterns that hold us in an invisible prison. The wholistic model may be simplistically defined as the interconnection of the physical, emotional, mental and spiritual energies within all life. Each of these aspects is governed by natural principles, in which we operate individually and interdependently. This booklet contains practical applications for conscious evolution within a wholistic construct.



Not intended to diagnose, treat or prescribe.



“Then I was standing on the highest Mountain of them all, and round about beneath me was the whole hoop of the world. And while I stood there I saw more than I can tell and I understood more than I saw;

for I was seeing in a sacred manner the shapes of all things in the spirit, and the shape of all shapes as they must live together as one being. And I saw that the sacred hoop of my people was one of many hoops that made one circle, wide as daylight and as starlight, and in the center grew one mighty flowering tree to shelter all the children of one mother and one father. And I saw that it was holy”

Black Elk

Let's Get Physical

Physical energy is an end expression in the wholistic spectrum of creation.

Creation begins in spirit (energy), comes through the mental body (thought/vision), through the emotional body into the physical form. We have the power to change our own consciousness. Anything we have created that is less than love is a resisted experience, and requires transmutation. In this way we evolve, harmonizing with natural law. The following is a foundation to an evolutionary process that works from a bottom up approach. The physical foundation opens to the emotional body- to the mental body, then to spirit, in this order.

Nutrition (all things consumed), conscious breathing and stillness are three principles from where we begin our physical preparedness.

“Self-actualization is an inner process of discovery and change.” Illia~

Water- Crystals of Life

Providing the internal environment where watery bodies may thrive is paramount to good health. The first on the list of importance is hydration. Find the best spring water source available.

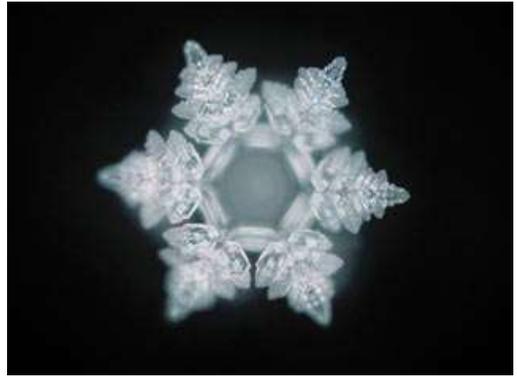
- Staying hydrated- One half the body's weight in ounces of water per day, compensating for the dehydrating effects of caffeine, alcohol, teas, exercise, diuretics etc.-150 lbs body weight= 75 oz. water per day

As the body becomes chronically dehydrated, the thirst mechanism shuts down. As we provide sufficient hydration consistently over a period of time, a natural thirst will return.

 The Bodies Many Cries for Water-

- Dr. Batmanghelidj

“Pollution originated within our own consciousness. We started to think we wanted a bountiful and convenient lifestyle at any cost, and this selfishness led to the pollution of the environment that now affects every corner of the globe.” Dr. Masaru and Kazuko Emoto



The Hidden Messages In Water.

Water is acutely affected by emotional energy, thought vibration and sound. Love, Gratitude and Forgiveness brings water into a cohesive structure. This cohesiveness then has the ability to communicate more clearly. With sufficient hydration, we lay the most important physical foundation for a healthy wholistic life.

Be Still and Breath~

Being still may be the most important physical activity we choose. Sitting in stillness holding spine straight, with no voluntarily movement while breathing deep and even without pause. These two simple practices allow access to suppression within our own consciousness.

Three part breath~

Sit comfortably with the spine held straight. Through the nostrils breathe deeply into the abdomen, filling the lungs from the bottom up until at full capacity. Let the belly expand. Exhale evenly, through the nostrils from the top down pulling the abdomen in tightly at the end of the exhale. Do not pause between inhalations and exhalations.....a smooth and steady flow. Making time each day to practice conscious breathing is helpful to bring increases oxygen to cells. This may strengthen the spine where the flow of cerebral spinal fluid affects the whole system.

Nutritional Foundation~

1. Enzymes- Raw Protein- Amino Acids

These three work interdependently within the body. Enzymes are necessary for digestion and assimilation of nutrients, carbohydrates/sugars, fats and proteins. Raw protein digested efficiently provides the nutritional profile for the production of nine essential amino acids. When provided, the other nonessential amino acids may be synthesized within the body. This provides the endocrine system the necessary nutrition for the production of hormones. When stress is put on one endocrine gland, the effects are felt throughout the system, effecting hormonal balance. The modern diet may consist of a bombardment of sugars, fats etc., where our pancreas is under constant stress to provide necessary enzymes. Supplementation of high quality enzymes may assist to ease this

digestive stress, eventually allowing for regeneration.

- **Enzymes and raw protein provide the nutrition for the formation of amino acids, precursor to hormone production.**
- **Protein does not perform its function unless broken down into amino acids. Hence the importance of sufficient enzyme activity. Enzymes help extract chelated minerals from food. Enzymes transform chelated minerals into an alkaline detoxifying agent which combines with acid cellular wastes and toxic settlements within the body assisting to neutralize, preparing them for elimination.**
- **Raw bee pollen- preferably from a local apiary. (digest efficiently by crushing and taken with a little honey) and many bean sprouts are good sources of raw protein.**

Two of 9 essential amino acids, tryptophan and lysine, are destroyed by heating/cooking at approximately 110 degrees F.

Proteins, sugars and fats may require supplemented enzymes to digest efficiently.

Hormones act within the body as a catalyst in every metabolic function, endothermic and exothermic reactions which are necessary for biological transmutation; to heal and regenerate tissues, to warm or cool the body (healthy thyroid function) to name a few.

1. Chelated Minerals~

The body requires minerals to come from plants in a chelated form that they may be properly utilized. Chelated minerals combine with enzymes into an alkaline agent which neutralizes the acid metabolic by-products of the cells and other toxic conditions within the body and prepares them for elimination. “The acid-alkaline

balance (pH) of the tissue fluid is controlled by minerals.” John Ray ND

Minerals are essential for most bodily functions and as electrical catalyst within the body.

2. EFA's-

Fats the body requires. Essential Fatty acids are required for the development and function of the human brain, especially in the young.

“EFAs are especially necessary for proper function of the vision, nervous system, adrenal glands, and testes, playing a vital role in sperm formation and conception. Dr. Johanna Budwig, a German M.D. and biochemist, discovered that the blood of cancer patients was deficient in EFAs. a yellow-green pigment was found in place of the normal red blood pigment or hemoglobin. Along with certain dietary improvements, she gave her patients one and a half ounces (45 ml) or more of fresh flax oil as a means of getting EFAs into the body (flax oil is 55-65% Omega 3 and 15-25%

Omega 6). The flax oil was consumed in combination with various dairy products (organic cottage cheese) to provide the sulfur proteins which Budwig considered necessary for the EFAs to be properly utilized by the body. On this program, which included no other supplements, she found that within three months the yellow-green was replaced by red blood pigment”. Douglas Morrison-

- Fats and oils are best consumed with food for proper assimilation.
- Some healthy fats- Organic: hemp, chia, avocado oil, butter, flax oil.

3. Probiotics- Fermentation

Various Lactobacillus Strains such as Acidophilus, Delbruekii, Caseii, Bulgaricus, Causasicus, Fermenti, Plantarum, Brevis, Heleveticus, Leichmannii, Lactis, & Bifidus may be found in commercially prepared probiotics and fermented foods. Yeast strains

that are aerobic in nature are not the harmful yeast strains that are associated with candida and thrush. Probiotic action in the gut assists digestion and assimilation of nutrients. Beta-Carotene is converted to Vitamin A in the intestine through the action of Lactobacillus for example. The lack of foul odour from stool and flatulence indicates a healthy balance of intestinal bacteria.

- Reestablish intestinal flora with sufficient amounts of probiotics following the use of antibiotics which may kill both friendly and unfriendly bacteria.

Food & Drink in the Modern World

Eating Clean

I determine clean food by two major factors.

- 1. How the food is grown in relation to chemicals used; from seed, through growth and transport process.**
- 2. Has the food been altered by genetic engineering.**

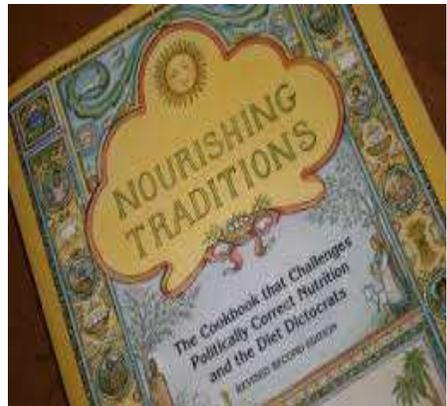
If you purchase organic food grown with heirloom seed, you avoid both of these major food contaminations.



Genetics and Nutrition

Our ancestor's give us a unique genetic make-up, that includes a historical predisposition in regards to nutrition. It is widely known that the First Nations- Native People of 'Turtle Island' (North America) is under an epidemic of diabetes. The inability to process sugars, is an example of this.

Alcohol, white flour and white sugars/ corn syrups are destroying health for these people in early age. No one's heredity has prepared us for the



overconsumption of sugars in today's modern diet. Yet, the First Nations are especially sensitive. I suspect from a traditional diet low in sugars and no alcohol.

Consider our ancestors when choosing food and drink.

Salt- Find a salt source that has a high mineral content, is environmentally clean, unbleached and without chemical processing. Nutritious salt is essential to health.

Sweet-

- Keep it simple, keep it clean.
- **Organic:** maple syrup, raw unheated honey.

Avoid sugars derived from G.M.O. corn and beet, found in most prepared, packaged, restaurant/fast food and candy. Keep a healthy limit on intake of foods high on the glycemic index such as corn (be aware of gluten free food being made from G.M.O. corn and rice), wheat, potatoes, alcohol, most fruit and fruit juices, and their byproducts. This may sound simple but it isn't always easy. It took me over a year of vigilant effort to get through the initial cravings to unhealthy sugars. These sugars

are food for the bad bacteria, fungi and yeasts that proliferate in the gastrointestinal system. They cry out to be fed, creating an overwhelming urge to eat or drink something that turns to sugars. Probiotic intake is important here. This provides for healthy bacterial balance.

- Avoid artificial sweeteners.
- Research products and read labels.



Nourishing Traditions~ Sally Fallon

Balanced amounts of high quality clean and simple food, consumed in right quantity, prepared and eaten by following basic food combining, may provide not only good nutrition but a celebratory atmosphere around food and drink. This encourages slow savouring and development of the palate as well as aids optimal digestion. Food prepared with loving intent and shared with family and friends encourages an atmosphere of gratitude essential to good health.

Whole food has not been heated, processed, changed in any way unless sprouted, soaked or fermented to enhance digestibility.

Superfood has become a popularized word.

It simply refers to nutrient dense food.

Digestibility and assimilation is worthy of consideration. A little goes a long way. Some popular superfoods are Maca (*Lepidium meyenii*, known commonly as Peruvian Ginseng), Ashwaganda (*Withania somnifera* – Indian Ginseng), Goji berries, Pumpkin seeds. Chaga, Cacao, Camu Camu.

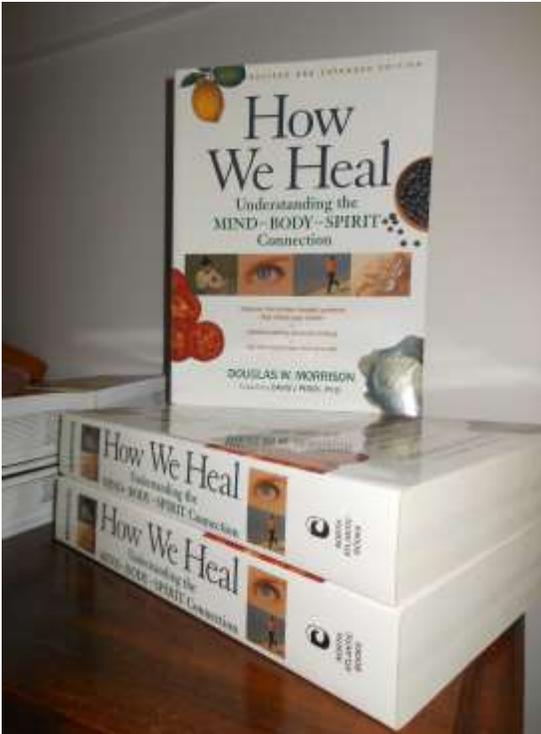
Being well hydrated and nutritionally prepared is supportive of In The Womb session work.

When choosing food or drink, 75%+ could be providing necessary nutrition as listed here.

The rest may be considered treats. As Douglas Morrison puts it, ‘treat, don’t cheat’.

Green/Raw Protein Drinks

Firstly, do not mix any fruit or fruit juices with protein or green drinks. This creates an acidic post digestion condition as the fruit digests faster turning to sugars. Dehydrated greens are completely acceptable. A green drink may be sipped all day to provide balance nutrition and energy. Be mindful of product ingredients, keeping it organic. Chia seeds and avocado give texture and E.F.A.'s.



More physical factors: Maintain good posture. Stretch and strengthen with exercise you enjoy, preferably outdoors.

Breathe deeply and consciously.

Keep bedroom free from excessive electromagnetic pollution by keeping computers and other devices far from the sleeping environment. Sleep and work as far away from wifi modems and smart meters as possible. Keep an open window while sleeping- air out the home regularly. Wholistic dentistry is an important consideration. Physical health may lay the foundation to emotional, mental and spiritual health.

How We Heal by Douglas Morrison offers many more considerations.

Session Work~ The Commitment

Each session is a commitment between the person holding the space and the person on the table. Giving and receiving acupressure is a circle of electrical activity.

As facilitator I am committed to;

**Providing a clear confidential space from which the person may do the inner work.
Holding the acupressure point and facilitating appropriately. Being present to the energies that are being released, that they may be efficiently returned back into the great void, from where they may be recycled.**

**The person on the table has a commitment to;
Show up physically and nutritionally prepared.
Be willing to take personal responsibility for the creative /uncreative process. Willing to find and release the energies by accessing gratitude, love and forgiveness.**

Here are three creative qualities to look for during the transmutation process. These come incrementally, with greater awareness as one moves up the scale of emotion.

- **Vibration; frequency that is transferred into sound, communication and language. Word patterns that are associated with suppressed trauma.**
- **Thought; full sensory visual memory.**
- **Emotion present within experience.**

A sequence of applied sustained acupressure, stimulates the crystalline structure that holds the memory, words and emotion. This allows the client to view gradually, suppressed energies and transmute accordingly.

The flow sheet may be copied to keep record of points held and the experience during and following each point.

Physical sensations may be experienced by the person holding the point and the person on the table, as the energy surfaces to be released. It may include numbness, throbbing, burning in

various degrees, electricity and pain. These sensations are releasing from the tissues that have been held in a suppressed state, not inflicted by the acupuncture.

Suppression- Venting- Control

Suppression is held in the physical/emotional/mental/spiritual unconscious. In these sessions the client is requesting this be revealed in perfect order. As the suppression gradually releases to the emotional awareness we begin to feel what's there, and vent. Venting is a necessary part of the transmutation process. Venting is in no way projection upon anyone or anything. When the client feels perfectly willing to vent and has done so, the attempt to control the emoting while still feeling the emotion within is the next step. Following sufficient venting (intensified and held) we then move to control (contain) the emotion within. Holding the emotion intensely without emoting, the feeling of the emotion will increase. If this occurs and we enthusiastically contain within, encompassing in unconditional love, then we experience a thorough

transmutation and rapid upscale emotional movement.

If there isn't an increase of intensity of the present emotion when we contain (control) then we go back to venting.

Emotion~ Doorways of Change

When the three physical principles are applied, nutrition, stillness, breath, then the opening of the suppressed emotion begins. The emotional and physical bodies are intimately connected. They affect each other continuously. The energy centers of the emotional body usually moves and changes from the bottom up. The root center resonates with unconsciousness. Unconsciousness is all things we are unaware of. This includes suppressed emotion, memory with associated words we were unable to experience in the moment that it occurred. This is a natural defense mechanism, when something is resisted being experienced. When we request change, suppressed emotion surface to our

awareness where they then may be released.
We require the three aspects of creativity simultaneously to transmute efficiently.

- **Word pattern- Emotion- Memory**

When all three are present, they may be released by applying one or more of the three powers.

- **Forgiveness Love Gratitude**

This process requires steadfastness and an increasing willingness to face one's own emotional wounds and traumas.

Self-compassion, and good friends are extremely important here, as is a sense of humour.

Transmuting emotion;

- **Feel what we feel with love (or forgiveness or gratitude).**
- **Willingness to change, willingness to feel, and a willingness to let go.**
- **Own and maintain emotional responsibility. Non projection.**

These are key components to the beginning of emotional transmutation. Welcome the emotion like an old friend. This energy is present and creating our experience in a unconscious way. Changing emotional consciousness requires ever increasing self-responsibility, avoiding blame or justifications. When an outer circumstance triggers a reactive emotional response, be aware of the presence of the three powers. Recognize the trigger as our opportunity to see/feel a pattern of emotion present within, shown for our perusal and edification. Practice gratitude for the triggers. Keep the emotion close without projection on anything or anyone external. Observe the internal process. Observe the words that accompany the emotion. When we are aware of what is there, from here it may be changed. Transmuted emotional energy provides the whole system with the opportunity for renewed capacity.

When we find ourselves in emotional reactivity in daily life, have compassion for self, forgiveness for self, love for self, then extend that to all.



The Emotional Body Construct

The seven energy centers within the human body correspond to physical organs. These centers are where the emotional body concentrates its energy. Each emotional center contains all seven levels of emotion, nested in spheres equaling 49. The energy is concentrated specific to the level of emotion. The root emotion radiates from unconsciousness, corresponding with the

gonads for instance. The second chakra (upscale) radiates concentrated apathy. Third is grief, fourth- fear, fifth- anger, sixth- While all other 6 emotional levels are present. The awareness of all emotional levels increases exponentially with upscale movement from level 7 to level 1 (root to crown). At the top of each level is the access point to that level of love, enough to transmute all beneath it. If we resist feeling what we judge as uncomfortable/painful it may lead to addictive substances and behaviors to numb the awareness. The use of recreational drugs, tobacco and alcohol suppress emotion, and is counterproductive to this process.

Qualities of the Emotional Centers

Level 1~ Enthusiasm~ Creativity

- feeling love~ accessible at all 7 levels, with the power to transmute all levels of emotionality beneath it.
- Corresponds with the pineal

Level 2~ Emotional Pain~ Unity

- Pattern- avoidance

- see/feel multidimensional viewpoints.
- Corresponds with the pituitary

Level 3~ Anger~ Truth

- Pattern- my way, power and control issues.
- Corresponding with the thyroid/parathyroid

Level 4~ Fear~ Freedom

- Pattern/reactivity- becoming aware of choice.
- Corresponds with the heart/thymus
- Expression- security mindedness~

Level 5~ Grief~ Joy

- Pattern; the feeling of loss/victimization~ ‘why me’.
- Corresponding with the pancreas/adrenals
- Expression; social activism~

Level 6~ Apathy~ Compassion

- Pattern/reactivity; the feeling of ‘who cares’.
- Corresponding with the spleen
- Expression- socialization without responsibility~ (spectator sports etc.).

Level 7~ Unconsciousness~ Self Aware

- **Pattern/reactivity; black/white, right/wrong, all or nothing.**
- **Corresponding with the gonads (testes in male, ovaries in female)**
- **Expression- sex and reproduction**
- **Each level has all seven levels nested within it, equaling 49 levels.
Interconnected, making one flow of upward energy within the body.**

- **Choose a private environment.**
- **Sit or lay with the spine straight.**
- **Breathe deeply and evenly without pause.**
- **Remain still.**

Welcome the emotional energy.

Take what surfaces and work with that.

Do not involve others, blame or project upon anyone or anything- overtly or covertly (silently). Be willing to intensify the feeling and allow it to last as long as it needs to be felt. Now feel the emotion with Love. If you cannot access Love, feel with forgiveness for self and/or others. If you cannot access

Forgiveness, feel with Gratitude. If you cannot access any of the three powers, feel how you feel about the emotion. For example, you may feel ashamed of the anger, afraid of the pain, so feel that, see if you can love that, forgive that, be grateful for that. It will unravel in this way back to the core emotion, where you will again have the opportunity to feel with Love, Forgiveness and Gratitude. Attachment to outcome such as how, when, what; may distract the process. Be alert to expectations, doubt, disappointment, etc., transmuting as they arise. When emotional pain is accessed and transmuted with some degree of enthusiasm/love, we access the mental body at that level of progression. At this specific level we begin to see 'both' sides of a resisted duality. This is considered entering the mental body. The word pattern and memory are present here. Bring the three creative energies together simultaneously, release with forgiveness, love and gratitude. This is full transmutation. This takes perseverance. The further up we go on the emotional scale, the more expanded the awareness of the mental body. Here is where meditation and exercise in

focused concentration becomes increasingly important. As we move emotionally upscale, we become increasingly sensitive, and aware.

Higher and Lower Law

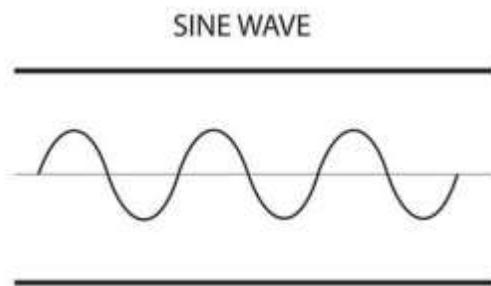
Simplistically speaking emotional law is higher than physical law, mental higher than physical and emotional, and spiritual law higher than them all. The paradox is physical law must be observed and maintained to be aware of the higher laws of emotion.

Emotional law must be maintained to observe the mental law, etc. Within emotion, there are higher and lower law, and this becomes more and more complex before coming into simplicity. This may be observed as a sine wave. From unconsciousness to fear, we move from simplicity to complexity. From fear to enthusiasm we move from complexity into higher levels of simplicity.

Now apply this within each level, 7X7.

When emotion is transmuted it has the capacity to transmute emotions beneath. Enthusiasm (love) is at the top of each emotional level x 7. When accessed and applied to transmutation this effects all emotion under that particular level. Coldness in and around the body

is what can be explained in terms of atomic endothermic reaction. (see *How We Heal*, 363-64) Simplistically, the body is using energy (drawing it in) to change it into something else. (biological transmutation). The atomic exothermic reaction is experienced as heat in and around the body. The body is releasing the energy. More on this provided in the *Logic in Sequence* series by John Whitman Ray- found on Illia's website.



The Mental Body Transmutation & Visualization

As the emotional body (specifically pain at level 6 within all 7 levels of emotion) opens and clears with transmutation, we become aware of an increased ability to see from the mental body. Inner visualization becomes clear, in colour, motion picture, auditory, a full

inner sensory experience. This is natural as pain is released, and the pineal functions more fully. Moving to transmute the mental body prior to emotional transmutation is futile. From the mental body we begin to see how we created our individual life experience. Patterns of thought (that became experience) become clear. From here mental transmutation is possible. We gain access to the mental body incrementally, with upscale transmutation of emotion. This is a universal 'fail safe'. With this awareness, focus to the encompassment of a specific dualistic pattern, using inner sight, accessing and directing the violet light brings the patterns of the mental body into harmony.

Encompassment of Duality is applied (holding both sides with focused concentration), while accessing and directing the Violet Flame, until equanimity is experienced. The duality being observed will gradually become one harmonious interplay.

- Inner sight- awareness of the duality.
- Encompassment of the specific pattern (both sides).

- Awareness of the violet light/fire.
- Bring both sides together while allowing.
- Make it happen/let it happen simultaneously.
- Stay with it to completion/harmonization, usually accompanied with a flash of white light.
- This practice required focused concentration.
- At this point we are practicing physical, emotional and mental principles simultaneously.
- Increased self- responsibility is natural as we become increasingly aware of our capacity to create and uncreate.
- Intuition gradually returns to awareness.
- Transmutation changes consciousness in a evolutionary way.
- Regeneration is a pleasant side effect of consciousness change.

Higher and lower law becomes increasingly apparent as we move upscale and have greater and greater access to the mental body, from where thought determines experience.

Spirit~

Spirit contains pure creative potential. As human beings we have developed through the wholistic construct of nature that began as spirit/energy. The physical experience is fully equipped with the spiritual capacity for conscious evolution. It is how we choose to live that determines the speed and depth of the evolutionary process. As we consciously move in an evolutionary way, practicing the release of anything less than love, we are attended to by spiritual support. I have found an inner asking for guidance and understanding has been of great blessing. Listening/ practicing awareness of the internal and external environment is important to spiritual awareness. Intent of equality and reciprocity, when practiced may be naturally developed and applied appropriately.

“The word yoga itself means “union” of the individual consciousness with the Universal Consciousness or Spirit. Yoga is a profound science of unfolding the infinite potentials of the human mind and soul.” P. Yogananda~

Further reading:

How We Heal by Douglas Morrison

Before and after session~

- Wear comfortable clothing to the session.
- Eating lightly the day of the session. Be well hydrated.
- It is recommended that the client keep record of points held, the flow sheet may be printed for this purpose. A record of word patterns, memory and emotion that surface with each session is also recommended. It is interesting to look back on the many changes that take place.
- Bathing in salt and baking soda.
- Taking a walk.
- Being quiet and self-nurturing.

BODY ELECTRONICS FLOW SHEET

- | | |
|--|---|
| <p>1 ___ STO
 plus ___ Pancreas
 ___ Heart
 ___ Heart Firing
 ___ Other</p> | <p>20 ___ Large Intestine
 21 ___ Eyes
 22 ___ Ears
 23 ___ Spine-Atlas-1st Cervical
 24 ___ Spine-Axis-2nd Cervical
 25 ___ Spine-Cervicals
 26 ___ Spine-Thoracic
 27 ___ Spine-Lumbar
 28 ___ Spine-Sacrum
 29 ___ Spine-Coccyx
 30 ___ Spine-Curvature
 31 ___ Anterior Cervicals
 32 ___ Triple Axis Clavicle
 33 ___ Pubic Bone
 34 ___ Ischial Tuberosity
 35 ___ Sternum
 36 ___ Cranial
 37 ___ Bladder Lift
 38 ___ Hiatus Hernia
 39 ___ Other
 40 ___ Other
 41 ___ Other
 42 ___ Other</p> |
| <p>2 ___ Pineal
 3 ___ Hypothalamus
 4 ___ Pituitary
 5 ___ Medulla
 6 ___ Thyroid/Parathyroid
 7 ___ Thymus
 8 ___ Heart-Bronchials-Lungs
 9 ___ Heart firing mechanism
 10 ___ Solar Plexus
 11 ___ Pancreas
 12 ___ Adrenals-Kidneys
 13 ___ Spleen
 14 ___ Liver-Gall Bladder
 5 ___ Gonads-Ovaries-Testes
 6 ___ Prostate-Uterus
 7 ___ Bladder
 8 ___ Stomach
 ___ Small Intestine</p> | |

Illia Heart~

In her early years Illia was influenced greatly by her maternal Grandmother, her name was Velma. As a young woman she owned and operated a health food store, a metaphysical book shop and later a wholistic health centre. In 1999 she began many years of study in the field of Body Electronics. Douglas Morrison certified Illia as a Body Electronics Instructor in 2003. She continued to study with Douglas until 2007. From 2003 to 2013 Illia received teachings from Drunvalo Melchizedek. She was certified as a teacher of Awakening the Illuminated Heart by Drunvalo in 2011. Oral Tradition from Elders has been at the forefront of Illia's education.



She has raised four children into adulthood.

Illia presently resides on Salt Spring Island, B.C. where she teaches The Gnostic Way, holds retreats, and a private practice.

‘Illia provides a nurturing and safe container in which I felt very supported to be open and vulnerable, enabling me to do some very deep and profound inner work. She is very gentle and communicative, and at the same time, carries a great power and fire to encourage one to explore their own personal limitations and shadow. I have attended several healing Intensives and worked in private sessions with Illia. I would recommend Illia to any being seeking support or direction in their journey of healing and awakening. She has been and still is a bright shining beacon along my own personal path.’ Christopher Schroeder-Holistic Therapist-Kauai HI

To Whom It May Concern,

Illia has been studying Body Electronics in my Intensives with great dedication since January 2002. Over the next several years, Illia attended over forty weeks of BE seminars with me. This included attendance at two complete BE Instructors seminars of five weeks duration each, as well as numerous BE Intensives. At my invitation, Illia has also helped me teach several BE Intensives. Illia has also been active teaching

BE seminars to enthusiastic participants internationally. Illia also attended the four week Visualization & Consciousness seminar in 2005. While in attendance at this advanced seminar, Illia had the experience of reaching zero ohms resistance, as measured by a sensitive galvanometer, a total of four times. This took place over two days, and was witnessed by two separate facilitators. This is a significant milestone that has, to my knowledge, been reached by only a handful of people involved with B.E. over the years.

For those interested in learning Body Electronics under the expert guidance of a dedicated and compassionate instructor, allow me to highly recommend that you study with Illia Heart.

Yours in Health,

Douglas W. Morrison-

Author of How We Heal-

New Cumberland, Pennsylvania, October 1, 2006

Contact Illia @

wholehealthcentre@yahoo.com

www.wholehealthcentre.com

BODY ELECTRONICS FLOW SHEET

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32 _____ Triple Axis Clavicle
33 _____ Pubic Bone
34 _____ Ischial Tuberosity
35 _____ Sternum
36 _____ Cranial
37 _____ Bladder Lift
38 _____ Hiatus Hernia
39 _____ Other
40 _____ Other
41 _____ Other
42 _____ Other |
| 2 _____ Pineal
3 _____ Hypothalamus
4 _____ Pituitary
5 _____ Medulla
6 _____ Thyroid/Parathyroid
7 _____ Thymus
8 _____ Heart-Bronchials-Lungs
9 _____ Heart firing mechanism
10 _____ Solar Plexus
11 _____ Pancreas
12 _____ Adrenals-Kidneys
13 _____ Spleen
14 _____ Liver-Gall Bladder
15 _____ Gonads-Ovaries-Testes
16 _____ Prostate-Uterus
17 _____ Bladder
18 _____ Stomach
19 _____ Small Intestine | |

Once this basic sequence has been completed, one is well advised to return to earlier stages, which and deeper results can then be attained.

Electric Shock N.D.E. Heart Attack Stroke Cancer Coma Tie-Ins:

Summation- On The Table

Three physical principles-

1. Stillness
2. Breath
3. Nutrition

Emotional transmutation-

find simultaneously;

1. Memory
2. Emotion
3. Word pattern

Apply:

1. Forgiveness
2. Gratitude
3. Love

Mental body transmutation-

1. Encompassment of dualistic pattern.

2. Awareness and direction of the Violet Flame.

3. Simple yet not always easy.

