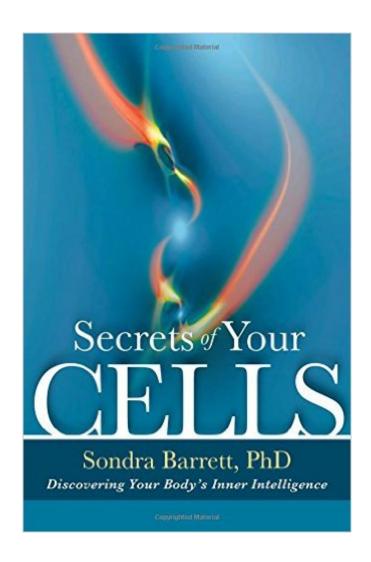
The book was found

Secrets Of Your Cells: Discovering Your Body's Inner Intelligence





Synopsis

"It's rare that a medically trained scientist dares to venture into the mystical world of our cells and biology, but Dr. Barrett has both the courage and insights to do just that. By combining her scientifically trained mind with the wisdom of her heart, she takes us on an adventure of perceiving the inner workings of our bodies in a new way. This book will serve anyone curious about how our physical lives are related to this vast universe that we occupy."â •Leigh Fortson, author of Embrace, Release, Heal: An Empowering Guide to Talking About, Thinking About, and Treating Cancer"In Secrets of Your Cells, biochemist Sondra Barrett puts us in touch with the incredible beauty and organization of the cells of the human body as she translates the small-scale life of cells into large-scale lessons for living. This is the work of someone with a genuine reverence for the sacredness of life." â Larry Dossey, MD, author of Healing Words, Reinventing Medicine, and The Power of Premonitions"Sondra has the gift of a scientist's mind wedded to an artist's heart."â •Eli Jaxon-Bear, author of From Fixation to Freedom: The Enneagram of Liberation. A guiding principle of the spiritual journey is to look within. Biochemist Sondra Barrett has done just thatâ •and discovered that our cells offer us invaluable wisdom for transformation, relationships, and healing. With Secrets of Your Cells, this scientist and mind-body teacher takes you on a provocative journey into our inner universe. Exploring the cell's astonishing architecture, intelligence, and ability to function harmoniously, this book offers practical exercises for applying the lessons of our cells to live well and thrive. Join Dr. Barrett to learn: Practical guidance for engaging cellular intelligence in everyday life through our thoughts, choices, and actionsInner wisdom embedded in our cells about sanctuary, letting go, and being in the present momentWhat our cells can teach us about communication, cooperation, and purposeHow the anatomy of our cells responds to energy, movement, and internal tensionCells and molecules as sacred art, as revealed by Dr. Barrett's fascinating color photographs of the inner and outer world"Our cells are more than just fortuitous arrangements of chemicals," explains Dr. Barrett. "They are a community of trillions of sentient entities cooperating to create a sanctuary for the human soul." Drawing on the insights from shamanic practices, energy medicine, and the wisdom of our body's fundamental building blocks, Secrets of Your Cells is a thoroughly researched and accessible resource for putting cutting-edge biology into action.

Book Information

Paperback: 320 pages

Publisher: Sounds True; 1 edition (May 1, 2013)

Language: English

ISBN-10: 1604076267

ISBN-13: 978-1604076264

Product Dimensions: 6.1 x 0.9 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â See all reviews (63 customer reviews)

Best Sellers Rank: #208,476 in Books (See Top 100 in Books) #81 in Books > Medical Books >

Basic Sciences > Cell Biology #490 in Books > Religion & Spirituality > New Age & Spirituality >

Spiritualism #944 in Books > Religion & Spirituality > New Age & Spirituality > New Thought

Customer Reviews

I LOVE it when a scientist "gets it!" And Sondra Barrett, PhD GETS IT! She sees the mind, body, spirit connection that many others dismiss. This book looks at cell-life from a medical perspective, while encompassing healing modalities. At times it theorizes healing methodolgies and suggestions to help expand your thinking in certain directions. It also provides meditations to expand your awareness. Overall, the book provides: Information, Reflection (questions to ask self and ponder), Exploration (exercise/practice/meditation), Definition, and Detailed explanation of cells. The preface begins with a quote from Albert Einstein, "Everyone who is seriously involved in the pursuit of science becomes convinced that a spirit is manifest in the laws of the universe - a spirit vastly superior to that of man. "In this forward thinking and thought-provoking 2013 book, Sondra views the body's inner intelligence with both the eyes of a scientist and the heart of a shaman. Her 360 degree approach to acknowledge there is more to life than science and "proof" of everything is a refreshing walkabout from the skeptic's view of double-blind studies only. Based on her training, experience, research, studies, Sondra takes you from her once scientific only beliefs to her expanded knowledge base to include the effects of the mind and heart on healing. Her own scientific mind was amazed when she first noticed the potential of the mind in wellness, including delays, remissions, and cures. The more she experienced, the more she widened her perspective on healing.

Secrets of Your Cells by Sondra Barrett PhD. explores the deep resonance between our physical and spiritual selves supported by insights from her scientific background as well as her personal life journey. Her expansive point of view invites us to consider relationships between ancient sacred symbols and cellular structure, between our postural tone and information expressed by our DNA, between biological health and the art of being human. Many dedicated scientists arrive at a place of

wonder when they fully comprehend the magnificence of creation but seldom do they translate their acquired wisdom into a user's manual for well being. This book inspires us to activate what is possible for us, adjusting our thoughts, behaviors and beliefs to live in optimal accord with the nature of our cellular design and function: as above, so below. It also suggests that we are not the first generation or culture to understand this potent metaphor as a key to thriving. While Bruce Lipton brilliantly shifted our point of view towards a new understanding of the cell membrane as the 'brains of the operation', Sondra guides our attention inwardly, as she illuminates the body of the cell. Greater understanding of the nature of cellular structures such as microtubules form the basis for insights applied directly to ways that we can physically, mentally and emotional change our health patterns. As an energy healer dedicated to exploring embodied consciousness, I was grateful to increase my knowledge base with some essential biomedical data that enhanced and blended with some of my own acquired insights. I loved being asked the many questions along the way, feeling invited to share in the joy of discovery.

Download to continue reading...

Secrets of Your Cells: Discovering Your Body's Inner Intelligence Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Flourescence Microscopy of Living Cells in Culture, Part A, Volume 29: Fluorescent Analogs, Labeling Cells, and Basic Microscopy (Methods in Cell Biology, Vol) (Vol 29) Communicating With Intelligence: Writing and Briefing in the Intelligence and National Security Communities (Security and Professional Intelligence Education Series) BODY BUTTER: Homemade Body Butter Recipes -30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) BODY LANGUAGE: Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) Emotional Intelligence: Master Your Emotions- Raise Your EQ, Critical Thinking and Optimize Your Life (Emotional Intelligence, Critical thinking, EQ) Recovery of Your Inner Child: The Highly Acclaimed Method for Liberating Your Inner Self Body Language: Discover and Understand the Psychological Secrets Behind Reading and Benefitting From Body Language (Read People On Sight - Body Communication - Nonverbal Communication) The Joy of less Volume 1: Discovering Your Inner Minimalist Inner Bonding: Becoming a Loving Adult to Your Inner Child Discovering Wine: A Refreshingly Unfussy Beginner's Guide to Finding, Tasting, Judging, Storing, Serving, Cellaring, and, Most of All, Discovering Wine Swift Artificial Intelligence: Made Easy, w/ Essential Programming; Learn to Create your * Problem

Solving * Algorithms! TODAY! w/ Machine Learning & Data Structures (Artificial Intelligence Series) Inner Peace: Stepping into Serenity to Find Peace of Mind (Inner Peace and Happiness, Peace of Mind Book 1) Codependency Recovery: Wounded Souls Dancing in The Light: Book 1:

Empowerment, Freedom, and Inner Peace through Inner Child Healing Historical Dictionary of Ian Fleming's World of Intelligence: Fact and Fiction (Historical Dictionaries of Intelligence and Counterintelligence) Emotional Intelligence: A Practical Guide For Emotional Skills And Interpersonal Communication (Emotional Intelligence, Emotional Skills, Interpersonal Emotions, Mindfulness) Committed to Wellness, Fitness and a Healthy Lifestyle: How to Unleash Your Inner Motivation, Change Your Mindset and Transform Your Body Fast! The Wisdom of Your Cells: How Your Beliefs Control Your Biology Detox The Body: How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book)

Dmca